

# 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,

Last week was a busy one, with a couple of important events taking place on Friday. It was wonderful to be able to welcome back families to school for our Grandparents/ Special Friends day at each of the primary campuses. We were overwhelmed with the numbers of people who came along and would like to thank all extended families and friends for making the effort to attend. It seems like such a long time since we had whole school assemblies and special events like this one so it was great to have such a positive morning.



This week is Reconciliation Week and on Friday we had about 50 students and staff attend a Family Fun Day at the local library. This was organised by Benalla Rural City as a way of recognising and celebrating Indigenous culture. Our indigenous students were given the opportunity to attend and could invite a friend to come with them. The students had a great time playing games, listening to stories, having their faces painted and talking to different community members about the importance of the day.

Both of these activities highlight the strength in our school community and reinforce the fact that we work as partners with families and the local community to educate our children. As

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 31 May

- Year 11 Mental Health First Aid

Friday 3 June

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

Tuesday 7 June

- Year 11 Mental Health First Aid

Wednesday 8 June

- Year 9 Mock Job Interviews

Thursday 9 June

- Years 11 & 12 university bus tours

Friday June 10

- Student Free Day –OHSC available at Waller Street

### 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.



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

Wednesday June 8  
Wednesday June 29

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

Call Judds Yarrowonga on  
5744 1269 for any further details



**A reminder to families**

**Friday 10th June -Student Free day**

**Monday June 13- Public Holiday (no care available)**

OSHC will be available at the Waller Street Campus only .

Bookings are essential.

Ph: Waller 0407 715 660 Avon 0428 014 133



Follow us on  
**Instagram**

**TERM 2 DATES, TUESDAY 26TH APRIL- FRIDAY 24 JUNE**

"It started with a seed, and that seed was me. And, over time, laughter filled my garden...."

Wednesday the 25<sup>th</sup> May was National Simultaneous Storytime which is held every year when lots of people all over Australia and New Zealand read the same book at the same time. This year the story was 'Family Tree' by Josh Pyke & Ronojoy Ghosh. The Year 3's and 4's at Avon Street gathered together to listen to Miss Annakin reading the story. The students thoroughly enjoyed looking at the beautiful illustrations within as the story was read to them.



## STUDENTS OF THE WEEK

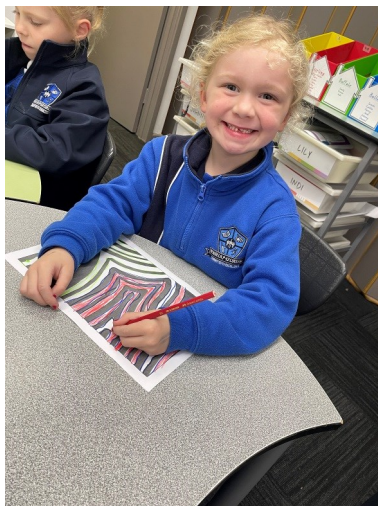


Congratulations to our students of the week. Pictured above are Evelyn, Billy, Josh, Emily, Andre absent Amelia.

Pictured left are Chloe, Alarna, Jake and Angus who were our Red Apron award winners



Thursday the 26<sup>th</sup> of May is National Sorry day in Australia. 1/2 Challis learnt about what Sorry day is for, when the first Sorry day was, and the national apology Kevin Rudd gave to Indigenous Australians in 2008. We read the book 'Sorry Day' written by Coral Vass, and created a collaborative Indigenous art piece for our hallway, to remind us what Sorry day recognises and acknowledges.



## AWARD WINNERS AT WALLER



### Students of the week

Ali Hussain, Xavier Azar, Jayme Fitzpatrick, Violet Taylor, Leela Hobbs, Ava Horn, Jett Turner Loki Vella

### Quick Smart

Pictured right are: Abby Lindsay and Tyler Brooks



### The Attendance Awards went to:

Megan McMaster, Charlotte Feltham, Olivia Anderson, Tiarn Dellar, Lara Lindsay, Evie Pollard, Shaylee Mackenzie, Kim Rae, Xayvier



Follow us on  
**Instagram**

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

# BENALLA P-12 COLLEGE

Grandparents/special friends day at Avon & Waller Street



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL- FRIDAY 24 JUNE

## MacqLit at Clarke Street.

Our MacqLit program here at the Clarke Street Campus runs from Monday to Wednesday and is designed to give children a boost with their Literacy skills. It is an intensive phonics program that involves reading, writing and spelling. The students that participate in MacqLit are working hard at building their confidence with Literacy, through reading and writing tasks, games, and identifying their own personal Reading goals. Building the love of reading, and understanding that reading is a life skill, is all part of our sessions. Hearing that some of the children are now "loving reading" and that "the story was so good that I couldn't put my book down" are true measures of success.

Here is what some of our MacqLit students told me about their progress.

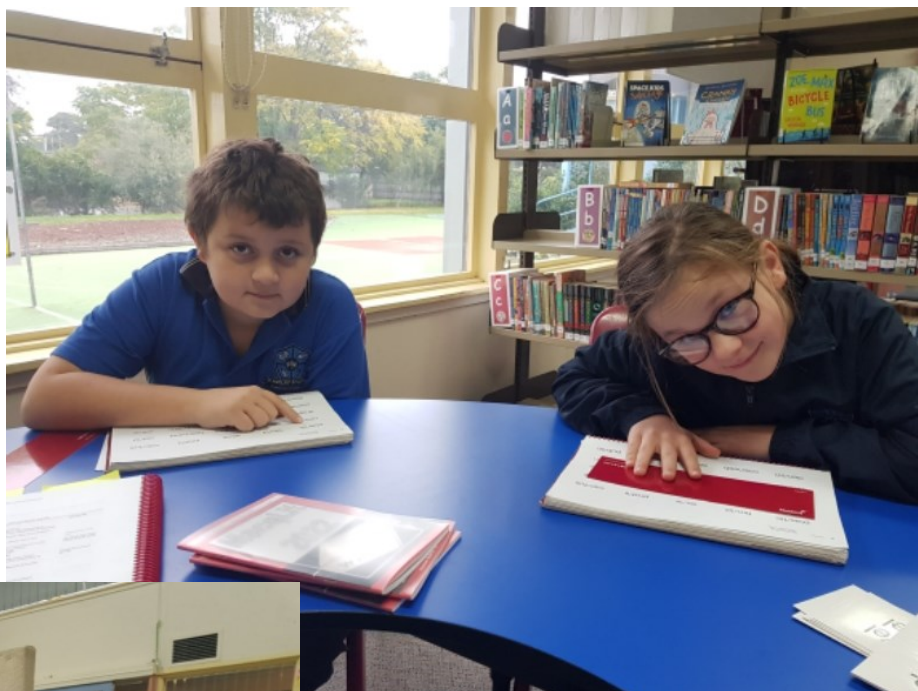
**Talbot (5B):** I can read longer words and write longer words. I feel happy and proud.

**Liam (5B):** I can read longer words in books and write and spell longer words. I feel proud and excited.

**Logan (5B):** It has definitely 100% helped with my reading, especially my fluency. We repeat things so we don't forget them and it's helped me with sounding out lots of words. I can read things that I couldn't before and I know what to do when I see a big word. I'm achieving wonderful things and I feel good about sharing my learning with Mum and Dad.

**Georgia (5A):** MacqLit has helped me with reading fluently. It has helped me learn to reread and self-correct. I'm feeling happy and mature about my reading. It's also helped me with my stumbling when I read.

Miss Andrea Wymond, Clarke St MacqLit Tutor.



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE

## SENIOR NETBALL

That's right, you guessed it! Senior girls are back again with another victory. With a late arrival to Shepparton sports precinct, the girls were rearing to go. With Benalla rivals FCJ up first, tensions were high. Kayla Gracie putting her body on the line once again showed her absolute determination to the team. Unfortunately coming down to FCJ by a mere one point, the girls were determined to bounce back. The next 2 games were easy going. Imogen quilliam, Ella Sheehan and Stevie Cooke being absolute tanks in defence so much so, that she accidentally scored for the other team. Emmily Westbury and Maddy Gray carving up the mid court had us looking real good for final contenders. Nerves were high as finals were to be announced with most teams only losing 1 game. With a late upset of the girls not making the grand final, the girls were not letting this one go. With the highest percentage we had to have been in the grand final. With the magic of Lilly Armstrong and Emmily working out that there was a mix up of score sheets. Grand final here we come. The girls were absolutely roaring to go against Seymour - our last rivals at volleyball. With the athleticism of Tayissa Gray and Lilly being in no danger of missing a shot, we looked too good. 6-4 our way in the grand final and onto the next round.

By Tayissa Gray and Lilly Armstrong



## ROUND ROBIN SENIOR NETBALL-BOYS

The boys went into the tournament feeling, one would say over confident. They underestimated the competition so they had to pull out all their netball tricks they knew. The first game was goal to goal, pressure was on but the deadly combination of S Arnold and C Burfield in the goals came in clutch, held strong and shot well to secure the game. Everyone contributed equally throughout the day though. Jye PM pulled in crucial intercepts as did Alex Berry. Gracie has obviously been watching his sister play as he dominated in WA. Every rebound was taken thanks to defenders Drury and Cullen. Decker ran the Centre all day and fed the ball accurately into the shooters. Big Assistant Coach J Quilliam was feeling the pressure early on having to watch from the side lines due to injury. He would have picked up a lot of tips though out the day and will be welcomed into the side next round. Throughout the day all the boys had a great time, showed great team work and chemistry. They head off to the Hume Region Round Robin in August.



The junior boys have also made it through to the Hume Region Round Robin thanks to automatic entry. The junior boys played against the bigger and older intermediate teams throughout the day just so they could practice. Many of them have never played the game before. The boys held their heads high and defiantly learnt and im-



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL- FRIDAY 24 JUNE


**OFFICE USE ONLY:** Term 2      Term 3

Contacted: \_\_\_\_\_

Interview date: \_\_\_\_\_

Notes: \_\_\_\_\_

## Great Start to Work (GSTW) Student Registration Form

To be completed by the parent or guardian, together with the student.

### STUDENT DETAILS

FULL NAME			
PREFERRED NAME		PRONOUN/S	
DATE OF BIRTH		THE STUDENT IDENTIFIES THEIR GENDER AS:	
SCHOOL			
MOBILE			
EMAIL			

### FAMILY DETAILS

PARENT/ GUARDIAN			
PHONE			
EMAIL			
RELATIONSHIP TO STUDENT			
ARE YOU A SOLE PARENT/ GUARDIAN?	Yes / No	ARE YOU OF ABORIGINAL OR TORRES STRAIT ISLANDER BACKGROUND?	Yes / No
NAMES AND AGES OF SIBLINGS			
ADDRESS			
POSTCODE	(To qualify for GSTW, you must live in the Benalla Local Government Area)		

Now tell us some things about you!

Why are you interested in participating in GSTW and what would you like to get out of the program?

.....

.....

What community groups, clubs or organisations do you belong to? .....

.....



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE

What are your current interests, such as sports and hobbies? .....

.....

Do you have an idea about what you might do when you leave school? Yes No

If you answered yes, what careers interest you? .....

.....

Do you have any health concerns or special needs? Yes No

If yes, do you think you will need special assistance to complete GSTW? .....

.....

Do you have any special dietary requirements? If so, please give details .....

.....

Please complete this form and return it to your Careers Advisor by Wednesday 15 June 2022.

Student Signature: .....

Parent/Guardian Signature: .....

Date: .....

Or please drop the form in at our office or send to:

Great Start to Work Coordinator

Tomorrow Today

Shop 10, 66 Nunn Street

BENALLA VIC 3672

If you have any questions, please  
contact our office on

(03) 5762 1211.



## GREAT START TO WORK

**TOMORROW TODAY**  
Benalla. Stronger together

### WHAT IS GREAT START TO WORK?

A 6-week work-readiness program designed for all young people either looking for a part-time job or wanting some guidance in their existing part-time job.



### WHO CAN COME ALONG?

Anyone living in Benalla aged 14-18 years old.

### HOW MUCH DOES IT COST?

The program is absolutely FREE!

### WHY JOIN THE PROGRAM?

You will learn how to:

- develop your resume
- get your tax file number and bank account
- 'dress to impress'...on a budget
- gain confidence to go out and find work
- understand what employers' expect from their staff
- perfect your interview techniques in our mock interviews
- learn about your rights and your responsibilities
- connect with local business owners who hire young people



Do you already have a job but have some questions or need advice about your current work conditions?  
**Well this program is perfect for you, too!**

### WHEN?

4pm - 7pm  
Tuesday nights  
19 and 26 July  
2, 9, 16 and 23 August



### WHERE?

At Tomorrow Today  
66 Nunn St



**SEE YOUR CAREERS  
ADVISOR TO APPLY!**



YEAR 12 PHYSICS INDUSTRY VISIT

Year 12 Physics students from Benalla P-12 College went for an industry visit to Wilson Transformers on 6<sup>th</sup> May 2022. This visit was a part of the students VCE Physics study design of Unit 3 Area of Study 2 '**How are fields used to move electrical energy**'. Students study **Transformers and large-scale power distribution** in this section of their course. They designed and built a transformer in school as a SAC for this Area of Study.

Students visit to Wilson Transformers helped them understand the transformer manufacturing process and gave them a real time experience that enabled them to make their own little transformers in the school lab for their SAC.

This visit also motivated the students to aspire to be future engineers. Consequently, it improved their study focus.

School and Industry Partnership are a great way to help thrive the community. Some of these students might surprise you by joining Wilson Transformers as Engineers in the future.

EVERY  
DAY  
MATTERS

YOU + SCHOOL = SUCCESS



Follow us on  
Instagram

TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE

## Do's and don'ts of discipline



Season one of *Parental Guidance*, a reality TV program that aired in November 2021 on Channel Nine, brought several parenting controversies to the fore. One of these was a challenging conversation around discipline.

During the show some parents were aghast when a mum and dad from Newcastle, NSW, disclosed that their discipline included smacking. A couple from South Australia's Barossa Valley divulged the occasional washing of their boys' mouths with soap if they lied or swore. Meanwhile, our "attachment" parents from Melbourne were unwilling to countenance any form of punishment when their children had meltdowns or behaved in an oppositional way.

Discipline is one of the most confusing – and challenging – topics that parents grapple with. Unfortunately we have inherited centuries of unhelpful ideas, and they continue to interfere with what science is showing works best.

### What is discipline?

The first definition of "discipline" in the dictionary is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. Discipline literally means to teach, guide, and instruct; or to show the right way.

### Why traditional discipline doesn't work

Most parents think of traditional discipline as punishments to administer to their children when they misbehave. These punishments can take the form of smacking, time out, grounding, withdrawal of privileges, and so on. In the lead up to these punishments, many parents try bribing, threatening, and yelling. Eventually they crack.

While there may be, from time to time, a need for these discipline approaches (that is, for punishment), the reality is that science has shown us there are better ways. When we punish, we teach our kids all the wrong lessons:

- Might is right. If you're big, you can make the little people do what you want
- Power gets you what you want
- Other people's reasons don't matter
- Mistakes are bad

Perhaps most important, punishing our kids makes them more selfish. They sit in their room and hate us and their siblings. They blame others rather than taking responsibility. Traditional discipline ruptures the relationship between parent and child.

Traditional discipline lacks compassion, empathy, understanding, and perspective. It leaves our kids feeling unworthy. The real reason for this is simple: punishment is about making someone pay a price; exacting retribution. Punishment is about hurting others.



**The secret to perfect discipline**

Real discipline is not about hurting. Real discipline is about helping. When we teach, guide, and instruct, we show a better way for a child who is struggling. The following ideas will help you get your discipline aligned with the best outcomes:

**Children are people too**

Sometimes we forget that children are people. They seem like impediments in our otherwise well-ordered life! But they have feelings, hopes, dreams, and challenges. Seeing them as people helps us to respond to them with kindness, even when they're being challenging.

**Understand Development**

We forget that our children are wearing "L" plates while they learn how to do life. They don't quite know how to behave yet. But if it takes 5 years before they can tie a shoelace, it will take even longer before they can regulate emotions and behaviours. Some adults still struggle. Be patient while they develop.

**Don't confuse motivation with ability**

We sometimes get mad at our children when they're not playing by the rules. But often it's not because they don't want to be good. It's because they don't know how. They're too tired, they're hungry, they're stressed. Or maybe they're all of the above. We discipline best when we recognise their capability in the context.

**Get curious, not furious**

When a child is being challenging it's tempting to explode. It's better to explore. It's tempting to reprimand. It's better to understand. It's tempting to be furious. Instead, get curious. When we take the time to understand their perspective, problem solving gets easier.

As we focus on teaching and guiding our children, the data points to better outcomes in behaviour, both now and in the long term. Kids with parents who practice childrearing in this way are more likely to do well in school, with peers, and make better choices. It's a hard way to parent, but when we invest for the long-term, the results are worth it.

**Dr Justin Coulson presents: Encouraging good behaviour**

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Encouraging good behaviour' at no cost.

**About:** In this webinar, Dr Justin Coulson explores the concept of discipline and how parents can encourage good behaviour in children.

**When:** Wednesday 8 June 2022 8:00pm AEST,

**To redeem**

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code ENCOURAGE 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 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

**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).

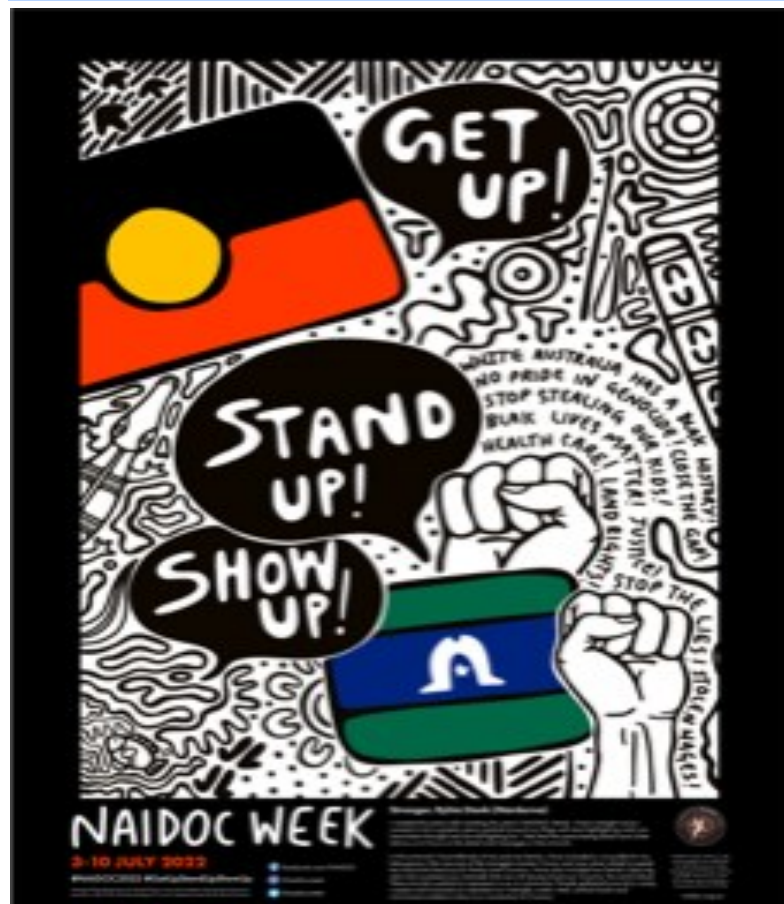
Provided as a part of our school's Parenting Ideas membership

[parentingideas.com.au](http://parentingideas.com.au)



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE



Strengthening  
Family Connections

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

## What you can (and cannot) do to help your child get back into life post-COVID

**Dr Andrew Wake**  
MBBS, FRANCP, Mast Psych, Cert Child Psych

The University of Melbourne, Department of Rural Health bring you a public lecture by Dr Andrew Wake.

Andrew is a child and adolescent psychiatrist and former lecturer at Melbourne and Monash Universities. He currently works with a youth outreach service as well as private practice. Andrew contributes to psychwire as an international expert on parenting questions.

Andrew is the author of the highly praised parenting book, The 'Good Enough' Parent: How to provide for your child's social and emotional development'. He is due to release his second book 'When you're the adult in the room' a book for teachers to add to their confidence and understanding and managing emotions, behaviours and relationships in students.

Dr Andrew Wake has extensive experience in giving talks and seminars to health professionals, parent groups, schools, child protection agencies and the police.

He has a keen interest in helping parents and care giving adults to understand the emotional life and needs of the child in their life, and helping them to provide 'enough' of the things they need.

Do you worry about your child? Are you concerned about their development and your contribution as a parent? Andrew will provide a basic understanding of motivation and share his knowledge on what parents can do to create change while their kids are dependent on them.

This public lecture is targeted at parents and school teachers to help young people re-engage post COVID.

This is our first face to face public lecture for over 2 years, and it will also be available on webinar if you prefer.

There is the opportunity to ask questions when registering and on the night.



### Event Details

**Date:**  
Wednesday 8th June 2022

**Time:**  
5:30pm - 7:00pm

**Venue:**  
Online webinar or face to face at:

The Department of Rural Health  
The University of Melbourne  
49 Graham St, Shepparton

**Enquiries:**  
Di Doyle Events Coordinator  
(03) 5823 4512

**Bookings:**  
Bookings are essential for this free public lecture. Register at <https://go.unimelb.edu.au/8h6e>

ORCID PROVIDER CODE: 000918



Follow us on  
**Instagram**

TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE