



1 April 2026 - Issue 5

# Bright P-12 College Newsletter

## FUN RUN

**Registrations for Bright Fun Run 2026 are NOW OPEN!**

Join us for one of Bright’s most loved community events! Bringing together runners, families and trail lovers for an unforgettable day on the trails. This year we’re turning things up with our new 9km and 18km courses, designed to showcase some of the best running our backyard has to offer. Introducing



the Clear Spot Classic, a brand new addition delivering iconic views, flowing trail sections and just enough bite to remind you you’re running trail. From first-time trail runners to seasoned mountain goats... there’s a course for you.



**Sunday 26th April 2026**

**Multiple distances**

**All funds support Bright P-12 College students**

**Jump in and register here: [www.brightfunrun.com.au](http://www.brightfunrun.com.au)**

**Grab your crew. Start the training.**

**We'll see you on the trail!**

## GALA DAY

**Please join us for our Gala Day float!**

Saturday 2nd May - the festival theme is gold and at Bright P-12 College, we are celebrating this with recognising that ‘Education is our Golden Ticket’.

So, our float is ‘Willy Wonka and the Chocolate Factory’ themed.

We would love you to join us and wear either:

- Your favourite ‘Wonka’ inspired costume/character
- Black and gold
- Purple and gold
- Combinations of these

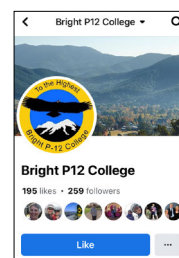
Remember, GOLD, lots of golden accessories.

**Meeting at Park St bus bay 1:30pm (further details on this closer to the day)**



**Ph: 03 5755 1166**  
**E: [bright.p12@education.vic.gov.au](mailto:bright.p12@education.vic.gov.au)**  
**[www.brightp12.vic.edu.au](http://www.brightp12.vic.edu.au)**

**Official Facebook page**





## Principal's Message

Dear students, parents and carers,

As we approach the end of what has been a very positive and productive term, I would like to take this opportunity to thank you for your ongoing support of our wonderful school.

It has been a fantastic start to the year, with a strong sense of calm, engagement and purpose evident across the college. Our students have settled well into their learning, built positive relationships, and embraced the many opportunities on offer both inside and outside the classroom.

This is always a busy and rewarding time, and we look forward to finishing the term on a strong note.

Term 1 Progress Reports are now on Compass. These reports provide a snapshot of how your child has settled into the school year. They are designed to give you an indication of how your child is tracking and to

support ongoing communication between home and school. We encourage you to take the time to read the report with your child and use it as an opportunity to celebrate successes and discuss any areas for growth. If you have any questions or would like further clarification, please don't hesitate to contact your child's teacher or Year Level Coordinator.

As we move into the break, I hope all families are able to enjoy some time together to rest, recharge and celebrate. Wishing you all a safe and happy Easter.

And thank you again for your continued partnership—we greatly value the role you play in supporting your child's learning and wellbeing.

Jean Olley - Principal

## COLLEGE CALENDAR

**All calendar events are subject to change.  
Please check Compass for most up-to-date calendar**

### APRIL

1 APR	9:10am Primary Parents Reading Workshop
1 APR	Yr 7-9 Project Rockit
2 APR	9:15am P-12 Cross Country
2 APR	12:10pm Celebration of Success Assembly, Bright Community Centre
2 APR	Yr 12 end of term croquet
<b>2 APR</b>	<b>Last day of Term 1 - 2:30pm finish</b>
<b>20 APR</b>	<b>First day Term 2</b>
21 APR	Yr 9 Man Cave & Girls Can
22 APR	Yr 7 Man Cave & Girls Can
22 APR	White Card Course
22 APR	Yr 4-6 STAIR with Deakin Uni
23 APR	Primary State swimming
24 APR	9:30am ANZAC Ceremony, Community Centre
26 APR	Fun Run
28 APR	VCE Arts camp
28 APR	Yr 9 Introduction to Morrisby
28 APR	Yr 5/6 Secure Sense of Self - puberty
29 APR	International Dance Day - lunchtime disco
30 APR	School photo day

**NEXT PUPIL FREE DAY: Friday 12th June**

**SCHOOL PHOTOS: Thursday 30th April**

## GUESS HOW MANY EGGS IN THE JAR



### THE CORRECT GUESS WINS THE JAR!

**1 GUESS = \$1, 5 GUESSES = \$3**

*All funds go towards new sports equipment*

**WHERE? At the Primary Shade Sail, before and after school from:  
Monday the 30<sup>th</sup> of March -  
Thursday the 2<sup>nd</sup> of April**



# ALLAN J FINDLAY MEMORIAL BURSARY 2026

Applications will be accepted until 17th April.

\$2,000.00 is available for students in Years 9 - 12 (or the equivalent age) living in the Alpine Shire, to direct towards goals and ideas which may include elements of personal growth, benefits for the wider community, and activities/experiences not usually available in the local area. Proudly established by the Lions Club of Bright and the Rotary Club of Bright in recognition and memory of Allan J Findlay, this Bursary is to support young people with financial assistance to reach their goals and/or further their studies, to expand their networks to reach out and connect with others in their area of commitment and/or concern.

For further information and to apply, please email [jennigam@hotmail.com](mailto:jennigam@hotmail.com)



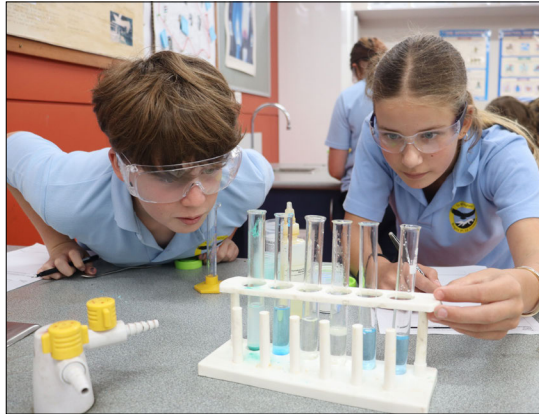
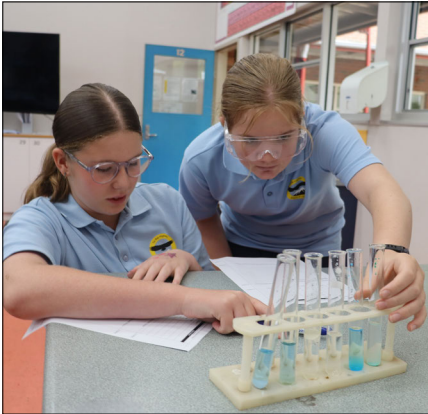
## Yr 9 OUTDOOR EDUCATION

Year 9 Outdoor Education students travelled to the Goulburn River for a two day white water kayaking trip. Year 9 students were supported by two Year 12 students (Gemma CT and Oliver G) who took on mentor roles as part of their VET Certificate III Sport and Recreation studies. Conditions were perfect and students built their confidence and skills whilst having a great time.



# Yr 7B SCIENCE

Year 7 students investigated how different solvents affect different solutes. They specifically looked at the effects of water on chemicals and also how these same chemicals behave in a different solvent, kerosene.



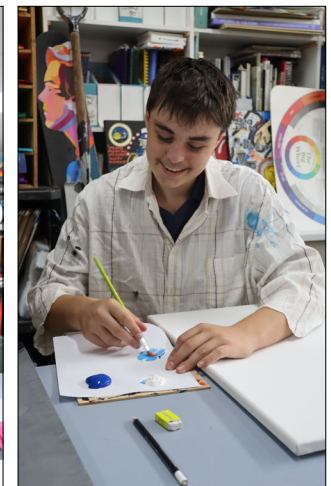
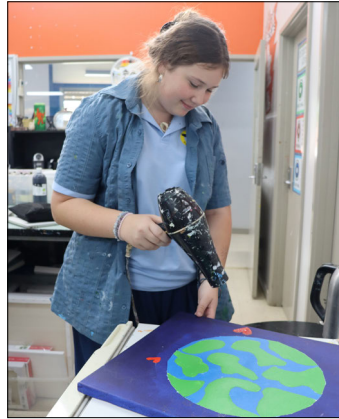
# PREP JAPANESE & GERMAN EXCHANGE STUDENTS

As part of the German exchange program, German students had the opportunity to visit the Prep Japanese class. Prep students became the 'senseis' teaching the German students how to greet the teacher, counting and colours in Japanese. The German students then shared some of the German colours with the Prep students and helped them label a rainbow in German as well as Japanese. We all sang the 'Mazetara' colour song together.



# Yr 10 ART

Our Year 10 Visual Art students are currently working on original paintings inspired by the bold, contemporary approach of French street artist Jisbar. We're excited to see how their ideas and creativity come together in their final pieces next term.



# LOST PROPERTY

As the weather is changing and getting cooler, we are seeing an increase in the number of jumpers being sent to lost property. For parents with children in the early years of Primary school, there are plenty of jumpers for you to come and choose from on the lost property rack. Please come and help yourself and get some warm tops before the cold really starts. Lost property is located in the front office building.

Please note that any item of clothing that does not have a name on it will end up here. Please remember to write your child's name on all items of clothing (Primary and Secondary students) so items can be returned.

# SCHOOL PHOTOS

Parents / carers, emails were sent out on Monday 30th March from MSP Photography about our upcoming school photo day.

Photos are ready to order through Compass.

If you have any questions, please contact MSP.

ph: 03 5482 3190

email: [admin.mrr@msp.com.au](mailto:admin.mrr@msp.com.au)

## Bright P-12 College

Photo Day 2026 Date:

**Thursday 30<sup>th</sup> April**

To Order Photos:

**Order via the Compass Portal.**

Order your School Photos before midnight: Wednesday 6<sup>th</sup> May

Late orders can be accepted after Wednesday 6<sup>th</sup> May by ordering online via the Compass Portal or by contacting 03 5482 3190. Please note that all late orders will incur an additional \$20 postage and handling fee.

Family Photos – Please order online prior to photo day using the Compass Portal.



03 5482 3190  
[admin.mrr@msp.com.au](mailto:admin.mrr@msp.com.au)  
[www.msp.com.au](http://www.msp.com.au)

# PREP ART

Prep students demonstrated their creativity in their Easter Bonnet construction. Some amazing ideas for the Easter Parade (see page 13).



# Yr 5/6 WOODWORK

Year 5/6 students have been working hard on their wood boats project for Woodwork this term. Students get the opportunity to feature their own unique designs and the range of creative ideas has been very impressive.



# Yr 9 OUTDOOR EDUCATION



Year 9 Outdoor Education students visited Mount Buffalo recently, supported by three Year 12 VET Certificate III Sport and Recreation students - Haruto T, Ewan L and Mair W. Students challenged themselves with a 40 metre abseil and caving in the underground river and gorge.

It was a beautiful day and all students stepped up to support each other.



# VCE/VM EXCURSION

*"Our VCE VM class travelled to Melbourne to attend the Australian Grand Prix and went go-karting as part of the excursion. We used many different types of transport to get around the city, including buses, trains and trams.*

*As we walked through the gates of Albert Park, we could smell the fumes and burning rubber from the cars. I wasn't expecting much at first, but once we entered, I was blown away. There was excitement in the air, and the atmosphere was amazing. The first thing we did was try to get the best view possible, so we climbed up into the grandstand to watch the action on the track.*

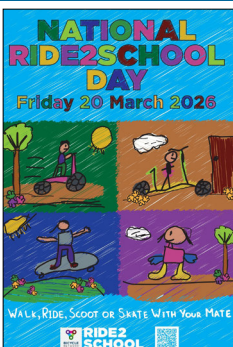
*After that, we walked around the event looking for freebies, and there were plenty. We collected things like Hot Wheels cars, a radio, Next Wheels merchandise and stickers. One thing we noticed was that the food and drinks were very expensive. For example, we had to pay \$10 for a Gatorade.*

*Another exciting part of the excursion was go-karting. We travelled to Port Melbourne by bus. We had a short safety briefing, and then we were ready to race. When I was driving the go-kart, I felt a lot of adrenaline. As I went faster and faster around the track, I felt both nervous and excited because it almost felt like I could crash at any moment. At the same time, I felt very competitive and wanted to go faster than everyone else.*

*Reflecting on the experience, I would go back to the Grand Prix and go go-karting again. The excursion was a great opportunity to experience a major sporting event and spend time with our class. It also showed how activities like this can bring people together and create memorable experiences." Words by Lakitha S.*



# NATIONAL RIDE TO SCHOOL DAY



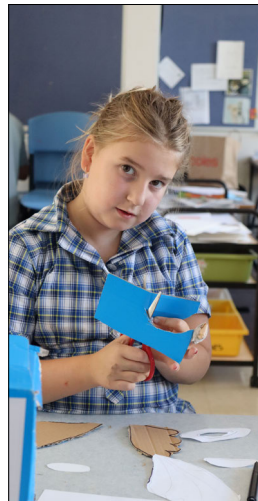
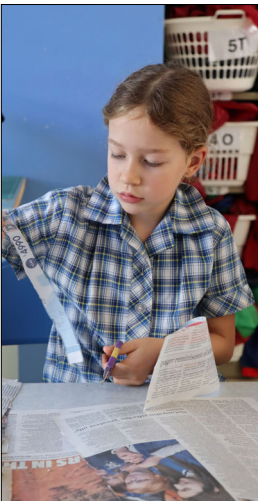
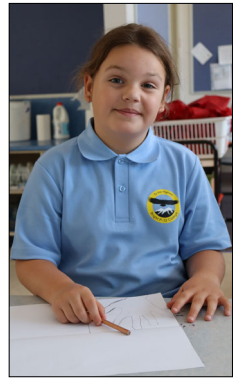
Over 160 Primary students came to school walking, riding, scooting or skating on National Ride to School Day.

We joined more than 350,000 students in celebrating Australia's biggest national day of active travel.



# YR 3/4 ART

Year 3/4 students have drawn their alien creature and are now trying to transform their wonderful 2D ideas into papier mâché sculptures. There may need to be some alterations!



# WELLBEING

## all about Kids Helpline

We provide free support & counselling to people aged 5-25

Counselling can help you manage tricky emotions, problem-solve things happening in your life and learn new coping skills and strategies to improve your mental health and wellbeing

**you can talk to us about ANYTHING**

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



## what do people talk about with Kids Helpline?

You can talk to us about **ANYTHING** big or small, serious or silly, easy or complicated, long or short, bad or good, in the past, future or now...

The most common things people talk about include **mental health, emotions, and family & friend relationships.**

The stuff you say is **private & confidential** - and you can remain anonymous.

nearly **145,000** responses by counsellors in 2022

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



## phone counselling



We're open 24/7

It's a free call and the fastest way to get help

You'll hear a hold message and music, and then a counsellor will answer and help you get started talking by asking questions.

(there's no right or wrong thing to say)

**call 1800 55 1800**

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



## webchat

aka web counselling!



Typing/instant messaging with a counsellor

Open 24/7 - even on public holidays like Christmas day!

(webchat is very popular, so there's often a bit of a wait to get through to a counsellor)

**[kidshelpline.com.au](http://kidshelpline.com.au)**

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



## peer support

it's called 'My Circle'



A safe, private and free social media platform that's good for your mental health.

Talk to other young people just like you about different topics

Moderated by Kids Helpline counsellors

**[kidshelpline.com.au](http://kidshelpline.com.au)**

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



## other stuff we do



@kidshelplineou

We have heaps of self-help info on our websites and socials - including mental health info, real life stories, videos, quizzes and fun stuff, etc.

We run educational sessions in schools on a range of different topics, like managing emotions and making friends.

We help give young people a voice on things that affect them, by chatting to important decision making bodies, like governments.

[kidshelpline.com.au](http://kidshelpline.com.au) | 1800 55 1800



# Yr 8 ART

This term, Year 8 students transformed blank skateboard decks into creative artworks. After exploring a range of artists and styles, they developed their own designs to express their individuality. The completed decks showcase a diverse range of personal ideas and unique styles.



# Yr 7A SCIENCE

*"In Science, we have been learning about mixtures. We have learnt about the different types of mixtures and how different substances combine in different ways. In our practical session we were investigating what substances make good emulsifiers, for this we observed salt, honey, mustard and detergent. It was interesting to see how each mixture separated, which was determined if they were oil or water soluble. We found the detergent to be the best emulsifier as it responds to both water and oil."* Words by Yr 7 students Jimmy K & Khy A



## MOTHER'S DAY TEA

Together with Mrs Tea, the College Parents & Friends Committee has developed a special edition for Mother's Day. Mrs Tea will be packaging up 39g bags of fresh tea ready for collection at the Mother's Day Stall on Thursday, 7th May. There are two blends to choose from:



**Heart & Calm.** A gentle blend to soften the nervous system and support emotional balance. Ingredients: Tulsi (Holy Basil), Rose, Lemon Balm, Lavender, Linden. What it does: A soft, comforting tea that helps Mum feel calm, peaceful and supported — perfect for busy days or a quiet moment to herself.

**Deep Rest.** A calming evening blend designed to support restful sleep and relaxation. Ingredients: Chamomile, Skullcap, Lemon Balm, Passionflower. What it does: A calming tea to help Mum relax at the end of the day and enjoy a deep, restful sleep.

Cost: \$12. Order closes: Thursday, 2nd April. Payment: You will be billed via Compass from early Term 2. To order: [https://docs.google.com/forms/d/e/1FAIpQLSfEFcp6NPtgt9295huUxela7InXLdzCax\\_uA-nNDf0Ea28BKA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfEFcp6NPtgt9295huUxela7InXLdzCax_uA-nNDf0Ea28BKA/viewform)

# VCE MEDIA

Year 11 and Year 12 Media folios are well under way for pre-production. Year 12's are currently experimenting to see what works for the products they will create later in the year. Year 11's are busy working in groups to make their reality TV shows come to life. VCE media products - coming soon to classrooms mid 2026!



## BRIGHT FOOD CO-OP COMMUNITY DINNER

Bring your family and friends and enjoy a delicious share feast cooked from regeneratively grown fresh local produce free from chemicals. Amazing food with convivial company and mellow tunes makes for a great night out. Picked and cooked on the day - what could be fresher and more delicious than that?

**BRIGHT  
FOOD  
CO-OP**

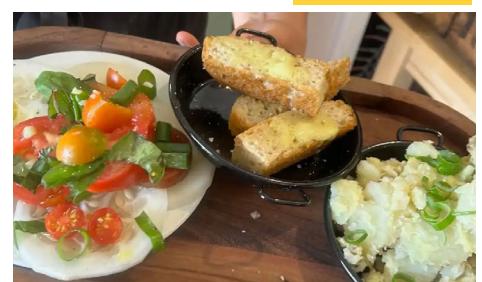
Sunday 12th April 6pm to 9pm at the Wandi Hall 462 Morses Creek Road, Wandiligong

Vegetarian (mostly vegan, mostly gluten free)

Cost \$25 Adults, \$10 kids aged 5-12, kids under 5 free

To buy tickets, click on this link

<https://events.humanitix.com> then search for 'community dinner' in Wandiligong.



# GERMAN EXCHANGE PROGRAM

*"Although the stay ended up being unexpectedly longer than planned, our short-term exchange came to an end with our departure on 18 March. During our time in Australia, which lasted over a month, we had countless new experiences, made new friends and discovered new things. A huge thank you to everyone in the school community who made this possible. To mark our departure, here are a few impressions from us 12 students from Bavaria:"*

*Viktoria: "One of the best things for me was riding to the waterhole with Rosalie, Theresa, David and Jasper, and swimming there."*

*Rosalie: "My favourite thing here in Bright was my host family that made me feel like home."*

*Theresa: "One of the best days in Bright was the boat trip with Romy, Regina, Barbara, Claudia, Layla and the family. It was great fun because we went water skiing, and then we had a barbecue."*

*Jakob: "All Australians are very welcoming and friendly. I had a great time! I had the best time at the barbecue on Mount Buffalo with my host family and others."*

*Regina: "The best thing I did in Australia was the "Brighter Days", because the music was very lovely."*

*Alex: "My favourite experience was jumping in the waves at Bondi Beach."*

*Barbara: "One of the best things about Bright was the trip to Mount Buffalo. We went with Theresa, Romy, Regina and their hosts. After the walk we had a BBQ."*

*Romy: "A nice experience was the sleepover at Claudia's house with the other Germans, Layla and Penny."*

*Franziska: "The best thing about the days in Australia was the trip to the Mount Hotham to see the mountain views and the dinner at the playground there."*

*Linus: "My favourite experience was going to the Mount Beauty Gorge with Jonas and my host family."*

*Sandra: "I loved Lakes Entrance and Raymond Island with Maisy and her mum."*

*Samuel: "I loved practising my English and experiencing the Australian lifestyle first hand."*

# EASTER HAT PARADE

We were excited to hold our Primary Easter Hat Parade earlier this week. This was a fun event that our students loved. A special thanks to Geri for all her help in the Primary Art room and congratulations to everyone involved! For more photos, check out our official Facebook page.



# COMMUNITY NOTICES

**myrtlefordnetball**

**SEASON 2026 REGISTRATIONS ARE NOW OPEN**

Myrtleford Netball Club is a proud, community-driven club providing inclusive & competitive netball opportunities for players of all ages & abilities.

Facebook: Myrtleford Netball Club  
Email: myrtlefordnetball@gmail.com  
Web: www.myrtlefordnetballclub.com.au

**SENIOR SOCIAL NIGHT COMPETITION**

Our Senior Netball Competition commences on Wednesday 22nd April at 7.30pm at Myrtleford Netball Club. Players are invited to register for this competition by Friday 11th April. Registrations are now open & close on Friday 3rd April.

**NETSETGO PROGRAM**

Our Netsetgo program is held on Wednesday afternoons at 4.30pm at Myrtleford Netball Club. This program is suitable for girls & boys aged 10-14 years. Registrations are now open & close on Friday 3rd April.

**JUNIOR DOMESTIC COMPETITION**

Our Junior Domestic Competition commences on Wednesday 22nd April at 7.30pm at Myrtleford Netball Club. This program is suitable for players from grade 5-8 across the competitive age range. Registrations are now open & close on Friday 3rd April.

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**MYRTLEFORD NETBALL CLUB FUN NIGHT**  
For girls & boys aged 5 to 14 years

**WEDNESDAY 1<sup>st</sup> APRIL 4:30PM - 5:30PM**  
MARIAN COLLEGE COURTS  
PRINCE STREET, MYRTLEFORD

**SKILLS, BILLS & FUN SAUSAGE SIZZLE NO COST**

Expressions of interest will also be open for coaches, umpires & team managers. You can also find out about the Gold-Achieve Kids Netball Program & how to register your child for the upcoming junior netball season which commences on Wednesday 22 April.

All enquiries to myrtlefordnetball@gmail.com  
**NEW & EXISTING PLAYERS ENCOURAGED TO ATTEND**

**myrtlefordnetball**  
WWW.MYRTLEFORDNETBALLCLUB.COM.AU

**POSITIONS AVAILABLE NOW!**

**ALPINE VIEW CHILDREN'S CENTRE**

- 0-18 Months Rooms: Multiple positions across the week
- 18Months-3years: Multiple positions across the week
- 3years + Kinder & Long Day Care: Multiple positions across the week

**CONTACT US TODAY**  
enquiries@myacs.asn.au

**AUSTRALIAN SMILE GROUP**

**DRIVING HEALTHY SMILES YOUR WAY!**  
FREE MOBILE DENTAL VAN VISIT!

**OUR SERVICES**

- Checkup at Schools, No need for separate appointments
- No out-of-pocket cost. Covered by Medicare (CDRS)
- Learn oral hygiene & brushing techniques
- Eligible kids get \$1000 in benefits every 2 years (For ages 0-17)
- Cleaning, sealants, fluoride, fillings & more

**SIGN UP NOW AT THE SCHOOLS OFFICE TODAY!**

**CALL NOW** + (03) 9132 0121

For digital form contact: info@australiansmilegroup.com.au  
www.australiansmilegroup.com.au

**Bright Art Gallery**

**64th Autumn Art Exhibition**

28 Mountain Ave Bright  
03 5750 1660

**28/3/26 - 10/5/26**

Open: Daily 10am - 4pm    Entry: \$5 p/p

www.brightartgallery.org.au

**RESILIENCE PROJECT**

**FAMILY HUB**

When schools and families speak the same language around mental health, our young people thrive.

Our **Family Hub** is designed to keep you in the loop, inspire everyday wellbeing practices at home, and help strengthen the connection between what your child is learning in the classroom and how you support them in life.

[Click here or scan this QR code to learn more about our Family Hub.](#)

RP    @resilienceproject

**TheirCare**  
Where Kids love to be!

**Bright P-12 College**

Bookings now open!

Service	Time	Price
Senior School Care (ISC)	7:00 AM - 8:45 AM	\$24.00
After School Care (ISC)	3:30 PM - 6:15 PM	\$20.25
Full Day Day	8:00 AM - 6:15 PM	\$78.00
Holiday Program**	8:00 AM - 6:15 PM	\$78.00

**Consultation Fee**  
\$150.00 (incl. 45 mins of consultation time) \$5.00

**Holiday Program** (incl. 5 days of session start time) \$10.00

**Same day cancellation fee is out-of-pocket session fee.**

**Book Now**

**Save up to 50% with child care subsidy!**

**To register visit** [TheirCare.com.au](#)

**0356 666 823**  
Your service Coordinator will be available during session times.

\*TheirCare support team is available between 6.30am - 5pm weekdays (Eastern Standard Time) on 0300 072 430 or info@theircare.com.au

**International Dance Day Wednesday 29th April**

bringing people together with a common language - dance

**Lunchtime disco Primary shadesail**

\*featuring class novelty dances!

**TERM 2 & 3 JUNIOR NETBALL COMPETITION**

Join our Junior Netball Competition & Skills Clinic!

**Starting Week 2 of Term 2 • 30<sup>th</sup> April - 10<sup>th</sup> September 2026**

**When:** Thursday afternoons - 4:30 - 5:45pm  
Skills clinic for 30 mins, followed by games from 5pm

**Age:** Grade 4 - Year 7 (Turning 10-14 years)

**Where:** Bright P-12 College Outdoor Netball Courts

Please fill out the attached Google Doc & EOI Form ASAP - Minimum numbers required!

**Register Your Interest Now!**

<https://docs.google.com/forms/d/e/1FAIpQLSdpuASWZYZB2M0Q3fCg-BH4CM3NmVf2ZahvYGGX0NuyZehg/viewform?usp=publish-editor>

**APRIL 2026 SCHOOL HOLIDAY ACTIVITIES AT BRIGHT LIBRARY**

<b>TUE 07</b>	<b>BEAD JEWELLERY 10.30AM - AGE 5+</b>
<b>TUE 14</b>	<b>TEDDY BEAR SLEEPOVER 10.30AM - ALL AGES</b>
<b>WED 08</b>	<b>SPIN DRUM CRAFT 10.30AM - AGE 6+</b>
<b>WED 15</b>	<b>MINDFUL STITCHING 11AM - AGE 12+</b>

**(03) 5755 1540**    **REGISTRATIONS REQUIRED SPACES ARE LIMITED**

# COMMUNITY NOTICES

**GOLDEN HORSESHOES FESTIVAL**  
EASTER WEEKEND  
3 - 6TH APRIL 2026

Community Bank  
Beechworth & District  
INDIGO  
Beechigo Bank  
RITCHIES

GRAND PARADE  
STREET FOOD  
LIVE MUSIC  
MARKETS  
SHOW & SHINE  
KIDS ACTIVITIES  
PERFORMERS

If you're staying in North East Victoria this Easter, come and experience the Golden Horseshoes Festival – a vibrant community celebration where kids can play, explore and be part of the action. Enjoy live music, colourful displays, bustling markets and delicious food vans, all set against the energy of a town coming to life. Best of all, the music, displays and the much-loved parade are completely free.

With plenty of free events and activities for kids across the weekend, it's the perfect chance to discover, create and celebrate, all leading up to the iconic Beechworth parade – a highlight that fills the streets with colour, music and excitement.

Discover, play & celebrate together

@goldenhorsefestival  
www.beechworthgoldenhorseshoes.com.au

**GOLDEN HORSESHOES FESTIVAL**

FROM 8:30 AM

EASTER SATURDAY  
**SENSORY-FRIENDLY SESSION**

Enjoy a calmer start to the festival before the main festivities begin, with reduced noise and fewer crowds. From 8:30am, families can explore the Hay Ho Animal Nursery, donkeys and vintage cars, alongside a relaxed live set from Jodie on the Community Stage and Jon Juda's Indigenous education experience.

This quieter session is being shared directly with local families, offering children with sensory needs a safe and comfortable way to experience the festival before the crowds build

www.beechworthgoldenhorseshoes.com.au

## WELCOME TO THE RESILIENCE PROJECT™

### Parents & Carers

**Why?**

- 1 in 4** adolescents have a mental illness.
- 65%** of adolescents do not seek help.
- 1 in 7** primary school children have a mental illness.
- 1 in 5** adults will experience mental illness.
- Over 50%** of students are at risk of a poor learning mindset (anxiety + disengagement).

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

**About the program**

TRP is committed to teaching positive mental health strategies to prevent mental ill health and build young people's capacity to deal with adversity.

We're proud to be implementing TRP's evidence-based whole school wellbeing program to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude, Empathy, Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.

**Get involved with TRP@HOME**

Scan the QR code or [click here](#) to find activities and resources to implement the GEM+EL principles at home.

**Evidence-based**

TRP's School Partnership Program has been independently evaluated by [The University of Adelaide](#) and [The University of Melbourne](#).

Scan the QR code to learn more about how the program is significantly lowering the risk of mental illness.

**the imperfects**

**The imperfects podcast**

**The imperfects** is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, celebrates just how imperfectly perfect we all are. Together, they chat to a variety of people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom. Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.

(03) 9113 9302 [theresilienceproject.com.au](http://theresilienceproject.com.au)

**THE RESILIENCE PROJECT.**

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2 THU	OPEN
8 WED	OPEN
9 THU	OPEN
15 WED	OPEN
16 THU	OPEN
22 WED	OPEN
23 THU	CLOSED
29 WED	OPEN
30 THU	OPEN
MAY 2026	
6 WED	OPEN
7 THU	CLOSED
13 WED	OPEN
14 THU	OPEN
20 WED	OPEN
21 THU	CLOSED
27 WED	CLOSED
28 THU	OPEN

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12-19 YEAR OLDS WELCOME  
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