

18th October, 2018. Issue 13

Bright P-12 College Newsletter

Primary SRC "Underwater Parade"

The Primary S.R.C had its Term 2 fundraiser in the last week of the term just gone. The theme was anything that you could find or be underwater. We had some lovely dress ups and the students looked really nice.

In order to dress up you needed a gold coin donation. All of the proceeds went towards the 'Fiver for a Farmer' initiative that is helping drought-stricken farmers throughout the country. It was a great way to end the term and well done to Banjo Badrock for the idea for the theme.

We look forward to working with the school community for the remainder of 2018.

Mr Jones and the Primary S.R.C.

(More photos can be found on page 7).



Mrs Forbes Prep students, Harvey D., Karen H. and Carter T.

COLLEGE CALENDAR

OCTOBER—

Thur 18 Oct—Fri 19 Oct- Yr 9 Outdoor Ed kayaking o/night trip. " Hume Primary Athletics—Albury.

Mon 22 Oct—State Athletic Finals.

Mon 22—Tues 23 Oct—Life Education Van.

Wed 24 Oct -Yr 5/6 Swim Program.

" -Yr 10 Great Outdoors Kayaking Day
7.30am-5.30pm. (morning group & afternoon group).

Fri 26 Oct -Yr 12s Celebration Day (last day of school).

" -Yr 12 Graduation Alpine Events Centre.
6.30pm—11.45pm.

Tue 30 Oct— VET Sport & Rec Kayaking Tour.

Wed 31 Oct— VET Sport & Rec Kayaking Tour.

" - Year 5/6 Swimming Program.

" - VCE Exams.

" - Year 3/4 Visit to the Alpine Shire. 9.30am - 11.00am.



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Principal's Report

Welcome back, and I hope everyone enjoyed their holidays and is refreshed and ready for the last term of 2018. This term will again be a busy but a rewarding one for our students, staff and parents with many learning activities planned, and other social occasions that mark the passing of another school year.

Farewell to Year 12

As this will be the last newsletter before our Year 12s leave to study in preparation for their exams, I would like to take this opportunity to wish everyone good luck. There have been some outstanding results achieved by our Year 12s on school assessed coursework and VCAL projects throughout the year and a focused effort in these final weeks will enable you to capitalise on this success.

You are encouraged to return to the College over the coming weeks during your external exams, to study and catch up with your teachers. It is never too late to make the effort needed to improve your study scores and ATAR, whatever your performance to date has been. Take this opportunity to really push yourself to achieve your potential and take pride in the knowledge you will have done everything possible to meet your goals.

I look forward to celebrating the end of your secondary education with you at our Graduation evening next Friday.

Japanese visit

This week we had a visit to Bright P-12 College by staff and students from Gamagori, Japan. They have spent the week visiting Mount Buffalo, the Alpine Shire offices and Councillor Darryl Pearce, Beechworth and Bright. It has been an extremely enjoyable and successful week and I am sure there will be more information about the activities in this newsletter. I would like to thank all the families who billeted the Japanese students, John Henstridge, Keiko Sanderink and Sue Joyce, our Japanese teachers who organised the visit, Yuka our Japanese teaching assistant, and all our staff and students who have made our visitors feel very welcome this week. In November, Bright P-12 College students and staff along with a parent, will be traveling to Japan for a little over two weeks, touring Japan and staying with families in Gamagori.

Bogan Bingo Night

I was unable to attend this evening organised by P&F as I had a long-standing family commitment that could not be moved. However, I would like to thank Melanie Dalbosco and Rochelle Harrison for their organisation and work bringing this parent social occasion together along with any other parents or community members involved.

Currently I am reviewing the Bright P-12 College social calendar for the remainder of this year and 2019 with a view to incorporating extra events that encourage the school community to come together in a relaxed atmosphere to build and strengthen relationships. College events that bring our community together help to build links with and explain the school's values and directions to the community.

Jean Olley—Principal.

Japanese Visitors Welcome Assembly





Assistant
Principal's
P-6 Report

We have made a fast start to Term 4, With Primary Athletics already taking place and lots of activities on the go. The Year 5 and 6 Swimming Program, Life Education and Year 3 and 4 Town Quiz are all occurring in the first couple of weeks. The planning is nearly complete for our Year 3 and 4 and Year 5 and 6 camps later this term as well. Some of our Year 5 and 6 student were lucky enough to be selected for Somer's Camp too, in early December. There are not too many photos yet to celebrate all of our opportunities and events but there will be plenty to come.

Primary Yard Update

I would like to acknowledge the work of Adam Rosser, Adam Thompson and Lance Harrison, who, over the school holidays and into last week, continued with the installation of the upgraded 3 to 6 yard space. With the posts now in and the works commencing again tomorrow (weather dependent) the completion date has been set for the end of next week. Thank you also to Fiona Hurst who has done an amazing job as well.

HVP Harvesting to commence

Please be aware that HVP will commence harvesting up Bakers Gully Road next week. The haulage trucks are then due to commence the following week. Trucks will adhere to a 40km speed limit and will be travelling up and down Bakers Gully Road during the school day. If you have any questions please contact me via the Front Office.

Head to Head Walk – Park Street Closed Friday

This Friday, the 19th of October, **Park Street will be closed from 3pm** to assist in the arrival of the Chief

Commissioner of Police Graham Ashton who is walking to Wangaratta. Please note that **parent parking will be available at the Senior Citizens carpark or the Stadium carpark, not Bakers Gully Road.** The **school buses will be using the Bakers Gully Road** turn around as the **BUS STOP** for this Friday only. Please do not access Bakers Gully Road for student pick-up from 3.20pm to help reduce traffic congestion.

Primary students will be welcoming the Chief Commissioner from 3.10pm.

“The Head to Head Fundraising Walk is about demonstrating the commitment of Victoria Police and The Police Association of Victoria (TPAV) to supporting current and past serving officers affected by mental health issues. It recognises that once a person retires from policing, they are still considered part of the Victoria Police family and their wellbeing continues to be a priority for our organisations.”

Chief Commissioner Graham Ashton and a TPAV team lead by Secretary Sergeant Wayne Gatt will come together from opposite sides of Victoria, covering a combined 1,000km on foot to raise awareness of this important issue, as well as much needed funding for past serving officers who are unable to access the same level of support as those still serving with Victoria Police.

Over three weeks they will walk the roads with a range of co-workers, former police, and the community, meeting ‘head to head’ in Wangaratta. Along the way they will visit police stations and participate in events with local communities.”

School Wide Inclusive Practice

Yesterday, I attended a School Wide Inclusive Practice professional learning opportunity with Jenny Young. We explored new learning in autism and witnessed a wonderful presentation from Chris Varney, an entrepreneur with autism who has set up the I CAN Network. His company works directly with students with autism in a mentoring role and also works with schools across the state.

The I CAN Network runs camps for adolescents with autism. Please take the time to have a look at the I CAN Network's wonderful resources on their website <https://www.icannetwork.com.au/>.

The I CAN Network empowers people on the Autism Spectrum to have an I CAN attitude.

We have two more days of training and I look forward to continuing to reflect on how we can create and support a more inclusive school environment here at Bright P-12.

Congratulations

I would like to congratulate all Primary students on their achievements at the most recent sporting events. We have numerous students participating in the next round of Athletics.

Report Writing

For your calendar, 30th November is a report writing day for staff. Students will not be required at school on this day, which is our last student free day for 2018.

Transition Days

Once again it is that time of year when our transition and immersion days takes place. A lot of planning and organisation goes into providing new students with a worthwhile and engaging program, where students can experience what Prep will be like on a daily basis. Also, it is a chance to get to meet their classroom teachers and Year Level Coordinators. Please contact Mrs Jayne Forbes for specific information about these days, including drop off times and collection times.

Prep Transition Days

27th November
4th December
11th December
(statewide transition day)

Kelli Jacobsen—
P-6 Assistant Principal

Secondary Sports Update

The end of Term 3 saw nearly 50 Bright secondary students attend O&M End of Term Sport representing the College in Table Tennis, European Handball, Tag Rugby and Basketball.

The Year 7&8 basketball teams did really well despite some tough competition, and for many of these students, it was their first exposure to interschool basketball. Unfortunately, none of our teams qualified for the next round.

At table tennis, however, it was a different story with our Year 8 boys and Year 10 boys teams qualifying for the next round in Term 4.

A fantastic effort and well done to all involved.

The handball and tag rugby days were mixed events and played in great spirit with our school linking with Tallangatta in handball and Corryong in rugby. Our students made us all proud with how they embraced the opportunity to work with students from different schools who they had not met before.

Special thanks to Jason Campbell, Mark Betheras, Jenny Young, Scott Burton and Mal Steer for all their assistance at all these events.



OVENS & MURRAY ATHLETICS

Friday 14th September saw the running of the O&M Athletics carnival after it was initially postponed due to bad weather. The weather on this day however, was glorious and many of our athletes embraced the conditions to put in outstanding performances. The college took 31 students across all age groups, together with two staff. While we were a relatively small contingent, we certainly did extremely well with the school finishing 4th overall. This position was bolstered by many great performances across the day, including a record breaking throw in discus by Devon Turner and a record breaking jump in high jump from Allison Williams. The school also walked away with 2 age group championships: Rune Follett (14yr male) and Allison Williams (20yr female). These students as well as numerous others have qualified for the next round athletics at Hume Region next term on Thursday October 11, 2018.

Lauren Bartlett
Rune Follett
Mia Lynch
Shaley Mackay
Lara Lock
Daniel Neville
Mikka Paulsen
Devon Turner
Tahlia West
Allison Williams
Trinity Williams
Leah Grant
Leia Pywell



Well done to everyone involved and special thanks to Scott Burton for his assistance on the day.

HUME ATHLETICS-

Last Thursday 11th October saw the running of the Hume Athletics Carnival at Albury Athletics Centre. The weather was again perfect for athletes and started well with our first competitor, Allison Williams, winning her 100m hurdles event.

After this all athletes competed to the best of their abilities with two of our 400m runners pushing themselves so hard they were actually sick after the event – true grit and determination!

Our school sent 12 athletes and finished a very admirable 14th out of 40 different state and independent schools many, of which are very large schools.

This result was bolstered by individual successes including;

Rune Follett 1st place triple jump.

Devon Turner 1st place discus.

Allison Williams 1st place hurdles, high jump, 200m, 100m, long jump.

Allison was also crowned the age group champion of all 20 year old females at this event.

Congratulations to all our competitors. It was a great day.



Music News

Rudi Katterl

Unfortunately Rudi Katterl is no longer going to be working at Bright P-12 College. He has worked at the school for a long time and I would like to publicly thank him for all the work he has done in the music department over the years. He is continuing to teach some of his students at his home studio.

If you would like to learn drums at school Joe Davis is willing to teach them. Please contact Mr Campbell for his details.

Fireworks Musicians

On the 3rd of November there will be the Fireworks night as part of the Bright Spring Festival. The organisers have requested some musicians to play at this event. We have a slot for this performance from 5-6pm. The P-2 Choir, 3-6 Choir and Beginner Ukulele Group will feature at this event. I am calling out to any other musicians who would like to play on the night. Could

you please let Mr Campbell know of your interest ASAP?

Term 4 Soirees

Next Term we will be holding our Term 4 Soirees. They will both be taking place at the Art Gallery starting at 6.30 pm, coinciding with the Bright P-12 College Art Exhibition. There will be a P-4 Soiree on Thursday the 15th of November and a Years 5-12 Soiree on Wednesday the 21st of November. At each Soiree I would ask that each student limit themselves to one piece of music. I look forward to seeing you at these events next term.

Primary Concert 'Christmas Carols'

At the end of next term the students in the primary school will be involved in a Christmas Carols Concert on Monday the 17th of December. Each class will sing a Christmas carol and the year 6 students will perform their traditional own choice dance.

Joe Davis School of Music

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joedavisschoolofmusic@gmail.com

Health Corner with Adolescent Health Nurse Rosemary Bunge

Secondary studies - managing stress

Stress is a common issue for secondary students, particularly around assessment or exam times. But there are lots of ways to manage your stress. Remember, you can always seek help if you feel you are not coping on your own.

Something to try — RELAXATION ACTIVITY

1. Put your feet flat on the floor.
2. Rest your hands in your lap if sitting or you can lay down.
3. Close your eyes.
4. Do slow breathing exercise.
5. After slow breathing, start the muscle relaxation exercise below.
6. Tense each of your muscle groups for 10 seconds, then relax for 10 seconds in the following order:

- **Hands:** clench your hands into fists,

then relax.

- **Lower arms:** bend your hands up at the wrists, then relax.
- **Upper arms:** bend your arms up at the elbow, then relax.
- **Shoulders:** lift your shoulders up towards your ears, then relax.
- **Neck:** stretch your neck gently to the left, then forward, then to the right, then back in a slow rolling motion, then relax.
- **Forehead and scalp:** raise your eyebrows, then relax.
- **Eyes:** close your eyes tightly, then relax.
- **Jaw:** clench your teeth, then relax.
- **Chest:** breathe in deeply, then breathe out and relax.
- **Stomach:** pull your tummy in, then relax.
- **Upper back:** pull your shoulders forward, then relax.
- **Lower back:** while sitting, roll your back into a smooth arc, then relax.
- **Buttocks:** tighten your buttocks, then relax.

- **Thighs:** push your feet firmly into the floor, then relax.

- **Calves:** lift your heel off the ground, then relax.

- **Feet:** gently curl your toes down, then relax.

7. **Continue slow breathing**, enjoying the feeling of relaxation.

8. **Come back to reality** increase your breathing, wiggle your fingers and toes and have a big stretch. Slowly open your eyes and take your time to sit up.

I wish Year 12 class of 2018 all the best for their final school days and the upcoming exams. Be kind to yourselves and remember to breathe.

Take care,
Cheers,
Rosemary

Thought for the week: Do your best, then relax.

Germany 2018 Long Term Student Exchange Update

My first week in Germany has passed very quickly. When I arrived I was very tired but after a few days I was used to the time zones.

On my first Sunday here, I went to the Oktoberfest in Munich with my family. There were so many people from all over the world. We went on some rides, and saw the beer tents.



I travel for 1 hour by bus and train to get to school in Bad Aibling. It is very big and there are lots of people. School starts at 7:50am and ends at 1:50pm. The day feels so short and you can do things in the afternoon.

On Monday after school we drove a few kilometres to a mountain with a "Sommerrodelbahn". It is a long slide and you go down on little carts.



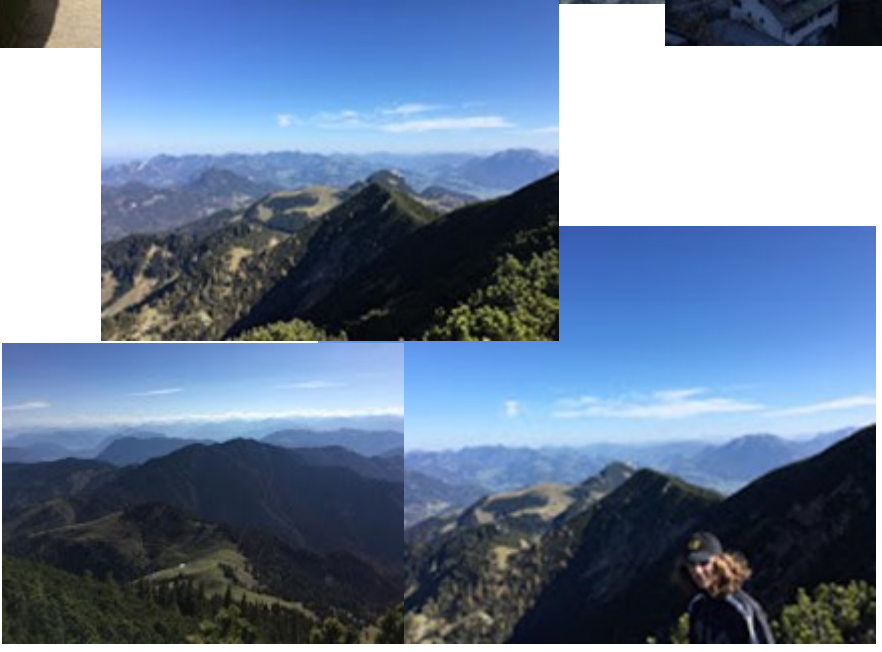
View from the chair lift.

On Thursday I looked around Neubeuern where I am staying . It is very cool. All the houses are old and there is a castle in the middle of town. We looked at the old market place in the middle of town, a canyon that is very close to the market-place, the church and the second hand shop.

On Sunday, we went walking in the mountains near Austria. We climbed the Großer Traithen. It is one of the highest mountains in the area, at 1,852m. From the top we could look down and see Neubeuern.

I am really enjoying my time here and I am looking forward to more adventures!

Robin Mack.



Germany 2019—Short Term Exchange

GERMANY 2019- Short Term trip

Expressions of interest are now being taken from students in Years 7-9 interested in travelling with the school group to Germany in 2019.

An information evening will be held for parents and students on Thursday 25 October in Room 16 at 7pm.

Briefly the details of the trip are: Students will be away for 4 weeks in Sept-October 2019. Students are accompanied by a Bright P-12 College staff member/s. Students live with a host family and participate in an activities program and regular school classes at our sister school in Bad Aibling. Bright P-12 College students spend four days in Berlin with the

accompanying teacher. We prefer students to reciprocate the homestay to their German partner when their school visits in Feb/ March 2020. Students are encouraged to fundraise together to help reduce the overall cost of the trip. Total cost in the past has been around \$3,500-\$4,000.

We plan to finalise the group of students travelling in 2019 by Thursday 1 November 2018.

Please contact Frank Kusch or Katrina Ciolli at the College to register interest in the trip or to answer any questions.












Underwater Parade Photos



Community & College Notices

EXAM SLAYING CHECKLIST

NIGHT BEFORE On THE DAY

<input type="checkbox"/> CHECK your exam location and start time	→		→		<input type="checkbox"/> EAT a decent brekky
<input type="checkbox"/> DO a light revision of your notes (don't go overboard)	→		→		<input type="checkbox"/> PACK your bag
<input type="checkbox"/> LAY out your clothes	→		→		<input type="checkbox"/> ARRIVE a little early
<input type="checkbox"/> SET your alarm	→		→		<input type="checkbox"/> AVOID any people that stress you out
<input type="checkbox"/> VISUALISE yourself being calm and confident in the exam room	→		→		<input type="checkbox"/> TAKE 2 minutes and practice deep and slow breathing
<input type="checkbox"/> GO to bed early enough to get a good amount of sleep	→		→		<input type="checkbox"/> GET comfortable in your assigned seat and then get to work

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😊 **FREE** 😊

Junior's Open Day

Come & try playing tennis

Saturday 20th October

10 am - 12 pm



- Ages 7 to 14
- Free BBQ & fruit for players & their families
- Non members welcome
- Racquets supplied
- Organised modified games to suit ages and abilities

Pioneer Park, Coronation Ave, Bright
Inquires ring/text Geoff Hollow - 0418 269 249


gatewayhealth

FREE – Parenting Program

Tuning into Kids – is a five week parenting program that supports parents to become more aware of their child's emotions and its impact. Parents learn how to develop an ability to label and understand their child's emotions and how to support their child in learning to regulate these emotions. Parents are therefore able to use their children's emotional experiences as an opportunity for connecting, teaching and problem solving.

Programs details:

Time 1:
Wednesdays 31st October to 28th November 2018.
Times - 1.00pm to 3.00pm

Time2:
Wednesdays 31st October to 28th November 2018.
Times – 6.00pm to 8.00pm

Venue – Gateway Health, 32 Smith Street, Myrtleford

Bookings Essential – 02 6022 8888

COST - FREE

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Community & College Notices

The last 4 cases of 12 Bright Vines are still available – get in quick!



12 Bright Vines Purchase Order



Thank you for ordering '12 Bright Vines', Bright P-12 College's Sauvignon Blanc. The cost of a **bottle is \$15** and a **box of 6 is \$80** with all money raised going back into our school. To meet liquor licensing laws all payments need to go through Ringer Reef Winery. You can purchase the wine directly from Ringer Reef or to place an order, fill in your payment details and return to Libby Dean at the school. Your wine order can then be collected from Bright P-12 College.

Customer name, mobile number and email



Quantity Ordered	Description	Unit Price	Total Amount
Total			

Date:	_____
Name on card:	_____
Credit Card Number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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CVV Number:	<input type="text"/> <input type="text"/> <input type="text"/>
Signature:	_____