

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,

What a great week it was last week to celebrate Book Week at each of our primary campuses. Lots of students dressed up in some amazing costumes and had a lot of fun doing so. Well done to everyone who participated and joined in the celebration of books and reading.

Today we have our Grade 6 students leaving for camp to Anglesea. This is a once in a lifetime opportunity for us to send a group of students to the beach for a 5 day camp for no cost to anyone, all courtesy of the DET Positive Start to School program. I am sure they will have an incredible time surfing and stand-up paddle boarding and exploring the incredible coastline.

Similarly, our Year 7 and 8 students are off on a 3 day camp to Happy Valley near Myrtleford on Wednesday under the same program, and our Grade 3s and 4s follow them next week for 4 days. These are very welcome experiences after the past couple of years of missing out on camps and excursions and should be memorable times for students and staff.

Today you will receive information about upcoming Parent-Teacher interviews in the last two weeks of term. As always, I strongly encourage all parents to take the opportunity to meet with teachers to discuss student progress. Bookings are made through Compass. If you have any trouble with this or need assistance please contact the office at any campus.

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
Web: www.benallap12.vic.edu.au



DATES TO REMEMBER

Monday 22-26 August

• Year 6 Camp-Anglesea

Tuesday 23 August

Ben Taylor GAT Presentation

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

AVON STREET STUDENTS OF THE WEEK



This weeks students of the week were Emily Sophie, Natalya, Charlotte and Sophie



Congratulations to Logan and Josh who are our Red Apron award winners

Pictured left are our official members of Poppies paw patrol for Term 3&4 at Avon Street.



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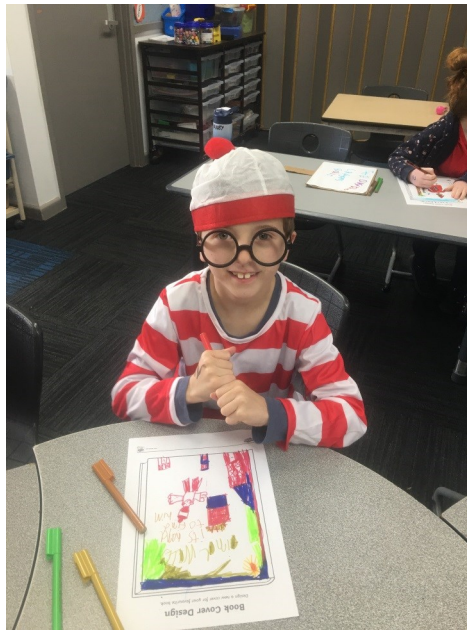
TERM 3 DATES, MONDAY 11TH JULY – FRIDAY 16 SEPTEMBER

Avon Street students had a wonderful day celebrating Book Week last Wednesday. Everyone looked amazing!



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



At Waller Street it was all fun in costumes as we celebrated Book Week on Friday. The students spent some time out of their class groups to mix with other grades and complete a number of fun book focused activities. The costumes were a hoot and even the staff team got involved. It's great to see students getting so excited about books!

STUDENTS OF THE WEEK!

Haylee, Alice, Jett, Toby, Max, Spencer, Vito, Kaleb and Fletcher



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STUDENTS OF THE WEEK



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Change for Change School for Student Leadership

On Tuesday the 9th of August, five Year 9 students (Amber, Aria, Charlie, Emily and Jyai), ran a fundraiser for the Benalla Lions Club called Change for Change.

These five students spent the first term of the year at the School for Student Leadership. As part of the program, all school groups created, planned, and proposed a Community Learning Project. The Benalla Bunch proposed to fundraise for the Benalla Lions Club with a sports day and sausage sizzle for the 5/6 campus. The Lions Club was chosen because the students felt that it was a valuable organisation both in Australia and internationally. They felt that they should give something back to this organisation that helped Benalla so much.

With 18 weeks of planning the event, on Tuesday the hard work came into being.

After collecting and counting the money orders from the kids for the lunch and footy dress ups, the kids split into their pre-assigned groups. Through periods 3 and 4, the groups rotated, doing 20-minute activities with each of the SSL leaders. The sports were Prisoner, Jedi, Boot ball, Capture the Flag, and Tag games.

Next, lunch, a barbecue cooked by the Hands on Learning team, was enjoyed by everyone.

A well organised day, the Change for Change Sports Fundraiser was a great success. The feedback from the students was positive, and the Year 9 students were tired but pleased.

Congratulations to the SSL Year 9 students.

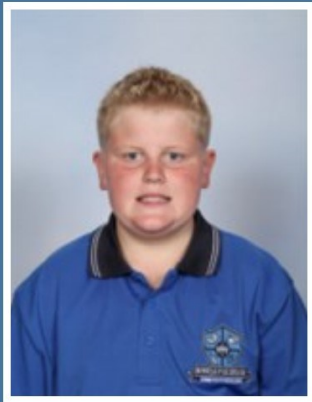


YEARS 7-9 STUDENTS OF THE WEEK



Student of the Week, Year 7-9

Term 3, Week 5



Year 7— Connor Haxby



Year 8— Zaidyn Norrie



Year 9— Taylor Howe

YEARS 10-12 STUDENTS OF THE WEEK



Year 10 - Tim Matkovich-Allan



Year 11- Bailey Bickerdike



Year 12 - Tarquin Balcombe



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SPORTS REPORT
SOUTHERN RANGES ROUND ROBIN –

Year 10 Basketball

On Friday the Year 10 basketball team competed in Shepparton for Southern Ranges round robin. The boys won 2 out of the 3 games but still got to play off in the grand final. Unfortunately, they lost to Mansfield. Coach Tyler McGregor was pleased with the boys effort and teamwork for the day.



Well done to the year 8 boys who competed in the Southern Ranges round robin competition last Friday. Although they did not win on the day, they should be very proud of their efforts and sportsmanship on and off the court.



BENALLA P-12 COLLEGE

Faithfull Street Campus- Unit 4 White Water Rafting

On Wednesday 17th of August, the Unit 4 Outdoor and Environmental Studies class went to the King River to participate in white water rafting. With the river running at 1.53m the river was a perfect height for rafting. The class experienced six kilometres of both grade two and three rapids making an exhilarating experience. The educational focus for the day was based around area of study two, sustainable outdoor environments. In particular, the topics of discussion were management strategies for achieving a health outdoor environment for both public and private land managers and the Flora and Fauna Guarantee Act action plan for the alteration to the natural flow regimes of rivers and streams.

Thank you to the class for such an amazing day. I'd also like to thank the class for a great year and for your participation in the Outdoor Education program in the past. I hope you've enjoyed not only this year but the amazing experiences that Outdoor Education has provided at Benalla P-12 College. The Outdoor Education team and myself wish you all the luck during the exam period and for your outdoor adventures in the future.

Mr. Carboon



Online support for parents now free for all



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/>



"When the path is darkest, let us walk with you"



Join us as we march in support of those touched by suicide

MARCH ACROSS THE MONASH

FREE COMMUNITY EVENT

SATURDAY 10TH OF SEPTEMBER 2022

11AM - 2PM

**Walk for Awareness,
Walk for Prevention,
Walk to Remember!!**

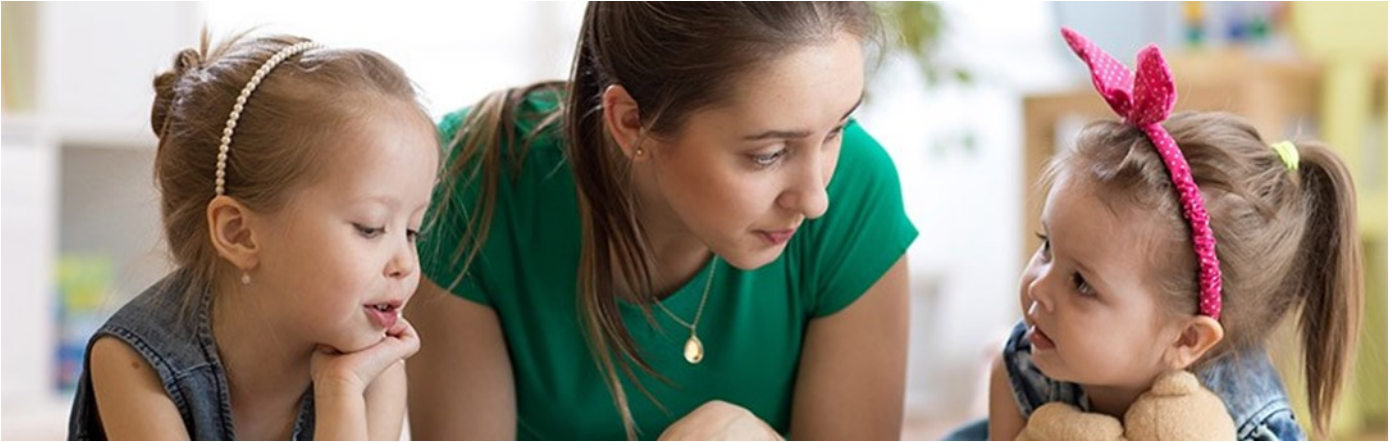


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INSIGHTS

Body safety and consent



We teach water safety and road safety to the children in our care, but too often 'Body Safety' is left in the 'too-hard basket'. And yes, it is a difficult topic to discuss but our fear of this topic could be placing our children at risk. Below are 8 Body Safety and Consent Skills you can cover with your child formally and informally as your child grows. They're applicable (in different ways) for children at all ages.

1. ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR FEELINGS

From the earliest of years, encourage your child to talk about their **feelings**. This way they will learn from a young age how to express, manage and understand their emotions. Allow time for them to tell you exactly how they are feeling, and listen with empathy and intent. Provide a ready bank of 'feelings' words beyond 'happy' and 'sad'. (see www.e2epublishing.info for free posters on feelings)

2. TALK ABOUT FEELING **SAFE** AND **UNSAFE**

Children find it hard to distinguish between the two. It is important they understand what it is to feel 'unsafe', so if ever they are feeling this way at any time, they can talk to you or another trusted adult straightaway. Explain that our body is amazing, and when it feels 'unsafe' it always lets us know. For example, we might feel sick in the stomach or our heart might beat really fast. Tell your child that these are called their **Early Warning Signs**. Reiterate that if your child does feel any of their Early Warning Signs, they need to tell a trusted adult straightaway. Draw a body shape with your child and label their Early Warning Signs and discuss.

3. ALLOCATE TIME FOR YOUR CHILD TO CHOOSE 3 TO 5 TRUSTED ADULTS

Your child can tell anything to these adults and they would be believed. These people are part of their **Safety Network**. One should not be a family member and all should be easily accessible by your child. For younger children, draw a large outline of a hand and have your child draw a picture of each person on their Safety Network. Add labels and phone numbers. Note: ensure you talk to these adults and let them know your child has chosen them and it is an honour.

4. EXPLAIN TO YOUR CHILD THAT EVERYONE HAS A BODY BOUNDARY

A **body boundary** is an invisible space around their body. No one should come inside their body boundary without them saying it's okay (consent). Your child has the right to say 'No' to kisses and hugs if they want to. They can always give a hi-five or blow a kiss instead. Have your child outline their body boundary.



5. TEACH YOUR CHILD TO RESPECT ANOTHER PERSON'S BODY BOUNDARY ALSO, AND THAT THEY NEED TO ASK FOR CONSENT BEFORE ENTERING IT

That means, for example, if they want to hold another child's hand, they need to ask permission. And if that child says 'No', they need to respect and accept that child's wishes. Explain also that just because a person may say 'Yes' to handholding or a hug, consent can be withdrawn at any time.

6. HAVE YOUR CHILD PRACTISE THE EMPOWERING 'PIRATE STANCE'

The 'pirate stance' is, hands on hips, legs slightly apart, shoulders thrown back and head held high. This is a very empowering stance and should be practised regularly. Once in the stance, your child can also practise saying 'No' or 'Stop! I don't like that!' Both these phrases are useful in bullying situations and also if anyone does try to touch their private parts. If your child can do this at 4 or 5 years old, then there is a good chance they will be able to do this at 13 or 14, and into adulthood.

7. FROM DAY ONE, CALL YOUR CHILD'S GENITALS BY THEIR CORRECT NAMES

Ensure your child knows that their **private parts** (including the mouth) are private. Explain that private means 'just for you'. Tell your child that if anyone touches their private parts, asks them to touch their private parts or shows them pictures of private parts, they need to tell a trusted adult straightaway. They also have the right to say 'No!' or 'Stop' before alerting an adult on their Safety Network. At this point, talk about 'public' and 'private' places, for example, the kitchen is a public space, but the bathroom is a private space. Ensure your child knows the difference. Let them know that it is perfectly okay for them to touch their own private parts in a private place such as their bedroom.

8. TALK ABOUT THE DIFFERENCE BETWEEN SECRETS AND SURPRISES

Secrets can be asked to be kept indefinitely, whereas surprises will always be told and are only kept for a short time. Discourage the keeping of secrets in your family. Explain that your family has 'happy surprises' instead of secrets because happy surprises will **always** be told. Explain that if someone does ask them to keep a secret, they should tell that person that they don't keep secrets. Reinforce that if someone does ask your child to keep a secret that makes them feel unsafe or uncomfortable, they **must** tell an adult on their Safety Network straightaway!

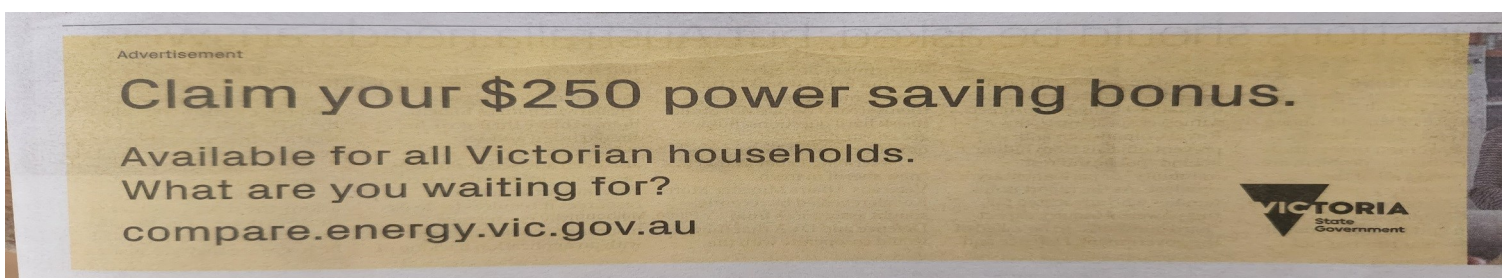
IN CLOSING

In a perfect world, our kids would be safe. Full stop. End of story. But we know it's not a perfect world. We need to have the conversations. We must talk. These ideas will help.



Jayneen Sanders

Jayneen Sanders is an author, teacher, mother of three and an advocate for the empowerment of children. Her books on Body Safety, consent, gender equality, emotional and social intelligence and many free resources including 'My Body Safety Rules' poster can be found at www.e2epublishing.info.



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