

# Bright P-12 College Newsletter

24th February, 2017. Issue No. 2

## SECONDARY HOUSE SWIMMING CARNIVAL



### College Calendar

#### FEBRUARY

FRI 24 FEB - Year 11 Conference Day at Wandi

**TUES 28 FEB - SCHOOL PHOTOS**

#### MARCH

WED 01 MAR - Secondary O&M Swimming

WED 01 MAR—FRI 03 MAR—Yr 11 Bushwalk.

THURS 02 MAR - Primary O&M Swimming in Wangaratta.

WED 08 MAR - Primary Hume Swimming at Shepparton.

WED 08 MAR—THUR 09 MAR—Yr 9 Great Outdoors Kayaking Trip.

TUES 14 MAR— FRI 17 MAR—Year 7 Camp Coolamatong

“ “ - Year 8 Bogong Camp

WED 15 MAR - New Ideas Expo Year 9  
Primary N.E. Water visit.

THUR 16 MAR - Primary N.E. Water visit

TUES 21 MAR - Hume Secondary Swimming at Wodonga.

WED 22 MAR - Yr 9 Great Outdoors Mt Buffalo Day .

Last Thursday saw the entire secondary school shut down and move to Myrtleford pool for the Annual Secondary House Swimming Carnival. 153 students across years 7-12 enjoyed a hot and sunny day at the pool with many competitors setting blistering times in the pool. Competition remained fierce throughout the day with Kiewa and Buckland soon taking the edge over Ovens in vying for top spot. This was ultimately decided by involvement in the relays including the staff student races at the end of the day. These last two races were hotly contested with the senior students from Kiewa girls and Ovens boys just edging out the teachers. Ultimately Kiewa broke away from its rivals to secure a 230 point lead.

As always, this event could not have happened without the support of all our dedicated staff, with special thanks going to Doddsy for volunteering his time as official starter.

From this event, numerous students have qualified for O&M interschool swimming. A list of these students can be found on Compass or on the Secondary Sport Noticeboard in the stadium. Qualifying students wishing to attend O&M need return their permission forms by Fri 24/2/17.

**Matt Pywell**  
Year 8 Coordinator &  
Head of HPE faculty



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## Principal's Report

We are now well and truly into the new school year as we head towards March and the indicators are it is going to be a great year at Bright P-12 College.

We have around 30 more students this year than last with total P-12 numbers of around 466 at this point. In primary we have 240 students and in secondary 226 students. The increasing numbers are an indicator that Bright P-12 College has a good reputation in the community and is seen as the school to send your children to from prep to year 12.

We at Bright P-12 College view our role, as the only school in the township of Bright, with resolution, determination and joy and have a strong understanding of the depth of responsibility we owe to the community. Education of the youth of Bright

and surrounding districts is our purpose. It is the reason we exist. Our goal is to provide a stimulating learning environment that enables every student to build skills and pursue opportunities to best prepare them for their individual life journeys. We strive to nurture the health and wellbeing of each student and staff member while fostering creativity, inspiring growth and building character. We will know we have achieved our goal when the Bright Community treasure Bright P-12 College, as described to me by parents last week.

The year has not started without its bumps and roadblocks and I thank students, parents and staff who have been caught up in those situations for your patience and perseverance. Working together is the only way to move past these blocks to find a solution. All schools and organisations have situations out of their control and outside their planning. We are not alone, but what I have seen which has given me a sense of the strength of our

relationship is a willingness from parents, students and staff to meet with me to discuss a solution and to move forward together. Sometimes the solution is not ideal but together we can make sure it works in the best interests of the students concerned.

This year we have revised the organisational structure of Bright P-12 College.

Middle management has been included in the structure with the re-establishment of Leaders. The leaders all have significant portfolios which align to our Strategic Plan 2017-20 goals. The leaders for 2017 are: **Wellbeing P-12 Mark Betheras, Early Years P-2 Georgie Matters, Curriculum P-10 Jenny Young, Senior Years VCE/VCAL/VET Justin Power and Business & Facilities Fiona Hurst.**

(An organisational diagram of the leadership structure of Bright P-12 College is included in this newsletter).

The inclusion of Leaders has allowed Kelli and myself to take

on teaching roles. Kelli is working every Monday in 1/2N and I am giving APT time over the week to Daniel Saville 3/4S, Julie Van der Stelt 3/4V and Katie Ferrito 5/6F. I strongly believe the principal and assistant principal need to be involved in the core business of the college – teaching and learning. This helps to strengthen the teaching and learning fabric of the college by incorporating senior leadership into the weave.

The revised organisational structure of Bright P-12 College has also looked at our team structure and streamlined the two main teams of Teaching & Learning and Student Management & Student Wellbeing. (An organisational diagram of the responsibility structure of Bright P-12 College is included in this newsletter).

Any feedback on the revised organisational structure is very welcome and can be emailed to me at

[olley.jean.m@edumail.vic.gov.au](mailto:olley.jean.m@edumail.vic.gov.au) or in person.



## Assistant Principal's Report

### School Photos

We have been lucky enough to engage Arthur Reed again for school photos and also get a Term 1 date. Please make sure you have received a photo order slip from your child as photos are occurring on Tuesday the 28<sup>th</sup> Feb. If you require a new order form they can be collected from the office.

### SCREEN TIME

In regards to student's screen time there was an article called "Teens' sleep affected by use of mobile phones and computers, study finds" back in Feb 2015. There has been a lot of research completed about the impacts of screen time. The results were

amazing; one such fact determined by the research states: "Those with screen time of more than four hours per day were three-and-a-half times likelier to sleep fewer than five hours at night, the probe found." When we consider most students should be getting at least 8 to 10 hours sleep a night, that is a massive difference with serious consequences. I strongly encourage all members of our community to read to this article. You can find it here <http://www.abc.net.au/news/2015-02-03/doctors-confirm-screen-time-affects-teens-sleep/6066078>

### The Rights of the Child

As part of our school's implementation of the new Child Safe Policies and Procedures we want to encourage all families and students to view the United Nations Convention on The Rights of The Child document that can be found at <https://www.unicef.org.au/Upload/UNICEF/Media/Our%20work/>

[childfriendlycrc.pdf](#).

### Uniform Issues

A reminder that the uniform shop has received new stock. Boys need to be reminded that the **grey 720 shorts** are available and for the **girls the blue tailored shorts** are also available. Currently we have some students wearing the incorrect shorts to school on a regular basis. If there is an issue with a particular student or uniform item I would encourage you to give me a call. All students who are out of school uniform require a note from their parents explaining the reason for incorrect uniform.

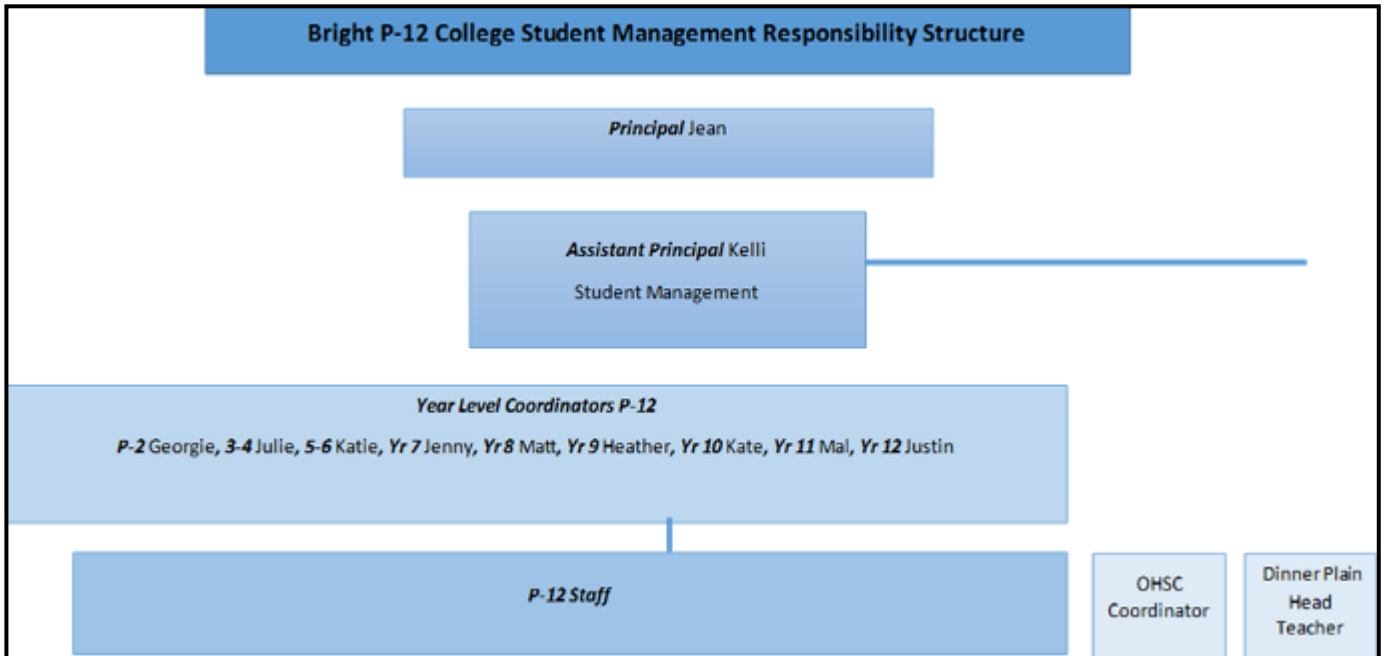
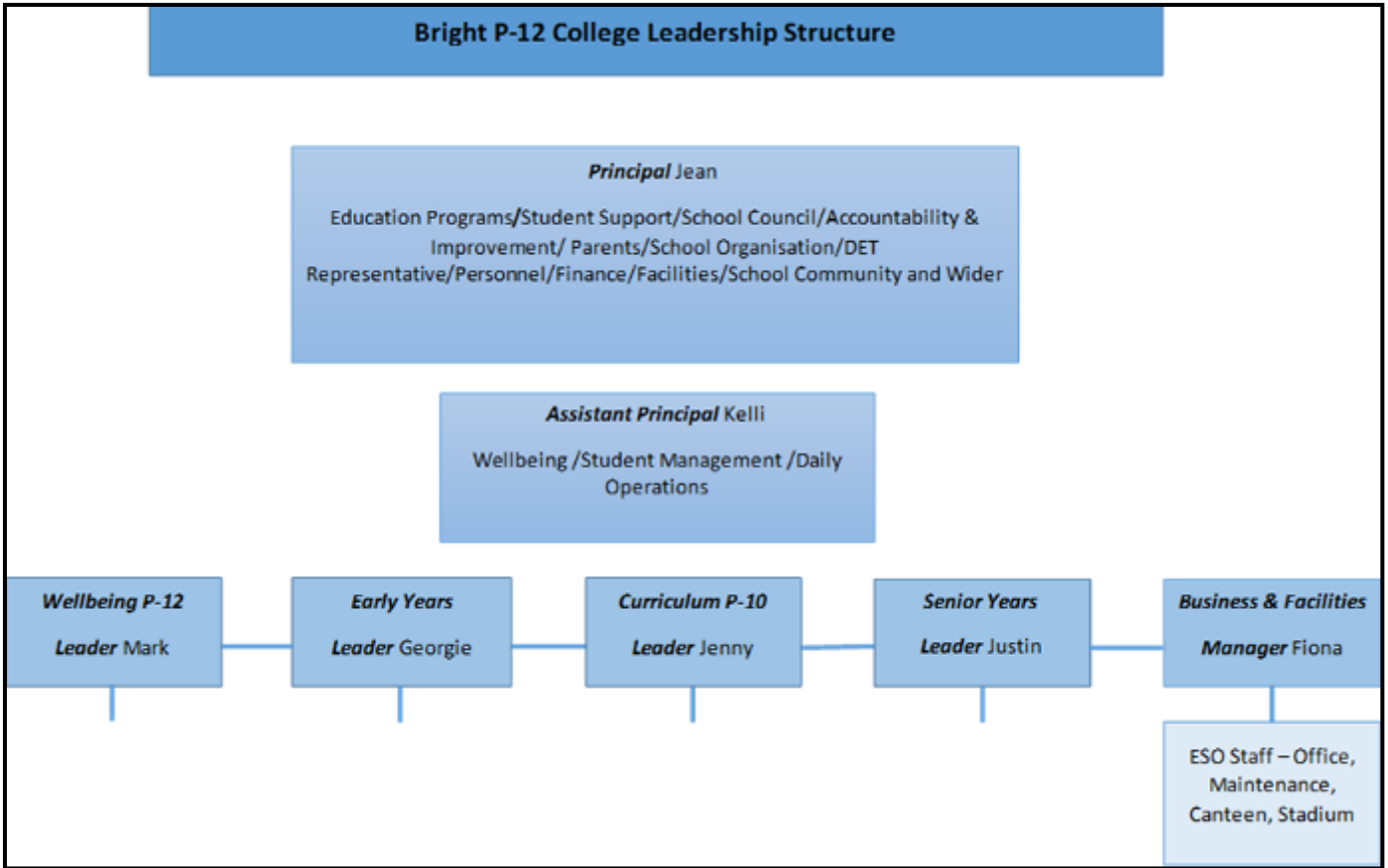
### Communities That Care Alpine

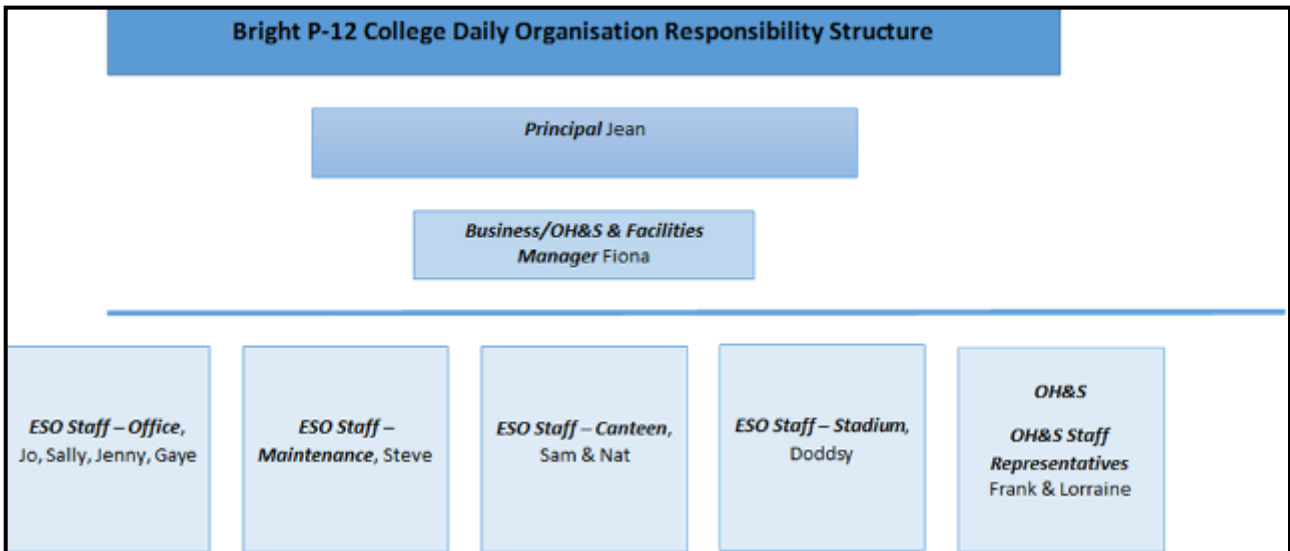
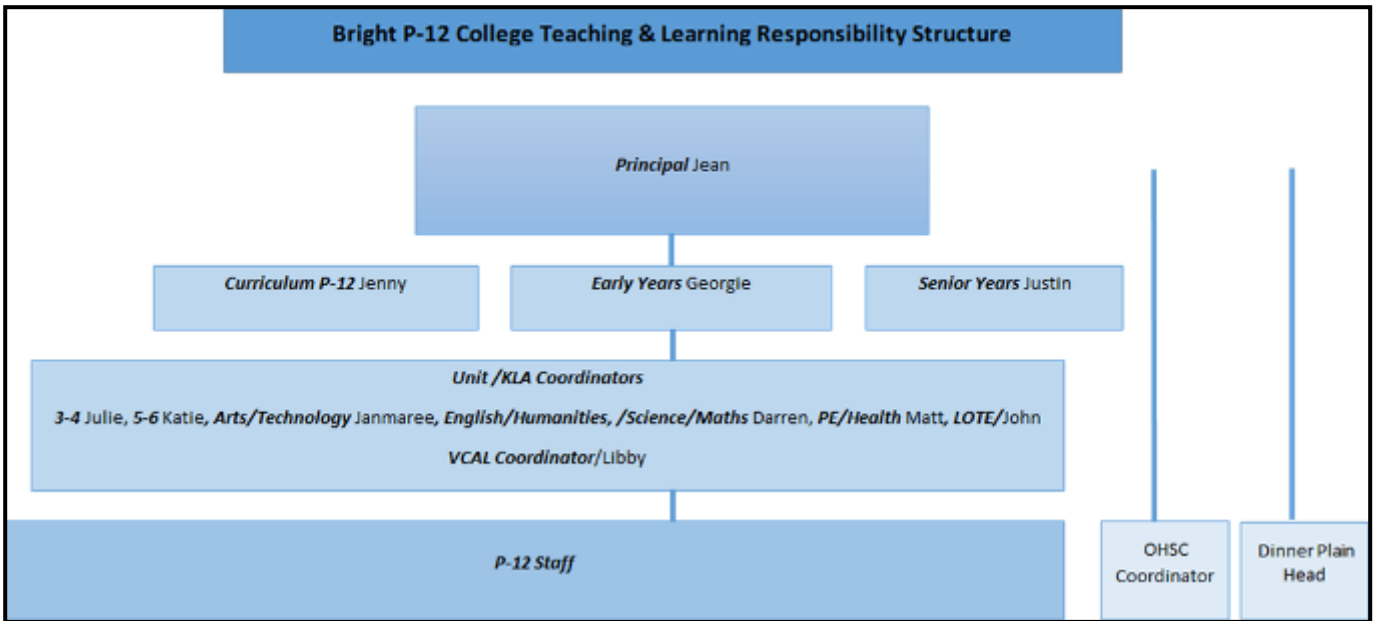
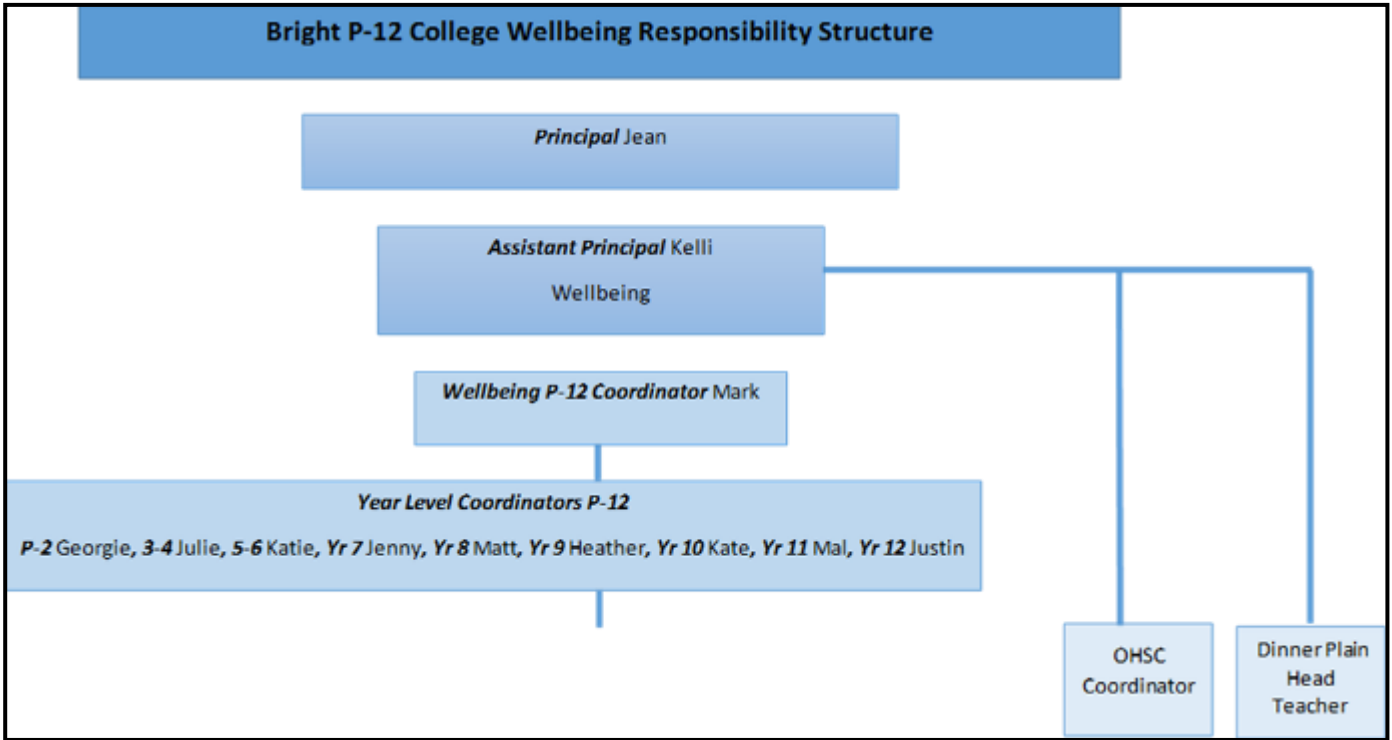
Communities That Care (CTC) is an evidence-based, community-change process for reducing youth problem behaviours, these are categorised into risk factors and protective factors.

The CTC approach applies the most up-to-date knowledge and research to foster healthy behaviour and social commitment among children and youth.

Bright P-12 College is on the Community Board of CTCA. This initiative brings together many organisations with a joint focus of improving our communities. Obviously schools play a major role in child and adolescent health and wellbeing. Particularly in the area of commitment to school and enhancing the mental health of our youth. CTCA will continue to work through the different phases of program and you can read more about the CTC organisation at <http://www.communitiesthatcare.org.au/>.

*Kelli Jacobsen—  
Assistant Principal.*





# Japanese 'Setusbun Festival'



In Japan 'Setusbun festival' is celebrated on February 3rd, marking the end of long, cold winter. We try to get rid of bad influences which build up in the house during the winter and then invite good fortune inside. We say, "Oni wa soto! Fuku wa uchi!" (Evil outside! Happiness inside!) as we throw beans at Oni, the evil spirit. Years 1 and 2 students enjoyed making Oni masks and throwing beans at Oni in the yard!



## MUSIC NEWS

### New Instrumental Students 2017

Here at Bright P-12 College students have the chance to play a large variety of musical instruments across all year levels. These instruments include the Piano, Drums, Guitar, Bass Guitar, Voice, Flute, Ukulele, Alto Saxophone, Tenor Saxophone, Trumpet, Tuba and Euphonium. The ideal age for a student to start playing an instrument would be from year 3 -4 and up. Some instruments, such as the Piano, Drums or Ukulele, could be started by students in years P-2. The cost of Instrumental lessons varies, and is free in some cases for certain students and for some instruments. Please see Mr. Campbell if you have any questions. Over the next couple of weeks I will be talking to the instrumental teachers about prospective new students and they will liaise with parents to talk about fees, lessons times, requirements etc. It is never too late for you to get your child to start learning an instrument so please come and see me if you are interested.

### P-2 Choir 2017

This year I will be running the P-2 Choir on Friday at lunchtime. Any student in Prep to year 2 who wishes to

participate is welcome. It is important that once the students make the commitment to join the Choir that they come regularly to rehearsals. Please discuss this with your child if they are interested.

### Senior Choir 2017

The Senior Choir for this year will be running on Tuesday at the start of lunchtime. Any student from year 3 above is welcome to attend this.

### Regional Music Camp

Later this term there will be a Music Camp for any interested students. This camp is going to be run by the North East Victorian Regional Music Co-coordinators. This camp will be happening from the 28<sup>th</sup> until the 30<sup>th</sup> of March. This camp will be happening at Beechworth and parents/guardians will need to transport their child to and from the camp. Registrations are now open so please see Mr. Campbell if you are interested.

# SECONDARY HOUSE SWIMMING SPORT PHOTOS



# SECONDARY HOUSE SWIMMING SPORT PHOTOS



## HEALTH CORNER WITH ADOLESCENT HEALTH NURSE—ROSEMARY BUNGE

### Year 12 camp

I attended the camp at Harrierville with the year 12 students. It was a great time of sharing and giving information that will help them in their senior year's journey. I was given the task of presenting some information about stress and anxiety, how to cope and supports available.

We did a fun activity looking at the causes of stress/anxiety, what it looks like, how it feels and the best ways to reduce or release stress.

I then guided the students on a deep muscle relaxation session which they all seemed to enjoy and find helpful.

The information I gave them came predominantly from youthbeyondblue website and I gave them the details of this site and others, like headspace, as well as the local medical centre contact details.

### What we know

We all feel anxious sometimes – it might be about exam results, a job interview or even who will win the final of a sports match. This anxiety is a normal part of life and in fact is necessary to help us avoid danger or to perform at our best. For some people, the feelings of anxiety can be much more extreme. This anxiety is more than feeling stressed – it's a serious condition that makes day-to-day life difficult. If this happens, we need help to cope.

#### 1. Why we worry

Stress is a normal reaction to situations where we feel under pressure – it's part of our natural survival instinct. When we feel threatened, our body automatically channels energy to help us escape the danger. The chemicals released by our brain can make us feel nervous and they can also make it hard to think clearly.

#### 2. Our response

Think about how you feel when you're stressed or scared. Your heart starts racing, your breathing gets faster and you feel really alert. Most of the time, these feelings go away once the stressful situation is over. Sometimes big events in our lives can also cause us to worry and feel uncertain about the future.

#### 3. Anxiety

For some people, anxious feelings can happen for no apparent reason or won't go away, even after the stressful situation has passed. Anxiety can make it hard for a person to cope with

daily life. They might find it difficult to get the feelings of worry under control, which can be a very scary and upsetting experience. Some people have panic attacks or intense fear about things in their everyday life. This makes day to day living difficult so we need help.

**There are lots of things that we can do to help ourselves cope better but sometimes we also need help from other people.**

#### Support from family and friends

Our friends and family accepting us for who we are can help protect our mental health, especially during times that can be stressful.

#### Talking with family and friends

Sometimes it can be hard to talk about how you are feeling with your parents or close friends. You might think "What will they say?" "How will they understand?" But the truth is they want the best for you. They do not want to see you hurting.

Parents and friends will react in different ways. Some may be supportive and caring, while others might have trouble understanding your experiences. It can be surprising to see how helpful people can be when you let them know what's going on. Others might feel frustrated because they don't know how to help or because they feel disappointed that they had not seen how unhappy or anxious you were.

If their reaction is because they don't know much about anxiety or depression then you may be able to learn about it together. Talking about what is going on can really help.

#### How can you find a health professional?

Health professionals can be accessed through:

your local doctor

community health centre

public mental health service

[headspace](#) centres

School wellbeing team

#### Some on line and phone supports

Online chat beyond blue chat online(3pm - 12am)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Phone 1300 22 4636(24 hours) youthbeyondblue

Headspace [www.eheadspace.org.au](http://www.eheadspace.org.au)

Phone 1800 650 890 headspace

*Quote for the week: 'If you stumble make it part of the dance'*

## Accident / Ambulance & Personal Property Insurance

Please note the Department of Education & Training does not provide personal accident insurance or ambulance cover for students.

Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of all medical treatment for injured students, including the cost of ambulance attendance / transport and any other transport costs.

Private property brought to school by students, staff or

visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, computers, toys, sporting equipment and cars parked on school premises. As the Department does not hold insurance for personal property brought to schools, it has no capacity to pay for any loss or damage to such property.



## BRIGHT P-12 COLLEGE LEADERS FOR 2017



### SECONDARY COLLEGE CAPTAINS

Senior College Captains—  
Matthew Shem & Caitlin Smith.

Senior College Deputy Captains—  
Leo Morris & Clara Williams.

### SECONDARY KIEWA HOUSE CAPTAINS

Captains—  
Callan Mantyvirta & Claire Kinder.

Vice Captains—  
Rory Smiles & Grace Taberner.

Junior Vice Captains—  
Austen Hargreaves & Nicola Smith.



### SECONDARY BUCKLAND HOUSE CAPTAINS

Captains—  
Harrison Neville & Meg Berlowitz.

Vice Captains—  
Mitch Leist & Teagan Atherstone.

Junior Vice Captains—  
Jake Grayson & Lauren Bartlett.

## BRIGHT P-12 COLLEGE LEADERS FOR 2017

### SECONDARY OVENS HOUSE CAPTAINS

Captains—Morgan Manning & Brynn Wickes (both absent)

Vice Captains—Dylan Sgambelloni & Chloe Brain.

Junior Vice Captains—  
Cooper Thomason & Tahlia Brain.



### SENIOR SRC REPRESENTATIVES

Nathaniel West, Jack Banks,  
Kaleb Hoare, Caleb West & Sam  
Mapley.

### SENIOR SRC REPRESENTATIVES

Alex Campbell & Indee Williams.

**SRC Treasurer**—Shelby Palm.

Shanika Hawthorne & Jaslyn Brandon.



## BRIGHT P-12 COLLEGE LEADERS FOR 2017



Primary Kiewa Captains—Amali Hika & Harry Hewitt.  
Vice Captains—Chloe Pasquinelli & Callum Smith.



Primary Buckland Captains— Olivia Paul & Luke Nannipieri.  
Vice Captains—Emma Redden & Saxon Rosser.



Primary Ovens Captains—Erin Forbes & Rhye McCormack.  
Vice Captains—Ava McKee & Seth Mallett.



**JUNIOR SRC** . SRC President—Mason Cracknall. SRC Vice President - Zac Crawley (absent). SRC Secretary—James Grant.  
SRC Treasurer - Lara Lock.

### JUNIOR SRC CLASS REPRESENTATIVES

1/2M: Harriet Herman & Leonard Ciolli.

P/1P: Bridget Saunier & Patrick Day.

1/2N: Zoe McDonald & Luke Carey.

1/2J: Sharnaea Hall-Bidois & Audie Whyte.

Prep F: Stella Tracy & Robert Gallagher. (Absent)



## BRIGHT P-12 COLLEGE LEADERS FOR 2017

### JUNIOR COLLEGE CAPTAINS

Nicholas Paternotte & Zoe Ditcham.

### DEPUTY JUNIOR COLLEGE CAPTAINS—

Jonah McIntosh & Tayla Baldock (absent)



**Junior SRC Class Representatives:** 3/4F- Lily Grasser & Jackson Hewitt. 3/4V- Freya Whyte & Nikolai Nannipieri. 3/4S- Holly Harrison & Lachie Rosser. 5/6F- Eliza Murrells & James Grant. 5/6O- Lara Lock & Zac Crawley (abs). 5/6R - Carys Gallagher & Mason Cracknall.

### BUS CAPTAINS

**Buckland**—Harry Jamieson

**Harrietville**—Arianna Follett & Sophie Morris

**Ovens**— Brooklyn Walsh & Matilda Manning

**Wandiligong**— Elly Jenkins & Lara Barker

### SPORT LEADERS

Rhys Winiata

Darcy Chellew

Teagan Atherstone

Callan Mantyvirta

# COMMUNITY & SCHOOL NOTICES

## COME & Try DAY



Alpine Motorcycle Club

Date: Saturday, February 25 | Start time: 9am

Contact: Chris - 0427 271 413

No Charge for Entry

Address: Morrison's Lane, Myrtleford

Required: Bike, all safety gear, lunch

First-time participants will receive a FREE

12 month Recreational Licence!

Website: [www.dmcc.com](http://www.dmcc.com)



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Angela Barnes— 0412 729 399

## CANTEEN NEWS

**We have gone Al Fresco!!**

The canteen has been lucky to have had donations of outdoor furniture, which we have set up in the canteen courtyard. Students can now relax and enjoy their food while surrounded by our flourishing vegetable garden. Sam & Nat.

## Bright P-12 College Uniform Survey

We want your opinion - take the Bright P-12 College Uniform Survey.

ALL families are asked to take 5 minutes to complete an online uniform survey as part of the uniform committee's review.

<https://www.surveymonkey.com/r/R57SRQP>

## BRIGHT JUNIOR FOOTBALL CLUB

**Its Almost Football Season & We Want You**

Bright Jnr Football Club invites you to the 2017 Registration night next Wednesday 1<sup>st</sup> of March at the clubrooms.

Free BBQ after training from 6:30 with eftpos available for payment on the night.

Pre-season is underway with the following times-

U12's & U14's 4:30 – 6pm

U16's & U18's 5:30- 7pm



A weekend camp for young people aged 15-25  
April 5-7, 2017  
Old Priory, Beechworth

[facebook.com/youthpolitics2017/](https://facebook.com/youthpolitics2017/)

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- How can you participate more and have a say?
- Meet other interested young people and discuss issues you care about
- Find out how and why people get into politics?



Cost: Only \$50 inc. accommodation & all meals! Transport available

Registrations now open. Limited places so book early

Book online at [www.youthpoliticscamp.strikingly.com](http://www.youthpoliticscamp.strikingly.com)

Contact your Council's Youth Development Team for more information



Ph: 09 5968 5400 Ph: 05 3722 0289 Ph: 02 4622 8506 Ph: 049 902 589 Ph: 03 4358 1150 Ph: 05 3959 8092 Ph: 03 5972 8209

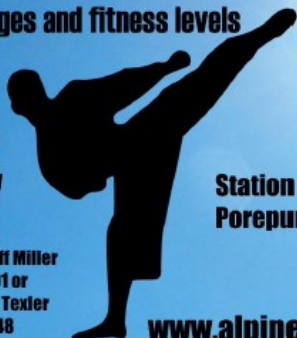
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F: 03 5755 2039      shop@dawsonsruralsupplies.com.au

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- Games room/trikes
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- Pet friendly\*
- Fishing and trail ride guide
- Guest laundry/Dump point
- BBQs/under cover lichen
- Gas refills/Kiosks/low
- Camp fires\*
- Bouncing cushion

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**CARAVANPARKBRIGHT.COM.AU**      P 03 5750 1306  
CABINS, CAMPING & CARAVAN PARK      E info@caravanparkbright.com.au

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Freeburgh Community Hall  
Adults & Kids classes

**MONDAYS** (Kids 5-5:45pm & Adults 5:45-6:45pm), **WEDNESDAY** (Adults 7-8:30pm)  
& **SATURDAYS** (Adults 9-10:30am)

*New students welcome, catering to all fitness levels*

Contact **Sensei Katrina Ciolli** on 0417 526549 for more information. Find us on facebook at ASSKAlpine and visit: [www.shotokan.com.au](http://www.shotokan.com.au) to read more about ASSK.

[www.mountainpilates.com.au](http://www.mountainpilates.com.au)

<b>MON</b>		9am – 10am Pilates	6.30 – 7.30pm Pilates	
<b>THUR</b>	6.30 – 7.20am Pilates Circuit	5.30 – 6.30pm Pilates	6.30 – 7.30pm Pilates	7.30 – 8.30pm Pilates Intermediate

Contact Anne on 0419 340 190

Craig Vine  
Tawonga 0427 722 287

- > Craig is the owner and a Cert IV (TLI41210) qualified driving Instructor
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- > Servicing the Kiewa and Upper Ovens valley and Wodonga.
- > 7 days by appointment. Incl out of school hrs and weekends

Facebook: [www.summitdrivertraining.com.au](http://www.summitdrivertraining.com.au)  
Email: @gmail.com