

# 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,

Next week is Education week across the state, with this year marking the 150<sup>th</sup> anniversary of Public Education in Victoria. Benalla has a long and proud history of public education in the town and this continues to evolve today.

In 1872, the Education Act was passed to make education free, compulsory and secular for all children aged 6-15. This has remained relatively unchanged over 150 years, with one change being that the leaving age is now 17.

The schools that became the current P-12 College have all played an important role in educating students from the local area, as well as building a culture of trust and belief in the value of public schools.

Schools look a bit different these days, and we are fortunate to have had some upgrades in recent years to provide us with modern facilities. Our new STEAM building at Faithfull Street is a good example of this and should be complete before the end of the year.

One thing that definitely hasn't changed, is the commitment of staff to achieving the best outcomes for all students. This would have been the case in 1872 and remains the same today. The methods we might use to achieve these outcomes may be a little different (no using the cane anymore at school!!!), but teaching and non-teaching staff both work hard to support all students achieve excellent outcomes.

Our approaches to teaching primary literacy have changed quite a bit recently, and these are highlighted in the local paper this week. We are very excited to be continuing the great work of public schools in Victoria and in particular for the families and children of Benalla.

Tony Clark  
Executive Principal.



### DATES TO REMEMBER

Thursday 19 May

- 10.30 am Year 3-6 Cross Country -Arundel Street Oval.

Tuesday 24 May

Years 7-12 Round Robin

Thursday 26 -27May

Year 9 OED overnight camp-Mount Samaria

Friday 27 May

Grandparents/Special Friends Day Avon & Waller St Campus

Tuesday 31 May

- Year 11 Mental Health First Aid

Friday 3 June

- Southern Ranges Cross Country
- Ovens & Mitta Cross Country

### Our College Values

Respect

Responsibility

High Expectations

Integrity

## TIPS and ADVICE from Michael Carr- Gregg

On Thursday the 5<sup>th</sup> of May, Michael Carr- Gregg came and spoke with our parents and members of the community in how to build Resilient Young People post COVID at the Avon Campus. A great night with lots of information and great questions from the audience and with answers that you could take away with you and put in your parent toolbox to use when needed. Michael shared the


*Secret to Happy Children, which is*

- STEP 1. Get happy yourself
- STEP 2. Teach your children to build relationships
- STEP 3. Expect effort, not perfection
- STEP 4. Teach optimism
- STEP 5. Teach emotional intelligence
- STEP 6. Eat dinner together

Michael shared the most Common Advice he gives to parents

- Mums and Dads need to work together
- It is good if parents are less anxious than their child/ teenager
- See the anxiety or depression in your child as a non-verbal communication (what is the message)
- You need to use your frontal lobe (problem solver) to assist your child
- Ensure that your child is sleeping well. No screens or phones in the bedroom
- Make sure that they get regular exercise and eat well
- Take your own pulse and look after yourself
- See out professional help when you are not winning.

Michael recommended 3 apps that will help your children. The Brave program for children/adolescents/parents. Moodgym app for adolescence and Three good



The BRAVE Program is an interactive online program for the prevention and treatment of childhood and adolescent anxiety. The program is free and provides support for children/adolescents to better manage their anxiety. There are also programs for parents.

Select an option below to learn more about the program

**LEARN MORE ABOUT  
Young Child Program**

FOR AGES 3-7


**LEARN MORE ABOUT  
Child Program**

FOR AGES 8-12

**LEARN MORE ABOUT  
Teen Program**

FOR AGES 13-17

<https://brave4you.psy.uq.edu.au/>




Welcome to moodgym

Log in

Existing users log in here

Register

Don't have an account yet?







**Three Good Things - A Happiness Journal**

Ashley Dale

★★★★★ 154 Ratings

Phone Screenshots



## Don't Forget to 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>



**Improve family relationships**

**Learn strategies to manage your child's behaviour**

**Increase your child's social skills**

Join our friendly group once a week for 8 weeks for fun family activities and games. Take the opportunity to spend quality time together as a family.

Enjoy a family meal together after every session, supplied by us.  
Please let us know if we can assist with childcare and transport needs.

To find out more please contact **Trish Bourke**  
0407 387 660



TERM 3 DATES, TUESDAY 26TH APRIL- FRIDAY 24 JUNE



We have had a very busy term so far in Miss Hudson's Grade 1/2! This term for Theme we have been looking at different forces. Students have been learning that a push or a pull affects how an object moves or changes shape. The students have been experimenting in the classroom and on the playground what happens when force is applied to an object.



## STUDENTS OF THE WEEK



Congratulations Seth, Eleanor, Jordan, Piper and all of the Grade 3 students were this weeks 'students of the week'



## Attendance Award Winners



### FRIDAY PINK SHOP LUNCH ORDERS ARE BACK!

Orders must be handed in to the office by 9.00am Friday mornings. Please write clearly you child's name, class and total money enclosed in an envelope. (Ensure correct money is enclosed as no change is given).





Jethro and I were picking Jerusalem Artichokes and we dug up 3 and a half buckets full. I enjoy being outdoors and learning new names of plants, leaves and other facts. -Xavier. Marcus, Parker and Amanda were also helping. I like doing gardening because I like doing things outside. -Jethro.



I love Kitchen Garden. My favourite activity is weeding and then probably raking. I feel like I achieve something by the end of each lesson. -Ocean



In Garden we do fun things like pull out weeds. I also like turning the soil over so we can plant seeds later on. -Robin



We were digging out weeds with Ollie, Robin, Ocean, Brandon and Mr Brown. The weeds were mainly Amaranths, that we then threw out into the school's skip. -Owen and Danni

## AWARD WINNERS AT WALLER



### Students of the week

Marleigh, Aurora, Iza-Bella, Blaike, Harry, Ben, Oliver & Harrison



Benalla P12 College Waller Campus

# LUNCH ORDERS Are Back!

Every Friday

The Faithfull Campus Canteen will now be providing lunch orders for Waller Campus students every Friday.

Orders must be made via the Qkr App (see attached pages)

It is quick and easy to set up.

**No money** is to be brought to school.

Orders must be made by 9am on the day to avoid students not receiving their lunch order.

If you have any questions about lunch orders, please contact Faithfull Campus and ask to speak to Cheree at the canteen.



Last week Year 5 students completed NAPLAN testing over four days. The areas covered in testing are writing, reading, language conventions and mathematics. Students are well prepared for the test and confident with understanding the testing format and answer requirements.

NAPLAN is a point-in-time assessment that allows parents and carers to see how their child is progressing in literacy and numeracy against the national standard and compared with their peers throughout Australia. At the classroom level, NAPLAN provides additional information to support teachers' professional judgement about student progress.



## STUDENTS OF THE WEEK



Pictured above are:

Elly Decker  
Hannah McCullagh  
Jack Hart  
Charlie Kirkpatrick  
Dylan Henshaw



**Kindness** – Sebastian Florenes

**Attendance:**

Boden, Dylan, Georgia, Mystique & Will





On Thursday the 5th of May, the senior girls yet again took on the volleyball round robin. This time, representing Southern Ranges and playing at the Lauren Jackson Centre, Albury. 7 girls took up this side with 3 new additions, Imogen Quilliam, Lilly Armstrong and Kayla Gracie, with Issy Fowles and Emmily Westbury unfortunately not being able to join the girls on the expedition due to sickness. Game 1 was a nail biter, both teams for sure on the rusty side. BP12 relied on their raw natural talent. We came out victors for game one against Sacred Heart, Yarrawonga with the help of our two skyscrapers of the team, Imogen and Ella Sheehan defending the net with intent. Game 2 was a tough one, emotions were high but nerves had settled. Charlize Thompson and Lilly Armstrong provided much needed strength in the back court with their beautiful digging and helped BP12 stay in the game. Unfortunately GSSC were too strong for P12 and defeated us. Game 3 was an exciting and positive game. Kayla Gracie threw acts of courage around by putting her body well on the line. Beautiful serving from Madison and Tayissa Gray had put P12 in a very good position. Wodonga girls senior were again too strong for P12 and we went home with 1-2 streak but had a great day out. Thanks to Felly and Pip for taking us girls to Wodonga





We were blessed with perfect weather for the 7-12 athletics carnival last week. It was wonderful to see so many students participating, encouraging one another and trying their hardest. The district carnival in Shepparton is not until September so first place getters will have plenty of time to practice! Results are still coming in from some field events so stay tuned for aged champs winners and house champs. A big thank you to the House Captains and Leaders for their help in setting up and packing away all of the equipment.





To all 7-12 parents,

Remember that conversations and questions about interesting words are easy, non-threatening ways to get new words into everyday talk. You can ask your student if they know what the words mean or try to include them in your conversations with them in some way. This can become bit of a game to see who can find the most ways to accurately include the words in their verbal interactions.

Christa Rembold (Learning Specialist – Literacy)

## Words of the Week: Term2 Week 3

### Cite

To **cite** is a verb with multiple definitions:

1. To mention something as proof for a theory or as a reason why something has happened. E.g., "The doctor cited three reasons why an adequate sleeping routine is important."
2. To quote from or refer to a particular writer or written work. E.g., "She cited psychologists such as Tony Attwood in her essay for psychology."
3. To officially name or mention someone or something in a court of law or to request someone to appear in court. E.g., "The lawyer cited two similar cases." or "She has been cited as a chief witness to the murder case."
4. To mention someone in praise. E.g., "She was cited for her bravery."

### Deviate

**Deviate** is a verb

To deviate means to change a predicted path or road. E.g., "The airplane's route deviated from the flight plan upon coming across some unexpected turbulence" or "The climbers became lost after deviating from the main path"

To deviate can also refer to a change in plan or behaviour. E.g., "It would not be wise to deviate from our agreed evacuation plan in the case of an emergency, especially during bushfire season." Or "The student was reprimanded after deviating from the classroom expectations."

### LIVE4LIFE

Live4Life Benalla has kicked off in style at this years Live4Life Launch. Well done to Year 9 and Year 10 students who volunteer their time to be part of the crew that organise amazing events like the Launch for our Year 8 students. The Launch is about introducing the topic of mental health education in an informative and enjoyable way to help break the stigma often associated with mental health. In the coming weeks, Year 8 and Year 11 students will participate in Teen Mental Health First Aid training within the school.







NAPLAN is upon us again, arriving as it does every year, as Term 2 begins to build. And while many parents, teachers, and students are generally ambivalent and nonchalant about this “high-stakes” \$100 million plus test, others take NAPLAN very seriously.

For those who are focused on NAPLAN results, there are NAPLAN preparation books for sale in stores around the country. Learning time in class is being disrupted so students can practice taking NAPLAN exams. And to highlight how high the stakes are in some families, “I’m buying my daughter a puppy if she scores in the top band” one mother informed me.

But is NAPLAN useful for understanding your child’s academic capability? How helpful is NAPLAN when it comes to your child receiving an excellent education?

The short answer: not very.

### The trouble with NAPLAN

Since its inception, NAPLAN has been contentious, for a number of reasons. Let me summarise, very briefly, some of the main concerns about NAPLAN:

1. There have been statistical and moral questions raised about the fairness, equity, reliability, and validity of NAPLAN for many years. (Too many to go into here, but important to mention.)
2. NAPLAN is a ranking system... but education should not be about ranking or competition. It should be about teaching and development, mastery and competence.
3. Kids get stressed about the test. While it’s true that kids get stressed about tests all the time – and they do need to learn to manage that stress – NAPLAN seems to create high levels of stress, and based on the points above, it’s unnecessary.
4. NAPLAN has been blamed for kids missing class learning, opportunities to perform musicals, sports, and more due to an ever-crowded curriculum and the push for better results.
5. It is not helpful to use NAPLAN diagnostically. The test is completed in May and results are returned at the year’s end. To know how your child is performing at school it’s more helpful to ask the teacher than to wait for a NAPLAN result.
6. You can actually guess how a school will perform based on the average income of the parents whose children attend.

Additionally, NAPLAN doesn’t tell us anything helpful about a school other than how its students scored on that test. It tells us nothing about the teachers and their involvement with students, the culture of the school, what happens on the playground, or how students feel while they’re at school.

For all of these reasons – and more – the Gonski Institute for Education issued a report last year suggesting that NAPLAN be scrapped!

If you want your children to thrive at school, NAPLAN results aren’t a useful measure. But fortunately we know what is.





# parenting\*ideas

## Helping Children Thrive at School

The following factors generally matter most when it comes to your child doing well at school:

1. **Reading.** If there is only one thing that you do with your children for their education, read to them. This should start as young as possible and continue through toddler years, preschool years, and into big school. Read to them – and have them read to you – as they go through their early primary years. And keep books around right through high school. Reading is one of the best predictors of children's academic success, and it is associated with increased resilience, particularly for kids from challenged or traumatic backgrounds.
2. **Be involved.** Research shows that parents who ask about school, check in on what students are learning, talk with the school teacher from time to time, and continue to monitor and stay up to date on what is happening at school have children who do better academically when compared with students whose parents are uninvolved. Getting involved shows you care.
3. **Relationships with peers.** Children who enjoy a sense of school belonging, according to Dr Kelly Allen at Monash University, do better at school. They also have higher levels of life satisfaction.
4. **A sense of progress and purpose.** These are two separate things, but I'm including them together because they often follow one another. When our children make progress, they feel competent and capable. This increases their motivation, and makes school feel purposeful. If parents can work to help children see the progress they're making, it will boost desire for more progress, and the work becomes easier and more enjoyable.
5. **People who love them.** There is no way of getting around this fact: kids do well for those they love. When a student loves his science teacher, science becomes the best subject ever and he tries hard as a result. Same goes with PE, English, or any other subject. Helping children feel like they are known, numbered, and missed combined with teachers who are enthusiastic about their topics, helps kids do better at school.

Often people will say, "But what about my child?" So many parents are dealing with ADHD, autism, ODD, sensory issues, depression, or other additional health or developmental needs. My response is always the same: those points above become even more vital. Read, be involved, help them make friends, challenge them to progress and find purpose, and make sure someone loves them.

Your child may (or may not) be about to sit the NAPLAN test any day now. Let them know that it's not about them. It's for the school only. Don't make a deal about their results when they show up in the post. It's old news by then. And when it's done, give them a hug, share a milkshake, and ask them about their friends, their teacher, or their favourite book to read... because those things will matter more for their education than their performance on this year's NAPLAN test.



### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au).







**Join us for our community outreach event!**

Drop in any time and have a chat to find out what support is available for you and your community.

**Free Rotary BBQ & \$500 Rotary vouchers available\***

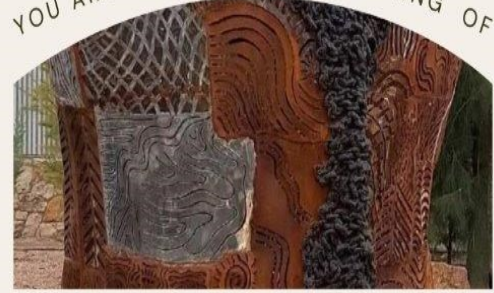
\*for farmers, farm workers, contractors and suppliers

**Benalla Town Hall,  
82-86 Nunn Street, Benalla**  
**Tuesday 3 May**  
**8.30am - 12pm**

For more information contact Hayley on:  
0437 309 598 or [hayley.payne@recovery.gov.au](mailto:hayley.payne@recovery.gov.au)

Australian Government National Recovery and Resilience Agency Rotary

YOU ARE INVITED TO THE OPENING OF



**Lotjpatj Natjan Danak.**

**SCULPTURE WALK**

Featuring the works of 15 Yorta Yorta artists

Sunday 15 May, 11am - 2pm

TOURS, MUSIC, FOOD.

Winton Wetlands, 652 Lake Mokoan Road, Chesney Vale

This is a FREE event. ALL WELCOME

WINTON WETLANDS VICTORIA State Government Australia

**NERPSA North East Regional Pre School Association**

**WELCOME TO OUR OPEN DAYS FOR 3 AND 4 YEAR OLD KINDERGARTEN IN 2023**

• **Munro Ave Pre School (3 and 4 Year Old Programs)**

Munro Ave, Benalla  
Monday 23rd May : 2.30pm—3.30pm

• **Bernard Briggs Kindergarten (3 & 4 Year Old Programs)**

Church Street, Benalla  
Thursday 26th May : 12.30pm—2.00pm

• **Glenrowan Kindergarten (3 & 4 Year Old Programs)**

Old Hume Highway, Glenrowan  
Wednesday 25th May : 2.30pm—3.30pm

**talk** to our staff about how the programs are run,  
**look** over the facility,  
**ask** questions and  
**collect** a registration package

03 6791 3755 1 Hayley Street, Warragamba VIC 3027

[www.nerpsa.com.au](http://www.nerpsa.com.au)

In Years 7-10, students **miss** on average almost **a week** 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](http://education.vic.gov.au)

**VICTORIA**  
AS A LEARNING  
COMMUNITY

Department of Education and Early Childhood Development

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**TERM 3 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE**