

# 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,

One of our key strategic improvement focus areas has been creating what we call a 'safe and orderly environment' where teachers can teach, students can learn and everybody feels safe. This is something we work hard on each and every day, and it has to be a relentless focus to allow us to get on with our most important job – ensuring students learn.

To help us achieve this 'safe and orderly environment' we have clear expectations for behaviours for classroom and non-classroom situations. These are implemented and enforced by teachers and are equally applied to all students. If students don't meet these expectations there is a process for teachers to follow which sometimes results in a punishment of some kind – depending on the actions and impact of the behaviour.

One vital aspect of our approach to managing student behaviour, is what we call 'restorative conversations'. Whether a punishment or consequence was applied to a student or not, teachers are expected to discuss the issue with the student to help them understand what the impact of their behaviour was on others at the time – students and staff. This process works to help students understand their behaviours and take greater responsibility next time. It is important so that we don't keep running into the same issues with the same students. Having said that, having a clear, fair and predictable consequence for student behaviour that doesn't meet our expectations is important also.

Thankyou to all of you who work alongside us to achieve the 'safe and orderly environment' where everyone feels safe, valued and can focus on their learning. We really do appreciate the support.

Have a great week.

Tony Clark  
Executive Principal.



### DATES TO REMEMBER

Monday 21 March

Year 11 S&R Hike-  
Mount Feathertop  
Glasses for Kids-Avon St Campus

Wednesday 22 March

Glasses for Kids-Waller Street

Monday March 28

Year 7 Immunisations  
Year 10 Outdoor Education Hike-  
Mt Feathertop

Wednesday 6 April

Uniform Shop open-Faithfull Street  
Campus 3.00-5.00pm

Friday 8 April

Last Day of Term

**A reminder to families to  
please sign Local Excursion  
and Media permission forms  
on Compass**

### Our College Values

Respect

Responsibility

High Expectations

Integrity



A very busy start to the Kitchen Garden Program has been had by the grade ¼ Avon St students, with their newly established vegetable garden producing some very good summer crops.

Elephant garlic, walking onions, shallots, brown onions, spaghetti squash, parsley, basil, zucchini, zucchini and even more zucchini has been grown, harvested and then cooked by the students in their Kitchen classes. The prolific zucchini crop has meant lots of different zucchini dishes have been cooked and tasted. Zucchini slice, Pasta with zucchini, capsicum, basil and ricotta, zucchini and corn bake just to name a few. Dark blood plums have been kindly donated to the program for the students to try so plum, blueberry and yoghurt muffins were baked which went down a treat. Many more kilograms were cut up but the students to be made into preserves like jam, chutney and sauce.

Amanda



STEPHANIE ALEXANDER  
KITCHEN GARDEN  
FOUNDATION®  
Growing Harvesting Preparing Sharing



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## STUDENTS OF THE WEEK

Congratulations Elif, Estelle, Angus Evelyn and Elodie

## AVON STREET HOUSE CAPTAINS

Congratulations to our Avon Street House Captains  
Pictured below are: Isabelle & Jake ( Stirling) Bella &  
Rebecca (Bulla) Haley & Imogen (Buffalo) Alarna &  
Azaala (Hotham)



## WALLER STREET AWARD WINNERS



Pictured above are: Chloe, Addison, Tanner, Brayden, Oli,  
Rebecca, Akira, Xavier and Sallyanne who were all this  
weeks Students of the Week.

Master Mathematicians  
Oliver and Jakobi





At Waller Street campus there has been a resurgence of the highly popular dawn of the century toy, Beyblades. Fads come and go, and Beyblades are no exception. These early 2000s toys can still forge strong bonds between their owners and when a suitable arena is found can attract spectators from far and wide. I went out into the yard to interview some of these Beyblade trainers and came back with a wealth of knowledge about their appeal. Harry Entjes from Ms Challis' class described his favourite part in his own words as "When you get to battle other people". This truly shows how such a small thing can create a wild social atmosphere. Harry is a Beyblade expert and recommends that the best Beyblades "Are the ones that roll around". This was truly insightful. As an expert, he suggested using Beyblades where "The top can attack other opponents" and even was able to demonstrate the perfect attacking technique for this interview. After such rave reviews, I decided to investigate to see if I could find any tournaments where I would be able to see this technique in action. I was lucky enough to find a lunch time battle going ahead with 4 seasoned champions and was able to feel the thrill from the combined rip of the cords to begin the event. One unidentified champion responded that his favourite part was "The bursting when you rip, and the sound they make is amazing". All the other competitors nodded in agreement. These 4 competitors were so enthusiastic to have a Beyblade battle that they searched for the best tournament surface they could find. They settled on a plastic tub which had a smooth surface allowing the Beyblades to go wild. These boys used their resourcefulness to have an epic lunchtime showdown. Waller Street has many great games and spaces for break time activities and Bey blading is no exception.



 Attendance Matters  
...every school day counts!



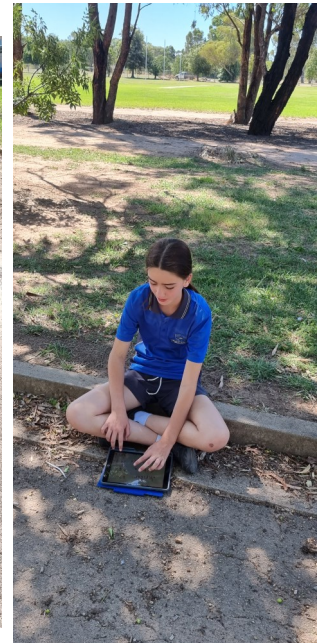
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During weeks 5 and 6, all of the Year 3/4 students from Waller and Avon participated in swimming sessions at the Benalla YMCA Pool. An important focus of the swimming program was water safety. Students learnt how to enter water safely and perform rescues using ropes and other flotation devices. Across the eight lessons, the swimmers also had an opportunity to practice and improve their kicking and breathing techniques and develop their ability to swim using the different strokes (freestyle, backstroke, survival strokes). Despite feeling a little more exhausted and hungry at the end of each school day, many of the 3/4s felt more comfortable and confident in the water. A big thank you to Mrs. Neilson for her efforts in organising this fantastic program!







Our Year 5A students have enjoyed mapping the planets distance from the sun during our Science Solar System Project.

#### KINDNESS AWARD

#### STUDENTS OF THE WEEK

Jake Holland – Absent Charlie Bowen, Lacey Allen, Emily Milner, Amelia Cairnes



Noah M, Jacinta, Talbotx2, Cash, Hannah, Chari L, Nic Norrie

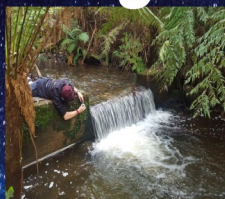


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# Benalla P-12 College

## School for Student Leadership 2022



# Benalla P-12 College

## School for Student Leadership 2022

Five Year 9 students from Benalla P-12 College have been attending the School for Student Leadership at Don Valley during this term, this includes Emily Hedt, Jyai Godwin, Aria Winkler, Amber Armstrong and Charlie Pulicino.

They have been applying learned knowledge to practical situations. As a team they have been developing a concept to address the needs in our community and will be completed this as a Community Learning Project when they return to school next term. Not only have they been learning about how to assist the community and become leaders, they have been learning about themselves through identifying their character strengths, growth mindsets and emotional management.

They have also been participating in a range of outdoor and team building activities such as a bridge build, mountain biking, hiking and completing expeditions in the local area.

## ROUND ROBIN VOLLEYBALL



On Friday the 11th of March, 6 girls took on the Volleyball Round Robin. The girls showed their dedication to the team by coming to school on a student free day and playing 5 teams from around the Northeast Region. The day was off to a chaotic start with teams arriving late and a completely new draw being made. This didn't stop the girls as they were adamant on victory! With the strong likes of the twins Madison and Tayissa Gray leading the pack of girls,

Alexandra was first up. Emmily Westbury with her strong digs and Issy Fowles with her beautiful serving had the girls in a promising position. Charlize Thompson did not let her shoulder injury from last year's round robin stop her as she served aces all day. Ella Sheehan using her height to her advantage secured the team to their first victory against the strong Alexandra. The next 4 games were smooth sailing as the Benalla girls were just too strong. Ahead into the grand final nerves were high and game faces were on. Seymour college had a big team of 11 compared to Benalla's 6. That didn't phase Benalla as Benalla took the victory 19-21 in an absolute thriller.

Taysissa Gray



# Attendance Matters

Every student. Every day.



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## Explaining scary world events to our children



Almost exactly two years ago our world changed in incomprehensible ways. It was supposed to be a couple of weeks. A month at most. We just had to isolate at home. Flatten the curve. Protect the vulnerable.

It meant working from home unless we were essential workers. It also meant school was at home. But it was an adventure. A reset. A chance to change things up and focus on what matters most; to help make a difference for our communities.

But despite a few bright patches where it really was good and our hope was high, it was also often bad. Our two most populous states endured the world's longest lockdowns. The borders stayed closed keeping loved ones separated.

It was a year of stuttering Zoom calls and classes, quarantine, mask mandates, vaccinations, protests, and for many parents and families, hellish challenges to balance all that family, work, and government restrictions required.

As 2022 commenced, QLD held students back from school for two extra weeks to encourage vaccinations. NSW and VIC required all students to be tested for COVID using at-home testing kits twice per week. It felt like COVID parenting was about to become more overwhelming than we could manage.

Now, barely into March, our lives are bombarded with stories – and for some, the reality – of flood waters inundating homes and lives being lost. And a conflict in Eastern Europe that many fear will become a war has begun.

It's enough to leave parents reeling. Except that many parents are already stressed out, burned out, and tired out. Parents have done all they can to hold things together. The difficulty – the unfairness of it all – is that we must keep on keeping on. Our children are relying on us.

### What our children need right now

Our children *need* the world to feel safe and secure. The more they feel this, the more they can explore life with confidence, look to the future with hope, and find a meaningful way forward. And whether we are feeling it or not, it's up to us to provide them that safety and security. If not, the unpredictable nature of life can consume them with anxiety, fear, apprehension, and worry.

### More information is *not* reassuring

Ever notice that getting more information does not reduce your worries and fears? Scrolling your news feeds doesn't offer reassurance. It's the same with your children. They don't need lots of information. They need to feel safe. And what we do makes a difference.

### Kids are anxious. Here are 5 ways to help





**Tune out media**

Social media algorithms are designed to push more and more of what we see in our direction. The more you and your children watch these events occur online, the more they'll appear. Keep bad news away from your children – especially younger children – as much as possible.

**Remember that emotions are contagious**

If you are feeling emotional or overwhelmed, your child will sense it – and catch it. Taking a deep breath, and keeping level and stable will help you respond gently and patiently to your child.

**If it's mentionable, it's manageable**

Rather than asking your child "Are you ok?", say what you see. "Gee, you look pretty worried about things. What's on your mind?" Perhaps you could say, "I noticed you were pretty affected by that horrible news. It's hard to hear isn't it."

**Side by side conversations**

Rather than sitting face-to-face, talk with your children about their questions and concerns while side-by-side. Perhaps it's a car ride, beside their bed at night, or while you're doing an activity together. Side-by-side conversations feel less threatening.

**Don't turn on the fire hose**

When someone is thirsty, we don't put their face in front of the fire hose. We give them a glass of water. It's the same with our kids. Most of the time they don't want to (or can't) understand the magnitude of the bad news or even why it happened (if there's a reason at all). When you answer their questions, keep it simple, invite more questions, and answer the best you can. Kindness and gentle reassurance that you "get it" is typically enough.

**In closing**

Most of the time the world is a fabulous, beautiful place, but scary things happen from time to time. When they do, remind your child that this is unusual which is why it's in the news. As Rebecca Solnit eloquently described in her book, *A Paradise Built in Hell*, "Horrible in itself, disaster is sometimes a door back into paradise, the paradise at least in which we are who we hope to be, do the work we desire, and are each our sister's and brother's keeper."

As this latest bad news strikes, let's notice that there are usually more people moving towards the disaster areas to help than there are leaving it due to stress and duress. Let's see the good, be part of it, and give our children hope for a better world.

**Dr Justin Coulson**

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 80 million people. He is the author of 6 parenting books and the cohost and parenting expert on Channel 9's Parental Guidance. He hosts Australia's #1 podcast for parents: Dr Justin Coulson's Happy Families. Justin and his wife, Kylie, are the parents of 6 daughters.

