

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,

You may have heard discussion in the media about the challenges that schools and other organisations are having finding staff at the moment. This has come about through a complex range of reasons, but the bottom line is, it is very difficult to find teaching staff at the moment in all locations around Australia.

We are feeling this in Benalla also, and have worked hard to make sure all classes have been covered due to staff absence so far this year. So far we have managed to avoid any groups of students going back into remote learning. Some other schools in our regional area have not been so fortunate.

As we approach the end of semester one, we are still working very hard to make sure that all classes are covered for next semester. There are some staff leaving for good at the end of this term while others are taking well deserved approved leave for short periods. We have some other staff who are returning from various leave and have managed to attract some new staff to work for us. There are still a couple of gaps however.

As a result, there will be some changes to teachers for quite a few secondary classes next semester. I will send out specific information about teacher changes to those classes affected in the last week of term.

Primary classes are largely unaffected, but it will have an impact on some of our intervention programs unfortunately. In particular the QuickSmart numeracy program at Grade 3/4 will temporarily stop. Once again, we will send out specific information to parents of those children involved. Our literacy intervention programs at primary levels will continue as normal.

Please understand that we are doing everything possible to find and retain staff at the school and to ensure that your child's education, safety and wellbeing remain our top priority.

Thanks again for your wonderful support as we continue to navigate challenging times.

Tony Clark
Executive Principal.

Email: benalla.p12@education.vic.gov.au
Web: www.benallap12.vic.edu.au



DATES TO REMEMBER

Friday 17 June

•Hume Cross Country

Tuesday 21 June

Year 9 OED Camp

Thursday 23 June

Year 2 Sleepover

Friday 24 June

**Last day of
Term
2.30pm
Dismissal**

Wednesday 29 June

Uniform Shop Open-
Faithful Street
Campus
3-5pm

Our College Values

Respect

Responsibility

High Expectations

Integrity



*Don't Forget to
Notify the school of your child's
absence*

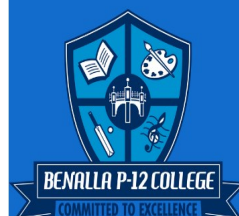
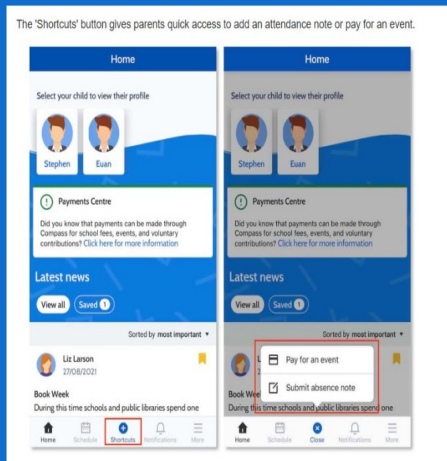
Protecting the safety and well-being of children through the reporting and monitoring of absenteeism is the responsibility of both parents/carers and schools.

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>

Adding an attendance note is as easy as 1, 2, 3.....

1. Open Compass App
2. Click on shortcuts
3. Submit attendance note



BENALLA P-12 COLLEGE

2023 PREP TOURS

AVON & WALLER STREET CAMPUSES

Please phone 03 5761 2777 to make a booking

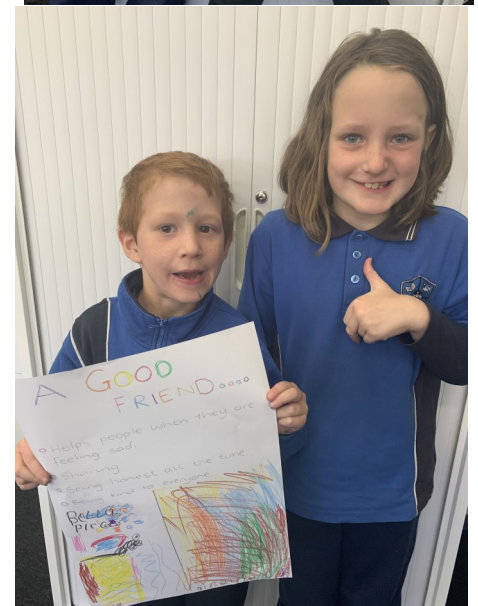
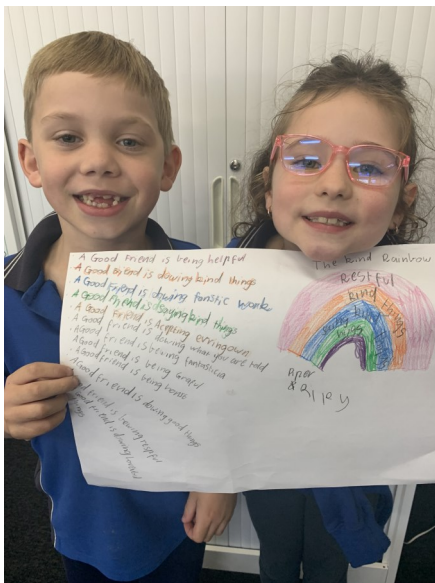
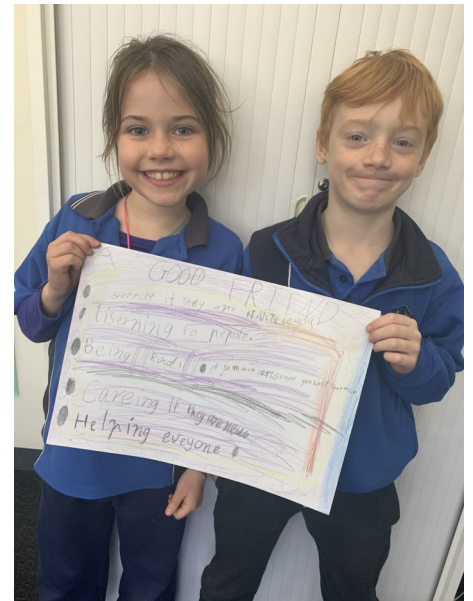
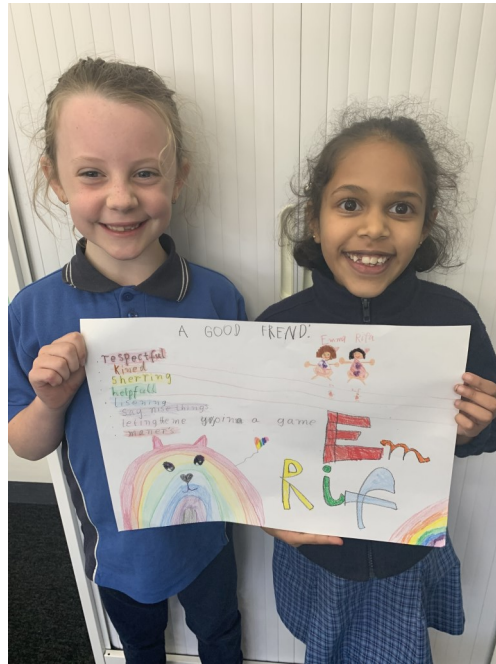
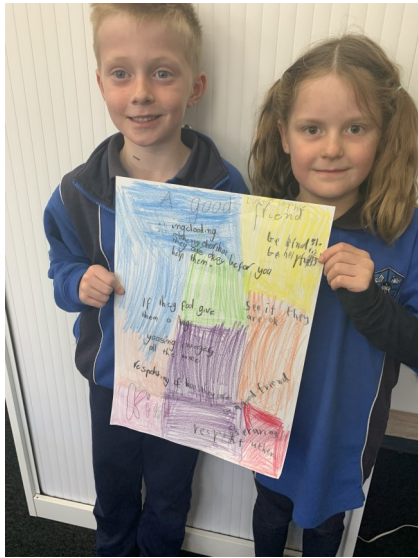
Sam Hazell
Waller Street Campus Principal
option 4

Jo Treacy
Avon Street Campus Principal
option 5



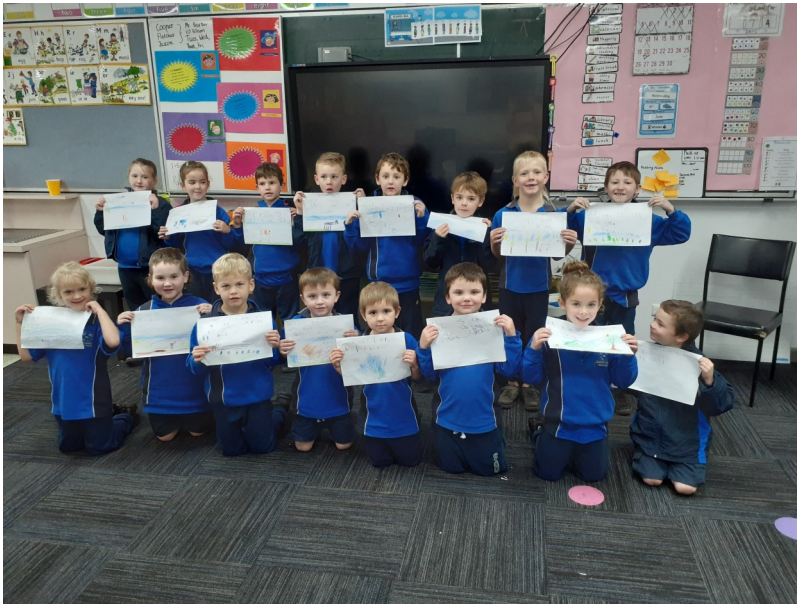
TERM 2 DATES, TUESDAY 26TH APRIL– FRIDAY 24 JUNE

We made a recipe for a good friend. Being kind, being helpful and sharing were popular ingredients. We worked together to make a good friend poster. We displayed the school values while we worked together.



When students follow demonstrate the College values of High Expectations, Integrity, Responsibility and Respect, they get a blue ticket as part of the PBS reward system. At Avon Street in Term 2 we had a focus of getting along which would earn more blue tickets. To encourage positive behaviour, when students earn 5 blue tickets they get a token for a reward at the end of the week. This term the reward is a nice warm Milo!

In our Prep /1 classes we have been exploring the parts of a Narrative. This week students have worked hard to write their own page for our class narrative, Where is the Green Sheep? Students each chose a different character (sheep) to write about and included a setting. In maths we have begun learning about ordinal numbers. Students have enjoyed training for cross country and incorporating ordinal number along with various maths tasks we have completed in class.



26 YEARS OF DEDICATIONS

At the end of next week, Pat will be retiring and finishing up as our crossing supervisor. Pat has been supervising our students with crossing the road safely for over 26 years in wind, hail, storms and though sweltering heat. Pat has always been there for our families and students. Thankyou Pat for your dedication to the safety of our students and families.

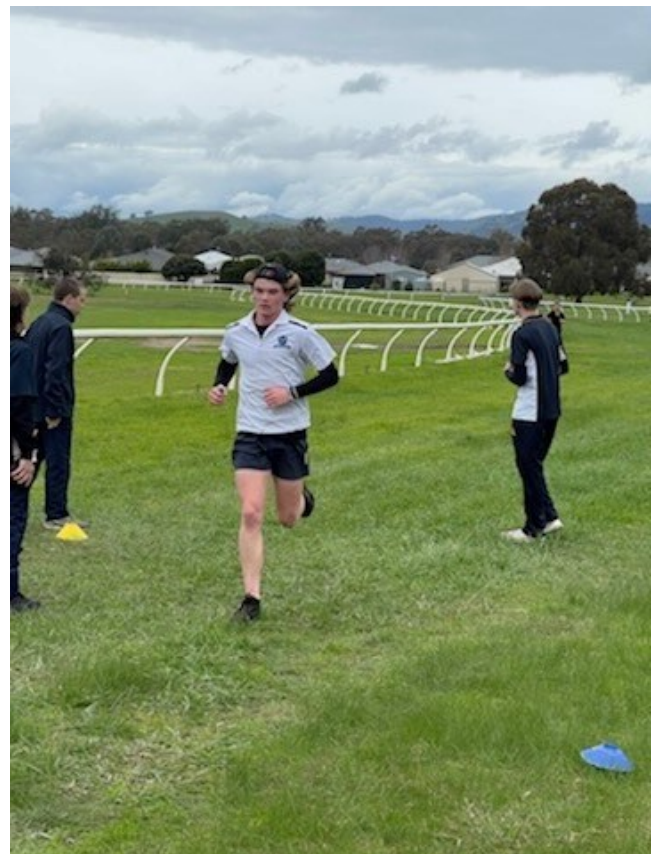


Friday the 3rd June a group of around 30 students headed to Yea to compete in the Southern Ranges Cross Country. It was wonderful to see all of the students stepping out of their comfort zone, competing, trying their hardest and encouraging each other! They all had a fantastic day!

6 students have progressed to Hume and that event takes place here in Benalla at the showgrounds on the 17th June. Times to come.

Big thanks to Miss Walker, Jenna and Jemma for taking the students.

Pip O'Donoghue 7-12 Sports Coordinator



Follow us on
Instagram

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

Eighteen students made their way to the Dookie Food and Fibre Careers day to explore some of the many opportunities on offer in the agricultural industry. Students chose workshops involving livestock, advances in tractor and farm vehicle technology, geospatial science, running your farm from a smart phone, climate change solutions and laboratory diagnosis. Warwick Long introduced the day by saying that he had attended this day a number of years ago and stumbled upon his dream job as a rural journalist, he encouraged students to ask questions and follow their dreams. The students that attended have since made enquiries into a number of future careers



Dear Parents,

We have covered quite a few words for "Words of the Week". You could try a "Guess the Word" activity with the Words of the Week with your child (Years 7-10).

Provide clues to the word which the students guess. (Christa Rembold – Learning Specialist -Literacy)

For example:

- I'm thinking of a word that ... (set a context, such as recent study, or field of expertise where this word is used)
- An example of this word is ...
- A non-example of this word is ...
- Any ideas? If students don't guess the word continue with:
- This word would usually be found in/connected to/used to...
- This word would never be found in/connected to/used to...
- The opposite of this word is...
- This word starts with the letter...
- This word means...

The word is ...

Words of the Week: Term2 Week 8

Facilitate

Facilitate is a verb which means to make a process or action easier. For example, a teacher may facilitate a student writing an essay by giving them a template or a series of questions.

E.g., "A chairman can facilitate the discussion by ensuring that everyone speaks for a limited time."

Virtual

Virtual is an adjective which has two possible meanings.

To begin with, it means almost or nearly the thing being described without being that thing.

E.g., *The brothers were so alike that they appeared virtual twins.*

The second meaning relates to software that makes something that does not actually exist appear to do so, as in virtual reality.



every day counts
ATTEND TODAY -
ACHIEVE TOMORROW



Follow us on
Instagram

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

GREAT START TO WORK



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.

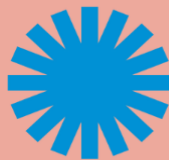
HOW MUCH DOES IT COST?

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!



Connect9



Calling ALL Year 9s

Connection, discovery, fun new experiences and living a great life!

WHAT IS CONNECT9?

A 10-week program just for Year 9 students. You are matched with a local mentor to explore some of the wonderful things that Benalla has to offer. You'll also make new friends and have the chance to consider your future.



SO WHAT HAPPENS IN CONNECT 9?

Every week we explore a new activity, there is so much to do here in Benalla!

- YMCA
- Masterchef Night
- Lakeside Scavenger Hunt
- Art
- Venturers
- Robotics
- Flight simulation
- New hobbies like archery, blacksmithing, fishing, sports and fitness, photography and more!
- Volunteering opportunities in the community
- A FREE GLIDER FLIGHT!

WHO CAN COME ALONG?

Any Year 9 student living in Benalla Rural City.

HOW MUCH DOES IT COST?

The program is absolutely FREE!



WHEN?

5.30pm - 7.30pm
Wednesday nights
in Term 3

WHERE?

Tomorrow Today
66 Nunn St



SEE YOUR YEAR 9 COORDINATOR TO APPLY!



Follow us on
Instagram

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

Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.



Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!

**Rachel Tomlinson**

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit www.towardwellbeing.com



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>

CRICOS PROVIDER CODE: 00016K



Follow us on
Instagram

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