# **College Newsletter**

### Secondary House Swimming Carnival

hosted its annual swim sports kids had a great day. day. Despite the heat, we had our biggest turnout in years with over 160 students attending and representing their houses. All the newly appointed school captains did a great job filling events to ensure maximum points for their teams. All the staff also worked

Two weeks ago the secondary school exceptionally hard, making sure the

Special thanks to Doddsy for also attending and filling his usual job of official starter. Age group champions and winning house will be announced at the celebration of success assembly later this month.

### COLLEGE CALENDAR

#### **FEBRUARY**

MON 26 FEB-TUES 27 FEB- Year 9 Outdoor Ed Overnight Kayaking Trip.

WEDNESDAY 28 FEB - Preps Day Off.

#### MARCH

#### THUR 01 MAR - PUPIL FREE DAY.

- -O&M Primary Swimming Wangaratta.
- -O&M Secondary Swimming.

MON 05 MAR—THUR 29 MAR—German Exchange

Visitors.

TUES 06 MAR -SCHOOL PHOTO DAY. TUES 06 MAR - Parents & Friends Meeting 7.00-8.00pm. WED 07 MAR - Hume Primary Swimming Shepparton. MON 12 MAR — LABOUR DAY WEEKEND TUES 13 MAR—FRI 16 MAR—Yr 8 Camp Bogong. - Yr 7 Camp Coolamatong. Hume Swimming Wodonga. TUES 20 MAR-THURS 22 MAR-Interschool Sports 9-12. TUES 27 MAR-Interschool Sports 7-8. **Parent Teacher Interviews** Secondary 1.00-8.00pm. LAST DAY OF TERM-2.30PM FRI 30 MAR -



Postal Address: P O Box 30 Bright VIC 3741

**Contact:** 

College: bright.p12@edumail.vic.gov.au Telephone 03 5755 1166 Editor: newcomb.victoria.k@edumail.vic.gov.au Facsimile 03 5755 1770 Web: www.brightp12.vic.edu.au



23rd February, 2018. Issue 2.

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





#### Lions Youth of the Year

Tuesday night was the final task undertaken by Josh Lindsay, Teagan Atherstone, Callan Mantyvirta, and Ed Guiney-White in their quest to be Bright's delegate in the Lion's Youth of the Year Competition. The Lions Youth of the Year Quest is a project of the Lions Clubs of Australia and is designed to encourage student interest in leadership and the qualities required to take an active and constructive role in the community.

Josh, Teagan, Callan and Ed answered two impromptu questions, one on whether mobile phones should be banned Dr Lyn Sharratt Professional Learning at school to avoid cyber bullying and the other on who you would elect as President of Australia, from the panel and then delivered their prepared speeches to a large audience made up of family, friends and members of the Bright Lions Club. Their prepared speeches were very diverse, all four spoke with passion and in a clear and confident manner.

Their confidence, dedication and eloquence were commented upon by the judges and many in the audience with agreement they are very fine young ambassadors – for the College, their community, and youth in general. Everyone agreed the judges had a very difficult task. After much deliberation, the judges awarded Teagan with Best Public Speaker and also overall winner, which means she will be competing in the zone final sometime soon.

I was extremely impressed and very proud of Josh, Teagan, Callan and Ed. They spoke from the heart with great passion and thoughtfulness. I was captivated with their deep, critical and creative thinking on issues discussed within their speeches and answers to difficult impromptu questions from the panel.

Thank-you to the Lions Club, and Alex Thompson in particular, for their dedicated work in delivering this important program to the youth of Bright. A big thank you to parents and family for supporting and Mal Steer for his organisation of the student entries.



L-R Callan Mantyvirta, Ed Guiney-White, Josh Lindsay, Teagan Atherstone and Alex Thompson.

DET have engaged Dr Lyn Sharratt to provide professional learning to School Leadership Teams across the state. Lyn is Professor at the Ontario Institute for Studies in Education at the University of Toronto and a former Superintendent of Curriculum and Instruction Services in the York Region District School Board, a large Canadian school district, where she and her curriculum team analysed data and developed a comprehensive literacy improvement program that improved student's literacy achievements.

In her research with Michael Fullan they developed and outlined 14 parameters they found are the key drivers for schools to become places where high achievement is expected and delivered year after year by energised staff teams of true professional educators.

The Leading Teachers, Excellence in Teaching and Learning -Mathew Gray, Justin Power, Libby Dean came with me to Wodonga for a day's workshop at which she unpacked the parameters and introduced us to techniques we can use at the College to implement a strong literacy focused improvement for all students.

We are all reading her book Putting Faces on the Data to guide our implementation plan and build our knowledge.





Justin Power, Jean Olley, Libby Dean and Mathew Gray at the Dr Lyn Sharratt professional learning in Wodonga.



#### Pupil Free Day – Marie Claire Bretherton 1<sup>st</sup> March 2018

Last year the Principals of Porepunkah, Harrietvile, Wandiligong, Bright P-12 College and Myrtleford P-12 met with Phil Brown of the Country Education Project (CEP) to Year 12 Study Retreat discuss creating a learning partnership between our schools to form a rural cluster approach to education. This is aspirational work that creates a 'we-we' mindset, as a result of purposeful interaction within and across schools that encourages ownership of for the achievement for all the young people in the valley, not just those in our class or in our school.

To kick this initiative off this year, we are very pleased, and excited, to be hosting at Bright P-12 College Marie Claire Bretherton from the UK where she will be exploring the concept of rural cluster approaches to enhance learning provision for students - she is a highly regarded Executive Head Teacher from the KYRA Teaching School within Lincolnshire, UK - a cluster of rural schools.

highly regarded and successful KYRA Teaching School which has developed a range of initiatives aimed at improving learning opportunities for students; building the capacity of educators through collaborative approaches; facilitating student voice initiatives; and peer to peer growth, development and review approaches as well as sitting on a range of education organisations such as Education Development Foundation.

Marie Claire will be in Australia for a very short time in 2018, and we are very pleased to say that she will be working with us for the day in Bright to support our rural schools who see clustering and partnering as a key strategy in enhancing learning opportunities and building staff capacity through collaborative practices.

She will facilitate this one day forum for staff exploring a range of areas that have contributed to the success of the KYRA Alliance:

· aspirational and collegiate leadership

· developing a strong collaboration from the ground up where do we start, what is key, and what are the key elements for success.

· developing a sense of ownership of the cluster, especially at a leadership level

student aspirations and leadership

· building the capacity of our workforce through collaborative approaches

· the real potential of a cluster - cluster workforce development, peer to peer growth, development and review approaches, the KYRA research School, the power of partnering with universities and the not for profit sector.

Last week our Year 12 students were involved in a two-day intensive study retreat based in Harrietville. By all accounts the program was enthusiastically received and students and teachers enjoyed the many and varied sessions on offer to develop the students understanding of Year 12 and strategies for success. A big thank you to Libby Dean and Bianca Dooley for organising the event and good luck Year 12 students with the year ahead.

#### Year 11 Conference in Wandiligong

We also held the annual Year 11 Conference in Wandiligong last week. The Year 11 students Mal and other staff rode to Marie Claire Bretherton has facilitated the development of the Wandiligong Hall to hear from engaging speakers and then out to the recreation ground for bonding activities. Many thanks to all the students involved and Mal Steer for his organisation.

#### **School Council Elections**

College Council is a fantastic way to fully engage with your child's and the community's school. The Council is the executive body of the College and assists in determining the College's priorities and strategic directions. There are also a number of College Council sub-committees which provide a diverse range of opportunities for parents to become actively involved in the College community. A letter explaining College Council and asking for nominations will go home shortly and I would encourage you to consider applying for one of these meaningful and purposeful positions, particularly as we move into a significant period of growth and renewal.

Jean Olley—Principal





#### Swim Sports

I want to congratulate all Primary students who participated in the various aspects of the swim sports. It was a wonderful day for everyone involved. A special thank you to all of the staff who attended and carried out the many jobs. To the parents who stepped in during the day to assist with timing, thank you. Also, a HUGE thank you to Daniel Saville for the organisation of the event. It is was so lovely to see all of the local schools come together.

#### **School Photos**

We have been lucky enough to engage Arthur Reed again for school photos and also get a Term 1 date. Please make sure you have received a photo order slip from your child as photos are occurring on Tuesday 6<sup>th</sup> of March. If you require a new order form they can be collected at the office.

#### The Rights of the Child

As part of our school's implementation of the new Child Safe Policies and Procedures we want to encourage all families and students to view the United Nations Convention on The Rights of The Child document Our student INSPIRE sessions will be occurring on 17th of April and that can be found at https://www.unicef.org.au/Upload/UNICEF/Media/ Our%20work/childfriendlycrc.pdf.

#### **Riding through the yard**

I would just like to remind ALL STUDENTS and PARENTS that during school hours of operation we need to walk our bikes and scooters through the school grounds. This is to protect the safety and wellbeing of all school community members.





#### Hello Everyone

term already. As is customary, Term 1 is always full of activity results in everyone working together with the child's best and this year has been no different. I would like to take this interests as the priority. Parent teacher interviews are one time to congratulate all students on how they have way of maintaining contact with school and staying 'in the participated in the many events that have taken place so far. loop'. The feedback from staff has been very positive.

Many of these programs are dependent on extra work outside of the regular teaching program and I would like to recognise the hard work of Matt Pywell and his team in the organisation of the swimming sports, Malcom Steer for a wonderful day of activities for the Year 11 Conference, and Bianca Dooley and Libby Dean for the work they did in developing a very

#### Colour Run

The first ever Alpine Colour Fun Run is being held as the Alpine Shire Council's Youth Week activity on Sunday 18 March at Alpine Park in Wandiligong.

The Colour Fun Run is not a race, it is a 4km walk/run along the rail trail from Wandiligong. Along the course there will be colour stations where people will be throwing coloured powder at you - it is a great idea to wear white so you will finish looking like a rainbow but lots of people will dress up as well. If you require further information please see the post on COMPASS or contact the Alpine Shire.

#### **Communities That Care and the RESILIENCE PROJECT**

In Term 2 all of the Primary students will be attending a session at EMPAC to learn about the RESILIENCE PROJECT. The Resilience Project aims to teach mental health strategies through an evidence-based model, with practical skills to build resilience. Through the partnership with CTC ALPINE, Bright P 12 College will participate in the following:

Staff professional development session which introduces

The Resilience Project strategies and lessons.

Student presentations, for every year level.

A parent night which gives them strategies to support the development of a resilient child at home.

are fully funded. The parent session will be hosted at the Bright Community Centre on Monday the 16<sup>th</sup> of April from 6.30pm. It would be great to see as many parents as possible attend these sessions

Kelli Jacobsen—Assistant P-6 Principal.

successful Year 12 Retreat. The next few weeks will see our German Exchange students arrive and, once again, many hours of work go into making this program a success.

In the near future we will be sending home information regarding Parent Teacher interviews. I encourage all parents to attend the interviews with your child. I believe parent teacher interviews symbolise the three-way collaboration that exists in a child's journey through school. When parents and It is hard to believe that we are almost at the hallway mark of teachers come together it creates a positive relationship that

#### Scott Burton

Assistant Principal - Secondary

## **MUSIC NEWS**

#### 2018 **INSTRUMENTAL NEW STUDENTS**

I am still in the process of organizing instrumental lessons in conjunction with the Instrumental teachers for new students. I have handed over the information to your relevant teacher. They should be in contact with you soon to organize a time for your instrumental lesson.

#### LEARN A MUSICAL INSTRUMENT AT BRIGHT P-12 COLLEGE

At Bright P-12 College, students have the opportunity to learn to play a musical instrument. We have a number of instruments available to learn including: piano, drums, guitar, ukulele, voice, flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, tuba, euphonium and bass guitar.

Ideally the recommended age to start on an instrument would be grade 4 and above. This is due to the physical size of some of the

**LESSONS:** instruments. Some instruments such as the camp from the 26-28<sup>th</sup> of March. drums or piano could be started earlier if the child is keen.

> The lesson costs vary depending on the instrument you want to learn and the teacher who teaches you.

> Lessons on brass and woodwind instruments in 2018 are free for secondary aged children depending on school instrument availability.

> Students can choose to play these instruments in the primary school but there will be a cost involved.

> The student will have one instrumental lesson per week during class time or out of class time if you wish. This can be organised with your instrumental teacher.

> Please talk to Mr Campbell if you are interested in this fantastic program or if you have any questions.

#### **MUSIC CAMP NEVR REGION**

There is a great opportunity for students at Bright P-12 College to attend a regional music

This is open to all students on voice, guitar, keyboard, drums, brass and percussion or on stringed instruments.

Last year we had a number of our students attend and they had a great time.

There is an incentive for booking this camp early where you save some money off the total camp fee.

Please see Mr. Campbell for the information or if you have any questions.

#### **2018 CHOIRS**

In 2018 there will be a P-2 Choir and a 3-6 Choir for students who are interested in singing in an ensemble. The P-2 Choir will rehearse at the start of lunch on Friday. The 3-6 Choir will rehearse at the start of lunch on Thursday. Please encourage your child to come along.

## Health Corner with Adolescent Health Nurse Rosemary Bunge

#### Year 12 camp.

I attended a session at the camp at Harrietville with the year 12 students and stayed for 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.

I then guided the students to mindfully eat a piece of chocolate and spoke about the importance of being in the moment. While this is a big year for them of school and study, I reminded them this is their life, here and now. I encouraged them to enjoy and experience each moment, just like the mindful eating of the chocolate. The session went well and they all seemed to enjoy it and hopefully find it helpful.

#### Stress management tips

Take care of yourself. Eat a healthy diet. exercise regularly and get enough sleep.

Do at least one activity every day that you find relaxing - for example aromatherapy, going for a walk, listening to music, gardening, reading for enjoyment, keeping a personal journal or diary.

Discuss your problems. Talking to someone else often puts problems into perspective. Talk to other students, friends, family members or a student counsellor. Don't be afraid to ask for help if you need to.

Work out which issues are causing the stress, and try to address them. For example, if you are having problems with a particular subject or assignment, talk to your teacher or other students about it. If, despite your best efforts, you feel you are slipping behind, you could get help from a teacher.

Have a plan to manage stress around assessment and exam times. A good long term strategy to deal with exam stress is to manage stress across the whole academic vear.

Learn a relaxation technique such as breathing exercises, muscle relaxation, yoga or meditation, and set aside at least 20 minutes each day to practise it. You may have to experiment with a few different techniques before you find the one that works best for you.

Focus on your strengths. You could keep • a list of things that you are good at, your achievements and successes, and refer back to it to give your self-esteem a boost.

Keep your life in balance - it's an important key to managing stress. Burnout can be caused by focusing on one aspect of life to the exclusion of all others. Schedule fun

and enjoyment into every week, and allow time for family and friends along with your study. Put this into your study timetable. Make time management and getting organised important to you. Remember that you are less likely to worry if you plan ahead.

#### How can you find a health professional?

Health professionals can be accessed through:

- vour local doctor
- ۲ community health centre
- public mental health service
- headspace centres ٠
- School wellbeing team

#### Some on line and phone supports

Online chat beyond blue chat online(3pm - 12am) www.youthbeyondblue.com Phone 1300 22 4636(24 hours) youthbeyoundblue

Headspace www.eheadspace.org.au Phone 1800 650 890 headspace Quote for the week: If you are always racing to the next moment, what happens to the one that you're in?

## Students Support Worthy Cause



Yr 7 students, Carys Gallagher, Taya Harrison & Erin Forbes, participated in a two hour hike over Reliance Track from Freeburgh to Wandigong in support of the Ora Holt Memorial Trial Ride. Well done, girls!

## German Exchange Student



G'day everyone!

My name is Lena Maier, I am 15 years old and I am doing the 10 weeks long-term exchange for 2018.

am going to Class 9. In my free time I like to go for a go-kart ride, go to the fitness centre or meet up with friends. I have two half siblings-one sister (7) and a brother (20). I am very happy that my school choice enables me to do this exciting journey.

family here in My host Australia is Bianca Dooley, Chris, Ava and Heidi McKee. They are living in Porepunkah. They are all very lovely and they are trying to show me as many things as possible. For example, we were in Tasmania and did the Three Capes hike. It was really beautiful. I am enjoying my time here very much and I look forward to seeing the short-term exchange people.

6

The Bright P-12 College is very nice, but is also very different to my school in Bad Aibling. We have also 6 school lessons but I live in Germany in Bavaria, and I just one break for 25 minutes and our school starts at 8.00 am and finishes at 12.50 pm.

> Ten weeks on the other side of the world is a long time and I will look forward to seeing my family and friends again.

Lena Maier.

## SPORT NEWS

#### **Girls AFL**

obtained from Craig Dent at craigdent@hotmail.com

#### Archery

Last week the college was visited by Whorouly Alpine Lions The last 4 weeks have seen the year 9 classes have some fun Coach, Craig Dent, and assistant coach Damien Peppler. They with archery. Students were target shooting long and short ran an introductory, girls-only training session in the hope to range and also clout shooting and while learning a new skill bolster more support for the fledgling AFL women's squad they also focused on safety and safe use of potentially training in the Alpine Valleys. More information can be dangerous equipment. All students showed improvement and should be congratulated on their overall attendance to safety procedures.





## SECONDARY HOUSE SWIMMING SPORTS PHOTOS



Bright P-12 College Newsletter

23/02/2018

## PRIMARY HOUSE SWIMMING SPORTS

On a warm and humid February day. Year 3-6 students from Bright P-12 travelled to Myrtleford for the annual House Swimming Carnival. Kiewa. Buckland and Ovens colours were proudly on show as each student represented their houses in a range of 25 metre, 50 metre and novelty events.

I'd like to send a huge thank you to all staff members for their efforts in making the day run smoothly. Special guest and Bright favourite John 'Doddsy' Dodd made the trip from Melbourne and we all appreciated the gesture. Congratulations to all ribbon recipients and to those who qualified for the Ovens & Mitta Swimming Carnival in Wangaratta on Thursday 1<sup>st</sup> March.

Daniel Saville - Primary Sports Coordinator







8

### Striving for Excellence

Year 12 student, Teagan Atherstone, has been short listed for a School Sport Victoria (SSV) award which recognises excellence in a given sporting pursuit. This particular nomination recognises Teagan's commitment to Mountain Biking, where she has competed for many years at a high level, including representing Australia at World Championships in Cairns late last year. She competed last weekend in the Oceania Championships in New Zealand, and is off to

Armidale, N.S.W. this weekend.

We all wish Teagan the best for her competition in N.S.W. and also for the SSV awards to be presented in March.





#### Students Of The Week



#### **County Court Excursion**

judge. After we got to talk to His Honour Judge Gucciardo, we had the On Monday the 19<sup>th</sup> of February, four experience of watching a plea hearing. girls who study VCE legal studies trav- We got to hear a summary of the crime elled to Wodonga with Ms Joyce for a from the prosecution and pleas from classroom law talk. We luckily got to the defence before sentencing. It was talk and ask guestions with a County interesting to watch how the court Court judge. He spoke about the way works and to see the varieties of jobs the County Court works, and the in the court room. It was confronting positions that are involved. He also watching the accused being walked out spoke about what led people to by the police and hearing of his commit crimes. It was a great background and violent crimes, while experience and we are very lucky to his family and his victim were present have had the opportunity to meet a in the courtroom. Brooklyn Walsh

## PRIMARY HOUSE SWIMMING SPORTS



## Community & College Notices



**Photographic Competition** and Exhibition \$400 IN PRIZES





MYRTLEFORD T20 BLAST

Memorial Park - Duke St, Myrtleford

Wednesday nights, 4:30-6:00

February 21st - March 28<sup>th</sup>

\$50 for 6 weeks of cricket

Contact Glenn Martin (0427224533) for details

Register at www.playcricket.com.au



offers classes in all dance our studio at 5 Elm Court, styles suitable for all ages Bright. and abilities in a fun and Phone welcoming environment. 0488273958 Come along and try a Visit class for FREE!

Freestyle Alpine Dance Bright classes are held at Kerrie on www.freestylealpinedance

.net for timetable and class information.



## Community & College Notices



### **Bright Outside School Hours Care**

After School Care Monday to Friday till 6.30pm Vacation Care 8am till 6:30 pm. For more information, enrolments or to make a booking, please contact Carolyn Ryan on 0468 343 452, or email oshcb@alpinechildrensservices.asn.au

We offer a safe and relaxed environment in which children can play, socialise and participate in activities such as craft, cooking, sewing, board games, playground games and excursions to the adjacent parkland.

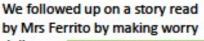


















The older children have been developing leadership skills teaching the new Prep children how to skip and play playground games such as 'Rob the Nest'.

## Community & College Notices

# NORTH EAST SKATE PARK SERIES 2018

## **SKATE - SCOOTER - BMX COMPETITION**

FREE FUN AND SUPERVISED EVENT NO SMOKING / NO DRUGS / NO ALCOHOL

## Saturday 10th March MYRTLEFORD

12.30pm - 4 PM (CUNDY PARK)

## ALL AGES CAN ENTER BEGINNERS TO PROS!

MUSIC - PRIZES - BBQ - CAKE STALL TDA DANCE DEMO -FREE JEWELLERY MAKING FREE FACE PAINTING

> Check our facebook page in case of cancellations due to weather or text 0419 915 319

Free entry ! All participants must sign a waiver to enter. For more info visit www.facebook.com/northeast-skate-parkor

ydo@alpineshire.vic.gov.au 0419 915 319

Bright P-12 College Newsletter

23/02/2018

State Government



Bright P-12 College Newsletter

23/02/2018

Issue 2.

