



1 June 2022
Issue 6

Bright P-12 College Newsletter

CALL FOR VOLUNTEERS

We're looking for volunteers to help out at school. There are many ways to get involved, including in the canteen, in the school gardens, reading with primary students, fundraising, sporting events, helping out in the library, working bees, running BBQs, etc. If you can spare a few hours and would like to be part of the team, please reach out. Volunteering is a great way to meet other parents, get to know our staff better and support our school. No experience required - all training provided.



If you'd like to volunteer in the canteen, go to <https://forms.gle/xEX3LdhnZjpNQLks7>

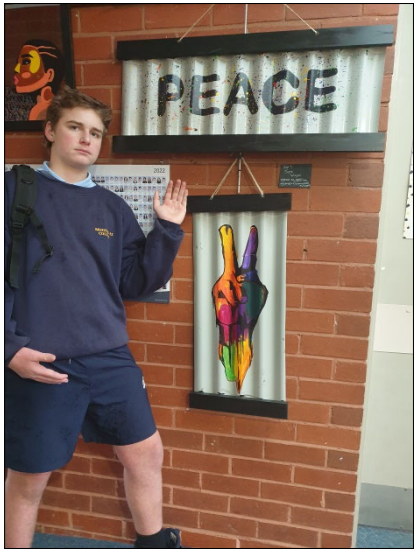
For more information about the many other ways to volunteer at Bright P-12 College, phone the Front Office on 03 5755 1166 or email Jean.Olley@education.vic.gov.au

Please note: As per current Department of Education policy, all volunteers must have proof of three COVID-19 vaccination doses and present this to the school prior to volunteering.

Volunteers are required to hold a current Working With Children Check. To submit or apply for a WWCC, click below <http://www.brightp12.vic.edu.au/index.php/school-services/working-with-children-check-submission>

Yr 9 ART

Some wonderful examples of recent Year 9 Art below. See page 3 for more photos.



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Principal's Message

Dear Students, Parents, Guardians and Carers,

As I am sure you're aware, we have had a number of student and staff absences as have most schools in the State. Here at Bright P-12 College, we have managed to settle into regular teaching and learning routines that incorporate change smoothly, which is a credit to all staff and students. I would like to warmly congratulate Bright P-12 College students for your flexibility and resilience when confronted with a change to your normal routine as you calmly go to join another class to continue your learning or have a different teacher instruct. You are a wonderful!

As we head towards Exam Week, I would like to remind students that exams are an important aspect of secondary education. The next two weeks will provide you with crucial training for end of year exams in Year 12 as well as valuable feedback on your progress this year. Please ask for support from your teacher, Year Level Coordinator or Assistant Principal to help you get the best out of this experience.

A huge thank you to students in Years 3, 5, 7 & 9 as you completed your NAPLAN Tests over the last couple of weeks. The NAPLAN Tests went very smoothly and all students made the effort to complete the tests to the best of their ability. Thank you also to all staff involved.

JAPANESE COMPETITION

The Japanese Speech Competition will take place at Bright Community Centre on Tuesday, 14 June 1-3:10pm. All P-4 students, and students in Years 5-7 who are participating will be attending. Students will walk to the Community Centre with their teachers on the day. Students who are participating should be practising their speeches at home this week, as they will have to say them without the use of a script on the day. Parents are welcome to watch the performances. Order of performance: Preps (1pm start), Year 1, Year 4, Year 2,3,5,6,7. Unfortunately we are not able to give exact times for the start of each section.

RAPID ANTIGEN TESTS

REMINDER: We have boxes of Rapid Antigen Tests available for parents to collect from the Front Office.

Well done Secondary Football teams that went out last week. I have had many reports of your effort, sporting abilities and team spirit on the day. Well done everyone and a huge thank you to Ms Ambler for organising Secondary Sport this year. Your enthusiasm is contagious and very uplifting.

The AtoSS is an annual student survey offered by the Department of Education and Training to assist your child's school to gain an understanding of students' perceptions and experience of school. Students will be asked about their thoughts and feelings in relation to their school, their learning, peer and family relationships, resilience, bullying, mental health and wellbeing, physical activity, and life in general. Please refer to the Compass post sent to parents on 25th May for more information.

As we all work on staying warm, a reminder that Go To The Snow applications close on Friday 10th June. For all the details, please see Compass post sent on 30th May.

Jean Olley - Principal

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

COLLEGE CALENDAR

JUNE

1 JUN	Yr 9 Romeo & Juliet incursion
2 JUN	Secondary O&M Cross Country
3 JUN	Primary O&M Cross Country
6-10 JUN	Yr 7-11 exams
10 JUN	PUPIL FREE DAY
13 JUN	PUBLIC HOLIDAY-QUEEN'S BIRTHDAY
14 JUN	Japanese Speech Competition
15-17 JUN	Yr 11 & 12 Caving Trip
16 JUN	Yr 4/5/6 German Incursion
17 JUN	Yr 11 Spot & Rec Climbing Day
17 JUN	Primary & Secondary Hume Cross Country

Yr 9 ART

[continued from page 1]

Year 9 Visual Arts students researched an artist of their choice and incorporated their chosen artist's style onto an object of their choice. The students embraced this challenge with enthusiasm, they are to be commended on their impressive artworks.



NEW STAFF



My name is Grant Smith and I have been teaching professionally for over 15 years with experience in P-12 schools nationally and internationally. From 2014 to 2017, I taught music at The Australian International School Malaysia (AISM) and from 2018 to 2019 I was Head of Music at the Malaysian Campus for The Peninsula Grammar (PISA).

In 2022, I was initially teaching Music in Term 1 at Bright P-12 College. I have since moved into teaching subjects of Digital Technology, VCD and Humanities which has been fantastic as I have a strong passion for Technology and the Creative Arts. I have really appreciated the support from everyone at the college.

Within my personal music endeavours, I have performed professionally throughout Australia in music bands, recorded albums, film clips and performed 100s of gigs in Latin/Funk/Blues Bands.

Yr 12 INDIGENOUS LANGUAGES EXCURSION

On Thursday 19 May, students from the Year 12 Indigenous Languages Revival and Reclamation class visited Alpine View Children's Centre. In two small groups, students read a story to the 'Kinder' kids and practised some Dhudhuroa words with the children.

The visit was part of our work for Outcome 3: using the target language of reclamation in a range of communication contexts. During our visit, students used the Dhudhuroa language to play a game of 'Simon says' with the younger audience.



It was a great success, as by the end of the session, most children were able to recognise the key words and respond with actions to show their understanding. Some of the small children were also able to pronounce the Dhudhuroa words. There was also a craft / colouring activity at the end of the session and this was well received.

Congratulations to those students involved with the visit: Declan B, Tyler B, Jasper B and Joe C. Also, thanks to Harry Jamieson, our student teacher who was a great support during the afternoon visit.

PRIMARY CROSS COUNTRY

We were treated to an excellent day for racing at the Primary Alpine District Cross Country event on Friday 20th May. Illness caused a few late changes to the squad, but all runners performed to the best of their ability against the schools in our district – Porepunkah PS, Wandiligong PS and Harrierville PS. It was also fantastic to see lots of parents at the event to support our runners. A big thanks to all involved at Porepunkah PS for hosting the event. The post-race BBQ was a big winner!

Podium finishes:

9/10 Girls: 1st - Eleanor C; 2nd - Elvy V

9/10 Boys: 2nd - Theo G; 3rd - Kynan J

11 Girls: 1st - Josie H

11 Boys: 1st - Walter B

12/13 Girls: 1st - Amelie F; 2nd - Sophie M;
3rd - Meg A

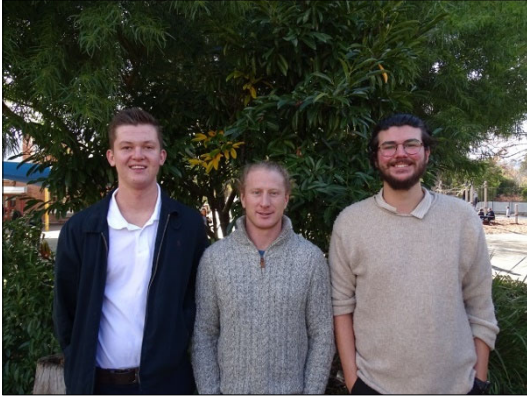
12/13 Boys: 1st - Lachlan S; 2nd - Elliot F;
3rd - Oscar H



Bright P-12 College will be taking a huge team of 41 students to the next round of competition in Wangaratta on Friday 3rd June and we wish these students the very best in the Ovens and Mitta Division event.



STUDENT TEACHERS



Harry, Kalian, Josh

My name is Harry Jamieson. Some people may have seen me around as I am a past student and ex school captain. After graduating in 2019, I went straight to Uni and began studying a Bachelor of Secondary Education at La Trobe University Bundoora. I spent last year living on Res at La Trobe Bundoora where I met a heap of other country kids who had moved down to Melbourne to study (for anyone thinking they will move to Melbourne for University I can't recommend living on campus enough!) and I am now living in a share house in Richmond with a couple of other Ovens Valley boys. I am majoring in Phys Ed and have been working with Mr Pywell's and Mr Steer's classes.

In my free time I enjoy any and all sports but in particular I play Aussie Rules football and Cricket. I also love to play guitar and sing with a particular love for covering Aussie Legend Paul Kelly. When I was in Year 12 I used to tell Mr Pywell that one day I would come back to Bright P-12 and steal his job and now here I am!

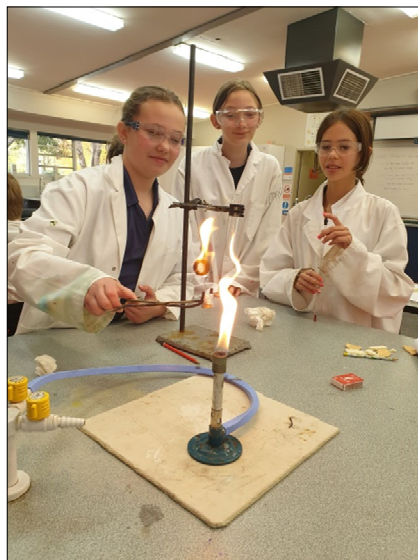
I'm Kalian Barnes and I am currently studying a Master of Teaching (Secondary Mathematics & Science) at The University of Tasmania and have previously completed a Bachelor of Engineering (Honours) (Naval Architecture) at the Australian Maritime College and Memorial University of Newfoundland. As a naval architect I designed, analysed, and constructed marine vessels for an engineering firm in both Perth WA, and Melbourne.

I have an affinity for the outdoors including rock climbing, paragliding, hiking, fishing, surfing, and of course teaching. It has been the natural environment that has drawn me to Bright, but it will be the love of teaching and the students that keeps me here.

My name is Josh Lindsay and I am a 4th year student studying a Bachelor of Education (K-12) course at Charles Sturt University. I have been teaching high-school English to a number of year levels alongside Cate Lewis and other members of the English faculty. I am in my final year at uni, so this will be my final high-school practicum before completing my course. I moved to Bright from Sydney in 2014, and graduated from Bright P-12 College in 2018, so working alongside teachers that once taught me has been a strange yet invaluable experience. I enjoy playing music and writing songs, and often spend most of my time either studying or playing gigs around the Albury/Wodonga area.

Yr 7 SCIENCE

Students looked at how biofuels can provide a potentially renewable source of energy, they investigated how much energy is stored in different foods and how burning this food can be used to heat water. They found out which food had the most energy, by measuring how much the burning food sample increased the temperature of 20ml of water.



Yr 5/6 LITERACY

A collaborative Year 5 & Year 6 class used the word 'Hurtle' as a sentence starter or an idea for a story.

Some of us worked in small groups together, others in pairs and some on our own.



Yr 12 CHEMISTRY

Flashback to Term 1: Year 12 Chemistry students looking at chemical reactions to demonstrate reaction rate as part of the VCE studies. Practical work is an important feature in the study of Chemistry to develop skills in organisation, observation, record keeping as well as small group work.



Yr 9 LEADERSHIP CONFERENCE



Also in Term 1, Year 9 students participated in the GRIP leadership day held in Albury. GRIP is an independent organisation that exists to train and develop leaders with a special focus on school students.

The students had a great time and were given the chance to be involved in information sessions and activities related to leadership, group work, fundraising and understanding teams. It was a good opportunity for students to see what is involved in being a leader.

Yr 3/4 CHEMICAL SCIENCE

We have been looking at Matter and what it is - Solid, Liquid, Gas. To finish up our study, we had fun making Oobleck.



BRAIN BEE CHALLENGE

Congratulations to our state finalists!

We are proud to announce that our finalists include a 1st place qualifier for Victoria and a top 10 qualifier for all of Australia and New Zealand.

In Term 1, as part of our studies of neuroscience and psychology in Year 10 Science, students competed in Round 1 (the qualifying round) of the Australian Brain Bee Challenge, a competition for high school students in Year 10 to learn about the brain and its functions, learn about neuroscience research, find out about careers in neuroscience and to dispel misconceptions about neurological and mental illnesses. Round 1 involved students studying challenging, VCE and tertiary level

neuroscience content online and then completing an online in-class quiz to determine their knowledge and understanding of the structure and function of the brain. We are very proud of all students for their engagement and dedication.

We are very pleased to announce that four of our students have progressed through to Round 2 (the state final) of the Brain Bee Challenge. These students will now complete further study covering more advanced neuroscience concepts to prepare them to compete as individuals in the state final in early Term 3. The state final is extremely competitive, with one student from each state progressing to Round 3 (the national final). We wish our students the best of luck in the state final and congratulate them on their achievements in qualifying for this event.

In order of qualifying:

Lily S

Krista B

Saskia H

Joshua L-B



Special congratulations to Lily S who was the TOP ranked Victorian student in Round 1 and was also one of the top 10 students in Round 1 of the Brain Bee across all of Australia and NZ.

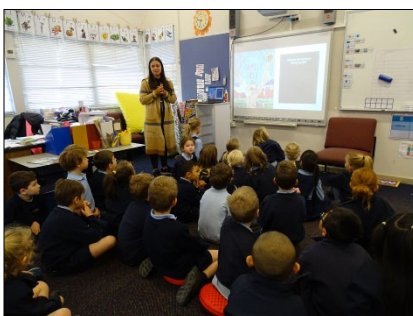


NATIONAL SIMULTANEOUS STORYTIME

Now in its 22nd year in Australia, National Simultaneous Storytime (NSS) was held on Wednesday the 25th of May.

This year's book, Family Tree, was written by Australian singer and songwriter Josh Pyke and beautifully illustrated by Ronojoy Ghosh. This year, NSS was joined by special guest readers including author Josh Pyke, Gabrielle Wang, Governor-General David Hurley, and Mrs Hurley.

Students explored concepts of feast and famine, drought and storms and what their own family trees might look like.



WELLBEING WITH CORINNE

When we feel overwhelmed and distressed, it's difficult to think rationally and decide how to effectively help ourselves. This is particularly so for kids and young people who haven't yet learnt ways to regulate these intense emotions.

There are ways to help individuals get through difficult feelings and situations, and tolerate (deal with, sit with, accept) the things that they can't immediately change. People can learn how to manage distress in healthy ways. For example, we might not be able to control a situation, however we can manage our own response. A simple and effective way to help in that crisis moment is using your body's five senses: sight, sound, touch, smell, taste.



Kids, young people and adults can find a Self Soothing Box helpful. A Self Soothing Box is as it sounds, a box filled with tangible items that we personally choose that help calm us down / make us feel good. These items target our five senses by helping to distract us, ground us, and offer immediate comfort so we don't have to think about healthy coping strategies when our mind is running elsewhere.

Making a Self Soothing Box is fun, affordable and easy. The whole family can get involved and make one each. First thing is to find a good sized box. A shoe box is perfect. Start decorating the outside, name the box, colour it in, use wrapping paper, whatever your creative-self desires. Next start looking around the house for some items to place in the box, or go for an adventure outside and see what you can use. Maybe family members or friends have items you can put in the box. Remember we're looking for things that target our five senses. Then pick a location for the box to live. You want it to be easily accessible and in a safe place (under your bed, in the wardrobe). Over time, you can continue to add to the box and remove items that are no longer of use.

Below are some examples of things you can include under the five senses. Some overlap but that's good too. Here's a link to a video by Hampshire Child and Adolescent Health Services, that describes a Self Soothing Box really well. Check it out here <https://www.youtube.com/watch?v=OyfgodSSdV4>

Happy box-making and please feel free to contact Wellbeing with any questions. Corinne Bell, Mental Health Practitioner, Clinical Psychologist.

Sight

- Photos of family, friends, pets – positive memories
- Gratitude statements
- Journal / notebook
- Joke books, sudoku or cross word puzzles, mindful colour in book
- Bottle of bubbles
- Calm down cards or affirmation cards

Sound

- Earphones – that can connect to your device. Ideally you would have a "calming" playlist on your device ready to go
- Songs that make you feel good / calm down
- Wind up music box
- Musical instrument – harmonica
- Ear plugs / sound cancelling headphones for those who find noise overwhelming
- Crunchy leaves

Touch

- Sensory objects – fidget toys
- Feather
- Pinecone
- Stuffed animal to hug
- Stress ball
- Palm or head massager

Smell

- Essential oils
- Dried flowers
- Hand lotion
- Scented candle
- Perfume

Taste

- Lozenges
- Chewing gum
- Bottle of drinking water



INTERSCHOOL SPORT

Thank you to the Year 7 and 8 students who represented Bright on Tuesday 5th April in the junior interschool sports. We had teams from Year 7 and 8 compete in Volleyball, Cricket and Water Polo. A huge congrats to the Year 7 boys who received a pennant, after coming first in the Cricket and the Year 8 boys Volleyball who took home second place.

Thank you to all the Year 9, 10, 11 and 12 students who represented Bright on Thursday 7th April in the Ovens and Mitta division Volleyball, Tennis, and Water Polo.

Congratulations to the Senior Boys AFL who Came 1st on Tuesday 17th May.

Upcoming events:

- June 2nd Cross Country
- June 16th Hume Cross Country
- June 21st Junior Inter school Sports
- June 23 Senior inter school sports



INTERSCHOOL SPORT ctd...



Wednesday 25th May was the girls Ovens and Mitta Region AFL day. We had an incredible day with some exceptional weather. Our year 9 and 10 girls lead by ex student Lily Kozuharoff won 2 of their 4 games. There was some strong competition, but the girls played with confidence and style. Well done!



COMMUNITY NOTICES



Saturday 11 June 2022

Alpine Park, Wandiligong

- Four distances are available:
- 42 kilometres (3150 m +/-)
- 21 kilometres (1860 m +/-)
- 5 kilometres (500 m +/-)
- Kids Run 2 km (60 m +/-)

- Special School Prize Categories:
- 5 km Under 18 Boy/Girl
- 5 km Under 13 Boy/Girl
- Fastest Teacher

All profits are donated to Wandiligong Primary School.

www.wandicross.com

Community Evenings
with
THE RESILIENCE PROJECT™

Martin Heppell, Keynote Speaker, will inspire, engage, and challenge you to empower your own wellbeing

Bright | 20th June | The Pavilion
Myrtleford | 21st June | Club Savoy
Mount Beauty | 22nd June | West Peak Hotel



Registrations through Eventbrite:



This activity is supported by funding from Murray PHN through the Australian Government's PHN Program

COMMUNITY NOTICES



Get a Life!

Department of Rural Health

Public Event

What you can (and cannot) do to help your child get back into life post-COVID

Dr Andrew Wake
MBBS, FRANCP, Mast Psych, Cert Child Psych

The University of Melbourne, Department of Rural Health bring you a public lecture by Dr Andrew Wake.

Andrew is a child and adolescent psychiatrist and former lecturer at Melbourne and Monash Universities. He currently works with a youth outreach service as well as private practice. Andrew contributes to psychwire as an international expert on parenting questions.

Andrew is the author of the highly praised parenting book, 'The Good Enough Parent: How to provide for your child's social and emotional development'. He is due to release his second book 'When you're the adult in the room' a book for teachers to add to their confidence and understanding and managing emotions, behaviours and relationships in students.

Dr Andrew Wake has extensive experience in giving talks and seminars to health professionals, parent groups, schools, child protection agencies and the police.

He has a keen interest in helping parents and care giving adults to understand the emotional life and needs of the child in their life, and helping them to provide 'enough' of the things they need.

Do you worry about your child? Are you concerned about their development and your contribution as a parent? Andrew will provide a basic understanding of motivation and share his knowledge on what parents can do to create change while their kids are dependent on them.

This public lecture is targeted at parents and school teachers to help young people re-engage post COVID.

This is our first face to face public lecture for over 2 years, and it will also be available on webinar if you prefer.

There is the opportunity to ask questions when registering and on the night.



Event Details

Date:
Wednesday 8th June 2022

Time:
5:30pm - 7:00pm

Venue:
Online webinar or face to face at:

The Department of Rural Health
The University of Melbourne
49 Graham St, Shepparton

Enquiries:
Di Doyle Events Coordinator
(03) 5823 4512

Bookings:
Bookings are essential for this free public lecture. Register at <https://go.unimelb.edu.au/8h6e>

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