

1 September 2021
Issue 11

Bright P-12 College Newsletter

A message from Rosemary, our Adolescent Health Nurse

Recipe for the week – a little pick me up with that cuppa

Honey biscuits

100gm butter

100gm honey

150gm plain flour

¼ tsp bicarb soda

¼ tsp ginger

Melt honey and butter together. Add dry ingredients. Mix well.

Place tablespoon size amounts on lined cooking tray

Bake for 10-15 mins at 180 C.

Cool then ice with icing sugar mixed with water and a little pink colouring if you like. Enjoy!

Be smiling even if it is behind a mask. 😊

Rosemary



ART INSPIRED BY BOOK WEEK



Students read from the book *How to Make a Bird*, winner of Picture Book of the Year 2021. They then created a collage of a bird using natural materials foraged from their back yards and nearby areas.

Students were encouraged to find materials with interesting colours, textures and patterns. We were blown away by the fantastic results! Here are a couple of great examples, see page 11 for more inspiring work.



Postal Address
PO Box 30
Bright VIC 3741

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





Principal's Message

Dear Parents, Students, Guardians and Carers,

Parents, during Remote & Flexible Learning, your partnership with your child's teachers and the College are vitally important, more important than at any other time during your child's education. Supporting you to build your confidence and ability to facilitate the College's Teaching and Learning program is our focus. During Remote Learning, your involvement in the teaching and learning process is much more hands-on than generally. It will most likely bring great rewards but also challenges. We are here to help you with the challenges and to share the joy of teaching and learning. Please reach out to your child's teachers for any support you may need.

Students, during Remote & Flexible Learning, you have a greater responsibility (and flexibility) over your learning than you have onsite. Now you have the opportunity to really develop and embed time management, motivational and independent learning skills, so important for your life. We are here to help you gain these skills you will need, not just during remote & flexible learning, but throughout your working life. Please reach out to your teachers or

Year Level Coordinators for assistance if needed. Together in partnership we can do this!!

Last week we held a VCE/VCAL virtual assembly. Our first this year. It was wonderful to have the opportunity to come together as a group and I thank all the students who were able to make it to the meeting. You are doing a great job keeping up with your studies in this environment. I commend you and acknowledge the difficulties you have and are facing in your final years of secondary education. Keep up the good work.

Parent / teacher conferences will be held on Thursday this week. The purpose of these 10-minute sessions will be for parents and students to discuss learning progress with their teachers. These sessions are open to all parents and students are also highly encouraged to attend. I hope you all take the opportunity to connect with your child's teachers during this particularly important time.

Jean Olley - Principal

NOTE: ALL CALENDAR EVENTS ARE SUBJECT TO CHANGE DUE TO COVID-19 GUIDELINES. PLEASE CHECK COMPASS FOR MOST UP-TO-DATE ADVICE

COLLEGE CALENDAR

SEPTEMBER

2 SEP	Parent / teacher conferences
9 SEP	GAT exam
6-8 SEP	Yr 11 Outdoor Ed Kayaking Trip
6-10 SEP	Yr 10 Work Experience
13 SEP	Yr 10 Outdoor Ed MTB Day
17 SEP	Yr 9 Outdoor Ed Beechworth MTB Day
17 SEP	Postponed Term 2 Celebration of Success Assembly

17 SEP **LAST DAY OF TERM 3**
SCHOOL FINISH AT 2.30pm

OCTOBER

4 OCT **FIRST DAY OF TERM 4**

NOTE: School photos are booked for
Monday 21st March 2022



WELLBEING DOG



Our new Bright P-12 College wellbeing dog has a name: Frankie.

She is settling in very well to her new life and she already feels like she's part of the family.

Also, she has an instagram account! To see behind the scenes updates, check out @its_me.frankie

Please know that inappropriate, mean or troll comments or behaviour will not be tolerated.

Thank you to everyone who got involved and put forward a name suggestion. There were some fantastic names - Frankie's family had to make the hard decision to agree on a name!



Holly (6G) suggested the name Frankie.

Stay tuned for more information and updates in the coming weeks.

Thank you to Frankie's sponsors: NESAY, Alpine Animal Doctors, Love Little Paws Mobile Dog Grooming and Mars Petcare.

SECONDARY ATHLETICS DAY

Our Bright P-12 College Secondary Athletics Day, held on the Thursday before lockdown, was a great opportunity for students to get together and participate in various track and field events. We all enjoyed this wonderful, sunny day out of the classroom which provided students with a positive social, emotional and wellbeing activity. Athletics Day was so much fun, with chants from our houses; Ovens, Buckland and Kiewa, carrying students through their warm ups and into the events of the day.

The most successful student participants in their age group were:

13Yr Female Champion

Luca M BUCK 70.0 points in 8 events

13Yr Male Champion

Deacon H KIEW 56.0 points in 6 events

Theo H KIEW 56.0 points in 9 events

14Yr Female Champion

Alexis M KIEW 47.0 points in 8 events

14Yr Male Champion

Ethan W BUCK 44.0 points in 11 events

15Yr Female Champion

Ruby B OVEN 50.0 points in 5 events

15Yr Male Champion

Sam N KIEW 63.0 points in 9 events

16Yr Female Champion

Taya H OVEN 56.0 points in 8 events

16Yr Male Champion

Cy B KIEW 78.0 points in 8 events

17Yr Female Champion

Leah G BUCK 76.0 points in 10 events

17Yr Male Champion

Tyler B KIEW 69.0 points in 10 events

20Yr Female Champion

Lauren B BUCK 76.0 points in 10 events

20Yr Male Champion

Joseph G OVEN 70.0 points in 7 events



EXPANDING OUR CAREERS TEAM

Many families will have already had conversations or received emails/notifications from Jane Mildren. Jane is a qualified teacher with 23 years of experience in a variety of teaching and leadership roles and has completed a Graduate Certificate in Careers Education and Development.

In my absence during term 2 as well as two weeks absence in term 3, Jane has stepped in and filled in part-time for me, doing an outstanding job.

I am pleased to announce that, through additional funding from the Department of Education, for the next 12 months Jane has joined me to focus on the educational program development of careers, working in the classroom as well as with individuals and small groups of students. We are currently formulating a careers plan for 2022 and will be sharing that with our community once finalised.

Bright P-12 College is extremely fortunate to have secured Jane in this role and I am particularly grateful to have someone so dynamic and experienced to join me to create a careers team.

Christine Blazek, Careers Adviser & VET Coordinator

CI CARD TRAINING



On Friday 20th August, 18 students from Yrs 10-12 participated in a CI White Card course at the Bright Community Centre. Once completed, students can participate in work experience and/or employment on a building site in the future.

The aim of the course is to prepare students to work safely in the Construction Industry and it is endorsed by and meets the requirements of WorkSafe Victoria for induction training in the building and construction industry. As part of the course, students gained an overview of basic Occupational Health and Safety principles and legislation and an understanding of hazards, risks, and control measures. Each Bright P-12 College student will receive a card issued by WorkSafe Victoria as they all successfully completed the course.



PREPS - 100 DAYS OF SCHOOL

Recently the Preps at Bright P-12 College celebrated 100 days of school.

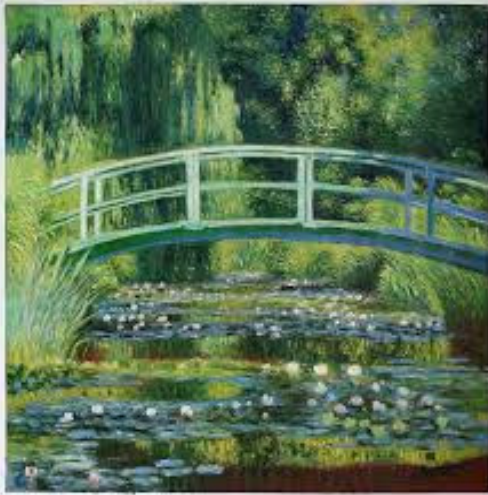
There was great excitement as they arrived at the beginning of their day with balloons suspended from their classroom ceilings.

There were many comments from the students such as "Wow 100! That many days?".

The students enjoyed making their own pair of "100" glasses and had great fun with the parachute.



PRIMARY ART



One of the originals by Claude Monet

These are our Claude Monet inspired artworks. He was a French impressionist painter and we have been looking at some of his work.



We have been making our own ponds and lily pads inspired by one of his painting of a bridge over a pond of water lilies, created in 1899.

The art challenge has begun.

Recently, our year 3's and 4's started the biggest clay challenge they have ever seen!

Perfecting our clay technique, we created our own set menus. Looking for inspiration from cooking magazines, students were set the task to design a meal whether it be breakfast, dinner, or lunch. Their challenge was to work together to sculpt it out of clay.

Students became clay master chefs in their race to beat the clock. As pressure built they worked as a team to make sure each piece had been attached correctly and displayed on the back counter with hands off before those last 10 seconds were counted down.

After Lockdown, students will get the chance to paint and display their meal and we will find out who is the true Clay MasterChef team!



MY CAREER INSIGHTS (MORRISBY CAREER PROFILING) Yr 9

My Career Insights is a program which has been running for the past three years for all Year 9 students in government secondary schools. This program assists Year 9 students to:

- learn about what skills and abilities they could bring to a job
- find out about what jobs match their abilities, interests and personality, and the subjects they need for those jobs

As part of the program, students:

- complete a series of online questions and quizzes (on the Morrisby Profile website) at school.
- receive a Morrisby Profile Report showing the results from the questions and quizzes, and possible jobs that match their abilities, interests, and personality.
- have a 30-minute meeting with an accredited career advisor, who will explain the report to the students and parents (optional).

At Bright P-12 College, we have now completed the three cycles of My Career Insights profiling and have had the pleasure of working with Tanya Honeychurch, our independent careers practitioner, for the last three years. These meetings occurred during the past 2 weeks using Webex and the students were able to successfully engage with Tanya to discuss potential career paths and the subjects that they may need to study to pursue these vocations. We congratulate all the students on their conduct and willingness to embrace on-line interviews.

Tanya was kind enough to provide the College with her feedback: "Once again, the same as every year, I have been impressed by the high standard of engagement and commitment of the Bright students to career development. This comes off the back of lots of ownership, hard work, commitment and coordination from yourself and Chris and the teaching staff, particularly in these COVID times. I work with schools across the state and I can share with you that Bright P-12 College is a standout in the way you work with the My Career Insights Program."

Thank you Tanya, it is always so heart-warming to have the positive acknowledgement of our students' and staffs' achievements from external observers.

Chris Blazek & Jane Mildren, The Careers Team

WIPE OUT WASTE

On Monday 16 August, a group of our students completed a ResourceSmart Schools litter audit. The audit aims to help identify the types and quantities of litter in our school grounds, litter hotspots and where litter comes from. This is the second step in completing the ResourceSmart Schools Waste Module.

ResourceSmart Schools is a free program offered by Sustainability Victoria that supports Victorian schools to embed sustainability across the school facilities, community and curriculum, while saving resources and money for the school.

We will now be combining data from our Waste and Litter Audit. This will then be used to inform our ideas and recommendations when completing a Waste Action Plan for our school.

Thank you to the following students for participating in this valuable activity: Aidan, Amelie, Audra, Banjo, Hanna, Ivy, Millie, Penny and Robin.



Yr 8 SCIENCE - DIGESTION STORIES

By Freya W

The giant human hand lifted me up and dropped me in The Mouth. The thing every piece of food fears. I watched in horror as huge white blocks started to tear me apart. The saliva seemed to come alive; grabbing me, suffocating me, breaking me. Suddenly I started to slide down towards the gaping hole. The Throat. The saliva had covered me in a slippery goo making me easier to swallow. I started to slide down The Throat but then was stopped by The Epiglottis. The giant flap debated whether I was air or food. It almost immediately reached a decision. Food. The huge flap opened and I fell into darkness. The fall was terrifyingly fast but came to a sudden stop when I crashed into a strange gooey and churning substance. I was in The Stomach. Small but strong Stomach Enzymes latched on to me and started pulling me apart and breaking me down, preparing me for the next stage of processing. The Stomach's Gastric Juices suddenly covered me, stripping me of all my germs and infections and making me ready to enter the intestines.

I don't know how long I was in The Stomach. But I do know that I was stripped of everything. I was squeezed into smaller and smaller pieces until finally, I was ready to enter the Small Intestine. In the midst of my terror, I remembered my fellow foods telling me about the three stages of the Small Intestine; first is the Duodenum, where I am arriving now. This stage is hideous. Its walls are continuously churning and its muscular cells are squeezing me until I am reformed. Terrified and aching, I wearily slid towards the second stage. Jejunum. It's long Villi cells attached to the Intestine were reaching for me. Horrified, I tried in vain to move away from them but was immediately overcome. The slender, finger-like, cells stripped me of all my nutrients, vitamins and water. Satisfied, the Villi retreated and granted me free passage to the third and final stage of the Small Intestine. Upon entering the Ileum, I was confused. It's walls were unlike the other parts of the Small Intestine as they were thin and looked fragile. Lost in wonderment, I was unaware of the Gastric Juices moving quickly towards me but I was too weak to resist and was weakened further as the Juices absorbed the rest of my nutrients and health.

Suddenly the tunnel widened and I realised that I had entered the Large Intestine. Its walls were similar to those of the Small Intestine but there was no Villi coming to attack me. Therefore the journey was considerably easier and although the Goblet Cells did absorb what was left of me, I was too weak to notice and even resist. As I slid quickly and smoothly through the Intestine, I suddenly realised that my cells had changed. I wasn't beautiful anymore. I wasn't food anymore. I was waste. Horrified, I entered the last stage. The Anus. Like the Stomach, it was shaped more like a bowl, like a holding area. And I realised that this was where I would await my death.

By Celeste L-W

I'm a bite of food - any food, and this is how I work my way through the digestive system.

My story starts in the mouth where teeth grind and shred (macerate) me into smaller and smaller pieces, with the tongue helping to move me around the mouth so I get chewed evenly. While this is happening, I'm also getting mixed with saliva. This starts to change any starch in me into glucose, at the same time making me slippery and easy to swallow. Then the tongue rolls me up into a ball called a bolus, and I am swallowed. From here it will take about five seconds to get to the stomach!

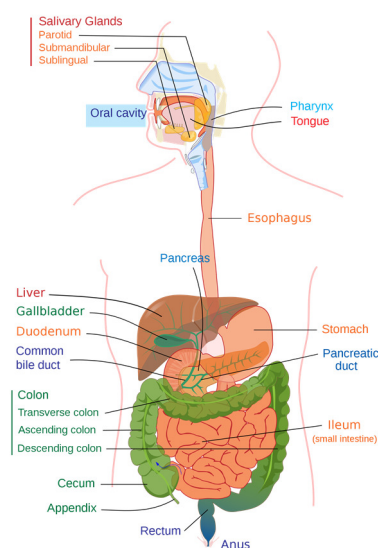
The next part of my adventure is in the Oesophagus. This is a long muscular tube that starts at the back of the mouth and ends at the stomach. The muscles of the oesophagus push me down by a rhythmic contracting and relaxing called Peristalsis.

A flap of skin a bit like a trapdoor, called the Epiglottis, closes the end of the windpipe off as I get close and opens again when I'm gone. This is so I don't get into the lungs and make you choke - this is not fun for you or me.

Along the whole digestive tract I encounter rings of muscle called Sphincters. The first sphincter separates the oesophagus from the stomach. It opens and closes to let food like me through to the stomach but stop the stomach juices flowing back up.

A second sphincter separates the stomach from the Small Intestine, but more on that later.

I'm now in the Stomach - It's shaped like a bag and I'm going to hang around here for one to six hours! This is where I really start to change.



Continued on next page...

Yr 8 SCIENCE - DIGESTION STORIES ctd...

The muscular walls of the stomach contract and relax, churning me up - this further digests me as well as mixing me with Gastric Juice. Gastric Juice is produced by special cells in the stomach wall. It contains Hydrochloric Acid which kills bad bacteria that may have been swallowed along with me, and Digestive Juices which contain chemicals to start the digestion of protein.

The lining of the stomach has a layer of mucus to prevent it from digesting itself along with me! If this mucus is compromised it leads to stomach ulcers.

Once I've been churned and digested to perfection, I head out of the stomach and into the Small Intestine via the second sphincter - the Pyloric Sphincter. The Small Intestine is the longest part of the digestive system, being up to 6 metres long. Doesn't sound 'small' does it? Its name actually refers to its diameter, which is 3cm wide.

The first part of the small intestine I go through is called the Duodenum. Now I'm going past two tubes entering the duodenum carrying chemicals from the Pancreas and Liver which are important for digesting me. The walls of the duodenum are muscular as well, and once again I am squeezed and churned and mixed with digestive chemicals that change me into forms that can be used by the body. This is the last time I am broken down. The second and lower part of the intestine is known as the Ileum. This is where most of me will be absorbed by the body, and by the time I've reached here, I've been broken down into tiny simple particles that can be absorbed by the blood.

This happens through microscopic 'fingers' called Villi that line the inside of the ileum. Villi increase the surface area of the intestine walls so that more of my nutrients can be absorbed. Inside every villus are miniscule blood vessels called Capillaries. Both the walls of the villi and the walls of the capillaries are one cell thick! So nutrients only need to travel about one hundredth of the diameter of a full stop to enter the bloodstream.

Once I've come to the end of the small intestine I exit through another sphincter that deposits me into the Cecum. This is a pouch marking the division between the small intestine and the large intestine, and is considered to be the beginning of the Large Intestine.

The final part of my journey is going through the Large intestine. The purpose of the large intestine is to absorb any water and salts from the parts of me that haven't been digested as food.

Whatever is left of me after that is deemed Faeces, and is moved out of the large intestine by peristalsis, and into the Rectum, before I leave the body completely through the Anus. Throughout my journey through the body I have gone through many changes and dispersions, and I am no longer what I was when I went in!

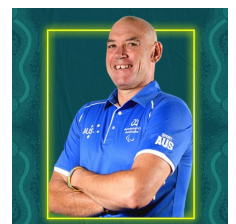
PARALYMPICS NEWS

Stuart Tripp competed at the Tokyo 2020 Paralympics on the 31st August and 1st September.

He is part of the Australian Paracycling team and was in the H5 Handcycle class in both the individual time trial (24km) and road race (80km) events. Stuart won a silver medal at the Rio Paralympics in 2016 in the individual time trial.

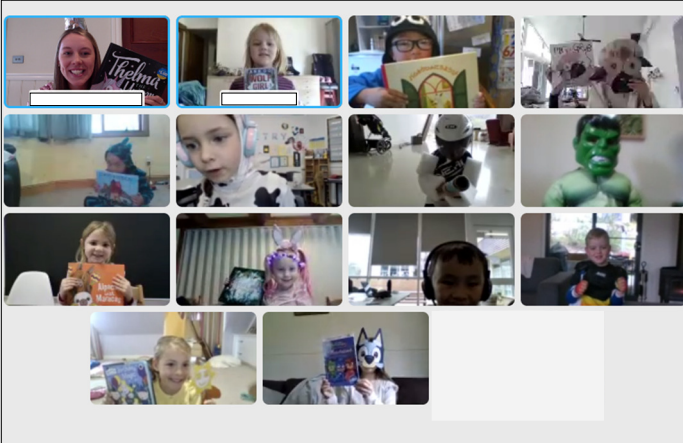
Stuart and his wife Gilleen have two children at Bright P-12 who have been cheering hard for their dad alongside everyone at school! Stuart has been staging for Tokyo in Brisbane and left Australia on the 20th August.

We're really proud of his amazing work at the Paralympics. Well done, Stuart!



BOOK WEEK DRESS-UPS

Our Primary students had great fun dressing up for Book Week, the theme being 'Old Worlds, New Worlds, Other Worlds'. Whether at the snow, at home on-line or at school, students got together to share their fantastic other-worldly dress-ups.



Yr 5/6 SCIENCE



During Science Week, the Year 5/6 students were learning to understand how solids, liquids and gases have different observable properties and that they behave in different ways.

Students were given many different experiments to understand how matter works.

Have you ever wondered what whipped cream, jelly, and milk have in common? Aside from all being tasty, they are also all made up of tiny particles that are dispersed, or distributed, in water.

This type of mixture is called a heterogeneous mixture. Some of these have very interesting physical properties, such as acting like a solid and a liquid at the same time!



3 POST-SCHOOL OPPORTUNITIES FOR 2022

Viticulture Traineeship - Cert III in Horticulture (AHC 30716)

Total Vineyard Management (TVM) is a viticulture contracting business based in Myrtleford and currently has a traineeship available for a school leavers.

TVM offers career progression opportunities for the candidate with a can-do attitude and great work ethic upon course completion. The ideal applicant will demonstrate the following attributes:

Excellent time management skills, physical fitness, reliability and punctuality, ability to follow instructions, flexibility to work occasional weekends and overtime (subject to seasonal requirements), sound communication skills, attention to detail and an ability to comply with safety procedures and company work-safe policies.

The role will include the following tasks and is very much an outdoor position:

Pruning, harvesting, trimming, spraying, mulching / composting, irrigation, canopy management and machinery operations and maintenance.

Full details of the traineeship and the organisation are available from Chris Blazek blazek.christine.b@education.vic.gov.au or Ms Mildren jane.mildren@education.vic.gov.au.

Applications can be emailed to info@totalvineyardmanagement.com.au.

For more information phone Michael on 0418 691 269 or Suze on 0400 028 764.

Real Estate Traineeship / Gap Year Position

Dickens Real Estate is seeking a school leaver to join their team, full or part-time, to be trained on-the-job.

You need to pay attention to detail, be a team player and be a well presented and confident person. Dickens is seeking a quick learner, with strong and accurate computer skills and a person who can use their initiative. A driver's licence is an advantage.

This position could lead to a longer-term role for the right person and will come under award wages.

Apply directly to Kellie Gray at kellie@dickens.com.au or call her on 5755 1307.

Cyclepath – possible Traineeship – full-time

Cyclepath of Bright is looking for a person with a keen interest in cycling to join their team in the workshop and retail business full time.

They are looking for someone with a mechanical mind and skills set, a friendly outgoing personality, willing to learn, happy to interact with customers and staff and able to work under pressure in busy times.

The position will involve customer service working as a retail assistant and workshop mechanic. You must be able to work weekends. Award wages apply.

To apply email Brendon at Cyclepath with your resume including referees to deebrendon@bigpond.com

Yr 5/6 FOOTBALL & NETBALL DAY

After several false starts, a committed group of 40 Yr 5/6 students were fortunate enough to travel to HP Barr Reserve in Wangaratta for the Ovens & Mitta Division Yr 5/6 AFL Football and Netball Day. This is the first time that we have taken a group to this event and our school did not disappoint.

Despite the scoreboard not always falling in our favour, all students should be extremely proud of their efforts, inclusiveness and positive attitude against other competitive schools. The feedback from students was really positive and we can't wait to take an even bigger group next year. A huge thanks must go to our super coaches, umpires, team managers and number one supporters Ms Rouse, Ms Hodges and Marcus Kinthari for their efforts in making this excursion possible!

Student feedback included "brilliant", "super fun", "great success" and "highly recommend".

Look out for more student feedback in the next issue of the newsletter.

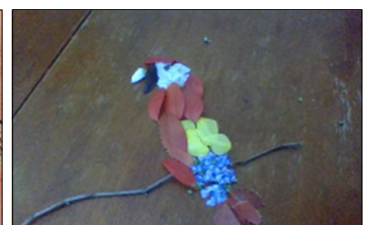
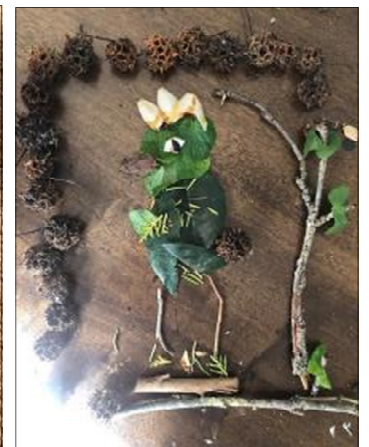


ART INSPIRED BY BOOK WEEK

Reading from the winner of best picture book of 2021 *How to Make a Bird* by author Meg McKinlay and artist Matt Ottley.

Students took advantage of the nice weather by heading outside to collect materials. They created a collage of a bird using found natural materials. It was lovely to see some great bird creations. Students used sticks to create some great shapes, leaves to make wings and we are seeing some beautiful colour in some of our birds through the use of petals.

Examples here are from students ranging from Prep to Yr 6 .



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