

14th March, 2019. Issue 3.

Bright P-12 College Newsletter

OVENS & MITTA DISTRICT SWIM CARNIVAL CHAMPIONS



COLLEGE CALENDAR

MARCH

- FRI 15 MAR - Yr 7 Camp Coolamatong
- Yr 8 Bogong Camp
- Yr 9 Outdoor Ed Kayaking Trip
- MON 18 MAR - Yr 10 Lawn Bowls— 11.00am-12.45pm
- TUE 19 MAR - Secondary Hume Swimming
- Primary Parent/Teacher Interviews 3.30pm—5.00pm.
- Secondary Parent/Teacher Interviews 3.40pm—5.40pm.
- WED 20 MAR - Primary Parent /Teacher Interviews 3.30pm—5.00pm.

- THU 21 MAR - Primary Parent/Teacher Interviews 3.30pm—5.00pm.
- Secondary Parent/Teacher Interviews 3.40pm—5.40pm.
- MON 25 MAR - Yr 10 Lawn Bowls—11.00am-12.45pm.
- THU 28 MAR - BCST & Go to the Snow Information Night 7.30pm—8.30pm.
- FRI 29 MAR - VCE Studio Arts—Top Arts Excursion.

APRIL

- MON 01 APR -FRI 05 APR—Yr 9 Apollo Bay Camp
- MON 01 APR - Yr 10 Lawn Bowls 11.00am—12.45pm.
- TUE 02 APR - Yrs 7&8 Interschools Volleyball & Tennis



Postal Address: P O Box 30 Bright VIC 3741
 Contact: Telephone 03 5755 1166 Facsimile 03 5755 1770
 College: bright.p12@edumail.vic.gov.au
 Editor: newcomb.victoria.k@edumail.vic.gov.au
 Web: www.brightp12.vic.edu.au



Newsletter available online at: www.brightp12.vic.edu.au/pdfs/CurrentNewsletter.pdf



Principal's Report

College Council 2019

This year **Jessica Birch, Janmaree Duguid and Charlotte Caling** finished their terms on Bright P-12 College Council. I thank each of you for your dedicated efforts and commitment over a number of years supporting the College and the successes you have achieved through your participation and engagement with College Council.

At the close of the nomination period, I am pleased to announce the following successful candidates: **Dave Dalbosco, Anna Kelly, Peter Mack, Sally Kellett, Sally Cocks and Zoe Grayson.**

I congratulate our new College Councillors and thank them for nominating (or accepting the nomination of others) to take on the important role of a College Councillor within our community.

At the AGM next week, the President, Vice President and Convener of the Finance Subcommittee will be decided.

Lions' Youth of the Year

Just a brief update on the Lions' Youth of the Year. As I reported in my last newsletter, Matilda Manning won the Bright division of the competition this year and then went onto the next round against students from the Wangaratta and Kiewa- Tangambalanga Lions' Clubs—which she won!!!

Matilda will now represent our Region in the District final on March 24th 2019.

Congratulations Matilda and good luck with the next round.

The importance of reading to your child.

Recently I read a paper **Reading to Young Children: A Head-Start in Life** which conducted research to explore the connections between parents reading to their young children and their child's later reading and other cognitive skills.

The key findings of the research **found the frequency of reading to children at a young age has a direct causal effect on their schooling outcomes** regardless of their family background and home environment.

- Reading to children at age 4-5 **every day** has a **significant positive effect on their reading skills and cognitive skills** (i.e., language and literacy, numeracy and cognition) later in life.

- Reading to children **3-5 days per week** (compared to 2 or less) has the same effect on the child's reading skills at age 4-5 ***as being six months older.***
- Reading to them **6-7 days per week** has the same effect ***as being almost 12 months older.***
- Children **read to more frequently at age 4-5** achieve ***higher scores on the National Assessment Program – Literacy and Numeracy (NAPLAN) tests for both Reading and Numeracy in Year 3 (age 8 to 9).***
- These **differences in reading and cognitive skills** are not related to the child's family background or home environment but are the direct result of how frequently they have been read to prior to starting school.
- Continuing to read to your child as they progress through school has also been shown to have significant impacts upon their reading and cognitive skills in later years.

Helping your child to read in the early years

Reading together

- Reading together is a valuable thing to do. Reading increases your child's vocabulary, expands your child's understanding of the world, and gives them confidence when using language. Reading is also an important way to make the link between spoken words and written words.

Here are some general tips:

- Visit your local library to select and read books together, and to attend story time sessions. Library story time sessions are a great way to share the joy of reading with your child in a group setting.
- Encourage your child to select books, magazines, catalogues, or multimedia stories according to their interests.
- Set aside time for reading every day. Reading before bedtime is a good habit to get into.
- Position yourself so your child can see the words and the pictures.
- Run your finger across the page with each word to help your child identify and remember words and sounds.

- Share wordless picture books to develop imagination, ideas and vocabulary by naming and describing things in pictures.
- Look for rhyme, rhythm or repetition in books. This will help develop your child's love of language.
- When reading to your child, read stories with expression, or try putting on the voices of characters. This will help make reading fun.
- Point out important features about a book – for example, the words and pictures, the front cover, the spine, the contents page, or the title.
- Explore words using a dictionary.
- Encourage your child to take over some or all of the reading if they feel confident.
- If your child is confident with their reading, allow them to read without interruption. Fluency is gained with confidence. Mistakes can be discussed after a block of reading, or in subsequent readings.
- Allow your child to read at their own pace. Model good pace when you read to them.
- Give your child the opportunity to re-read books.
- Encourage your child to join the Victorian Premiers' Reading Challenge, which runs each year from March to September. Participating early childhood services and schools will register your child – otherwise you can register your child at: <http://www.education.vic.gov.au/about/events/prc>
- Join the 1000 Books Before School program at your local library: <https://www.slv.vic.gov.au/live-learn/1000-books-school>.

Jean Olley—Principal.



**Assistant
Principal's
P-6 Report**

Recipients of the Assistant Principal Award

Jaylen Featherston received the last Assistant Principal award for displaying our school value of COMPASSION. Jaylen was an extremely helpful and considerate class member and showed real diligence and care with a student who was returning to the classroom. Congratulations Jaylen, a great effort.

Hume Primary Swimming

Congratulations to Sophie Head and Jenna Stephens who both made it through to the Hume Swimming Sports last week. You should be extremely proud of your efforts.

Meeting about Bike Safety

Last week I met with a Shire representative and a member from Cycling Victoria to discuss possible problem areas for our students on bikes. We discussed the main congestion areas, the corner of Bakers Gully Road and Park Street. I continue to observe students riding their bikes down the hill towards this intersection and students are failing to give way to the through traffic.

Student Progress Reports

The Year 5 and 6 students will again be receiving Progress Reports on COMPASS. Parents, please make sure you can access COMPASS. If not, please contact the office to speak with someone who can assist you.

Parent Teacher Interviews

A reminder that in Week 8 we will be hosting Parent Teacher Interviews on Tuesday, Wednesday and Thursday afternoons from 3.30pm to 5pm. You will be able to book these on COMPASS. Please contact the office for support.

Uniform

We have not yet begun the transition period for term . This will commence in the last 2 weeks of term; this will enable students to transition into winter uniform as the temperature continues to cool down. Winter uniform cannot be worn until this transition phase commences. If you need to review what is summer or winter uniform, you can view the full policy on our Bright P12 College website, under the School Services tab. Click on the Policy link.

Volunteer Program

The value volunteers can add to the school community is immeasurable. From setting a

great example for your own children on the value of education to assisting others with their learning volunteers are great 'value adds' for our school community.

If you missed the changes in processes all volunteers must now hold a current WWCC, and complete the online form listed on our website. <http://www.brightp12.vic.edu.au/index.php/school-services/working-with-children-check-submission>

Our volunteers must sign in at the front office and wear a volunteer badge.

We are very keen to have more parents/carers in to hear reading in the Primary, as well as looking for assistance with excursions that will come up later in the year, and classroom help.

Communication with the Classroom Teachers and the College

We are in the process of finalising a Communication with Staff Policy at Bright P-12 College. I would like to acknowledge that learning is a partnership and extremely important to us as teachers at Bright. However, I would like to remind you that teachers cannot take phone calls from parents on their personal mobile numbers. All phone contact should be made through Administration on 5755 1166. You may email teachers through COMPASS if that is your preferred form of contact.

If you know you are going to be away and your child will miss school, could you please inform the Administration staff by phone, as well as the Classroom Teacher. If you need to discuss your child with the Classroom Teacher, please arrange a mutually suitable time.

Signing in an out

A reminder for parents who may be dropping off children late or collecting them early: please SIGN YOUR CHILD/REN out at the office before collecting them from the classroom. This allows us to accurately reflect your child/ren's attendance on COMPASS. If a child is taken directly from the classroom this may not be entered on COMPASS.

Changing the Climate Conference

This Thursday and Friday I will be attending a Positive Climate Conference where I will be learning about building student voice and agency across the College. I look forward to new learning and research in this space.

RESPOND – evidence-based research from Deakin University and DET

Dear Parent/Guardian,

The Reflexive Evidence & Systems interventions to Prevent Obesity & Non-communicable Disease (RESPOND) project is an exciting study that is being conducted at your school. All Grade 2, 4 and 6 students at

*your school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality, sleep and wellbeing) among children and adolescents across the Goulburn Valley and Ovens Murray region of Victoria. We ask that you please read the information carefully, so that you can make an informed decision about your child's participation. We ask that you only return the **OPT-OUT** recruitment form should you and/or your child decide **NOT TO** participate. We are using an **OPT-OUT** recruitment process whereby your child's participation in this study is assumed unless you indicate via the return of the signed **OPT-OUT** recruitment form that you do not wish for your child to participate.*

If you and your child agree to participate, we would like your child to complete the following activities:

*Complete a brief physical activity, sedentary behaviour, food intake, sleep and wellbeing questionnaire (**Grade 4 and 6 only**);*

*Have their height and weight measured in a private and professional manner by trained health professionals and/or educators (**All Grades 2, 4 & 6**);*

*Some children will be asked to wear a watch-sized activity monitor like a Fitbit (accelerometer) on their wrist for 7 days. They will need to return this monitor to school at the end of the week (**Grades 4 & 6**).*

All activities will be conducted throughout a normal school day, in school time.

All information obtained in connection with this research that can identify your child will remain confidential. Your child's data will be made anonymous during analyses, therefore, you child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. This information will be used by educators, policy makers, health service providers and researchers in future efforts to improve the health of Victorian children and adolescents.

If you require further information or have any problems or concerns regarding this research, you can contact Dr Joshua Hayward.

*With warm regards,
Joshua Hayward
Research Fellow, Global Obesity Centre
Geelong Waterfront Campus, Deakin University
Locked Bag 20000,
Geelong Vic, 3220*

Year 10 Phys Ed Volleyball



VOLLEYBALL



20 IRELAND ST. BRIGHT
57551307

Parents & Teacher Conferences and Progress Reports

Dear Parents and Guardians,

This year, your child's **Progress Report** (Years 5 to 12) will be published via COMPASS at 4.30pm on Wednesday the 13th March (Week 7 of Term 1). Progress Reports provide a short summary of how your child is performing in each of their subjects.

If you have any concerns about your child's performance we strongly advise you and your child to attend **Parent/Student/Teacher Conferences** (previously called Parent Teacher Interviews) which will take place for **SECONDARIES** on the afternoons of Tuesday 19th March and Thursday 21st March between 3.40 and 5.40pm

PRIMARY Parent/Teacher Conferences will take place on Tuesday 19th, Wednesday 20th and Thursday 21st March between 3.30pm and 5.00pm.

Bookings for all Parent/Student/Teacher Conferences can be made **online via COMPASS** (under the Community Icon) and will be opened on Thursday 14th March at approximately 6.00pm. **Secondary** Interviews are strictly limited to 10 minutes for each teacher so if you need to speak to a teacher

for longer, please arrange an alternative date and time.

If you **do not have access to the internet** for booking interviews or viewing Progress Reports, please contact the front office staff by phone or in person and they will make the bookings for you or organise a hard copy of the Progress Report for you.

If you **do not know your COMPASS log on details**, you will need to inform the front office admin staff and provide them with a current email address - log on details will then be emailed to you. Please do this in advance of 14th March.

Progress Reports on COMPASS can be found under the 'Reports' tab on your Compass Home Page.

Bookings are made on Compass - a link should appear on your home page as well as in the menu that appears when you select a child's profile.

Tim Webber
Teacher & Reports Co-ordinator

ICAS Competitions

Just a heads-up for those parents wanting their children to take part in the ICAS tests: these tests will not take place until August-September this year.

Further information will be forthcoming closer to this time.



HAVE SOME FUN WITH YOUR RUN
ALPINE COLOUR
FUN RUN FESTIVAL
Sunday 24 March 2019
Myrtleford Golf Club
8.30am registration - 9.30am start

1km off road Colour Fun Run
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Music

Early Bird Entry before midnight 10 March
Adults \$10
Youth / Child (5-18) \$5
Under 5's Free
Enter online at

<https://alpine-colour-run.eventbrite.com.au/>

Regular entry fee: Adult \$10, Child / Youth \$10, Family \$40
For more information email ydo@alpineshire.vic.gov.au or call 0419 915 319

VICTORIA State Government | VYW VICTORIAN YOUTH WEEK | Alpine Shire Ydo | alpine_ops | ALPINE

FALLS CREEK CROSS COUNTRY MOUNTAIN TRAIL BIKE INTERSCHOOL EVENT

Last Friday 1st March was the inaugural running of the Falls Creek XCO MTB interschool event. A number of schools from the region, including Mansfield, Wodonga and Wangaratta, competed in a timed XCO format around the picturesque Falls Creek MTB circuit.

Our school was fortunate to be represented by a small number of dedicated bike riders whose collective scores meant Bright P-12 College finished 7th overall, with our best result coming from Julian Baudry who finished 3rd in the male division 3, Year 7&8 division.

Well done to everyone who competed and special thanks to the parents who trucked them up the mountain and supported these students in this event.

Bright P-12 College 2019 MTB Team

Indigo Jones
Lachie Hore
Julian Baudry
Liam Williamson
Max Van Loon
Hunter Mathers

Secondary Sport Update

Last Thursday, Bright P-12 College not only beat Tallangatta Secondary but won the Ovens and Mitta District swim carnival. This interschool swim carnival saw 9 schools from within the district compete against each other in all swimming strokes in both individual events and also relays. This is the first time in my history at the school, some ten and half years, that the school has achieved this and shows an enormous dedication from many diverse students to strive to do their best. It is a truly unique situation where the winning school comes from the only town in the district without a suitable training facility within its town borders. This is something that maybe the council needs to look at as the community continues to grow and demand for performance and recreational swimming increases.

The school team's success was achieved by many different students swimming their best and was bolstered by some fantastic individual performances, including three students who received age group champion medals for their performances for the day. These were Owen Pywell 13yr male, Nicola Smith 17yr female and Sara Alemani 20yr female. Other outstanding performances also came from Mackenzie Lynch and Mikka Paulsen who finished 3rd in their age groups, and Mia Lynch and Jack Main who finished 2nd. These performances certainly helped the team to success but they are not the only reason. It was the entire team's performance in all events that secured our victory on the day. I'm incredibly proud of all them.

Matt Pywell, Secondary Sports Coordinator.



YEAR 11 CONFERENCE

The Year 11s were given the chance to explore career options, life after school and ways to manage stress during their conference at Wandiligong. The Year 11 students rode out to the Wandiligong Hall for the day, with some of the students riding along the mountain bike tracks to get there. Once at the hall, students had a presentation by Mal Steer about job prospects for the future.

The VCAL students then rode out to Nightingales Orchards for an industry visit, whilst the VCE students had a presentation from Charles Sturt University about tertiary life. After lunch Rosemary presented a session about dealing with stress, which culminated in a practice of mindfulness and meditation.

Teamwork was then displayed with the Year 11s participating in some initiative and team building activities, before riding back to school. Thanks to Nightingale Orchards for the opportunity for our VCAL students.



Sue Joyce—Year 11/12 Co-Ordinator



Health Corner with Adolescent Health Nurse Rosemary Bunge

Year 12 camp.

I attended the camp at Harrietville with the Year 12 students for a session and shared the evening meal. It was a great time of sharing and giving information that will hopefully help them in their senior year's journey.

I spoke to the students about keeping mentally and physically healthy and the importance of knowing where to get help and getting help early if things aren't quite right.

The students experienced mindfully eating a piece of chocolate and I spoke about the importance of being in the moment. While this is a big year for them of school and study, I reminded them that this is their life, here and now. I encouraged them to enjoy and experience each moment, just like the mindful eating of the chocolate.

We completed the session with a deep muscle relaxation. The students all gave it a go and some found it just the right fit for them. I have encouraged them to think about their own personal needs and what works for them to reduce stress and keep them healthy and well.

They were given a handout with local support services.

People that can HELP List -

Mrs Jenny Young Student Wellbeing Coordinator Bright P-12.

Rosemary Bunge Adolescent Health Nurse at school Mon/Thurs.

Doctors Bright Medical Clinic 115 Gavan St, Bright, **5750 1000**.

Doctors Myrtleford Medical Clinic 107 Standish St, Myrtleford **5751 9900**.

Gateway Health Wangaratta Clinic 35, 45-47 Mackay St Wangaratta **57232000**.

Gateway Health visiting Myrtleford 32 Smith St Myrtleford **57232000**.

School psychologist (referral via wellbeing team).

Medical centre psychologist (referral via doctor).

Chemist 18 Ireland St, Bright, **5750 1122**

TESTme www.testme.org.au

Headspace Wodonga **(02) 6055 9555**

www.headspace.org.au

Kids help line **1800 55 1800**

Beyond Blue Youth
www.youthbeyondblue.com **1300 22 4636**
(24hrs)

Reach Out www.reachout.com

Lifeline **13 11 14 (24 hrs)**

Quote for the week: "Wherever you are, be there totally." Sharon Salzberg

BRIGHT P-12 COLLEGE 'FUN RUN'



28 APRIL 2019

PAVED COURSES:
2km | 5km | 10km | 21.1km

TRAIL COURSES:
5.4km | 8.1km | 13.3km

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The Bright Fun Run is almost here and registrations are now open!! Current entry prices are all for Early Bird spots so make sure you get in before 10pm Sunday the 14th of April to save on your entry price! All entries increase by \$5 after this date.

Let's make this years event bigger and better than last year, everyone is welcome, there's a course for everyone'



SNOW PROGRAMS

2019 Information Night

**Thursday 28th March
7:30 pm
Bright P-12 College Library**

Bright P-12 offers 2 Snowsport programs in 2019, a 10 day program and a 5 day program, both run at Mt Hotham.

BCST - 10 Day Program

The 10 day program is run through the Bright College Snowsports Team (BCST). This program involves 10 days of skiing with 5 midweek ski days and 5 weekend ski days. Students travel to Mt Hotham with their parents and each day involves skiing with parents in the morning, followed by a 2hr or 3hr lesson in the afternoon. The BCST offers skiing, snowboard, freestyle skiing and cross country skiing, as well as parent ski lessons. Students in the snowboard, freestyle and cross country groups need to be of a similar skill level. The BCST program is available for students from *Prep to Year 10*.

BCST - 10 Day Program Parent Lessons

This year the BCST Parent lessons will be have a maximum group size of 5. These lessons are a great opportunity for parents to learn and ski with other parents of similar ability and improve skiing technique.

Go to the Snow - 5 Day Program

The 5 day 'Go to the Snow' program is run directly through Bright P-12 College and involves 5 midweek excursions to Mt Hotham under teacher supervision with instructor lessons. The Go to the Snow program is available for students from *Year 4 to Year 10*

Come along to the Information night. It is a great opportunity to find out more about the programs.

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— Caravan Park —



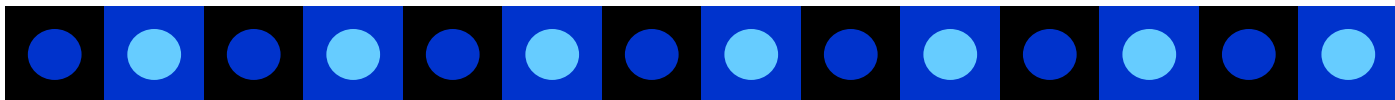


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Registrations are now open for the Myrtleford and District Basketball Association Inc. 2019 Aussie Hoops Program.

Jump onto the Aussie Hoops website at <https://www.aussiehoops.com.au/> to register.

Aussie Hoops will run on Tuesdays with the aim to have 2 sessions, 1 at 4pm and the 2nd at 4:50pm. Any Queries please message via MDBA facebook page or contact Sarah Purss - sarah.purss@gmail.com.