

# 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,

All schools are required to adhere to the Child Safe Standards. These are a set of standards developed to ensure the physical and emotional safety of all students in all settings, and schools have an important part to play in this. We have always been compliant and have worked hard to ensure all the child safety standards are met.

After a review, the Child Safety Standards are changing as of July 1<sup>st</sup> this year. There are some important changes, especially around cultural safety for indigenous children. We are currently in the process of reviewing our policies and making they are in line with the new documents ready for the changeover at July 1.

Part of doing this means consulting with the school community about the policies and processes in place and seeking feedback about these. Our current Childsafe policies are available on our website. If you wanted to provide any feedback or ask any questions about these, please have a look and get in touch with me.

School Council will meet tonight and will have an opportunity to look at a couple of the key documents in more details. These include the main Child Safety Policy and the Code of Conduct. You can also contact any of the members of College council if you had any questions or wanted to provide any feedback.

One of the main objectives of the Child Safety policies is to make sure that schools and organisations that work with children have a strong commitment to and a culture of child safety each and every day. You can be reassured that staff at Benalla P-12 College do take their obligations and commitment to the safety of children seriously and act accordingly when required to.

Tony Clark  
Executive Principal.

Email: [benalla.p12@education.vic.gov.au](mailto:benalla.p12@education.vic.gov.au)  
Web: [www.benallap12.vic.edu.au](http://www.benallap12.vic.edu.au)



### DATES TO REMEMBER

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-  
Yea Racecourse  
•Ovens & Mitta Cross Country –  
Barr Reserve Wangaratta

Friday June 10

•Student Free Day

### Our College Values

Respect

Responsibility

High Expectations

Integrity

### SAFETY AT SCHOOL CROSSINGS! "OBEY SCHOOL CROSSING RULES"

School speed zones, and school crossing are designed to improve safety for school children. They operate throughout each school term between 8:00 am to 9:30 am, and from 2:30 pm to 4:00 pm which are the peak times that children arrive at and leave schools. Take extra care and slow down when you drive past any school.



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**.

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



The Uniform shop will open at the Faithfull Street Campus on the following dates between 3-5 pm

Wednesday 25/5  
Wednesday June 8  
Wednesday June 29

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

Call Judds Yarrawonga on 5744 1269 for any further details



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



We have been having so much fun this Term in Miss Smith's Prep/One classroom! We have been exploring Narrative texts and unpacking characters and their traits. This week we are focusing on settings in a story and using great descriptive words to illustrate what they look, sound, smell and feel like. We have vacationed to the 'beach', adventured through the jungle and wandered around the desert!



## STUDENTS OF THE WEEK



Congratulations Jack, Emma, Jaxson, Daniel, Hunter, Layla and Harry who were this weeks 'students of the week'

## Attendance Award Winners



Ms Smith's grade had the highest attendance for week 3. Congratulations you are all attendance champions.





Cross Country training has been in full swing at Waller Street Campus with all Year P-2 students set to participate in the upcoming event at Avon Campus on the 9<sup>th</sup> of June. The preps are aiming to go the distance by completing a gruelling 800m circuit. Year 1/2 students are required to run an additional 200m as they make their way around a massive 1km circuit. Despite not having access to the course, the Waller Year 1/2 students are practising 2 or 3 times a week having calculated that four laps of the oval (without cutting across) is approximately the required distance of the race. To have your name and time recorded on the board in Mr Barker's class you must successfully complete four laps. All class members have now gone the journey and have their best time on the board and the times are getting to Olympic standard.

Toby Smith is looking to go back to back this year competing in the 8-year-old boys' event, with a current PB of 4 minutes and 21 seconds. Eli Fielding is never too far away having achieved a top 3 finish in 2021 and will be right in the mix again. Dianne Osman has good distance running pedigree having two older sisters who were very successful runners for Benalla P-12 College. Her best time of 6 minutes 43 seconds should see her place well for in the 8-year-old-girls' event. Mitch McGee will give it his all and should be more than competitive if he is able to produce his best time of 5 minutes and 25 seconds against his 7-year-old rivals on the day. Kaycee Halligan doesn't stop and often runs further than the required journey. She should be right in the mix for the 7-year-old-girls'.

The students need not look towards Cliff Young, Robert De Castella or Turia Pitt to draw inspiration having Miss Challis who made it all the way to the state cross country finals back in her heyday. The students will keep grinding away the seconds off their times in an endeavour to emulate her success.



## AWARD WINNERS AT WALLER



### Students of the week

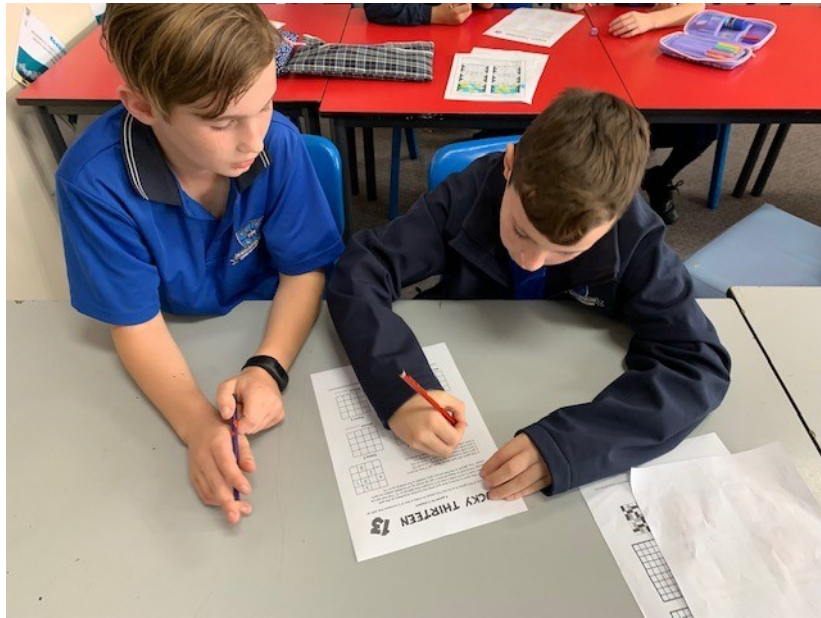
L-R: Clayton, Kayde, Elsie, Ava, Gaige, Khloe & Robin  
Front: Scarlett

The **Attendance Awards** went to:  
L-R: Brandon, Ben, Patrick, Oliver, Jaime, Daniel, Eli, Hayden, Blake & Marleigh





This term in the 5/6 Hub students have been learning addition and subtraction strategies to improve their recall and accuracy. To reinforce these skills, students have been enjoying a variety of fun and engaging games which allow them to apply their working knowledge and problem solving strategies.



## STUDENTS OF THE WEEK

Our 5/6 students of the week were: Ava Sutherland, Emily Mackay, Jackson Day, Talbot Adkins, Beau Maude



Pictured above are our Clarke Street kindness and attendance award winners.

**Kindness** – Edward & Aeryn

**Attendance:**

Sebastian, Pharon, Ella, Torah & Paige





## HOCKEY VICTORIA JUNIOR COUNTRY CHAMPIONSHIPS

Congratulations to our Benalla P-12 students who recently competed in the Hockey Victoria Junior Country Championships.



Pictured above are: Lily Stewart (Yr 6) and Erin Jenkins (Yr 7) = U13 girls (playing for Sunraysia)  
Amber Armstrong (Yr 9) = U15 girls Goulburn Valley Hockey Association



Pictured left are: Kiah Atkinson and Taree Fletcher (Yr 12) = U18 girls GVHA

EVERY  
DAY  
MATTERS

YOU + SCHOOL = SUCCESS



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



### What a great day!

Year 3-6 students from Benalla P-12 College and St Joseph's primary school competed in a Cross Country event at the Arundel St ovals. The competition was strong with some very competitive runners on the track. Well done to all students who participated. There were also some great displays of sportsmanship and lots of cheering from the sidelines.

Congratulations to St Joseph's who were the overall winners on the day.

### Congratulations to Hotham (Yellow) House for taking out first place!

In second place was Stirling, in third Stirling and in fourth place Buller.

All the best to the 28 students who qualified to compete at the Division event in Wangaratta on Friday 3<sup>rd</sup> June.

A very big THANK YOU goes to all the parents who helped out on the day. It is definitely a team effort to make these events successful!

Vanessa Neilson  
PE Teacher









To all 7-12 parents,  
Here are our latest Words of the Week for Week Five. 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: Term 2 Week 4

### Unique

The word **unique** is usually an adjective but is sometimes used as a noun. It

#### Example Sentences

- *Each person's genetic code is unique except in the case of identical twins.*
- *I'd recognize your handwriting anywhere - it's unique.*
- *Do not miss this unique opportunity to buy all six pans at half the recommended price.*
- *As many as 100 species of fish, some unique to (= only found in) these waters, may have been affected by the pollution.* means that something is one of a kind and unlike anything else.

### Concurrent

The word **concurrent** is an adjective.

It means two or more things happening at the same time. For example, if you and your sibling have a concurrent celebration for your birthdays, it is because both of your birthdays fall on the same day.

#### Example Sentence

*The judge imposed concurrent sentences totalling 14 years for the attacks on the girls.*

This means even if the prisoner got 9 years for one crime and 14 years for the other, he/she will still only need to serve 14 years because both are happening during the same time.

### HANDS ON TRADES CAREER EXPO

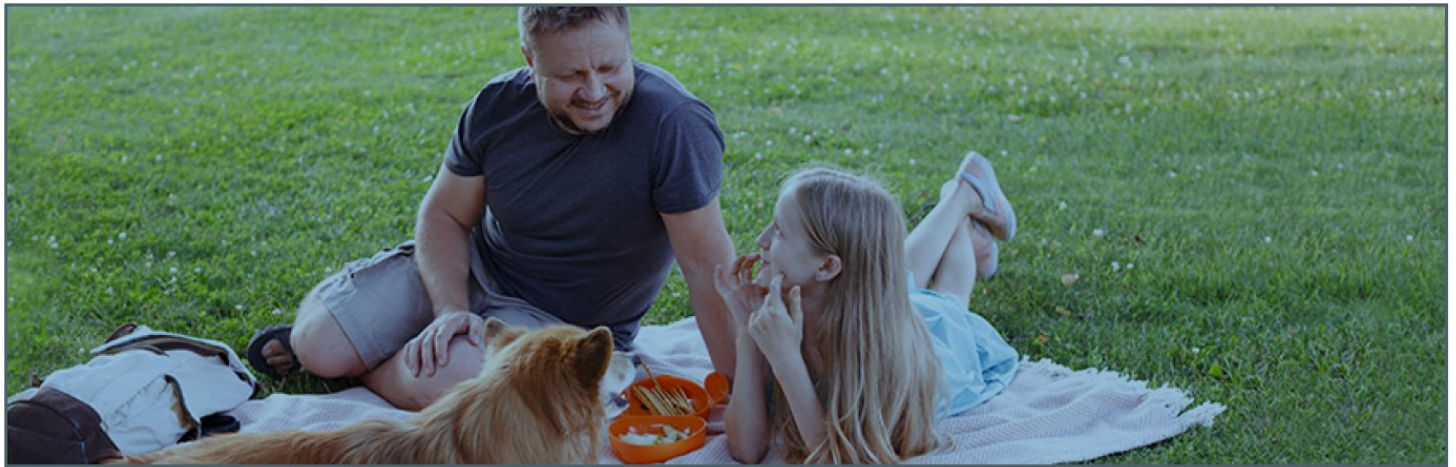
Benalla P-12 College Year 10 and VCAL students recently attended the Hands-on Trades Career Expo at the Winton Motor Raceway. Students had a great time visiting the various exhibitors and finding out career pathway information. Exhibitors included TAFES, apprenticeship providers, the ADF, and much more. Thank you to NE Tracks LLEN for



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## Connecting with your kids



Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it's like there's some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it's a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it's because connection is not a luxury item. It's an essential: for your relationship, for your child's wellbeing, and for their future.

### What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. “In a positive parent-child relationship, family members feel safe and connected to one another.”

“It's also about being in the moment with your child”, adds Derek McCormack, Director of the Raising Children Network. “It's in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important.”

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there's no dollars in the bank, we're financially kaput. If there's no connection in the relationship, we're relationally broke.

### There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

“Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it's the foundation for a child's development physically, emotionally, and socially.”

Connection also helps develop important skills needed for a child's future. “Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school.”

### Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn't mean that the connection is not still healthy and positive,” explains Woodward.





McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

"As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them," he explains.

### How to achieve positive connections

"Positive connections are based on time together, being present, and building trust and respect", says Woodward. For example:

#### Make moments together matter

Booking in "quality time" doesn't guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

#### Tune in to your child

Tuning in to your child and thinking about what's going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

#### Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

#### Label emotions and listen

Let's say you notice your child seems upset, instead of saying – "Are you ok?", try something like "I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together."

### In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It's important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.



#### 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).



## Reconciliation Week 2022

# Family Fun Day

27 May 2022, 12.30pm - 4pm  
Sir Edward Weary Dunlop Learning Centre  
(Benalla Library)  
and Benalla Lake foreshore

Cultural  
storytime



Free BBQ and  
Coffee Van



DJ and Photo booth



Info stalls from local  
services



Face Painting



Sports and Games



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 8321 3755 | 1 Hensley Street, Wangaratta VIC 3677

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



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



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