

# Benalla P-12 College

Acting Executive Principal - Kylie Cotter

## A MESSAGE FROM OUR PRINCIPAL

### COLLEGE VISION

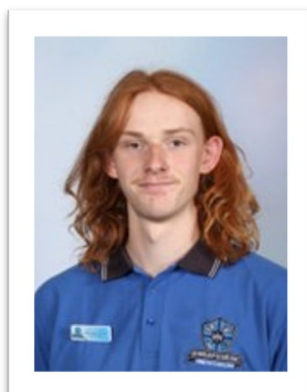
*'Benalla P-12 College ensures that every child learns and is prepared for the future through a commitment to excellence in teaching, high expectations and positive relationships in a safe and inclusive environment'*

Dear Parents and Carers,

What a fantastic year it has been. With the last two years of lockdowns and remote learning this is the first full year for some of our students being on site. While it has been great, I know everyone is ready for the summer break.

This time of year gives us an opportunity to acknowledge and celebrate the achievements of our students across all of the year levels. The Grade 6's had their graduation ceremony last week. Last night the Year 7-12 Awards night was held along with the Year 12 Graduation dinner. While I have only been here for the final year of the Year 12s thirteen years of education, there are many staff who have been here for it all. It was absolutely wonderful being able to celebrate this achievement with them. Success has looked different for each of them and their next step in their journey is just as individual. Some of them will go to University, some to TAFE, others going into paid employment and a few are embarking on travel. Regardless of what their next step looks like the future is theirs to take advantage of.

Our VCE results came out this week and it was a pleasure to announce Harrison Drury is our DUX. Harrison was one of our College Captains this year and worked extremely hard to achieve his results. It was also a pleasure to announce last night the VCAL student of the year, Jackson Squires. Jackson worked extremely hard and managed to complete his VCAL Intermediate certificate mid year.



This week also saw the final School Council for the year. I would like to thank all members of School Council, particularly the parents and student representatives, for their contribution to school governance.



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 20th December

**Last day of Term**  
**1.30pm Dismissal**



**Term 1 Commences**  
**Tuesday 31st January**  
**2023**



### Our College Values

Respect  
Responsibility  
High Expectations  
Integrity



Principals message continued....

Today we had carols, it was a fantastic atmosphere, the students did a fabulous job singing their songs. Santa even made an appearance. The 2023 College Captains did a great job leading the show, a great sign of things to come. I hope you all have a safe and enjoyable break. I am looking forward to seeing you all in 2024.

Kylie Cotter  
Acting Principal

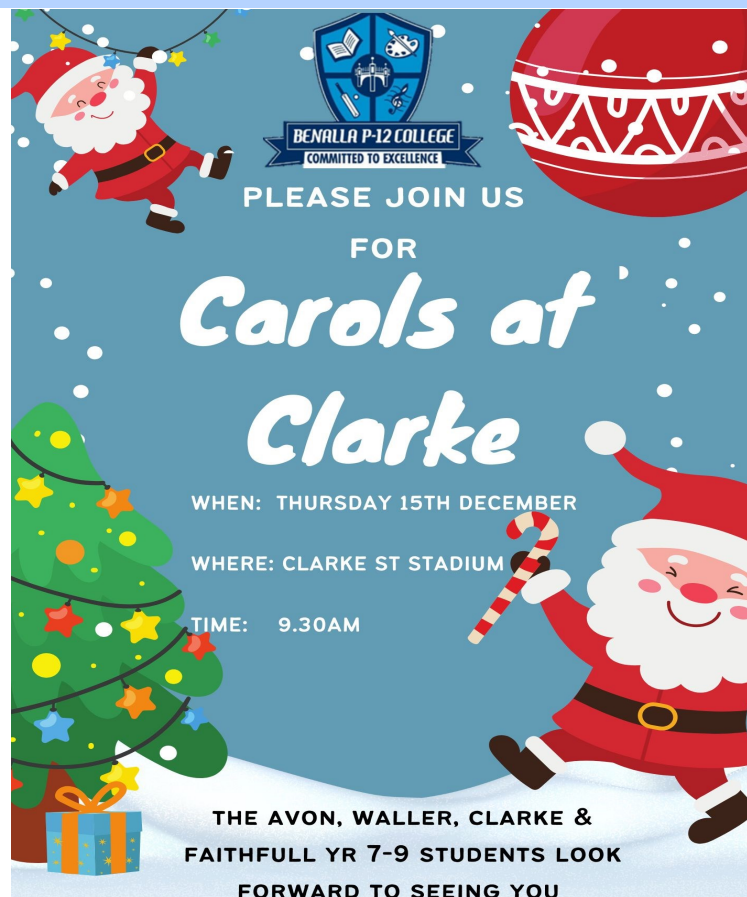


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**BENALLA P-12  
UNIFORM SHOP**

**PLEASE NOTE UPDATED  
OPENING DAYS!**

**2023 OPENING DAYS  
JANUARY**

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



**BENALLA P-12 COLLEGE**  
COMMITTED TO EXCELLENCE

Are you ready?

STAFF ARE LOOKING FORWARD TO  
WELCOMING STUDENTS

**BACK TO SCHOOL ON**

**TUESDAY 31ST JANUARY**

Faithfull & Clarke Office Open  
Tuesday 24th January

All Offices Open  
Wednesday 25th January

Offices closed 27th & 30th  
January



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# WOODIES

On Wednesday, seven students from Avon St went to spend the morning with the Benalla Woodworking Group (the Woodies). Students were taught how to use the tools and machinery safely and with supervision produced a wooden pop up toaster.

It was a great morning, the students were very proud of what they made. We are very fortunate to have this community group support our students.



## RED APRON AWARD WINNERS



## AVON STREET STUDENTS OF THE WEEK



Pictured above are our Red Apron Award winners Xavier, Isabelle and Emma

Congratulations to our students of the week Mya, Alaric, Angus, Josh, Rabiya, and Jax



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In Indonesian, the Year 3/4s have been learning about traditional recreational pursuits in Indonesia. Flying kites is popular with children and adults throughout Asia, some countries have a dedicated Children's Day when children fly kites.

In Indonesia, kites are flown for recreational fun and religious ritual. On the island Bali they are flown to ask the gods for a successful rice crop. Rice is a staple food for all Indonesians. The Balinese consider that the higher their kites fly, the closer they are to their Hindu gods. Students have had fun making and decorating their own kites.



### WALLER STREET STUDENTS OF THE WEEK



SOTW – Loki, Charlotte, Toby, Ben, Hailey, Ava, Rebecca, Ava, Trae and Oliver

Ray White Award winners pictured left are Elena and Jackson



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### Congratulations to our 2022 Year 6 Graduates!!

Benalla P-12 College, Year 6 Students have shown hard work, maturity and enjoyment towards their last year of primary learning. We saw each and every student grow into resilient and capable learners and embracing the full learning experience. We celebrated the graduating Year 6 Students with a ceremony, followed by an afternoon of celebrations at our school pool. We wish all of the 2021 Year 6 students success in their future education and look forward to see you grow into hardworking, responsible & resilient young people!



### KINDNESS AWARDS



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This will be the last week for "The Words of the Week" this year. Next year we hope to continue Words of the Week, as the feedback has been very positive. Thanking all students and parents for their support throughout the year. Next year I will undertake a different role at the College – Christa Rembold (Learning Specialist – Literacy)

# Embark

**Embark** is a verb which means to go on board a vehicle for transportation such as to board a ship or aircraft.

For example, *The troops **embarked** at noon.*

*We **embarked** on the ship "Endeavour".*

It can also mean to make a start or begin (a course of action).

*She's **embarking** on a new career.*

*The company has **embarked** upon a risky new project.*

# Alleviate

**Alleviate** is a verb which means to make (something, such as pain or suffering) more bearable or less severe.

*The doctor prescribed a drug to **alleviate** the symptoms.*

*They were using relaxation techniques to **alleviate** stress.*

*He couldn't prevent her pain, but only **alleviate** it.*

It can also mean to partially remove or correct (something undesirable)

*Government programs have been implemented to **alleviate** poverty*

*Enticing retirees into the work force can **alleviate** the current labour shortage.*

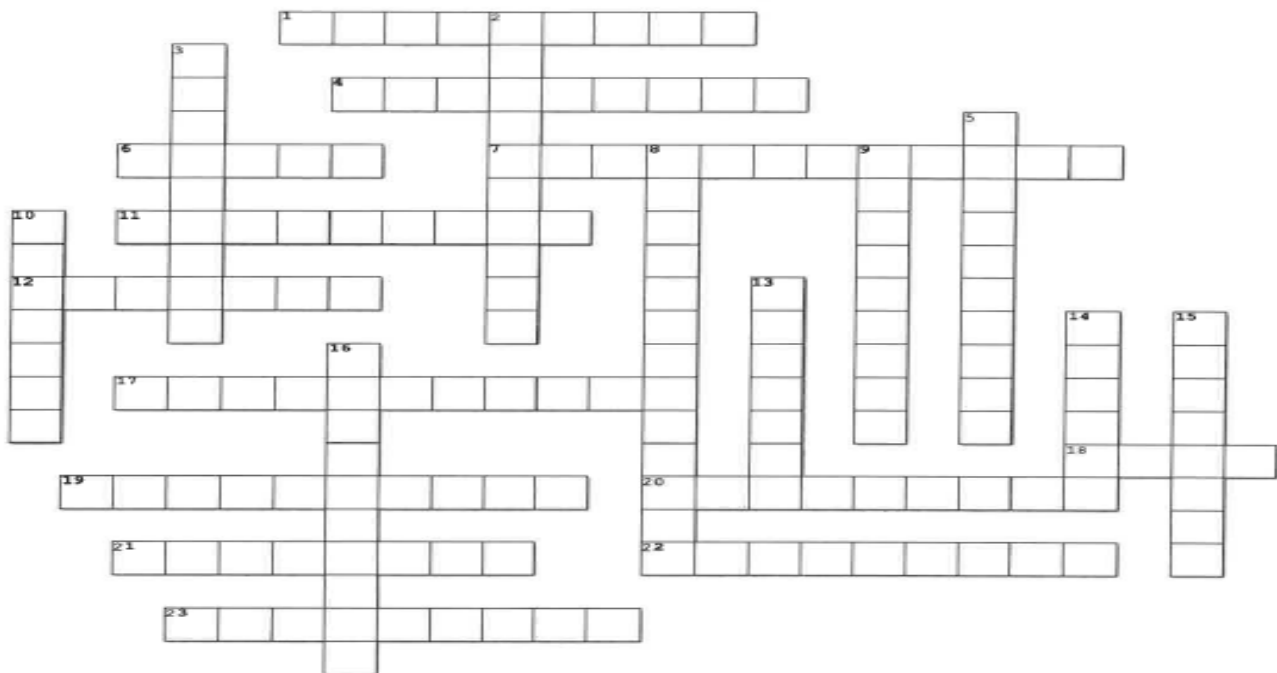
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words of the week

Name: \_\_\_\_\_

## words of the week

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

### Across

1. to support or strengthen something
4. unwilling or lacking in enthusiasm for a task
6. adjective that describes things that are difficult or impossible to bend
7. treating someone different based on their gender ability or appearance
11. when something varies or changes in an irregular pattern
12. relates to software, makes things appear that aren't real '\_\_\_\_\_ reality'
17. is to calculate something based on knowledge you already have
18. to mention something as proof
19. to gather or build up
20. to become involved in a situation to try and stop or change it
21. an adjective to describe something that is not a physical object
22. sed on, concerned with, or verifiable by observation or experience rather than theory or pure logic
23. a basic idea or rule that explains how something happens

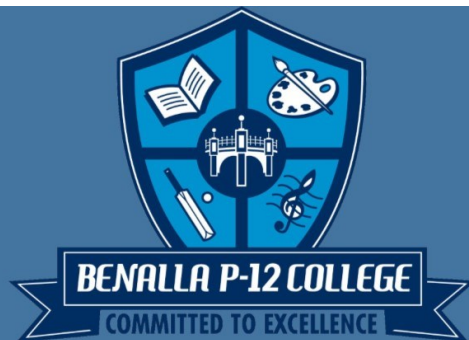
### Down

2. refers to the ground level or the beginning stage
3. to create laws
5. makes a process easier
8. covers a wide range/inclusive of all elements of something
9. an organisation having a particular purpose
10. to change a prediction path or road
13. it is the background story or information surrounding situations
14. where a place, person or thing originated
15. having a large gathering or event
16. two things happening at the same time

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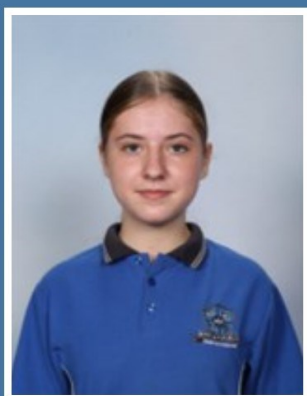
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Student of the Week, Year 7-9

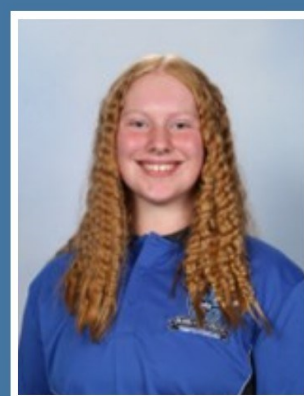
Term 4, Week 9



Year 7– Mia Fazl



Year 8– Jacinta Woodward



Year 9– Emily Hedt

## Benalla P-12 College Year 7-9 Students of the Term, Term 4, 2022



Madison Purtell



Bronti Mustey



Max Harman



Amber Armstrong



Abbie Simpson



Taylor Howe



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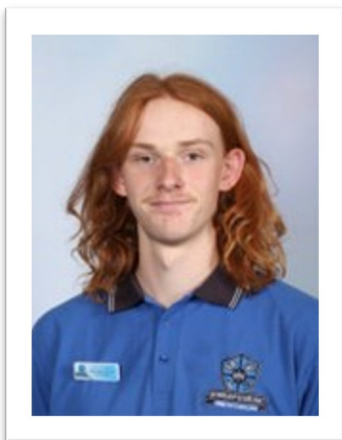


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**Congratulations to the Class of 2022.**

Year 12 VCE and VCAL students of Benalla P-12 College have demonstrated resilience and kindness over the past two years of their senior education. It was fantastic that their final year of schooling was not interrupted by lockdowns. The following students will celebrate their achievements with loved ones and some very proud teachers and staff at their graduation on Wednesday 14th December. We wish students well with their future endeavours; whether it be tertiary education, employment or travel and hope they continue to show the skills learned and personalities developed during their time at the college.



2022 VCE Dux  
ATAR Score 82.75



VCAL Student of the year  
Jackson Squires



## INSIGHTS

## Unspoiling Your Kids This Christmas



Even in homes where getting by is a bit of a struggle, Christmas is generally a time of indulgence for most families. We might be fighting inflation, increased rent and mortgage payments, and rising fuel and food costs, but it's Christmas! We want to make it memorable, and spending seems to be the default to make that happen.

Yet, at the same time that we spoil ourselves and our loved ones, we often bemoan the ingratitude of our children. We feel that they're spoiled. We wish they'd look beyond themselves and stop making Christmas all about "me, me, me." And apart from that, it's expensive!

With this in mind, here are 10 tips for "unspoiling" your children this Christmas. First, focus on others!

#### 1. Focus on Service

This year, one family I know is baking cookies and visiting the local police station, ambulance station, and fire station to drop off some Christmas cheer. They take the time to thank the people who work to keep us safe. Others I know visit the local RSPCA with supplies or donations, drop food, books, and toys at a women's shelter, or donate food (or money for a well) to one of the many overseas charities that help those who are impoverished and in need.

#### 2. Focus on Your Neighbourhood

Who are the people in your neighbourhood? Perhaps an elderly widow could do with a hand in her yard. 'Tis the season for fast-growing grass and gardens. Perhaps someone has just gone through a tough separation and could do with a Christmas basket to ease the pain (financial and emotional) that Christmas might bring.

One of our favourite things to do is to host a neighbourhood Christmas party. We invite all of our neighbours for a barbecue and to sing carols. Every year, we are asked for the date in advance, so people can be available!

#### 3. Try a Secret Santa Drop

Our children's favourite Christmas activity is playing "knock and run." We select a handful of people we want to give something to each year. It might be a teacher, a friend, a coach, or a church leader. We wrap their parcels (often home-made treats), write thank you cards, and drive to their home. After parking out of sight, we sneak to their door, place their gift on the doorstep, and bang on the door before sprinting for a hiding place. Then we watch with delight as someone gets an unexpected, anonymous Christmas surprise. (It can be hard to do this well with six children, and we've often been caught—but it's always fun.)

Next-focus on the children.

#### 4. Give Something Exciting

The reality is that our children DO want to get something exciting at Christmas. So, pick something great for them (within your budget) and help them enjoy it. A decision to not get anything can leave them feeling resentful, particularly when they see everyone else "getting."



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## 5. REDUCE THE NUMBER OF GIFTS THEY RECEIVE

Some children receive gifts from everyone. Grandparents, aunts, uncles, parents, and even siblings are all expected to buy for everyone. This not only costs a fortune, but it can overwhelm children and leave them expecting more and more. Invite your extended family to contribute to one meaningful gift, rather than lots of bits and pieces.

## 6. WHEN OPENING GIFTS, TAKE TIME TO SAVOUR THEM

Savouring is the magnifying, or amplifying, of a positive experience. When the children open a gift, give them time to savour it. Encourage them to play with it. Let them breathe in the excitement of the moment, rather than ripping into the next package and flinging their gifts aside.

## 7. EXPERIENCES ARE BETTER THAN THINGS

One of the most remarkable findings from positive psychology research is that spending money on experiences brings more happiness than spending money on "stuff." Perhaps a family trip will be more memorable than more toys?

In a similar vein, gifts that encourage relationships are better than gifts that promote isolation. A new game console might be fun, but it may lead to withdrawal (and fights). It might be better to purchase some games that bring the family together.

## 8. RATHER THAN GIFTS, GIVE LETTERS

One year for Christmas, I contacted my siblings and asked them to give me 10 memories of special times with Dad. With six children, we had a total of 60 memories, each written on separate pieces of coloured paper and rolled up into mini-scrolls and placed into a jar. Dad opened the jar and looked at us, perplexed. He reached in and pulled out the first note. He read it and chuckled. Then it dawned on him that there were 60 notes from his children. He dipped his hand in again and read. Then he began to weep. The rest of that Christmas morning, he read, cried, laughed, and reminisced. It was a meaningful, wonderful gift that cost nothing but meant the world.

## 9. ENCOURAGE THE CHILDREN TO WRITE "THANK YOU" NOTES

Christmas break is a great time to take stock of gifts and say thank you. Invite your children to write thank you notes to those who gave to them, saying specifically why they're grateful. Sincere thanks takes time—but it is a wonderful way to help the children show appreciation.

Finally, give the most valuable gift you can: time.

## 10. GIVE THE GIFT OF TIME

There may be no gift more appreciated by our children than your time. It costs so little yet is so hard to give generously. But when we give of our time generously, all the material desires our children have will fade away.

This Christmas, "unspoil" your child by reducing the emphasis on materialism, crowding out the crass commercialism of "getting" with sincere, compassionate giving. It can make your Christmas truly memorable.

How are you planning to make this Christmas one to remember?



Dr Justin Coulson

Dr Justin Coulson is the co-host and parenting expert on Channel 9's Parental Guidance, the founder of [happyfamilies.com.au](http://happyfamilies.com.au), and one of Australia's most trusted parenting experts. Over the past decade he has helped innumerable families with his 7 books about raising children, speaking sessions, and countless media appearances.



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## COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

*Footy 4 Fun 'Come & Try' is an opportunity for kids aged 7-12 years to experience an introduction to the basics of football in through fun activities.*

### WHERE:

Benalla Showgrounds -  
main oval

### WHEN:

December 15, 4pm-5pm



**REGISTER HERE!**



## COULD YOU FOSTER A CHILD?

We **URGENTLY** need **Foster Carers**  
in your area. Enquire now on how  
you can help change a child's life.

**CanIFoster.com.au | 1800 932 273**



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where the  
kids will hang  
these holidays?**

Only  
**\$45**

## LET US HELP!

Indigo Gymnastics is offering an exciting school holiday program for kids aged 6-12. 3 full hours of engaging and exciting activities, new skills, and great fun.

2023 Sessions	9am - 12	Mondays & Wednesdays
9th Jan	11 Jan	16 Jan
18 Jan	23 Jan	25 Jan



**Book Now**  
[www.indigogymnastics.com.au](http://www.indigogymnastics.com.au)



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