

16th November, 2018. Issue 15

Bright P-12 College Newsletter

HUME TABLE TENNIS



Hume Table Tennis

The start of this term saw two teams of Bright secondary students attend Hume Sport representing in Table Tennis. At the Wangaratta Table Tennis Centre, both boys teams, Year 8 and Year 10, fought hard in hot conditions to come away with

the second place pennant. The rallies were often long and tiring with the boys being often evenly matched against other teams from the region. A great effort from our two teams.

(Photo of Yr 10 Team Page 6).

Yr 8 Table Tennis Team— L-R Joe G., Kai S., Cooper T. & Will R.

Years 3 & 4 Bike Ride to Porepunkah



Last Thursday our Year 3/4 students cycled their way along the Rail Trail to Porepunkah as part of their Bike Education program.

We would like to thank Erin Nightingale, Bec Feltrin, Helena O'Grady, Trav Johnston, Mel Dalbosco, Adrian Ciolli and Simone Dole for their assistance supervising the group and cooking the BBQ! *(More photos on page 5).*

COLLEGE CALENDAR

NOVEMBER

Wed 14 Nov-Fri 16 Nov—Yrs 5/6 Canberra Camp.

Thu 15 Nov - Fri 16 Nov—Year 10 Great Outdoors 2 day Alpine Hike.

Thu 15 Nov - Prep-Yr 4 Music Soiree at Bright Art Gallery. 6.30pm-7.30pm.

Mon 19 Nov—Tues 27 Nov—Gamagori Japan Cultural Exchange Program.

Mon 19 Nov— Wed 21 Nov—P-12 Art Exhibition at Bright Art Gallery.

Mon 19 Nov—Fri 23 Nov—Years 10 & 11 Exam Week.

Mon 19 Nov—Wed 21 Nov—VCE Exams.

Wed 21 Nov—Year 5-12 Music Soiree At Bright Art Gallery. 6.30-7.30pm.

Thu 22 Nov—Fri 23 Nov—Year 3/4 Melbourne Camp.

Thu 22 Nov - Year 9 Career Big Day In.

Mon 26 Nov— Fri 30 Nov—Headstart Year 11 & 12 for 2019.

Tue 27 Nov—Prep & Yr 7 Transition Day 1 for 2019.

FRI 30 Nov—REPORT WRITING DAY (STUDENT FREE DAY)



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Principal's Report

Art Exhibition and Music performances

This week I attended the annual Bright P-12 College Art Exhibition opening night. Wow!!!!!!

I was extremely impressed with the standard of the artwork Prep to Year 12 and the skill and mastery of many different mediums and ideas by the students. When viewing the artwork, I was reminded of the formula for success:

Achievement = (Effort x Time) x resilience

The formula is simple but effective and evident in the standard and competence of the work on display. It is surprising how great we can be if we put in the effort and the time for the given task. This is true of everything we do – sporting, academic, artistic etc. Of course, the time and effort needed to achieve is less if

we are working within an area of strength for us, but we cannot always be working in an area of strength and then our resilience to failure also comes into play.

Congratulations to everyone involved; students, teachers, parents and community.

I would like to thank them and their supportive parents who could make it for attending on the day and representing the College with pride.



Remembrance Day

On Sunday 11th November **Ryan Alexander, Junior College Captain, Alison Ciolli Deputy Junior College Captain, Callan Mantyvirta & Teagan Atherstone Senior College Captains and Ed Guiney-White & Rhys Winiata** attended the RSL service and laid a wreath on behalf of the community of Bright P-12 College. It was a moving and memorable ceremony to mark 100 years since the guns fell silent on the 1st World War.



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

The P-12 Art Exhibition is opening this week and it is a wonderful display of all our student and teachers hard work. There are some excellent pieces to explore in the collection. A huge thank you to JanMaree Duguid, Sue Kovacs, Glenn Jackson, Kerry Mapley and Tim Webber who put in tireless hours putting the exhibition together. Also, I would like to thank the Arts/ Technology teachers who have worked with the students to achieve such wonderful results. I look forward to attending the opening.

3 C's CyberSAfety Talk - Alannah and Madeline Foundation

The Year 5 and 6 students attended a cyber-safety talk today. This was a general cyber safety session. It provided students with an overview of the key cyber safety topics and protective factors. The 3 Cs, Contact, Conduct and Content, ensure consistent approaches to keeping safe online.

Students should now understand that the internet is a great place where we can do wonderful things, but like everywhere in life, following some rules can help us keep safe. They have learned to recognise the importance of being kind online and thinking before we post. And finally, they learned to develop critical reasoning skills around what is safe to share and with whom.

Year 3 and 4 Shire Visit

The Year 3 and 4 students walked down to the Shire Offices and learned about our local government system. I received such wonderful feedback from the Shire about the

attentiveness and positive behaviour our students displayed. Students also learned a lot. Please check out the photos on the door of the 1876 building.

Family Violence

Alpine Health in partnership with Alpine Shire are raising awareness of Family Violence. From 25 November, the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day, the 16 Days of Activism against Gender-Based Violence Campaign is a time to galvanize action to end violence against women and girls around the world. Below is a snippet from an article that we have received from Alpine Health.

In 2016, respectful relationships education became a core component of the Victorian Curriculum from Foundation to Year 12, and is being taught in all government and Catholic schools and many independent schools. The main drivers of family violence are gender inequality, discrimination and marginalization.

That means things like sexist jokes, racist comments, homophobic attitudes, discrimination and financially controlling another person all contribute towards a culture where family violence can happen.

The 16 days of activism campaign runs from 25 November until 10 December. During that time we have an opportunity to discuss, explore and review our attitudes and behaviours and share those with the digital world.

Sometimes changing the way we speak about things can have a profound effect on behaviours that lead to violence. #OrangeCard is also an opportunity to flip the script in terms of how we talk to and about each other, so we can flag harmful language and behaviours that lead to violence, and encourage respectful ones.

Bright P12 College is committed to prevention and are implementing the respectful Relationships curriculum Prep to 10 and the Resilience Project for Prep to Year 6 students.

Tuesday the 27th of November will see the beginning of Transition Days for 2018. We will welcome Preps into our College community. If you have any questions regarding transition please contact Kelli Jacobsen or Jayne Forbes. Transition will be held over 3 days this year.

If for any reason your child needs to leave the College through out the day for an appointment or family event they will require a hand-written note by a parent. Students then need to have this note signed by a Year Level Coordinator in Secondary, their classroom teacher in Primary or myself prior to wanting to sign out. Alternatively you can contact the Office.

Bikes and Scooters in the yard

I would like to remind all our families that bikes and scooters are not to be ridden in the school grounds at all for safety reasons. Also, please be reminded that bikes and scooters should NOT be left in the bike shed overnight.

I often find myself reflecting on our school and I am always proud to say that I work at Bright P12 College. We have an amazing school, with dedicated and committed staff, parents and students. A reflection on our school is the way in which we present ourselves publicly. We are always working with our students to have them in full uniform. It would be appreciated if parents could continue to support us in this area. Obviously there are times where students can't be in full uniform and I ask that parents provide students with a note. Classroom teachers can then be informed and kept in the loop.

Kelli Jacobsen—P-6 Assistant Principal.

Years 3&4 Shire Visit

On Wednesday 31st of October the 3/4's There were six different groups that had to walked to the Bright Alpine Shire. Once we got there, eight people were selected to sit in the councilors' seats.

The students pretending to be counselors were Kayla, Luca, Isaac, Callum, Angus, Sophie A, Heidi and Jack. When everybody sat down the Mayor started to talk about what a counselor's job is and what the Shire does for the area. A few minutes later we had a vote on a for and against a homeless shelter, amusement park and a new stadium.

make arguments about why we should have this and why we shouldn't. We all needed to announce our arguments to the counselors who then voted on what should go ahead. Once we said goodbye and thank you we walked outside for our next part. We looked at a big red grass cutter and spoke to the operator about what his job involved. We said thank you to him and walked back to school for recess.

By Theo and Sophie 3/4 G.

(Photos of the visit are on Page 8).

REMINDER

FRIDAY 30TH
NOVEMBER

REPORT
WRITING DAY

STUDENT FREE
DAY



Assistant Principal's 7-12 Report

Developing friendship skills at school may help young people to navigate relationships throughout their lives.

Developing friendship skills

The shift from home, where they are valued and loved, to school, where not everyone gets along, is a challenge all children face.

Learning friendship skills is the basis of emotional intelligence. Emotional intelligence is highly predictive of success in work and relationships in adult life.

Ideally children use school as a way to broaden their relationships, and this sets them up for being able to work with and relate to a variety of people during their adult years.

It is a strong human desire to belong. Belonging protects us and lessens anxiety. Understandably some children think that 'if I can just replicate that close caring relationship I have with Mum or Dad with one or two close special friends at school, all will be fine'.

However, becoming reliant on only a few friends has its dangers. Most people connect and reconnect with friends as they move through their lives.

Learning to cope with the ebb and flow of human relationships while remaining true to yourself gives people confidence and courage. At times, we all need to have the confidence to endure setbacks in friendships and the courage to be ourselves.

How parents can help children develop friendship skills

Parents can:

Encourage friendships outside school.

Model having a range of friends and how to meet new people.

Increase social activities for the family with a range of people.

Keep in touch with extended family members.

Encourage the idea of being friends with an array of people rather than just being close to a few people.

Consider going through a list of your child's classmates with them and identifying the different types of friends. If someone is rejecting or ostracising them, you can explain

that there is no point trying to push friendship upon people who are rejecting it. Tell your child that sometimes you need to take a break—when you back off from people, they can move towards you. Try to help identify a few more people to play with and become better friends with.

Sometimes children are traumatised and find it hard to link up with new friends. They feel so emotional their thinking gets stuck. To change their actions, they need help from parents and teachers. This may include identifying who is good to play what with, how to diversify friendships, and help to depersonalise rejections.

Some children want to cling to the idea of having a 'special' or 'best' friend and while this can seem a lovely outcome, it can be a problem too. By narrowing friendships down to a select group of special people they often won't develop a range of friends or learn how to relate with different types of people. If their 'special friend' leaves that area, they will be devastated.

Scott Burton _ 7-12 Assistant Principal

Science Circus



Last Friday Questacon visited Bright P-12 College and our Prep to Year 6 students participated in and enjoyed watching a series of science experiments.

The P-2 unit explored Force, Sound and Bubbles. Jett Mathers was the star of our show as he became trapped in a bubble.



Years 3 & 4 Bike Ride



SECONDARY SPORT NEWS



Year 10 Table Tennis Team L-R; Rhiannon G., Oliver E., Liam M. & Inish G.

GYMNASTICS—

Earlier this term the Year 7 & 8 students completed a gymnastics unit. The year 7s focused on basic fundamental skills such as rolls, handstands, cartwheels and jumps and landings using the mini tramp. Their 5 week unit culminated with them putting on a small group routine which incorporated all these basic elements. The Year 8s took a slightly different approach with them building on the fundamentals learnt the

previous year. This included them using the mini-tramp and uneven bars as well as floor mats and shapes. Their unit finished with a run through the Bright Ninja Warrior course which included obstacles such as the Quick-Steps, Up-and-Over, Twin Peaks, Leap-of-Faith, Rock-n-Roller, Tunnel-of-Love and the Leap-Froggers.

Congratulations to the winners Austen Hargreaves (29.87s) and Leah Grant (45.19s)

Secondary Athletics – State Representation

Very early this term we had three secondary students qualify for the SSV State Championships at Olympic Park Melbourne. Unfortunately Devon Turner was unable to compete due to illness however his peers did represent the college and the region admirably. Congratulations to Devon for qualifying and also to Rune Follett and Allison Williams for their outstanding efforts on the day (see results below);

Rune Follett

Triple Jump 4th place (11.46m)

Allison Williams

Long Jump 1st place 5.65m

High Jump 2nd place 1.60m

100m Hurdles 2nd place 15.77

100m sprint 2nd place 13.25s



CAREERS UPDATE

Careers Update -

Firstly, congratulations to Maddison Dodd for securing herself a work experience placement for 2019 at Melbourne Zoo. Maddy worked hard and put in a very strong application to win one of the very sought-after positions.

Also, congratulations to Aidan Hoare who has been accepted into the Victoria Police Work Experience Program for 2019. Again, these are hard to secure placements with students all over Victoria competing for a very limited number of spots. Aidan is away at the Leadership Camp in Marlo but was very excited to hear of his success.

In both these programs, students must apply a year in advance and seek school endorsement prior to submitting their application. Only one student from a school is allowed to apply each year.

Next week is going to be a very busy week for career activities. On Tuesday,

we have a Year 9-11 career planning day in which students will look at their future pathways, investigate career options and update their annual career action plan. On Thursday is the annual Year 9 Career Big Day In. Students will be involved in a whole day event. They will hear from community members and past students about their pathways since leaving school to demonstrate that no one follows a straight line and opportunities open up along the way. Students will be interviewed for a job they are currently apply for in their English class and have the opportunity to plan their work experience options for 2019. In addition, each student will select and visit a business in Bright to hear about the breadth of skills and activities involved in running a business. Students will have the opportunity to go on-site and ask the business owners about their businesses, the challenges, partnerships developed, their future plans and how they started out.

The idea is to demonstrate how many skill sets and professions one business is involved with. Bright has so many people willing to share their experiences, skills and knowledge to help our students with their future pathway decisions.

I would also like to put a call out to any business willing to give our students an opportunity at a work placement with your business/organisation. It is one of the most valuable experience we can offer our students but it is often difficult to secure placements especially for students wishing to work in the trades areas. If you feel you can help out or wish to have further information, please ring me on 0455 203 803. Thank you.

Chris Blazek
Career Adviser
Bright P-12 College

PEER TEACHING

Throughout Term 3 and also into Term 4 the Year 9 Physical Education class completed a peer teaching unit whereby all students were responsible for teaching a chosen sport to their peers. The students worked in pairs to plan and deliver their sport unit. The unit is designed to develop organisational, planning and management skills in a practical setting and also give the students some ownership of their learning. Mr Pywell said 'My class has probably been the best and most organised class I have had for several years now and is a testament to how well the students get on with and respect each other. With weekly critique on each delivery, every new

pair continued to learn from the errors of their peers and improve each week to produce some outstanding classes". A good variety of sports were covered in the unit including AFL, Gaelic Football, Ultimate Frisbee, Indoor Hockey, Dodgeball, Volleyball, Cricket, Netball and Basketball.



Years 3 & 4 Visit to Alpine Shire



Music News

Term 4 Soirees THE NEXT TWO WEEKS!!

The Term 4 Soirees will be taking place this week and next week.

They will both be taking place at the Art Gallery starting at 6.30pm, coinciding with the Bright P-12 College Art Exhibition. There will be a P-4 Soiree on Thursday the 15th of November and a 5-12 Soiree on Wednesday the 21st of November.

At each Soiree I would ask that each student limit themselves to one piece of music.

Students need to wear neat casual clothing to this Soiree.

I look forward to seeing you at these events over the next couple of weeks.

Fireworks Musicians

A number of students performed recently at the annual Bright Fireworks. We had the P-2 Choir, 3-6 Choir, 2 Ukulele Groups and Tom Russel performing on the piano.

Congratulations to all the students involved and thank you to everyone who came along to support the event.

Primary Ukulele Lessons

Would you like your child to learn to play the Ukulele and be involved in a musical ensemble?

I have two Ukulele groups running, one on Tuesday morning at 8.15am and one on Thursday morning at 8.15am.

These lessons are FREE? Please contact Mr Campbell if your child would be interested in these lessons.

These lessons are best suited to younger primary students from year 1-5.



Health Corner with Adolescent Health Nurse Rosemary Bunge

Breakfast don't forget to come and join us for breakfast each Thursday morning. Breakfast will continue until the second last week of term so that is December 13th. Come along and get a great happy start to the day.

Hawthorn Village visits unfortunately we have not been able to visit much this term due to the Village not receiving visitors for a period of time. But we are back on track having a lovely time last week playing carpet bowls. Visits will continue next year and I encourage current year 8 students to consider taking part in this community service next year.

Sunsmart don't forget that during Term 4 and Term 1 as part of our commitment to being Sunsmart everyone needs to wear a hat when outside. Also we encourage the use of sunscreen when outside for prolonged periods.

Hydration with the weather warming up again it is very important we make sure to stay well hydrated. This helps us to concentrate better and reduces the risks of headache and feeling sluggish. Remember to bring your water bottle and sip frequently during the day.

Stress if you are feeling stressed out at the end of the year with trying to get work completed or doing exams don't forget to use some mindfulness activities, check-out helpful websites like www.youthbeyondblue.com and <https://headspace.org.au/> or come and visit your school nurse.

Quote for the week: Care is an absolute, prevention is the ideal.

Are you due for your next breast screen? Take our bus from Bright and Myrtleford to Wangaratta for your appointment

Book in at Alpine Health
for bus going to
Wangaratta Breastscreen
Tues 27th November 2018
afternoon
Ph Erin 0400 685 701 or
Emma: 0417549064



- Regular screening mammograms are the best way to find breast cancer early, before any symptoms are noticed and when treatment is likely to be most successful
- 75% of women diagnosed with breast cancer are over 50
- No doctor's referral required...and we are free
- Women aged 40 and over are eligible for free screening mammograms with BreastScreen Victoria every two years.



Community & College Notices



Summer Camp – 2019



Lions Licola Wilderness Village – provides a challenging and enjoyable camp experience (6 days in early January 2019) for children aged between 8 – 11 years old who are able to participate in group instruction, and live in a community setting.

The well-trained, enthusiastic and imaginative staff provide a safe and closely supervised environment, based on the principles of respect, responsibility, care and honesty. The aim is to challenge participants, and encourage them to exceed their own expectations by organising and conducting safe and rewarding activities (including the giant swing, flying fox, canoes, high/low ropes, arts n' crafts, mini golf, swimming pool, outdoor/indoor games, archery, trampolines, raft building, abseiling, camp fire gatherings and the camp concert. Camp focus is on promoting a feeling of self-worth, and encouraging participants to rise to their full potential.

The supervision ratio is 1:6, and the **Child Protection Policy** is available on the Licola Village website (or on request).

Children from families experiencing financial limitations may **apply**, and the Lions Club of Bright will consider applications received prior to November 19th 2018 on a first come/first serve basis – please contact local Lions Club Member Jenni Sgambelloni (jennisam@hotmail.com) for further information on how to apply.



Community & College Notices



ALPINE HEARING CHECKS

Free hearing checks now available for all school age students in our local area.

This service is provided by Alpine Hearing in both Myrtleford and Bright. If you have concerns regarding your child's hearing contact Alpine Hearing on 03 5243 1019.

Are you due for your next breast screen? Take our bus from Bright and Myrtleford to Wangaratta for your appointment

Book in at Alpine Health for bus going to Wangaratta Breastscreen
 Tues 27th November 2018
afternoon
 Ph Erin 0400 685 701 or
 Emma: 0417549064



- Regular screening mammograms are the best way to find breast cancer early, before any symptoms are noticed and when treatment is likely to be most successful
- 75% of women diagnosed with breast cancer are over 50
- No doctor's referral required...and we are free
- Women aged 40 and over are eligible for free screening mammograms with BreastScreen Victoria every two years



Freestyle Alpine Dance offers classes in all dance styles suitable for all ages and abilities in a fun and welcoming environment. Come along and try a class for FREE!

Bright classes are held at our studio at 5 Elm Court, Bright.

Phone Kerrie on 0488273958

Visit [-www.freestylealpinedance.net](http://www.freestylealpinedance.net) for timetable and class information.

BRIGHT FREEBURGH

—Caravan Park—



CARAVANPARKBRIGHT.COM.AU



College Library Needs Your Help!

The Library needs assistance

to cover the new secondary textbooks needed for next years classes.

Contact Vicki at the library to arrange a time if you are able to help out.

Thank you.

ALPINE LIONS FFC Youth Girls & Women's



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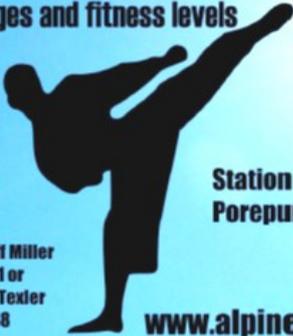
Meet the Coaches 11am Sunday 25th November

Pre Season Training Commences
 6pm Wednesdays 5th, 12th, 19th December
 Whorouly Recreation Reserve, and
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