



5 February 2025
Issue 1

Bright P-12 College Newsletter

WELCOME BACK!

And a special welcome to our new students



We hope you had a wonderful break! Welcome to the start of another exciting school year at Bright P-12 College.

Whether you are returning or joining us for the first time, we extend a warm welcome to you and your family. We are excited to have our students back onsite ready for a year filled with learning, growth and new opportunities.

Our school gardens are pumping out produce for use in the Canteen and our students are excited to be starting their new year of learning with their peers.



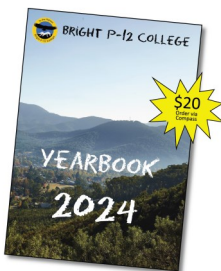
PHOTOGRAPHY PERMISSION

There are many occasions during the school year when staff photograph, film or record students participating in school activities or events. We do this for many reasons including to celebrate student achievement, showcase learning programs and communicate with our parents and school community.

The Department of Education recently changed their policy on how we seek permission from parents to use images of children.

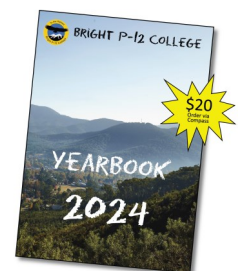
You now need to actively 'opt in' via Compass 'Course Confirmation' if you would like to see photos of your child in the yearbook, in school newsletters or on Facebook. You can choose where you would like us to feature images of your child. If you have any questions, please contact the school office.

2024 YEARBOOK

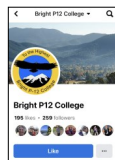


The 2024 Yearbooks have been printed and are ready to be collected from the office.

Please note: the Yearbook is only available via pre-order. We have a list of people who have pre-ordered and paid at the office which we will tick off as they are collected.



Official
Facebook
page



Ph: 03 5755 1166
E: bright.p12@education.vic.gov.au
www.brightp12.vic.edu.au





Principal's Message

Dear students, parents and carers,

Welcome back to all our returning students and families, and a warm welcome to those joining us for the first time at Bright P-12 College.

At Bright P-12 College we place equal value on Wellbeing and Learning. We are committed to creating a safe, supportive, and engaging environment where every student can thrive. Our dedicated teachers and staff have been working hard to prepare for the year ahead, ensuring that each child feels valued, challenged, and inspired in their learning journey.

We know that a strong school community is built on partnership, and we truly appreciate your involvement and support. Throughout the year, we look forward to working together to provide the best possible experiences for your children. Please keep an eye on school communications for important updates, events, and opportunities to connect.

If you have any questions or need any support as we settle into the new year, please don't hesitate to reach out. We are here to help and are excited to embark on this journey with you.

We are pleased to let you know that bookings for Parent/Teacher/Student Conferences are open on Compass. These conferences are an important opportunity for parents, teachers and students to connect early in the year, fostering strong communication and support for our students right from the start. Conferences will be held on Tuesday 11th and Thursday 13th February.

This year, we have brought the conferences forward to ensure we can build strong relationships between home and school as early as possible.

At Bright P-12 College, we deeply value these

conferences as they help strengthen the partnership between families and school - a relationship that plays a crucial role in your child's educational journey.

We would like to inform you of an important change to the Photographing and Filming Policy for students in Victorian schools. Previously, parents who did not want their child's image to appear in school publications (such as the newsletter, website, yearbook or social media) needed to opt out. However, the policy has now changed to an opt-in system, meaning that parents must actively provide consent for their child's image to be used.

What This Means for You:

Consent is required if you would like your child's image to be included in school publications. You only need to provide consent once - unless you decide to change your preference in the future.

This change ensures that parents are fully informed when making a decision about the use of their child's image.

If you have any questions or need assistance with providing consent, please don't hesitate to reach out.

Thank you for your cooperation in helping us align with this updated policy.

Jean Olley - Principal

NOTE: ALL CALENDAR EVENTS ARE SUBJECT TO CHANGE. PLEASE CHECK COMPASS FOR MOST UP-TO-DATE CALENDAR

COLLEGE CALENDAR

FEBRUARY

6 FEB	Secondary Swimming Carnival
7 FEB	Primary Swimming Carnival
11 & 13 FEB	Parent/teacher/student conferences
21 FEB	Yr 5/6 Apex Walk
24 FEB	Secondary O&M swimming
26 FEB	Yr 7 & 9 Alpine Health excursion
26 FEB	Primary O&M swimming

NEXT PUPIL-FREE DAY: Friday 20 June

2025 PUPIL FREE DAYS

Pupil free days for 2025 are:

Term 2	Friday 20th June
Term 3	Thursday 28th August
Term 4	Friday 5th December

WELLBEING DOG

Hi Bright P-12 College students and parents / carers, my name is Frankie. I am the Wellbeing dog here at Bright P-12 College. You might see me around the school from time to time. I have had a wonderful break and I have been resting, ready for the busy year ahead.

The Wellbeing team have a video they would like to show you, so you know what to do when you see me around. Thanks for taking the time to watch the video! I can't wait to see you back at school. Woof! Frankie

<https://www.youtube.com/watch?v=XiWtqjmYzZs>



FINANCIAL ASSISTANCE

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is \$150 for Primary school students and \$250 for Secondary school students

For more information about CSEF visit: <https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

STATE SCHOOLS RELIEF (SSR) Prep in 2025 and Year 7 in 2025 Summer Uniform Package

SSR offers two uniform packages every year to all Prep families/carers eligible for CSEF funding and one uniform package every year to all Year 7 students who are eligible for CSEF funding.

For more information, including application forms, please contact school.

HOMework CLUB

The Homework Club is back on Tuesdays from 3:30pm to 4:30pm in Room 15/16.

This offers a fantastic opportunity for students to complete their weekly homework, connect with teachers and take advantage of a dedicated study space. Milo, fruit and snacks will be provided as an after-school snack. We saw great participation from students last year and would love to welcome new faces.

If you have any questions, please speak to Ms. Tough.

LIBRARY UPDATE



Did you know we have over 8,000 books available for our students to borrow?

From a wide range of picture books for our Prep students to novels for our senior students, and an extensive non-fiction catalogue, our Library is packed full of hand-picked titles for our students to enjoy. We also have a range of German books for students to borrow and practice their German language skills.

Primary students have timetabled sessions in the Library with their classroom teachers each week. Secondary English students are sent to the Library in small groups during their English classes to choose books with help from Cindy, our Librarian.

The Library is not just about books! We also have separate Primary and Secondary lunchtime activities in the Library, where students can play board games. And every Wednesday lunchtime, Primary students have the option of 'mindful colouring' in the Library, where the space is transformed into a quiet place to colour in to the sound of gentle music.

Our most recent school newsletter is available to read and we have recently added a very special book to our collection: 'How to Be a Good Friend', which was written by a group of Primary students. This beautifully illustrated unique guide to being a good friend includes tips about respect, having fun, being understanding and demonstrating loyalty.

For students who are not confident readers, we have an extensive Graphic Novel section, which we have found often act as a stepping-stone to other books as students build their confidence. We also have a range of books which are specifically designed for students who have dyslexia which, along with individually tailored advice from Cindy, enables all our students to engage with reading at their own level and catering to their unique interests.

Thank you to all parents / carers who have contributed to our Library Fund over the years - your support means we can continue to expand our range of books and board games tailored for our students.



FREE UKULELE LESSONS

At Bright P-12 College, students have the chance to learn to play the Ukulele. These lessons take place in the Music Room and are free. We have school ukuleles for students to play during lessons at school. Later, you may choose to purchase your own ukulele for your child so they can practice at home. Students will learn a number of songs and be able to play in a Ukulele Ensemble. They will perform at a number of events throughout the year, when they are ready. If your child is curious / keen, please encourage them to get involved.



Beginner Ukulele Group TUESDAY 8.15-8.45am **Ukulele Club** FRIDAY 8.15-8.45am

- suited to students in Prep-Year 2

- suited to students in Year 2 and above (last year, there was a mixture of Primary and Secondary students)

- if your child was in the 'Beginner Ukulele' group and found the music easy or boring, they should be coming into this group

NEW STAFF

My name is Emily and I've joined Bright P-12 College as a School Counsellor in the Wellbeing team, where I will be supporting both Primary and Secondary students 3 days per week. I have previously worked on placement at Wangaratta High School. Prior to qualifying as a counsellor, I trained extensively in yoga and mindfulness meditation teaching. I am committed to creating a safe and inclusive space for all students and supporting their wellbeing with kindness and curiosity.

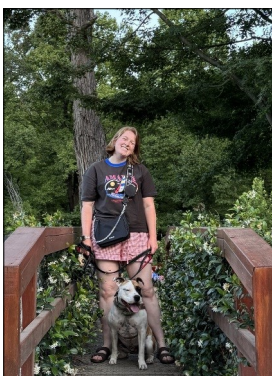
Outside of work, I love yoga, reading, live music and adventuring up and down mountains!



Hello, my name is Michelle Barker and my role at Bright P-12 College is Education Support with my main role being Sports Coordinator for the whole school. I will also be doing classroom support.

I moved to Bright from Marian College Myrtleford where I was doing a similar role for the last 4 years. I also work in admin at a local mechanics and have my own business that I run on my days that I'm not at Bright P-12 College. When I'm not at work I like to visit my adult children, spend time with my husband and spend time being active or watching sport. I swim, go to the gym and play golf when time permits, but basketball is my long-held passion. I'm not coaching this year (having a break) but still love helping at Bright Basketball on a Monday night and going to Melbourne to watch my sons play when ever I can.

I'm really excited to join the Bright P-12 College team this year and looking forward to getting to know all the students and families here. A little about me... My name is Melody McCormick and I will be teaching Year 3s on Fridays with Jess Cox. I moved to Bright from Healesville last year with my family after regularly exploring the local area for many years. I have worked in a range of Primary and Secondary schools, and as an educational researcher. I currently work as an advisor in educational policy. In my spare time I love to ride (mountain, gravel and road) and coach mountain biking. I am trying to grow veges (unsuccessfully) this year in my backyard as well as learning to ski (it is harder than it looks). I enjoy baking treats, hiking, reading, canoeing and learning lots of random new things. Please come and say hi if you see me at school or around Bright.



Hello Bright community!

My name is Aly Bannan, I've recently moved to the area from Melbourne and I'm very excited to be starting at Bright P-12 College as a Grade 6 teacher! Prior to this year, I worked at a primary school in Pakenham that had 1200 students, so it's very new to me being at such a small school with a tight-knit community. When I'm not at work, I love to read, go on walks with my dog named Moose, spend time with my husband and close friends, and do arts & crafts. I'm looking forward to meeting all the families that make Bright P-12 College such a wonderful place to be.

HAT REMINDER



As part of our SunSmart policy, all students are expected to wear a hat when they are outdoors in Term 1. This applies to recess, lunch and while doing outdoor activities. Students who are not wearing our school hats will be asked to sit in the shaded areas. Hats can be purchased from the front office or via our online shop <https://www.fcw.com.au/schools-online-shops/>

Primary students need to wear a wide-brimmed hat and Secondary students, a bucket hat. Hats cost \$13.50 each. Parents / carers, please remember to label hats.

CANTEEN

We're excited to share some updates about our Term 1 Canteen menu, including new options to increase variety through a specials focus on fresh produce from our school gardens, added options to the regular menu, and an insight into the challenges of balancing a diverse menu with limited staff. Please order items from the Canteen via Compass. Each day, there will be gluten free, vegetarian and vegan options. All main meals are \$6 each.

Updated Canteen Menu & Special Options. We've listened to your feedback and we are working to increase the variety of options available. We are introducing special rotating menu items to provide more choice while ensuring meals remain fresh, nutritious and manageable for our canteen team. Specials of the Day may contain the following options:

- Bacon and egg roll
- BLT
- Chicken schnitzel roll
- Curries
- Homemade sausage rolls

Paddock to Plate: Using Our School Gardens. To make the Canteen more sustainable and reduce costs, we're incorporating produce from our school gardens into selected menu items. This is a fantastic opportunity for students to experience 'paddock to plate' learning, seeing how fresh ingredients go from being grown at school to being used in their meals. This hands-on approach fosters a deeper connection to food, nutrition and sustainability.

Balancing Variety with Limited Staffing. One of the biggest challenges in offering an extensive menu is staffing constraints. Our Canteen operates with a small but dedicated team, which means we need to find a balance between variety and what's manageable on a daily basis. If you're interested in volunteering, we'd love to hear from you! We are looking for people who can volunteer on a Monday, Tuesday or Wednesday (preferably making a commitment for a term or longer). If you are keen, please email me Ms Olley at jean.olley@education.vic.gov.au

Thank You for Your Support! We truly appreciate your feedback and patience as we work to make our Canteen the best it can be. Our goal is to offer affordable, delicious, locally grown and balanced meals that students enjoy, while ensuring the canteen remains sustainable and manageable for our hardworking team.

Thank you for your ongoing support, and any feedback you have is very welcome to assist our continued commitment to the Canteen. The revised Canteen menu will commence on Thursday 6th February.



PARENTS & FRIENDS

We would like to extend a warm invitation to join our 'Parents and Friends' committee. Your involvement is crucial in enhancing the overall school experience for our students.

We are hosting an information/welcome morning at the River Deck Cafe on Thursday, 6th February, starting at 10:00 am. This event provides an excellent opportunity for you to learn more about the committee's role and how you can contribute to the betterment of our college.

All parents are welcome, and we encourage you to attend to discover the various ways you can actively participate in shaping the educational environment for our students and your children. Your insights and ideas are invaluable, and together, we can create a positive and enriching experience for everyone.

We look forward to seeing you on the 6th of February at the River Deck Cafe.

SUSTAINABILITY

Celebrating Our New Green Spaces in Primary

Over the school holidays, members of our Maintenance and Sustainability teams were joined by volunteers to lay turf in the Primary area. After many months of collaboration and planning, it's truly wonderful to see our students enjoying the benefits of the new green spaces in the Primary area of our school. The lush turf not only enhances the visual appeal of the area, making it inviting and cool, but it also absorbs rainwater and traps dust and pollutants.

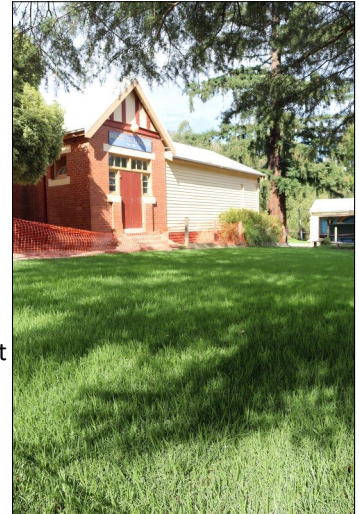
This natural environment invites children to play, promotes social interaction, and supports mental health and emotional well-being by providing a space to play, relax and rejuvenate. These green spaces also enhance learning experiences, offering a dynamic and engaging outdoor environment.

We would like to extend a heartfelt thank you to everyone involved, as projects like these require many hands. Special thanks to Jean Olley and Mat Gray for their support and leadership, Nick Kenwright for his persistence and student focus, Xavier Kerr for assisting during the break, parents and friends for their time and ideas. Thank you to the Bright P-12 College staff who were dedicated turf layers and in during their holidays: Mat Gray, Xavier Kerr, Renee Tanaskovic, John O'Bryen and Phil Rigby. Thank you also to turf-laying students Theo G, Otis G, Cam W and Ben W.

Most importantly, a huge thank you to Colin Dudley, who provided the skills, knowledge, and labour through every step of the process, whilst also managing other school projects.

Your collective efforts have made this project a reality, and our students are reaping the rewards. Thank you for helping us create a more vibrant and enriching environment for our school community.

We look forward to the second stage of the Primary greening project that will see the eastern side of the 1876 building with enhanced play spaces.



COMMUNICATION

Parents / carers, your main form of communication from school will continue to be Compass in 2025. We also have an official Facebook page, where we share news and photos. The school newsletter is sent out via a Compass link every two weeks during term-time. Our website is a useful source of information and our staff at the front office are available to answer any questions.

For parents of Primary students, your child's classroom teacher will send you regular updates throughout the term. Year Level Coordinators are a useful contact for parents of Secondary students. Assistant Principal Primary Mat Gray, Assistant Principal Secondary Phil Rigby and Principal Jean Olley are also always happy to help with any queries.

BRIGHT FOOD CO-OP

Have you heard about the Bright Food Co-op?

Located within the Sports Stadium at Bright P-12 College, Bright Food Co-op is a local volunteer run non-profit organisation that sells local fresh produce and chemical-free pantry staples with a focus on reducing waste, reducing food miles and supporting local producers. The Co-op can offer many organic products at prices that are competitive with non-organic products due to the assistance of a wonderful volunteer network.



How does it work?

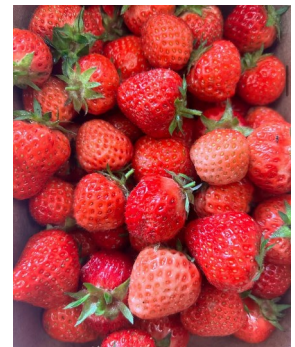
The Co-op has both the on-site shop and an online shop. The on-site shop at the Stadium is open Thursdays from 4pm – 6pm and Saturdays 10am – 12pm. This space has been generously provided by Bright P-12 College.

The online shop is where you can order both fresh and dry goods for a weekly collection. The online shop is open from midday Friday to midday Tuesday for collection on Thursdays between 5-6pm. To start shopping online, simply set up an online account via our website shop <https://openfoodnetwork.org.au/bright-food-coop/>

What can I buy?

Our on-site shop offers a range of pantry staples and dry goods in bulk including flours, pasta, nuts, seeds, oils, honey, maple syrup, vinegars to name a few. You can bring your own packaging and containers, or use ours. You can buy as little or as much as you want.

Our online-shop offers a range of local fresh produce including chemical free vegetables and fruit, milk on tap, eggs, cheeses, sourdough breads, fish, regeneratively farmed meat and poultry. The Co-op supports 14 local producers who practice regenerative farming. Harvested on the day of pickup, our fresh produce doesn't get fresher, meaning minimal loss of nutrients and goodness.



Who can shop at the Co-op and why should I become a member?

The Co-op is open for all and is busier than ever. Many locals have joined to reduce waste by buying in bulk and reusing containers. While you don't have to be member to shop, the \$50 annual membership entitles you to 35% discount on our non-member prices. It doesn't take long to reap the financial reward of being a member, and membership fees go towards paying our fixed costs like insurance, equipment and replacements. Not sure if you want to join? Come and have a look during our opening hours or get in touch to get more information. We offer all new shoppers their first shop at member prices so they can test our range and decide whether they want to join.



How do I join?

You can join at the shop, or online via our website www.brightfoodcoop.com.au

We look forward to welcoming new faces and hope to see you at the Co-op soon! If you have any questions, please call 0401 357 329.



PRIMARY WELLBEING ROOM

This year, we've created a Wellbeing Room for Primary students, which is located on the last room on the deck next to the Japanese room. The intention for this space is to create an environment where students can come to regulate their minds and bodies throughout the day.

A key element of the room is to provide students with a soft start each morning prior to school. A soft start is for students who require support transitioning into the school environment. It will be open from 8:40am Monday - Friday, with teachers supervising. Parents may bring their children here in the morning, but only if they feel it is necessary.

Primary students have been informed about the space and were taken for a tour where our Wellbeing Team outlined the intentions and expectations.

Within the space, we are creating a neutral and calm environment with plants and low lighting etc. If any families have anything they would like to donate throughout the year, it would be warmly welcomed.



ANNUAL PRIVACY REMINDER FOR OUR SCHOOL COMMUNITY

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy and the Schools' Privacy Collection Notice.

The Photographing, Filming and Recording Students Policy <https://www.vic.gov.au/schools-privacy-policy> describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. We ask parents to also review the guidance we provide on how we use Microsoft 365/Google Workspace for Education safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Microsoft 365/Google Workspace for Education, please contact the school.

For more information about privacy, refer to: Schools' privacy policy: information for parents. This information is also available in these community languages:

* Amharic * Arabic * Chinese* Dari * Gujarati * Mandarin * Somali * Sudanese * Turkish * Urdu * Vietnamese

School preparedness and pre-emptive actions for the bushfire season

Schools and early childhood services undertake a range of activities each year to prepare for bushfires and grassfires. The Department of Education conducts an annual fire risk assessment of schools and early childhood services. Those at the greatest levels of risk are published on the Bushfire At-Risk Register (BARR). As part of preparing our school for the fire season, we have updated and completed our Emergency Management Plan.



What does this mean for our school?

Our school has been identified as being at risk of bushfire or grassfire and is a Category 3 school. Our school will close on a day forecasted as Catastrophic fire danger rating in North East fire district.

What is the department's policy?

The department's Bushfire and Grassfire Preparedness Policy requires all schools and early childhood services on the BARR to close when a Catastrophic fire danger rating day is forecast in their fire weather district. All school bus routes which travel in or through a district with Catastrophic fire danger must also be cancelled.

When will our school be closed due to Catastrophic fire danger?

Closure of the school due to a forecast Catastrophic day will be confirmed on the day prior and we will provide you with advice before the end of the school day. Any information regarding potential or confirmed Catastrophic fire danger days will be communicated to you by Compass.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. Please be aware that:

- No one will be on site on days where the school is closed due to a forecast Catastrophic day.
- Out-of-school-hours care will also be cancelled on these days.
- All bus routes that travel through the Catastrophic area will be cancelled.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for fire weather district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

Families are encouraged to enact their Bushfire Survival Plan on Catastrophic fire danger rating days. **On such days, children should never be left at home alone or in the care of older children.**

For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Catastrophic days are forecast, the safest option is to leave the night before or early on the morning of the Catastrophic day.


What can families and the school community do to help us prepare?

- Ensure we have your current details, including your mobile phone numbers.
- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed due to elevated fire danger or closed due to a Catastrophic fire danger. Further information can be found on the CFA's website.
- Enact your family's bushfire survival plan if your own triggers are met. Our school community may be spread out across many areas and some families may be at higher risk than others. Your family's safety is critical, so please let us know if you are enacting your bushfire survival plan and if your children will be absent on these days.
- If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.

You can find more information on emergencies, warnings and preparedness actions here:

- VicEmergency app – that can be downloaded on your android and iOS mobile devices
- VicEmergency Hotline (1800 226 226)
- Website <https://www.emergency.vic.gov.au>
- Facebook <https://www.facebook.com/vicemergency>
- Twitter <https://www.twitter.com/vicemergency>
- ABC local radio, Sky News and other emergency broadcasters

COMMUNITY NOTICES



Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- Have stronger, more positive relationships
- Set rules and limits
- Manage everyday behaviour problems


Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

1800 880 660

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.

gatewayhealth 

FREE TRAINING

Following the 2022 Floods, and Bogong High Plains Road Landslide, the Alpine Shire Council have funding to provide **FREE** training opportunities to increase the resilience and capacity of our communities.

We are pleased to offer the following **FREE** Training Courses to Alpine Shire residents:

- First Aid - CPR, Farmers CPR, Level 1 First Aid.
- Chainsaw Safety.
- Food Handling (online only) - Level 1 Food Safety, Food Safety Supervisor, Food Safety Supervisor Refresher.
- AgVet Chemical User - Full 2 Day Course, and 1 Day Refresher.
- Mental Health Essentials.
- Wildlife Education Training.

Follow this link for more info: 

<https://engage.alpineshire.vic.gov.au/community-hubs/recovery-hub/free-training-courses>

Alpine Shire Council acknowledge The Community Recovery Hub and the support of the Victorian and Australian Governments




ARE YOU READY TO ADVOCATE FOR YOUNG PEOPLE IN THE ALPINE SHIRE?

APPLY TO JOIN RAYS TODAY!



INSTAGRAM @RESIDENTIALPINEYOUTHSSQUAD
EMAIL LARAM@ALPINESHIRE.VIC.GOV.AU
PHONE 0427 332 063



Course Youth Mental Health First Aid

Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves, using a practical evidence-based action plan. This course is free of charge thanks to the 'The Community Recovery Hub'.

The 14-hour Youth Mental Health First Aid Course is for adults who work, live with, or care for adolescents, such as school staff, parents, sports coaches, community group leaders and youth workers.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and by professionals.

Monday 31st of March
Tuesday the 1st of April
Location: Bright
Course Fee: \$0

What you'll learn

Learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.

Developing mental health issues covered

- Depression and anxiety
- Psychosis
- Substance use problems
- Eating disorders




Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury and self-harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use
- Aggressive behaviours.

Course Format

This course is completed face-to-face in Bright. This is a 14-hour course which is delivered as a 2-day training package (7 hours per day).

Attend this **FREE** course by contacting:
Lara May, Youth Development Officer at ydo@alpineshire.vic.gov.au or call (03) 5755 0555

Alpine Shire Council acknowledge 'The Community Recovery Hub' and the support of the Victorian and Australian Governments

Free mental health workshops available across Alpine Shire

Community members aged 18 years or older are invited to attend free mental health workshops held in Bright, Mount Beauty, and Myrtleford. Mental Health Essentials is a three-and-a-half-hour workshop that introduces participants to skills and knowledge that can help to support others with their mental health struggles.

This free opportunity enables participants to build their confidence when having conversations about mental health.

- Bright | 11am – 3.30pm Sun, 2 Feb Pavilion, Bright
- Mount Beauty | 11am – 3.30pm Sat, 15 Feb Mount Beauty Community Centre
- Myrtleford | 11am – 3.30pm Sun, 16 Feb Myrtleford Library

All workshops include a light lunch. For more information and register interest, visit <https://engage.alpineshire.vic.gov.au/community-hubs/recovery-hub/mental-health-essentials>

Mental Health Essentials is presented for residents of the Alpine Shire through funding by the State of Victoria through Emergency Recovery Victoria's Community Recovery Hubs grant program and the Australian Government in response to the October 2022 Flood and Landslip which impacted Alpine Shire Communities.

THE LIGHTHOUSE

WEDNESDAY & THURSDAY 2PM - 6PM
FOR YOUNG PEOPLE AGED 12 - 25 YEARS OLD

1 RAILWAY AVE, BRIGHT AT THE BACK OF THE BRIGHT COMMUNITY CENTRE

- SNACKS
- GAMES
- STUDY
- SAFE SPACE
- SUPPORT SERVICES



@ALPINESHIREYOUTH 



Alpine Mindset Coaching

Free Mental Health Support

Life can sometimes get stressful and overwhelming, making it hard to cope. If you are over the age of 12 and seeking mental health supports, join our 6-week coaching program.

Program Details:

- What: Alpine Mindset Coaching
- Duration: 6 weeks
- Cost: There is no cost for the program. No GP referral required.

1300 921 535
alpinecoaching@wellways.org



wellways.org | 1300 111 400



COULD YOU FOSTER A CHILD?

We **URGENTLY** need **Foster Carers in your area.** Enquire now on how you can help change a child's life.

CanIFoster.com.au | 1800 932 273

The Lighthouse opens on 26 Feb



Bright Mini Golf



18 hole course
Group bookings welcome
Fun for all!

Artisticat

FANTASTIC ONLINE ART CLASSES
Brilliant artists and instructors take the classes in real-time on Zoom.
Easy to organise - we make it simple for you.

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ph 0448 595 482 | 12b Barnard Street, Bright

D|R|E **DICKENS**
real estate



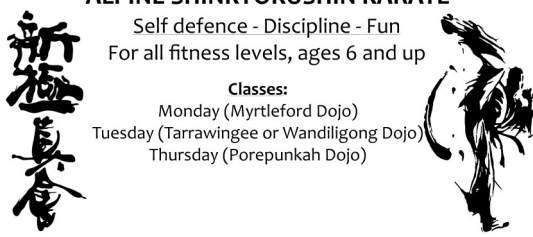
Alpine Building Permits & Consultants
Building Permits & Building Inspections

Call the team: (03) 5755 1589
Email: info@alpinebuildingpermits.com.au
9:00 am to 4:30 pm Monday to Friday
Shop 5/1 Ireland Street, Bright

- ✓ Domestic and Commercial Building Permits
- ✓ Regulatory building advice
- ✓ Bushfire management advice, reports
- ✓ Fire and life safety reports
- ✓ Servicing Victoria and New South Wales
- ✓ Owner builder advice and permits

ALPINE SHINKYOKUSHIN KARATE
Self defence - Discipline - Fun
For all fitness levels, ages 6 and up

Classes:
Monday (Myrtleford Dojo)
Tuesday (Tarrawingee or Wandiligong Dojo)
Thursday (Porepunkah Dojo)



Contact Us:
Shihan Geoff Miller 0417 030 191 or
Sensei Sue Texler 0421 562 248

Weblinks:
www.alpinedojo.com
alpinedojo@gmail.com
facebook: [AlpineShinkyokushinKarateDojo](https://www.facebook.com/AlpineShinkyokushinKarateDojo)

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Hours of fun for ages 5 and up
Open 9am-9pm Mon-Sun

190 Myrtle Street, Myrtleford, Victoria
0428 021 938



Experience
Bright Library

- Weekly Story Time!**
Every Thursday from 10am
- Weekly Rhyme Time!**
Every Friday from 10am
- A range of school holiday activities for all ages to enjoy!**

Keep an eye on **Alpine Shire Council's Facebook page** for updates and news on upcoming events at the **Bright Library!**




ALPINE
SHIRE COUNCIL