

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,

As this term comes to close it is worth reflecting back on the activities and achievements across the College as well as looking forward to the rest of this week and the beginning of next term.

The camps we have been able to run recently have been a great highlight for many staff and students. We have been fortunate to receive the Positive Start to Schools Funding that has allowed us to access some great experiences for many students. The week the Grade 6 students spent at the beach was a real highlight.

Our Foundation students celebrated 100 days of Prep this term, taking slightly longer than normal to get there. We also had some amazing Book Week celebrations across the primary campuses with many students wearing some incredible costumes.

The Capital Works program continues to move along with the Faithfull Campus STEAM building progressing well. We are definitely on track to be using the new Science, Art and Library facilities at the start of next year.

This Thursday the Grade 5/6 Concert is on at the Town Hall. As with all Mr. Winkler's performance this one will no doubt be a great night of entertainment.

This week we also have 4 Grade 6 students attending a Student Leadership Camp at 15 Mile Creek on behalf of the College. Hopefully the rain stays away for them and they have a great time meeting student leaders from other local schools and developing their own leadership skills.

Next Term in week 2 we are planning on holding a whole school assembly for the first time since the start of 2021. This will be in the Faithfull Street Stadium and will be a final farewell for our Year 12 students.

As always, there are plenty of positive things for us to celebrate as a school community. I hope you all have a safe and happy holiday whatever you are up to and look forward to seeing all students back for the start of term 4 on Monday October 3rd.

Regards,

Tony Clark

Contact Benalla P-12 College 5761 2777
Email: benalla.p12@education.vic.gov.au



DATES TO REMEMBER

Monday September 12

- AFL Clinic –Waller Street
- Year 6 –15 Mile Creek Leadership Camp
- Year 9 OED– Mount Samaria

Wednesday September 14

- Attendance Hall of Fame Lunch-eon-Clarke St
- Primary District Athletics-9&10 yr old's

Thursday September 15

- Year 2 Sleepover
- Year 11/12 Fete 12.30 pm

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

AVON STREET STUDENTS OF THE WEEK



Pictured above are our Students of the Week. Congratulations Dominic, Maclan, Owen, Jax, Class AFA, Class 1/2 Hudson, Class AFB Mc Higgins, Isabelle



Week 9 attendance awards went to Izayah, Seth, Jake, Charlee, Bella and Imogen



WALLER STREET STUDENTS OF THE

Congratulations to Ryott, Oliver, Mia, Thomas, Adam, Jillian, Riley, Kayden and Blake who were this weeks students of the week.



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

Avon & Waller Street Valley Homestead Camp

On Monday the 29th August, Avon and Waller Year 3/4's headed off for a four day camp to Valley Homestead, Ovens.

There were a variety of adventure and team building activities including our climbing, abseiling, a flying fox, high ropes course and free-fall slide to name a few. Students not only made new friends but challenged themselves to attempt activities out of their comfort zone.

A tired but happy group landed back at school on Thursday full of tales of adventure and challenges.



Indonesian Foods

The Year 3s and 4s at Avon and Waller Campuses have been learning about food in Indonesia. Through videos students have learnt about the life of a Bakso (meatball) seller who walks around the streets with his Kaki Lima food cart, providing takeaway meals.

In Yogyakarta, elderly women have supported their families for decades making bite size street food delicacies and selling them on a street corner to their customers, which has included a past President of Indonesia.

The foods of Indonesia are diverse across the 17,500 islands.

Students have been amazed at the variety of foods and have been starving after watching the videos of delicious foods that they want to eat!

In collaborative groups, students have written their own role plays about buying food from a Kaki Lima or Warung (café) and performed them for their peers.

Kerupuk (prawn crackers) a traditional snack, were enjoyed by the Year 3s and 4s. "Yum!" was the popular response.



On Tuesday 5th September, 2022 Nick, Heidi and Glen from AFL Victoria came to our campus to run a football clinic. The activities all revolved around different skills needed in football. 5A and 5B joined together and played games. Handball relays, Stuck in the mud, Snatch and kicking the football around was a great experience for all involved!



PIPS SPORTS REPORT

Angus, Liam and Jacinta played in the Benalla hockey grand final on the weekend. Angus and Liam lost the U/12 grand final. Angus, Liam and Jacinta won the U/14 grand final in a penalty shootout. Poor Liam's dad "aged 16 years" Well done to our future Hockeyroos and Kookaburras!



Music Concert

On the 22nd of August, our music students performed to their family and friends. The Symphonic Band (featuring Darth Vader) performed their pieces for the Victorian School Music Festival very well, leading to much excitement and enthusiasm for their upcoming Bands Festival trip to Melbourne. They later welcomed guest conductor Georgia Nichols with the baton. The stage band also played up a storm, with jazz and rock numbers filling the auditorium.

Soloists Max Harman (on cello), Bronti Mustey (on trumpet) and Alex Briggs (on flute) shone in their solos and were met with well-deserved applause.

Emily Hedt performed a song that she had written, and stunned the audience with her creativity and emotive control. The contemporary band amazed with their debut performance, with rock classic You Really Got Me. We know that this rock band is well on their way and we will hear much more from them as time goes on. The brand new saxophone quartet also played for the public for the first time and it came together beautifully.

Year 12 student Georgia Nichols presented a composition she's been working on to fit with a film clip. Joined by the stage band, she also performed an arrangement of a Hamilton song that she composed herself to fit with our ensemble. Georgia has been working very hard and was able to showcase her talents in singing, conducting, piano, saxophone and composition as the night went on.

All students have worked very hard throughout rehearsals and it was great to see such a big night of music.



Bands Festival

On the 26th of August, the Symphonic Band went to the Hawthorn Arts Centre to perform in the Victorian School Music Festival, accompanied by Mr Clark, Mrs Brentnall and Miss Nichol. The Symphonic Band is made up of students between year 7 and 12 and deserve a great big pat on the back for a great day out. Schools from all over Victoria performed for adjudicators, receiving feedback and encouragement that will keep them improving as time goes on. Benalla P-12 College students were very professional, and impressed adjudicators with their big sound and abundant energy. At the end of the day, we were awarded with silver! We celebrated with dinner in the city before making the trip home again.



Congratulations, Symphonic Band. These students have worked very hard and it was great to see this work celebrated in such a fantastic opportunity.

PEEP

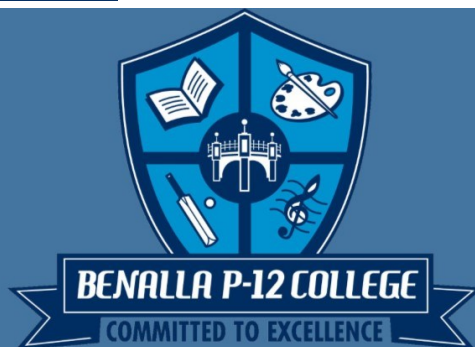
In week 9, some of the rising stars within the music department went to Tomorrow Today to perform nursery rhymes for the PEEP program. Babies and young children were lulled and excited by a variety of instruments across the week, performed by students between

year 7 and 9. Students performed solo, showing much focus and professionalism in accompanying the parents and young children. They also answered many questions about their time in music with expertise. Thanks to these students, for demonstrating their skills and knowledge to much younger members of the Benalla community and their parents.



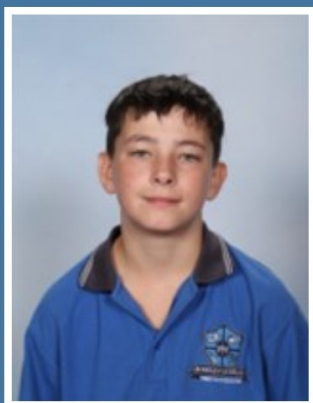
Kristen Nichol

YEARS 7-9 STUDENTS OF THE WEEK



Student of the Week, Year 7-9

Term 3, Week 8



Year 7– Mason Butterworth



Year 8– Sam Gates

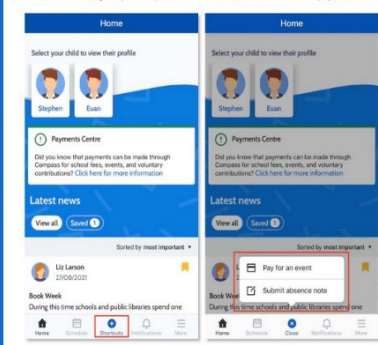


Year 9– Abbie Simpson

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

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

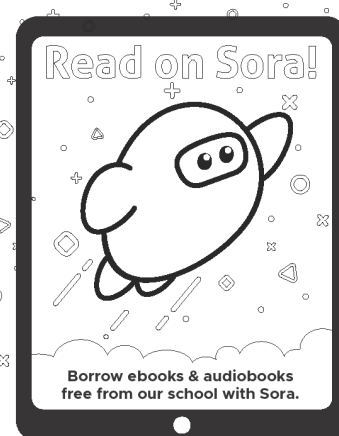
The "Shortcuts" button gives parents quick access to add an attendance note or pay for an event.



E Platform/SORA

Did you know we have a **FREE** collection of eBooks & audiobooks at Benalla P - 12 College called SORA? To access SORA on their own devices students simply go to the Sora app or <https://soraapp.com> and enter their School Login details.

Within the collection you will find Picture Books, Read-a-long Books, Novels, Graphic Novels & Audio Books.



Attendance Matters

Every student. Every day.



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

Words of the Week: Term 3 Week 8

fundamental

Fundamental is an adjective used to describe things, activities or principles that are important and essential.

*Example: Oxygen, food and water are **fundamental** to human existence.*

Fundamental is also a noun, which comes from the Latin word “*fundamentum*”, meaning “*foundation*” and which refers to the key elements that something is built upon.

*Example: Self-belief is one of the **fundamentals** of achieving success in life.*

controversy

Controversy is a strong disagreement that leads to a dispute or argument in which people express opposing views that often revolve around moral issues or public policies.

*Example: There was a major **controversy** about the wearing of masks to reduce the spread of COVID 19.*

HANDS ON LEARNING

It has been very impressive to see the collection of wicking garden beds growing in the Hands on Learning area and to now see them going out to student families, and the community. The project has been a collaborative effort between Benalla Health and Tomorrow Today, both have contributed to the cost of the materials, and our student builders. Rod Hearn our volunteer has come into the program to work with the students to design and construct the recycled pallet timber stand which have then been spray painted and given a timber label. Big plastic olive barrels have been cut in half and a wicking system designed and installed requiring students to problem solve and work with a variety of tools. The hot house is now bursting with green vegetable seedlings ready to be transplanted and grown into fresh produce in the water efficient garden beds. With over one hundred barrels to be converted it should see many young and older gardeners finding a passion for growing their own food.



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

INSIGHTS

Is play time dead?



For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

WHY DOES THIS MATTER?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:

Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with real people.

Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.



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



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.



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

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.

admin@tomorrowtoday.com.au
US 5762 1211
Shop 10, 66 Nunn St, Benalla VIC 3672
tomorrowtoday.com.au

TOMORROW TODAY
Benalla Stronger together

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: Warrindoo House	Stop 2: Cnr Thomas and Waller	Stop 3: Tomorrow Store Coker St	Stop 4: Cnr WB and McKellar	Stop 5: Come and Try Day
3:40am 1:35pm 1:05pm	9:15am 11:40am 1:10pm	9:55am 11:50am 1:20pm	10:00am 11:55am 1:25pm	10:00am 1:00pm 1:00pm* *last trip home



near Swanpool
SEPT 23 - 26
ALL AGES WELCOME
Strathbogie Ranges Victoria

Rosewood MUSIC CAMP

TICKETS NOW ON SALE!

A fun filled few days, in a beautiful space, making great music! With a theme of Peace and Healing there are many opportunities to enjoy song and dance with special guests and experienced tutors. Performance and session opportunities abound, beginners to advanced, all ages welcome!

Ticket price include camping and all workshops.
Cabin beds and catering available for pre-purchase.
\$200 Adults • \$120 Teens • \$90 Children

www.rosesgapmusiccamp.org.au rosewoodmusiccamp/

Bringing Up Great Kids



INFORMATION SESSION

Kids don't listen to you or throw tantrums when they don't get their own way? Do they struggle with coming to school or anxiety? Do you feel like it's all too hard...then this is for you

Bringing Up Great Kids is a FREE Program for anyone caring for kids from 0-12 years of age.

- Learn about how kids brains grow and work
- Understand kids communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids, and how can we do this
- Find out ways parents can take care of themselves and find help if they need it

Date: 12 October 2022
Time: 2:30pm - 3:00pm
Location: Benalla P-12 Waller Street Campus
Contact: Maureen Heron, 0455 287 322

