

# 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

This time of year is starting to get busy planning for next year. This means there is important information to provide to parents and carers and students about future courses and programs.

Tonight there is a series of Senior Secondary Information sessions being held in the PAC at the Faithful Campus. These are short sessions aimed at parents of students currently in Year 9-11 and provide all the information you need to know about electives and course options in VCE and the new Senior School certificate. I hope to see lots of parents there to hear about the great range of subjects that we offer and how the process will work for students to select their courses.

Next Tuesday August 9<sup>th</sup> we are also holding a Primary Information Evening. This will be held at the Avon Campus at 6pm and is aimed at new parents thinking of enrolling their child at Benalla P-12 as well as existing parents who want to know more about the programs and teaching approaches we use from Grade Prep to 6. Once again I hope to see lots of parents there to find out about our P-6 curriculum and wellbeing programs.

If you are unable to attend either of these sessions but would like to find out more about Primary and/or Senior Secondary programs, please contact us and we will do our best to help you.

Sincerely,

Tony Clark  
Principal

### DATES TO REMEMBER

Monday 1 August

- Senior School Information Evening 6pm

Thursday 3 August

- Hume Region, Seniors Girls Netball, Boys Intermediate Netball, Junior Boys Netball

Friday 5 August

- 100 days of Prep

Uniform Shop

Uniform Shop Opening Hours

Faithful Street  
Campus  
every

**Wednesday**  
2.30-5.30pm

&  
**Friday**  
8am-12pm

*Extra days will be scheduled at the start of the year and change of season*

### Our College Values

Respect

Responsibility

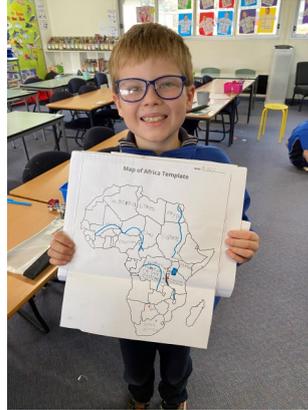
High Expectations

Integrity

Avon Street Campus News

In Year 3/4 for Theme we are learning about Australia's neighbouring continents. This week we looked at Africa and the different countries within it. We were looking at the topography of Africa, and using an Atlas, labelling a map with some of the main topographical features.

- 3/4 Annakin



Avon Street Campus Students of the Week



Pictured are our Avon Street students of the week. Congratulations Cruze, Vienna, Layla, Lucas, Fiza



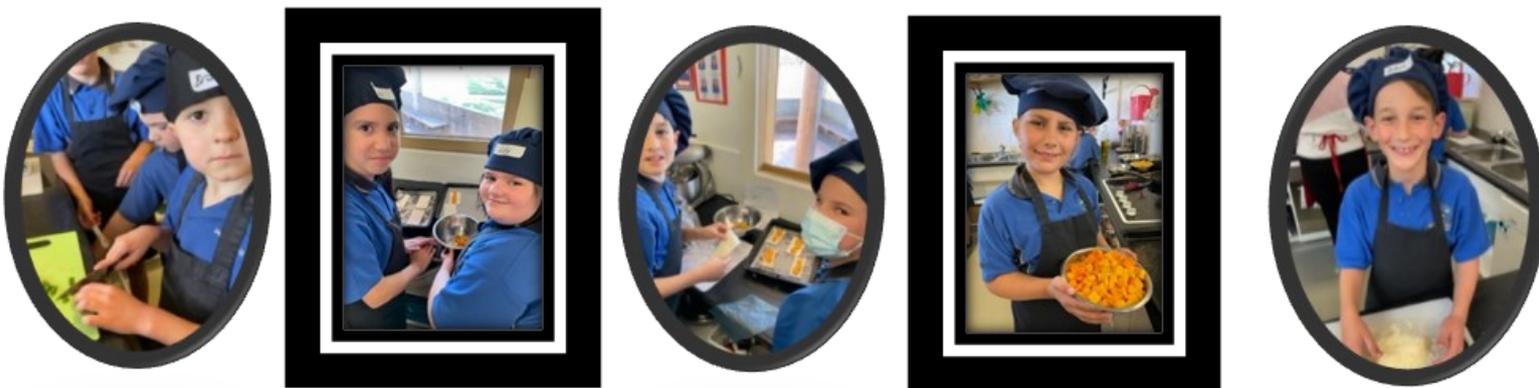
Pictured is our Avon Street Golden Shovel Award winner: Archie



Waller Street Campus News



Last week was our second week of Kitchen but our first week of cooking dishes. We prepared Honey Pumpkin Penne, Tomato and Feta Cheese Tarts, French Onion Dip and Crisps, with ANZAC biscuits for dessert. The students worked in four groups of five to make one dish and then brought them together to share all four dishes at the end. Every student tried every dish and the overall judgement was that the food was "DELICIOUS!" Each group was responsible for cleaning and tidying up their kitchen areas. We can't wait for our next Kitchen session. 3/4B



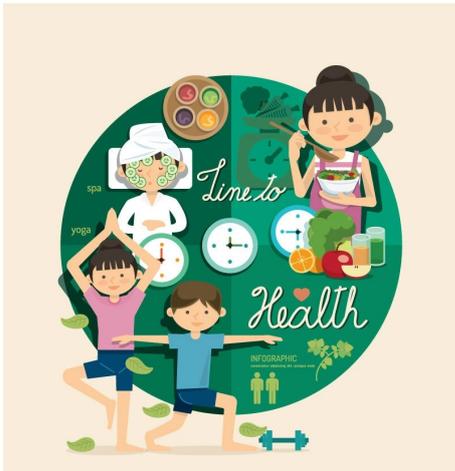
Waller Street Campus Students of the Week



Students of the Week; Sean, Chelsea, Tyler, Charlotte, Lily, Shaylee, Summer, Indi, Abs: Haylee



Golden Shovel Awards: Sallyanne, Aurora, Marleigh, Jakobi, Ryan.



Deakin University came to the 5/6 Hub on Wednesday to conduct their Health and Wellbeing 'Respond Survey'. Information was collected about students eating habits, their physical activity, time on technology, the amount of sleep they get each night, plus height and weight. All data collected is de-identified and confidential and is used to inform local health services about the health status of local children.



Clarke Street Campus Students of the Week



Congratulations Students of the week: Deakin B, Jakzen D, Sophia Y, Adeline C.



Kindness Award: Grace



CANTEEN NEWS

Thursday 11<sup>th</sup> August there will be a special lunch of Nachos for \$5 on for order via the qkr app orders will have to be in by the 9<sup>th</sup> August so we can accommodate how much stock is needed. This will be the only thing available for lunch on the 11<sup>th</sup> the normal canteen menu will not be available for lunch.



SENIOR STUDENTS OF THE WEEK



Jett Buntine



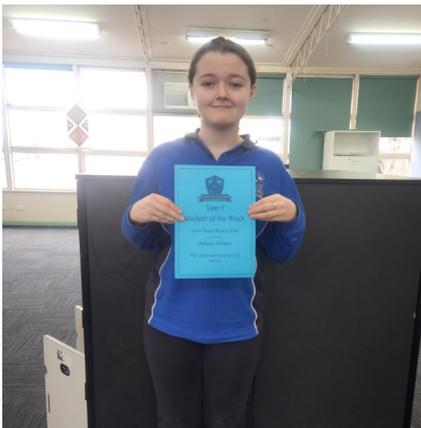
Oliver Hall



Kalisha Warner

Faithfull Street Campus Students of the Week

Congratulations Yr 7 Students of the Week,



Mekayla



Alana

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](http://education.vic.gov.au)

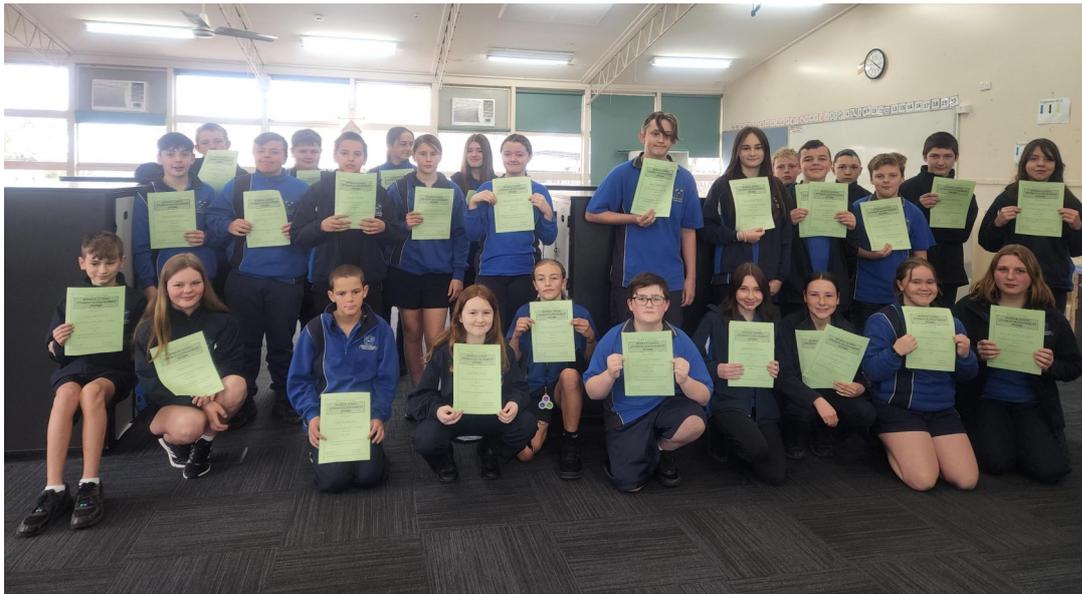


Department of Education and Early Childhood Development



Follow us on Instagram

TERM 3 DATES, MONDAY 11TH JULY – FRIDAY 16 SEPTEMBER



Congratulations all students who were presented with school values awards .



### BENALLA BASKETBALL

SPRING DOMESTIC COMPETITION

Starting Week

MONDAY

1st of August to  
28<sup>th</sup> November

**U12 U14 BOYS & GIRLS  
& SENIOR GIRLS**

THURSDAY NIGHTS

**U16 BOYS AND SENIORS**

MONDAY NIGHTS

*click on the link below to register:*

**JUNIORS AND SENIORS**

[https://www.playhq.com/.../  
benalla.../7a5c1196/register](https://www.playhq.com/.../benalla.../7a5c1196/register)

COST: \$100 plus Insurance

**Registrations Close 25<sup>th</sup> July**

See Benalla Basketball Facebook  
page for more info

[Benalla Basketball Association |  
Facebook](#)

**2022 SPRING  
COMPETITION**

Juniors and  
Ladies Netball  
Starting  
**Tuesday  
16th August**

**Visit the Benalla Netball Facebook page  
for registration links or email  
benallanetball@gmail.com with any  
queries.**

## NETSETGO

Registrations are  
now **OPEN!!!**  
Starts 30th  
August

**WANT TO MAKE FRIENDS  
WHILE PLAYING AN  
AWESOME SPORT?**

Woolworths NetSetGO  
registrations are  
**open now!**

[REGISTER NOW](#)



**the Benalla Netball Facebook page  
for registration links or email  
nallanetball@gmail.com with any  
queries.**



Follow us on  
**Instagram**

# Year 7-12 Words of the Week: Term 3 Week 1

Dear Parents and Guardians, Thank-you for supporting our Words of the Week. The feedback for this has been positive and so we will be continuing our Words of the Week for the second semester! To celebrate we will be running a competition using the words of the week. See details below. (Christa Rembold - Learning Specialist Literacy)

## Words of the Week: Term 3 Week 4

Evaluate	Implication
<p>The word <b>evaluate</b> is a verb meaning to judge or calculate the quality, importance, or value of something.  <i>For example, you would need to <b>evaluate</b> the value of a house before purchasing it.</i></p> <p><i>You should be able to evaluate your own work.</i>  <i>We need to evaluate the success of the campaign.</i>  <i>It can be difficult to evaluate the effectiveness of different treatments.</i></p> <p>In maths, <b>evaluate</b> means to solve or analyse an equation to calculate its value.  <i>For example: <b>Evaluate</b> the cost of each pie when 3 pies cost \$6.</i>  <i>Answer: \$2</i></p>	<p><b>Implication</b> is a noun which refers an occasion when you seem to suggest something without saying it directly:  <i>Example: From what she said, the implication was that they were splitting up.</i></p> <p><b>Implication</b> [usually plural] can describe the effect that an action or decision will have on something else in the future:  <i>Example: I wonder what the implications of cutting back spending will be for our department.</i></p> <p><b>Implication</b> can also describe an occasion when you suggest or show that someone is involved in a crime:  <i>Example: The case depended upon his implication of his co-workers in the fraud.</i></p>

**Congratulations to Aria Winkler (9A) for winning the Words of the Week competition with her short story 'Anna'. Aria will be receiving a Canteen Voucher for her entry. A canteen voucher will also go to Hayley Cooper (10C) for her effort. You will find a copy of Aria's story in the newsletter. See if you can pick out all the Words of the Week. Thank-you to all participants in the competition.**  
**Christa Rembold – Learning Specialist (Literacy)**

### Anna

"Hello, Max. My name is Officer Smith. It is a pleasure to make your acquaintance. Was it though? I thought probably not. I refused to meet the officer's eye. We, of course, work for the Federal Government as civil servants. We serve our country and it's people. • I could tell that 'Officer Smith' was citing from some memorised piece of writing of some sort. "To facilitate this process, we have a number of strategies. Several phases may come into use, although I would appreciate if I only had to carry out one such phase, as would you.

This guy was boring me out of my mind. If he didn't start dancing on the table soon, I would fall asleep. I already had a basic notion of how a police interrogation went, from all those crime shows Anna insisted on watching. When the Officer mentioned 'Strategies', I pictured a scene like that of a virtual reality game, where there is a group of them, pushing me toward the edge of a building in hope to threaten me into talking. Well they didn't know who they were talking to.

"Why don't you tell us a bit about Anna, Max." The Officer said in his low, threatening voice. I thought the question

was a bit abstract. What did they want to know? Did they want her favourite colour or her motivation for committing the crime? Of course, I knew what they wanted, but rambling on in my head calmed me down. Made me feel confident.

"I suggest you speak to us, Max. It would be best for us all."

"It wouldn't be best for Anna, would it?" The second I retorted, I knew I shouldn't have. The second officer's face broke for a second, before she recovered it. Officer Smith's features, however, stayed passive.

"Why would you say that, Max?" I stayed silent. So did Officer Smith. We were all silent for several minutes. For some reason, the second officer went to make a cup of tea, of all things. I watched her dunk the teabag then spoon liberal amounts of sugar into the cup.

"I couldn't just turn her in! It's a matter of principle!" I cursed myself immediately. I had broken first, just as the officer had wanted.

"I see. Max, could you tell me why Anna may have done what she did?"

"She didn't do anything!" Officer Smith stared at me, brows slightly raised. "Well, Anna is, um ... unique." I tried. "She ... had a bit of a difficult childhood. Not that it made her bad or anything. She's just a little absent sometimes. Not dangerous or anything." I knew I was rambling. I wasn't doing Anna any favours here. But perhaps, if I could just make the Officer deviate from his thoughts, maybe I could get away with this.

"Max, we are conducting concurrent interviews with witnesses and connections. We will therefore be able to compare evidence later on. We have already contrived from empirical evidence and a comprehensive study that the Accused is a dangerous individual."

"Why are you doing this?" I was desperate. Officer Smith was brutal.

"You know why, Max. Anna was displaying signs of dangerous behaviour. We had to intervene."

"But she's not dangerous! This is discriminative!"

"I think not, Max. We are treating Anna the way we would any individual displaying dangerous behaviour."

"No you're not! Just 'cause Anna was different, you've got everyone onto some non existent easel She didn't do anything dangerous!"

"In that case, Max, how do you perceive Anna achieved such a ... feat? What could be the source?" "I wouldn't know. Why don't you ask her?"

"I assure you, Max, we have tried that."

It heartened me to know that Anna hadn't broken for Officer Smith. I hoped I could be as strong.

"Max, do you know anything to do with Anna's display of dangerous behaviour?"

"No!"

Again, the Officer stayed silent. He had a very severe stare.

"I don't know anything! She's normal I swear. She didn't do anything. It's not like she's supernatural or something! Like, she can't do anything fancy like control people or anything- I slapped my hand over my mouth. I had messed up. Big time.

"I think we have what we need, Sarah." My I was led out of the room with my head hanging low.

Aria Winkler

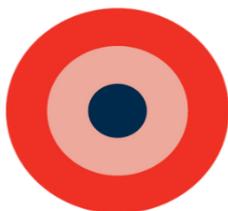
WORDS

# 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



**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!**



## Supporting a highly sensitive child



Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to “meltdown” or “shutdown” when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child’s development! Yes, that’s right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and conscientiousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

### Understand and accept your child’s sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child’s temperament will help us to understand them better.

By seeing our child’s temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or ‘fixed’. Your child doesn’t need to be less sensitive. They need their sensitivity to be understood.

# parenting \* ideas

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child's development, your child was born with their own unique temperament, including their sensitivity.

## Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clingy". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with atonement and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

## Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings",

you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.

### Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram @australianpsychologist](#) and [Facebook @sensitivityproject](#).





# Benalla Scout Group

*Tuesdays 5.00 – 6.30pm*

Joey Scouts are amazing!  
Check them out for your child!



Joey Scouts are girls and boys aged 5-8. They enjoy adventure, imagination, and being outdoors during their weekly one-to-two hour meeting, and occasional sleepovers and camps.

Less screens - and more action, more fun, more friends, and more social skills!

Some activities Joeys are doing in Term 3:

- Rock Climbing
- Abseiling
- Arts and Crafts nights
- Hiking and Camping Skills
- Learning about Landcare
- SES presentation and visit
- Fishing Picnics
- Spring Scavenger Hunt
- Bushrangers Camp
- Handball & Goal Kicking Competition



**Enquiries:**

[gl.benalla@scoutsvictoria.com.au](mailto:gl.benalla@scoutsvictoria.com.au)

Jenny Wapling "Wedgie" :0428 590 606

Stephanie Johnston "Koala": 0455 857 704

Kylie Dennis "Kooka" 0435 624 380



Follow us on  
**Instagram**

TERM 3 DATES, MONDAY 11TH JULY – FRIDAY 16 SEPTEMBER