

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,

Christmas Carols

It has been great to start coming together as a community more this term, I have spoken to many members of our community who have really enjoyed these opportunities. We thought it would be fantastic to try and get one more event in before we finish up. We will be having a Christmas Carols event in the last full week of school. Carols is planned for Thursday 15th December at 9.30am in the stadium at Faithfull campus. More information to come.

Student Free Day

A reminder that Monday 5th December is a student free day.

Faithfull STEAM Building

The STEAM Building at Faithfull Street continues to progress, Science and Art rooms will be handed over early December.

We have removalists schedule to start the process of decanting 'C' Wing on December 5th through to December 16th

Despite the challenges of COVID, flooding and supply issues the project is still on track for the first day of term 1.



Kylie Cotter
Acting Principal

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



DATES TO REMEMBER

Monday November 21

- Year 10-12 Headstart Commences
- Year 12 School Captains
- Canberra Trip

Thursday November 24

Year 9 OED Mount Buffalo

Friday November 25

- Prep transition 9am-11am
- Waller Street Year 4 Transition

Thursday December 1

- Year 7 Transition
- Year 9 Exams

Monday December 5

- Student Free Day

Uniform Shop Opening Hours

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

Our College Values

Respect

Responsibility

High Expectations

Integrity



Year 7 Transition

There are two transition sessions coming up the Year 7 students of 2023 on the following dates:

- Thursday 1st December 9am – 11:15am
- Tuesday 13th December All Day

The students will have the opportunity to meet some of their teachers and engage in some of the lessons they will experience as part of their Year 7 experience. They will also be supported by current Year 7 students who will be able to show them the ropes of the Faithfull St campus.

Year 9 Exams

Students in Year 9 will be sitting end of year exams this year on the 1st and 2nd of December. The subjects that have exams are English, Mathematics, Science and Humanities. Over the next few weeks, students should aim to complete some study at home whereby they revise content from Term 3 and 4 in order to perform to the best of their ability.

Year 10 and 11 Headstart

Year 10 and 11 students are commencing their Headstart classes on Monday 21st November. This is a valuable opportunity for students to engage in the subjects they have chosen for 2023 and is a vital part of their transition into their senior education.

Please note that students are only attending on Monday to Thursday of each week and that students in the 2023 VCE VM class will continue to be exempt on a Wednesday.

BENALLA P-12 UNIFORM SHOP



2023 OPENING DAYS

JANUARY

Thursday 19th	8am to 4pm
Friday 20th	8am to 4pm
Monday 23rd	8am to 4pm
Tuesday 24th	8am to 4pm
Wednesday 25th	8am to 4pm
Friday 27th	8am to 4pm
Monday 30th	8am to 4pm

FEBRUARY

Wednesday 1st	2.30 to 5.30pm
Friday 3rd	9am to 12pm



**LAST DAY
FOR 2022**

Tuesday December 13th 9am to 12pm



Follow us on
Instagram

TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY OCTOBER 20

The Grade 3/4 students have been very busy in the Stephanie Alexander Kitchen Garden Program vegetable garden at Avon Street, filling up the remaining new garden beds with soil and then topping them with mulch. Due to the wet weather this has taken longer than planned, but it is now completed and the garden beds are now ready for planting out by the students in their Garden classes.

The Avon St vegetable garden has been very productive over this Winter and Spring period with a huge supply of produce like spinach, silverbeet, purple broccoli, bunching broccoli, cauliflower, kale, coriander, parsley just to name a few. They looked so tasty that frames and nets had to be put up to stop the Cockatoos from eating the broccoli and cauliflower.

Miss Annakin's class were kept busy planting, mulching and watering 4 new citrus trees to complement the vegetable garden.

Last week the successful garlic crop was harvested by Mrs Hanson's grade which was then tied in bunches and plaited together ready to be hung and dried in the shed.

The students had grown 2 different varieties of garlic the large elephant garlic and the sweet purple variety, thanks to Ms Gregg who was kind enough to give us some bulbs to plant.

Some delicious, hot, buttery garlic bread might be on the menu in Kitchen classes soon.



AVON STREET STUDENTS OF THE WEEK



Follow us on
Instagram

TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY DECEMBER 20



Pictured left are this weeks Students of the Week: Oliver, Emylie, Tiarn, Oliver, Daniel, Hailey, Meagan and Vinnie

Below are our Attendance Award Winners.



Over the past six weeks students have been learning new skills and improving their heart health by doing the Jump Rope For Heart program. They now have a variety of tricks they can do skipping with a single rope, two people skipping with a single rope or a double rope, and skipping using the long rope. On Friday last week, they had the chance to show off their new skills at Jump Off Day. This was a fun filled morning rotating through six different jump rope activities to music. At the end of the session special recognition was given to our fundraising champions: Charlie Davies, Joel Lewis, Adeline Carter, Lucas Edney, Dylan Henshaw and Ava Phillips who raised a combined total of \$809. All money raised goes directly to the Heart Foundation to help scientists find new and better ways of treating heart disease.



CLARKE STREET
STUDENTS WEEK



EVERY
DAY
MATTERS
YOU + SCHOOL = SUCCESS



Follow us on
Instagram

TERM 4 DATES, MONDAY OCTOBER 3 – TUESDAY DECEMBER 20

Terminate

To **terminate** is a verb that means to stop something or bring it to an end.

*For example, a car company can decide to **terminate** the production of its diesel engine cars to reduce fuel emissions which pollute the atmosphere.*

*They **terminated** my contract in October.*

*This train will **terminate** at the next stop - passengers who wish to continue should change trains.*

It can also refer to stop employing an employee.

*In most occupations, poorly performing workers can be **terminated**.*

Transformation

A **transformation** is a dramatic or radical change in appearance or form. (usually, but not always for the better)

*For example, if a girl who has long hair shaves it all off and tattoos her forehead, we would say she has undergone a **transformation**.*

*Local people have mixed feelings about the planned **transformation** of their town into a regional capital.*

*Have you seen the **transformation** of our garden?*

*The internet has led to a **transformation** in shopping habits.*

Words of the Week Competition

We have had some wonderful entries for the Words of the Week Competition and will be publishing a few of these over the next few weeks. Thank you to those students who entered. They will all be receiving a prize over the next week or two. Congratulations to the winners of the Senior section, Kiah Atkinson, and the Junior Section, Aria Winkler. Runners up were Kayla Gracie and Isabelle Stevenson. This week we publish Kiah's entry on 'The Institute of Professional Basketball'

Christa Rembold
(Learning Specialist-Literacy)

THE INSTITUTE OF PROFESSIONAL BASKETBALL

The NBA is very competitive and very exclusive. The approximate number of players to ever play at least one game in the NBA is under 5000, for 76 seasons, that really isn't very many. To be a good player you need to understand the terms of basketball as they are a fundamental part of understanding basketball since each term is related to a different part of the game.

You also need a lot of unique skills, comprehensive knowledge of the game and the ability to try no matter what. To cite one of Michael Jordan's books "I can accept failure, everyone fails at something. But I can't accept not trying." When Michael Jordan was a kid his preferred sport was baseball, but as soon as he got onto the court he had a notion to play basketball and was incredible at it. So incredible that within the first three years of him playing, the NBA had to legislate the 'illegal offence' call, an amendment to existing defence rules which was much needed with the new generation of astonishing shooters, (the rule banned teams from positioning three players with no intention of participating in the play behind the three-point line, to leave the shooter in question alone in space to go for the basket).

Michael Jordan was always a phenomenon and it wasn't only on the court. Michael Jordan was also able to facilitate the concurrent opening of two medical clinics which he funded to help the disadvantaged. Michael Jordan did deviate away from basketball entering a new phase in his life, entering the golfing world. But quickly getting back to his basketball career, he was a virtual God of the game. Michael Jordan had skill, he had strategy and he had determination. He understood the principle of basketball. But even the best players can still have people discriminate against them as when Michael Jordan first started playing he faced a lot of racism leaving him feeling isolated.

Speaking about the best player who has ever stepped onto the court, can cause controversy. But who is the best player? I can talk about this as I can be liberal about the discussion. A lot of people perceive Jordan to be the best basketball player of all time, which you could justify because over his entire career he managed to accumulate 32,292 points, averaging 30.1 points per game. A lot of people also perceive LeBron James to be the best player of all time. Throughout his entire career (so far) he has scored 37,254, averaging 27 points per game. But to evaluate the best player of all time, you need more context than just their total/average point scores.

Anyways, let's not just focus on the best players. The NBA has so many talented athletes. Many being the normal, average player but some players may be considered abstract. A good example of this is Stephen Curry (84 kg at 6'2), a lot of non-athletes like to say they'd be able to beat him because of his height. Now what a lot of people are reluctant to admit is that Stephen Curry would actually beat them senseless. Curry set the foundation for sharp shooting and has influenced the game of basketball drastically. Curry may look a lot shorter than his teammates on the court, but that's only because the average height of an NBA player is 6'8 (the height of players does fluctuate). Although tall players constitute a great proportion of NBA players, you can't underestimate the playing abilities of a short player and is 6'2 really that short?

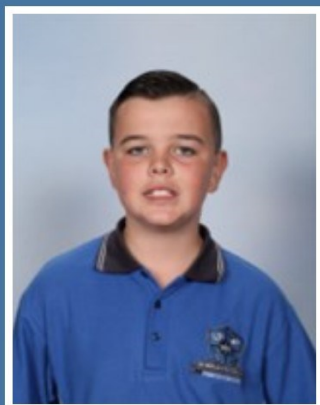
There are also so many other talented players in the NBA. To specify a little, there is Kevin Durant, 109 kg at 6'10. Kevin Durant is viewed as one of the best offensive players in the league, this is due to his inherent skills in the paint, ball-handling, offensive rebounding and passing. You would think because of his height it would negate his ability to shoot but he still averaged 49.4% shooting from the basketball floor over his still ongoing 13-year NBA career. There is also Montrezl Harrell, 109 kg at 6'7. An incredible offensive player, although police did have to intervene in his personal life and soon the only court he'll be in is a federal one, which lead to a massive implication on his professional sporting career.

Another incredible player is Anthony Davis, 115 kg at 6'11. In 2019 Anthony Davis was selected by the team Los Angeles Lakers, this was to reinforce their defence. Anthony Davis functions as a very skillful player with his speed and ability to handle the ball, he's an absolute beast on transition. It is a surprise that these men keep as civil as they do on the court, if I was built like She-Hulk I would not be able to keep my calm. So how do these men become such insane athletes? There is empirical evidence that this occurs from a rigid schedule of exercise, healthy food and perseverance (because the source of becoming a good athlete is to stay committed and push yourself harder than anybody else). This allows the players to maintain good health and welfare.



Student of the Week, Year 7-9

Term 4, Week 6



Year 7— Andrew Noyes



Year 8— Madeline Watson



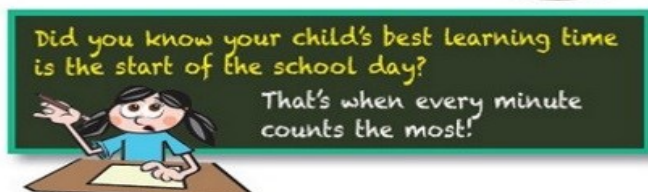
Year 9— Damon Vaughan



EVERY MINUTE COUNTS

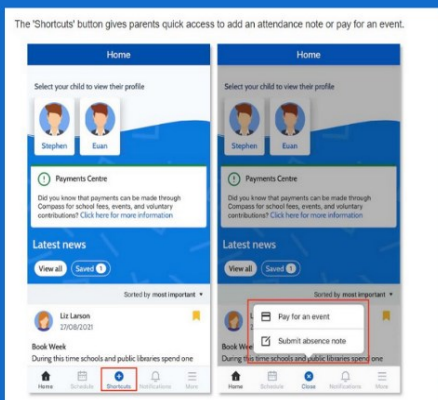
Just a little bit late doesn't seem much but....

He/She is only missing just....	That equals....	Which is....	over 13 years of schooling. that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



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

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



Follow us on Instagram

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



JUNIOR PLAYERS, WE WANT YOU!

COME JOIN OUR FAMILY-FRIENDLY CLUB!

CAR POOLING CAN BE ARRANGED FOR
TRAINING & GAME DAY

UNDER 15'S (11-15 UNDER 16 AS OF
31/12/2023)

UNDER 17'S (UNDER 18 AS OF 31/12/2023)

PLEASE CONTACT
NETBALL COORDINATOR
CARMA 0400 002 663



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/>



The art of good conversation with young people



Conversations can be challenging with every age group, young and old, and for so many different reasons. With children and teens, just getting the conversation going can be the biggest challenge. How many times have you said, "How was your day?" only to be told "Good" or asked them what they did today only to be told "Not much"! So where to start?

8 TIPS FOR TURNING CHIT-CHAT IN TO RICHER CONVERSATION

Don't wait for young people to ask questions or reach out. Raise discussions yourself.

Be open about your own experiences. In doing so, children are more likely to be open and honest.

Choose your timing – preferably when you are naturally together anyway in a relaxed setting, rather than setting up a stressful, anxiety provoking meeting. Side by side chats work well (e.g. while driving, walking, doing an activity together like a chore or jigsaw).

Be calm, prepared and genuinely ready to give your time and attention.

Listen in a non-judgmental and curious way. Ask, don't assume! Remember that this is a chance for the speaker to talk through their feelings, not for you to fix their problems.

Acknowledge and validate their feelings. Don't minimize their concerns or fears. Whilst they may seem trivial to you, they are real for your child and part of their current experience. Try to understand the importance of what is going on, and the impact for them. Reassure them that whatever they are feeling is okay.

Leading relationship research tells us that "Understanding must precede advice". Premature problem solving tends to shut people down. Solution finding should only begin once you feel you understand what your teen is going through, and your teen feels understood.

Remember that you do not need to have all of the answers. Ask young people questions like "what do you need?", "what do you think would help?", "how can I support you better?", "what would make this easier for you?". Then together you can come up with an action plan.

HOW TO BE A GOOD LISTENER

- Great conversation requires great listening. Listening well reduces misunderstanding, eliminates conflict and allows us to understand the other person's perspective.
- Listening is the key to empathy.
- Feeling heard is very validating for young people and it helps to increase their self-esteem, confidence and independence. It also improves relationships and communication skills. So how can we do it well with young people of all ages?
- Be present, make eye contact and remove distractions – don't be half in half out. Listen with the opportunity to learn, not respond.
- Play the same role for your child as a trampoline does – to bounce ideas off, amplify, energise and clarify, provide support.

Be comfortable in silence – you don't need to respond immediately; holding space and silence for someone; share insights.

Have a beige • face – neutral, not reacting, remain calm and listen. Remain curious throughout.

BECOMING AN ACTIVE LISTENER TO FURTHER IMPROVE CONVERSATION

Active listening has 3 steps.

Hearing

What did you think you were told?

Understanding

What does this mean to you?

Assessing

Does the statement make sense to you?

Active listening includes:

- Non-verbal responses – eye contact, nodding, posture Encouragers – mmm, yes, right, okay, uh-huh
- Reflection of content and feelings – stating back events or emotions Matching young people's language/terms – when appropriate Summarising – brief replay of what was said
- Noticing what is missing – gaps, conflicting information, hidden meanings

Finally, here are some effective responses to keep the conversation going while listening actively

- Could you tell me more about that?
What happened next?
- That must have hurt/felt
- How have you handled things like this before?
I can see this is really troubling you.
- You feel (emotion) because of (situation)?
- Could you repeat that? I want to really understand. I like how you said
- What options might we have in this situation?

Good conversation with young people comes down to time – creating the time and space and then using that time wisely, perhaps by using the tips above. The art of good conversation teaches us all to build great communication skills, skills that improve our quality of life enabling us to express ourselves clearly and confidently through every aspect of our life.



Lucy Snowball

Lucy Snowball is the Data and Youth Insights Director at Raise Foundation. Raise offers early intervention, evidence-based mentoring for young people in high schools with trained and trusted independent adults. Find out more about Raise at www.raise.org.au.



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