

# 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,

Every school and organisation has core values that drive our actions, behaviours and processes every day. At Benalla P-12 our values are Respect, Responsibility, Integrity and High Expectations. These are the things we want to see all our staff and students demonstrating in all school related situations. These values are important to us and we try to recognise them when we see them in our students by handing out blue/green tickets and providing verbal praise on the spot.

Every day I see examples of students demonstrating our school values – wearing uniform with pride, arriving at school and class on time with all learning materials, speaking nicely to staff and other students and striving for excellence when undertaking learning in the classroom. There are many students who regularly do these things on a daily basis which makes an enormous difference to the school.

These values also apply to the adults in our school community – staff, parents/ carers and visitors. We must all model these values and ensure our interactions with each other are positive and respectful, and I am very pleased to say that in the vast majority of situations they are. It is a great credit to the members of our school community that we can all communicate and interact with respect and know that we are all working towards the same goal.

Thankyou to everyone for your commitment to our school values. They may be just 4 simple words, but they mean a lot and play a big role in who we are as an organisation.

Regards,

Tony Clark  
Principal



BENALLA P-12 COLLEGE

## 2023 PREP TOURS

AVON & WALLER STREET CAMPUSES



Contact Benalla P-12 College 5761 2777  
Email: [benalla.p12@education.vic.gov.au](mailto:benalla.p12@education.vic.gov.au)



### DATES TO REMEMBER

Tuesday September 6

AFL clinic –Avon Street

Wednesday September 7

•Primary District Athletics 11&12  
Year old's -Churchill Reserve

Thursday September 8

•District Athletics 9 &10 year old's  
–Churchill Reserve  
•Southern Rangers Athletics –  
Shepparton

Monday September 12

AFL Clinic –Waller Street

Wednesday September 14

Attendance Hall of Fame  
Luncheon-Clarke St

Friday September 16

**Last Day of Term**

**2.30pm dismissal**

Please note the uniform shop  
will be closed today

### Our College Values

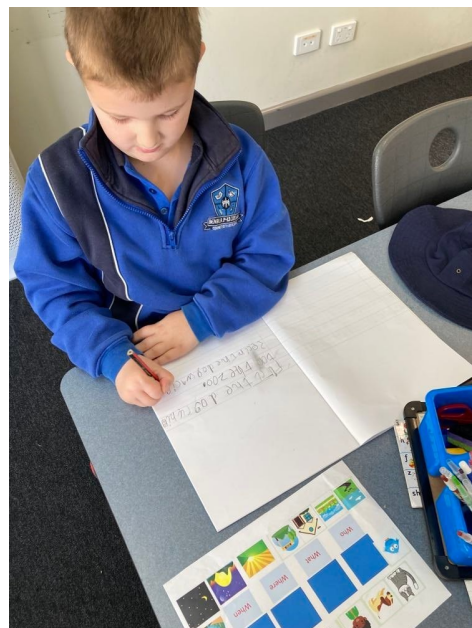
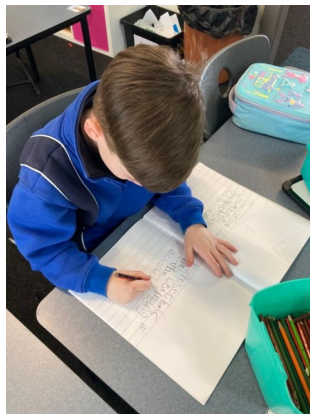
Respect

Responsibility

High Expectations

Integrity

This week students in Prep/One Smith have been practicing expanding their sentences by stating when the action is taking place. Students have mastered including a who, what and where in their sentences and now have a great bank of words that they include in their writing such as 'midnight, sunrise, and evening'. They are developing their writing skills and continuing to consolidate finger spaces, capital letters and different types of punctuations. We are super proud of our work!



### WALLER STREET STUDENTS OF THE WEEK

Congratulations to Harry, Tyler, Archie, Lucas, Lachie, Summer, Draz, Alistair and Ethan who were all this weeks students of the week.

### AVON STREET STUDENTS OF THE WEEK



Pictured above are our Students of the Week. Congratulations Sierra, Zane and Bella!





## Faithfull Street Market Festival

*Thursday 15<sup>th</sup>  
September*

*Lunch time*

*Outside the Senior  
Centre*

As part of their \$20 Boss Project our Senior and Intermediate VCAL students have developed small businesses and will sell their products from their stalls at a school market.

Staff and students are invited to shop at these stalls in the last week of term. Cash is advised.

Some of the products available are listed here.

Please come along and support the hard work of our students. You're sure to walk away with some great products and tasty food.



### Zoe's Slices

I am making chocolate Weet-Bix slice and chocolate slice. I will be selling them at \$2.00 per slice. They have no eggs or milk.

### Apple Appetisers

Homemade apple desserts, fresh ingredients, baked and sold on the same day.

Can't get fresher than that!

Super Flavoursome with a delightfully sweet Aroma.

Prices:

Apple crumble - \$2 Apple

teacake - \$3 Special

extras: Apple & Rhubarb \$4

Apple & Blueberries \$4 Serve of custard 50c



### Candles by Cameron

Candles by Cameron is selling candles 3 wicked, 12oz. The scents are rose, sweet lemongrass and simply vanilla. My candles can help you relax, feel calm, energized and help your brain get into a more productive mindset. I will be donating 10% of profit to RSPCA. Pricing \$15 a candle.

### Sausage Sizzle

We're selling sausages and drinks at the Faithfull Street Market Festival

Our Sausages and Drinks are valued at:

Sausage - \$2.00 1 canned drink - \$2.00

Sausages - \$3.50 : 2 canned drinks - \$3.50 3

Sausages - \$5.00 : 3 canned drinks - \$3.50 1

Sausage 1 Drink for \$3.50

We are also doing a raffle for a chance to win \$50

To earn a ticket for the raffle u must spend at least \$10 for 1 raffle ticket, \$15 for 2 raffle tickets and \$20 for 3 raffle tickets



### Chopping Boards

I am selling wooden chopping boards. The boards are made a specific way so that they don't mark as much and won't dull your knife as much as a normal wooden chopping board. Each Chopping Board will be \$10

### Bitter Sweet

We are selling popcorn and fairy floss

We are selling a small popcorn for \$2 and special for \$4 We

are selling a small fairy floss for \$2 and a bag for \$4



### Jack's Greenery

I will be selling lavender, lettuce and succulents in pots. These would make great gifts or as an addition to your own garden.

Prices

Lettuce \$4

Lavender \$6

Succulents \$5



Follow us on  
Instagram

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



PIPS SORTS REPORT

A massive congratulations to Benalla Giants players Ryley Ely, Cooper Gracie, Sam Cox and Xavier Wapling, recipients of awards at Monday's Wangaratta and District Junior Football League vote count. Congratulations to these Benalla P-12 College students who have represented themselves, the club and the school to the highest standard this year. Benalla Saints thirds will welcome Ryley, Cooper and Sam next year



Pictured above is Ryley who was this years U/17 Best and Fairest Player. Cooper was runner up Best and Fairest and received the MVP award.

Pictured Right:  
Sam Cox U/17 Runner up goal kicking

Pictured left:  
Xavier Wapling U/14 MVP

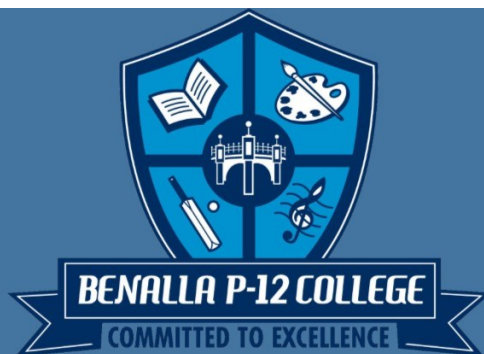


Congratulations to star netballer Bonti who won U/15 Best & Fairest for Violet Town Netball.

Don't forget to let Pip know if you or someone you know has done amazing things in sport.







Student of the Week, Year 7-9

Term 3, Week 7



Year 7– Alex Briggs



Year 8– Charlotte Lawrence



Year 9– Aria Winkler

## YEARS 10-12 STUDENTS OF THE WEEK

Year 10 - Jude Ballantyne, Gabriel Revill

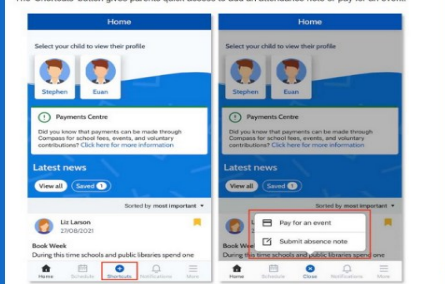
Year 11- Seth Rees, Ebony Armstrong

Year 12 - Shaun O'Brien, Evelyn Biddle

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

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

The 'Shortcuts' button gives parents quick access to add an attendance note or pay for an event.



## Does your child have a chance of being successful?

1 or 2 days a week doesn't seem much but.....

If your child misses....	That equals....	Which is....	and over 13 years of schooling that's...	Which means the best your child might perform is ...
1 day per fortnight	20 Days per year	4 weeks per year	Nearly <u>1.5 years</u>	Equal to finishing in grade 11
1 day per week	40 Days	8 weeks per year	Over <u>2.5 years</u>	Equal to finishing in grade 10
2 days per week	80 Days	16 weeks per year	Over <u>5 years</u>	Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8 years</u>	Equal to finishing at grade 4

**EVERY DAY COUNTS!**



Follow us on Instagram

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

# amendment

An **amendment** is a formal or official change made to a law, contract, constitution or other legal document.

*Example sentence: The constitution provides two methods for amendment.*

**Amendments** can add, remove or update parts of these agreements. It comes from the verb **to amend** which means to change for the better.

*Example sentences: They appealed to have the court amend its decision.*

*The country's constitution was amended to allow women to vote*

# exclusive

- **Exclusive** is an adjective that describes a situation in which some things or people are included while others are left out (**excluded**): "This room is for the exclusive use of guests and is not for public use."

- **Exclusive** can refer to services that are available to a select group of people because of high cost: "This **exclusive** golf club rejects many membership applications and only accepts celebrities."

- When two events are scheduled at the same time, we say that they are "mutually **exclusive**" and by attending one, we automatically **exclude** the other one.

- When two ideas on the same issue are completely different from each other, they are mutually **exclusive**.

- **Exclusive** is also a noun. A story or article that only appears in one newspaper is called an **exclusive**.



## Gap Year & Cadetship Program

# OPEN NIGHT

## WEDNESDAY 14TH SEPT, 6PM

We at Connex Group are eager to employ local young people who have a passion for the construction industry and an eagerness to learn. We have always grown with our people, starting them from entry level and giving them all the opportunities to grow with us.

### The BENEFITS for Cadets

- ▶ Local employment for local young people.
- ▶ Fulfill Gap year locally with full time work.
- ▶ Exposure in the construction industry.
- ▶ Help cadet decide direction of study and career.
- ▶ Receive structured learning in line with TAFE institutes.
- ▶ Ongoing part-time and full-time work during study and post cadetship completion
- ▶ Post study completion career opportunities.

We are holding an open night for young people who are interested in being part of our Gap Year & Cadet Program in 2023.

If a Gap Year in the Construction Industry appeals to you, please come along and find out more about our business and the opportunities involved.

### LOCATION:

Connex Office, Suite 2, Level 1,  
90-100 Ovens Street, Wangaratta.

### WHEN:

Wednesday 14th September @6pm.  
Students and Guardians welcome.  
Finger food will be provided.

### Please RSVP to

info@connexgroup.com.au

Email [info@connexgroup.com.au](mailto:info@connexgroup.com.au)  
Web [www.connexgroup.com.au](http://www.connexgroup.com.au)

Phone (03) 5721 8673  
Address Ovens Street, Wangaratta, VIC 3677



**SEPTEMBER SCHOOL HOLIDAYS...**

# Arts and Crafts Workshops

**Mon  
26th**

## FOUND & FORAGED

Session 1: 10am - 1pm

Session 2: 2pm - 5pm

Make funky jewellery from found objects or learn how to upcycle an old pair of jeans into a skirt with Fashion Queen, Angela Pollock, and local treasure hunter, Kurt Saggars.

**Tue  
27th**

## BUSHRANGER PORTRAITS

Session 1: 10am - 12pm

Session 2: 1pm - 3pm

Learn to paint a set of portraits from acrylic paint and create postcard size canvasses or postcards with artist Jacqui Stockdale.

**FREE and open all young people aged 5 - 20**

Children under 9 to be accompanied by a parent/carer

Young participants can take works home or put them in the Festival Jumble Sale

**Location: Downstairs Studio at Benalla Art Gallery**

RSVP Sept 23rd - [stusuz@westnet.com.au](mailto:stusuz@westnet.com.au) 0448 380 649



**Presented by**



**Supported by**

**BENALLA  
ART  
GALLERY**

The Studio at Benalla Art Gallery has 3 steps. All workshops are lead and supported by experienced inclusive arts practitioners. We welcome people of all backgrounds and abilities to participate in this exciting exchange! Access enquiries - please contact Nilgun Guven [nilgun@vitaeveritas.com.au](mailto:nilgun@vitaeveritas.com.au) or 0400 901 848



Follow us on  
**Instagram**

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

## INSIGHTS

# The science of connection



Finding skilful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family.

*Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.*

*Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.*

*There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears.*

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion—threat, strive, and connect—are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this [shark music](#).

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system.



Running on the “feel good” hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what’s difficult, then we don’t learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

### In closing

As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.



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



**Dr Diana Korevaar**

Dr Diana Korevaar is a perinatal psychiatrist, whose priority has been to help parents raise resilient and happy children. In her book *Mindfulness for Mums and Dads*, she adapted the science of neuroplasticity and mindfulness into practical skills which translate the challenging experiences of parenting and relationships into opportunities for growth.



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



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

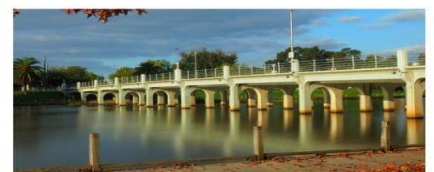
# MARCH ACROSS THE MONASH

**FREE COMMUNITY EVENT**

**SATURDAY 10TH OF SEPTEMBER 2022**

**11AM - 2PM**

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



Follow us on  
**Instagram**

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

# Come and Try Day

A FREE community event showcasing Benalla's great sports and recreation activities.

**Sunday 18 September**  
**10am - 1pm**

Benalla Indoor Recreation Centre  
and Benalla All Blacks Reserve  
9 Ackerly Drive



**For young people**  
**aged 5-19 years**

## Free shuttle

The timetable for our free shuttle bus service is below. Please note there is limited seating on the bus and it will be only stopping briefly at each stop. We recommend arriving at the stop early to avoid missing the bus.

\*The final bus leaves Come and Try Day at 1pm to shuttle everyone home.



**Stop 1.**  
**Waminda House**  
9.40am  
11.35am  
1.05pm

**Stop 2.**  
**Cnr Thomas and Waller**  
9.45am  
11.40am  
1.10pm

**Stop 3.**  
**Towerview Store Coster St**  
9.55am  
11.50am  
1.20pm

**Stop 4.**  
**Cnr Witt and McKellar**  
10.00am  
11.55am  
1.25pm

**Stop 5.**  
**Come and Try Day**  
10.05am  
11.30pm  
**1.00pm\***  
\*last trip home





Tomorrow Today's Sports Initiative Program helps to ensure EVERY Benalla young person can participate in regular after-school or weekend activities.

If you hold a current Pension Card or Health Care Card and live in the Benalla local government area, you can access between \$60 to \$130 to cover registration costs for a sport or activity for children aged 5 to 19.

To find out more about the range of sports and activities available in our local area, come along to the Tomorrow Today Come and Try Day on September 18. Turn over for more information.

If you already know what sport or activity your child would like to do, call us at Tomorrow Today and we will help to organise the registration and payment.

