

17 May 2023
Issue 7

Bright P-12 College Newsletter

GALA DAY

The Gala Day Parade, part of the annual Bright Autumn Festival, was held on Saturday 6th May. It had been raining steadily the night before and well into the morning of the parade. With light rain persisting, we gathered in our finest hospital garb (medical professionals and patients) around our makeshift hospital float and prepared to walk through town. The rain stopped. The crowds cheered and waved. Community spirit was on display and the atmosphere was celebratory. A big 'thank you' to everyone involved. It was a fantastic event! As a bonus, we won the award for Best School / Youth Organisation float. For more photos, see page 3.



Prep - Yr 12 CROSS COUNTRY

We were greeted with pleasant running conditions for the annual Prep – Year 12 House Cross Country. The oval was filled with red, yellow and blue for this fantastic whole-school event. All our students represented their houses with immense pride. Thanks to staff who assisted before and during the event, as well as to parents and family members who were there to support on the day. Thanks to our Media Studies students for taking photos. For more photos, see page 3.



Official
Facebook
page



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Principal's Message

Dear Students, Parents and Carers,

Firstly, congratulations to everyone involved with our Bright P-12 College Gala Day float. Many visitors and locals lined the streets to watch the parade wind its way through the designated route and the atmosphere was amazing. Thank you to everyone involved, it was a fantastic community event and I was proud to walk with school staff and students as we showcased our school values of respect, effort and collaboration. Well done, everyone!

Thank you also to everyone involved with the P-12 House Cross Country. This a whole school event that brings all our community together to participate and celebrate. Well done to all students who competed in the event and to our winners on the day.

As we are nearly half way through this term, I would encourage students to review and reflect upon their learning and the completed tasks they have produced for both formal and informal assessment throughout this year

so far. Consider the effort and time you made to complete the task and whether you gave it 100% or 10%. What would make a difference for you going forward? What can you do to improve? Achievement comes through giving continuous effort and considerable time to a task that builds upon mastery. Mastery of a skill/knowledge brings happiness and joy. The effort you choose to put in does make a difference.

As we enter the winter months and illness begins to circulate please keep in mind ways to stay fit and healthy and if you are feeling unwell, stay at home to recover.

Jean Olley - Principal

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

COLLEGE CALENDAR

MAY

18 MAY	Yr 9 O&M AFL (boys)
19 MAY	Yr 3-6 Alpine District Cross Country, Porepunkah
20 MAY	Second hand ski gear sale, Community Centre
24 MAY	Secondary AFL O&M (girls)
24 MAY	Yr 7&8 AFL O&M (boys)
25 MAY	Yr 5-10 Project Rockit
29-30 MAY	Yr 3/4 Beechworth Camp

JUNE

1 JUN	Yr 7-12 O&M Cross Country, Beechworth
1-2 JUN	Yr 3-5 Indigenous Art Workshops
7 JUN	Yr 3-6 O&M Cross Country, Wangaratta

Next student free day: Friday 9 June

FUNDRAISING

Year 4 students Erica and Lizzie are holding a fundraiser for Team Seas. They are looking for donations of children's books, clothes, toys, arts and crafts that they will sell. Please leave your donations at the front office. They will also be baking delicious hedgehog slices at school later this term. Details to come soon.

About Team Seas: TeamSeas is a global campaign to raise funds to remove plastic and rubbish from our oceans, rivers and beaches.



#TEAMSEAS™

GALA DAY ctd...



CROSS COUNTRY ctd...

Combined Points for House Cross Country: 1st Buckland 586 points; 2nd Ovens 534 points; 3rd Kiewa 510 points.

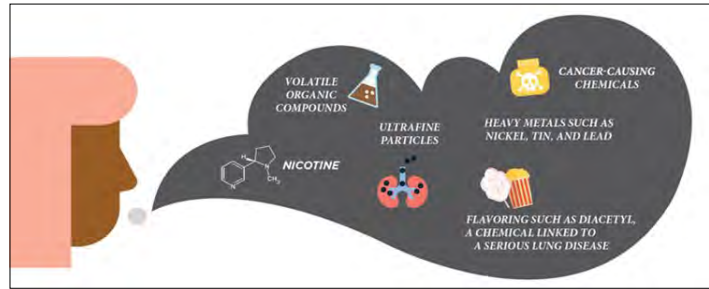


WELLBEING WITH ADOLESCENT HEALTH NURSE KELLY

VAPING

Despite it being illegal to sell vapes to minors, young people are now the highest users of vapes in Australia, making it a major health concern within the community.

What are Vapes? E-cigarettes or 'vapes' are battery operated devices that heat a liquid to produce an aerosol to inhale. They come in assorted styles, shapes, and sizes with some resembling ordinary household items such as pens and USBs. Much of the advertising appears to target young people, by using brightly coloured packaging and confectionary style flavours, such as "cotton candy" and "bubblegum".



What is the harm?

- Vape users are exposed to chemicals and toxins including carcinogens and heavy metals that can cause many adverse health effects and increase the risk of developing lung and heart disease.
- Many vapes contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- Nicotine, which is more addictive to young people, is present in the majority of vapes, even those advertised as 'Nicotine-free' and is often in concentrations equal to or higher than traditional cigarettes.
- Nicotine can harm adolescent brain development (the brain keeps developing until mid 20's) and can lead to mood disorders and impairments in concentration, impulse control, learning, and memory.
- Short term health effects of vaping can include nausea, vomiting, mouth and airway irritation, chest pain and palpitations.
- Young people who vape are 3 times more likely to take up smoking cigarettes.

What will the new vaping laws mean? Major changes to vaping laws were announced this month by the Australian government, that will hopefully see a reduction in use among young people, however there is no set date for when these changes will be actioned. Under the new regulations, the only way to legally buy vapes will be through a pharmacy with a prescription, which will make it more difficult for young people to obtain them. Additionally, the introduction of minimum quality standards, reductions in nicotine, pharmaceutical-like packaging, and restrictions on flavours, will hopefully make them less appealing to young people as well as minimise their potential harm.

Want to know more? Students are welcome to see me for more information about vaping, or if they would like assistance in quitting. These resources might be useful:

[E-cigarettes and young people: what you need to know \(quit.org.au\)](http://quit.org.au)

[Kids Health Information : E-cigarettes and teens \(rch.org.au\)](http://rch.org.au)

[E-cigarettes | Cancer Council NSW](#)

GROUP WELLBEING SESSIONS

Student Wellbeing Counsellor Jen teamed up with our Wellbeing dog Frankie recently, working with groups of students in their classrooms. They identified the stages of the 'escalation cycle' and how to determine which emotional state someone is in. Jen used Frankie and some images of dogs on cards as examples to explore what different states look like and feel like. Students also worked on using calming techniques on themselves, their peers and Frankie. The sessions were highly successful, with Frankie demonstrating each component very well. Students were able to learn while having fun at the same time. Thank you, Frankie, for your help with our students!



Yr 11 & 12 ART - MELBOURNE EXCURSION

At the end of last term, VCE Years 11 and 12 Art Creative Practice students travelled to Melbourne.



Students explored the Top Arts 2023 Exhibition, viewed exhibiting students' folios and attended a lecture on the expectations of Units 3&4 in VCE Creative Practice. This gave them an opportunity to explore the themes, ideas, materials, techniques and processes behind selected artworks and get valuable tips for success. They were able to see examples of outstanding work and learn how students had analysed and interpreted their own themes, concepts and ideas.



Next was a visit to Flinders Street Train Station Ballroom, to experience Rone's, 'Time' exhibition set in the long-abandoned third-floor wing of Flinders Street Station. Created and developed over three years, a fictional history that



transported audiences to post-WWII Melbourne, 'Time' captured the spirit of the city's industrious past while offering glimpses of the station's role as a once-glorious hub of work, learning and social life. This immersive, multisensory exhibition encompassed twelve installations, each room adorned with Rone's haunting signature murals.



Lastly we experienced The Lume / 'Monet & Friends' at Melbourne Convention and Exhibition Centre. More than 850 pieces by some of the impressionist movement's best-known artists, with the complete works of Cézanne, Renoir, Manet and more were featured. Students could stroll, sit or even lie down to take in the 40-minute show, drenched in light and sound. Some of our students even danced. A bespoke perfume inspired by the paintings' floral themes also permeated the space, adding an extra dimension to the experience.



After a thoroughly enlightening day of art experiences we arrived back in Bright at 10.30pm, just a little fatigued but artistically enriched.

PREP MUSIC

Prep students are learning the basics of playing the ukulele. They strummed along while singing charming renditions of 'Row row row your boat' and 'Kookaburra sits in the old gum tree'. The favourite line of "jumping up and down with his pants on fire" drew whoops of laughter from our youngest students.



Yr 8 MATHS & SCIENCE

The start of Term 2 has been very hands-on in Year 8 Maths and Science, starting with the second Maths CAT within the unit of measurement. Students designed and constructed their own cities within certain criteria. These included green spaces of composite shapes, water features, roads and buildings. Students were able to demonstrate a fantastic understanding of this material and display it in a novel way. They showed great commitment and produced outstanding results. Well done. The unit of probability followed and students engaged in lots of hands on experiments to test out theories of probability.



This creativity continued within science, where students researched, designed and developed a teaching resource to support other students in the understanding of specialised cells. Students created models, three-dimensional posters and even a cake to demonstrate a white blood cell. Great work Year 8! Miss Gabriel.



Yr 10 BASKETBALL

Our Year 10s are currently part way through a 5 week module of basketball where the students are given greater responsibility to run the classes themselves. This includes management and coordination of their teams, coaching drills and skills and also refereeing, timekeeping and scoring. We have already seen a noticeable improvement in their skills and understanding of the game. The module will culminate with a finals series where team ladder rankings will determine who plays who for in the finals and ultimately the grand final.



PREPS - 50 DAYS OF SCHOOL



Our Prep students recently celebrated their first 50 days of school by counting collections of 50 items.

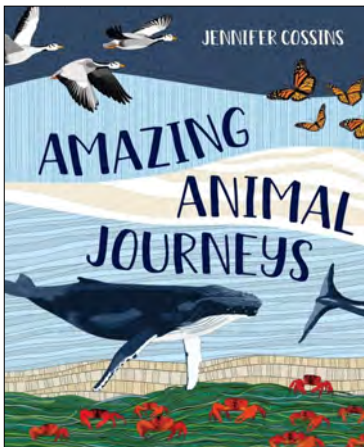
This activity helped our youngest students work in teams, use their numeracy skills and understand a key milestone in their school lives.

Yr 11 BIOLOGY

As part of their studies of chemical digestion in the digestive system in Unit 1 Biology, students designed their own experiments to investigate how the amylase enzyme (found in saliva) breaks down starch (a large carbohydrate molecule) into maltose (a small carbohydrate molecule).



STORIES FROM OUR LIBRARY

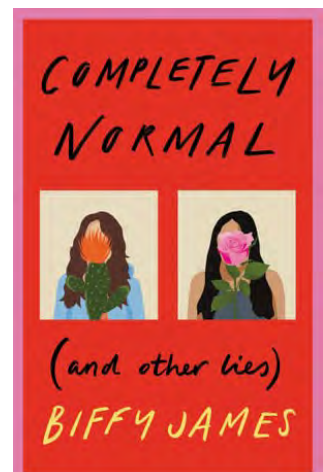


We welcomed many new books into our Library this term. Several are on the Children's Book Council of Australia (CBCA) shortlist, including these great titles, which have been a hit with students.

Amazing Animal Journeys. We found some familiar (bogong moth) and not-so-familiar (Christmas Island red crab) animals in this beautifully illustrated book by Jennifer Cossins. Discovering 25 incredible migratory journeys, we explored extraordinary facts about various animals in the air, on land and in the oceans. *'For those interested in words, and especially those with children who have an enquiring mind and a thirst for knowledge, any book by Tasmanian author and artist Jennifer Cossins is ideal.'* - Kids' Book Review

Another CBCA shortlisted book aimed at older students is

Completely Normal (and other lies) by Biffy James. Recommended for readers over 15, this story takes us on a captivating journey exploring complicated teenage relationships with twists and turns making this book hard to put down. *'An authentic, sensitive story of love and grief in all types of relationships, and the power of true friendship.'* – CBCA Book of the Year: Older Readers



Yr 8 CAMP

Rubicon Camp was tough. Because being challenged is tough. Year 8 students were pushed physically and mentally. A full day of rafting. Another day of hiking. The beauty and power of the Goulburn River. The harsh but majestic Cathedral Ranges. The water temperature was extreme, and the tracks were steep. Leading others, managing themselves, taking responsibility for everyone in their group. Students dug deep and found inner strength they didn't know they possessed.

But Rubicon Camp was also fantastic. After the effort, came the reward. Students thrived over the four days. New experiences, new friendships, new understandings of themselves and their classmates. A beautiful setting and amazing staff. Rubicon camp was hard, and we can not wait to do it again!



STUDENT ACHIEVEMENT



Bright P-College Year 11 student Ava McKee competed at The Scots School Albury Equestrian Interschool Challenge for Bright P-12 College on the 7th May.

Despite the wet conditions, Ava managed to score a win on two of her horses in the 105cm Showjumping Class.

An effort to be celebrated!

GRIP LEADERSHIP

Earlier this month, 25 of our Year 5 and 6 students went into Albury to attend the GRIP leadership conference. The conference was unique in that it concentrated specifically on training students for their role as school leaders.

The style, topics and content of the conference all focussed on what students can do right now. Students came away with a clear vision and dozens of ideas for their time as a leader. The day was fun and VERY interactive. Many of our students ended up on stage acting, dancing and answering questions in front of the 15 other schools in attendance. The conference covered 4 main topics for the day: 1. How to be an 'others first' leader 2. The People a Leader Can Impact the Most 3. Ideas that Impact Everybody and 4. How to Get Everybody on Board with a New Idea. Well done to all our students who participated in a positive manner throughout the day.



MUSIC NEWS - INSTRUMENTAL LESSONS

Woodwind and Brass. We have a large amount of Woodwind and Brass instruments available for students to learn here at Bright P-12 College. There are Trumpets, Flutes, Clarinets, Alto Saxophones, Tenor Saxophone and a Trombone. Lessons are free and take place at school. Your child will learn how to read music, play and instrument and eventually be part of a Concert Band ensemble.

Drums. We have a new drum teacher at school - Chris Hall.

Piano and Guitar. We have two excellent piano teachers available to teach students and a great guitar teacher. It is not too late to start lessons.

Ukulele. There are two Ukulele groups available for students to be part of. A beginner group on Tuesday morning and a more advanced group on Thursday morning. These group lessons are free.

Please email Jason.Campbell@education.vic.gov.au if you have any questions or enquiries about Instrumental Lessons at Bright P-12 College.

Soirees 2023. This year we will be holding Soirees at the start of Term 3 and towards the end of Term 4. Details about these will come out closer to the time. Performing is an important part of the development of a musician or singer. I would encourage all instrumental students and musicians in the college to take part.

COMMUNITY NOTICES



The Rainbow Ball is back for 2023! And it's in Wangaratta!!
A celebration for LGBTIQA+ young people and their friends!

FREE EVENT
Date: Saturday 3rd June
Time: 5pm-9pm
Age: 12-25 yo

Location: Will be sent via confirmation email. **Dress code:** Fabulous! Dancefloor, DJ, face painting, Live band - YNOT, photobooth, activities and more! This event is a full supervised, alcohol, drug, vape and smoke free event. To organise your free bus transportation please see the contact details below:

Mt Beauty > Bright > Porepunkah > Myrtleford - please contact Glenn (he/him) glennm@alpineshire.vic.gov.au

Do you have a song that you REALLY want to hear the DJ play?! Please send your requests to b.cashman@wangeratta.vic.gov.au

BRIGHT SNOWSPORTS TEAM FUNDRAISER

2nd-Hand Snow Gear Sale

Bright Community Centre
May 20 9:30am-12:30pm

Pick up a bargain or Sell your own gear!

Register to sell 4-7pm on May 19

Ski Boards, Boots, Helmets, Jackets, Pants, X-Country Skis plus loads more

FAQ

*Fees and Commission rates apply. Gloves and Goggles can only be sold brand new with tags



Elsa
Age: 17 **Gender:** Female
Home Country: Sweden
Program Duration: 8 July - 8
Interests/Activities:

Soccer	Paddel
Listening to music	Swimming at beach
Baking Swedish Desserts	

For more info, contact Cheryl cheryl.p@scece.com.au or 0414649707

Languages Spoken:

Languages: Swedish, English.
Siblings: - 2 older sisters.

Elsa describes herself as a happy girl, sometimes out spoken but very caring to others. Most of Elsa's time is taken up with soccer, she has been playing since a young age, 4 times a week and play matches on the weekend. She would love to try some water activities in Australia. She also likes to bake different Swedish desserts.

Hello! My name is Mel Ivone. I am a Social Worker with Alpine Health. I am here to work with and support young people in Myrtleford and Bright. You can contact me on 0418 490 705 or email me Melissa.ivone@alpinehealth.org.au and we can have a chat and arrange a time to meet. I work Monday, Thursday and Friday and there is no cost to families for this service. If you have any questions you are welcome to ask me or the Staff Wellbeing Leaders at school (Mr Gray and Mr Rigby). Thanks, Mel.



Are you interested in a career in Building and Construction?

NELLEN is hosting a free event with guest speakers from the Master Builders Association.

Students, Parents and Teachers bring your questions and interest to Edwards Tavern, Wodonga on **Monday 29 May** from 4.30-6pm

<https://www.eventbrite.com.au/e/mbk-getting-to-know-tickets-5233142892>

Come and talk to a Tradie

Proudly Supported by Bendigo Bank Community Bank Mount Beauty & District

MT BEAUTY RUNNING FESTIVAL

COME AND CELEBRATE OUR 42ND EVENT!

20.05.2023

REGISTER

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ONE OF AUSTRALIA'S MOST SCENIC FOOT RACES

10 AM START AT MBSC OVAL POOL RD, MT BEAUTY
BIB PICK UP FROM 8.30AM



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18 hole course
Group bookings welcome
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 Sensei Sue Texter 0421 562 248

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 Bright VIC 3741

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 Open 9am-9pm Mon-Sun

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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