Dear Families,

School Council Elections
All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Benalla P-12 College’s School Council is comprised of 8 Parent Members, 5 DET (Department of Education and Training) Members and 2 Community Members.
School Councillors are elected for a two-year term. School council must meet at least 8 times in each year, and at least once per school term.
Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

This year there are 6 Parent Member positions vacant and 2 DET member positions vacant.

Our current School Council members and their term end dates are:

<table>
<thead>
<tr>
<th>Name</th>
<th>Member Category</th>
<th>End of Term date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brett Taylor Parkins</td>
<td>Parent Member</td>
<td>March 2016 – two year vacancy</td>
</tr>
<tr>
<td>Drew Morrison</td>
<td>Parent Member</td>
<td>March 2016 – two year vacancy</td>
</tr>
<tr>
<td>Stephen Lister</td>
<td>Parent Member</td>
<td>March 2016 – two year vacancy</td>
</tr>
<tr>
<td>Vacant Position</td>
<td>Parent Member</td>
<td>Two year vacancy</td>
</tr>
<tr>
<td>Vacant Position</td>
<td>Parent Member</td>
<td>One year vacancy</td>
</tr>
<tr>
<td>Anita Larkin</td>
<td>Parent Member</td>
<td>March 2017</td>
</tr>
<tr>
<td>Sheryl Stubbs</td>
<td>Parent Member</td>
<td>March 2017</td>
</tr>
<tr>
<td>Richard Hubbard</td>
<td>DET Member</td>
<td>March 2016 – two year vacancy</td>
</tr>
<tr>
<td>Heather Leary</td>
<td>DET Member</td>
<td>March 2016 – two year vacancy</td>
</tr>
<tr>
<td>Alison Schneider</td>
<td>DET Member</td>
<td>March 2017</td>
</tr>
<tr>
<td>Deborah Robinson</td>
<td>DET Member</td>
<td>March 2017</td>
</tr>
<tr>
<td>Ella Crocker</td>
<td>Community Member</td>
<td>March 2017</td>
</tr>
<tr>
<td>Bernice Vance</td>
<td>Community Member</td>
<td>March 2016</td>
</tr>
<tr>
<td>Barbara O’Brien</td>
<td>Executive Officer (DET)</td>
<td>March 2017</td>
</tr>
</tbody>
</table>

I am therefore calling for nominations for 6 Parent Members – there are two, one year positions vacant and four, two year positions vacant.

I am also calling for nominations for 2 DET members – both positions are for two years.
Nomination forms can be obtained from each Campus Office.

- Nomination forms must be lodged at your Campus Office by 4:00pm on Monday 7th March 2016.
- If a ballot is required, the list of candidates will be posted up at each campus on Wednesday 9th March
- The ballot will close at 4:00pm on Wednesday 16th March 2016

Appointment of Architects
I am pleased to announce the appointment of Vincent Chrisp Architects who will plan and manage our building project. They have already met with myself and Stephen Lister (School Council President) to commence planning for the building of a Years 10 to 12 Hub on the Faithfull St campus. A facilities committee is being established that will meet regularly to provide information to the architects and builders to ensure our new buildings meet the educational needs of our students. I would like to welcome any parents who would like to join this committee and make a contribution to the planning of our new buildings to contact your child’s your Campus Leader.

Benalla P-12 College EXPO Evening – THE SKY IS THE LIMIT.
An Expo evening will be held on Wednesday 16th March. There will be displays, demonstrations, hands-on-activities and information sessions.

- The Avon St and Waller St Campus evening will commence at 5:00pm and conclude at 6:30pm
- The Years 5 to 12 Campus evening will commence at 5:30pm on the Faithfull St Campus and conclude at 7:00pm

Information Sessions
The following information sessions will be held throughout the evening:

- Year Prep Information sessions for parents and students
  Avon and Waller St Campuses – 5:30pm to 5:45pm
- Years 5 & 7 Information session – 6:00pm – 6:30pm – Faithfull St Campus

Families will have opportunities to ask questions at each of the information sessions.

There will be guided tours on each Campus.
There will be further information about this in future newsletters.

Welcome BBQ Evenings.
Last Thursday evening we held the Year 9 Welcome BBQ. Further Welcome BBQs are being held this week:

- Avon and Waller St Campuses – tomorrow evening, Tuesday 23rd February from 5:30pm to 6:30pm
- Faithfull St Campus - Year 7 and 8 - Thursday 25th February from 5:30pm – 6:30pm
- Next Week, Years 10 & 11 welcome BBQ will be held on Monday 29th February from 5:30pm – 6:30pm.

We warmly invite you to attend these and meet our staff and other families.

Parent/Teacher/Student Interviews
Parent / Teacher / Student interviews this term will be held on the following dates:

- Wednesday 23rd March – 4:00pm to 7:00pm
- Thursday 24th March – 9:00am to 12:30pm – There will be NO classes on this day – Students Must Attend The Interviews With Their Parents/Guardian

Further information about these interviews will be included in future newsletters.

Best wishes for the week ahead.

Barbara O’Brien
College Principal.

All want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.
Students Of The Week!

Congratulations and well done to our above students Liam, Zach, Callum, Kye, Mikhayla, Zarenna and Taylah.

Please join us to celebrate the start of the 2016 school year.

Tomorrow
Tuesday
23rd February
2016
5.30-6.30pm
Benalla P-12 College
Avon St Campus
Welcome BBQ

This is a great opportunity for everyone to meet the staff and other families.

We look forward to seeing you!

Schoolyard Safari takes off at Avon St Campus

This week Grade 3-4 students took part in a school yard safari. As part of their studies of Science studies on living and non living things, Students were asked to find and locate a range of minibeasts and small animals found in the school yard. Once identified they were then asked to accurately sketch the small animal or minibeast. Students moved around the school with folders and were completely engaged in this scientific discovery lesson. The students created fantastic sketches and at the end of the lesson students were able to articulate what they had observed of their discoveries.

Breakfast Club

Breakfast club has been very popular at Avon St campus. At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods. A healthy breakfast every day is the best defence against this happening. It also helps children get into good habits that they can carry through life. Many thanks to everyone who helps out on the mornings.
Students of Week

Our students of the week for Week 3 were:

Back - Charlie, Mitchell, Evie, Mina & Ethan
Front - Meghan, Teresa, Meah, Kayleigh & Robbie

Waller Street Garden

With our beautiful garden in full production, children in grades 3/4 are enjoying the fruit and vegetables being harvested, cooked and served in the kitchen. Our new prep children are also being introduced to this ‘special place’, with stories being read in the outdoor seating area and time being spent discovering the delights of wandering around the garden and enjoying the tranquil environment.

This morning one of our prep classes enjoyed a story about sunflowers, while sitting beside our huge crop of sunflowers - how wonderful!!

Benalla P-12 College
Waller St Campus
Welcome BBQ

Please join us to celebrate the start of the 2016 school year.
Tomorrow Tuesday
23rd February 2016
5.30-6.30pm

Free sausage and bread.
BYO Drink (no alcohol)
chairs & picnic rug

All Welcome!
The Challenge
Grade 5/6C was given a challenge: we had a bottle of water, a piece of paper and a black texta & we had to make fire. How would YOU do it?
This is how we burnt a hole in the paper using only a water bottle, black texta and too much SKILL! Rylee was the first to design an experiment which would work.
The ONLY things we were allowed to use were a black texta, scrap paper and a bottle of water. The actual task was to make fire with water.

How we did it
It was very simple. All we did was colour in a piece of paper with a black texta and we filled up the bottle of water. We held the bottle of water about 4-5 cm above the paper making a very bright dot on the paper. Then it started to burn.

Justin said “It was a fun experience making smoke and fire, and I want to do it again.”
Rylee said, “It was very fun but a bit smelly.”
Kyle said, “It was pretty much using a magnifying glass to start a fire except it was a clear bottle of water.”
Jayde said, “It was fun making fire with a black texta and also we made a leaf catch on fire.”
Written by
Jayde, Justin, Kyl and Rylee

School Photo Reminder
Benalla P-12 school photos are scheduled for Faithfull St Campus on Wednesday 24th February 2016

Students are reminded to hand their envelopes directly to the photographers on the day. Each office has family envelopes for those wanting family photos.
Our Parents and Friends Committee is here to help with organising Activities, Events and Fundraising for our school that caters to our students in years 5-9.

Whether you are a Parent, Guardian, Grandparent, Aunt or Uncle of a student at our campus then you are welcome to help.

You can take an active part by coming to meetings to discuss fundraising ideas and events for our school or just helping at events, activities and fundraisers.

All money goes towards helping our school have facilities and host events that can be used by our students as well as their families.

A Meet and Greet will be held on March 3rd 2016
Faithfull Street Hall
12.45 -1.30
p-f@benallap12.faithfull@outlook.com
Rachel 0400 095 364

Students of the Week!

Left to Right- Ebony Armstrong, Riley Feilding, Zach Armstrong, Matthew Johnston, Lillian Armstrong and Isabelle Martin.

Year 5, 6, 7 & 8 Welcome BBQ.

Where: Benalla P-12 College, Faithfull Street Campus Swimming Pool.
When: 5pm on the 25th February.
Why: Bring your family along, meet your child’s school mates, have a swim and a BBQ.

All attendees will go into the draw for a $20 iTunes voucher (1 entry per family).

PARENTS AND FRIENDS FAITHFULL STREET CAMPUS

MEDIA RELEASE

THE SEARCH IS ON FOR AUSTRALIA’S FUNNiest TEENS
REGISTRATIONS OPEN NOW ACROSS AUSTRALIA

Melbourne International Comedy Festival The world’s number one for the last 16 years, Melbourne International Comedy Festival will be aRoar this year. From April 30th to May 15th, Melbourne International Comedy Festival is searching for the funniest teen in Australia. There are three classes for the teen comedy competition: 12 and under, 12 to 15 years old, and 16 to 19 years old. The festival will host a selection of top comedians and guest comedians, and the funniest teen will be crowned the winner of the Melbourne International Comedy Festival. The funniest teen will receive $10,000 for themselves and a $2000 travel package for their family. The funniest teen will be invited to perform on stage in front of a live audience and will be offered a role in the Melbourne International Comedy Festival. The funniest teen will be invited to perform on stage in front of a live audience and will be offered a role in the Melbourne International Comedy Festival. The funniest teen will be invited to perform on stage in front of a live audience and will be offered a role in the Melbourne International Comedy Festival. The funniest teen will be invited to perform on stage in front of a live audience and will be offered a role in the Melbourne International Comedy Festival.

Students of the Week!

Leū to Right- Ebony Armstrong, Riley Feilding, Zach Armstrong, Matthew Johnston, Lillian Armstrong and Isabelle Martin.
KOKODA PORTER VISIT 2016

On the 11th of February, a team of porters from No Roads visited the Barkly Street Campus. The Year 11 students were able to listen to the porters talk about the Kokoda Track, life on the track, their customs and their experiences in Australia so far. The students also received information from last year’s Kokoda participants about their experiences and challenges on the track. To culminate the presentation the porters sung several songs in their native tongue which gave more insight to life on the track.

The Kokoda Information night is on Tuesday 23rd of February, 7pm, Barkly Theatrette. This information evening is for both students and guardians who would like more information about the trek this year. Hope to see you all there.

Experience La Trobe

Last year we opened our doors to a record breaking crowd across all of our campuses - welcoming over 2,500 students and their parents.

Today we are excited to announce that our 2016 registrations are now open for Year 10 - 12 students and their parents to join us for our upcoming Melbourne and Bendigo Campus Experience La Trobe events.

We will be hosting our popular event across all campuses on the following dates:

- Melbourne Campus, Thursday 31 March & Thursday 7 July
- Bendigo Campus, Friday 1 April & Wednesday 6 July
- Albury-Wodonga Campus, Friday 6 May
- Shepparton Campus, Thursday 2 June
- Mildura Campus, Friday 8 July

Students will have the opportunity to attend workshops, lectures and seminars of their choice to find out about career options, areas of study, pathways and student life while parents will be able to participate in our special ‘parents program’.

The full programs are available online and hard copies and posters will be sent to all schools later this month. With 103 workshops on offer across our campuses and a range of new exciting inclusions, this event is sure to be bigger than ever!

Places are limited so students should get in quick to design a personalised program for the day.

Save the dates for our 2016 Open Day series:

- Melbourne Campus, Sunday 7 August
- Bendigo Campus, Sunday 14 August
- Shepparton Campus, Friday 5 August
- Shepparton Campus, Friday 5 August
- Mildura Campus, Wednesday 17 August
**Barkly news…..**

**White ribbon morning tea**

On Tuesday 16th February, college captains and I attended the White Ribbon morning tea which was held at the Ray Sweeney Centre. A large number of organisations from Benalla, who supported the White Ribbon organisation, attended the morning tea. This morning tea was special as two members from White Ribbon’s head office attended to connect with the local community. Liam Dooley and Peterson Opio were present to speak with the audience and answer questions. Benalla P-12 College are committed to supporting the White Ribbon organisation in its attempt to stamp out violence against women. The morning tea was very important in continuing to raise awareness of this issue in our community. It is a community issue that needs to be challenged by the entire community. Our college captains, Nathan Dowell, Kira Allen, Jamieson Nichols and Jason Lang were great ambassadors at the morning tea and are passionate about making a difference to reduce this violence. Many events will be organised during the year to support White Ribbon, and if community members wish to sign the pledge, they are welcome to call in to the Barkly campus to sign it.

![Image of college captains and White Ribbon members]

Pictured above are Neil Stott, Jason Lang, Peterson Opio, Nathan Dowell, Kira Allen, Jamieson Nichols and Liam Dooley.

**Year 12 information Evening**

On behalf of the Senior Sub School Team, I would like to invite all Year 12 parents / carers and year 12 students to an information evening on the Monday 29th February, starting at 5:30pm in the Dunlop thetrette on the Barkly Street Campus. The information session will run for around 45 minutes. All Year 12 parent / carers and students are encouraged to attend to gain valuable information related to the Year 12 program, the support offered by the College throughout the year and ways that you can support your young person at home. It is also a great opportunity to meet with the Senior Team.

**Uniform**

We are really pleased that the vast majority of our students are in full uniform. It makes it so much easier for staff if they don’t need to begin lessons or be on yard duty and have to approach individual students in a negative manner.

Our expectation is that all students are in full school uniform at all times. This is for a variety of reasons including:

- It gives our students a sense of identity and allows them to be recognised in the wider community; wearing our school uniform presents our students in a unified and positive manner.
- Wearing the uniform correctly prepares our students for the workplace where often uniforms and dress codes are implemented stringently.
- We have high expectations of our students’ learning. Part of this is wearing full school uniform as this signifies that our students are ready to learn.
- Being in the correct uniform eliminates the need for staff to approach students in a way that is often perceived as negative and allows them to focus on their core business, teaching and learning.

Support from parents with this area would be appreciated.

Paul Challis, Assistant Principal
SECONDARY

Reducing Stress/ Tense Feelings
Wellbeing Element: Strengths and Emotions
Character Strength: Perspective

There will be times in all students’ school careers where they experience stress and tense feelings. Recognising early warning signals enables parents and teachers to intervene to support them. Conversations around creating and actioning positive coping strategies to reduce anxiety are effective reducers. Asking them what things they can start doing for their family of top strengths is a proactive approach.

Triggers which may become stressors include:
heavy study and learning workload
overly high expectations of themselves and from others
striving to be “too” perfect and obsessed with detail
lacking organisational skills
peer group problems and pressure
social networking harassment

While these situations are undesirable, the reality is that they will occur from time to time. The key is not letting them intensify into stronger emotions and more serious mental health issues.

The most effective way to build students’ social-emotional resilience is to teach them how to develop their own positive self-calming strategies; see Why Self-Calming Strategies? (refer to index)

Stress Warning Signals fall into three main categories:
physical – trembling, headaches, skin disorders, dizziness, stomach aches, tiredness.
emotional – anxiety, temperamental, lack of interest, loss of self esteem.
behavioural – disturbed sleeping patterns, forgetfulness, abnormal eating habits, withdrawal, easily distracted.

“One may have good eyes yet see nothing.” Saying

Year 12 Information Session

Monday 29 February
5.30PM
Barkly Campus - Dunlop Theatrette
Students, Parents and Guardians are encouraged to attend.

Breakfast Clubs at Benalla P-12 College
Come along and enjoy a healthy, yummy and friendly start to your day at-
• Waller St Campus, Tuesdays from 8.15am
• Avon St Campus, Fridays from 8.15am
• Faithfull St Campus, Monday, Tuesday, Thursday and Fridays from 8.30am.
Wellbeing Tips from ReachOut.com

Setting goals and exploring motivation
Setting goals brings focus, motivation, allows young people to think about what’s working well, what’s not and ultimately, increases their chances of achieving things! When setting goals, the easiest place to start is to focus on things that are meaningful. Three goal setting starting points are:

1. Start with things you enjoy
2. Don’t get too caught up with ‘big’ things
3. Think about what you don’t want

To keep motivation high it helps for young people to track and plot their progress towards goals-this can be through apps such as Goal Tapper or through a written journal. Making goals public with friends can also help keep motivation high.

Motivation is what drives us to make the things we want happen - but staying motivated isn’t always easy. Get some tips on how to find (and keep!) motivation, and suggestions for what to do if you just can’t get into gear.

Finding motivation can help with:
- Figuring out your goals
- Achieving your goals
- Getting stuff done

Why motivation is important
To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:
- Positive motivations, which focus on the positive things that will happen when you take action. For example, ‘Finishing this assignment means I’m only a step away from being qualified’.
- Negative motivations, which focus on the negative backlash that will occur if you don’t take action. For example, ‘If I don’t finish this assignment in the next few hours I will fail’.

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they’re doing something because they actually want to, rather than if they’re acting to avoid an outcome they don’t want. That means positive motivation usually has a bigger and better impact.

Negative motivation can sometimes be quite dangerous. That’s because it only works if you know exactly what steps you are going to take to reach your goal. If you don’t have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation.

Knowing how to find effective motivation strategies is really important to getting stuff done.

Tips for finding/keeping motivation
- Set goals. When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on - one that’s measurable and has an end point; all factors which can help a person stay motivated.
- Choose goals that interest you. You’re much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.
- Find things that interest you within goals that don’t. Sometimes other people set goals or tasks for us that we don’t find interesting or want to do. So, try and find something within that task that does motivate you. E.g. ‘I hate maths, but it’s going to help me become a builder, which I want more than anything.’
- Make your goal public. If you state to someone else you are doing something, or write it down, you’ve essentially promised to keep your word.
- Plot your progress. When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw or create a visual representation of how you are coming closer to achieving something.
- Break up your goal. Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- Use rewards. Promise yourself some sort of reward each time you complete a step/task.
- Don’t do it alone. Join a class, find a teacher or someone you can share the experience with. Other people’s encouragement to keep going can be a big boost to your motivation, particularly when you’re doing it tough.
- Learn how to use self-talk.

If you’re really finding it hard to stay motivated
If you’ve tried all these things, and just can’t get motivated, then it might help to talk it through with someone that you trust. Sometimes it can be really hard to achieve things on your own, and having a good support network when you’re working through a big challenge is really important.

You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

Support in school
- Classroom or mentor teacher
- Student Wellbeing Support workers. Craig Carley at Barkly and Lou McCloskey at Faithfull
- Adolescent Health Nurse, Di Grech
- School chaplains at Avon, Waller and Faithfull campuses
### Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
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<tbody>
<tr>
<td>Tuesday 23 Feb</td>
<td>Avon &amp; Waller Street Campus Welcome BBQ—5.30-6.30pm</td>
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<td>Kokoda Information Evening –Theatrette Barkly St Campus 7.00pm-8.00pm</td>
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<tr>
<td>Wednesday 24 Feb</td>
<td>24th-26th Year 12 Sport &amp; Recreation Torquay Surf Camp</td>
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<td></td>
<td>Yrs 1-4 School Photos Avon St Campus</td>
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<td></td>
<td>Yrs 7-9 School Photos Faithfull St</td>
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<tr>
<td>Thursday 25 Feb</td>
<td>Years 5-8 Welcome BBQ 5.30-6.30pm</td>
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<tr>
<td>Monday 29 Feb –Friday 11 March</td>
<td>Year 9 Future Makers Camp–Outdoor School 15 Mile Creek</td>
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<tr>
<td>Thursday 3 March</td>
<td>Year 7 Band Information night-Faithfull St PAC 7.00-9.00pm</td>
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<tr>
<td>Monday 14 March</td>
<td>Labour Day - Public Holiday</td>
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</tbody>
</table>

### CSEF APPLICATIONS

Funding is available to help families with the cost of **Camps, Sport & Excursions**. If you hold a valid means-tested Centrelink Card (ie Health Care Card, Pension/Veterans Affairs Card, Youth Allowance Card) please contact the school asap to complete your Application Form. There is no age restriction on this funding, your child just needs to be enrolled at school and your Centrelink Card valid to be eligible.
## Avon Campus

<table>
<thead>
<tr>
<th>Monday 22/02/16</th>
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<tr>
<td><strong>Activity:</strong></td>
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<tr>
<td>Bowling and bubbles</td>
<td>Cooking pancakes.</td>
<td>Board games and skipping</td>
<td>Colouring and movie</td>
<td>Cubbies and cricket</td>
</tr>
<tr>
<td>Afternoon Tea: Fresh fruit, nachos, milk &amp; juice.</td>
<td>Afternoon Tea: Fresh fruit, pancakes, milk &amp; juice.</td>
<td>Afternoon Tea: Fresh fruit, jelly, custard, milk &amp; juice.</td>
<td>Afternoon Tea: Fresh fruit, raisin bread, milk &amp; juice.</td>
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<td><strong>Activity:</strong></td>
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<tr>
<td>Colouring and movie</td>
<td>Blocks and playground</td>
<td>Toy cars and skipping</td>
<td>Hamabeads and painting</td>
<td>Lego and ipads</td>
</tr>
<tr>
<td>Afternoon Tea: Fresh fruit, pancakes, milk and Juice.</td>
<td>Afternoon Tea: Fresh fruit, jelly and custard, Milk and Juice.</td>
<td>Afternoon Tea: Fresh fruit, noodles, Milk and Juice.</td>
<td>Afternoon Tea: Fresh fruit, raisin toast, milk and juice.</td>
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## Waller Campus

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<td><strong>Activity:</strong></td>
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<tr>
<td>Playground &amp; shops</td>
<td>Cricket &amp; colouring</td>
<td>Bowling &amp; tennis</td>
<td>Hama beads &amp; Chalk drawing.</td>
<td>Paper clay &amp; Jock’s playground</td>
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<tr>
<th>Monday 29/02/16</th>
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<td><strong>Activity:</strong></td>
<td><strong>Activity:</strong></td>
<td><strong>Activity:</strong></td>
</tr>
<tr>
<td>Board games &amp; cricket</td>
<td>Bubbles &amp; Lego</td>
<td>Plasticine/play dough &amp; totem tennis</td>
<td>Brain box &amp; sandpit</td>
<td>Hama beads &amp; down ball</td>
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</table>

### Expression of Interest for Before School Care

Last week we distributed to families a Survey for any interest in starting up a Before School Care program. We would really like to hear from many families. Even if this is something you may need for future employment, let us know by returning your survey to the school office at Avon or Waller.

### Updated Asthma Plans

If your child has been diagnosed with Asthma and attends After School Care of Vacation Care, then we need a current Asthma Care Plan, signed by your doctor. Please speak to our carers about providing this plan.

### Updated Anaphylaxis Plans

If your child has been diagnosed with Anaphylaxis, then an up to date Action Plan for Anaphylaxis, signed by your doctor, is required by the service. Please speak to our carers about your child's needs.

### Administration of Medication

If your child requires medication while they are in care, parents/carers are required to provided the medication in their original container with the label intact, bearing the child’s name, dosage, instructions and the expiry date. When our carers administer medication, this is documented throughout the day on a medication register.
BENALLA LAWN TENNIS & CROQUET CLUB INC
ACKERLY AVE-BENALLA
A FREE COMMUNITY EVENT

WANT TO TRY TENNIS – WE CAN HELP
FOR YOUNG AND OLD
ALL ABILITIES CATERED FOR.

When-Commences Thursday 25th February 2016
Where-Ackerly Ave courts
Thursday evenings 5.30pm – 7.00pm

Everyone interested in tennis is invited to come along. Smooth soled shoes are necessary, all other equipment can be supplied.
More Information – 0407 487207

HIGHLAND DANCING
CLASSES
IN BENALLA

When: Thursdays
Where: Girl Guide Hall, Lowry Place
Time: 4.30-5.30pm
Cost: $7.50
Contact: Jan 0402 720 496

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Positive Parenting Telephone Service

This Program is offered to parents, grandparents & carers of children aged 2 – 10 years

Our ten week program aims to assist you to:

* Develop a stronger and more positive relationship with your child/children
* Manage everyday behaviour problems
* Set rules & limits
* Teach new skills
* Developing behaviour strategies

Through our service you will receive a workbook and weekly phone calls with a parent educator. All of this can be done from the comfort of your own home at a time that suits you.

Interested?
For more information or to enroll phone
FREECALL 1800 880 660

ENROLMENTS TAKEN ALL YEAR ROUND

Start now and make a positive start last a lifetime

Call 5762 5151 now to book your seat.
38 Carrier Street Benalla
Benalla P-12 College would like to wish everyone a safe and merry Christmas and a happy new year!

Would an extra $500 help cover your child’s or your own education costs?

Start planning for next year’s expenses now!

Saver Plus is a 10-month financial literacy and matched savings program that assists people to build savings for their own or their children’s education and in doing so strengthens their capacity to save.

The Steps of Saver Plus

Meet with Saver Plus Worker
Saver Plus Worker explains the rules of the program and savings goal is set. Complete the paperwork and open an account at your local bank

Attend Financial Skills Workshops
10 hours of financial skills workshops explain the basics of money management. Four workshops of two and half hours, over ten months. Locations include Moyhu, Wangaratta, Mansfield, Benalla, Alexandra, Rutherglen and many others.

Save
Make regular deposits an account over a 10 month period, and keep in regular contact with your Saver Plus Worker. Maximum deposit amount is $12.50 a week, it can be less.

Savings Matched (Doubled)
Reach savings goal. Savings matched dollar-for-dollar up to $500 for educational expenses.

Sponsors of this program
Funded by the Federal Government (DSS) and ANZ Bank, with program delivery partners being: The Brotherhood of St Laurence, The Smith Family, The Benevolent Society & Berry Street.

For More Information
Call or Text Karyn: 0457 849 112
Email: khoward@berrystreet.org.au

Karyn Howard
Relationship Manager
Berry Street
11 Chisholm St
Wangaratta VIC 3677

Benalla Hockey Club is running FREE Hockey in Benalla!

HOCKEYNZ HOCKEY
5 week program
FREE for ages 5-12!

All abilities welcome – come and surprise yourself!

When: Thursdays starting 10th March, then 17/3, 14/4, 21/4, 28/4
Time: 4 to 5pm
Where: Hockey field, Churchill Reserve, cnr Waller & Margaret Sts.
Cost: FREE 5-week program.

All equipment and uniforms are provided. Mouthguards avail.

Bring: A hat, drink, and friends! No experience necessary!

Contact: benallahockey@gmail.com or Lee Manning on 0416 199 767