

# 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,

The annual Department of Education Parent/Carer Opinion Survey will be starting very soon. This is an important opportunity for us to get feedback from parents about how we are doing. Each campus will randomly select a group of parents and you will receive a link to an online survey that generally takes about 15-20 mins. If you are able to take the time to complete the survey it is greatly appreciated. More detailed information will be sent to those parents who are selected to participate.

Last term I mentioned that School Council had set up a working party to look at the College Uniform Policy – now known as the Student Dress Code. This is not a complete overhaul but just trying to clarify some inconsistencies with the current items listed and make it easier for everyone to comply. This process is still underway and the working party are looking at different options for pants for secondary students in conjunction with our new uniform provider.

This Wednesday is our Senior Secondary Course Counselling Day. Students in Year 9-11 will not have scheduled classes on that day but instead will come in for a counselling appointment with a staff member to look at their subjects and pathways for the final years of schooling. Please make a booking via Compass or contact the office 5761 2777 if you have any questions.

Regards,

Tony Clark  
Principal



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



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

Wednesday 17 August

•OES White water day trip– King River

Thursday 18 August

Us Mob Program-Waller St

Wednesday 24 August

Year 7/8 Valley Homestead Camp

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



This week the Avon SLG organised a PJ day with a gold coin donation to raise money for the Leukaemia Foundation Australia. The kids and teachers were nice and cozy all day in their PJs, oodles, dressing gowns and slippers! A total of \$179.65 was raised.

Proudly supporting  
**Leukaemia Foundation**



### RAY WHITE AWARDS

Pictured right are our Ray White recipients. Congratulations Estelle, Henry, Alana and Zane who each received a \$25.00 gift voucher for demonstrating our four College values of Integrity, Responsibility, Respect and High Expectations. Thank you to Ray White for your continued support.



### STUDENTS OF THE WEEK!

Well done Elijah, James, Charlotte, Alana, Louise and Isabelle on being this weeks students of the week.





Congratulations to our Red Apron award winners Jack and Xavier also pictured below are our Golden Shovel winners James and Chloe. Well done to you all



## WALLER STREET CAMPUS NEWS

### 100 Days of Prep!

On Friday the 5<sup>th</sup> of August we celebrated 100 Days of Prep with a day based around 100. We came dressed up 100-year-olds, wrote about what we will be doing when we are 100 (knitting and sky diving were popular choices), and went on a number hunt in search of numbers to 100. We celebrated our 100 days of learning with a barbeque lunch and an icy pole. For the final part of the celebration, we invited our parents in for a mini assembly where students were presented with certificates to mark the occasion.

Thank you to all of our Prep families who have contributed to the successful start to their child's primary education.







Congratulations to all of our Prep to Year 2 students on participating in the Cross Country event last week!

It was a perfect day for running. There was a lot of cheering and supporting happening from both students and staff. Thank you to Scott for cooking the BBQ.

Thank you to all our wonderful parents who helped out supervising the track and encouraging the students. It was also great to see so many parents, friends and carers come to watch and cheer the students on. Also, a big thank you to staff who trained the students so that they were ready for their race.

The results were:

- 1<sup>st</sup> Hotham (Yellow) House
- 2<sup>nd</sup> Buller (Blue) House
- 3<sup>rd</sup> Stirling (Red) House
- 4<sup>th</sup> Buffalo (Green) House





## CHANGE FOR CHANGE SPORTS DAY FUNDRAISER

This week at Clarke Street the Year 5-6 students participated in the "Change 4 Change Sports day". This exceptional fundraising event was completely organised and run by 5 of our Year 9 students; Aria, Jyai, Amelia, Emily & Charlie. It was such a fun activity raising money for a worthy cause.



Follow us on  
**Instagram**

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



## ATTENDANCE WALL OF FAME

Clarke street celebrated our students who have achieved our "Attendance wall of Fame". Scotty and Kym held a lunchtime party, with party food, great music and dancing to congratulate our students who have 85% or more attendance! We will be holding a BIGGER party at the end of term to celebrate our champions again – our goal is to have ALL students at the 5/6 Hub attend this awesome event! Remember- Every Day Counts.



# Attendance Matters

Every student. Every day.



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.



## EVERY DAY COUNTS

Primary school attendance

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

### Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

### Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day – even in the early years of primary school.

### What we can do

The main reasons for absences are:

**Sickness** – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It's vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

**"Day off"** – Think twice before letting your child have a "day off" as they could fall behind their classmates – every day counts.

**Truancy** – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit:

[www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx](http://www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx)



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



## Advancement Via Individual Determination (AVID)

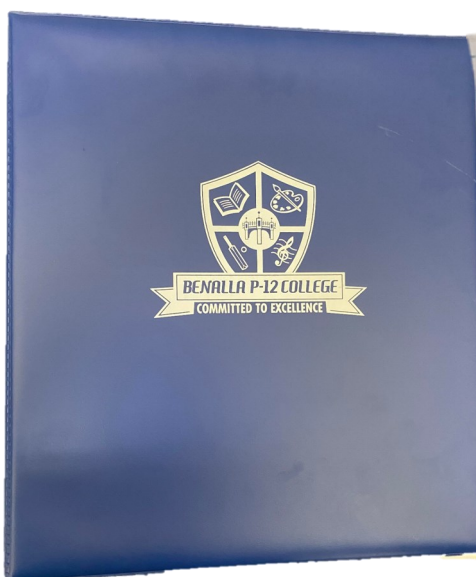
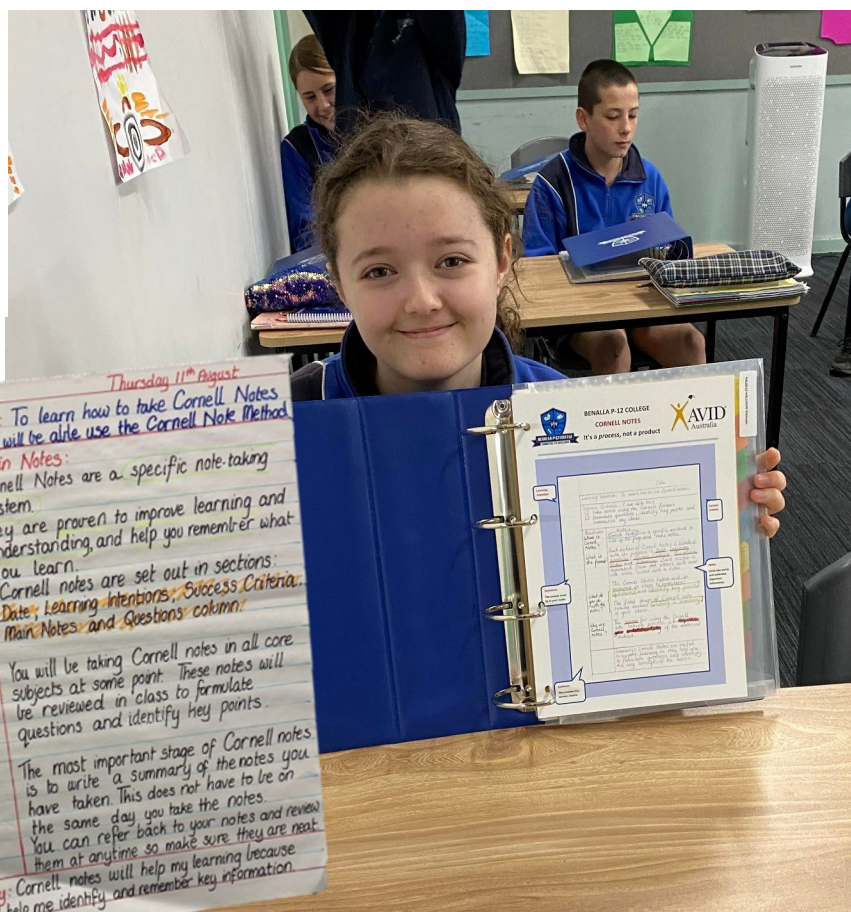
Last week we rolled out a new program with the Year 7's. This program is known as Advancement Via Individual Determination (AVID), and it seeks to support students to engage in and maximise their learning.

AVID provides students with the tools and strategies needed for future success in tertiary education such as university or TAFE, and in their later work and careers. AVID also enables students to be competent, confident and independent lifelong learners. Teachers, students and families will work together to implement and expand the AVID strategies schoolwide, using a common language. In doing so we will create a culture of excellence and continuous improvement in which students can fulfil their full potential.

Every year 7 students received a Benalla folder that contains all their core subjects and will assist with their organisation skills. They also all learnt about Cornell notes, a note taking strategy that they will be utilising in their classes. It was great to see the excitement the students had for this

Kylie Cotter

Assistant Principal – Teaching and Learning - Faithfull Campus

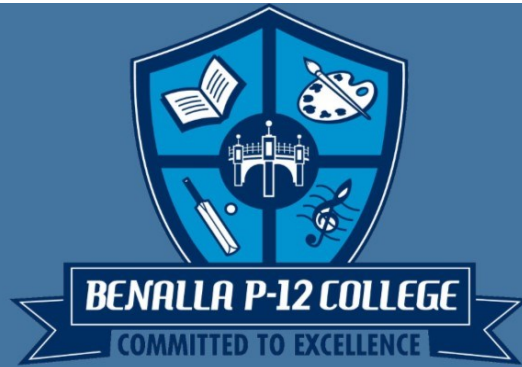


Follow us on  
**Instagram**

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



YEARS 7-9 STUDENTS OF THE WEEK



Student of the Week, Year 7-9

Term 3, Week 4



Year 7— Ayden Barnard

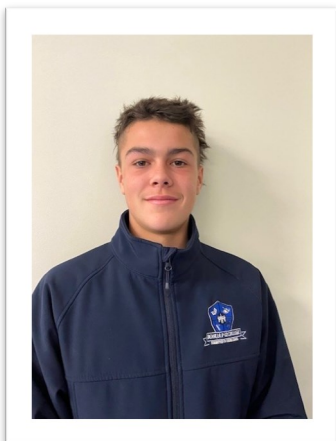


Year 8— Olivia Goodwin



Year 9— Edward Anderson

YEARS 10-12 STUDENTS OF THE WEEK



Year 10 - Noah McLaren



Year 11 - Shayla Pace



Year 12 Taree Fletcher



Follow us on  
**Instagram**

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



### SPORTS REPORT

#### HUME ROUND ROBIN –INTERMEDIATE BOYS & GIRLS

Last Thursday some year 10 boys went to Wangaratta for their second round of netball. The day went well, conditions were tough with rain, wet and slippery courts. In our first game we started off slow but we were still in it.

We had a talk and came out ready and finished the game strongly with a win.

The second game was a draw. We were down by 3 in the first half but the boys fought back in the second half to draw the game. The boys made an amazing come back. In the last game we knew it would be hard so we came out firing. It was even in the first half but Wodonga got the win in the end. All in all it was a good day for the boys and we had lots of fun.

Charlie and the boys.



On Thursday the 4th of August, the senior girls travelled to HP Barr Reserve with the year 10 boys netball team. The girls had everything against them with only 6 girls on the side, and strong competition ahead. Three 1/2 games was going to be a big ask; it was going to be a challenging day. Unfortunately for the girls the 6 players they had (Tayissa and Madison Gray, Ella Sheehan, Evelyn Biddle, Lilly Armstrong and Kayla Gracie) just couldn't push through.

Tayissa





# Year 7-12 Words of the Week: Term3 Week 6

## Rigid

The word **rigid** is an adjective that describes things that are difficult or impossible to bend.

E.g. "We will need a **rigid** support to use as a splint for his broken leg."

When referring to rules or people as being rigid, it means that they are strict and inflexible.

E.g. His **rigid** adherence to the rules made him unpopular.

## Specify

The word **specify** is a verb which means to identify a fact or requirement clearly and definitively.

E.g. "The Prime Minister promised an election but did not specify a date"

"The instructions do not specify what kind of screws to use."

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 a child's education. Students learn new things at school every day - missing school puts them behind.

### Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Students develop good habits by going to school every day - habits that are necessary to succeed after school, whether in the workplace or in further study.

Missing school can have a big impact on students academically and socially. It can affect their test results, including VCE, and, just as importantly, it can affect their relationships with other students, and lead to social isolation.

There is no safe number of days for missing school - each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

### Getting in early

It's never too late to improve attendance - going to school more often can lead to better outcomes. Even at Year 9, when



attendance rates are lowest, going to school more often can make a big difference. Every day counts. Schools are there to help - if you're having attendance issues with your child, speak to your school about ways to address those issues.

### What we can do

The main reasons for absence are:

**Sickness** - There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

**"Day off"** - Think twice before letting your child have a "day off" as they could fall behind their classmates - every day counts.

**Truancy** - When students choose not to go to school without their parent's permission. There can be many reasons for truancy, the best way to address this is for schools and parents to work together.

While all absences are bad for academic performance, unexcused absences are a much stronger indicator of lower reading and maths achievement.

If for any reason your child must miss school, there are things you can do with your school to ensure they don't fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

## EVERY DAY COUNTS

Secondary school attendance

- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you're having attendance issues with your child, please let your year level coordinator, principal or other relevant staff member know so you can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit:  
[www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx](http://www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx)

Department of Education and Training



Education and Training



Follow us on  
**Instagram**

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



## Online support for parents now free for all Vic families



All families with children between 10 and 16 years can now get free, expert parenting tips and strategies via the [Teen Triple P Online](#) program. This FREE program is funded by the Victorian Government, and you can get ideas on how to positively support your teenager's emotional wellbeing, social skills and more.

The online program is interactive with videos, worksheets and activities and can be done anywhere, anytime. They offer practical suggestions to help you:

- create the best environment for your teenager's development
- know how to address behaviours, promote new skills, and help emotional self-regulation
- raise happy, more confident, and capable teenagers
- improve your relationship with your teenager
- feel confident about your own parenting choices

Support your teenagers to thrive – these tips and tools are FREE for all Victorian families! Get started today at <https://www.triplep-parenting.net.au/vic-ukn/get-started/online-course-pre-teens-and-teens/>





## INSIGHTS

## How to change your parenting for the teenage years



Parenting teenagers is traditionally seen as the most difficult parenting stage. However, many parents have discovered that raising teenagers is a lot easier than raising younger children. For this to be the case, there are three changes parents make to survive their kids' adolescence.

### STEP UP THE COACHING

When kids are young it's common for parents to take over many aspects of their lives. They establish bedtimes, cook meals and make doctor's appointments. Parents decide where they will go to school, if they go to camp and where the family will take a holiday. Children are content with this approach and will enjoy having their days organised by loving adults.

Teenagers, on the other hand, need to start managing their own lives, which can put them at odds with over-protective or over-controlling parents. Wise parents will aim for redundancy well before the teenage years so handing over control isn't so foreign.

Psychologists William Stixrud and Ned Johnson, authors of *The self-driven child* believe parents need to hand over a great deal of decision-making to adolescents. Not straight away and not in a way that negates their need to take responsibility for their actions. They advise parents to gradually involve teens in creating rules that govern their own behaviour, keep challenging their choices and provide emotional support when they make poor decisions. A parent gives up being a manager and takes up the role of life coach.

### INFLUENCE TEENS DIFFERENTLY

Most parents would like to download all their knowledge of the world into their teenage children's brains so that they could always make good decisions. Giving teenagers information doesn't guarantee that you can influence them as you did in childhood. Teenagers are highly attuned to status and hypervigilant to the way they are treated by adults. If you talk down to them, they will turn off as you are talking to the low status or child-like part of the brain. Talk to them as if they are autonomous young adults and they are more likely to listen, as you are talking to the high-status part of their brains. If you wish to discuss topics such as respectful relationships, the use of alcohol or preparing for life after school, avoid talking to them as if they are children. Speak to them as you would to someone with the highest possible status – someone you respect, and they are more likely to engage with you.

### HAVE HARD CHATS

Conversations with preschool and early primary school years are comparatively easy compared to many conversations you have with tweens and teens that revolve around hot topics such as sexuality, school performance and the future. Avoidance of hard chats and the emotional minefields they lead to becomes the easiest option. Teenagers are dealing with some difficult issues, so parents need to create safe opportunities to talk about the



Christine Carter, author of *The New Adolescence* believes that parents should think beyond having a “big talk” about difficult topics and bring up these topics using short observations and simple questions. She writes, “Even when we have lots to say, it’s more important to give them a chance to speak, and to work out what they are thinking in a low-risk environment.” Practise staying calm despite your discomfort. Welcome it if your kids sense your discomfort as it reveals your human side.

## IN CLOSING

Young children and teenagers have very different needs. Effective parents adapt their parenting style to meet the developmental and emotional needs of their children at each stage of growing up. Teens need greater autonomy, skilled guidance and plenty of chances to talk about the issues that bother them and worry their parents. That may mean that you need to shift your parenting gears a little to meet their needs in the teenage years.

## MICHAEL GROSE PRESENTS: CHANGING PARENTING GEARS FOR THE TEENAGE YEARS

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar “Changing parenting gears for the teenage years” at no cost.

### About

In this webinar, Michael Grose discusses the importance of changing parenting gears during the teenage years. He shares the critical shifts parents need to make when raising teenagers.

### When

Wednesday 31 August 2022 8:00pm AEST

### To redeem

Click [this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-changing-parenting-gears-for-the-teenage-years](https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-changing-parenting-gears-for-the-teenage-years)

Click ‘Add to cart’

Click ‘View cart’

Enter the coupon code TEENS and click ‘Apply Coupon’ Your discount of \$39 will be applied.

Click ‘Proceed to checkout’

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

Click ‘Place Order’

This offer is valid until 30 November 2022. If you’re unable to make the broadcast time, just register anyway and you will get access to the recording.

[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Follow us on  
**Instagram**

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