

28th July, 2017. Issue 10.

# Bright P-12 College Newsletter

## Bright Outside School Hours Care Update



Our OSHC Leader, Carolyn Ryan, has settled into the new service and is getting to know all of the children. The school holiday program was successful with highlights including visits to the Dumu Café, the Bright Chocolate Factory and Cloud Nine Cinema.

This term the after school care program is focusing on arts and sustainability, with some cooking and science thrown into the mix. Board games are incredibly popular, and support the development of concepts such as fairness, negotiation, teamwork, inclusion, critical thinking and many others.

We still have vacancies in the after school care program and are able to take casual bookings. Please contact Carolyn for any information on  
 M : [0 4 6 8 3 4 3 4 5 2](tel:0468343452) o r  
 E: [oshcb@alpinechildrensservices.asn.au](mailto:oshcb@alpinechildrensservices.asn.au)

## College Calendar

### AUGUST

TUES 01 AUG	-	ICAS—English—All day.
	-	Yr 10 Teen Mental Health Session—All day.
	-	Prep 2018 Information Evening.
WED 02 AUG	-	“Go To The Snow” - Day 3.
	-	BCST Program Day 5.
THUR 03 AUG	-	Yr 11 Outdoor Ed Ski Tour.
	-	Yr 10 Teen Mental Health Session—All day.
FRI 04 AUG	-	Yr 11 Outdoor Ed Ski Tour.
SAT 05 AUG	-	BCST Program—Day 6.
SUN 06 AUG	-	Vic. XC Skiing Championships.
TUES 08 AUG	-	“Go To The Snow” - Day 4.
	-	BCST Program Day 7.
THUR 10 AUG	-	Primary House Athletics.
FRI 11 AUG	-	Secondary House Athletics.
TUES 15 AUG	-	ICAS—Mathematics.
	-	Prep - Year 2 Sports Day.
WED 16 AUG	-	“Go To The Snow” - Day 5.
	-	BCST Program Day 8.-House Race



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## Principal's Report

Welcome back to Term 3. The year is just flying by, I am finding it hard to believe it is almost August.

### Welcome Russell

Russell Shem who is replacing Kelli Jacobsen for two terms while she is on leave started last week. It has been a very busy start for Russell and all the staff but an enjoyable change for him in a quite different setting than his previous school.

### Skiing and learning

This term is our skiing term. Over the next 5 weeks our students will be travelling to Mt Hotham to ski with either the 'Go to the Snow Program' or the BCST. We have increased numbers this year, which is fantastic, and the feedback from both programs has been very positive. These two programs are examples of the College's commitment to our purpose to educate the 'whole child' and provide a stimulating learning environment that enables every student to build skills and pursue opportunities that best prepare them for their life journeys.

For students who are not involved in the skiing programs the College provides a 'normal' learning program. For some students this may mean working with other students not normally in their class but most classes operate as they would on any day. The learning program for the five days fits within our stated purpose to provide a stimulating learning environment for every student. I have heard some parents believe the students who do not ski are allowed to 'muck around' and not do a great deal of work. This is definitely not the case.

All students have planned learning experiences, whether that is in the snow or within the College. No student is disadvantaged. The College teaching staff have made every effort to cater for both, those that ski and those that choose not to, within their planning of the students' learning experiences on a ski day.

### Bike Shed

You will have seen the new extensions to the bike shed completed over the school holidays to expand our bike

storage capacity. This has been the culmination of many hours work by a dedicated group of parents with assistance from Fiona Hurst. I would like to thank everyone involved for your efforts to improve our wonderful school and in particular Marthijs Heuperman, who has been the driving force behind the project, his family, Adrian Ciolli, who built the extension, and his family, Sonia Nanniperi, who helped with the design and the College Council Environment Committee.

### Changing your mindset could be the key to changing your life

**'Better is possible. It does not take genius. It takes diligence. It takes moral clarity. It takes ingenuity. And above all it takes a willingness to try.'** Atul Gawande **Better: A Surgeon's notes on Performance**

During our first staff meeting this term we discussed our priorities for this term in relation to implementing the Strategic Plan and developing a teacher learning plan for the term and a set of actions and goals.

However, due to the busyness of education and life within a school, plans can get put on hold and we get caught up in the busyness of life. This term we intend to do things differently. Firstly we have clearly organised our work into two sections, the first being the work that is directly meeting our goals, and secondly, the work that is continuing the organisation of the College. The first set of tasks is the 'over and above stuff' that can get eaten up by the second. College Council have this year set aside funds to support our teachers with this work and over this term and next, all Curriculum teams will have a number of planning days to work collegiately on our Strategic Plan. The teams that have had their first day have found the time invaluable and produced excellent curriculum year level plans.

We are changing our mindsets to believe we can reach our goals and targets within our strategic plan, through positive thinking and strategic resourcing.

So instead of seeing busyness and potential stress as a negative, we see it as an essential to meeting our goals.

It's OK to be busy but it will not stop us from reaching our goals.

(The ideas behind changing your mindset can be found on a TED Talk by Dr Alicia Crum).

*Jean Olley,  
Principal.*



**Acting  
Assistant  
Principal's  
Report**

### **Welcome to Term 3 2017.**

Welcome back everyone. Well, I can honestly say filling in for Kelli Jacobsen whilst she is on leave is a case of 'big shoes' to fill. Undertaking her role these past couple of weeks has been engaging, challenging and filled with numerous opportunities for positive learning. I have really appreciated the support and guidance from all of the staff and parents I have met thus far within the school. Equally so, the students have been welcoming and I have enjoyed the interactions had with teaching both some Primary and Secondary students to date.

Later this term in August, a group of Year 9 students from Apollo Bay Secondary College will be visiting Bright P -12 College and the area for three days and being billeted to local families. They will be undertaking various Winter based activities whilst during their visit.

The 2017 Parent Opinion Survey will be open for parents to complete between 7 August and 27 August 2017. There is some background preparation work for this to be set up, so parents can access it before it opens in early August.

**Finally from me**, not only during Winter, but all year around make sure you get a good night's sleep. Read on...

### **The importance of sleep**

Sleep is deeply connected to our learning process. At night the brain takes information that we learn through the day and stores it in our minds. Without sleep, the brain can't process what you have learnt and it is not efficiently stored in your long term memory.

As students, a lack of sleep can have a large effect on our ability to learn during the day. A tired mind finds it harder to concentrate in class, and skipping classes or lectures because of tiredness can become a problem. Without the correct amount of sleep, students have a harder time retaining the information that they have learned.

These low energy levels also result in decreases in productivity and efficiency. This can be really difficult for an overwhelmed student, especially during busy periods like during exams. It can also weaken your immune system. Becoming ill when you need to get a lot of work done or attend a lot of classes can really impact your studies. You can keep your immune system healthy by giving your body a good amount of rest at night.

*Russell Shem—Acting Assistant Principal.*



# SCHOOL BIKE SHED EXTENSION

Bright has been known as a premier cycling destination for many years now. The students of Bright P-12 have been taking up cycling in much larger numbers through involvement with local clubs, greater regional cycling events and through the promotion of active lifestyles by the school, local council and government programs and initiatives.

During the warmer months, our school bike shed was bursting at the seams and was struggling to cope with the demand for storing the increased number of bikes that students and staff were using to commute to and from school each day.

Through the generous allocation of funds from the Parents and Friends Committee, successful grant applications to the local Alpine Shire and Bicycle Network, and countless hours of generously donated volunteer time, we have been able to deliver an extension to the existing bike shed structure that will see bicycles stored securely and protected from the weather for many years to come.

Special thanks need to go to the many people involved with helping make this project possible.

**Marthijs Heuperman** for his overall project coordination and organisation; without Marthijs this project would never have happened.

**Darin Lynch & Fiona Forbes** for their help in the early planning and project coordination.

**Sonia Nannipieri** for volunteering her drafting skill and liaising with council to help prepare drawings and organise permit applications.

**Jamie Armstrong** for assisting with the permit application as a registered builder.

**Bruce Howie** for help with site inspections and permit application information.

**Adrian Ciolli, Adrian Feltrin and Adam Thompson** for

working together to plan, prepare and finish the physical installation of the building and bike rack installation.

**Anne & Marthijs Heuperman, Katrina & Adrian Ciolli, Jason Brown, Saskia & Theo Heuperman, and Alison & Leonard Ciolli** for their help during the construction of the shed.

**Bicycle Network** for helping us secure the Ride2School grant funding.

**Jenny Corser** from the Alpine Shire for helping us secure active pursuits grant funding.

**Leda Security** products for a great solution with the bike racking.

**Fiona Hurst** for her support in helping to navigate the paperwork process.

**Bicycle Network and Alpine Shire Council** for their generous Grants.

**Parents & Friends** for their generous allocation of funds to this project. This project is one of the many school improvements that the hard work of our school fundraising goes towards.

We hope that the students and staff who ride to school value the new bike shed and that it encourages others to use cycling as a regular means of transport to and from Bright P-12.

**The overcrowded bike shed before the renovation with many bikes left not under cover, and leaning against each other.**



**The new extension to our bike shed, almost finished and ready to use for Term 3**



# CAREERS BULLETIN

## Careers Bulletin – 20<sup>th</sup> July 2017

### Work Experience

Most of the Year 11 students were out on work experience in the last week of Term 2 into a whole range of work places. The purpose is for the students to go through the process of finding a placement, applying to the employer, completing the necessary paperwork and then attending and learning about an industry. For some, this included staying away from home and getting themselves to work.

I wish to commend Klaire Johnston on a fantastic job as the Work Experience Coordinator ensuring that all paperwork was completed, placements were fulfilled and feedback sought. The feedback we have received has been outstanding on all fronts, showing that students are performing exceedingly well in workplaces that are often unfamiliar to them and for extended periods.

This is the first year level that has completed two consecutive one-week placements in Years 10 & 11 and we feel this is a contributing factor to them finding relevant and challenging workplaces.

Congratulations to all Year 11 students and also to the Year 10 students who went out on placement at the end of Term 1. They too received terrific, positive feedback and learnt a great deal about the challenges of bureaucracy!

### Visiting speaker

Ruby Pasquinelli, a past student from 2013, came in to speak to our Year 10-12 students about her experiences of preparing for her school exams, life at university, post-school study, moving, living away from home and financially surviving in Melbourne. We had a great turn-out of students. Ruby gave us insight into her Arts degree at Melbourne Uni and is now currently studying an Honours Year in Psychology with the aim of completing a Masters in Psychology in 2019/20.

Hearing from past students is always very insightful for our current students and Ruby was a terrific speaker. Her relaxed nature and knowledgeable responses to questions was excellent. She offered any students potentially interested in studying Psychology post-school to contact her if they had any questions and to visit her in the primary school here at Bright P-12 on the next day to hear more about her current research project.

Thanks Ruby – you were a delight to host.

### Year 12 interviews

I have completed interviewing all our Year 12 students about their future pathways and will now move on to Year 11 to see what assistance I can offer them in exploring future pathways beyond school. Year 12 students can and do come and see me whenever they seek further assistance. In addition, on Tues 25<sup>th</sup> July we are running our Year 12 VTAC information evening for students and parents.

### VCAL students

A number of our VCAL students have found themselves excellent work placements in which to undertake Structured Workplace Learning (SWL). This differs from work experience as students attend the workplace usually one day per week over an extended period and are involved in hands-on work. The purpose is to provide students with the opportunity to try out different jobs. For some this has or hopefully will convert into either a School-based Apprenticeship or Traineeship (SBAT) or a full-time role. In both cases the employer is paid by the government to provide training opportunities and the students undertake formal nationally recognised training provided by a Registered Training Organisation (RTO).

We are always looking for employers who will give our students a chance to work in their industry in order to gain valuable experience. Any field of industry is suitable. If you are able to offer an opportunity or are interested in hearing more, please let us know. You can call me, Chris Blazek, on 0455 203 803 or email me on [blazek.christine.c@edumail.vic.gov.au](mailto:blazek.christine.c@edumail.vic.gov.au) although I shall be away from school for the first three weeks of August. Leave a message and I will follow up on my return.

### Congratulations

Congratulations to Mitch Leist for completing his 2-day Chainsaw course at Wodonga TAFE. Mitch will be using this course in his structured work placement with the Alpine Shire, a role he has been enjoying for two terms with the outdoor crew. Mitch is aiming to become an arborist post-school and is already looking at what course he can commence to assist him with his goal.

As I previously mentioned, I shall be away for three weeks. In my absence, please contact Jean Olley, Russell Shem or Justin Power if an urgent matter arises.

**Christine Blazek**

**Career Adviser, VET Coordinator & VASS Administrator.**

## To The Highest...

### From the Office to a mountain top.....Jenni Sgambelloni (Finance Assistant at Bright P-12 College)

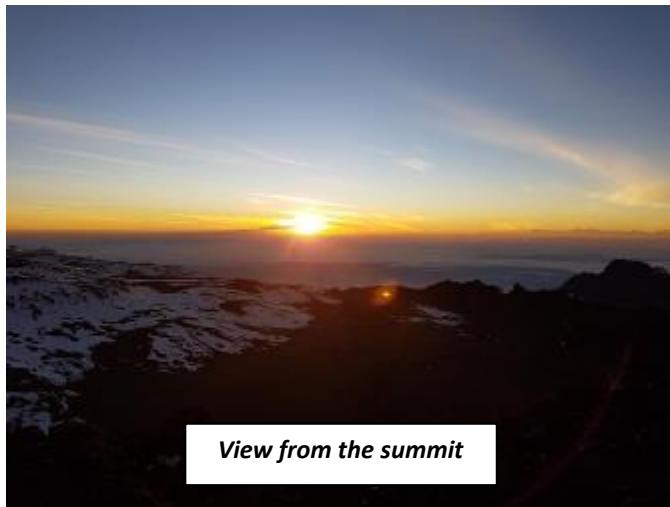
In June, I had the pleasure of travelling to Africa, and spending some time in Marangu Village, before hiking up beautiful Mt Kilimanjaro.

Mount Kilimanjaro, with its three volcanic cones, is a dormant volcano in Tanzania. It is the highest mountain in Africa, and rises 5,895 metres above sea level.

Due to the altitude, the hike was quite challenging, both physically and mentally, and reaching the summit at sunrise, was a wonderful experience.

The landscapes and vegetation types changed significantly as we passed through 4 different climate zones – Rain Forest, Moorland, Alpine Desert, and finally Arctic, where the terrain was completely barren (volcanic rock and lava).

I feel very privileged to have had the opportunity to meet and spend time with some of the local Marangu folk, and also our guides on the trek, all of whom were very friendly, kind, and eager to share their knowledge and stories.



*View from the summit*



*Camp*



*The summit at sunrise*



*Mission accomplished!*

Fantastic effort, Jenni!!

## 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.

#### Thought for the week:



## MUSIC NEWS

### FreeZA Push Start Comp(Formerly Battle of the Bands)

On Friday the 4<sup>th</sup> of August the Alpine Shire will be hosting and running an exciting music competition for young singers and performers. This competition will be held at the Bright Courthouse and will be run on the night by a number of our students. This is a great chance for any young singer, singer/guitar player or band to perform. If you are interested please come and see Mr. Campbell and I can get you the entry details.

### P-2 Choir

P-2 Choir is on again on Friday at the start of lunchtime in the Music room. Please encourage your younger singing student to get involved. This singing group is free and there will be a couple of concerts between now and the end of the year.

### Senior Choir

I want to rejuvenate the Senior Choir which is open to students from Year 3 and above. Rehearsals for this group will be during the start of lunch on Tuesday. This group is free so please encourage your students to come along if they are interested.

### Ukulele Sessions FREE!

I run some sessions for beginner Ukulele students two mornings a week. On Tuesday students in year P-2 can come along to my Beginner Ukulele group which starts at 8.15am. This is designed to get the students familiar with playing some basic chords on the Ukulele, learn some simple songs and to have fun. On Friday morning at 8.15am I run a session for older students, again to learn some basic chords, and play some slightly more advanced music. Please encourage your child to attend if they are interested. Each of these sessions is free.

## DHUDHUROA WAYWURRU RETURN TO COUNTRY

The official opening of the Dhudhuroa and Waywurru Nations office at Dumu Balcony Café is taking place on Friday 28<sup>th</sup> July at 1:00pm and all are invited.

Thathangathay Foundation, which runs Dumu Balcony Café, has been working in partnership with Dhudhuroa Waywurru Nations for a number of years and is thrilled to share an office space with the traditional owner group of the Bright area.

Justin Crawley, CEO Thathangathay Foundation, says “it is important for the Thathangathay Foundation to have strong connections with the Dhudhuroa Waywurru Nations given that we are running an Indigenous leadership program on their country”.

Dhudhuroa Waywurru First Nations has previously been based in Melbourne; however, with the success of the Indigenous Languages program at Bright P-12 College there has been a greater need for traditional owners to engage in the community and the program.

Gary Murray, Chair of the Dhudhuroa Waywurru First Nations, says “We need a physical presence on our country to assert our rights and to scope our various land justice claims and economic development strategies including management of our cultural heritage across all of our country. For example, we are looking forward to scoping, at Bright, a multi-functional cultural and economic facility.

We would love to engage in project in partnerships with the Thathangathay Foundation, local councils and other interested parties.”

According to Murray, the event will be a good opportunity for the public to ask any questions relating to local Indigenous issues. “We currently have lawyers working on our native title and cultural heritage claims we would love to share this with the local residents.”

Bright P-12 College has been offering Indigenous Languages as a subject since 2012 with a focus on the Dhudhuroa language. “A dedicated office for the Dhudhuroa Waywurru Nations will strengthen the Indigenous Languages program at the school and help ensure that the protocols relating to language reclamation are being adhered to”, says Indigenous Languages teacher Rebecca Crawley.

The official opening of the Dhudhuroa Waywurru Nations office will commence at 1pm with a Welcome to Country, cultural performance and Dhudhuroa language display. Dumu Balcony Café will provide light refreshments.



We hope you can make it. Please contact Rebecca Crawley on 0417362161 for any further questions.

## BRAIN BEE CHALLENGE—ROUND 2

Earlier in the year a group of students from Yr 10 participated in the Brain Bee Challenge, in which they were tested on their knowledge of the brain and its function. Six students from Bright P-12 College were selected to take part in the State Finals of the Brain Bee Challenge during the first week in Term 3. This was held at the Melbourne Brain Centre, which is home to Australia’s largest brain research collaboration. Four students were able to attend, including Austin Wickes, Shaley Mackay, Lily Ricardi and Harry Jamieson.

Students took part in individual and group challenges where they answered a series of difficult and specific questions about the brain. They did a great job and should be very proud of themselves. The day also included a tour of a university laboratory researching Alzheimer’s Disease, as well as entry into the anatomy museum and the recently opened DAX museum that exhibits a number of artworks by individuals who have experienced mental illness, in order to

raise awareness and promote mental health. Taking part in the Brain Bee Challenge was a great opportunity for our students, to instil interest and passion and open their eyes to possible future pathways.





# Bright College SnowSports Team News 2017

## Training Day 1 Wednesday 19<sup>th</sup> July

The first training day of the year provided a great start the season. Fresh snow the night before meant there were powder turns in the morning and lots of fun exploring between trees. As always on the first training day we had a safety briefing from Ski Patrol. This year we were lucky enough to have Sarah Nicholas, both a BCST Committee and Ski Patrol member, talk to the students about the Alpine Responsibility Code, with the students learning how to look after their mates on the ski hill and what do to in case of an emergency. The students settled into their new ski groups and met with their instructors before setting off on their first two or three hour lesson. Something new for 2017: each group this year is named after an Australian Winter Olympian.



## Training Day 2 Saturday 22<sup>nd</sup> July

An almost bluebird day provided a great day on the mountain, with cold weather resulting in good snow conditions, lots of hot chocolates and snowmen, and fun skiing with friends.



## Coming Up

The aim of the BCST is to provide students and families with the opportunity to develop a range of skills in a safe and affordable snow environment

### Important Dates for your diary

2017 Season Training Dates	BCST 10 Day Program
Day 4	Saturday 29 <sup>th</sup> July
Day 5	Wednesday 2 <sup>nd</sup> August House Race Day
Day 6	Saturday 5 <sup>th</sup> August
Day 7	Tuesday 8 <sup>th</sup> August
Day 8	Wednesday 16 <sup>th</sup> August
Day 9	Saturday 19 <sup>th</sup> August Milne Shield
Day 10	Saturday 2 <sup>nd</sup> September
1st Make up day	Wednesday 6 <sup>th</sup> September
2nd Make up day	Saturday 9 <sup>th</sup> September
Presentation Award Lunch	Sunday 17 <sup>th</sup> September
Victorian Interschool Cross Country Championship	Sun 6 <sup>th</sup> August Mt Buller
Victorian Interschool Snow-Sports Championships	Mon 21 <sup>st</sup> – Sun 27 <sup>th</sup> August Mt Buller
Australian Interschool Snow-Sports Championships	Wed 6 <sup>th</sup> – Sun 10 <sup>th</sup> September Mt Buller

## Interschool Snowsports Championships

Just a reminder that the Interschool Snowsports Championships registrations will close on **Monday 7<sup>th</sup> August for Downhill**. The BCST is very keen to send a team along to Interschools this year, so if you would like more information or would like to register your interest please contact Peter Smith – 0401 340 911 or [peter@apcomm.com.au](mailto:peter@apcomm.com.au) or visit the Interschools Website [www.vicinterschools.com.au](http://www.vicinterschools.com.au)



# WINE VOTING LABEL COMPETITION

LABEL 1



LABEL 4



LABEL 2



LABEL 3



LABEL 5



## Wine Label Voting - NOW OPEN!

You have the chance to help decide on the 2017 label for 12 Bright Vines.

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Voting closes: 4th August.



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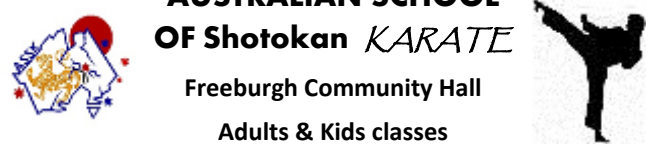
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*New students welcome, catering to all fitness levels*

Contact **Sensei Katrina Ciolli** on 0417 526549 for more information. Find us on facebook at ASSKAlpine and visit:



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<b>MON</b>		9am – 10am Pilates	6.30 – 7.30pm Pilates	
<b>THUR</b>	6.30 – 7.20am Pilates Circuit	5.30 – 6.30pm Pilates	6.30 – 7.30pm Pilates	7.30 – 8.30pm Pilates Intermediate

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