

Benalla P-12 College

Executive Principal - Tony Clark

A MESSAGE FROM OUR PRINCIPAL

COLLEGE VISION

'Benalla P-12 College ensures that every child learns and is prepared for the future through a commitment to excellence in teaching, high expectations and positive relationships in a safe and inclusive environment'

Dear Parents and Carers,

A couple of weeks ago I called for nominations for parent representatives for College Council. I would like to thank those parents who have agreed to take on this important role, some for the first time while others have re-nominated. The parent members of College Council will be Geoff Patterson, Julie Green, Lee Manning, Ben Anderson, Tiffany Heatherill, Stacey Hall and Punarji Gunaratne. This leaves one vacancy - if you are interested in this, please get in touch with me.

I would like to take this opportunity to thank the outgoing parent College Council members – Matt Sutherland, Barb Dyer and Kaye McGuinness. Thankyou for your willingness to be involved and your contribution to the College.

Pat Claridge is also not returning as a Community member of College Council. Pat has been involved with the school for many years in a number of ways and has always been a very strong supporter of the College. Her contributions will be greatly missed. The two vacant Community positions will be filled by council soon.

There are two student members on council, and I am pleased to announce that they are Jazmyn Fisher of Year 12 and Nicole Patterson of Year 11. Nicole has been involved with council for a few years now but this is Jazmyn's first time. Great to have them both on board.

Staff representative positions on council will be myself, Chris Szeligiewicz, Brodie Ewen and there are currently two vacant positions. Thankyou also to outgoing staff representatives Kate Reaburn, Glenn Barker and Jo Martin.

College Council meets 8 times per year and its main role is school governance including many key policies, finance and buildings and grounds.

I would like to finish by thanking Tim Hall from Mansfield Secondary College for filling in as the acting College Principal for the last two weeks while I took some leave. Tim was able to support our staff and students during that time and his knowledge and experience were invaluable.

Sincerely,
Tony Clark
College Principal

Email: benalla.p12@education.vic.gov.au
Web: www.benallap12.vic.edu.au



DATES TO REMEMBER

Friday 9 March

Uniform Shop Open 3.00-5.00

Monday 14 March

Labour Day Public Holiday

Friday 11 March

**Student Free Day -
NO SCHOOL**

Monday 14 March

Labour Day Public Holiday

Tuesday 15 March

Hume Swimming-Wodonga

Monday 21 March

Year 11 S&R Hike-
Mount Feathertop

Our College Values

Respect

Responsibility

High Expectations

Integrity



CSEF APPLICATIONS ARE OPEN

*Helps Eligible families cover the cost of camps, sports and excursions.

*If you hold a means-tested concession card, you may be eligible.

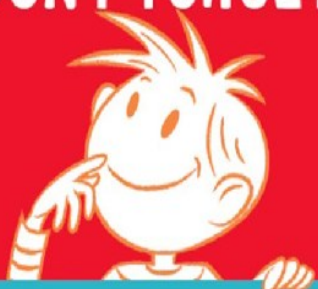
Payments are made directly to the school.

*If you applied for CSEF last year, you do not need to complete an application form, unless there has been a change to your family circumstances.

*All NEW students must complete a form to apply for CSEF.

Please contact your campus office for more information.

DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:

17th March 2022

The school only accepts **LOOP**
orders on-line

SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



dates to Remember

BENALLA P-12 UNIFORM SHOP
2021 OPEN DAYS
FAITHFULL STREET
CAMPUS

BACK TO SCHOOL UNIFORM DATES

- Wednesday March 9th 3pm-5pm
- Wednesday April 6th 3pm-5pm

Orders can also be placed over the
phone and delivered to your
campus.

Call Judds Yarrawonga on
5744 1269 for any further details



A reminder to families
that our Foundation
students will have
each Wednesday off
until the 16th March.

In 3/4 Annakin during Reading we are looking at reading comprehension strategies. This week we focused on the strategy of Visualising. We listened to and read descriptive paragraphs that helped us visualise settings or characters so that we could use our 5 senses to draw what we visualised. This strategy not only helps us when we are reading texts with no pictures but helps us to describe characters and settings in our writing.



SLG (STUDENT LEADERSHIP GROUP)

STUDENTS OF THE WEEK



This weeks Students of the Week were:
Henry, Gawinjeet, Azaala, Kaiden,
Jakobi and Lotti



Congratulations to our Avon Street SLG (Student Leadership Group)
Pictured above are: Archie, Billie, Vienna, Evie, Rifa, Piper, Elif, Arlo
and Charli



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The Student Leadership Group organised fundraisers to help pay for the costs of new football posts at the Avon Street campus. These football posts were part of a wish list that the students wrote a couple of years ago to help improve the school. All of the students are really excited that these posts have been installed.

I have to say, the new footy posts are pretty good. They are bright and easy to see. We raised money for them from sausage sizzles and icy pole sales. It's great! – Sonny

The new footy posts are way better because the old ones were missing parts and the new ones look so much better! It feels so good that we raised our own money for the new posts. – Josh B

The new footy goals are white and easier to see. They are stronger and much taller than the old ones. They are so much better and great to play footy with! - Xavier



WALLER STREET STUDENTS OF THE WEEK



The **Year 3/4 Students of the Week** were:
L-R: Marleigh, Bella & Kayden

The **Attendance Awards for Week 5** went to:
L-R: Kayden, Abby & Jethro

The **Golden Shovel** was presented to:
Back L-R: Olivia, Emylie, Meagan & Dominic
Front L-R: Owen, Marcus, Mason & Kaleb





ATTENDANCE AWARDS

KINDNESS AWARD



Southern Ranges Swimming Carnival

On Tuesday 3rd March a group of 9 students hopped on the school bus and headed to the Benalla Pool to compete at the Southern Ranges Swimming Carnival. There were other schools we had to race against- FCJ, Seymour, Mansfield, Kilmore and lots more.

Vickey Wakley took us for warmup and then the races began. There were lots of good swimmers. We all swam our races and cheered each other on. In the end we got to watch the relays which was really exciting.

None of us made it through to the next round but we all had a great day and it was a really good experience.

Amali.



Pictured above are: Sam, Taylor, Zac
Front – Bailey, Amali, Bronti, Ochre, Angus

MUSIC NEWS

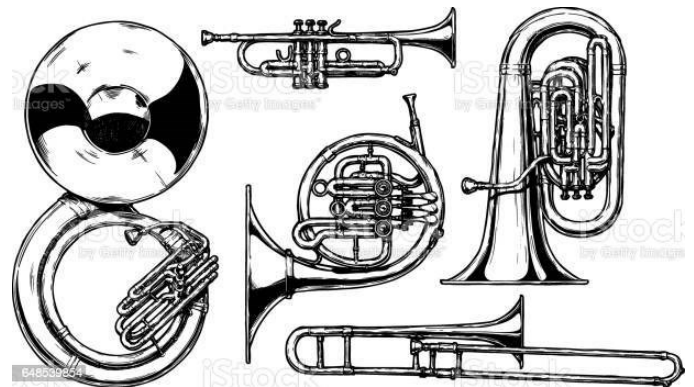
Interested in having a try of an instrument to find out what playing and learning it is really like?

Next week Miss Nichol and Mrs Brentnall are opening their timetable to give FREE TRIAL lessons on a huge range of instruments that you can then continue to learn at school at no cost.

Come to the PAC and put your name on the list (Music office door) before the end of the week.

Flute, Clarinet, Saxophone, Trumpet, Trombone, Tuba, Drumkit, Percussion, Piano, Singing, Violin, Cello, Guitar sessions available.

All year levels 7-12 are invited.



Attendance Matters

Every student. Every day.



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MENTAL HEALTH PRESENTATION

Explore the practical and theoretical focus on mental health for individuals and organisations, not just those involved in sport.

OUR SPEAKERS



Professor Rosemary Purcell

(M. Psych, PhD)

Rosemary is the Head of Elite Sports and Mental Health at Orygen (Australia's National Centre of Excellence in Youth Mental Health), a Professor in the Faculty of Medicine at The University of Melbourne and a registered psychologist. She is a member of the International Olympic Committee's Mental Health Working Group, which is leading the promotion of mental wellbeing in Olympic sports, and has worked with a range of national professional sports in Australia, including the AFL and Australian Institute of Sport.



Tom Downie

Tom grew up in Benalla and left for boarding school in Ballarat in 2010 at the age of 16 to pursue his dream of basketball. He was selected in the Australian U17 basketball team which represented Australia at the 2010 World Championships in Germany. In 2011 Tom was drafted by Greater Western Sydney in the AFL and after relocating to Sydney made his AFL debut against Fremantle in 2013. After 8 more AFL games Tom retired in 2017 to focus on his mental health. At present Tom is a Youth Worker, a speaker for Beyond Blue and a player for Williamstown in the VFL.

**THURSDAY 10 MARCH
7.30PM**

**Benalla All Blacks Social Rooms
Ackerly Avenue Benalla**

FREE EVENT

Catering will be provided.
Please let us know if you are coming.

RSVP

Ray Gallagher (babfnc3@bigpond.com)
Paul O'Brien (04 02 309 627)



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INSIGHTS

Helping kids build lasting happiness



When asked "what do you want most for your kids in life?" most parents answer "to be happy". While much of what has influenced kids' mental health and happiness in recent years is outside the realm of influence, their long-term happiness is something you can cultivate by implementing and teaching happiness habits and practices. Following is an important selection of these represented them by the acronym FLOURISH.

Flow

Flow is the experience where kids lose all sense of time. When in flow they're beautifully engaged in their activity, an experience often described as being 'in the zone'. If flow is to be experienced, children and young people need to have an appropriate level of skill to rise to the challenge at hand. When the balance is just right flow feels wonderfully satisfying and produces happiness.

Laughter and play

Laughter makes kids happier while at the same time helps them breathe more deeply, calming their nervous system and reducing stress. Research shows that the number of times kids laugh each day reduces as they get older. The same applies to play. You can change that by creating ample opportunities for both. Games like Pictionary and Pie Face tick both boxes!

Optimism

Optimistic thinking can be taught and has been shown to reduce the likelihood of depression. A great strategy to teach kids relates to 3 Ps- personal, pervasiveness and permanence. When things go wrong help your kids to understand that what happened is not personal, pervasive (a tendency to spread) or permanent.

Unite for family meals

This is a game changer! More family meals together equate to better grades, fewer depressive symptoms, less adolescent smoking and less drinking of alcohol among kids. Family meals also bring families closer, strengthening relationships which are at the heart of lifelong happiness.

Relationships

Having more friends and good relationships is a strong predictor of happiness in childhood and beyond. You can help boost your kids' social networks by opening your home to their friends and encouraging your kids to spend time with friends from a variety of social circles. Connecting in-person and online helps bolster kids' friendships.



Intensive exercise

Kids need at least an hour a day of exercise, preferably outside and including high intensity fun. Exercise promotes the production of 'feel-good' chemicals which boost happiness and helps reduce the stress response. Help your kids make connections between the activity they do and how good they feel during and afterwards to encourage exercise for life.

Self-regulation

Kids' ability to self-regulate is an important piece of the happiness puzzle. Their ability to delay gratification predicts their ability to cope better with frustration and stress. Help your kids build self-regulation skills in a variety of life domains including eating and drinking, sleep, play, screen-time, homework and catching up with friends.

Helping others

Being kind makes kids happy and you can nurture kindness in your kids through what you do. Genuine compliments, handwritten notes of thanks, saying good morning to a stranger or even picking up litter are all acts of kindness you can role model. Kids are said to close their ears to advice but open their eyes to example.

It's comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

Dr Jodi Richardson presents: Building lasting happiness in children

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Building lasting happiness in children' at no cost.

About: In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

When: Wednesday 23 March 2022 8:00pm AEDT

To redeem 1. Click this link <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code HAPPY and click 'Apply Coupon' Your discount of \$39 will be applied.

5. Click 'Proceed to checkout'

6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources

7. Click 'Place Order'

This offer is valid until 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au



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