

18th May, 2017. Issue No. 6.

# Bright P-12 College Newsletter

## OZCLO LINGUISTICS COMPETITION

Three teams of students competed in the Ozclo Linguistics Competition. This is an international competition in which students use their knowledge of linguistics to solve problems in a range of languages. This year the languages included: Abkhaz, Choctaw (Native American), Māori and Warlpiri (Tanami Desert, NT). The Bright P-12 teams each received a Bronze certificate.

*Front Row: (Exchange student) Noemie G., Darcy C. & Rory M. Middle Row: Brittany F, Lily R. & Shae M. Back Row: Harry J., Callum G. & Austin W.*



## College Calendar

### MAY

MON 15 - FRI 18 - Primary Parent/Teacher Interviews  
TUES 23 - ICAS—Digital Technologies  
THUR 25 - Open Day  
FRI 26 - Sorry Day Assembly - 1.45pm  
TUES 30 - ICAS—Science

### JUNE

THUR 01 - Secondary O&M Cross Country  
FRI 02 - Year 7 immunisation Session No. 2  
FRI 02 - Yr 11 Outdoor Ed Navigation & Climbing  
Day Mt Pilot Chiltern

WED 07 - Year 12 Blood Bank visit—11.00am  
MON 12—FRI 16 - ICAS—Writing  
WED 14 - VCE GAT Exam  
WED 14 - ICAS—Spelling  
MON 19 - STUDENT FREE DAY  
TUES 20 - Years 5&6 “The Witches”.  
WED 21 - Hume Primary & Secondary Cross Country  
THUR 22 - Yr 9 Great Outdoors MTB 1/2 day Bright  
MON 26—FRI 30 - Year 11 Work Experience  
TUES 27 - Year 7 & 8 Interschool Sport  
THUR 29 - Year 9-12 Interschool Sport



Postal Address:  
P O Box 30  
Bright VIC 3741

Contact:  
Telephone 03 5755 1166  
Facsimile 03 5755 1770

College: [bright.p12@edumail.vic.gov.au](mailto:bright.p12@edumail.vic.gov.au)  
Editor: [newcomb.victoria.k@edumail.vic.gov.au](mailto:newcomb.victoria.k@edumail.vic.gov.au)  
Web: [www.brightp12.vic.edu.au](http://www.brightp12.vic.edu.au)

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## Principal's Report

### Gala Day

What a great day! The weather was fantastic and the atmosphere was friendly and joyous and we won the Best School Float. I would like to thank the organising committee: **Lisa Anders, Kirsty and Paul Garratt and Michelle Barrett** for their hard work over many months and initiative in taking on this project for the wider community of Bright P-12 College. I would also like to thank parents, students, grandparents and staff who helped out in any way for your support of the College. The Gala day parade presents the College with an activity that supports our purpose to foster creativity and connect with the community of Bright and surrounds and I believe the children and parents involved in this year's parade had every reason to feel connected to and proud of Bright P-12 College.

### Information Evenings

In the coming weeks we have a number of Year Level information evenings with the first being the **Year 6 into 7 Information Evening on the 23<sup>rd</sup> May starting at 6.30pm in the College Library**. The evening includes a presentation on the Year 7 curriculum and extra-curricular activities as well as a brief overview of secondary education at Bright P-12 College, our purpose and our future direction. There will also be a display from learning areas and a chance to engage with our expert teachers. I would encourage all current year 6 and future year 7 families to attend.

**Following the Year 6 into Year 7 Information evening we have the VCE/VET & VCAL information evening on the 6<sup>th</sup> June and the Year 9 & 10 2018 evening on the 13<sup>th</sup> June.** More information will be available on these two evenings shortly.

The Prep Information evening will be early next term.

### Open Day and Education Week

This year the theme for Education Week is Healthy Mind, Healthy Body. **Our open day will be on the 25<sup>th</sup> May starting at 10am** with a tour of the College including a visit to see the Year 3/4 classes preparing healthy burgers in the kitchens and the coursework associated with the theme in their classrooms. Sam Pasquinelli and Nat Filippi will be on hand to showcase our canteen's kitchen garden and talk about the

canteen's role in promoting and modelling healthy food choices. Parents and guests are then invited to pre-order their morning tea from our wonderful canteen and enjoy their own healthy food choice with their children during recess. The importance of sustainable, ethical and healthy food choices cannot be over-emphasised as we approach an epidemic of obesity and climate change in Australia.

### Sorry Day

I warmly invite you to **our annual Sorry Day assembly in the Stadium on Friday 26<sup>th</sup> May at 1.45 pm**. National Sorry Day is an Australia-wide observance held on 26th May each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities.

Our Indigenous language students, Indigenous students, Dallas – our Indigenous Language Assistant and Sue Joyce – our Indigenous Language Teacher, are organising the assembly for our community and I look forward to hosting Cathy McGowan AO, the independent member for the seat of Indi, who will be attending, and other invited guests. Please put the date in your calendar and join us on this important day.

### Fidget Spinners

Last week at a Primary teachers' meeting it was decided to exclude Fidget Spinners from the classroom as they are a distraction from the teaching and learning program. On the following page is the transcript of an article on Fidget Spinners published recently in *The Age*, which elaborates upon the reasons for the decision by the teachers and myself around fidget spinners and brain stimulation and the learning environment.

*Jean Olley Principal*



Gala Day Parade

## Your child mightn't need a fidget spinner, they need to experience boredom

Article by Victoria Prooday an occupational therapist.

The brain has the magical ability to rewire itself. We live in the world that offers our brains instant gratification, which works just like a drug. The more instant gratification we offer our brains, the more our brains crave it. With the best of intentions, we have rewired the brains of this entire generation of children to expect instant gratification, by offering them iPads, videogames, and depriving their brains of opportunities for boredom, responsibilities, and limits. Children come to school emotionally unavailable to learn.

Their brains are unable to function under lower levels of stimulation, and expect special effects at all times. Unfortunately, real life can't offer their brains what we promised; compared to the stimulation offered by the screens, real life is boring. Life requires the brain to work through boredom, which these children can't tolerate so they become fidgety the moment their brains perceive even minor "boredom".

With the invention of the spinner fidgets, we take their brains to the next level of instant gratification. Moreover, again and again, we buy our children what they want, the moment they want it, without thinking if it is truly what they need.

Now, they bring the spinners into the classroom; continuing to stimulate their brains all day long with high levels of spinning stimulation. The more they stimulate their brains, the more they will crave it, the less delayed gratification they will have, the less emotionally available for learning they will be.

There are a few kids that do require fidgets. However, even for these kids, the fidgets are just a quick fix. These children require a much deeper approach to help them concentrate. In many cases, if a child needs fidgets, it means that his brain is overly stimulated and he actually needs help calming his brain down rather than further stimulating it. ***Here are some suggestions that will minimise your child's need for fidgeting:***

- Teach children that "boredom" is a normal state of human emotions. Help children to recognise the signs of boredom and help them develop functional strategies to deal with it. Don't take the responsibility of constantly entertaining your kids, as they need to learn to self-regulate through boredom.
- Put in a conscious effort to train your child's delayed gratification skills. Avoid using technological babysitters in cars and restaurants and train his ability to just sit and wait. Teach your child to sit at a table until everyone finishes eating. Limit snacking between meals.

- Limit your child's access to technology. In addition, unplug from your phone and share quality time with your child.
- Offer your child opportunities to spend time outdoors, especially in green space.
- Provide regular opportunities for high intensity, high duration exercises such as biking, hiking.
- Bring calmness into their lives by listening to calm music, sitting around a fireplace, having a calming bath, reading a book, drawing, or playing board games.
- Offer plenty of sleep in technology free bedrooms.
- Train your child's ability to complete monotonous work, such as helping with cooking, setting a table, making his/her bed, or folding clothes.
- If your child truly needs a fidget, provide him/her with a low stimulation fidget, such as a stress ball.

Parents, our children's future is in our hands. Provide children with what is truly and deeply good for them, instead of highly stimulating quick fixes.





## Assistant Principal's Report

### Chickenpox

We have had cases of Chickenpox in our Primary area. The Vic Health website has some great information around how to proceed if your child has a confirmed case of Chickenpox. The link <https://www2.health.vic.gov.au/public-health/infectious-diseases/disease-information-advice/chickenpox-and-shingles> clearly states the exclusion period. If you have any questions please don't hesitate to contact me.

### Communities That Care Alpine

I will be attending a Training Day for CTC this Wednesday along with Rosemary Bunge. The training will explore the implementation and monitoring details for the program/strategies/activities within the community action plan. This is a really important phase and the final training for this cycle of Communities That Care Alpine.

A reminder that our key areas of focus for CTC are:

- 1: Enhance youth mental health by improving family management.
- 2: To reduce adolescent alcohol use by targeting parental and community attitudes favourable to substance use.
- 3: Target low commitment to school by increasing student and family connection to school.

We have been exploring programs that will assist our community and therefore our schools in improving these targets. This is a great initiative being led by Alpine Health bringing together a wide range of community members across our Shire to work collaboratively to improve all outcomes for our students and families.

### Mobile Phone Policy

I am interested to hear from parents as we are reviewing our mobile phone policy. I have already collected feedback from teaching staff and our Education Support Staff and am speaking with Secondary students this week. However, I am keen to hear from any interested parents. This could be a question about the policy, how it impacts you or your child but also any ideas you have. You could email me your thoughts at [Jacob.sen.kelli.k@edumail.vic.gov.au](mailto:Jacob.sen.kelli.k@edumail.vic.gov.au) before **Friday this week**.

### REMINDER of Nut Minimisation Policy

#### Purpose

Bright P-12 College is committed to providing a safe environment that meets the special needs of our students. Students enrolled at our school who suffer from significant health problems require a supportive and flexible school environment that understands and responds to their individual needs. The purpose of this policy is to put procedures in place that **minimise the risk** of an anaphylactic reaction by students in our care.

#### Policy

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. When students who are at risk of an anaphylactic reaction are enrolled at Bright P-12 College the policies will be followed.

Bright P-12 College has developed a nut minimisation policy and guidelines in line with the Department of Education and Early Childhood Development. Emergency response plans are in place for all school activities.

It is possible to minimise the risk factor within the school environment with parent/carer assistance in adopting the following strategies.

- In the Year Levels affected by the possibility of an anaphylactic reaction, parents are asked not to send nuts or peanuts to school and students are asked not to bring them. There is an increased risk of other food allergies in peanut allergic children, and because of the risk of cross contamination it is recommended that peanut allergic children avoid **all** nuts and nut products.
- In particular, peanut butter, hazelnut spread (Nutella), certain muesli bars, chocolate bars and biscuits containing nuts. This applies to items with nuts as a listed ingredient or containing nut oils such as peanut oil but does not apply to those foods labelled 'may contain traces of nuts,
- To ensure that others preparing their child's lunch (for example, grandparents) are aware of the Nut Minimisation Policy.
- To avoid nuts and peanuts in birthday cakes or treats that may be brought to school.
- Encourage the thorough washing of hands and face with a damp cloth if children have eaten these foods before coming to school.
- Provide drink containers and lunch boxes, which are clearly labelled with the name of the child for whom they are intended.
- Discourage any trading or sharing of food.
- Continue to exercise vigilance when there is a change from usual routines e.g. excursions, family picnic days at school, sports carnivals or discos.

Kelli Jacobsen  
Assistant Principal

# CELEBRATION OF SUCCESS ASSEMBLY



Left: Indigenous Studies student Rory M. reading acknowledgement to Country .

Right: Sport Leaders were presented with sport polo shirts to wear when assisting teachers at Interschool sport events.

L-R: Darcy C., Rhys W., Teagan A., and Doddsy.



Feargus J, Yannick P, Cody W. & Owen P. represented the College by swimming at the State Swimming Championships on Wednesday 26th April.



Rahn Stavar Year 11 gave a guitar performance during the assembly. During the holidays Rahn, Josh L. & Max G. played at the Byron Bay Music Festival.



P-2 CHOIR



Teagan A. & Matilda M. Reflecting on their recent 3 month German Exchange.



Age group swimming champions Years 3 to 12.



# PRIMARY ASSEMBLIES



Students and teacher of the week 5th May



Students of the week 12th May



## MUSIC NEWS

### Term 2 Soirees

Later this term on the 31<sup>st</sup> of May and 1<sup>st</sup> of June we will be having our Term 2 Soirees. The Primary Soiree will be on the 31<sup>st</sup> of May starting at 6.30pm. The Secondary Soiree will be on the 1<sup>st</sup> of June starting at 6.30pm. Both of these concerts will be taking place at the Community Centre. Please encourage your musical students to get involved and come along for two nights of awesome music making. Notes will be coming out in the next week in regards to these events.

### Gala Day Performers

On the 6<sup>th</sup> of May a number of students in the P-2 Choir, Senior Choir and Concert Band performed at Gala Day. These



students entertained a nice crowd of people from 0900-1000 in the morning at the Clock Tower. Congratulations to all the students involved on your efforts.

## YEAR 10 PE CLASSES

As part of their final year of physical education as a core subject, the year 10s will involve themselves in some adult physical activity opportunities this year. Last week saw our class attend their second week of lawn bowls under the watchful and helpful eye of the volunteers from the Bright Bowling Club. The college Physical Education faculty would like to acknowledge these wonderful volunteers for their time in supporting the learning opportunities for our students.

All students had a wonderful time and, despite some heavy sledging, Sophie Morris and Brit Fitzpatrick were able to steer their respective teams to victory.

Matt Pywell





# HOUSE SPORTS CROSS COUNTRY 2017

Last week saw the completion of the 2017 House Sports Cross Country run. This was run for all students from years 3-12 with most students completing the 3km course and 16yr and over boys running the 5km course. The start of the event was managed by senior house captains with some group warm-ups and stretches on the oval prior to commencement of specific age group events. The sport coordinators were very pleased with the event which was run in perfect conditions. We would also like to thank all the staff and parent helpers who assisted with the management of students on course and also at the finish line.

The top 8 finishers from the secondary school all qualify to compete for the school on June 1<sup>st</sup> at Beechworth. Permission forms for this event were handed out last week. These forms are due back on **22/5/17**. If you missed getting yours, then please contact Mr Pywell or Mr Steer for a copy or get on Compass to download your own.

Well done to Kiewa again for winning this event despite a brave chase from Buckland.

Matt Pywell





Photos continued



## ALPINE DISTRICT CROSS COUNTRY

50 students from Bright P-12 College made the trek down to Porepunkah for the annual District Cross Country event. After a successful House Cross Country on Monday, our athletes went up against runners from Wandiligong, Harrierville and Porepunkah.

All runners performed to the best of their ability and represented the school with pride. As always, there were a number of outstanding results, with 15 out of a possible 18 students receiving a medal for a top 3 finish.

10 Boys: 1st - Aidan Hargreaves, 2nd - Sonny Feltrin, 3rd - Patrick Ferrito

10 Girls: 3rd - Holly Harrison

11 Boys: 1st - Tom Gray, 2nd - Owen Pywell

11 Girls: 2nd - Chloe Pasquinelli, 3rd - Cydney Kozuharoff

12/13 Boys: 1st - Luke Nannipieri, 2nd - Seth Mallett, 3rd - Cy Banks

12/13 Girls: 1st - Olivia Paul, 2nd - Zoe Ditcham, 3rd - Taya Harrison

A total of 40 students have earned the right to compete at the Division event in Wangaratta on Thursday 8th June and we wish them the best of luck for the day.

I'd like to thank Breanna Rouse and Gil Paulsen for their involvement, and it was great to see so many Bright P-12 parents there to support our students.

Daniel Saville  
Primary Sports Coordinator

# Bright Fun Run 2017 Thank you List



|  |                                 |  |
|--|---------------------------------|--|
| Bendigo Bank – Gold Sponsor            | Bright Brewery – Silver Sponsor | HVP – Silver Sponsor                     |
| Bright Pharmacy - Silver Sponsor       | Dickens – Silver Sponsor        | Badrock Aircon & Refrig - Silver Sponsor |
| Ovens Valley Physio & Pilates - Silver | Alpine Fitness – Bronze Sponsor | Sixpence Coffee – Bronze Sponsor         |
| Freeburg Caravan Park – Bronze Sponsor | Lorna Jane – Bronze Sponsor     |  |
| Neil & Christine Kinder                | John & Glenda Signorini         | Marthijs Heuperman                       |
| Bianca Dooley                          | Tracy Carey                     | Will McRae                               |
| Jennifer Hore                          | Ty Caling                       | Georgie Matters                          |
| Roshelle Harrison                      | Kim Murrells                    | Woolworths – Jarrad Cottrell             |
| BASE Timing                            | Aaron Smith                     | Mark Ditcham                             |
| The Old Fashioned Lolly Shop           | Jackaroo Blue - Jenny           | Luke Dudley                              |
| BANG Toy Shop                          | Ciaran O'Connor                 | Breanna Rouse                            |
| Bright Men's Shed                      | Le Blanche Ice Creamery         | Birbante Pizza                           |
| Cloud 9 Cinema                         | Scott Liston Designs            | Snowy Creek Apples                       |
| Traffic Controllers                    | Alpine Shire                    | Steve Jenvey                             |
| Katrina & Adrian Ciolli                | Ian Crawford                    | Tim Maynard                              |
| Graham Gales                           | Mal Steer                       | Bec Feltrin                              |
| Gil & Lars Paulsen                     | Chris Mckee                     | Drew Carey                               |
| Angela Murray                          | David Kelly                     | Justin Power                             |
| Paul Garrett                           | John O'Bryen                    | Dillon Bursill                           |
| Ross Grant                             | Mandy Ditcham                   | Jason Campbell                           |
| ACP – Donna Richards                   | DELWP – Simon Gough             | Lindy Lam & Melanie Teakin (Shire)       |
| Roger Zonta                            | Ron Bunn                        | Steve Blake                              |
| Rory Hazeldine                         | Wendy Nicoll                    | Michal Trnka                             |
| Justin Jenvey                          | North East Newspapers           | North East Water                         |
| Kristy Barker                          | Jean Olley                      | Clare Turner                             |
| Lorraine Fraser                        | Meg Hood                        | Tess McDonagh                            |
| Melany Dalbosco                        | Julie Van der Stelt             | Sally Bourne                             |
| Matt Shem                              | Caitlyn Smith                   | Sally Kellett                            |
| Erin Nightingale                       | Nat Kelly                       | Lisa Flew                                |
| Isabelle Tomasoni                      | Rene Rosser                     | Michelle Barrett                         |
| Lily Kozuharoff                        | Ben Hausser                     | Leeah Cooper                             |
| Sue & Geza Kovaks                      | Everest Sports                  | Michael Pearce                           |
| John Carter                            | Kirsten Maplestone              | Rod Browning                             |
| Dawson Paech                           | Phil Bardsley-Smith             | Timo Paternotte                          |
| Chris Blazek                           | Wendy & Graeme Savage           | Anne McNerney                            |
| Tanya Simms                            | Scott Brandon                   | Sally Cocks                              |

**Winner of the Alpine Fitness Raffle: Tim Dornom**

**Winner of the Ipod Touch: Zoe Head**





## BRIGHT FUN RUN THANK YOU LIST.....(Cont'd)

|                      |                    |                    |
|----------------------|--------------------|--------------------|
| Andrew Friend        | Sally Kellett      | Jenny Young        |
| Jenny Sgambelloni    | Cindy Crossthwaite | Janmaree Duguid    |
| Michelle Kent        | Max Gray           | Josh Lindsay       |
| Glenda Signorini     | Gab Ryan           | Joel Sgambelloni   |
| Mark McDougal        | Jonathan Hurst     | Andrew Badrock     |
| UBFNC                | Lions Club         | Porepunkah Primary |
| Harrietville Primary | Pauline Dalbosco   | Jill Taberner      |
| Naomi Gibson         | Kirsty Barker      | Tess Pederick      |
| Kristy Corcoran      | Nightingale Apples | Lucy Lolicato      |
| Jayne Forbes         | Matt Murphy        | Leanne Nightingale |
| Daniel Saville       | Esther Ford        | Marco Vear         |

## BRIGHT FUN RUN 2017 RESULTS

The Bright Fun Run was held for the seventh year in a row on the 23<sup>rd</sup> April under perfect conditions.

A record number of 580 runners participated in the event with 48% of our registrations coming from outside of the Alpine Shire. Well done to all of our students, friends and family that participated or volunteered on the day.

Once again the most popular event was the Bendigo Bank 3km run with 227 runners whilst the reintroduction of the Dickens 5km race due to popular demand was definitely worth the effort with over 80 entrants. We had 140 runners selecting to run trails this year, 60 runners in the 10km and 63 in the half marathon event.

Well done to all of the students who raised money through the student sponsorship program. This raised in excess of \$2000 with special mention to Brodie Read for the most sponsorship, raising \$175.

Including student sponsorship the Bright Fun Run raised in excess of \$18,000. What a fantastic effort everyone!

### LOCAL FUN RUN PLACE GETTERS-

#### Bendigo Bank 3km

Boys aged 4-7: 1<sup>st</sup> George Walker

Female Aged 18-49: 2<sup>nd</sup> Daisy Badrock

Female Aged 50+: 2<sup>nd</sup> Estelle Collinson; 3<sup>rd</sup> Brenda Hogan

Girls aged 4-7: 1<sup>st</sup> Harriet Herman; 2<sup>nd</sup> Josephine Herman; 3<sup>rd</sup> Jessica Kent

Girls aged 8-12: 2<sup>nd</sup> Tuhina Morton; 3<sup>rd</sup> Heidi McKee

Male aged 18-49: 1<sup>st</sup> Ross Walker; 2<sup>nd</sup> Chris McKee; 3<sup>rd</sup> Karim El Barche

Male aged 50+: 1<sup>st</sup> Russell Wheaton; 2<sup>nd</sup> Noel Laird; 3<sup>rd</sup> Craig Hore

#### Dickens 5km

Girl aged 4-7: 1<sup>st</sup> Mille Harding; 2<sup>nd</sup> Amelie Ferrito

Boy aged 8-12: 3<sup>rd</sup> Tom Gray

Female aged 18-49: 1<sup>st</sup> Andie Gabler; 3<sup>rd</sup> Antje Spencer

Male aged 18-49: 2<sup>nd</sup> Luke Jones; 3<sup>rd</sup> Jason Campbell

#### Ovens Valley Physio & Pilates 8.1km Trail Run

Girl aged 13-17: 1<sup>st</sup> Amy Ditcham

Boy aged 13-17: 3<sup>rd</sup> Lachlan Hore

Male aged 50+: 2<sup>nd</sup> Lance Harrison

#### Bright Pharmacy 10km

Male aged 18-49: 2<sup>nd</sup> Tim Dornom;

#### Badrock Airconditioning 5.4km Trail Run

Girls aged 13 -17: Nicola Smith

Boys aged 3-17: 2<sup>nd</sup> Keiran Cave

Female aged 18-49: 1<sup>st</sup> & Overall Female Race Winner Pip Vietz

Male aged 18-49: 3<sup>rd</sup> Adam Lindsay

Female aged 50+: 1<sup>st</sup> Jenny Corser

#### HVP 13.3 Trail Run

Male aged 18-49: 1<sup>st</sup> and overall Male winner Matt Murphy

# BRIGHT FUN RUN 2017



*(Pictured right)...*

Bright FunRun Organiser, Tracy Carey, with the winner of the most sponsorship, Brodie Read. Brodie raised over \$160.00 in sponsorship. *Congratulations, Brodie!*

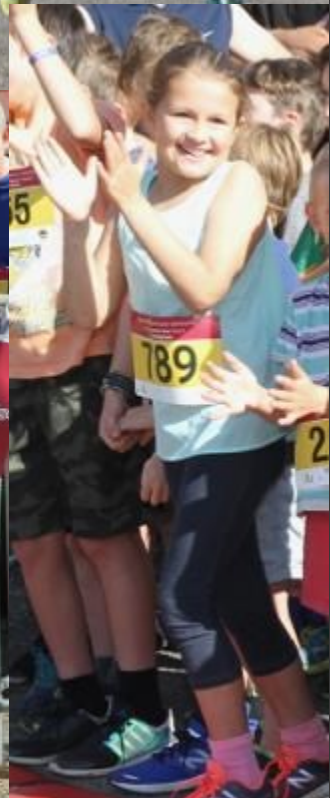
Ms Carey revealed at the Celebration of Success Assembly, that this year the Bright FunRun raised \$18,000.

Fantastic effort by everyone involved!





# BRIGHT FUN RUN 2017





# BRIGHT GALA DAY PARADE 2017







Bright P-12 College  
**Information Evening**  
**Year 7 students in 2018**

**Tuesday 23rd May at 6.30pm**

Meet in the College Library



***Invitation to families and current  
 Year 6 students from  
 our local communities to find out  
 more about  
 Secondary schooling at Bright P-12  
 College.***



The presentation will be followed by a display of subject choices and the chance to speak with our expert teachers about your child's future education.



Bright P-12 College, Bakers Gully Rd BRIGHT 3741

Ph: 03 5795 1166

[www.brightp12.vic.edu.au](http://www.brightp12.vic.edu.au)

email: [bright.p12@edumail.vic.gov.au](mailto:bright.p12@edumail.vic.gov.au)

## Community & College Notices

### Bright Outside School Hours Care

Alpine Children's Services (ACS) is a not-for-profit community organisation providing high quality early childhood education and care throughout the Alpine Shire. In addition to other services, ACS manages Alpine View Children's Centre in Bright and Myrtleford Outside School Hours Care.

ACS is excited to announce they will be opening an Outside School Hours Care service at Bright P-12 College. ACS is waiting on approval to operate from both the Victorian and Federal Departments of Education & Training. ACS hopes to commence operation during Term Two or Term Three. ACS will advise families once the start date has been confirmed.

If you are keen to enrol your children in the program please contact Rachelle Guy between 11am and 3pm at Alpine View Children's Centre on 5750 1367 or via email [rguy@alpinechildrensservices.asn.au](mailto:rguy@alpinechildrensservices.asn.au)

If you have any other questions please contact Jenny Griffiths (ACS General Manager) on 0439 999 788 or [jgriffiths@alpinechildrensservices.asn.au](mailto:jgriffiths@alpinechildrensservices.asn.au)

### Health Corner with Adolescent Health Nurse

#### Rosemary Bunge

#### Year 5/6 Parent Information Session held on April 27<sup>th</sup>

This session was so well attended, with over 20 parents coming out to spend an hour discussing our shared responsibility of sexuality education. Lots of fun was had as the parents took themselves back to their grade 5/6 selves and experienced the activities, stories and games we use in our preparation for puberty classes. If you missed out make sure to have a chat with a parent who came along and if you have a year 5/6 student make sure to chat about what they are learning and support them in getting their homework done.

#### Blood donation

We have a booking to donate in Wangaratta on June 7<sup>th</sup>. At present, I have two students who have indicated interest in donating on this day. If you are over 16 and would like to come along please see me ASAP. Did you know 1 in 3 people will require blood at some time in their lifetime while only 1 in 30 donate?

Quote for the month : *Respect the old when you are young,*

## HOST FAMILIES NEEDED

For the 2018 Bab Aibling sister school visit

4 weeks in February 2018

You don't have to be learning German, just interested in learning about Germany from your guest and sharing your knowledge of Australia.

Students will arrive as a group, accompanied by two teachers from Germany and spend 4 weeks living in Bright with their host family, attending school and participating in a cultural program organised by Bright P-12 College.

Students are approximately 15 years of age.

For more information and to register your interest:

Contact *Frank Kusch* or *Katrina Ciolli* at Bright P-12 College **BEFORE 30<sup>TH</sup> May 2017:**

[kusch.frank.k@edumail.vic.gov.au](mailto:kusch.frank.k@edumail.vic.gov.au) / [ciolli.katrina.m@edumail.vic.gov.au](mailto:ciolli.katrina.m@edumail.vic.gov.au) or 5755 1166





## **Disability Program: Carers, Families & the System**

Are you caring for a child, family member or friend who may qualify for the National Disability Insurance Scheme (NDIS)?

**The NDIS is due to rollout in Alpine Shire from 1 July 2017.**

**Alpine Health** have partnered with **Carers Victoria** to facilitate a four-part program which aims to assist you to prepare for NDIS.

**Bright 6:00 p.m. to 9:00 p.m. (Supper provided)**

**Bright-Alpine Community Health Centre**

**Cobden Street, Bright**

Session 1: Preparation – Wednesday, 21<sup>st</sup> June, 2017

Session 2: Planning - Wednesday, 28<sup>th</sup> June, 2017

Session 3: Plan management - Wednesday, 19<sup>th</sup> July, 2017

Session 4: Having a voice - Wednesday, 26<sup>th</sup> July, 2017

**Myrtleford 12:00 noon to 3:00 p.m. (light lunch provided)**

**Myrtleford Hospital, Conference Room**

**30 O'Donnell Ave, Myrtleford 3736**

Session 1: Preparation – Wednesday, 21<sup>st</sup> June, 2017

Session 2: Planning - Wednesday, 28<sup>th</sup> June, 2017

Session 3: Plan management - Wednesday, 19<sup>th</sup> July, 2017

Session 4: Having a voice - Wednesday, 26<sup>th</sup> July, 2017

**Mount Beauty 12:00 noon to 3:00 p.m. (light lunch provided)**

**Mt Beauty Hospital, Mount Beauty Conference Room**

**2-8 Hollonds Street, Mt Beauty**

Session 1: Preparation – Thursday, 22<sup>nd</sup> June, 2017

Session 2: Planning – Thursday, 29<sup>th</sup> June, 2017

Session 3: Plan management – Thursday, 20<sup>th</sup> July, 2017

Session 4: Having a voice – Thursday, 27<sup>th</sup> July, 2017

**RSVP:** 9th June 2017

**Email:** [Jenny.svarc@alpinehealth.org.au](mailto:Jenny.svarc@alpinehealth.org.au)

**Enquiries:** Tel: 0357 550 123



## MAD AS The Kids Presents

### *“Acting for the Fun Of It!”*

Introducing a new Drama Program for kids:  
**4 – 6pm Thursdays 21 July to 21 September.**  
 Cost: \$150 per person.  
 Age range: 10 – 15 years, but flexible.  
 Venue to be confirmed.

Tom O’Neill (co-director of “Children of the Rainbow”) would be the main tutor, assisted by me. We would both be at all classes.

*“Acting for the Fun Of It!”* would look at developing all areas of creative drama and performance, including games, confidence building, relaxation techniques, vocal development, creative movement, trust exercises, stage-craft, etc. Also, we would look at doing a free 1 hour intro to the course for the “undecided”; no commitment required until after this. I know you guys understand a fair bit about how we work, but your friends will not, and this will help them decide. We would run this in Term 2.

Unlike the rehearsals for “Children of the Rainbow”, we will have more time to focus on these ‘Building Blocks’ of drama. The kids did a remarkable job in the play without much time spent on this; imagine their progress once we do! And given that this course is for kids, we can present it at a better time of the day for you. We will conclude the course with a 20 – 30 minute presentation of the skills developed, free for parents, relatives and friends.

At times we will introduce scripted material into the play (for example, for vocal work and creative movement ideas), and this will come from a play that we hope will eventuate from the workshops, that we would rehearse and present next year.

There is no commitment to go on and do the play

once this course is completed, but those that do would have first option of being involved, and, like in the last show, receive some money at the end (that I hope you’d give back to parents if they pay for the initial course!)

At the moment, Tom and I are considering a re-worked interpretation of *“Alice in Wonderland”*. Perhaps *“Alice Unplugged”*, in which she disappears down the plug-hole while taking a bath... But we’ll see! Whatever the play, we want to utilise individual skills of kids more than we could do in “Children of the Rainbow” (musical, dance, acrobatics, etc).

Let me know if you’re interested, and any feedback is most welcome.

Ernie Glass: 5750 1853.  
 Tom O’Neill: 0421 987 639

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|  |  |  |
|--|--|--|
| <p><b>MONDAYS</b><br/>4.00-5.00pm<br/>Beginner Tap</p> <p>5.00-6.00pm<br/>Acrodance Level 2</p> <p>6.00-7.00pm<br/>Beginner Contemporary Dance</p> | <p><b>TUESDAYS</b><br/>4.00-4.45pm Level 2<br/>Ballet/Lyrical Combo</p> <p>4.45-5.45pm<br/>Beginner Jazz Dance</p> <p>5.45-6.45pm<br/>Street Dance</p> <p>7.30-8.30pm<br/>Open Tap Dance</p> | <p><b>WEDNESDAYS</b><br/>9.30-10.30am<br/>Altitude Power Barre</p> <p>4.00-5.15pm<br/>Level 6 Classical Ballet</p> <p>5.15-6.15pm<br/>Acrodance Level 1</p> <p>6.15-7.15pm<br/>Musical Theatre</p> |
| <p><b>THURSDAYS</b><br/>4.00-4.45pm<br/>Kinda-ballet</p> <p>5.00-6.00pm<br/>Intermediate Jazz Dance</p> <p>6.00-7.15pm<br/>Acrodance Level 3</p>   | <p><b>FRIDAYS</b><br/>9.30-10.30am<br/>Flexi Barre</p> <p>4.00-5.00pm<br/>Lyrical Dance</p> <p>5.00-6.00pm<br/>Level 5 Classical Ballet</p> <p>6.00-7.00pm<br/>Pointe-work</p>               | <p><b>SATURDAYS</b><br/>9.00-10.00am<br/>Intermediate Contemporary</p> <p>10.00-11.15am<br/>Competition Team</p> <p>11.15am onwards<br/>Private Lessons</p>  |



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Please remove any personal data (pictures, phone numbers, etc). If the phone is beyond useful life we will dispose of it for you, or if you prefer, clearly label the phone and we will attempt to return the phone to you.

**Please drop the phone off to your schools front office.**

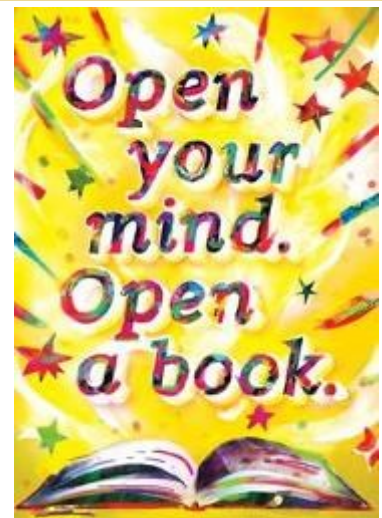


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| <b>THUR</b> | 6.30 – 7.20am<br>Pilates Circuit | 5.30 – 6.30pm<br>Pilates | 6.30 – 7.30pm<br>Pilates | 7.30 – 8.30pm<br>Pilates Intermediate |

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Craig Vine

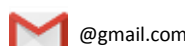
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# Bright College SnowSports Team News 2017

## Countdown to Opening Weekend

With just over 3 weeks until opening weekend it is time to get organised for the snow season. This year we have 84 students enrolled in the BCST program. For all new families we have a phone that is used for communication during the training season. Please make sure you save this number in your phone.

**BCST Bat Phone 0477 345 325**

## Second Hand Ski Gear Sale

This is the major fundraiser for the BCST and a great opportunity to sell any unwanted snow gear or pick up something for this season. Donations are welcome.

### Volunteers Needed

If you have a spare few hours on Friday or Saturday of the ski sale and would like to lend a hand please contact Kath Baldock [kgbaldock@bigpond.com](mailto:kgbaldock@bigpond.com)

Register: Friday 2<sup>nd</sup> June 3:00pm – 6:00pm

Sale: Saturday 3<sup>rd</sup> June 9:00am – 12:00pm

Venue: Bright Community Centre

## Interschools Snowsports Championships

Students are encouraged to participate in the Interschools Snowsports Championships held each year with the core purposes of the event being to:

- Increase schools' participation in Snowsports;
- Provide an affordable Interschools event; and
- Provide opportunities for Australian school students of all ages to experience snowsports and to participate at either a recreational or competitive level.

Students from Prep to Year 12 can compete at Interschools in Cross Country, Alpine Giant Slalom, Snowboard Giant Slalom, Moguls, Ski Cross, Snowboard Cross, Ski Slopestyle and Snowboard Slopestyle.

Non participants of the 10 day program are also able to compete at Interschools by joining the BCST (for a fee of \$70) and are provided with a Team Jacket for Interschools and will have their Entry Fee covered for one event.

For further information or any questions regarding the Interschools please contact: Peter Smith – 0401 340 911 or [peter@apcomm.com.au](mailto:peter@apcomm.com.au) or visit the Interschools Website [www.vicinterschools.com.au](http://www.vicinterschools.com.au)



## Coming Up

The aim of the BCST is to provide students and families with the opportunity to develop a range of skills in a safe and affordable snow environment

### Important Dates for your diary

|   |   |
|---|---|
| <b>2nd Hand Snow Gear Sale</b><br>Bright Community Centre | An annual event, where you can on-sell your pre-loved snow gear.  |
| Register  | Friday 2 <sup>nd</sup> June 3pm-7pm                               |
| Sale  | Saturday 3 <sup>rd</sup> June 9am-12pm                            |
| <b>2017 Ski Season Opening Weekend</b>                    | Saturday 10 <sup>th</sup> June                                    |
| <b>Jacket Allocation Day</b>                              | Wednesday 14 <sup>th</sup> June                                   |
| <b>School Holidays</b>                                    | 30 <sup>th</sup> June-16 <sup>th</sup> July                       |
| <b>2017 Season Training Dates</b>                         | <b>BCST 10 Day Program</b>  |
| Day 1   | Wednesday 19 <sup>th</sup> July                                   |
| Day 2   | Saturday 22 <sup>nd</sup> July                                    |
| Day 3   | Tuesday 25 <sup>th</sup> July                                     |
| Day 4   | Saturday 29 <sup>th</sup> July                                    |
| Day 5   | Wednesday 2 <sup>nd</sup> August                                  |
| Day 6   | Saturday 5 <sup>th</sup> August<br>Milne Shield - TBC             |
| Day 7   | Tuesday 8 <sup>th</sup> August                                    |
| Day 8   | Wednesday 16 <sup>th</sup> August<br>House Race Day               |
| Day 9   | Saturday 19 <sup>th</sup> August                                  |
| Day 10  | Saturday 2 <sup>nd</sup> September                                |
| 1st Make up day   | Wednesday 6 <sup>th</sup> September                               |
| 2nd Make up day   | Saturday 9 <sup>th</sup> September                                |
| Presentation Award Lunch                                  | Sunday 17 <sup>th</sup> September                                 |
| Victorian Interschool<br>Cross Country Championship       | Sun 6 <sup>th</sup> August<br>Mt Buller                           |
| Victorian Interschool<br>SnowSports Championships         | Mon 21 <sup>st</sup> – Sun 27 <sup>th</sup> August<br>Mt Buller   |
| Australian Interschool<br>SnowSports Championships        | Wed 6 <sup>th</sup> – Sun 10 <sup>th</sup> September<br>Mt Buller |

## 2017 Season Countdown

**22 Days to Go!**