

13th August, 2020. Issue 8

# Bright P-12 College Newsletter

## MASKING UP FOR CLASS



The week before Remote Learning resumed students and staff where required to wear masks while at school. Ms Lewis's Year 11 class were complying by wearing their masks during their English lesson in the Library. Can you guess who the students are behind the masks? We wish all our students, staff and families the very best during these challenging times.



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## Principal's Message

We are now well back into our remote teaching and learning program for a second time. It has been, mostly, a smooth start for all, which is great.

A big shout out to our students who have made the transition seamlessly to learning at home. Your resilience, flexibility and attitude of 'we can do this without fuss' is commendable.

A big shout out to our teachers who have once again shown they are up to the challenge and taken on the work to move our core business off site with vigour and gusto.

A big shout out to our parents who have once again taken on remote teaching and learning with goodwill.

A big shout out to our ES staff who are making an amazing effort to continue the smooth operations of the school with great flexibility

This time around we have a much better starting position due to the work completed in term 2 and extensive feedback from students, parents and staff around what worked and what areas there will be some changes, changes you are probably already seeing.

To improve and develop on these new areas of our remote teaching and learning program we will be holding a **Pupil Free day on the 26<sup>th</sup> August 2020 apart from Senior Students (and Year 10 students enrolled in VCE/VET students) will be working on this day. All other students and teachers in Years Prep – Year 10 will not be expected to be online.**

The pupil free day will allow our staff to participate in further online learning to increase positive student outcomes during this period.

Our staff do not clock off early now we are in the remote teaching and learning timetable. Our day continues with extensive planning and development of teaching resources for the online platform to engage the students and continue the learning as closely as we can to what we would be doing if we were still onsite. As well our staff are upskilling with Google Classrooms and other ICT skills. I thank you for your support.

We've got this! You've got this!

We have done it once and can do it again.

Jean Olley  
Principal  
Bright P-12 College  
03 57551166  
0417974803

I respectfully acknowledge the Traditional Owners of Country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.

## Health Corner with Adolescent Health Nurse Rosemary Bunge

Well, we were just getting back into the swing of breakfast and we go back to remote learning. Don't forget to start the day well at home with some yummy breakfast even if we are not there to make it for you. Pictured all masked up at breakfast on Thursday July 30<sup>th</sup> are Ms Joyce, Ms Young, Chris Blazek and Rosemary Bunge.

**Something to try at home:** Making crumpets at home is really simple and quite satisfying. Those spongy holes are made to soak up butter and honey or jam. You'll be amazed how easy they are to make.

### Ingredients

- 4 cups plain flour
- 2 tbsp baking powder
- 1 1/2 tsp salt
- 2 tsp sugar
- 3 cups warm water
- 1 sachet or 7g dry yeast



### Method

1. In a bowl, sift together the flour, baking powder, salt and sugar. Combine well.
2. Mix the yeast into the warm water and whisk into the flour mixture until a smooth batter forms.



3. Cover with a tea towel or cling film and leave in a warm place for 30 minutes to rise.
4. Heat a frying pan and place four egg rings in the pan. Spray each with cooking spray. Ladle the batter into each egg ring until each is 3/4 full.
5. Cook on a medium heat until golden on the bottom and large holes have formed over the top. Cover the frying pan and cook a further 3 minutes. These can actually take up to 15 minutes on a low-medium heat to cook. They need to be dry to the touch on top. Remove from pan and remove egg rings. Serve with butter and honey or jam.



# VET & CAREERS UPDATE

We have had a busy four weeks to the start of this term in both VET and Careers.

I was involved in the Years 8 and 9 and the Years 9 and 10 information sessions on Webex with a great attendance for both events and plenty of enquiries and questions following. Many students took the time to come and discuss their options for subject selections as well as look towards their future after school. Well done to the students for their engagement. I am happy to field any further questions initially by email on [Christine.Blazek@education.vic.gov.au](mailto:Christine.Blazek@education.vic.gov.au).

Last week, Darren Ferrier and I ran the Year 12, VTAC Webex Information session, and again we had both a great turnout and many relevant questions. The VTAC applications for TAFE's and universities are now open so our Year 12 students are looking towards their futures post 2020 as well as studying hard.

Also, in the first two weeks of term, our Year 9 students undertook the My Career Insight on-line profiling completing a series of questionnaires and quizzes accessed through the Morrisby website. My Career Insight will help students discover, develop and drive their career planning. It is a unique opportunity for students to learn more about their strengths and abilities, while exploring potential career

options – giving them the confidence to start taking control of their future.

The next step in the My Career Insight is to discuss their results with a Morrisby-trained Careers Consultant in a 30 minute interview and these start this Wednesday. They will be conducted by Webex and parents/guardians are welcome to join in the discussion.

Don't forget our one-stop-shop career website as a great resource for students and their families:

[www.brightp12careers.com](http://www.brightp12careers.com).

Chris Blazek  
Careers Practitioner/VET Coordinator



## Our sites

**Wangaratta**  
45-47 Mackay Street  
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Wodonga, Vic 3690  
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T: (02) 6022 8888

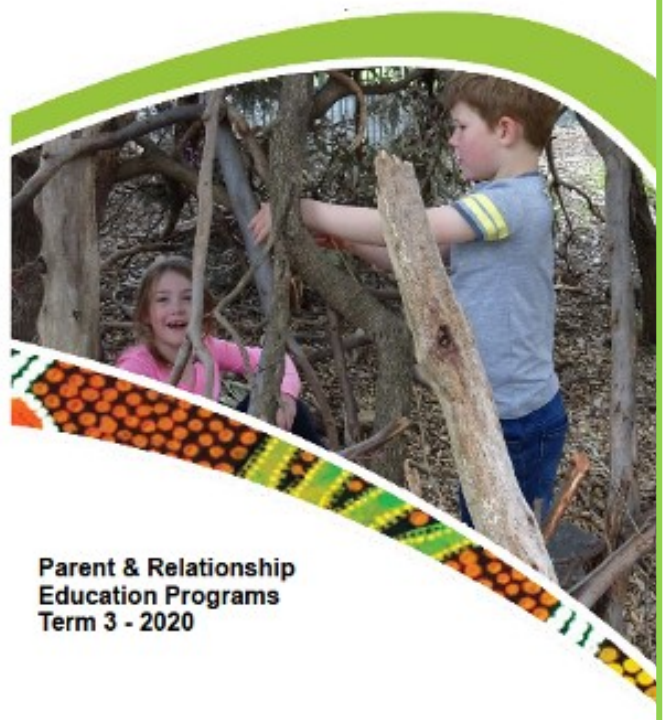
**Myrtleford**  
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T: (03) 5731 3500



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[www.facebook.com/gatewayhealth1](https://www.facebook.com/gatewayhealth1)



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**Parent & Relationship  
Education Programs  
Term 3 - 2020**

# MUSIC NEWS

## YEAR 8B MUSIC CLASS

### 'COVID 19 Parodies'

The class had to take a popular song and then turn it into a parody based on COVID 19. Here is some work from the class which I thought was very well done.

#### **Party in the USA** Parody by Alison Cioli

##### Original Lyrics

I hopped off the plane at LAX  
With a dream and my cardigan  
Welcome to the land of fame excess,  
Whoa, am I gonna fit in?  
Jumped in the cab,  
Here I am for the first time  
Look to my right and I see the Hollywood sign  
This is all so crazy  
Everybody seems so famous

##### Parody Lyrics

I got out of bed and turned on the light  
Another boring day spent at home  
Nothing to do that will give me delight  
On the verge of buying a drone  
Jumped in the shower  
Cause I needed something to do  
Getting all dressed up with nowhere to go  
Only gonna stay at home  
May as well just wear my PJs

#### **Blinding lights-** corona virus parody by Charlotte Kelly

##### Original Lyrics

I been tryna call  
I been on my own for long enough  
Maybe you can show me how to love, maybe  
I'm going through withdrawals  
You don't even have to do too much  
You can turn me on with just a touch, baby

##### Parody Lyrics

I've been on my own  
It's pretty boring all the time  
Maybe we can go out soon enough, maybe  
Netflix can't help me know  
Nothing to do it's all the same  
If you could see that I'm in pain, maybe

#### **Mr Sandman** by Liam Williamson

##### Original Lyrics

Mr. Sandman bring me a dream  
Make him the cutest that I've ever seen  
Give him two lips like roses and clover  
Then tell him that his lonesome nights are over  
Mr. Sandman

Bring me a dream

Make him the cutest I've ever seen

##### Parody Lyrics

Mr Woolworths delivering my groceries (like cream)  
Only person for weeks I've seen  
Getting through food like a bulldozer  
When will this be over?  
Quarantine  
Make sure your hands are clean  
Quarantine  
You can't go out and be seen  
Quarantine

#### **Let it Go** Parody by Zachary Campbell

##### Original Lyrics

The snow glows white on the mountain tonight  
Not a footprint to be seen  
A kingdom of isolation  
And it looks like I'm the queen  
The wind is howling like this swirling storm inside  
Couldn't keep it in, heaven knows I've tried  
Don't let them in, don't let them see  
Be the good girl you always have to be  
Conceal, don't feel, don't let them know  
Well, now they know  
Let it go, let it go  
Can't hold it back anymore  
Let it go, let it go  
Turn away and slam the door  
I don't care what they're going to say  
Let the storm rage on  
The cold never bothered me anyway

##### Parody Lyrics

The snow glows white in the house tonight  
Not a person to be seen  
A kingdom of isolation  
And it looks like I'm not sick  
The wind is howling like this puppy inside  
Couldn't keep it in, heaven knows I have tried  
Don't let them in, don't let covid see  
Be the good girl you always have to be  
Conceal, don't feel, don't let them catch covid 19  
Well, now they know  
Let it go, let it go  
Can't hold the virus back anymore  
Let it go, let it go  
Turn away and sanitise the door  
I don't care what they're going to say  
Let the puppy rage on  
The sanitiser never bothered me anyway

Jason Campbell  
Music Coordinator  
Bright P-12 College

# IMPORTANT INFORMATION FROM THE DEPARTMENT OF EDUCATION & TRAINING VICTORIA



## LOOKING AFTER YOUR CHILD'S MENTAL HEALTH

Changes in your child's mood and behaviour are normal part of growing up.

While you know your child better than anyone, sometimes it can also be hard to know the difference between normal behaviour and potential mental health concerns. No one expects you to be an expert in mental health but there are things you can do to support your child.

### Notice changes

There might be changes in your child's emotions, behaviour and thinking that indicate they might need some extra help. You might notice:

- Feelings of fear, anxiety and sadness and/or angry outbursts
- Withdrawal from friends, family and activities and/or being low in energy
- Difficulty going to sleep and/or changes in appetite
- Trouble concentrating
- Negative thoughts that won't go away
- Other changes in behaviour – being more emotional or temper tantrums in younger children.

Headspace provides a comprehensive list of things you might notice about your child's mental health. For more information, see: [How to talk to your child about mental health](#).

Some other things to think about are:

- How long have the emotions and behaviour lasted? If it has been longer than two weeks, it might be time to seek help.
- How strong are the emotions? Are they there all the time or do they come and go?
- How much of an impact are the emotions and behaviour having on your child's schoolwork, physical health, relationships and enjoyment of everyday activities?

### Talk to your child

It can be hard to talk about mental health. Sometimes we are worried it might be upsetting or we are worried we might make things worse.

There isn't a perfect way to start the conversation. What you say will depend on your child's age and their understanding. Try to use "I" statements like these:

- I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen and see if I can help.
- It seems like you [haven't been yourself lately/have been up and down], how are things?
- You seem [anxious/sad], what is happening for you? We can work it out together.
- It's ok if you don't want to talk to me, you could talk to [trusted/known adult]. I will keep letting you know I love you and am concerned.

# IMPORTANT INFORMATION FROM THE DEPARTMENT OF EDUCATION & TRAINING VICTORIA



If your child opens to you:

- reassure them everything will be okay and that you're glad they are talking to you
- acknowledge that talking about personal thoughts and feelings can be hard
- ask what they need from you (although they might not know what they need)
- offer to help them find information and support.

For more tips on talking to your child, see:

- Raising Children Network: [What can I say to start a conversation with my young person about their mental health?](#)
- Safe Minds [Inquire tip sheet for families](#)
- Reach Out: [How to have a great conversation](#)

## Get support

If you have concerns about your child's mental health, start by talking to your child's school. They can help you access a range of supports offered by the Department of Education and Training.

## For you - services, information and tools

There are also services, information and tools you can access to help you decide if your child needs more support.

### Services

- [Parentline](#): 13 22 89 – an anonymous and confidential phone service for parents and carers of children from birth to 18 years old.
- [Lifeline](#): 13 11 14 –24-hour crisis support and suicide prevention strategies.
- [Beyond Blue](#): 1300 22 46 36 – confidential one on one counselling and tools and resources to look after your mental health.

### Information

- The Department's [Mental Health Toolkit](#)
- Raising Children's [Mental health and wellbeing for children](#) (suitable for 0 - 8 years old) and [Mental health and wellbeing for teens](#)
- Headspace's [For friends and family](#) – includes information on how to support a family member, tips for a healthy headspace, understanding adolescence and how to start the conversation.
- [Reachout's Parent self-help content](#) - provides advice and resources to assist your child with mental health concerns, everyday issues, wellbeing, connecting and communicating.
- [Black Dog Institute](#) - self-tools and apps, advice on when and where to seek help, information on mental health conditions and support groups.

### Tools

- Beyond Blue's [Child mental health checklist](#) (suitable for 4 – 16 years old). This asks questions about how your child has been thinking, feeling and behaving. It can help you decide if your child needs professional support. The checklist is confidential.

# IMPORTANT INFORMATION FROM THE DEPARTMENT OF EDUCATION & TRAINING VICTORIA



## For your child – services and information

As well as support from your child's school and the family GP, there are a range of services that your child can access from home:

- [Free one-on-one counselling](#) - the Department's partnership with headspace allows Victorian Government secondary school students to access telephone counselling services.
- [Kids Helpline](#): 1800 551 800 – a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
- [headspace](#): 1800 650 890 or [eheadspace.org.au](http://eheadspace.org.au) - professional online and phone mental health support services to young people aged 12 – 25 years old.
- [ReachOut](#) – an online mental health organisation for young people and their parents. This offers practical support, tools and tips to help young people get through anything from everyday issues to tough times

## In an emergency

If you think your child is in immediate danger, call 000 or take your child to the hospital emergency department.



# AUSTRALIAN RED CROSS NOTICE

## Supporting children & young people to cope Free Wellbeing Webinar

Join Australian Red Cross for a free webinar on supporting children and young people in these tough times.

### Are you a parent or carer?

Whether because of drought, the Black Summer fires or COVID-19, supporting children and young people has been particularly challenging in recent times. This session will provide information, advice and tips on ways to support children and young people. Ask questions, understand common reactions and signs of stress, and get practical tips of parenting through uncertainty.

Expert Natalie Fraser, psychologist and mother of two, has worked with children, young people and families for 25 years. She has extensive experience working with families in crisis and recovery in both rural and metro areas.

The webinars are free but limited to 500 attendees so register by clicking on your preferred webinar time:

- **Wednesday 26<sup>th</sup> August 6.30pm – 7.30pm**  
[https://zoom.us/webinar/register/WN\\_IXxc-NeVTAMsRW8Gf\\_VDaw](https://zoom.us/webinar/register/WN_IXxc-NeVTAMsRW8Gf_VDaw)
- **Thursday 27<sup>th</sup> August 12.30pm – 1.30pm**  
[https://zoom.us/webinar/register/WN\\_k18mfmP8RT-kblOuCu3y4g](https://zoom.us/webinar/register/WN_k18mfmP8RT-kblOuCu3y4g)

Can't join us? Recordings will be made available at

[https://www.youtube.com/playlist?list=PLov0zJlmafl\\_dtuXMKoMWdT1KCWvPU6F](https://www.youtube.com/playlist?list=PLov0zJlmafl_dtuXMKoMWdT1KCWvPU6F)

Any problems registering please contact [recovery@redcross.org.au](mailto:recovery@redcross.org.au)



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## Community Notice

### Gateway Health's Bushfire Recovery Program

#### Were you directly impacted by the bushfires in the North East of Victoria?

Gateway Health's Bushfire Recovery Program can help.

#### Where are We Located?

The Bushfire Recovery Team is designed to be mobile, and to work across the major fire affected communities in the North East.

Call the Bushfire Recovery Hotline on 1800 560 760, and we'll get in touch to set up a time to meet with you at a Recovery Hub, your home, or anywhere else that is convenient.

Since the start of the COVID-19 pandemic we have also been providing support to clients via the phone. If you are more comfortable working with your case manager that way, that's also an option we are happy to discuss.

#### What Do We Do?

We've been on the ground since early January, working with fire-affected communities from Towong all the way through to Mansfield, as well collaborating with various different community organisations and government agencies involved in Bushfire Recovery.

We're here to do everything we can to make life easier for bushfire affected individuals and families, because recovering from a natural disaster is hard, and no one should have to do it alone.

Our Bushfire Recovery Team is made up of 12 highly skilled and experienced professionals who have been brought together to help guide people needing our support through the system. We can help you get the personal and practical assistance you need.

The types of support we've provided so far includes:

- Assistance with grant applications;
- Support to get farms back up and running;
- Connecting people to services for help with mental health issues, physical health needs, drug and alcohol use, family violence, gambling issues, financial support, business advice, legal assistance, and more;
- Being that central point of contact for our clients and the agencies working with them, so that our clients can get on with their recovery journey;

- Sourcing goods and services to help in home rebuilds;
  - Working collaboratively with other services to make sure every level of support is wrapped around a person or family;
  - Advocacy straight to government on issues that are important to bushfire impacted communities;
- General connection and a friendly someone to talk to during the isolation caused by the COVID-19 pandemic, and so much more.

Our Bushfire Recovery Program case managers may also be able to provide you with a small amount of brokerage to respond to your immediate financial needs. Brokerage is decided on a case by case basis, because no two recovery needs are ever the same.

Case managers will also be able to direct and connect you to application processes for grants and other financial supports.

#### Eligibility

To be eligible for case support assistance you must be a resident of Towong Shire, Alpine Shire, Mansfield Shire, or the Rural City of Wangaratta municipality. Individuals living in surrounding areas that were also impacted by the 2019/2020 fire event may also be eligible. Call us for more information.

#### How to Get in Touch

Call the **Bushfire Recovery Hotline on 1800 560 760** – check the Victorian government's website for hours of operation ([www.vic.gov.au/bushfire-recovery-victoria](http://www.vic.gov.au/bushfire-recovery-victoria)).

A member of the Recovery Hotline team will ask you a series of questions and contact us. Our intake coordinator will then call you and connect you with a case manager. From that point on, we'll be by your side supporting you.

#### Cost

There is no cost for accessing our help. Our program is funded by **Bushfire Recovery Victoria**, an agency of the Victorian State Government.

# Community & College Notices



**For now and beyond the bushfires**



*It is normal for a traumatic event to affect you emotionally and physically, even if you are not directly affected these events can re-trigger previous memories and emotions.*

**Where to go and who can help?**  
Please call the Bushfire Counselling Phone Line on **1300 514 811** between 9am-6pm Mon-Fri to access free counselling services and advice on options.

<p><b>For urgent assistance</b></p> <p>↓</p> <p>Speak to your GP, local health professional or call Lifeline on <b>13 11 14</b> For Mental Health Crisis: <b>1300 881 104</b></p>	<p><b>For online or phone app support</b></p> <p>↓</p> <ul style="list-style-type: none"> <li>□ <a href="http://headtohealth.gov.au">headtohealth.gov.au</a></li> <li>□ <a href="http://smilingminds.com.au">smilingminds.com.au</a></li> <li>□ <a href="http://moodgym.com.au">moodgym.com.au</a></li> <li>□ <a href="http://mindspot.org.au">mindspot.org.au</a></li> </ul>
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To access more information and resources, please visit [www.apmha.com.au/bushfires/](http://www.apmha.com.au/bushfires/)



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## Wacky Facts

1. Australia has the most amount of reptiles in the world (over 750 different species).
2. Slugs have four noses.
3. A Hippopotamus can run faster than a man.
4. If a donkey and zebra have a baby it's called a 'Zonkey'.
5. Love carrots? Don't eat too many else you will turn orange!

## UNIFORM SHOP UPDATE

Due to COVID restrictions, the Bright P-12 uniform shopfront will remain closed until further notice. All orders must be placed online and will be distributed to your child's class.

PLEASE CHOOSE CAREFULLY AS DUE TO CURRENT RESTRICTIONS FASHION CLUBWEAR WILL NOT ACCEPT EXCHANGES/RETURNS. There are samples in the office for students to try on during school hours. If a parent is required to assist, please telephone the office to make a time.

Bushfire Voucher Orders: ORDER HERE: <https://fcw.com.au/online-shop/bright-p-12-college-vouchers-only/>

- Your order total will be applied against your store credit. You will be contacted if there is an outstanding balance to pay.

To find out your current voucher/credit balance, please email [bright@fcw.com.au](mailto:bright@fcw.com.au)

For all other (paid) orders:

Please use one of the following links to order and pay online:

PRIMARY: <https://fcw.com.au/online-shop/bright-p-12-college-primary/>  
SECONDARY: <https://fcw.com.au/online-shop/bright-p-12-college-secondary/>

For any enquiries, please email [bright@fcw.com.au](mailto:bright@fcw.com.au).  
All orders will be processed within 1 week.  
Thank you for your patience and understanding.



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