Dear Families,

State Government Funding
We were very pleased to learn that we received a further $3.5 million in the Victorian State Budget on Wednesday. This now takes our total funding for new buildings and refurbishments to $8.5 million which will allow us to fully complete a new ‘state of the art’ Year 10, 11 & 12 hub on the Faithfull St Campus. It will also allow us to commence the next priority of our new buildings/refurbishments. At this point we are meeting regularly with our architects who will have our new Master Plan completed by the middle of the year. I anticipate construction for the new Year 10, 11 & 12 hub will commence in 2017 with the intention of students moving into the new building in 2018. This means that we will be completely vacating the Barkly St Campus once the students have moved across to Faithfull St. When this occurs the Barkly St Campus will be handed back to the Department of Education and Training and it will no longer remain the property of Benalla P-12 College. I would like to thank and acknowledge Jaclyn Symes, an ex-student of Benalla College who, in her capacity as the Member for Northern Victoria Region, has continued to lobby our case for further funding to the Victorian Government. I would also like to thank Steph Ryan for her unwavering support by continuing to keep our case at the forefront of her work as the National Party Member for Euroa. We are very fortunate to have representation by members who are working tirelessly for us and will continue to do so to ensure we to gain further funding for future buildings and refurbishments.

Advantages of building a Years 10 to 12 Hub on Faithfull St
Moving the Years 10, 11 & 12 students across to Faithfull St will mean a significant change for the staff and the senior students of Benalla P-12 College. We are very mindful of the fact that we want to maintain the unique environment that currently exists on the Barkly St Campus that enables our Year 12 students to achieve very good results each year. Moving the Year 10, 11 & 12 students across to Faithfull St will provide a number of advantages for students and staff. The senior students will have new ‘state of the art’ facilities that will ultimately enhance their learning, while the middle year’s students will have mentors and role models to help them to focus on their learning. Students and staff will not be required to travel and this will be a significant saving to the College. It will ease the restrictions currently placed on timetabling and lessen the costs to the College on maintaining aging and out-of-date buildings.

Staffing
I am pleased to announce the appointment of Joyce Ivan Fernando who will be teaching in the Year 9 Advisory Program and Humanities. Joyce will commence at Benalla P-12 College today.

District Athletic Sports
Last week a number of our students participated in the District Athletic Sports. Congratulations to Patrick Warner in Year 10 who won all 7 of his events, an amazing effort. 15 students were successful in making it through to the Regional Aths Sports to be held later in the year as well as the 14year old girls relay team and 16year old boys relay team. Congratulations to all these students and we wish them well at the regional Sports in Term 4.

ZeroTolerance to Bullying including Harassment and Violence
Our College considers any form of bullying including harassment and the use of violence to be a very serious matter and there is no place for it in our College. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Bullying can happen:
  - face-to-face (e.g. pushing, tripping, name-calling)
  - at a distance (e.g. spreading rumours, excluding someone)
  - through information and communications technologies (e.g. use of SMS, email, chat rooms).

Students who are involved in bullying, harassment and violence will receive additional support and guidance to understand the impact they are having on others and to ensure this behaviour ceases. We want to keep all our students safe and support those students subject to disciplinary procedures in improving their decisions and actions.
Zero Tolerance to Swearing

There is no place in our college for student swearing as it does not reflect our college ethos of ‘Committed to Excellence’. We will be emphasising with our students how offensive and crude swearing is and how totally unnecessary it is in our college environment. We appreciate your support here to ensure our students do not use unacceptable language in any form.

Best wishes for the week ahead

Barbara O’Brien
College Principal.
Students of the Week

Congratulations Liam, Zek, Harry, Izzi and Jemma

Grade 1/2 Poetry

This week the students in grade 1/2 have been learning about poetry. They have written their own haiku poems about the different seasons.

Icy Winter

It is really cold
Icycles on tree branches
Ice on the foot path

Poem by Kaylee Boer (Yr 2)

Summer Fun

Have a pool party
I like to play in the pool
I like to have fun

Poem by Nuceya Johnson (Yr 1)

Benalla Poultry Association's Chook Show!

In an event that rivalled the organisation of the Olympics, special representatives from Avon campus travelled to a secret destination early last Sunday morning!
Grooming was essential, and many feathers were ruffled as plumage was fluffed and buffed before the opening crow of the Benalla Poultry Association’s chook show at the Benalla Showgrounds!
Persistent and resilient parent Graeme Ely had to wrestle the reluctant roosters and hens into their respective modes of transport (cardboard boxes complete with air holes) before he transported the smelly entourage to meet their gaggle of admirers!!
Twelve students from the campus shared the honours in showing and looking after their respective roosters and pullets and some success was experienced by the time the judging was complete at 2pm. Glory was shared… one young cockerel placed first in his division, a Rhode Island Red cockerel placed first, and a Rhode Island Red pullet also came away with glory. A sneaky pullet pulled off reserve junior champion pullet as well! They all came home to roost at Avon and were quite exhausted at the end of a long day!!
Thank you to Di, Graeme and Bu Perry along with the numerous volunteers who looked after the welfare of the poultry!!

Avon St Mothers Day Stall

Parents and Friends Association
Will be holding a Mothers Day Stall at 11.30am on Friday the 6th May
Students will be able to purchase a small gift for that someone special in their life. A wide range of gifts will be available to purchase, priced from $2.00-$5.00
Please bring your money on the day
R.S.L. VISIT TO WALLER STREET YEAR 3/4

Today we met the Benalla R.S.L. and the two people that talked about war were Colin Hancock and Jeff Lewis. We all agreed that war is STUPID!!!! ANZAC Day is a day to remember the people that sacrificed their lives. My Great Nana and Grandpa were in World War 2 and both came back. It made me feel sad.

ALIA HEEPS

Today I found out about the war and how stupid war is. We all felt sad about the people that died. ANZAC Day is a day to remember the people that didn’t survive and say sorry.

AYA OSMAN

Today we listened to Colin and Jeff talk about ANZAC Day. The parade is not a celebration but to remember all the people that went to war. Colin said war is stupid. I think he’s right.

TYLER LAWLER

ANZAC Day is a day to think about the soldiers that died in the war. You don’t celebrate ANZAC Day because you don’t celebrate that people died in the war because it is just sad. War is stupid.

DANIELA BAKRI

Today Colin Hancock and Jeff Lewis came and talked about the war and their experience. They also explained their medals and spoke about their dads. The meaning of ANZAC Day is to commemorate the people who lost their lives in the war.

JOHN BURKE

This morning we had two special guests and their names were Colin Hancock and Jeff Lewis. They came from the R.S.L. to talk about ANZAC Day and the true meaning of it. Both Colin and Jeff talked about their history. Colin was in World War 2 and he fought in New Guinea. Jeff Lewis was in the RAAF. Jeff’s dad was in World War 1 and met Simpson and his donkey. They taught us how to remember the right way for ANZAC Day. Lastly, war is stupid!!!

MAX WOODS

Today we went into the 3/4 Hub to listen to Jeff Lewis and Colin Hancock tell us some more about ANZAC. Colin said, “The war is stupid” and I agree. It made me feel sad. ANZAC Day is a day to remember all of the people who sacrificed their lives for our freedom.

EMILY HEDT
Congratulations Anne Fox – You Have Made a Day Better Award

We all know that great teachers are the foundation of a strong and happy school community and we are very proud and thrilled that Mrs Anne Fox has been recognised for ‘A day made better’ award. Sponsored by OfficeMax, one of our families has nominated Mrs Fox and she was very surprised and excited when she was presented with a special certificate at our Campus Assembly. Congratulations Mrs Fox!!!!!!

2016 MOTHER’S DAY STALL

Dear Parent/Guardian,

Benalla P-12 College, Waller St Campus Parents & Friends Association is having a Mother’s Day Stall on Friday 6th May 2016, commencing at 9.30am.

The stall is provided for students to purchase a small gift to say thankyou to their mum, grandmother or special friend.

A wide range of gifts will be available for students to choose from. Gifts are priced from $1.00 to $5.00 per gift.

Pre-ordering of gifts is not required, please bring money on the day.

We will also be having a Mother’s Day Colouring Competition and fabulous prizes will be available to win.

Helpers are required to assist with setting up and selling of the gifts on the day. Please contact Sharyn at the General Office if you can assist.

Thank you,
Benalla P-12 College, Waller St Campus Parents & Friends Association.

Benalla P-12 Uniform Shop Open Days

Faithfull Street Campus Sports Hall

Wednesday 18th May 2016 3pm-5pm
Wednesday 15th June 2016 3pm-5pm
Wednesday 13th July 2016 3pm-5pm
Wednesday 24th August 2016 3pm-5pm
Wednesday 5th October 2016 3pm-5pm
Wednesday 23rd November 2016 3pm-5pm

Call Judds Yarrawonga on 5744 1269 for any further details

CROSS COUNTRY

With cross country sneaking up on us, we have been practising our running, running as many laps of the oval as we can in 7 minutes. We set ourselves realistic yet challenging goals and try to beat our previous attempt. Since the beginning of the term, our running stamina has improved and we are always excited to get outside for cross country training.

3/4 Clarke
Year 5 SEED ENVIRONMENTAL DAY!

On Thursday 28th April some of the grade 5s went down to lake Benalla to participate in a SEED environmental day. We walked down with Mrs Lilley and Mrs Higgins and were put into groups. We got to be involved in 4 of the 7 activities. Some of the activities were energy circuits, the web of life, water wise, water bugs, skulls, skin and bones and water beasties. The weather was great and we learnt a lot about our environment and how to take better care of it. Thank you to SEED education.

Students of the Week

5/6 Students of the week for music are: Zach, Zoe, Taree, Ty, Stephen, Isabelle, Kayla Lyndsey, Ace, Ebony, Eliza

MOTHERS DAY RAFFLE

PARENTS AND FRIENDS ASSOCIATION
BENALLA P-12 COLLEGE FAITHFULL ST CAMPUS

To help Celebrate Mother’s Day we will be holding a Raffle with some beautiful prizes to be won for a special person.
There will be gift packs and vouchers as prizes.
1st Prize is a Winter Warmer Package from Lavish Benalla

Please return all tickets ($1 each) and money (including unsold tickets) to the General Office by 4 May 2016
Raffle will be drawn on Thursday 5th May, winners will be notified

GOOD LUCK
YEARM 11 VET SPORT & RECREATION
MT FEATHERTOP BUSHWALK

On Monday the 18th of April, at 7.30am in the morning, 16 students from the Yr 11 VET Sport and Recreation class started the annual pilgrimage to the top of Mt Feathertop (second highest mountain in Victoria) in the school bus with a trailer packed full of heavy backpacks.

The Yr 11 class got dropped off at the top of Mt Hotham in the Alpine National Park. From here, students loaded on their backpacks in perfect weather and headed along the ridge of the Razorback trail towards our campsite at Federation hut (10km). Once we arrived at the hut, all tents were setup and students then made the steep incline to the top of Mt Feathertop (1km). Due to the perfect weather conditions, the visibility at the top of Mt Feathertop was outstanding and we could see for miles and miles in all directions.

After taking in the views and resting for an hour at the top of Mt Feathertop, all students returned to their camp site, cooked up a meal on their Trangia’s and turned in early for a good nights sleep. After packing up our camp site in the morning, we descended down a steep track (bungalow spur) in dry and sunny conditions, which lead us all the way down to the base of the mountain to a small country town called Harrietville (10km).

A great trip was had by all, however, everyone was looking forward to a well-deserved rest, and a hot shower when they got home.

All students will now use this experience in the Alpine National Park to complete their coursework for this subject on "how to respond to emergency situations" if they occurred during the overnight bushwalk.

Luke Elkington
Benalla P-12 College
Year 10 Career Action Planning Day - Tuesday 3 May 2016

All year 10 students will participate in a Career Action Planning Day on Tuesday 3 May. This is a full day of 3 different workshops that 3 groups rotate through. The day is designed to follow-up and build on the intensive career program offered in Year 9. Students will be been given the opportunity to reflect on their progress and map possible pathways to Year 12 and beyond.

**WORKSHOP 1** – Communication skills, performance drivers, getting the right mind set, work skills and strategies for success (Presenter – Glenn Irvine)

**WORKSHOP 2** – Portfolios, achievements, short and long-term goals, CAPs and resume updates (Facilitator – Sue Oakley)

**WORKSHOP 3** – Bullseye charts, Education and Training requirements, VTAC CourseSearch, Year 11 Course selection (Facilitator – Ann Forster)

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Please contact me if you have any questions about the day.
Sue Oakley
Pathways to Retention Coordinator

5761 2777 – Faithfull St
5761 2888-Barkly St

When your child misses school, they miss out.
Support your child’s success. Make sure they attend school all day, every day.
every day counts.

www.benallap-12college.vic.edu.au
BUILDING BETTER COPING SKILLS WITH REACHOUT

Working out the right coping strategies to help you handle different situations can be tough, but it’s worth it. Find out more about different coping strategies, including how to put them into practice, and tips for what to do when they don’t work.

This can help if:
- You have difficulty coping with setbacks
- You have difficulty adjusting to change
- You’re feeling stressed

Why positive coping strategies are useful.

Positive coping strategies are any actions you take to manage and reduce stress in your life, in a way that isn’t going to be harmful or detrimental in the long term. People who use positive strategies are not only better able to tackle challenges and bounce back from tough times, but they are also much happier.

Finding the right coping strategies.

Pretty much any coping strategy which isn’t going to be harmful or ineffective in the long term is worth a try. However, you will probably find that some strategies work better for you than others in terms of how well they reduce stress and help you manage. It’s also worth noting that some strategies will work better or worse depending on the particular event/situation.

To find the best coping strategies for you, list the types of situations that you find difficult to manage. Pick a few ways to reduce stress (listed below). When the stressful situations arise, try out one of your strategies. Keep notes on how it went – things that worked, or didn’t. You’ll soon work out which strategies work well for you, and which situations favour certain strategies over others. Keeping tabs by writing things down will also help you make using positive coping strategies a habit.

A mega list of coping strategies

- **Turn to someone you trust.** It can be a relief to share your thoughts with someone else, and it can be good to work through problems with the help of another person.
- **Write it all down.** Keeping a notebook handy for you to scribble your thoughts in whenever you feel like it can be a great way of expressing yourself. You may find it helpful to write about what is worrying you, or express yourself in a more creative way.
- **Set aside regular time for yourself.** Even if it’s just ten minutes of ‘you’ time, taking some space for yourself where you turn off your phone, spend time alone, exercise, meditate, or listen to music can really prepare you for tackling stress or challenges.
- **Walk away.** Work out which situations you are likely to get most stressed out by. If you feel like you’re getting too angry, end the conversation, take some space, and don’t resume talking until you are calm and ready.
- **Overcome negative patterns of thinking through self-talk.** Self-talk can help you see things from a more positive perspective and give a huge boost to your confidence.
- **Reduce your load.** Sometimes you just have to accept that you can’t do everything. Keep track of your schedule and how you feel each day, and working out your optimal level of activity. You should be busy, entertained, and challenged, without feeling overwhelmed.
- **Consider the big picture.** When you’re going through a stressful situation, ask yourself these two questions. ‘How important is this?’ and ‘will it matter in the long run?’ If you realise it doesn’t, it’s probably not worth getting too stressed out by.
- **Learn to forgive.** Move on from hurt, regret and anger. Whether you are angry at yourself or someone else, it doesn’t help you to hold on to negative feelings like resentment.
- **Hone your communication skills.** If you know how to communicate a problem well, it will help prevent conflict from escalating, and could help solve the cause of the stress in the first place.
- **Build your optimism.** Optimism involves learning to think positively about the future - even when things go wrong. That’s not to say you pretend that everything is fine when it isn’t. Instead, it’s about looking objectively at a situation, making a conscious decision to focus on the good. It can be hard to do, but if you practice, you’re likely to get better.
- **Learn how to set goals.**
- **Relax, man.** Relaxation is a great way to refocus your thoughts, particularly when things are becoming a bit overwhelming.
- **Build your gratitude.** Take some of your focus away from the negative things, and take 5 minutes each day to identify 3 things which you are thankful about.

If you need something stronge

You don’t have to work this stuff out on your own. Counsellors are great at helping to build and develop coping skills. They also can be good to talk to if you prefer not to talk to friends or family, or if your problems are making it hard to carry on with day to day stuff.

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
**Term 2 Monday 11th April-Friday 24th June 2016**

| Monday May 2 | * Year 8 Outdoor Education overnight Survival Camp-Strathbogie Ranges  
* Year 9 Personal Presentation Session-Group  
* Parents As Partners in Learning  
Waller St –Kate Hammonds Class 2.00-3.00pm |
|---|---|
| Wednesday 4 April 4 | * Parents As Partners in Learning-Avon St –Library 2.00-3.00pm  
* Waller Aboriginal & Torres Strait Islander Parents/Carers Gathering 2.00pm-3.00pm  
* Legal Studies Excursion-Melbourne |
| Thursday May 5 | Year 9 Outdoor Education-Ref Hills |
| Friday May 6 | Barkly St Campus Casual Day and Sausage Sizzle (wear a touch of blue) -Gold coin donation |
| Monday May 9 | Parents As Partners in Learning  
Waller St –Kate Hammonds Class 2.00-3.00pm |
| Tuesday May 10 | Northeast Victoria Health Careers Forum—Wangaratta |
| Wednesday May 11 | * Parents As Partners in Learning-Avon St –Library 2.00-3.00pm  
* Avon Aboriginal & Torres Strait Islander Parents/Carers Gathering 2.00pm-3.00pm |
| Thursday May 12 | Year 7 Band Concert 7.30pm-8.30pm |
| Friday May 13 | * Stomp Dance Company 2x60 min Workshops Avon 9.00am -10.45pm  
* Stomp Dance Company 2x60min Workshops Waller 11.30am-1.15pm  
* Hippo Hippo! BPACC Performance –Foundation Students  
* Faithful Aboriginal & Torres Strait Islander Meet & Greet Deborah Cheetham-12.00pm-2.00pm  
(lunch provided) |

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### Victorian Premiers’ Reading Challenge

The Victorian Premiers’ Reading Challenge is now open and Benalla P-12 College is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 9 September 2016.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you would like your child’s name to appear on the Honour Roll, please sign the attached form and return it to your Librarian.

To read the Premier’s letter to parents, view the booklists and for more information about the Victorian Premiers’ Reading Challenge, visit: www.education.vic.gov.au/prc

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### An Evening with Dan Petro ~

**“Making Parenting a Little Easier”**

Please join us on Tuesday, May 17th at 6:30pm as behavioural analyst Dan Petro shares practical solutions for daily parenting challenges. Dan’s presentation style is engaging, humorous and most importantly, focusses on small things you can do which will make a big difference at home. Whether you have toddlers or teens, you will leave the presentation with useful practices to help make your parenting job a little easier.

**Date:** Tuesday May 17th 2016  
**Time:** 6:30pm to 8:00pm  
**Venue:** Avon Street Campus

Parents and Caregivers are encouraged to attend.  
Free child care will be provided on the evening please advise any campus if you require this service.
**Out of School Hours Care**

**Avon Campus**

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<td>Fruit, biscuits and spreads, milk &amp; juice</td>
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<td>Fruit, make your own salad wraps, milk &amp; juice</td>
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**Waller Campus**

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<td>Fruit, ice-cream cones milk &amp; juice.</td>
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**Receive your account by Email**

Would you like to receive your account by email? Thank you to all the families who have responded to my request to receive their account electronically. If I do not currently have your email address and you are happy to receive your account by email instead of by post, please send an email to hanrahan.anne.edumail.vic.gov.au to request your account to be sent by email. Our system is now close to being set up to send automatic accounts by email. Please be advised that the email address used for sending the accounts will be Benalla P-12 College Out of School Hours Care.

**Paying Accounts Over the Phone by Credit Card**

If you are finding it difficult to attend the school office to make payment, please be aware that you are able to phone the school office and pay by EFTpos using credit or debit card over the phone. By phoning Karen at Avon 5762 1646, or Sharyn at Waller 5762 2600, these ladies will be able to assist you by taking your payment details.

**Enquiries**

Any enquiries regarding your accounts or Child Care Benefit can be directed to Anne Hanrahan each Friday, at Waller in the morning 5762 2600, or Avon in the afternoon 5762 1646. Please leave a message at the school, office and Anne will return your call.
Do you have an interest in children’s learning and development? Do you have 1.5 hours per week to help out with our program? PEEP (Parents Early Education Partnership) is a local program that supports parents as their child’s first educator. We are seeking an extra pair of hands to help support our families and children during circle/song time and structured play activities. For more information or to apply for this voluntary position, please contact Cath Warnock at Tomorrow Today Foundation on 57 621211 or email cathwarnock@tomorrowtoday.info

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

This service is funded by Department of Human Services Victoria

Carers Victoria Information Roadshow

Free sessions for Carers
A great opportunity to hear the most up-to-date information on the upcoming NDIS and Aged Care Reforms

Tuesday 10 May 2016
Lakeside Community Centre
Benalla Showgrounds

Morning Session: 9.00am - 12.00pm
NDIS Keynote Presentation
NDIS Readiness for Carers
Morning and afternoon tea will be provided

Afternoon Session: 1.30pm - 4.30pm
Overview of Aged Care Reforms
Aged Care Supports and Services

Register by Monday 2 May
for one or both of these sessions via the Carer Advisory Line: 1800 242 636
or carersvictoria.org.au - registration essential.
Community News

WINTON WETLANDS, LIVING CULTURE TOGETHER & MULTICULTURAL ARTS VICTORIA PRESENTS

MOKOAN MUSIC FEST 2016
SAT 14 MAY • 12 - 5PM
GREEN'S HILL • WINTON WETLANDS

Get in a beautiful natural amphitheatre in the heart of Winton Wetlands this will be a unique contemporary music experience in the great outdoors.

Soak up the scenery, be moved and immerse yourself in sounds from close to home and all around the globe.

The day will kick off at 12pm with a traditional Welcome to Country and Smoking Ceremony from Torara Torara Nation.

FEATURING:
DEBORAH CHEETHAM • DHUNGALA CHILDREN’S CHOIR
NHATTY MAN & LALIBELAS • THE DEANS
BURUNDIAN DRUMMERS • GEORGE & NORIKO

There will be food to tantalize your taste buds, coffee, local wine and beer and interactive craft and culture.

Bring a cushion, rug or seat, family and friends and enjoy a day out in the country under the Autumn blue sky before the cold of winter sets in.

No glass allowed.

TICKETS:
$35 adult/ $10 child (children under 5 free)
Visit www.wintonwetlands.org.au for info and bookings

WINTON WETLANDS, LIVING CULTURE TOGETHER & MULTICULTURAL ARTS VICTORIA PRESENTS

COLOURING COMPETITION

A BIG NEW Musical Adventure!
Based on the best-selling book series:
"There's a Hippopotamus on Our Roof Eating Cake"

Performing 11am, Friday 13 and Saturday 14 May 2016
Benalla Performing Arts & Convention Centre
57 Samaria Road, Benalla
Bookings: (03) 5762 5515 www.bpacc.com.au

www.benallap-12college.vic.edu.au