

Benalla P-12 College

Acting Executive Principal - Kylie Cotter

A MESSAGE FROM OUR PRINCIPAL

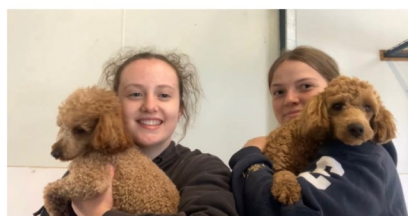
COLLEGE VISION

'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,

Work Experience

Our Year 10 students were off on work experience last week. We had some students working at each of our campuses, it was great welcoming them into the teams. I saw a few in the classroom, it was wonderful seeing them thrive in the work environment. I'm sure all the students have stories to tell of their week at work.



Swimming

Last week our Prep, Grade 1 and Grade 2 students finished their swimming at the aquatic centre. This was a great success, and a lot of fun has been had by students.

Coming into Summer water safety is so important, it is fantastic that the students had this opportunity. Thank you to all staff involved in making this happen.



Exams

We are into the second week of Year 12 exams. By all accounts the students are happy and progressing along nicely. Year 10 and 11 exams are coming up this Monday 14th November.

Staffing

Terri from over at Waller finished up last Friday, we wish her all the best as she heads off on family leave.

Student Free Day

We hope you all had a relaxing long weekend. Staff spent the student free day having a look at some of our NAPLAN and Attitudes to School survey data. It was a great day of collaboration and an opportunity to plan ahead for 2023.

Kylie Cotter
Acting Principal

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



DATES TO REMEMBER

Monday November 7

•Bernard Mangakahia P-4 Performance

Thursday November 10

•Year 10 OE Hike– Mt Feathertop

Monday November 14

•Year 10/11 Exams Commence

Monday November 21

Year 10-12 Headstart Commences

Thursday November 24

Year 9 OED Mount Buffalo

Uniform Shop Opening Hours

Faithful Street Campus
Wednesdays 2.30-5.30pm
&
Fridays 8am-12pm

Our College Values

Respect

Responsibility

High Expectations

Integrity



PLEASE JOIN US FOR OUR

2023 Year 5 Transition Information Session

You are invited to attend our Year 5,
Clarke Street Campus Information evening
and Q&A regarding your child's transition
into Year 5 in 2023.

WHEN: Tuesday 8th November | 5-6 pm

WHERE: Clarke Street Campus

RSVP: by Friday 4th November

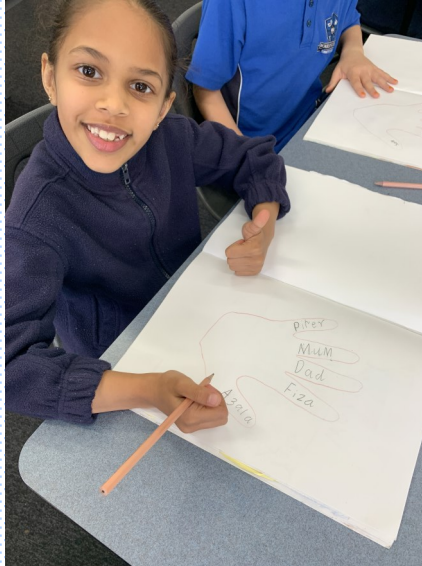
PLEASE RSVP BY THE ATTACHED GOOGLE FORM LINK



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TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY OCTOBER 20

The Year 1/2 students have been learning about blockers to success and happiness. We have been learning about Worried William. William worries so much, that his thoughts get too big and too much. We discussed our worries with each other. We choose 5 people to talk to about our worries to make sure they don't get too big and too much. Talking about our worries helps us problem solve and feel happy.



AVON STREET STUDENTS OF THE WEEK

Congratulations to our Avon Street Students of week 4



This week in the kitchen the Year 3/4s have been cooking up a storm. The kids have been measuring, weighing, chopping and cooking using fresh produce grown in both the Waller St and Avon St school gardens. On the menu this week was mango slaw, spinach dip with Turkish crostini, potato and Swiss chard tarts and the very popular and extremely yummy sticky date cupcakes with cream cheese frosting



WALLER STREET STUDENTS OF WEEK 4

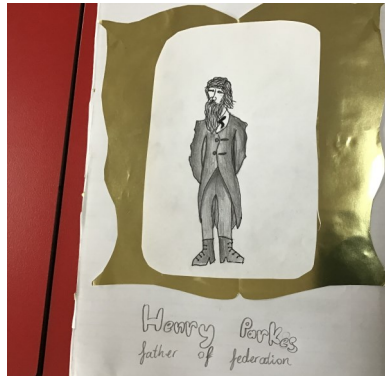


Waller Street Students of Week 4 were:
Summer, Zahara, Blake, Dom, Ariella, Blaike, Ryan, Egypt
and Jaxon.

1/2 Oddoux received the award as a whole class.



Grade 5B students have been studying the pathway to Australian Federation. One of the key moments was the famous Tenterfield address by Henry Parkes in 1889. Students in 5B have been creating their own versions of this address, calling on their fellow Australians to support the unification of the six colonies into one nation. Special thanks must be given to Mr Winkler and the Benalla Theatre company for the loan of costumes and Deb Robinson for planning and organising the activity.



CLARKE STREET STUDENTS WEEK



As part of our Careers Education Program, our Year Ten students completed a Work Experience Placement at the end of October.

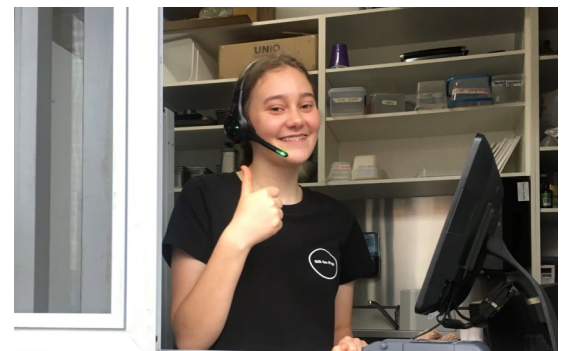
The program was highly successful and the overwhelming feedback from both students and employers has been extremely positive.

It is widely understood that growth and development often occurs when we are out of our comfort zone. For many, the week was approached with excitement but for some, trepidation. It was wonderful to see that when we visited our students there was a sense of confidence and achievement. The placements are invaluable as it gives them a taste of an industry, and an opportunity to build their employability skills such as communication, teamwork and self-management. For many the experience will be a valuable addition to their resume or maybe even a potential part time job, School Based Apprenticeship or future pathway.

Thank you to the employers who supported our students and provided with the opportunity to gain a valuable work 'experience' and to immerse themselves in a world outside of the classroom.

We would like to acknowledge the following businesses/organisations for their support:

AJ's Concreting	Judd's Joinery
AR Carpentry Services	Living Here Benalla
Australian Rainbow Trout Farm	Luke Macfarlane
Barkly Street Vets	Mansfield Autism Statewide Services
Benalla Acupuncture & Chinese Medicine Clinic	Marchbank Electrical
Benalla Boarding Kennels	Mulberry Lane Property Styling
Benalla Golf Club	Munro & Sargeant
Benalla P-12 College – Avon, Clarke, Faithfull & Waller Campuses	Munro Avenue Preschool North East Life
Benalla Rural City Council	Parks Victoria
Bernard Briggs Kindergarten	Paul's Property Maintenance
Bill-Bo Pop	Primal Health Club
Bouwmeester's Bakery	Ride Avenue Preschool
C & S Plumbing	Robinsons Truck & Coach Maintenance
Connex Group	Rose City Vets
DC Building Contractors	Royal Freemasons
Delatite Steel & Engineering	Safeway
Denmarlyn Pty Ltd	Sportspower
Figjam Bricklaying	Studio 8
Fobia Industries	Tip Top Bread
Graeme Currie Electrical	Tomorrow Today
Harry the Handyman	Wangaratta Accident Repair Specialists
HVP Plantations	Winton Raceway
Jason Auld	Zeus Cafe



VISIT FROM THE AUSTRALIAN DEFENCE FORCE

Members of the ADF visited the school in early November to speak with interested students. Students heard about the three sections of the ADF, Navy, Army and Air Force and the various ways that students can enter service, via ADFA, via an apprenticeship or general entry. Students also learnt about fitness levels needed, a Gap Year and the Reserves. We thank Pete and Richie for coming to Benalla and providing lots of valuable information for those thinking about going in to the ADF.



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TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY DECEMBER 20

HANDS ON LEARNING



Words of the Week: Term 4 Week 5

A New Words of the Week Competition!

Here is another opportunity to use the 'Words of the Week' in a creative way. This time students will have an opportunity to show how they can use 'Words of the Week' in a story, a poem, an artwork or a puzzle (Note: If you do a puzzle, you must include an answer sheet)

You do not have to include every word but try to include as many as you can. Entries will be judged on the number of words, accuracy of use, quality, creativity, and originality. All entries will receive recognition and there will be prizes for outstanding entries. You have until Friday 4th November to leave your entries (hardcopy - typed or hand-written) at the General office. make sure you put your full name on it.

Words of the Week 2022: Principle, Civil, Source, Strategy, Comprehensive, Notion, Cite, Deviate, Unique, Concurrent, Abstract, Phase, Intervene, Empirical, Facilitate, Virtual, Federal, Perceive, Discriminate, Liberal, Institute, Function, Legislate, Context, Evaluate, Implication, Reinforce, Reluctant, Rigid, Specify, Foundation, Fluctuate, Amendment, Exclusive, Fundamental, Controversy, Approximate, Accumulate, Isolated, Phenomenon, Constitute, Focus.



Hands on Learning students took an excursion out to Cooinda to complete a garden project and along the way they learnt how a real workplace manages Occupational, Health and Safety. Rapid antigen testing and mask wearing were both used as well as lots of instructions on moving materials safely and understanding why all of this strict protocol is so important in an aged care facility. The students worked with a number of the employees who said how enjoyable it was to work with the older folk and be able to keep them enjoying their out-

Welfare

Welfare is generally used as a noun. The word **“welfare”** has more than one meaning. It can refer to the health, happiness and general wellbeing of an individual or group, but it also may refer to financial aid provided to people by a government or other organization.

An example of the first meaning would be *“I am only telling you to stop eating junk food because I’m concerned about your **welfare!**”*, while an example of the second would be *“Because people can’t afford to eat, the government should increase its **welfare** budget.”*

Inherent

“Inherent” is something that is a basic quality of something. **An inherent** object or idea is one that exists as a natural or basic part of something.

For example, *“There is an **inherent** danger to going through a red light!”* or *“I have an **inherent** distrust of lawyers.”* or *“Some phenomena in physics are **inherently** uncertain.”*



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Student of the Week, Year 7-9

Term 4, Week 3



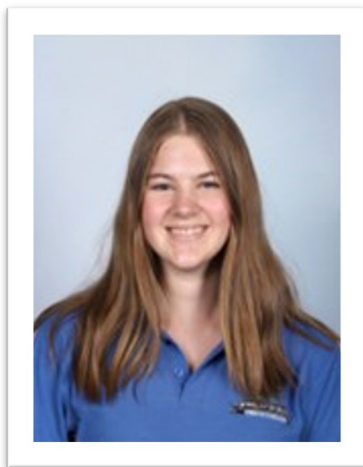
Year 7— Lachlan Kennedy



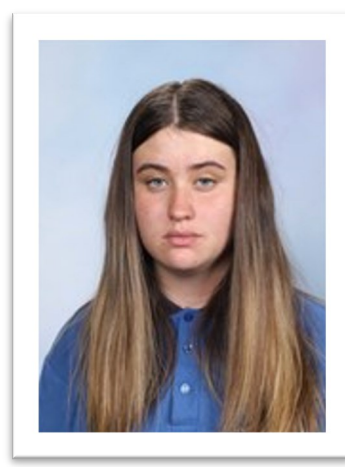
Year 8— Olivia Goodwin



Year 9— Paige Simpson



Year 10 - Annabelle Lowe



Year 11 - Christina Fuller



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TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY DECEMBER 20



GREAT START TO SCHOOL PROGRAM

(for 2023 enrolments)

Help your child have a Great Start to School

FREE for Benalla and district families with a child starting school in 2023 in our local area.

Our program is friendly and supportive, designed specifically for parents and carers.

We can offer childcare during these sessions. Places are limited, so please include your request for this service when registering your attendance.

We will explore topics such as:

- What happens during a school day
- What you can do to help your child gain confidence and independence
- What you can do to support your child's learning
- Helpful routines that help support your child's school day
- Preparing for the big day: What does your child need to feel ready?
- Exploring your ideas and any concerns

This program runs over two sessions:

- Tuesday 22 November 2022
- Tuesday 29 November 2022

From 10am - 12 noon

At Tomorrow Today Shop 1, 66 Nunn Street, Benalla

Free \$50 uniform voucher for participants who attend BOTH sessions

To register contact Sally Matheson at Tomorrow Today:

03 5762 1211
sallymatheson@tomorrowtoday.com.au

Registrations close 18 November. Places are limited, so be sure to book your place as soon as possible.

Transition dates & times 2022

Avon and Waller Street Campus

Friday November 11 th	9am to 10am
Friday November 18 th	9am to 11am
Friday November 25 th	9am to 11am
Friday December 2 nd	9am to 11am
Tuesday December 13 th	9am to 12pm



Transition Starts...

November

11

Avon Street Campus
5762 1646

Waller Street Campus
5762 2600



COME AND TRY BENALLA LITTLE ATHLETICS

Little Athletics is a modified children's athletics program for 5 year old to 17 year old Athletes.

Athletes participate and compete weekly with their friends during Terms 4 and 1, learning the many disciplines of athletics such as running (sprinting, hurdles), jumping (long jump, high jump) and throwing (discus, shot put and javelin).

Friday Afternoons during Term 4 and Term 1
5:00pm - 7:00pm

Churchill Reserve, Waller Street, Benalla
New Athletes welcome to Come and Try - Two Week Trial

Register Now at <https://lavic.com.au/membership/>



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TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY DECEMBER 20

Disarming anxiety before it becomes a disorder



In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

EARLY DETECTION IS CRITICAL

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

ANXIETY IS INDIVIDUAL

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

THE TOOLS ANXIOUS KIDS NEED

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

LIFESTYLE FACTORS THAT MINIMISE ANXIETY

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.



Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

IN CLOSING

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He is 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.

