

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,

A few weeks ago nominations were called for parent and student representatives for College Council. I would like to thank those parents who have agreed to take on this important role, some for the first time while others have re-nominated. The parent members of College Council will be Julie Green, Lee Manning, Ben Anderson, Tiffany Heatherill, Stacey Hall, Punarji Gunaratne and Erin McHardy. This leaves one vacancy - if you are interested in this, please get in touch with me.

I would like to take this opportunity to thank the outgoing parent College Council member, School Council President Geoff Patterson.

The student member on council is Kyle Termorshuizen of Year 12, Our community member is Sally Matheson. There is still one student and community member vacancy, if you are interested please get in touch.

Staff representative positions on council will be myself, Brodie Ewen, Brittany Annakin and there is currently one vacant position and one casual vacancy (1 year). Thankyou also to outgoing staff representatives – Nat Challis, who is going on maternity leave, and Chris Szeligiewicz.

College Council meets 8 times per year and its main role is school governance including many key policies, finance and buildings and grounds.

Regards,
Kylie Cotter
Acting Principal



Attendance Matters

Every student. Every day.



Email: benalla.p12@education.vic.gov.au
Web: www.benallap12.vic.edu.au



DATES TO REMEMBER

Monday 20 March

Naplan

Friday 24 March

Meerkat Productions Play - Waller & Avon Street

Monday 27

Sporting Schools Tennis clinic-
Waller Street

Tuesday 28 March

Year 10 Diverge Workshops
Sporting Schools Tennis clinic-
Clarke Street

Wednesday 29 March

Year 7 Immunisation

Thursday 30 March

Round Robin
Sporting Schools Tennis clinic-
Avon Street

Monday 3 April

Senior School BBQ

End of Term Dismissal

2.30pm April 6

Our College Values

Respect

Responsibility

High Expectations

Integrity

USE THE QKR APP AND PRE-ORDER YOUR LUNCHES

Qkr!

1. **Download Qkr!**
On your Android phone or iPhone. iPad users can download iPhone app
2. **Register**
Select your Country of Residence as 'Australia' and follow the steps to register
3. **Find our School**
Benalla P-12 College will appear in 'Nearby Locations' if you are within 10km of the school, or search for our school by name.
4. **Register your children**
When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them



**BENALLA P-12 UNIFORM SHOP
OPEN DAYS
FAITHFULL STREET**

The Uniform Shop is open
every

Wednesday 2.30pm-5.30pm
&
Friday 8.00am-12.00pm

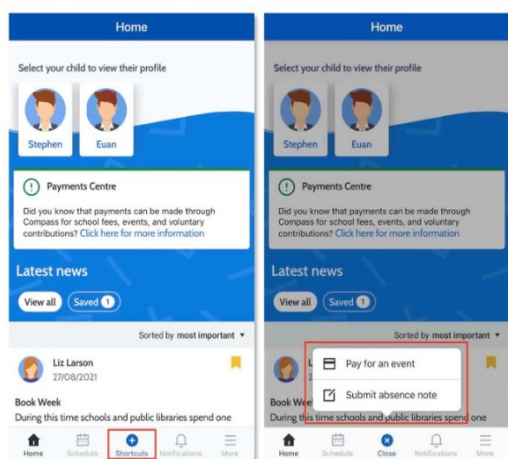
Uniforms can be
ordered through
the QKR app

Qkr!

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.



Step 1 Download Qkr!

On your Android phone or iPhone, iPad users can download iPhone app

Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our School

Benalla P-12 College will appear in 'Nearby Locations' if you are within 10km of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them

You're now ready to order uniforms

- Select Menu
- Click on Uniform
- View menu
- Select items
- Add to cart
- Checkout and pay with credit card



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TERM 1 DATES, TUESDAY 31ST JANUARY- THURSDAY 6TH APRIL

AVON & WALLER Year 3/4 students recently participated in a 'Bike Safety' incursion. The students learnt about ABCD, A for air, B for brake, C for chain and D for drop. Safety was a highlight in the incursion. Students were taught to signal left and right in preparation for riding on the road. Bike skills were reinforced as the students were able to swerve in and out of the cones. All students had a brilliant time and wished the session would go longer!





Congratulations to our Avon Street students of the week. Pictured above are: Seth Savannah, Estella, Remi and Harrison

Red Apron award winners were: Henry, Myla and Piper



WALLER STREET STUDENTS OF THE WEEK

Student of the Week below right are:
Eli, Khloe, Eliza, Jemma representing 3/4 M Year 3 Students, Payson and Jackson

100% Attendance below are:
Charlotte, Chloe, Haylee, Violet



On Friday 10th March Benalla P-12 College had our first whole school assembly for the year. The assembly was organised and run by the 2023 school captains: Kyle Termorshuizen, Oliver Hall, Erin Quin and Ebony Armstrong. It was incredible to see such an impressive audience of parents, the largest number we have seen attending assemblies in a long time! We also thank our special guests for their attendance: Mayor of Benalla Rural City- Bernie Hearn and Councillor Danny Claridge. Also thank you to Julie Green and Stacey Hall from the Benalla P-12 School Council.

The assembly commenced with the Year 12s walking their prep buddies into their first assembly as Benalla P-12 College students. The Year 12s wrote letters to their buddies which the preps will be able to practice reading before their next activity together in Term 2. The preps and the Year 12s were equally excited to meet their buddies for 2023, and are eager to be able to complete some more fun and engaging activities with them throughout the year.

Acting Executive Principal Kylie Cotter completed the Principal's address and we were able to celebrate the leaders of our college, newly inducted House Captains for P-12:

Hotham -Alice O'Brien and Bethany Barrow Glass

Buller -Ella Willett and Charlize Thomson

Stirling -Issy Stevenson and Kyle Termorshuizen

Buffalo -Tyler McGregor and Jennifer Ludvig

And we also were able to acknowledge the Campus and House Leaders for Avon, Waller and Clarke street.

Leaders (F-4 – Waller)

Jamye Fitzpatrick, Drazick Ross, Iza-Bella Reid, Dannika Fahey, Hailey Turla, Akira Hughs, Khloe Anderson, Eva Watson, Eli Fielding, Jemma Mansfield, Levi Beattie and Kiki Fitzgerald-Baboussouras.

Leaders (F-4- Avon)

Henry Green, Shelby Brown, Josh McNair, Jagga Schintler, Jagga Schintler, Henry Green, Phoenix Mirabito, Sonny Nolen, Daniel Richter, Harry Hudso, Billy Ruffles and Zach Phillips

Clarke Campus leaders

Serenity Donoghue, Takana Rerekura, Sebastian Florens and Ella Hogan

School Captain, Oliver Hall, spoke to the audience about the Benalla P-12 College value, 'Respect'. Below is an excerpt from his speech:

"Respect is a two-way street, meaning that it should be given and received. We should treat others with the same level of respect that we would like to receive ourselves. This means being considerate of other people's feelings, opinions, and boundaries, and avoiding actions that could be hurtful or disrespectful."

At school, respect is particularly important because it creates a positive learning environment. When we respect our teachers, peers, and school staff, we create a culture of collaboration, cooperation, and trust. This, in turn, helps us to learn better and achieve more.

Respect also extends beyond the classroom, and we should aim to show respect to everyone we encounter in our daily lives. This includes our family members, friends, neighbours, and even strangers. Simple acts of kindness, such as holding the door open or saying "please" and "thank you," can go a long way in showing respect to others.

Finally, we should also show respect for ourselves. This means taking care of our physical and emotional health, setting boundaries, and making choices that align with our values and goals. When we respect ourselves, we are better equipped to navigate challenges and achieve success."

Vice-Captain Ebony Armstrong also gave an overview to attendees of the positive things happening currently at the college. The following is an excerpt from her speech:

"Our high school students at Faithfull street Campus now have access to the brand-new STEAM building, which sports facilities for arts, sciences and mathematics. This is one step in the ongoing renovations of Faithfull Street Campus."

On February 21st we held our Years 7-12 swimming carnival at the Benalla Aquatic Centre. We were blown away by the amazing participation by our students on the day, both in our swimming events and in the costume parade. Congratulations to Buller House for being the winners for the day! In addition, this past Monday and Tuesday our Year 12 cohort went on an excursion to Lake Nillahcootie to learn study skills and stress management techniques. These skills are vital to our students as we navigate our final year of high school and we are grateful that we were given this opportunity.



Finally, I would like to say a huge thank-you to all of our staff members here at Benalla P-12 College. We know that this is a trying time, and are extremely grateful for all those who continue to make such a huge effort for the students of our school. You have all been going above and beyond. Can we please have a round of applause for all of our other amazing staff members."

This acknowledgement of college staff and the current pressures in the system was appreciated significantly by all staff members at Benalla P-12 College.

We, both staff and students, look forward to what the new year may bring and are enthusiastic to see the growth and maturity of our students on display more frequently within the school and broader community.

-Alysha Hocking (Year 12 Co-ordinator)



STUDENTS OF THE WEEK



Sports Award

Back row L to R: Xavier Decker, Sebastian Florens, Tyson Williams, Logan Gould.
Front row L to R: Jai Collins, Samuel Nation, Azaala Johnson.

Student of the Week Award

L to R: Shanai Eriha-Norman, Noah Parker, Jack Hart, Oliver Parker.



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Year 11 girls had an amazing breakfast Thursday morning 2nd March in conjunction with celebrating International Woman's Day. There were speakers to share their wonderful experiences. The students were seated at tables with successful local business and trades people who were mentors to these students.

Benalla College students and staff would like to thank Zonta Club for organising this wonderful breakfast.

YEAR 11 VCE-VM WORK RELATED SKILLS

As part of their studies in Work Related Skills, the Year 11 VCE-VM students had some speakers from local businesses come and talk about their pathway from school to their current career. Students learnt that there are many different ways to achieve career goals and that careers can change throughout a lifetime. The class would like to thank Doris Arendt from Geared4Careers, Mandy Reed and Nicole Irwin from Living Here Real Estate, Brendon Duncombe from D.R.Henderson, Sally Matherson and Alex Ross from Tomorrow Today Foundation for coming to speak.



Year 12 Study Retreat

On the 6th and 7th of March the year 12 students had their study retreat at Lake Nillahcootie. The study skills program 'Elevate' came and taught the students optimum study habits, memory and mnemonic skills, and time management abilities. Students also took part in stress management and mindfulness workshops as well as relationship building and respectfulness activities. All these skills will be incredibly important supports for the year 12s in their final year of schooling. In their spare time students honed their volleyball skills for future round robins, and went fishing. A huge thank you to all staff who helped organise the event or ran workshops to keep both days running smoothly. Well done to all year 12s on having such a positive few days by the beautiful lake!



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Congratulations to Xavier Hall (Year 7) who represented Benalla p-12 College at the Hume Region School Swimming Championships in Wodonga last Friday.

Xavier achieved 2 personal bests and placed 6th in the 50m freestyle and 7th in the 50m backstroke.



INTERNATIONAL DAY OF HAPPINESS



BE
MINDFUL



BE
GRATEFUL



BE
KIND

#InternationalDayOfHappiness

STEP 1: BE MINDFUL

Relax your breathing and notice:

How am I feeling right now?

STEP 2: BE GRATEFUL

Look around you and ask yourself:

What am I thankful for?

STEP 3: BE KIND

With warm feelings, ask yourself:

Who do I want to send love to?



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STUDENTS OF THE WEEK



Year 12 –Shayne Kaltsis



Year 11 - Timothy Matkovich-Allan



Year 10 - Hayden Paull



Year 12 –Ebony Armstrong



Year 11 - Sunny Freeman



Year 10 - Taylor Howe

WORDS

Each week we introduce two new vocabulary around the Faithful Street Campus. This term we are selecting words within the theme of relationships. Developing positive and respectful relationships is an important part of students' social and emotional well-being at school.

Ways to incorporate the words of the week at home:

- ⇒ Ask your young people about the words and what they might think they mean.
- ⇒ Discuss one or more of the relationships students have with a friend and how these words might fit into that friendship.
- ⇒ Ask your young person to put the word in a sentence.
- ⇒ Discuss other words that mean the same thing or words that mean the opposite.

Tegan Vogel
Secondary Learning Specialist (Literacy)

cohesive

Cohesive is an adjective that describes parts that fit well together and form a united whole.

*The cohesive team was united and worked well together.
The sisters were a cohesive pair.
The family is a small but cohesive group*

fortunate

Fortunate is an adjective meaning lucky, well-off, advantageous or favourable.

*The boy was fortunate to have such a wonderful teacher.
You're fortunate to have found the dog when it ran away.
We are extremely fortunate to have such an amazing group of friends.*

Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor. For more information on sleep health, you can refer to:

- Sleep tips for children and Facts about sleep for parents and school staff, from the Sleep Health Foundation
- Why sleep is so important, from the Kids Helpline's

Sleep explained, from the Better Health Channel.



We're a Happy Families School



Our school is now subscribed to the Happy Families School Membership! Owned and run by Dr Justin Coulson, one of Australia's leading parenting experts, the membership offers a wealth of parenting education and resources. We will regularly share resources available through our membership with you, including Insight Articles and Live Webinars. You can also access your resources at any time using the below URL (unique to our school) and password.

UNIQUE SCHOOL URL & PASSWORD

<https://schools.happyfamilies.com.au/login/bc>

PASSWORD: happybc

We recommend bookmarking this link. You should only need to put the password in once and the site will remember you.

INSIGHTS ARTICLES

A new Insights article is released weekly during the term and we will include these with the school newsletter. Insights articles are written by Dr Justin Coulson and other leading experts and provide parenting education and support for a wide variety of traditional and contemporary parenting challenges. You can also access 300+ previous [Insights articles](#) on our school's URL.

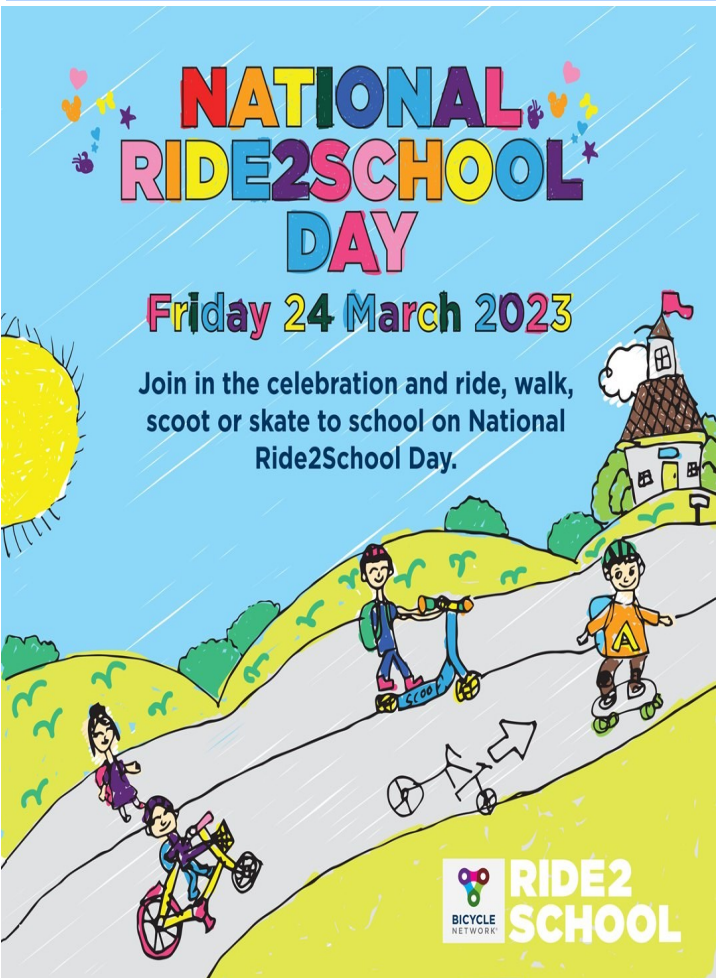
PARENT WEBINARS

You have access to 10 live webinars a year on our school's membership page via our school's unique URL. From there, you'll also be able to access to the Video Library which is the full back catalogue of all of Dr Justin's and Parenting Idea's previous webinars.

Webinars take place once a month. As they are live, you'll be able to ask Dr Justin and / or the guest presenter questions in real time. The recording will be available in the Video Library as mentioned above. We will announce upcoming webinar details in our school newsletter or other preferred method of communication. We hope you enjoy the Insights and webinars!




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NATIONAL RIDE2SCHOOL DAY

Friday 24 March 2023

Join in the celebration and ride, walk, scoot or skate to school on National Ride2School Day.




**Share your world
Be a Foster Carer**

Could you be a Foster Carer?

We have an urgent need for full-time, emergency and weekend/school holiday Carers in your local community.

If you can share your home, heart and time with a child or young person in need, we'd love to hear from you!

To find out more scan the QR code or call Louise on **0437 262 194**.



LIFE WITHOUT BARRIERS
lwb.org.au/foster-care



Connect9

Calling ALL Year 9s

WHAT IS Connect9?

A 10-week program just for Year 9 students. You are matched with a local mentor to explore some of the wonderful things that Benalla has to offer. You'll also make new friends and have the chance to consider your future.

WHAT'S IN THE PROGRAM?

Every week we explore a new activity, there is so much to do here in Benalla!

- YMCA
- Masterchef Night
- Lakeside Scavenger Hunt
- Art
- Venturers
- Robotics
- Flight simulation
- New hobbies like archery, blacksmithing, fishing, sports and fitness, photography and more!
- Volunteering opportunities in the community
- A FREE GLIDER FLIGHT!

WHO CAN COME ALONG?

Any Year 9 student living in Benalla Rural City.

HOW MUCH DOES IT COST?

The program is absolutely FREE!

WHEN?

You can join the program in either Term 2 or Term 3.

TERM 2 2023
Tuesdays 5.30pm - 7.30pm

TERM 3 2023
Wednesdays 5.30pm - 7.30pm

WHERE?

Tomorrow Today
66 Nunn St, Benalla



USE THIS QR CODE TO APPLY, OR SEE YOUR YEAR 9 COORDINATOR



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Dear Parent,

Saver Plus helps to pay for education related items.
Is your child in Primary School or High School?
Would \$500 help cover the cost of education related items
such as laptops or iPads?



You or someone you know may be eligible to join a local savings program and receive \$500 for education expenses.

Berry Street is delivering Saver Plus in your local area, and is currently looking for more people to join for the next exciting round.

Saver Plus is a 10-month program that can assist you to save for your own or your children's education expenses. Participants receive:

- One dollar in matched savings from ANZ for every dollar you save, up to \$500
- Free MoneyMinded financial education workshops, delivered online
- Personal support and guidance from a trusted community organisation

At the end of the program you can use your matched savings to purchase education-related items, such as a computer, laptop, school camps/excursions and textbooks.

To be eligible to participate in Saver Plus, you must:

- Be 18 years or over
- Be a parent or guardian of a student attending school, or be attending or returning to vocational training yourself
- Have a current Health Care card or Pensioner Concession card
- Have some form of income, for example, yourself or your partner may have casual, part-time, full-time, seasonal or cash-in-hand employment
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment

*Many types of income and Centrelink payments are eligible

It's easy to find out more, and all correspondence will be kept confidential. Contact your local Saver Plus Community Liaison, Richard Pemberton by phoning 0407 567 312. Feel free to email rpemberton@berrystreet.org.au or return the attached slip to the school for Richard to call you.

Kind regards,

Richard Pemberton
Community Liaison, Saver Plus

Saver Plus is an initiative of Brotherhood of St. Laurence and ANZ, delivered in partnership with The Smith Family and Berry Street. The program is funded by ANZ and the Australian Government Department of Social Services.



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