

31st May, 2018. Issue 7.

Bright P-12 College Newsletter

Zero Plastic



Anthony Hill with The Zero Plastic Team.

We are Zero Plastic. Zero Plastic is a social enterprise and we are passionate for the environment. We sew material bags so that people won't use plastic bags and we also bake treats to sell at our stalls. We have raised \$514.00 in our first two markets. All the money that we raised went to Anthony Hill who runs Plastic, Pollution Solutions. We do our stalls at the Bright monthly Make, Bake it, Grow it markets. We love doing our stalls and we hope we see you at one of them.

Thank you,

From the Zero Plastic Team.

(What an amazing effort, girls).

COLLEGE CALENDAR

JUNE

FRI 01 JUNE - 5/6 Winter Sports
 WED 06 JUNE - VCE/VCAL/VET 2019 Info. Night
 THU 07 JUNE— O&M x-Country Primary (Wangaratta)
 " - O&M x-Country Secondary (Beechworth)
 FRI 08 JUNE - Years 10 & 11 Exams
MON 11 JUNE— QUEENS BIRTHDAY PUBLIC HOLIDAY
 TUE 12 JUNE— YR 10 & 11 Exams
 " - YR 7-9 Exams
 " - Years 9/10 Languages Lunch in Rm. 19.
 12.45pm-1.30pm.
 " - Prep-Yr 2 Soiree at Community Centre.
 6.30pm—8.00pm.

WED 13 JUNE - Yrs 10 & 11 Exams
 " - Yrs 7-9 Exams
 " - GAT
 " - Yr 3-6 Soiree At Community Centre
 6.30-8.00pm.
 THU 14 JUNE - Yrs 10 & 11 Exams
 " - Yrs 7-9 Exams
 " - VET Sport & Rec Orienteering at Mt. Pilot.
 " - Secondary Music Soiree at Community Centre. 6.30-8.00pm.
FRI 15 JUNE - REPORT WRITING DAY—PUPIL FREE DAY
SAT 16 JUNE - PLAYGROUND WORKING BEE.



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Principal's Report

Year 11 Celebration Ball

On the 19th May, we held the Year 11 Celebration Ball and once again it was a fantastic night. The students engaged with the evening and its significance through both formal and modern dance. They were truly amazing and had obviously gone to much effort to prepare for the event.

I enjoyed the presentations and dancing, I enjoyed the involvement of parents, grandparents, sisters, brothers, cousins and past and present students in the evening, I enjoyed the joy and elation the students felt upon completion of the formal section of the evening and I enjoyed the atmosphere of happiness and celebration.

Of course, an evening such as this does not come together by itself and I have a number of people to thank deeply for their commitment to the event and our students. Lisa Flew and her team of parents and students who tirelessly put in many hours organising the event; the Year 11 students who fund-raised, helped with the organisation and creation of the evening; the dance instructors Tony and Lauren. Dumu Café for their wonderful food and the helpers in the kitchen, as well as Kate Brady, Mal Steer and Scott Burton. Many thanks.

Year 7 Information Evening

We held our annual Year 7 Information Evening on Tuesday night and had a very large group of current and prospective parents and students attend the evening to learn of the secondary educational opportunities at Bright P-12 College. Many thanks to Jenny Young, Year 7 Co-ordinator, and secondary staff in attendance. It was a very successful evening.

End of Semester 1 for Years 11 and 12

As we near the end of Semester One for Years 11 and 12, the pace of work has certainly quickened, with Year 10 & 11 exams starting on the 8th June, the GAT on the 13th June for all students enrolled in a Year 12 subject, and results for VCE/VCAL also due. VCE/VCAL Semester Two starts on Monday 18th June as they begin their coursework for the new semester.

Exams and end of term tests and assessments

Exam timetables will be given to all students involved in Year 10 & 11 soon, so please read these carefully and make sure you are aware of the times and the venue.

Throughout a child's schooling they will be required to complete numerous tests and examinations which will

contribute significantly to their assessment. Sometimes the thought of these can cause feelings of tension and apprehension, which are perfectly natural reactions. When these feelings become overwhelming and create anxiety, using techniques for relieving stress is important in developing a positive mindset.

The secret to exam success is being able to see how the knowledge they have learned relates to what they already know and how they can apply it to extend their knowledge further. It is much more than being good at regurgitating learned answers.

Performing well on tests and exams relies on being able to understand what is being asked, retrieving the relevant information from the brain and shaping an appropriate answer. It's a process that needs to be practised often to develop resilient habits which create a consistent and confident exam performance.

Good luck to all our students completing exams and tests over the coming weeks.

Study Habits for Success

Focus! Don't multi-task

Our brains are impressive machines, but they can't handle everything at once. There is simply too much going on in our sensory environment for us to digest. To be effective, we need to direct our attention to just one or two tasks at a time. That generally means no background music – it won't help you learn. Don't be tempted to multi-task while you learn. When you do, your brain is actually trying its hardest to switch rapidly between tasks. But whenever you get distracted and switch focus, it takes minutes to settle back into the groove of studying. Minimise your distractions and focus your attention on the task at hand.

Sleep well, Learn well

Learning isn't easy, and being able to focus is important for digesting new information and understanding concepts. When you get a good night's sleep, you feel fresh and attentive the next day. Sleep is also critical for what happened the previous day. Extensive work in both animals and humans shows a crucial function of sleep is to re-process and consolidate what happened during the day.

For example, scientists have recorded brain activity patterns first while an animal learns a task, and again when the animal next sleeps. Remarkably, the patterns in sleep are strikingly similar to what is seen when the animal learns.

This replay of activity patterns during sleep happens in your brain too, hundreds of times each night. As a result, the connections between our neurons change, helping the patterns become embedded in the brain. In other words, sleep plays an indispensable role in storing our memories for the long-term.

Continued on Page 3



Principal's Report

Test yourself

The “testing effect” is a well-established phenomenon in learning. Essentially, we learn much better by testing our own knowledge than by re-studying material. So, if you’ve got an exam coming up, don’t just re-read a textbook and highlight important passages. Instead, test yourself by doing practice exams. The process of actively recalling information helps deeper learning take place, and it works even better if you can check whether your answer is correct.

You don’t have to wait until exam time to capitalise on the testing effect. As you read through a textbook you can give yourself mini-tests, trying to recall the major points of each chapter you finish.

Although researchers are still trying to figure out the brain mechanisms behind the effect, there is plenty of evidence for its effectiveness. When combined with spacing (below), practising recall is an efficient way to commit information to your long-term memory.

Space out your learning

Teachers and parents are always telling us cramming is the wrong way to learn, and for good reason. It just isn’t as effective as spacing your learning over days, weeks and months. This is known as the “spacing effect”.

Whenever you practise something, you give your brain the opportunity to strengthen the connections between neurons. The strengthening process is similar to how hikers trampling through a forest create worn paths over time. The more hikers, the more distinct the path, just like repeated practice helps lay down strong neural pathways to store memories. Although the best spacing strategy isn’t known, we do know an expanding schedule is better than a contracting schedule. In other words, it’s better to review your course material after a day, then a week, then a month, rather than

the other way around.

Use memory aids

If you learned music as a child, you probably remember one of the mnemonics for notes on a scale – for example “Every Good Boy Deserves Fruit” (E-G-B-D-F). Mnemonics like this make difficult things easier to remember. You can make up your own mnemonics for classroom concepts.

For example, maybe you need to memorise the noble gases in the periodic table (He, Ne, Ar, Kr, Xe, Rn). Just make a crazy sentence out of it and you’ll find it much easier (for example, “he never argues, Krusty, xenophobic runt.” This one might only make sense if you watched The Simpsons).

Another approach, and one frequently used by people in the World Memory Championships, is the memory palace technique (also called the “method of loci”).

Your “memory palace” is a place you know well, like your house, or the route you take to the bus stop. You fill this palace with the things you need to remember, and then you re-create a path that takes you past all of those items.

This technique relies partly on the fact that our hippocampus – the part of the brain where many memories are formed – is also crucial for navigation.

Both anecdotal and scientific evidence show anybody can improve their memory using this approach.

Finally, analogies and metaphors can be great tools for learning. For example, I hope that by comparing memory formation to hikers on a forest path, you’ll be more likely to remember a bit about how our brains lay down strong memories.

You can create similar analogies in your own study, and if you combine it with good sleep, spaced practice, self-testing and undivided attention, you can take your learning to another level.

(Article from The Conversation by Pankaj Sah Director Queensland Brain Institute, The University of Queensland)

Jean Olley—Principal.

Honouring ‘Sorry Day’





Assistant Principal's P-6 Report

Uniform

It is important that all students are in correct WINTER UNIFORM as we have now moved out of our transition period. If for any reason your child cannot be in full uniform then they need to be provided with a written note. If you have any concerns about uniform or you require assistance, please make contact with me via the Office. You can view our Uniform Policy online on our website.

P-2 Sports Day

What a fabulous day we all had last Friday. Thank you to Mr Saville and the P-2 staff for organising and running such a wonderful sports event. It was great to see so many parents cheering their children on. I thoroughly enjoyed hosting the skipping event and I enjoyed the support of the Year 10 students who helped out during Period 3 and 4.

Here is what some of the Year 1 and 2s thought about the day:

On Friday I went to the P-2 Sports Day. We did high jump and I loved the obstacle course the best. Brodie Read.

On Friday it was our Sports Day and I came second in the race. The best thing was the high jump and the second that I liked was skipping. Go Kiewa. – Claudia Caling.

On Friday we had P-2 Sports Day at school. First I had skipping and then I did the rest. I loved it all. – Macie Fullerton.

Request for some Primary School Supplies

We have had a request from "The Mindat Project" for donations of colouring books, English picture story books, posters (for example, A is for apple), alphabet cards and posters, and early mathematics and number charts. These supplies will assist students in learning English. All supplies can be dropped off at the Front Office.

5/6 Bullying Essays

I challenged the Year 5 and 6 students over the past couple of weeks to write a persuasive essay on bullying. An example of their great work can be found on Page 5, most importantly, the messages contained in these essays. Well done to all of those students involved.

The importance of Nut Minimalisation and Awareness

The Royal Children's Hospital provides the most current and up-to-date information in regard to what causes an allergic reaction or anaphylactic shock. It is always good to be reminded about the causes, signs and symptoms and top prevention tips from the experts. The following information is provided to all community members and has been taken from their website.

Allergic and anaphylactic reactions

Allergic reactions are common. They happen when the immune system reacts to something in the environment that is normally harmless, e.g. food proteins, pollens or dust mites. They can be triggered by an allergen coming into contact with the skin, eyes, nose, lungs, stomach or bowel.

Many allergic reactions are mild, but some can be severe and even life threatening.

The most common causes of allergy in children are eggs, peanuts, tree nuts, cow's milk, soy, wheat, fish and shellfish. Other causes are bee or other insect bites (e.g. wasp, jumper jack ant), some medications such as antibiotics or anaesthetics, and latex (rubber).

What is anaphylaxis?

Anaphylaxis is the most severe form of an allergic reaction and is life threatening. Rates of anaphylaxis are not well documented, but are estimated at approximately 10 in every 1000 school children.

A reaction can develop within minutes of exposure to the allergen, but with planning and training a reaction can be treated effectively by using an adrenaline injection (EpiPen®/EpiPen® Jr or Anapen®/Anapen® Jr). An important aspect of anaphylaxis management is prevention by avoiding the cause.

Signs and symptoms - A reaction will include one or more of these symptoms, and it is possible that a number of them will happen at the same time:

- Hives or welts (a red, lumpy rash, like mosquito bites).
- A tingling feeling in or around the mouth.
- Stomach pain, vomiting and/or diarrhoea.
- Facial swelling.

Severe allergic reaction (Anaphylaxis)

This term is used to describe a severe allergic reaction that involves a person's breathing and/or circulation (heart and blood). Any of these symptoms, as well as one or more of

the above symptoms of a mild-moderate allergic reaction, indicates anaphylaxis:

- Difficulty with breathing and/or noisy breathing.
- Swelling of the tongue.
- Swelling and/or tightness in throat.
- Difficulty talking and/or hoarse voice.
- Loss of consciousness and/or collapse.

Becoming pale and floppy (infants/young children).

Prevention - Preventing an allergic reaction or anaphylaxis is very important. Ways you can prevent an allergic reaction or anaphylaxis include:

- Knowing and avoiding the causes.
- Not allowing food sharing or swapping.
- For teachers: only giving foods approved by the parents or foods you have witnessed the child eating before.
- For teachers: using non-food treats where possible, but if food treats are used in class give only those provided by the parents. (Encourage parents to provide a container of safe treats from home).
- Practising routine hygiene and good food safety practices. Children and staff should always wash their hands after play and before eating, and tables should be wiped down after eating.

Parent Appointments

Please note that instruction time commences at 9am in the morning. If you need to see your child's teacher in the morning, can I please ask that you do so prior to this time? Or always feel free to contact the teacher and make an alternative time that suits the both of you. The Primary staff and leadership have made the decision to limit all distractions to learning time during period 1 and 2 so teachers are able to run literacy blocks so we request that students are on time and meetings are scheduled for other times. I appreciate your support in this matter.

Kelli Jacobsen—P-6 Assistant Principal.



**Assistant
Principal's
7-12
Report**

At Bright P-12 College, we are rolling out the Rights Resilience and Respectful Relationships curriculum across Prep to Year 12.

What is Respectful Relationships?

Respectful Relationships is about tackling family violence through education.

Rosie Batty, CEO of the Luke Batty Foundation says "the school community is an essential part of social reform by modelling a culture of respect through the whole school, not just by teaching respect in the classroom".

Just like other major social and health issues such as smoking and road toll, evidence shows that family violence can be prevented by working across the whole population (in this case, all schools) to address the attitudes, beliefs and knowledge that support violence.

The Victorian Government is investing \$21.8 million to deliver Respectful Relationships and as part of this initiative, Victorian schools will be supported to review their practices and policies, and model respectful relationships and gender equality across the whole school community.

A good education is about more than simply getting good marks. It is about becoming a member of society and succeeding in life – knowing how to build respectful relationships is key to achieving this. When young people build positive relationships with their teachers and peers, they feel safer and happier at school, are more resilient and have positive social attitudes. Positive relationships increase a young person's sense of social connectedness and belonging to school and family, and result in better health and academic outcomes.

Further information about Respectful Relationships is available on the Department

of Education and Training website: www.education.vic.gov.au/respectfulrelationships

Teachers will also be supported to deliver the initiative with age-appropriate teaching and learning materials. These evidence-based materials are designed to enable teachers to develop students' social and emotional capabilities, build positive, healthy and respectful relationships, make responsible decisions and create positive gender relations. The initiative will also provide resources to better support young people who are affected by family violence.

If you or anyone you know is in need of support with family violence, please contact Victoria Police. Resources are also available through the following services.

Lifeline: 13 11 14
Kids helpline: <https://kidshelpline.com.au/> or 1800 55 1800
National Sexual Assault & Domestic Violence Counselling Services – 1800RESPECT (1800 737 732)
Bravehearts: <http://www.bravehearts.org.au>

Year 7 & 8 Interschool Sport – Australian Rules Football

On Wednesday 23rd of May, a combined team of 25 Year 7 and 8 boys and girls made their way to Wodonga to compete in the interschool Australian Rules competition with Mr Power and Mr Burton as coaches. In two games against strong Yarrawonga and Tallangatta Schools, we performed to a high standard, winning the first game in a true team effort of quick ball movement; running our taller, older opposition off their legs. We were dangerous at ground level and quick transitions from backline to forward line had

the team working well together. The second game against eventual Grand finalists Tallangatta, saw our team again combine well to show strong signs for the future, and taking on opponents with grit, determination and flair. Tallangatta proved too accurate in the end and were victorious. Overall, the students showed great sportsmanship, encouragement and were respectful of sharing rotations and on field duties.

We would like to especially thank Mr. Matt

Pywell as Secondary Sports Coordinator for organising our students and team involvement, Damien Pepler and the Victorian Police for providing a minibus for transport and being our runner on the day, as well as Gerard Gray and the Bright Junior Football Club for providing guernseys and runners kit for many of our students.

It was a great day had by all.

Mr Justin Power & Mr Scott Burton



The Team

SAVE THIS DATE WORKING BEE—16TH JUNE



Essay on Bullying

* 1?

BULLYING MUST STOP!

Have you ever been bullied? It's an appalling feeling. It makes your stomach tumble, your eyes water and your heart race a million miles an hour. There are 4 common types of bullying; verbal bullying, physical bullying, and cyber bullying and relational bullying. It can happen anywhere like in the school yard, online and even in a work place with adults! Sadly, a lot of kids skip school or end up in physical fights because of bullying. Here are some reasons why we should all definitely stop bullying.




Firstly, the amount of children that skip school each year because of bullying is horrendous. Approximately 160,000 teens skip school because of bullying, according to do something.org that helps over 131 countries around the world with social issues. People are scared to go to school because of people who tease them. Sadly all of these people are losing an amazing opportunity to learn and study that will help them in later life. Also, according to the new study published, November 27 2017 in the journal paediatrics, 30 percent of students who have been bullied say that they have even brought a weapon to school to defend themselves against bullying. We all really need to try and stop bullying, it doesn't do any good for anyone and it is damaging millions of people around the world.

Secondly, the victim never deserves it. Bullies can pick on people any age, gender and even nationality. Some people are targeted more than others because they appear weaker or smaller than others. Sometimes the victim says something after the bullying teases them which can trigger the bully to keep going. Now, like I said in the first sentence, the victim doesn't ever deserve it. Sometimes the victim may have laughed when the bully said something funny or commented on a social media picture, which doesn't mean the bully should hurt them or tease them but the bully could take it very serious.

Lastly, I'm going to talk about the bully. Why would the bully do something this horrible? Well they could feel jealous, want others to like them, they might have been bullied themselves or sometimes they might not even know that they are hurting someone, but it is never okay. The bully might tease someone because of their clothes, face and even if they're shy or anxious! A lot of bullies pick on someone in a group and they make the victim feel sad and upset. The bully can sometimes have been bullied at home by their loved ones or they could be having a hard time at home like their parents broke up or one of their family members could have passed away. For any of those reasons bullying is never okay.

In conclusion, bullying really needs to stop, it's hurting an amazing amount of people and at the moment, we aren't doing a lot to help it. If you get bullied you need to tell someone, you should never feel like you're alone, talk to someone if you're getting bullied, like your parents or your family members and even your peers.

By Molly Whitty

Emotive Language: 
 Connecting Words: 
 Personal Pronouns: 

Primary Cross Country Winners



2018 Year 11 Ball



THEY COULD HAVE
DANCED ALL NIGHT!!



MUSIC NEWS

Term 2 Soirees

It is not long now until the Term 2 Soirees. There will be 3 Soirees, each taking place at the Bright Community Centre. They will all start at 6.00pm. The P-2 Soiree will be on Tuesday the 12th of June. The 3-6 Soiree will be on Wednesday the 13th of June. The Secondary Soiree will be on Thursday the 14th of June.

Please encourage your music student to get involved with these performances and get your notes back to Mr Campbell ASAP.

Performing is fun and the more you do it, the better you will become, particularly when you are younger. Everyone is invited to come and watch our talented young and a little bit older performers.



Year 9 student Alex C. welcoming visitors during Education Week.

Health Corner with Adolescent Health Nurse Rosemary Bunge

Positive Speakers – People living with HIV



Above : Cath and Joel from Positive Speakers Bureau

Quote of the week:

Don't be lazy and make judgements about people. Be kind. Ask their stories. Listen. Be humble. Be open. Be teachable. Be a good neighbour.
(marcandangel)

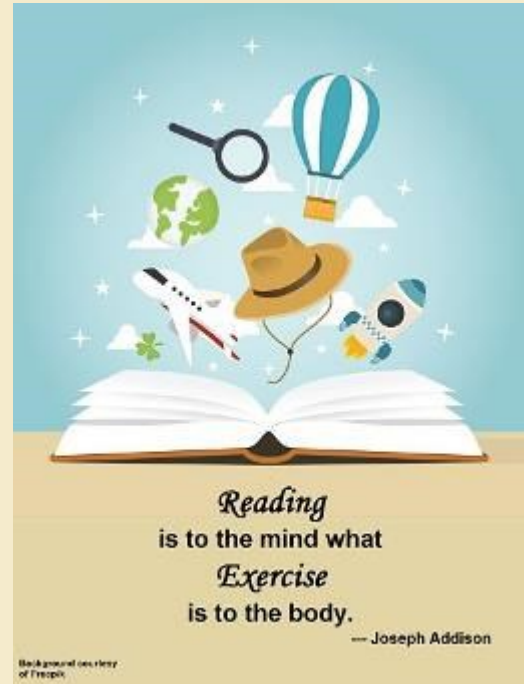
These speakers are the human face of HIV and help to reduce fear, myths, stigma, and discrimination and to more fully understand the realities of living with HIV. The Positive Speakers Bureau is run by and for HIV positive people who are highly trained public speakers and presenters. We welcomed Joel and Cath as our speakers on May 23rd for Year 9 and 10. They both spoke very openly and honestly about their journey with HIV and answered any questions we had. It was good to learn that drug therapy has come a long way since the 1980s and people living with HIV can live their lives with better health and life span expectations. We also learned that people living with HIV taking their regular HIV medication cannot pass HIV to other people. Joel and Cath's stories challenged us to think about the way we treat other people and how important our own self-esteem is for making good choices in life. This presentation complements other sexuality education offered to year 9/10 at Bright P-12 College.

Playground Working Bee—Stage 1

As many of you may have noticed, we have started the construction of the new playground area in Primary. The first of our working bees took place on Saturday, with a huge amount of work being done by the volunteers. The old playground has been removed and the flying fox relocated with the installation of the framework. Volunteers were kept well fed by a wonderful morning tea and lunch.

Many thanks to all those who came and worked so hard, the team work was fantastic.

Adam Rosser	Drew Carey
Adam Thompson	Ian Crawford
Lance Harrison	Victoria Schmidt
Jeremy Barrett	Roshelle Harrison
Kerry Mapley	René Rosser
Rosie Fletcher	Simon Watts
Mark Ditcham	Dave Russell
Dave Dalbosco	Simon Gough
Helen Gough	Claire Crawford
Amanda Clayton	Adrian Feltrin
David Chlebna	Ty Caling
Ross Walker	Colleen Adams
Julie Crawley	Mel Dalbosco



Thanks also to those who supplied morning tea.

Our next working bee is scheduled for Saturday 16th June.



Prep-2 Sports Day



Community & College Notices

BIRKEBEINER NORDIC SKI CLUB

JUNIOR CROSS COUNTRY SKI DEVELOPMENT CAMP 2018

Saturday 14th – Sunday 15th July

This camp is for YOU if you are in Grade 5 to Year 8 and want to:

- ❖ learn to Cross Country Ski
- ❖ improve your skiing to ski smoother and faster
- ❖ pick up some tips for the Joey Hoppet
- ❖ have some fun with other Birkie juniors



The cost will be \$50 (Non members \$75, includes \$25 student m'ship fee to BNSC)

Accommodation is at Outdoor School Bogong for Saturday night. Parents will need to arrange to meet us at Bogong at 8am or at Windy Corner, Falls Creek at 9am on Saturday morning. The camp will finish at Bogong at 3.30pm on Sunday. Meals (except Saturday lunch) will be provided and the club will provide great instruction. Cross Country skis can be hired from Mount Beauty Secondary College and transport will be the Bogong mini bus.

More information and application forms are on the BNSC website www.birkebeiner.org.au (click programs then junior camps)

Applications close 30th June 2018.

Any questions can be directed to Bron Gray at bron.gray.ibag@gmail.com or 0402105237.

Safety First

A reminder to walk your bikes, skateboards, rollerblades and scooters through the College grounds and also when passing the entrance and exit of Alpine View Child Centre. For the safety of everyone.

Thank you.



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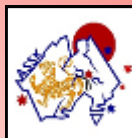
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