

14th May, 2020. Issue 4

# Bright P-12 College Newsletter

## Support for Year 12 Students

To let Year 12 know that we are thinking of them, Sally Cocks and I (on behalf of wellbeing and support staff) put together 23 survival kits for our Year 12 students.

We all hope they enjoy receiving them and feel supported and connected to school.

### Year 12 remote learning survival kit:

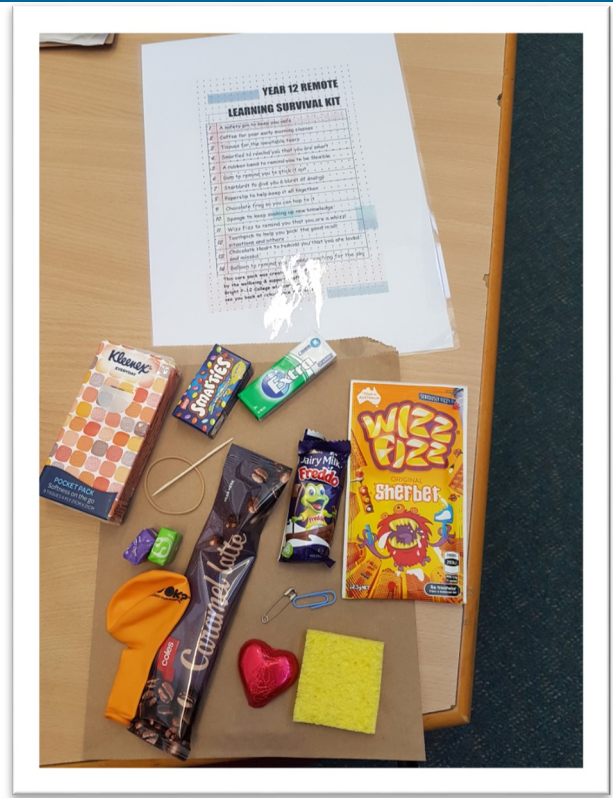
- \* A safety pin to keep you safe.
- \* A rubber band to remind you to be flexible.
- \* Coffee for your early morning classes.
- \* Tissues for the inevitable tears.
- \* Smarties to remind you that you are smart.
- \* Gum to remind you to stick it out.
- \* Paperclip to help keep it all together.
- \* Starburst to give you a burst of energy.
- \* Chocolate frog to remind you to hop to it.
- \* Sponge to keep soaking up new knowledge.
- \* Toothpick to help you 'pick' the good in all situations and others.
- \* Balloon to remind you to reach for the sky.

A big shout out to Sally for her help and donation towards the packs and getting them safely posted off.

Team work that's what it's all about.

Rosemary Bunge  
Adolescent Health Nurse

*(Well done, Rosemary & Sally!)*



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## Principal's Message

We are going back to onsite learning a little earlier than expected!!! The experience of off-site teaching and learning has had its ups and downs for most of us and I hope, like me you can find the positives in the experience. We will be trying to capture your experiences through a survey in the next couple of weeks, to help us understand what worked and what didn't and strengthen the bonds of our partnership. We have a little way to go before all our students and staff are back on site but we now have a timeline we can work to.

### **It is a phased return to on-site schooling.**

To support all school staff to prepare for this transition, **Monday 25 May** will be a *pupil-free day*.

In the **first stage**, students in:

#### **Tuesday 26 May.**

- **Prep, Year 1 and Year 2, senior secondary (Year 11 and 12 VCAL and VCE)** students and all students in specialist schools **will return to school.**
- **Year 10 students undertaking VCE studies, including VCE VET studies,** should also attend school for those classes where practicable. If this is not possible for your child/children, our teachers will make sure

the work provided to students attending at school is also provided to your child/children.

- For those **students who cannot be supervised at home and vulnerable children**, the existing model of on-site schooling will remain in place during the two-week period from **Tuesday 26 May to Tuesday 9 June**. The current process that we are using to enable parents and carers to indicate the days or part-days for which on-site schooling is required and will continue for this two-week period.

In the **second stage**

#### **Tuesday 9 June.**

- **Years 3-10** will return to school from

Once a year level has returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to on-site schooling, we can no longer support their learning from home. We just cannot do both Remote Learning and On-site Teaching and Learning.

However, this does not apply to children who **need to be absent for health or medical reasons**. For those families, please contact Scott Burton or Kelli Jacobsen so we can make an appropriate plan for your child/ren.

**If your child is ill or is feeling unwell, they must not attend school.** They must remain home and seek medical advice.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a

number of important changes to our school operations, consistent with health advice to all schools. This will apply until further notice. I will provide more detail about our arrangements as soon as possible, but it is important to note that changes will include:

- adjusted arrangements for drop off and pick up,
- restrictions on access to the school site for anyone other than immediate school staff and students;
- the way we conduct parent-teacher meetings and interviews

I understand that you may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated:

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

Thank you for your continued support and patience during this time. I look forward to welcoming our students back to the classrooms of Bright P-12 College.

If you have any concerns or questions please email me at [olley.jean.m@edumail.vic.gov.au](mailto:olley.jean.m@edumail.vic.gov.au)

Wishing you the very best for the coming couple of weeks.

Warm regards

Jean Olley -Principal



## Assistant Principal's P-6 Report

### **WebEx Meetings**

Last week saw the P to 4 teachers' trial WebEx and they have now connected with their classes again this week. This is such a wonderful program for the staff to be able to connect to their students. And the feedback from the students is that it has been a highlight of their week. We need to remember that when in WebEx the same classroom expectations are in place. For example, it is important that the students up dressed, set-up in an open but quiet environment and not eating. All things that we expect from them in the classroom environment.

From time to time there are going to be technical issues where you might not be able to facilitate Web Ex for your child. **PLEASE DO NOT WORRY.** These things happen, please just take a deep breath and then let the teacher know that your child was unable to attend the session. Also, reach out for any tech support you may need. The Year 5 and 6 teachers have been running WebEx with their classes for a little longer and the feedback from these children is they really enjoy their whole class and small group sessions.

### **Wellbeing Support**

During this period of Remote Learning we are still able to provide you and your children with wellbeing Support through Gateway Health's CHIPs program who are still operating. This can be arranged through emailing me or giving me a call. The school can then complete the referral

process and sessions can be done via Skype or face-to-face in Gateway Health Offices.

### **Career Day next week**

There are more details to come on this so keep your eyes out for a COMPASS post from either Mat Gray or Chris Blazek. But next Wednesday Primary students can dress-up in the theme of "When I grow up I want to be", it would be great if parents could take some photos for our next newsletter. Those students on-site are also encouraged to dress-up.

### **Resilience and the Importance of Bounce Back**

During these challenging times I have been thinking about the impact that remote learning is having on staff, parents and students. And one thing that I keep coming back to is RESILIENCE and how important it is in times like this. More than ever we are realising that things don't always go

to plan, but it is how we respond to those set-backs that can really make or break your day.

Below are two fantastic articles on resilience and over-coming set-backs that resonated with me the other day, when I was on-site and my children were at home working independently, when they both experience challenges with either their work or technology. They just gave me a better understanding of how I can support my children and our students to be more resilient.

<https://positivepsychology.com/what-is-resilience/>  
<https://www.mindtools.com/pages/article/resilience.htm>

Kelli Jacobsen—P-6 Assistant Principal

# NATIONAL CAREERS WEEK – 18<sup>TH</sup>-24<sup>TH</sup> MAY

## NATIONAL CAREERS WEEK – 18<sup>TH</sup>-24<sup>TH</sup> MAY

We are pleased to be running activities for all our students to celebrate National Careers Week. The activities will be targeted towards different year levels to be age and interest appropriate. It is never too early for students to think about jobs and courses they might like to investigate as possible pathways once they leave school. The activities will run as follows:

**Wednesday 20<sup>th</sup> May – Dress Up Day** – we would love all our students to dress up in “what they want to be when they grow up”, take a photo and send it in to Vicki at: [newcomb.victoria.k@edumail.vic.gov.au](mailto:newcomb.victoria.k@edumail.vic.gov.au) She will be creating a collage of all the photos received to go into the next newsletter and display on the library TV once we are back at school. For our older students, maybe wear a hat reflecting a job or career if dressing-up is not your thing...

### Prep-Year 4

Vicki is reading and recording stories for our very young students to enjoy. The books cover some lovely stories about jobs and what students might like to be when they grow up.

### Year 5 & 6

Each day our Year 5 & 6 primary students will be watching a short career video of young adults talking about their jobs or study they are involved in. There will be a couple of questions about the videos to answer.

### Years 7–9

For our Years 7-9 students, I have selected some interesting career videos for them to choose from and watch one each day – they can watch them all if they would like.

These will be available through their homegroup page followed by 3 questions relating to the video they have just watch. This is the first career focused activities these students will have undertaken so I will be interested in hearing what they thought of them.

### Years 10-12

Our students in years 10-12 have already been involved in work experience, Career Big Day In, the specific subject selection process and planning for their VCE or VCAL as well as our current year 10 students who undertook the My Career Insight (Morrisby) on-line assessment and interview process last year. As a consequence, I am selecting videos that are likely to provide some insights into careers students may be interested in following as well as some they may not have considered. The videos will also be accessed through their homegroup page each day.

The reason I believe videos are a great resource is that they are short, succinct but very informative, interviewing young adults about their own experiences. It is a great way for students to consider exploring options they may not have considered.

We are very keen for all students to have this opportunity to easily access some of the amazing resources available through our career website: [www.brightp12careers.com](http://www.brightp12careers.com). The videos they will view are just a small part of an extensive range of videos available.

I hope every family encourages their students to get involved and talk about careers and pathway options. I am happy to offer advice and support at any time.

**Chris Blazek – Career Adviser**

# READING

*is to the*

# MIND

what  
exercise

*is to the* **BODY.**

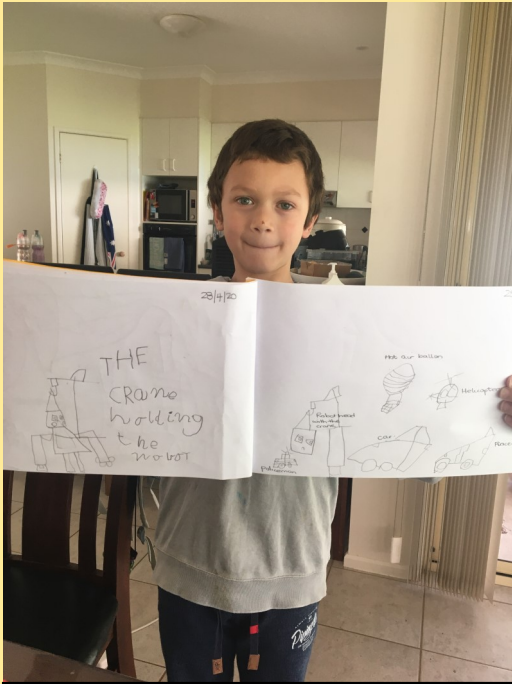
Sir Richard Steele



## WEBSITES TO EXPLORE ...

- 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.victoria.com.au/melbournemuseum/at-home/>

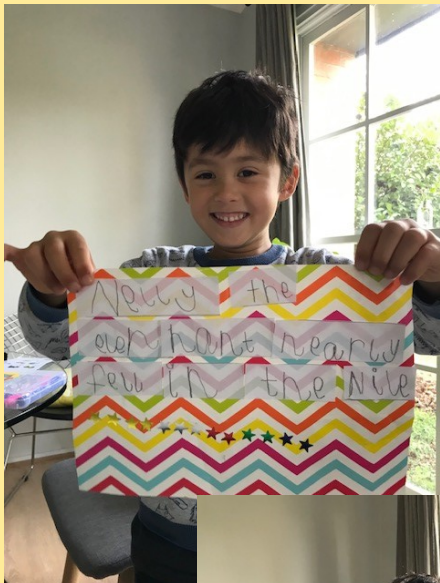
# PREPS REMOTE LEARNING



Zac Gauld proudly showing his writing & drawing he has done during remote learning.  
(Good job, Zac!)



Jett, Axe & Archer (who will be in Prep next year) Mathers busy doing their online learning. (Great workspace, boys'!)



Clare Law with her sisters Emily and Isabelle counting back from 20. (Nice to see you learning together).



Luis Slotegraaf with a sentence he wrote using lots of 'n' words which was the letter of our week. And a picture of a dinosaur which he made out of 2D shape pieces of paper because we are learning 2D shapes in maths.

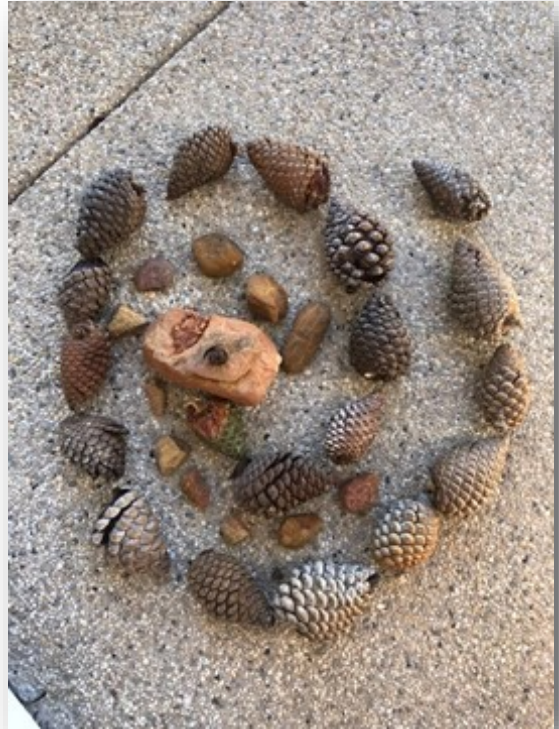
(Awesome work, Luis!)

# Students Remote Learning—ARTWORK

Artwork by: Leo Johnston 1/2N



Artwork by: Oscar Ford 1/2R



The task – • To be able to use natural materials to create your own 3D sculpture, using Andy Goldsworthy's Artworks as inspiration. Andy is a world famous landscape sculptor. *Sue Kovacs—Primary Art Teacher*

## RIVER IS BEING CREATIVE



To Mrs Pederick. I made some things using clay.  
From River. *(Nice work, River!)*

## FINANCIAL ASSISTANCE

The school appreciates that families may sometimes experience financial difficulties in meeting payment requests, **particularly families impacted during the bushfires, and the current COVID19 situation.** A range of support options are available to parents who have difficulty making payments, including State Schools Relief - Getting Kids Back to School Bushfire Relief, or the Camps, Sports and Excursions Fund. More information on these supports are available through the College. If you have recently acquired a Centre-link Healthcare card, please contact the Office, as there **may** be further assistance available.

Please note, that there has been **\$375 applied for each of your children** from the Victorian Government, to assist with Camps, excursions/incursions and sporting activities when they resume. If you have any queries about your statement, please contact Jenni Sgambelloni (Finance Assistant – 5755 1166).

National  
Careers Week  
18-24 May 2020



SMILE,  
**IT'S FREE  
THERAPY.**

ROUGLAS HORTON



# Library News



## AUSSIE KIDS SERIES Victoria.

**Aussie Kids** is an exciting new series for emerging readers 6-8 years. From a NSW Zoo to a Victorian lighthouse, or an outback sheep farm in WA to a beach in QLD, this junior fiction series celebrates stories about children living in unique places in every state in Australia. 8 characters, 8 stories, 8 authors and illustrators from all 8 states and territories! Come on an adventure with **Aussie Kids** and meet Taj from

Penguin Books, the publishers of this new series, have created a fun activity pack that children can download for free. <https://www.penguin.com.au/activities/2544-aussie-kids-activity-pack>

Bright P-12 Library have some of the new series available for borrowing once we return to school. Get yourself familiar with the series and have some fun on the way!

## JOKES & RIDDLES

**What did the pencil sharpener say to the pencil?**

*"Stop going in circles and get to the point!"*

**How did the rocket lose its job?**

*"He was fired".*

**What can't walk but can run?**

*"A river".*

**When is a door not a door?**

*"When it's ajar!"*

**Why did the teacher wear sunglasses?**

*"Because his students were so bright".*



## Story Time with Vicki & Library Bear

Here are a couple of links to videos Library Bear & I have made for your enjoyment.

"To the Bridge" written by Corinne Fenton & illustrated by Andrew McLean. Published by Walker Books. [https://clickv.ie/w/\\_9\\_m](https://clickv.ie/w/_9_m)

"The Very Itchy Bear" by Nick Bland. Published by Scholastic Australia. [https://clickv.ie/w/rA\\_m](https://clickv.ie/w/rA_m)

"I'm A Dirty Dinosaur" by Janeen Brian & Illustrated by Ann James. Published by Puffin Books. <https://clickv.ie/w/2yTm>

(Copy and paste the links into you internet browser).

## Wayne's Weird Facts

- ◆ It is impossible for most people to lick their own elbow
- ◆ A Crocodile cannot stick out its tongue
- ◆ Pigs cannot look up into the sky
- ◆ Kangaroos cannot walk backwards
- ◆ Hippopotamus have pink milk
- ◆ Giraffes have black tongues
- ◆ The only bird that can fly backwards is a Hummingbird
- ◆ Dogs sweat through their tongues
- ◆ Elephants cannot jump
- ◆ A normal housefly only lives for one month
- ◆ There is no word that rhymes with ORANGE
- ◆ Glass is made of sand
- ◆ It is impossible to sneeze with your eyes open

## Health Corner with Adolescent Health Nurse Rosemary Bunge

### Cyber Safety:

#### What does Cyberbullying look like?

Cyberbullying behaviour might include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating others online
- excluding others online
- humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts to trick someone or humiliate them

#### How common is it?

In the 12 months to June 2017:

1 in 5 Australian young people reported being socially excluded, threatened or abused online.

55% sought help from their parents, 28% from their friends; 38% blocked the offending social media account; 12% reported it to the website or platform.

1 in 5 Australian young people (15% of kids, 24% of teens) admitted behaving in a negative way to a peer online — such as calling them names, deliberately excluding them, or spreading lies or rumours. Of these, more than 90% had had a negative online experience themselves.

Statistics provided from eSafety Commissioner website: <https://www.esafety.gov.au/key-issues/cyberbullying>

#### What can I do?

For advice we recommend that Parents go the eSafety Commissioners website:

<https://www.esafety.gov.au/key-issues/cyberbullying>

This website has information and advice for young people and parents:

- ⇒ Cyberbullying
- ⇒ Be an Upstander – not a Bystander
- ⇒ Good habits start young

#### Signs to watch for

Young people may not always tell their parents or who they live with, concerns about cyberbullying.

Signs that the Young Person may be experiencing issues on-line are:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry

- appearing lonelier or distressed
- unexpected changes in friendship groups
- a decline in their schoolwork
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use

#### What is BP12 College doing to support Students and Families?

Schools and teachers play a vital role in promoting the social and emotional development and wellbeing of Australian children and young people. This includes protecting students from cyberbullying and giving them the skills to deal with bullying experiences.

Our School would recommend if Students are experiencing issues during school time via the learning platforms to report this to their classroom teacher or their year level coordinator. If issues are occurring via social media, NSC would suggest Families speak to Victoria Police or go the eSafety Commissioner website where you can make a complaint about cyberbullying. The eSafety Commissioner can take action to get serious cyberbullying material removed, and provide advice, support and assistance.

Please see the link to: eSafety Commissioner Website: <https://www.esafety.gov.au/report/cyberbullying>

Students Bright P-12 College and the eSafety Commissioner advise Families and Students access:

#### Kids Helpline

Aimed for Students aged: 5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 8am to 12am EST daily. Phone number: 1800 55 1800 and Online chat available: <https://kidshelpline.com.au/>

#### Headspace

Aimed for Students aged 12 to 25 year olds. All issues. Phone counselling available all day, every day. Online chat available 9am to 1am EST daily. Phone Number: 1800 650 890 and online chat available: <https://headspace.org.au/eheadspace/site>

There is also advice for parents and carers re staying safe online during COVID-19 again from eSafety commissioner [www.safety.gov.au](http://www.safety.gov.au)

*Quote of the week: "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."*  
— Roy T. Bennett.

# 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

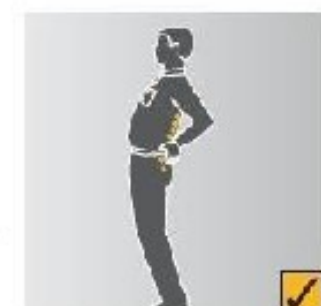
Straighten your arm in front and bend your wrist forward, gently assist the stretch with your other hand. Hold for 10 seconds. Repeat with the other arm.



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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