

30th April, 2020. Issue 3

Bright P-12 College Newsletter



LEST WE FORGET—2020

This year the College was unable to lay a wreath at Bright clock tower to commemorate the brave soldiers and nurses who served their country to enable Australians and New Zealanders to live in freedom.

Many of us stood in our driveways with candles or sat on our verandahs as the dawn appeared over the mountains while we reflected on those brave Australians and New Zealanders who fought so gallantly.

In this time of isolation be mindful that this is only for a short time, so be strong, tolerant, kind and grateful for the life we have here in Australia.

MILLIE'S ON TRACK WITH ONLINE LEARNING



A photo of Millie Dalbosco of 3/4F working on an imaginative writing piece called 'The Strange Egg'.



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Principal's Message

Welcome back to Term 2 2020.

And what a different term this is.

I would like to take this opportunity to send a big warm thank you to everyone for your perseverance, openness and resilience over the last couple of weeks. It has been an extraordinary couple of weeks for the College, unlike any others we have seen in my memory. Together we will get through these difficult times. More than ever the partnerships between teachers, students and parents are so important for the, social and emotional wellbeing and academic learning of our young people. Please stay connected, stay calm and stay strong.

My aim and that of my staff is to support you through this term in the most effective way we can, for you. We are flexible in how we approach Remote Teaching and Learning and are responsive to your needs. We need to be kind to ourselves. Do not panic. Do the best you can with our support.

Your children do not need you to become their teachers, but to be their parents and carers. They don't need you to be expert in the curriculum, they have us for that, their teachers.

We will get your child/ren back on track when they return to on-site learning if they lose their way.

During this period of uncertainty, of unease your children need you to take care of them, to let them know it will be ok, we will get through this, we will get back to school.

Please look after yourselves and your children, our students, while they are learning off-site and know we are here to help, support and guide.

This newsletter is packed with examples of learning your children, our students, are completing while off-site. It is a joy to acknowledge their hard work and your efforts.

Last week we held our first College Council meeting. This meeting was in place of the second meeting of first term which was postponed due to COVID-19.

The meeting was a special meeting, in two ways, firstly it was our first virtual meeting and secondly it was the first meeting of the new College Council after the

elections of first term and we held the AGM to elect office bearers and welcome new members.

The College Council Members are:

Jean Olley – Executive Officer
Peter Mack – College Council President
Cazz Redding – Vice President
Dan Brown – Finance Sub-Committee Convenor
Sally Cocks – Minute secretary
Karelene Beck
Dave Dalbosco
Elizabeth Dean
Simone Dole
Zoe Grayson
Marthijs Heuperman
Kelli Jacobsen
Sally Kellett
Anna Kelly
Leon Kinthari
Jasmine Kubale-Smith
Claire Lock
Scott Burton – observer

I look forward to working with the College Council team to enhance student outcomes at Bright P-12 College.

Jean Olley

BRIGHT FUN RUN

Last Sunday would have been our Fun Run as well, but again with the COVID-19 restrictions in place we are unable to proceed.

The Fun Run is our major fundraising event for the College and one that comes with a huge amount of preparation many months before the event from a dedicated committee of volunteers headed by Matt Fullerton. Matt and his team had already put in a huge number of hours organising the event before it was cancelled.

I would like to thank Matt for all his efforts with the event over a number of years now *and* pay tribute to the work he has done to enhance the event for the College. From all of the Bright P-12 College community we are extremely grateful to you and your committee of helpers.

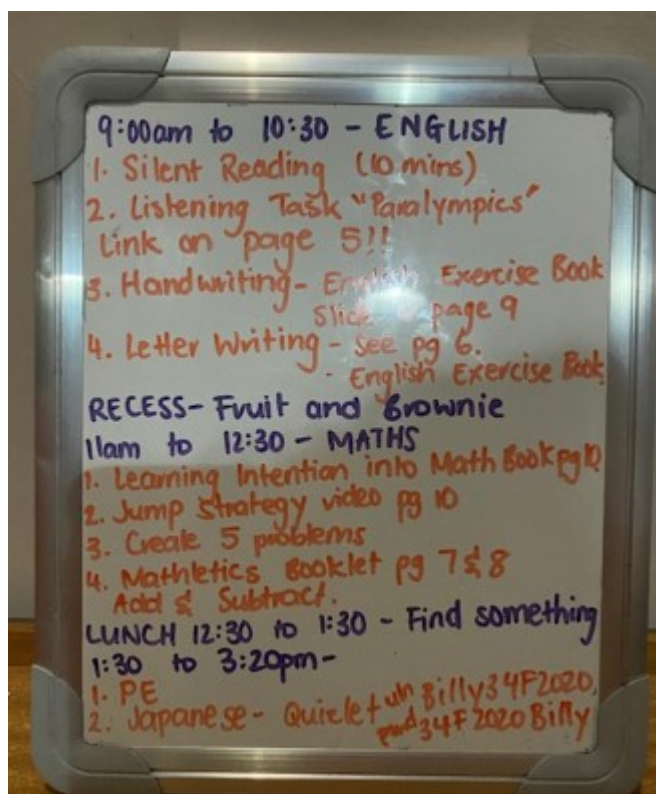
Jean Olley—Principal



Assistant
Principal's
P-6 Report

We are now in full swing of remote learning and I have been thinking about what has worked for me, as a teacher but also as a parent with their children at home. As I have also been working remotely and on-site on a rotation I have decided that I have to come up with a routine and structure that works for both my Primary aged student and Secondary student. I think Jean's work with the staff on putting together a P to 12 timetable will certainly assist those of us who are trying to manage working and remote learning. However, I have also found these other strategies helpful: (they consist of timeframes, expectations and consistent routines)

Each morning (or the night before when I am on-site) I put together a whiteboard schedule for my Grade 4 child which clearly explains what he has to do and when.



This has been a great way to develop his independent skills.

- Load the PowerPoints or Google Slides on the computer prior to 9am so it make navigating the work easier and builds more independent skills. I have also opened the links he needs for the day on tabs at the top of his web browser.
- Recess and Lunch prepared – so they have their recess break and lunch sorted. However, on this day we weren't organised so he had to fend for himself.
- Prepare a snack box in the cupboard and fridge, of approved things to eat, or my message is if your hungry eat 'fruit or vegetables'.
- Get them outside as much as possible. I send mine on the mail run and they ride their bikes or a long walk with the dog, this gives me a time where I can schedule any meetings or phone calls.
- Have a piece of paper where students can write down any questions at the time they think of them to ask their teachers later. If they don't understand something, and I am not available, I have just encouraged them to go on with the next task or lesson, until I can help or they hear back from their teacher.
- Make sure they have their passwords close by, this has helped with their online platforms and means they don't have to rely on their memory.
- For parents, I have had to change my routines to fit. For example, I have reduced the amount of time I have for housework (saving it for the weekend) and only doing the bare minimum during the week.
- I have continued to schedule myself 'exercise time'. So I have been trying to get out for a run early or doing some form of exercise while the kids eat their dinner.
- If my kids are frustrated or upset that they can't figure something out, I encourage them to self-regulate and have a break. We can always catch-up on something on the weekend if we need too.
- Communication with them and their teachers, if I need to I will reach out, but I also encourage my children to do this first.

I am sure you all doing similar things, and I want to reiterate that we should only be focusing on doing our best. Some days this will mean our students get through more work than other days. Some days I have just flicked the switch and said "ok, it's time for a break" for them and get them to focus on an activity they enjoy to give me time to get my work done. We must do whatever works for us and our families.

Kelli Jacobsen—P-6 Assistant Principal

CAREERS NEWS



National Youth Science Forum

NYSF 2021 YEAR 12 PROGRAM

STEM LAB VISITS • LECTURES • SITE TOURS • WORKSHOPS • SOCIAL EVENTS

“THE SUPPORT FROM STAFF AND ROTARIANS, IS SOMETHING ALL OF US ARE VERY GRATEFUL TO HAVE HAD - WILL, 2020 PARTICIPANT”

**APPLICATIONS OPEN
EARLY MARCH TO JUNE 14**

FOR MORE INFORMATION OR TO APPLY
GO TO WWW.NYSF.EDU.AU

Applications are now open for this fantastic residential program to encourage young people in their passion for science.

This youth-led live-in program showcases diverse study & career options in all fields of Science, Technology, Engineering & Maths.

Take a look and apply online at <https://www.nysf.edu.au/> (an excellent, informative website).

- ✦ Eligible students are those currently in Year 11.
- ✦ Rotary Clubs can help students with costs and endorsement.
- ✦ Three Bright students are successful alumni of the Forum, two of them recent BP-12 College graduates.

CLOSING DATE: June 14th 2020

CAREERS INFORMATION FOR YEAR 9-12 STUDENTS

Year 9-12 students:

There is the latest edition of the Careers Newsletter on our career website: <https://www.brightp12careers.com/?page=newsletter> called **T2W3**.

Articles on the following subjects are included:

- Where can an Arts Degree take you?
- Job Outlook Website
- Law Week 2020
- Careers in the Army
- Difference between Electrical and Mechanical Engineering?
- Career in Project Management
- Animals, Conservation, Wildlife, and Zoology Courses in Victoria
- Virtual Careers Expo

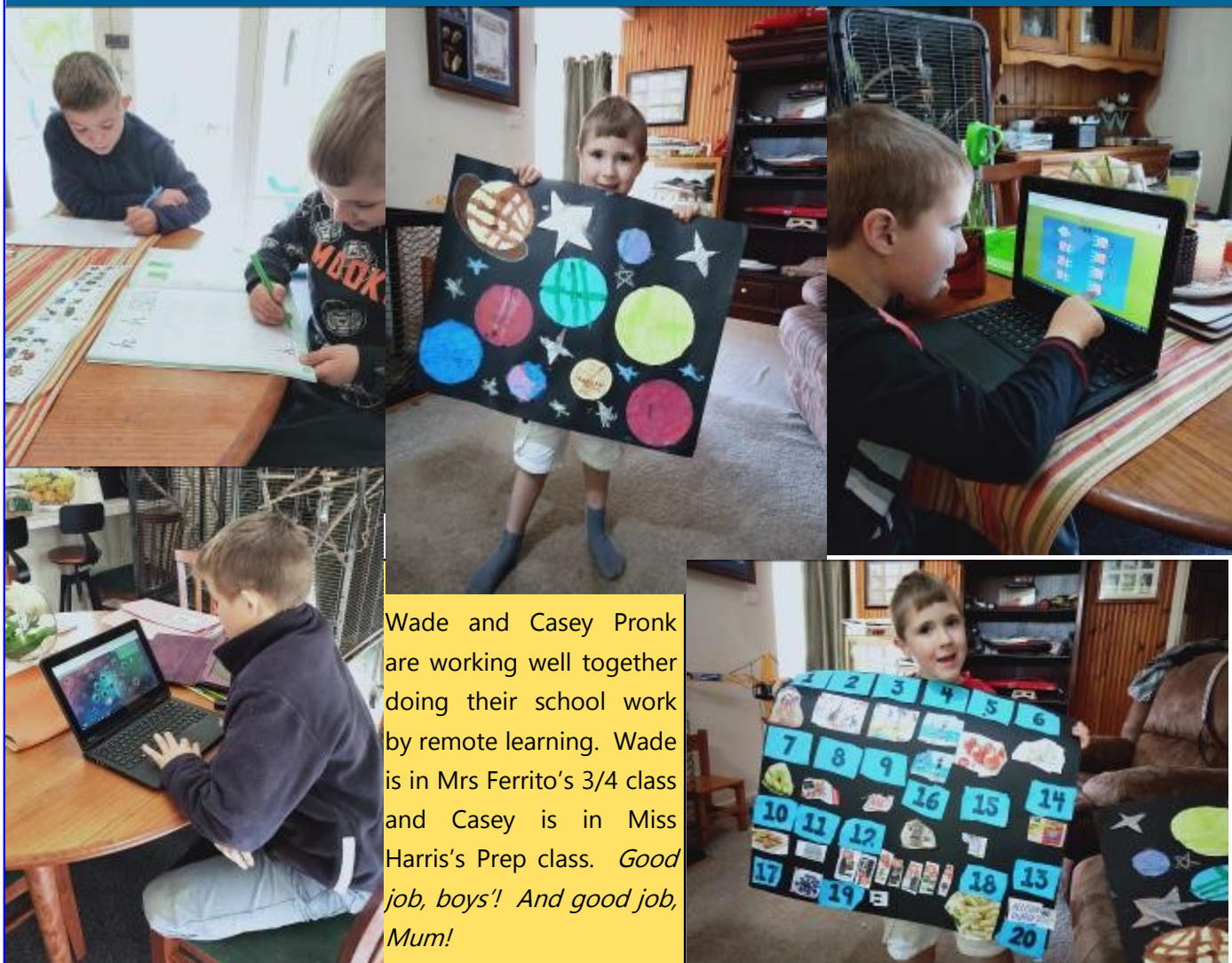


University Virtual Tours and Open Day dates

On the career website universities the virtual tours and open day dates for all universities have been uploaded and linked. <https://www.brightp12careers.com/?page=open-days#C>. The Open Days will, of course, depend on the government stance on Covid-19 but as they occur mainly in August, universities are still making decisions around their ability to run.

Virtual Tours – each university is creating virtual tours of their campuses – use the same link above to “Take the Tour” for any universities you may be considering joining.

Students Remote Learning



Wade and Casey Pronk are working well together doing their school work by remote learning. Wade is in Mrs Ferrito's 3/4 class and Casey is in Miss Harris's Prep class. *Good job, boys'! And good job, Mum!*

And there's more

Learning Intention: To notice the visuals you have whilst reading the writing piece by Jace Oeleis and to create that image you have in your mind.

The car slowly chugged down the street like the caboose of a steam engine train. It goes up the hill it goes kaboom , kachunk. The car is old and weathered with rust covering the entire body. Wheels and tyres wobble like bottles rattling in the back of a car. Hub caps are gone, along with all the mirrors and extras on the car. Black smoke flows out the rotten tail pipes like the smoke out of an old cobb pipe. The local junk yard had seen better cars than this. The interior was a dusty brown with holes covering almost every square inch of the seat covers. The ceiling was hanging down and the rust had eaten through the roof like a Billy goat through a tin can.

By Jace Oeleis 2005



Hi Miss Ferrito, I drew the rusty car from the morning. From Jasper!

Students Remote Learning



Patrick and Lizzie Day doing their school work from home. Looks like they are covering all their tasks of learning, physical education and exercising at the end of the day with a walk in the bush with their dogs. Keep up the good work, Patrick and Lizzie!



Students work from Miss Harris's Prep Class.
Ice Creams by Sapphire and writing by Billy.
Awsome work!



Health Corner with Adolescent Health Nurse Rosemary Bunge

When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.

Buddhist quote

In these challenging/weird and wacky times a few ideas to support people if they are feeling anxious.

What we know about stress and anxiety

We all feel anxious sometimes – it might be about exam results, a job interview or even who will win the final of a sports match. This anxiety is a normal part of life and in fact is necessary to help us avoid danger or perform at our best. For some people, the feelings of anxiety can be much more extreme. This anxiety is more than feeling stressed – it's a serious condition that makes day-to-day life difficult. If this happens we need help to cope.

1. Why we worry

Stress is a normal reaction to situations where we feel under pressure – it's part of our natural survival instinct. When we feel threatened, our body automatically channels energy to help us escape the danger. The chemicals released by our brain can make us feel nervous and they can also make it hard to think clearly.

2. Our response

Think about how you feel when you're stressed or scared. Your heart starts racing, your breathing gets faster and you feel really alert. Most

of the time, these feelings go away once the stressful situation is over. Sometimes big events in our lives can also cause us to worry and feel uncertain about the future.

3. Anxiety

For some people, anxious feelings can happen for no apparent reason or won't go away, even after the stressful situation has passed. Anxiety can make it hard for a person to cope with daily life. They might find it difficult to get the feelings of worry under control, which can be a very scary and upsetting experience. Some people have panic attacks or intense fear about things in their everyday life. This makes day to day living difficult so we need help.

There are lots of things that we can do to help ourselves cope better but sometimes we also need help from other people.

Support from family and friends

Our friends and family accepting us for who we are can help protect our mental health, especially during times that can be stressful.

Talking with family and friends

Sometimes it can be hard to talk about how you are feeling with your parents or close friends. You might think "What will they say?" "How will they understand?" But the truth is they want the best for you. They do not want to see you hurting.

Parents and friends will react in different ways. Some may be supportive and caring while others might have trouble understanding your experiences. It can be surprising to

see how helpful people can be when you let them know what's going on. Others might feel frustrated because they don't know how to help or because they feel disappointed that they had not seen how unhappy or anxious you were.

If their reaction is because they don't know much about anxiety or depression then you may be able to learn about it together. Talking about what is going on can really help.

Help available

At this time the best way to access health professionals is via:

your local doctor

online mental health service

[headspace](#) centres

School wellbeing team

Some online and phone supports

Online chat beyond blue [chat online](#)

(3pm - 12am)

www.youthbeyondblue.com

Phone 1300 22 4636 (24

hours) [youthbeyondblue](#)

Headspace www.eheadspace.org.au

Phone 1800 650 890 [headspace](#).

If you would like to chat you can contact the school nurse via email bunge.rosemary.k@edumail.vic.gov.au to arrange a time.

Take care and remember to breathe.

CHECK OUT THESE COOL WEBSITES!

- Zoos Victoria has 24/7 live streams of animals and their keepers. <https://www.zoo.org.au/animals-at-home/>
- Audible books has made many books available for kids **FREE** for as long as schools are closed. No sign up. Follow the link below and start listening. <https://stories.audible.com/start-listen>
- The Melbourne Museum—<https://museums.vic.gov.au/melbournemuseum/at-home/>

Stretches To Do While Working From Home

Stretches when working from home



B.1 Neck stretch

Neck stretch

Keeping your chin tucked in, gently lower ear to shoulder and hold for 10 seconds on either side. Repeat several times.



B.2 Head turns

Head turns

Turn head slowly to look over left shoulder. Turn head the other way. Repeat several times.



B.3 Chin tuck

Chin tucks

Raise the head to straighten the neck. Tuck the chin in and upwards creating a double chin. Repeat several times.



B.4 Shoulder rolls

Shoulder rolls

Circle shoulders forward several times, then backwards. Repeat 3 to 5 times.



B.5 Wrist and elbow stretch

Wrist and elbow stretch

Interlace fingers, palms outward, and straighten arms in front. Hold for 10 seconds and repeat several times.



B.6 Wrist stretch

Wrist Stretch

Straighten your arm in front and bend your wrist forward, gently assist the stretch with your other hand. Hold for 10 seconds. Repeat with the other arm.



B.7 Upper and lower back stretch

Upper and lower back stretch

Interlace fingers and turn palms upwards above head; straighten arms then slowly lean slightly from side to side. Repeat movement several times.



B.8 Back arching

Back arching

Stand up. Support your lower back with hands and gently arch back and hold for 5 to 10 seconds. Repeat as often as is needed.



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