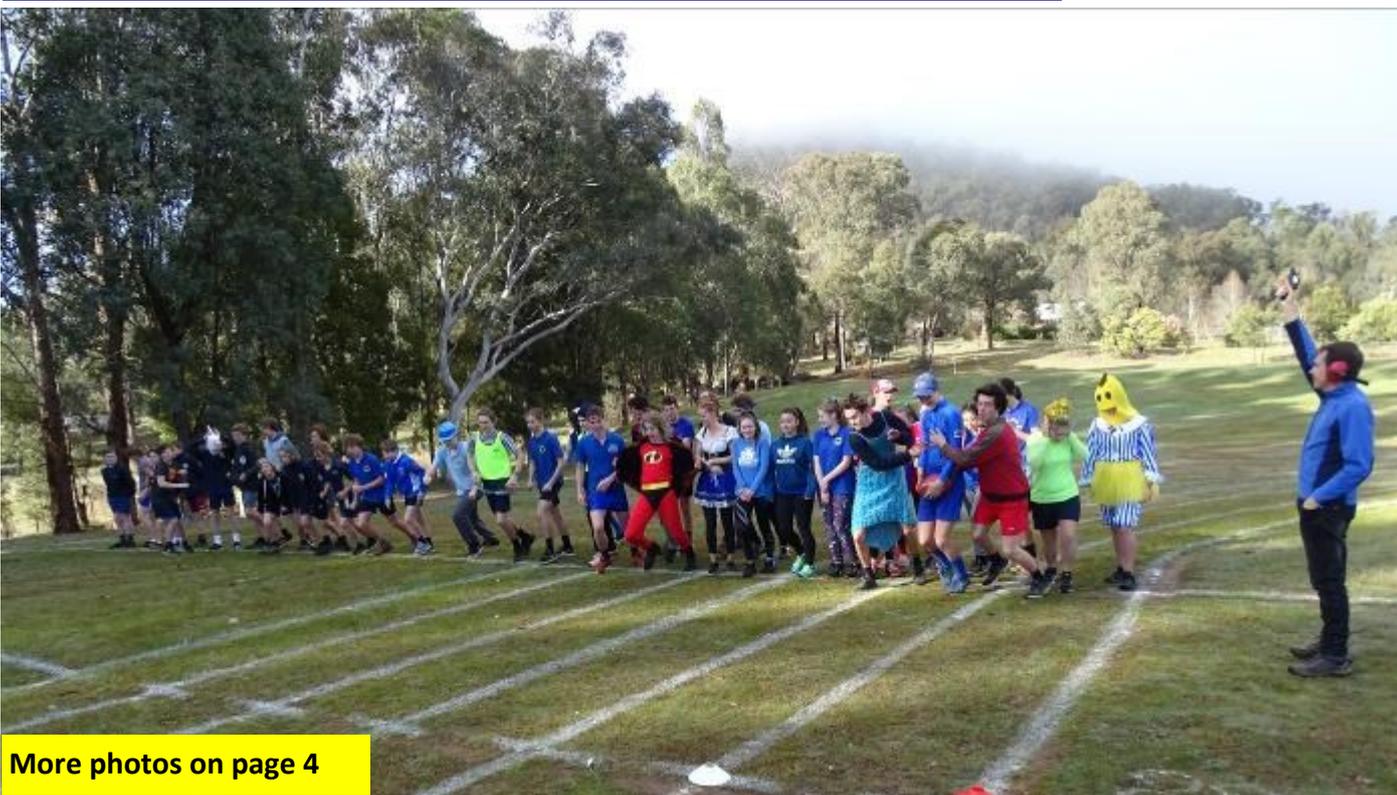


15th August, 2018. Issue 10.

Bright P-12 College Newsletter

Secondary Athletics Carnival



More photos on page 4

Victorian Interschools Cross Country Ski Championships



More photos on page 6

COLLEGE CALENDAR

AUGUST

- WED 15 AUG - Go To The Snow Program Day 4
 - BCST Program Day 8
 - 5.30pm VTAC Information evening for Yr 12s in the College Library
- SAT 18 AUG - BCST Program Day 8
- TUE 21 AUG - Go to the Snow Day 4
- WED 22—FRI 24 AUG - Year 10 OE Wee Jasper Caving Trip
- FRI 24 AUG - Year 3-6 House Athletics
- MON 27—THU 30 AUG - Primary Japanese Drumming Incursion



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Newsletter available online at: www.brightp12.vic.edu.au/pdfs/CurrentNewsletter.pdf



Principal's Report

Given this is my first newsletter this term, as I have been away on leave for two weeks visiting my children, I would like to belatedly welcome you back to school for Term 3 of 2018.

This is of course a significant term for all our students but in particular our Year 12s. The last full term of studies for our Year 12 students, they leave Bright P-12 College at the end of week 3 Term 4, to study for their external exams if they are competing VCE. Finally, later in the term after the Graduation Dinner, they leave us to take on the opportunities and challenges of life after school. Year 12 can be one of the best years a student has at school. It is a time of great joy as opportunities open up and future pathways become clearer but it is also very demanding on students and their families, given the heavy workload and stress external exams can cause.

My advice to you, as I reflect on my journey since school and those of my children, is to see Year 12 as an opportunity to learn the skills and knowledge you will need for future achievement in whatever field of study or work you may take up after school, and don't see it as an end point in itself. It is not, it is the beginning of the next stage of your journey through life. There will be high points and low points and you are now in an excellent position to learn the best way for you to work through tough times, stressful deadlines, etc., in a very supportive and nurturing environment, with people who can help you. This skill is extremely important in life and having a method that works for you and one you know you can rely upon will get you through those difficult times we all face in life.

I reiterate that how we achieve is not something vague and up to talent alone.

Achievement = effort x time.

How well you master something depends on how much effort you are prepared to make and how much time

you give to it. We can all achieve great things within our selected areas if we are prepared to put in the effort needed. This can be identified as Grit. **Grit** in psychology is a positive, non-cognitive trait based on an individual's perseverance of effort combined with the passion for a particular long-term goal or end state (a powerful motivation to achieve an objective). This perseverance of effort promotes the overcoming of obstacles or challenges that lie on the path to accomplishment and serves as a driving force in achievement realisation.

I wish you all the best with the coming weeks as you finish your studies in Year 12 and if you need support to achieve your goals and I can help, please come and see me.

Teagan Atherstone

Last weekend Teagan Atherstone, Senior College Captain of Bright P-12 College competed in Cyclo-Cross Championships at Sam Miranda Winery. Teagan won the Women's Under 23 National Championship - an impressive effort given she has not competed in Cyclo-Cross for a number of years.

Teagan was placed 2nd at the 2018 National Championships earlier in the year and has been selected to represent Australia at the 2018 Mountain Bike World Championships held in Switzerland in September this year.

I congratulate Teagan on her significant achievements within her selected sport and wish her all the very best at the upcoming 2018 Mountain Bike World Championships. We are very proud of you, Teagan.

The Athletes Foot Donation

Every time you buy a pair of shoes from The Athletes Foot in Albury or Wangaratta, \$5 is donated from that purchase and donated to the College. Today Jennie Campbell from The Athletes Foot presented a cheque for \$260 to Bright P-12 College. Many thanks to all our community members who have nominated Bright P-12 College as their designated school when purchasing footwear at The Athletes Foot, and please pass the message on to all your friends and family.



Leading Teacher Vacancies

Currently the College is recruiting for Leading Teachers. Leading Teachers are highly skilled classroom practitioners who undertake leadership and management roles within the College. The role of the Leading Teacher is to improve the skill, knowledge and performance of the teaching workforce within Bright P-12 College in collaboration with the Assistant Principals and Principal. Leading Teachers are expected to lead and manage a significant area or function within the school with a high degree of independence to ensure the effective development, provision and evaluation of the College's educational program. **Anyone interested in a Leading Teacher position can apply through recruitment online until Monday 20th August.** For further information please contact me at the College on 03 57551166.

Jean Olley

Principal.



**Assistant
Principal's
P-6 Report**

DISPLAYING the SCHOOL VALUES

This week two students showed great initiative to tidy up our yard. They took it upon themselves to come and ask the teachers at lunch time if they could use a tub to pick-up rubbish. These two students collected a tub full of rubbish from the yard and made our yard a better place.

Congratulations to **Bella Lozov** and **Gemma Cracknall** who both demonstrated the school values of **EXCELLENCE and PRIDE**, by demonstrating leadership, building their independence, displaying pride in their school and themselves and making a positive contribution to the school community. Fantastic effort, I am very proud of you.

IMPORTANCE OF READING in the Primary YEARS

I have been doing some research recently around the importance of hearing our children read at home. The article, **Reading to Young Children: A Head-Start in Life, DET 2012**, explores the impact that parents can have on the development and educational performance of their children. Hearing children read at home will continue to have an impact on the child's cognitive development up to the age of 11. And something so simple done early in life will be beneficial for the rest of your child's life.

The key findings of the research state:

- The frequency of reading to children at a young age has a direct causal effect on their schooling outcomes regardless of their family background and home environment.
- Reading to children at age 4-5 every day has a significant positive effect on their reading skills and cognitive skills (i.e. language and literacy, numeracy and cognition) later in life.
- Reading to children 3-5 days per week (compared to 2 or less) has

the same effect on the child's reading skills at age 4-5 as being six months older.

- Reading to them 6-7 days per week has the same effect as being almost 12 months older.
- These differences in reading and cognitive skills are not related to the child's family background or home environment but are the direct result of how frequently they have been read to prior to starting school.

You can read the full article on this link - <https://www.education.vic.gov.au/documents/about/research/readtoyoungchild.pdf>

UPDATE to RESILIENCE PROJECT

The performances of the classes so far at Assembly for the **Resilience Project** have been outstanding and continued again last week. **Ms Matters' 1/2 class** did an amazing job of giving us all strategies we can use when things don't go right for us. The dance to "Happy" at the end was also a great fun way to end the week. **Congratulations.**

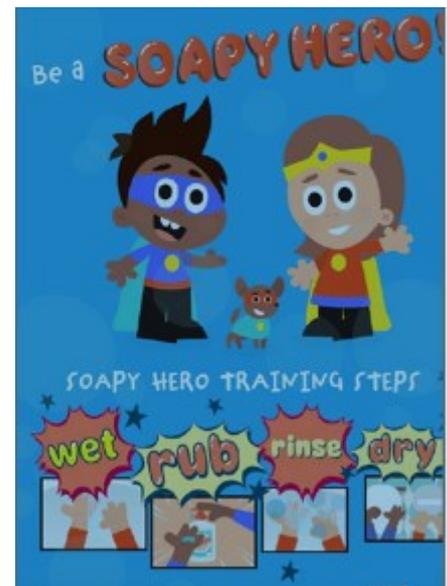
COMING together as a CLUSTER

Last Wednesday the Primary staff had the opportunity to come together with our Cluster Primary Schools for an afternoon of learning. Matt Gray and Georgie Matters, as our Primary Leading Teachers, organised and also hosted learning sessions. Staff feedback about the quality of sessions has been extremely positive. A great opportunity to learn from one another.



SOAPY HEROES

The winter blues have certainly set in over the past couple of weeks, with many students missing school due to illness. Remember that if your child is unwell it is a good idea to keep them at home to allow them to fully recover. I understand that this can be difficult at times. Some illnesses do require exclusion, such as conjunctivitis. If you would like to read the Department of Health and Human Services exclusion table you can do so on this link (<https://www2.health.vic.gov.au/public-health/infectious-diseases/school-exclusion/exclusion-periods-role-of-schools-and-child-care-services>) I want to take the time to remind everyone about how we can **reduce the spread of germs through our Soapy Heroes**. There is also a colouring-in page on the page 5 that can be printed if you are looking for a wet day activity.



Kelli Jacobson

P-6 Assistant Principal.

Secondary Athletics Carnival

Thursday 2nd August saw the running of the Secondary Athletics Carnival. The day was picture perfect which allowed the running of all events. The house captains for each house did a fantastic job marshalling their teams and making sure nearly everyone there had a go. As a result we had great participation on the day from those students who attended. Of course this couldn't have happened without the assistance of all secondary staff who very ably managed each of the events and so special thanks goes to all secondary staff for their time on the day.

An extra special thanks to Mal Steer who came in early to assist with setting up the track and field events and also to Tony Brooks for his tireless effort inputting all results into the computer program.

All first place getters in all individual events are eligible to attend the O&M Athletics Carnival on 6/9/18. Permission forms have been handed out to most qualifiers so if you haven't received one please see the Sports Department ASAP to get one. Students can see if they qualified for specific events by checking the event results in the stadium.

Individual age group champions will be announced at the end of term celebration of success assembly. The Athletics House Championship was a close race with the final win being decided by participation and success in the novelty skipping event. Points are as follows; 1st Kiewa 1937 pts; 2nd Buckland 1923 pts; 3rd Ovens 1531 pts. Well done to Kiewa house!

Matt Pywell

Secondary Sports Coordinator.



Secondary Athletics Carnival—more photos



Be a Soapy Hero!



Find out more about hand hygiene at: www.betterhealth.vic.gov.au/soapy-hero

Victorian Interschools Cross Country Ski Championships

On Sunday 5th August 2018 Charlotte Caling and Nicola Smith represented Bright P-12 College at the Victorian Interschools Cross Country Ski Championships at Mount Buller. Both students participated in the Classic Skiing individual race in the morning, with Nicola coming in 2nd place. In the afternoon, Charlotte and Nicola teamed up with Mia Green from Mentone Secondary College to win the skating style relay event. Great effort! A big thanks to Peter Smith who organised race entries for Bright College Snowsports Team and can be seen in the photo doing some last minute waxing!



VCAL 12 Bright Vines Update

VCAL students are involved in the entire production process of the 12 Bright Vines from harvesting to preparation of cellar door sales. We are in partnership with both Ringer Reef and Dalbosco Wineries.

Earlier this year, the students harvested the Sauvignon Blanc grapes and in Term 2, a team of students bottled the wine at Ringer Reef supported by the winemaker, Mark Holm.

Recently the students pruned the vines under the expert tutelage of Mick Dalbosco. Four of our students then visited Ringer Reef and learnt the process of labelling and packaging of our 12 Bright Vines Sauvignon Blanc, again guided by Mark Holm.

We are indebted to both Ringer Reef and Mick Dalbosco for their support.



Parent Teacher Conferences

Dear Parents and Guardians,

This semester, your child's **Progress Report** (Years 5 to 12) will be published via COMPASS at 5.30pm on Wednesday 5th September (Week 8 of Term 3). Progress Reports provide a short summary of how your child is performing in each of their subjects.

If you have any concerns about your **Secondary** child's performance we strongly advise you and your child attend **Parent/Student/Teacher Conferences** which will take place on the afternoons of Wednesday 12th September and Thursday 13th September between 3.40pm and 5.40pm (this being in the second last week of Term 3, Week 9).

There are no Primary Parent/Teacher Conferences in Semester 2 but if you have any immediate concerns we recommend you contact the classroom teacher via email in the first instance.

Bookings for Secondary Parent/Student/Teacher Conferences can be made **online via COMPASS** (under the

Community Icon) and will be opened on Wednesday 5th September, at approximately 6.00pm. Interviews are strictly limited to 10 minutes for each teacher so if you need to speak to a teacher for longer, please arrange an alternative date and time.

If you **do not have access to the internet** for booking interviews or viewing Progress Reports, please contact the front office staff by phone or in person and they will make the bookings for you or organise a hard copy of the Progress Report for you.

If you **do not know your COMPASS log on details**, you will need to inform Administration staff and provide them with a current email address - log on details will then be emailed to you. Please do this well in advance of 5th September.

Progress Reports on COMPASS can be found under the 'Reports' tab on your Compass Home Page.

Tim Webber

Health Corner with Adolescent Health Nurse Rosemary Bunge

Bowling fun at Hawthorn Village.

Year 9 visitors to Hawthorn Village had some good fun with the residents last Thursday playing indoor bowls. Great camaraderie took place and everyone cheered each other's teams on.

Happiness

'Happiness is contagious' – this statement has been confirmed recently by UK researchers. The researchers have been testing the hypothesis that depression is contagious and found that in fact depression is not, but happiness is contagious between friends.

In addition to this finding, it was found that healthy moods were shown to cut the probability of a young person developing depression by half, and doubled the probability of recovering from depression in a 6- to 12-month period. Based on the model, data showed that if a young person has 5 mentally

healthy friends the chances of developing depression was cut in half, and young people with 10 healthy friends doubled the chances of recovering from depression compared to those who had only 3 friends.

If you or someone you know is struggling with depression, it would be positive to seek some support. Try your local GP or Headspace is also available for youth 12-25 years old, try online chat and telephone support through eheadspace www.eheadspace.org.au

Quote for the week: A moment's insight is sometimes worth a life's experience.
Oliver Wendell Holmes



Community & College Notices

2019 International Trip (Antipodeans)

Do you wish to be involved in an International Trip in November 2019 for 4 weeks (similar to the 2016 Antipodeans trip)? Destination is still to be decided. Please contact Bianca Dooley (dooley.bianca.b@edumail.vic.gov.au), if you haven't already or you would like further information.



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Saturday 6th October

10am to 2pm

Moyhu Recreation Reserve, Bartley Street, Moyhu

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- Demonstrations and Displays
- Games, Activities, Refreshments & Raffles
- Special appearances from Paddy Platypus and Captain Koala

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Contact: Carina Heppell- Wodonga SES
E: Carina.Heppell@members.ses.vic.gov.au

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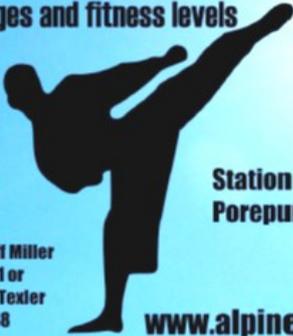
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