

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,

Today I had the pleasure of sitting in with Ms. Challis' Grade 1/2 class at Waller Street while they did their Numeracy Daily Review. This is a process that all primary classes follow several times each week to revise and practice prior learning. It is a proven strategy to help students learn – or 'interrupt the forgetting process'.

The students in class did a fantastic job using their mini-whiteboards to write their answers and to read out responses as required. By doing this several times per week they will be embedding their knowledge in both literacy and numeracy. Our teaching staff and leaders at P-6 have done an exceptional job implementing this effective process for all students to support their learning and achievement.

Parent-Teacher interviews will be held early next term. As with our model for the last couple of years, we will run them over two after-school sessions on two different nights of the week. We will also offer one session as phone interviews for those who are unable to come in face to face.

I really encourage everyone to come in to Parent-Teacher interviews where possible. The ability to sit down with teacher, student and parent to discuss learning progress, supports and future goals is incredibly valuable. If you can make it in on either of the two scheduled sessions – great. If you can't, please make contact with your child's teacher/s via email or phone to discuss any concerns you have.

Tony Clark
Executive Principal – Benalla P-12



every day counts
ATTEND TODAY -
ACHIEVE TOMORROW

DATES TO REMEMBER

Monday March 28

- Year 7 Immunisations
- Year 10 Outdoor Education Hike -Mt Feathertop
- Year 9 Future Makers Camp-Bogong

Wednesday 6 April

Uniform Shop open-Faithfull Street Campus 3.00-5.00pm

Friday 8 April

Last Day of Term 2.30pm Dismissal



Our College Values

- Respect
- Responsibility
- High Expectations
- Integrity



Are you eligible ?

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.

Glasses for Kids Program

Glasses for Kids Program visited the Avon and Waller Campus last week. The Glasses for Kids (GFK) program provides vision screening and testing and, if needed, further testing and glasses for students in Prep to Year 3 age groups. The program is managed and delivered by State Schools' Relief (SSR). Kaycee and Leroy standing with Kein, while trying on some of the glasses they have to offer our students for free.

The Benalla P-12 College logo is located in the top left corner of the section. It features a shield with a cross and the text 'BENALLA P-12 COLLEGE' and 'COMMITTED TO EXCELLENCE'.

Notify the school of your child's absence

Protecting the safety and well-being of children through the reporting and monitoring of absenteeism is the responsibility of both parents/carers and schools.

Please remember to call the school on 0357612777 or log your child's absence using our school's IT platform Compass early in the morning if your child is going to be away or late for school so your child's absence can be recorded correctly.

For further information on the processes and procedures our school uses to record, monitor and follow-up student attendance and absence please read our Attendance Policy <https://benallap12.vic.edu.au/wp-content/uploads/2020/11/Attendance-Policy.pdf>

For our social and emotional lessons this week, we have been learning about Teamwork. We learnt about good team members and their behaviours. We made a poster with our teammates and worked on listening carefully, sharing workload, taking turns and staying on task. Look at our wonderful teamwork!

~ 1/2 Challman



STUDENTS OF THE WEEK

This weeks Students of the Week were: Harry, Archie, Wyatt, Charlee and Gemma



National Day of Action against Bullying and Violence
Friday 18 March 2022



Last Friday March 18th Avon St students all created a pledge to take a stand against bullying, by creating a kindness culture wall to promote inclusion and respect at our school.

Remember it starts with you!



'Bullying No Way'

Treat people how you want to be treated. Play nicely and be safe in the playground – don't bully! Tell the teacher if you or someone you know is getting bullied. Ask the bully to stop because you don't like their actions. Be firm. Stay safe and STOP bullying! Amazon Hunter-Barton

At school we did 'Bullying No Way Day'. We made posters encouraging students to be pro-active and stand up to bullies. We also made tulips with positive messages on them, they have been displayed in the 3/4 hub. We learnt not to be a bystander and help the person being bullied. If you see someone getting bullied, tell a teacher about it. If you are getting bullied ignore them and go and tell the teacher. We have been working on our posters for a while and finally finished them. If someone was getting bullied but the bully went away ask if they are ok and if they want to play with you. If someone is feeling down, compliment them to help build them up. By the way, my name is Abby and I like to help. Bullying means to me that someone is repetitively being mean. Abby Lindsay

At school we made tulips with ideas to help make the playground a happy place. We made happy and bright 'Bullying No Way' posters after learning strategies we could use against bullies. We displayed our ideas on our posters. Bullying to me is like an obstacle that needs to be overcome to create a calmer school. Jilly Shaw

In our classroom we learnt about bullying. We made tulips with the class and wrote positive messages on them about bullying. Bullying is where you push someone and call them names repeatedly. It is not ok to behave this way. Be kind to others and treat them how you would like to be treated.

Kaylee Clark



WALLER STREET STUDENTS OF THE WEEK



Alice, Lachie, Charlie, Ryder, Riley, Bentley, Iza-Bella, Zak and Danni

ATTENDANCE WINNERS AT WALLER



Week 7 winners with 97.5% The class celebrated with Zooper Doopers

As NAPLAN moves to an online platform this year, our Year 5 students have participated in a practice test this Thursday. This was a great way for our students to understand and learn the new process and have a go at the NAPLAN style test. Our Year 5 students did a wonderful job! NAPLAN is coming up mid term 2.



STUDENTS OF THE WEEK



KINDNESS AWARDS

Hadassah Adams, Tyson Williams

Student of the Week
5A- Aeryn McGinn.
5B- Ella Lindsay
6A- Ruby Simpson
6B- Alex Berger
6C- Harry Skelton
We also have an award from last week – Jake Holland



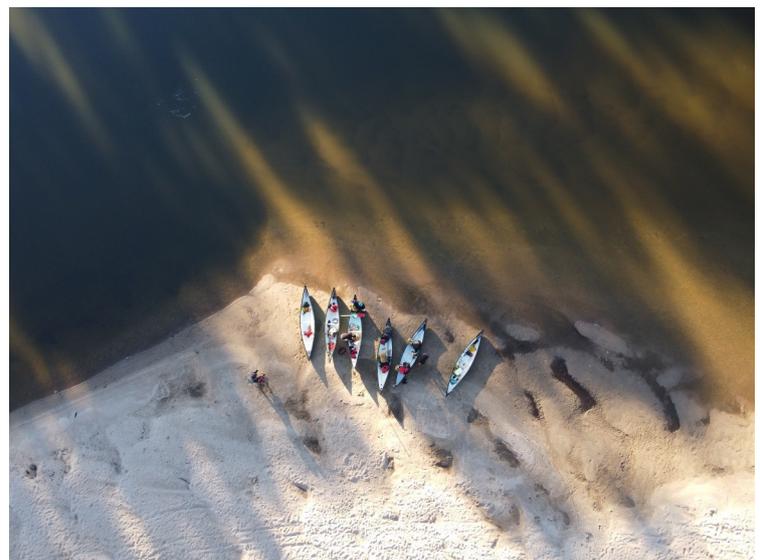
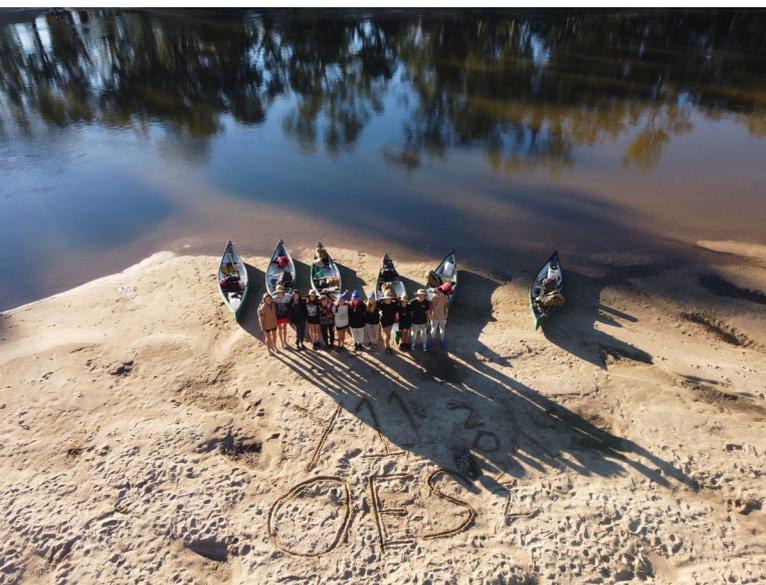
On Friday the 18th March, the Year 12 Leaders at Faithfull Street cooked a Sausage Sizzle to celebrate the Nation Day of Action Against Bullying and Violence.

Thank you to our leaders for setting up, cooking and packing up the BBQ.



The Benalla P-12 College Year 11 Outdoor Environmental studies class recently canoed 65km of the Murray River, between Forges Bend in Yarrawonga and Thompsons Beach in Cobram. The paddle, which occurred on the 7-9th of March, gave students the opportunity to investigate the different ways in which outdoor environments can be known, experienced and responded to. The group also had opportunities to gain key experiential knowledge, assisting them in identifying different motivations and responses that user groups would have in an Inland Waterway environment.

The journey started with a half-day paddle leaving from Yarrawonga. In warm conditions the group paddled efficiently, completing 19km during the early afternoon. This allowed us to set up camp on Little Pebble Beach, students took pleasure in being able to have a fish and relax on the sandy beach. The second day saw students getting on the water early to paddle a windy 33km, with opportunities to explore the backwaters of the Murray allowing for some calmer water. The group set up camp at McKays Beach for the night, a bright orange sunset finished the day off nicely. The final day the group cruised into to Thompsons Beach with 13km under their belt for the day. Once in Cobram, students commenced the usual clean up and packing of the trailer being very efficient with their time.



INSIGHTS

A parenting style for the ages



There's been a great deal of conversation lately about the most appropriate parenting style to raise kids effectively. How do you get cooperation from your child without nagging, yelling or using other less pleasant, coercive means? How do you build a strong connection with your child or young person, so that they you can build a lasting and respectful relationship?

The solution to these dilemmas is easier than you may think. It lies in your ability to assess two different communication styles when you interact with your child. These two styles indicate credibility and approachability. The credible or 'cat' style, as many of the behaviors are cat-like, is the style to use when managing or disciplining children. The approachable style, known as a 'dog' style as many of the behaviors come from the canine world, is used when building positive, healthy relationships. Let's explore a little further and find out how to access each side or style.

FIND YOUR INNER CAT TO GUIDE AND MANAGE

The 'cat' refers to the credible or authoritative side that we all have but may find difficulty accessing. This cat or credible side is expressed through non-verbal communication – your tone of voice, your posture and your head position.

Speaking with a flat, even voice shows credibility. Keep your head still and body upright when you talk, and your credibility increases dramatically. The quickest way to access your inner cat or credible side is to speak with your palms facing the ground. Most people find that when they do so they naturally speak with a clipped voice, still head and body and a serious expression on your face.

When you speak from your cat or credible side people will usually believe what you have to say. Cat body language gives you authority.

Guide like a cat by speaking calmly, quietly and staying still when you speak. 'Cats' will also withdraw eye contact rather than stand and argue, so look away or respectfully move away rather than become involved in a pointless argument with a child.

'Cats' also look for ways to manage visually (with such things as rosters or charts) or by moving close and whispering, rather than repeating themselves. If 'cats' repeat themselves, they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when guiding and managing children and teenagers.

USE YOUR INNER DOG TO NURTURE AND BUILD RELATIONSHIPS

We also have a 'dog' side to our nature. This is the approachable, conversational, relationship-building side. When you access this side, you generally speak with lots of inflection in your voice. Your head will bob up and down. You'll probably lean forward as you speak, and you'll smile a lot. The quickest way to access your dog side or approachable side is to speak with your palms up.



Many of us feel more comfortable with the dog or approachable side than with the cat side of our nature. If you are in a management position at work, you probably spend more time accessing your cat or credible side than your dog or approachable side. Highly effective managers, like highly effective parents will move seamlessly between the two, accessing their dog when networking and relationship-building, then finding their cat for negotiations or when making decisions.

BRING YOUR CAT AND DOG TO YOUR PARENTING

As a parent you can make subtle adjustments to your communication to increase your effectiveness. Consciously alter your style to suit different situations rather than let your moods dictate your communication style. It takes effort and practice to move between the two styles. Do it often and you'll find switching from cat to dog and back again becomes an ingrained parenting pattern.

Get your cat and dog wrong and you'll be ineffective. Manage or discipline like a dog and you'll do one of three things— whine to get cooperation, become frustrated if children or teenagers ignore you, or do nothing because you don't want to offend your children. Build relationships like a cat and you'll be seen as distant, stiff and unapproachable.

Get the mix right and you'll be able to give your children exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

IN CLOSING

The cat-dog approach spans many different parenting styles and importantly, accommodates for the emotional needs of children and teenagers. It also provides tools for parents who view parenting as an individual endeavour and for those who see parenting as a group leadership task. The cat-dog approach offers parents the flexibility needed to parent effectively in our current times.

Michael Grose



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but.....

He/She is only missing just...	That equals...	Which is....	over 13 years of schooling. That's....
10 minutes per day	60 minutes per week	Nearly 1.6 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



Did you know your child's best learning time is the start of the school day? That's when every minute counts the most!



In Years 7-10, students miss on average almost **every term** - that's **four weeks** of school per year.



Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au





PLAYERS NEEDED!

ALL AGES and ALL ABILITIES

Thursday night training in Benalla.
Saturday competition in Shepparton.

SPONSORS NEEDED!

Get YOUR logo on our shirts!

Sponsorship applications close 30th March.
Different sponsorship levels available.

Contact Lee Manning to apply
0416 169 767
benallahockey@gmail.com



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:



For more information, please contact Saver Plus:

saverplus@bsl.org.au
 1300 610 355

saverplus.org.au
 @SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

UP TO \$200 VOUCHERS TO COVER KIDS SPORT COSTS



To apply or for more information visit www.getactive.vic.gov.au/vouchers/apply-for-vouchers/

In primary school, some students miss on average 3 weeks of school per year. That's half a year of school by the end of year 6.



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