Dear Families,

Becky Webster
Congratulations to Becky Webster (Year 10) who will play in the 2016 AFL Youth Girls National Championships this week. Becky represented Vic Country. The Championships sees the most talented Under 18 female footballers from across the country battle it out for the coveted national title. Matches were played over five days at Olympic Park Oval (Collingwood FC), Trevor Baker Oval (Sandringham), City Oval (Coburg) and Punt Road Oval (Richmond FC). Vic Country played in the consolation final on Friday against Queensland and won by 13 points. Well done Becky on a great effort.

NAPLAN Testing
This week our Years 3, 5, 7 and 9 students will be participating in the National Assessment Program – Literacy and Numeracy (NAPLAN). These tests allow us to see, at one point in time, the teaching areas your child has particular strengths in or has areas they may require further assistance in. Teachers use this information to help them plan the curriculum to improve student learning outcomes. Please ensure your child is at school every day and on time to ensure they have every opportunity to do their best.

These tests commence tomorrow with students completing the Language Conventions and Writing tests. Wednesday 11th May students will complete the Reading test and Thursday 12th May they will complete the Numeracy tests.

Beyond Blue Bash
Last Friday Kellie Cairncross and the Student Leadership Group on the Barkly St Campus organised a fund raising event to raise money for the Beyond Blue foundation. This event was not just about raising money but also about raising awareness of mental health issues and highlighting the need for young people to look out for each other and being mindful of how each other is feeling. The day was attended by parents, health professionals and Paula Allen the Police liaison officer in schools. The day raised approximately $1300, an outstanding amount which will be of great assistance in addressing mental health issues in young people. A special thank you to Kellie Cairncross and her Student Leadership Group for organising the event.

Dan Petro
Dan Petro is a Behaviour Analyst who will be working in our College next week. Dan will be conducting an evening session for parents titled “Making Parenting a Little Easier”. Please join us on Tuesday 17th May at 6:30pm to hear Dan share his practical solutions to daily parenting challenges. Dan’s presentation style is engaging, humorous and most importantly focusses on small things that you can do which will make a 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.

School Crossings
Recently there have been a number of students not using the School Crossings when they are being dropped off or being picked up from school. I urge parents to please ensure you instruct your child to cross the road at the designated school crossing. The traffic is very heavy during drop-off and pick-up times and drivers often don’t see children darting between cars. We don’t want any child hurt unnecessarily, by not using the school crossing.
New Staff
I am pleased to announce the appointment of Julie McPherson to Benalla P-12 College. Julie will be replacing Brooke (Robertson) Lilley in the Year 5/6 unit when she takes Family Leave later this term. We wish Julie every success at Benalla P-12 College.

Careers Action Planning Day
Last week our Year 10 students took part in the ‘Career Action Planning’ day, featuring guest speakers and motivational talks. The aim of the day was to ensure students have a career action plan to take them into their Year 11 & 12 courses so they will be better informed about the pathways that different courses offer. A special thanks to the careers teachers who organised the day, Sue Oakley and Ann Forster.

Best wishes for the week ahead

Barbara O’Brien
College Principal.
Students of the Week

Congratulations Alex, James Logan and Penny.

Acrostic Poems

Last week Grade 1/2 Hammond wrote acrostic poems about themselves. An acrostic poem uses the letters in a topic word e.g. child's name to begin each line and then each line in the poem describes the child. Here are some examples.

STOMP Workshops for F-4 Students

Friday 13th May
Avon St Campus-9.00am-11.00am
Waller St Campus –11.30am-1.30pm

Students are to be in uniform but can wear a cap/beanie to get into the hip hop dance mood.

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

Avon Street Working Bee

Sunday 15th May
9.00am-11.30am
Morning tea supplied

Please join us to help and beautify our school grounds. We are planning on replacing some worn out sleepers, moving some mulch and general garden clean up. Hope to see you there.
Students of the Week

Back - Campbell, Liv, Kai, Jaxson, Tahlia & Camden
Front - Jet, Harley, Lincoln, Phillip, Stephanie and Trinity

Golden Shovel Awards

Congratulations Elizabeth, Jakayla, Mikayla & Bianca

In Music we have been DANCING!!!!!
It has been great fun keeping to the beat, learning steps and performing with attitude. Lots of students have even danced through lunchtimes!!!!
Lots of students have been keen to do the dances at home. Google Saskia Dance School as “saskiasdansschool”. Lots of fun dances to learn and great fitness too!

Avon & Waller Street Campus News

In Music we have been DANCING!!!!!! It has been great fun keeping to the beat, learning steps and performing with attitude. Lots of students have even danced through lunchtimes!!! Lots of students have been keen to do the dances at home. Google Saskia Dance School as “saskiasdansschool”. Lots of fun dances to learn and great fitness too!

Avon & Waller District Cross Country
Thursday 19th May
Parent Helpers
Dear Parents/Carers,
Please help support our students at the District Cross Country on Thursday 19th May.
We are in need of parent helpers to supervise the running track to ensure that every student can see an adult all the way around. Please leave your name with the classroom teacher if you are able to assist.
Regards
Vanessa Neilson
PE Teacher

Dance Workshop
Avon & Waller Street Campus

What will your child learn from a STOMP DC DANCE WORKSHOP at your school?

About
Stomp DC comes to your school to teach a wide range of different dances and styles in a familiar environment. Whether it be for a school performance or just something fun and engaging that can tie in with your schools curriculum, Stomp Dance Company has an age appropriate course just for you! We place special emphasis on building self confidence, creativity and self esteem in young children.

Stomp DC dance programs can be used as the key movement mediums in Health and Physical Education and can be identified in The Arts learning area as one of the five art forms. Our courses are specifically designed for children in primary schools. Students from years 3-6 will participate in Stomp DC’s three core dance learning experiences; creating a dance masterpiece, performing and reviewing dances. A dance program for P-2 adds particular importance in learning a wide range of different dances in a structures environment combining the skills of flexibility, fitness, movement, body awareness and fun!

Your children will have 1 or 2 dance sessions across the day, which will give your child the opportunity to learn and create a fun and energetic dance routine to showcase to you at the end of the day. We can’t wait to come and dance with your children!

For more information visit www.stompd.com.au
Our Garden
Hi my name is Teresa and this is Ashton and we are both Year 4 students at the Waller Street Campus.
In our garden we are responsible for planting crops, turning over soil and compost, mulching, pruning, watering the plants, seed saving, harvesting produce, feeding the chickens and changing their water.
We plant Tomatoes in Autumn and Spring, zucchini in Winter and potatoes, watermelon and rockmelon in the Summer. That’s just to name a few!
Besides plants we also have chickens in our garden. There is Mango, Rocky the Rooster, Olive, Holly, Ivy, Liquorice and the Baby. Rocky, Mango and Olive all came 1st in the Benalla Poultry Show.
When we work in our garden we walk and carry our tools by our sides pointing towards the ground. At the beginning of the year we all do our tool licences so Amanda can check if we know the names of tools and how to use them properly.
The produce we harvest goes into the Kitchen so we can cook our delicious recipes each week. We sell some of our plants and seeds at markets also at our harvest festivals. If you want to buy seeds we will be selling them near the kitchen today.
We love our Garden because it is a relaxing and friendly place to work and learn.
Finally, we would like to thank Amanda, parents and volunteers who help us in the Garden.
We hope you enjoy the rest of your day.

Kitchen Garden
Hi my name is Ryley ELY I am from Avon campus. We come to kitchen garden every Tuesday.
When we have been at Kitchen we have learned to use the claw when we cut. We have learned reading recipes and following instructions. When we started there were some kids who wouldn’t try the food, now most of them will give it a go!
We cook foods with different ingredients that some of us haven’t seen before.
Amanda always helps and gets all the ingredients for us.
We have volunteers who help us cook and we couldn’t do it without them.
The best thing is the sweet treat. It is fun to work in the kitchen with my friends. We cook different foods every week.
THAT’S WHY I LIKE GOING TO KITCHEN GARDEN.
THANKYOU FOR LISTENING.
Kids Thrive!

On the 21st of April 5/6 F had their first meeting with kids thrive. Kids thrive is a social experiment that collects kids from the community, asks what they want to change and then they change it. This project will run over two terms. Andrea is our trainer and Jeremy is our coach. We played games, had lots of fun and we are looking forward to changing our community.

Students of the Week

5/6 Students of the week for sportsmanship were:

Bryce, Tarnia, Shayne, Maddison, Patrick and Erin

YEAR 8 OUTDOOR EDUCATION - SURVIVAL CAMP

On Monday the 2nd May, students from the Year 8 Outdoor Education Elective went up to the Strathbogie Ranges to participate in the ‘Survival Camp’. The camp involved students spending 1 night exposed to the elements, in which they were required to make their own shelters and survive the night eating only 1 piece of fruit and 1 chocolate bar. Students who attended the camp displayed exceptional teamwork skills, maturity and resilience when challenged with some adverse weather conditions. Well done to all students who participated!

The Faithfull St Leadership group is hosting an Australia’s Biggest Morning Tea again to raise funds for the Cancer Council. The Cancer Council are Australia’s leading funders of Australian cancer research. The money raised at our Biggest Morning Tea goes toward supporting cancer research, improving prevention and treatment options to doctors and giving patients much needed support. Last year we raised over $350 and it would be fabulous if we can do the same or better this year. We are calling for families to donate food on the day for our stall. All students who bring a donation of food will receive a ticket in a raffle for prizes on the day. As with last year all donations need an ingredient list for allergy reasons.

The Morning Tea will be held at lunchtime on Friday 27th May.
Maths Camp
21 Students from years 6, 7 and 8 participated in our first ever Maths Camp. The Maths Talent Group, who meet regularly for two periods a week, set out for our camp at Nillahcootie where in groups they worked their way through a variety of hands on tasks. The aim over the two days was to develop problem solving strategies using real life situations. The growth in students was exciting to see. Due to the huge success a camp is being planned as an annual event.
Georgie Burke, “It was good fun.”
Georgia Nichols, ”It was good working with the older kids, we learnt from them.”
Matthew Johnston, “Good fun, hands on activities. Food was great!”

UniExperience Camp -University of Melbourne, Parkville campus
Thursday 7 July-Friday 8 July 2016

futurestudents.unimelb.edu.au
UniExperience gives Year 11 students the opportunity to come on-campus and experience university life first-hand. The two-day program demystifies the university experience by giving you the chance to stay at our Parkville campus and take part in a range of sessions covering many aspects of tertiary study.
**SOUTHERN CROSS CULTURAL EXCHANGE**

**Bring the world home!**

**Their faces say it all:** these international exchange students have successfully completed their programs and returned home with a better understanding of Australian culture and ties that bind them to their host-parents and host-siblings for life. More students will be arriving to join their wonderful host families this July and attend school.

**All over Australia,** volunteer families seize an unexpected but rewarding opportunity to play a gracious yet highly significant role in a young person’s life, as they recognise and celebrate cultural diversity in the world. No matter how brief, the sharing of lives and the appreciation of different cultures under their own roofs means Australians have truly taken the spirit of volunteerism to heart. In many instances, not only have the lives of the exchange students changed but also their own.

Why not expose your family to a different set of customs and ideas this July? Develop long-lasting ties that bind you as an ‘extended global family,’ within the international cultural framework that student exchange organisation pioneer Southern Cross Cultural Exchange provides.

In addition, our volunteer host families realise the value of encouraging those all-important life skills. Volunteer host families understand the effort of sharing and compromise. They gain the added satisfaction of seeing an international “son” or “daughter” take to their own children as host-siblings and friends. Even with short-duration exchanges, friendships come together with healthy exchange of perspectives and experiences, and may may include unexpected insight into young people’s future educational or career goals.

Share your daily life with a sporty, curious and adaptable international exchange student selected to come from France, Germany, Italy, Denmark, Norway, Finland, Sweden, America or Spain. Our next group intake of international exchange students, aged 15—17, will be arriving mid-July. S.C.C.E. takes care of students’ travel arrangements, their insurance and school enrolment. We also provide 24/7 support through a network of fantastic Local Coordinators—Jan James ph. 0424 931 900.

Families may choose to host a student according to:

- Preferred age
- Preferred gender
- Family’s availability

Please call 1800 500 501 (toll free) or email scceaust@scce.com.au for a selection of new student profiles. We thank you for your interest towards increasing global understanding.

“A good way to learn language skills and a deeper understanding of that country’s culture.”
- from a family who hosted a German boy

“To help prepare our own daughter for her exchange program.”
- from a family who hosted an Italian girl

1800 500 501  scceaust@scce.com.au  www.scce.com.au
Changing Bullying Behaviours

When a young person engages in bullying behaviour we can help them to learn more positive ways of relating to people.

Helping them change

Most people who bully are not ‘bad people’—but they do need to learn how to relate positively to others. Bullying others and being allowed to continue is associated with risks at school, in close personal relationships and at work. It also increases the likelihood of criminal convictions.

When young people bully we need to take it seriously and to have parents and teachers work together to help them change their behaviour. It is not about blaming anyone—it is about helping the young person to develop more positive behaviours.

The behaviour change process

The process that we find effective is:

- Meet with your child’s teacher to discuss the issue.
- Select one negative behaviour to replace and one alternative positive behaviour to encourage and reward. It is best to start with a behaviour that feels easier to change first.
- Rate the behaviour out of ten—ten if it occurs all the time, zero if it never occurs.
- Devise a strategy for rewarding the positive behaviour, and a strategy for being more proactively vigilant about the negative behaviour.

- Agree to stay in contact with the school as issues arise.
- Realise the behaviour may temporarily worsen before it improves. Remain kind, calm and resolute.
- Agree to formally meet in about 5 to 6 weeks to review progress.
- If progress has been achieved, celebrate and select the next behaviour to alter if necessary.
- If the problem behaviour has not shifted, you may need to re-think strategies or get professional support.

Once one behaviour has changed, other seemingly harder to shift behaviours also change. The reason for this is that much of our behaviour is patterned into habits. Changing one element of a habit can start to change entire sequences of behaviour. Therefore you may need to repeat this process several times.
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<tr>
<th>Day</th>
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<tr>
<td>Monday May 9</td>
<td>Parents As Partners in Learning - Waller St - Kate Hammonds Class 2.00-3.00pm</td>
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<tr>
<td>Tuesday May 10</td>
<td>Northeast Victoria Health Careers Forum—Wangaratta</td>
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| 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-11.00am  
                    * Stomp Dance Company 2x60min Workshops Waller 11.30am-1.15pm  
                    * Hippo Hippo! BPACC Performance – Foundation Students  
                    * Faithfull Aboriginal & Torres Strait Islander Meet & Greet Deborah Cheetham-12.00-2.00pm (lunch provided) Venue-Clarke St Art Room  
                    * Yrs 7-12 Cross Country-Churchill Reserve |
| Monday May 16 | * Parents As Partners in Learning-Waller St-Kate Hammonds Class 2.00-3.00pm |
| Tuesday May 17 | * An Evening with Dan Petro-“Making Parenting a little Easier”6.30pm-8.00pm Avon St Campus |
| Wednesday May 18 | * Uniform Shop Open-Faithfull St Hall 3.00pm-5.00pm  
                    * Parents As Partners in Learning-Avon St - Library 2.00-3.00pm  
                    * Barkly St Aboriginal & Torres Strait Islander Parents/Carers Gathering 2.00-3.00pm |
| Thursday May 19 | * Yr 3-6 District Cross Country – Benalla Showground Arundel St-Parent helpers needed |

**Benalla P-12 College**

Presents

An evening with Dan Petro

“Making Parenting a Little Easier”

Dan Petro is a Behaviour Analyst and director of Behavioural Resources Australia Pty Ltd where he utilises his extensive professional history of developing custom behaviour management and intervention programs including providing the implementation training.

Please join us on Tuesday, May 17th at 6:30pm as behaviour analyst Dan Petro shares practical solutions for daily parenting challenges. Dan's presentation style is engaging, humorous and most importantly, focuses 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.
### Avon Campus

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

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<td>Fruit, Steamed dim sims , milk &amp; juice</td>
<td>Fruit, cereal , milk &amp; juice</td>
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### BEFORE SCHOOL CARE – Starting as a trial in term 3

School council this month approved for Before School Care to begin as a trial at the start of term 3. At present, we are applying for the extension of our Children’s Services licence, to include Before School Care. We aim for the service to run from 6.45am to 8.45am. Bookings will be essential for your child to attend. The service will only be staffed when children are booked in. More information will follow to update families on the procedures.

### Receive your account by Email

Would you like to receive your account by email? 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.e@edumail.vic.gov.au to request your account to be sent by email.

### Paying Accounts Over the Phone by Credit Card

Accounts can be paid by EFTpos using credit or debit card over the phone. Please phone Karen at Avon 5762 1646, or Sharyn at Waller 5762 2600, who will assist you in making this payment.

### 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.

www.benallap-12college.vic.edu.au
Welcome to our Open Days

Come along and visit our sites to make your selection for 3 and 4 Year Old Kindergarten Places In 2017

On site OPEN DAYS

Bernard Briggs Kindergarten (4 Year Old Program) – Church St, Benalla
Wednesday 25th May : 9.30am – 11.00am
Friday 27th May : 9.30am – 11.30am

Glenrowan Pre School (Occasional Care, 3.5 Year Old Program) – Old Hume Highway, Glenrowan
Monday 23rd May : 12.00pm – 1.00pm

Munro Ave Pre School (4 Year Old Program) – Munro Ave, Benalla
Monday 16th May : 9.30am – 11.00am
Tuesday 17th May : 9.30am – 11.00am

Munro Ave Pre School (5 Year Old Program) – Munro Ave, Benalla
Monday 16th May : 9.30am – 11.00am
Tuesday 17th May : 9.30am – 11.00am

Violet Town Kindergarten (Optional Care, 3.5 Year Old Program) – Hyacinth Street, Violet Town
Tuesday 17th May : 9.30am – 11.00am

Visit each Kindergarten

hear from our teachers about how they run their programs,
look over the facility, ask questions and
collect enrolment package

At each site you will have the opportunity to meet with Staff and Committee Members who will be on hand to introduce themselves, to show you around and answer questions relating to what happens at the site.

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

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

Morning and afternoon tea will be provided

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

Benalla Suicide Bereavement Support Group

The impact of losing someone to suicide can be intense and overwhelming. You may experience a wide range of thoughts and feelings which are difficult to understand and manage.

Benalla Health and Integrated Primary Mental Health are proud to offer a Suicide Bereavement Support Group for our community.

When: 1st Tuesday of the month
5:30pm-6:30pm

Where: Benalla Community Care
45 Coster Street
Benalla

Come along and find out what support is available and discover self-help strategies to cope with grief.

To register your interest
Phone: Renee on 5722 2677
Email: Renee.Murtagh@awh.org.au

Benalla HEALTH
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 free 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 Torga Torga Nation.

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

There will be food to tantalise 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

www.wintonwetlands.org.au

Colouring Competition

HIPPO! HIPPO!

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

Proudly sponsored by: