

6th September, 2018. Issue 11.

Bright P-12 College Newsletter



YRS 3-6 PRIMARY ATHLETICS CARNIVAL

After a few weeks of poor weather, we were finally able to hold our Primary Athletics Carnival last Friday and were treated to a fantastic day of sunshine! More than 250 students from Bright, Porepunkah, Wandiligong and Harrietville proudly represented their houses and schools in a range of athletic disciplines. An array of talent was on show – demonstrated by a number of outstanding individual and team results.

Results from each event are still being finalised

and will be released in the next week, along with ribbons for place-getters. Age group champion medals and overall house winners will be awarded at the Celebration of Success Assembly at the end of Term 3.

The carnival would not go ahead without tireless efforts from many people. I would like to personally thank our generous parent volunteers, Year 10 and 11 student helpers, Steve Jenvey and all staff members who played their role before, during and after the carnival.

The next phase of competition will occur at the Bill Eaton Athletics Complex, Wangaratta at the O&M Division Athletics Carnival on Friday October 12. Eligible participants will soon be notified of their inclusion and will receive a permission form shortly with further information.

Daniel Saville
Primary Sports Coordinator

COLLEGE CALENDAR

THU 06 SEP- O&M Athletics 7-12.	TUE 18 SEP - Interschool Sport 7-8.
FRI 07 SEP- 7pm Alpine Shire Youth Awards at Mt Beauty.	WED 19 SEP - Yr 10 Outdoor Ed MTB Day.
TUE 11 SEP- Yr 11 VET Sport & Rec MTB Overnight Trip.	THU 20 SEP - Interschool Sport 9-10.
WED 12-THU 13 SEP - Secondary Parent Teacher Interviews.	FRI 21 SEP - 1.30pm Celebration of Success Assembly
SUN 16 SEP- BCST Presentation Lunch Snowline Hotel.	- Last Day of Term—2.30pm dismissal



2019 German Long Term Exchange Scholarship recipients— L-R Marina M., Charlotte C., Mikka P. with Ann Zander (Language Assistant) & Jean Olley (Principal). See Principal's Report for further information.



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Principal's Report

Bright P-12 College three month Student Exchange Scholarship to Germany for 2019.

Recently a panel met to consider student applications for the Bright P-12 College three month Student Exchange Scholarship to Germany.

The program has been in place since 2008 and operates on a reciprocal arrangement with our sister school in Germany, the Wirtschaftsschule Alpenland.

The scholarship is open to all students of German at Bright P-12 College who are currently in Year 8 and 9. The scholarship consists of \$2,500 for each recipient, which significantly subsidises the total cost of the exchange. The students travel to Germany to live with a family and study at the school over term 3 of our school year.

The College offered 3 scholarships for 2019. Students completed a set of written questions and an interview and it is with great pleasure I announce the Bright P-12 College three month Student Exchange Scholarship to Germany, 2019, has been awarded to ***Marina Manning, Charlotte Caling and Mikka Paulsen.***

I would like to thank all students who applied for the scholarship and acknowledge the high standard of both the written and interview responses and encourage all eligible students to consider applying next year for 2020.

Wine Launch

Last week Ringer Reef launched the 2018 vintage of our 12 Bright Vines Sauvignon Blanc. The 12 Bright Vines wine production is a secondary social enterprise project overseen by the VCAL students.

The project is cross year level and cross curricula with our Grade 3 & 4 students helping to harvest the grapes, the Year 9 Visual Communication and Design students designing a label, and the Year 12 Chemistry students using analytical chemistry techniques to measure the alcohol content, pH and sulphur dioxide content of the wine.

The project connects Bright P-12 College deeply with the community by partnering with an established local business Ringer Reef (Mark, Julie, Bruce and Annie Holm), and local wine producer Mick Dalbosco with support from Ralph Zonta, Russell Wheaton and Steve Jenvey.

The project develops rich experiential learning tasks for our students as they participate in all areas of a complex

production process from grapes to cellar door. Some of the many things the students had to do with the support of Ringer Reef, Mick and their teachers are:

- Contend with downy mildew
- Ferment grapes in large vats with the assistance of Ringer Reef
- Learn the process of bottling and labelling machines
- Label competition for Year 9 VCD students (this year's winning design was by Lauren Bartlett)
- The Year 12 Chemistry students explaining how chemistry is used in the wine making process

The sale of 300 bottles last year resulted in a very generous donation of \$3,000 from Ringer Reef to the secondary social enterprise project. This money will be used to fund future VCAL projects, and other student projects such as careers excursions and alcohol education programs.

This year there are 329 bottles for sale through Ringer Reef at \$15 per bottle or \$80 a box. Order forms are available at the College Office.

Leading Teachers Appointed

After a rigorous and comprehensive selection process, I am happy to announce we have appointed five Leading Teachers:

P-6 Excellence in Teaching & Learning – Literacy
Georgie Matters

P-6 Excellence in Teaching & Learning – Numeracy
Mathew Gray

7-12 Excellence in Teaching & Learning – Literacy
Melissa Worth

7-12 Excellence in Teaching & Learning – Numeracy
Libby Dean

7-12 Health & Wellbeing & 5-7 Transition
Jenny Young

I look forward to working with the successful applicants as valued members of the Leadership team.

Primary Generalist Vacancy

The College is currently recruiting for a Primary Generalist Teacher for a 12month maternity leave contract starting in term 4 2018 and finishing in term 4 2019. Further information on the position can be obtained by contacting the College during office hours on 0357551166.

Jean Olley—Principal.



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

There has been a lot of activity and excitement over this term and the last couple of weeks were no different.

I would like to make mention of two students who were extremely helpful in the organising of the Sports Day. **Nathan Alexander and Noah McMonagle** spent time throughout their day assisting Mr Saville in the lead up to the event. Both boys volunteered their administrative services and should be congratulated for **displaying the school values of excellence and pride**. Well done Nathan and Noah.

The **Year 3 to 6 Sports Day** was held last Friday. Photos will be in this edition of the newsletter. It was an amazing day. So many students performed at their best and the positive participation really did stand out. Congratulations to Mr Saville and our team of staff who organised and put on a wonderful event. It was great to host the other Primary schools, Porepunkah, Wandiligong and Harrierville. A great way to come together as a cluster.

The **Year 3 and 4 students** have been participating in rotations and one task has been in Design and Technology where students had to design and create marshmallow launchers. One of the launchers managed to propel their marshmallow over 9 metres.



After school supervision of children is the responsibility of parents or carers. Those students who are a part of our OHSC program are collected by our team for the afternoon activities. Please feel free to utilise our facilities after school, however be mindful that it is **parents' and carers' responsibility to actively supervise their own children after 3.20pm**.

Japanese Drumming was on last week for all year levels. The Prep students worked so hard on a special performance for us. The concert was held at the Stadium on Thursday afternoon and it was great to see so many parents and carers there. Thank you to Kiyomi Sensai and Jason Campbell for all of their organisation and dedication to provide this opportunity for our students.



I attended a community briefing session with **HVP** last week about the commencement of **Pine Harvesting** up Bakers Gully Road. There will be more details about this over the coming weeks but we will see trucks operating on Bakers Gully road possibly late October and into November. This is obviously weather dependant.

Can I please remind parents and carers that if your child is going to be absence for a **medical reason or family holiday** to please **inform the Front Office**. This just assists us to streamline the process so that our Attendance Officer doesn't call you about your child's absence when you have already informed the classroom teacher or Year Level Coordinator.



MUSIC NEWS

Primary Japanese Drumming Concert -

Congratulations, to all the primary students involved in the Japanese concert on Thursday 30th August.

Students in Years 1-6 played a piece on traditional Japanese drums under the instruction of Kiyomi Sensai from EZ Japanese based in New South Wales.

The students practised during the week on the drums, focusing on technique, discipline and teamwork.

The Prep students were involved in the concert performing a play in Japanese called the "The Giant Turnip".



Japanese News



This year's concert was Japanese themed. We had Kiyomi Calwell, the Taiko instructor from EZ Japanese, training Year 1 to 6 students over 4 days. She focused on team work and progressively introduced techniques so each class could successfully present wonderful Taiko sound at the concert. Prep students presented the play 'Ookii Kabu' – 'Giant turnip' and a song in Japanese 'Shiawase nara te o tatako' - 'If you know you are happy clap your hands'.

Health Corner with Adolescent Health Nurse Rosemary Bunge

Teenagers and sleep

Teenagers need between nine and 10 hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager's academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager's sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain

to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

- **Vicious circle** – insufficient sleep causes a teenager's brain to become more active. An over-aroused brain is less able to fall asleep.

- **Social attitudes** – in Western culture, keeping active is valued more than sleep.

Sleep disorder – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Tips for parents

Discuss the issue with your teenager. Together, brainstorm ways to increase their nightly quota of sleep.

Allow your child to sleep in on the weekends.

- Encourage an early night or afternoon nap.
- Decide together on appropriate time limits for any stimulating activity such as homework, television, mobile phone use or computer games.
- Encourage restful activities during the

evening, such as reading.

- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your child to better schedule after-school commitments.
Avoid caffeinated drinks and chocolate, they can cause broken sleep.

Year 12 -

Year 12 really enjoyed their wellbeing/pamper day on Monday August 20th. We once again had Leann school nurse from Rutherglen to assist me in making sure as many students as possible got the chance for some pampering, shoulder massages and hand scrubs. They also enjoyed some treats for morning tea. Year 12s said that they love these days and are looking forward to their final one on September 13th to help in preparation for final exams. Please see '5 steps to study success' on page 12 in this newsletter and other tip sheets from Reachout.com in the next two newsletters.

Quote of the week: "Knowledge is the treasure of a wise person."

"The Giant Turnip" Performance by Preps



Japanese Drumming Concert



Go To The Snow Program

As the Go to the Snow program has come to an end, I would like to take the opportunity to reflect on another successful snow-sports excursion. Firstly, all the students from Years 4-10 that have been involved have been respectful and safe at all times. It has been an absolute joy seeing the beginners develop their skills in skiing or snowboarding and the more experienced students continuing to learn. A very big congratulations to all those involved.

Secondly, we cannot run this program without the assistance of parent volunteers. Thank-you so much to the following parents: Carol Binder, Gil Paulsen, Lars Paulsen, Tim Wearne, Peter Berlowitz, Scott Murrells, Brett Michie, Craig Hore, Helen Gough, Simon Gough and Beth Williamson.

Thirdly, to the dedicated teachers who volunteer their time away from scheduled classes to allow this program to run! A big shout out to Kerry Mapley, Katrina Ciolli, Daniel Saville, Ciaran O'Connor, Matt Pywell, Mal Steer, Breanna Rouse, Mathew Gray and Sue Joyce.

Finally, the lovely administration staff at Bright P-12 College - In particular Jenni Sgambelloni - I am looking forward to shouting you a coffee and cake to say thank you for all your hard work!

Oh, and a last minute mention to Alpine Spirit Bus Company who are based in Myrtleford. Their driving staff ensured that we arrived at Mount Hotham and home in Bright safely each session. Great work!

See you all again next season, Katie Ferrito—Year 4-10 Go to the Snow Coordinator.



Victorian Interschool Snowsports Championships

Bright P-12 College had 4 students who competed in the Victorian Interschool Snowsports Championships at Mt Buller: George Walker, Eliza Walker and two students from our Dinner Plain Annexe.

Eliza was one of the youngest in her division and raced really well amongst over 120 girls in her races. 16th place in Skicross and 20th place in Grand Slalom.

George raced well, and had two podium finishes which was a fantastic effort in a large field of competitors. 2nd place in Skicross, 2nd place in Moguls, and 10th place in Grand Slalom.

George has qualified in all 3 of his events to go to The Australian National Snowsports Championships that are held in Perisher in the first week of September.



Fantastic effort, George and Eliza.

Finding your Treasure—Book Week 2018 in the library

Last week was the CBCA 2018 Book Week and the theme this year was 'Finding your treasure'.

This theme includes books about treasures as well as books that are a treasure for the reader. And as we all like to read different books, the books that we treasure are very different, too. The library tried to uncover our staff and students' book treasures this year and looking at the overwhelming response from students (and staff) we are happy to say that lots of new and old treasures were discovered. Staff and students from Prep to Year 10 designed posters about the books that they treasure. These are currently still on display in the library. A big thank you to everyone who told us about their favourite books!

There was also a Book Week Competition on with the chance to win a book voucher. While students in Prep to Year 4 were asked to do their best with colouring in, the older students were put to the test by finding the answers to 20 quiz questions. The results for both competitions were so good that making a decision was impossible and the lucky winners had to be drawn out of a hat. And here they are, the winners of the 2018 Book Week Competition:

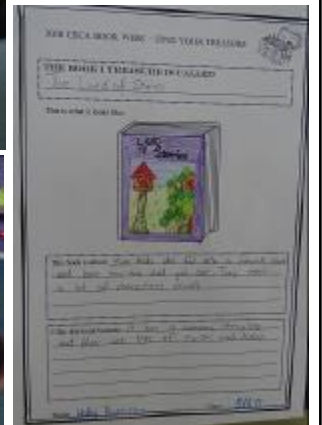
- ◆ Colouring competition winners: Sienna B. 3/4S,
Seth M. 1/2N and Elise Rosser Prep.
- ◆ Quiz winner: Leroy A. 5/6R

Congratulations and a big thank you to everyone who participated in the competition!

There are so many more book treasures out there that are waiting to be discovered. Some of them are here in the library, so be curious and come around for a treasure hunt soon.

Happy reading, always.

The Library Team



Our Competition Winners



Secondary Athletics Day—Extra Photos!!



Parent/Teacher Conferences

Dear Parents and Guardians,

This semester, your child's **Progress Report** (Years 5 to 12) will be published via COMPASS at 5.30pm on Wednesday 5th September (Week 8 of Term 3). Progress Reports provide a short summary of how your child is performing in each of their subjects.

If you have any concerns about your **Secondary** child's performance we strongly advise you and your child attend **Parent/Student/Teacher Conferences** which will take place on the afternoons of Wednesday 12th September and Thursday 13th September between 3.40pm and 5.40pm (this being in the second last week of Term 3, Week 9.)

There are no Primary Parent/Teacher Conferences in Semester 2 but if you have any immediate concerns we recommend you contact the classroom teacher via email in the first instance.

Bookings for Secondary Parent/Student/Teacher Conferences can be made **online via COMPASS** (under the

Community Icon) and will be opened on Wednesday 5th September, at approximately 6.00pm. Interviews are strictly limited to 10 minutes for each teacher so if you need to speak to a teacher for longer, please arrange an alternative date and time.

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

If you **do not know your COMPASS log on details**, you will need to inform Administration staff and provide them with a current email address - log on details will then be emailed to you.

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

Tim Webber

AGTV German Poetry Reading—STATE FINALS

Congratulations to the following students who represented not only Bright P-12 College, but also our region at the State Championships for German Poetry reading on the 18 August.

Year 6 – **Alison Ciolli**

Year 7 – **Samantha Pepler & Blake McGregor**

Year 9 – **Trinity Williams & Jade Maclean**

Students rehearsed a selected poem and were required to perform it with excellent pronunciation, fluency and intonation to a small audience at the Austrian Club in Heidelberg in Melbourne. There were approximately 20 students in each division. Students embraced the experience and are to be congratulated on their efforts.

Special congratulations to **Alison Ciolli who placed 5th** in her division.

Many thanks to the parents who drove the students to the event and supported them on the day.

Many thanks also to Lars Paulsen who worked with Ms Ciolli as a judge to select the best students from our school to attend the finals.

A special mention also to the following students who demonstrated a strong performance at school, but were unable to attend the finals in Melbourne:

Year 5 - Luca Barthelmes

Year 8 – Charlotte Caling, Nicholas Foley



Years 3 to 6 Primary Sports Day



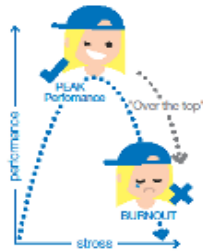
Community & College Notices

5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD



The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

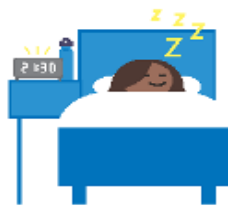
4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



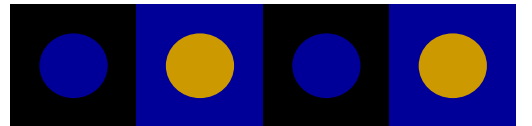
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hello...
I'M BACK!

I would like to thank Ann Zander and Angela Murray for standing in for me while on leave.

Please send any articles for the college newsletter to my email address –

newcomb.victoria.k.@edumail.vic.gov.au

Vicki Newcomb—Newsletter Editor

THANK YOU

Cinderella & Rockerfella

A pastiche musical by Mark & Helen Johnson
Script by Sue Langford

Everyone welcome

Friday September 21st 2018 Bright Entertainment centre
Show starts 7.00pm
Tickets on sale at Bright Post Office
Admission Sashes \$7.00 for adults and \$2.00 for children

Community & College Notices



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:

Expiry Date:

CVV Number:

Signature: _____

Community & College Notices



Alpine Early Years Conference 2018
Engaging Parents



Thursday
25th October, 2018



7:15pm - 8:45pm



Education Myrtleford
Performing Arts Centre

Cost: \$5.00 Concession | \$10 Full Price | *Light Supper Provided



KEY PRESENTER
Jodi Richardson

Jodi is a mental health, wellbeing and happiness science speaker dedicated to empowering families and teachers to nurture happy, relaxed, resilient kids.

Knowing that happiness and flourishing mental health comes not from what we have but from what we do, Jodi redefines happiness and shares the science backed skills young people need to increase their wellbeing and navigate the ups and downs that are a part of life.

Habits for a balanced lifestyle and thinking strategies that enable young people to create a rich, full and meaningful life are integral to Jodi's work.

Register Now!
alpinechildrensservices.asn.au/conference

Or purchase your tickets from your nearest Alpine Children's Services Centre:
Alpine View Children's Centre (23 Ocean Avenue, Bright)
Lake View Children's Centre (Sharna Drive, Mount Beauty)
Mountain View Children's Centre (20 Carr Street and Duke Street, Myrtleford)



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FATHERING WITH PURPOSE

a Father & Son Program

Our 3 day program is an opportunity for fathers (or a male guardian) & their sons to get away for adventure activities, an overnight hike & 'secret men's business'! The program will enable families to create memories, share stories and spend time together in the Victorian High Plains.

Who | Ages 12 – 15 yrs with a father or guardian
When | Fri 23rd Nov 2018 – Sun 25th Nov 2018
Where | YMCA Howmans Gap Alpine Centre
Cost | \$450 per person

YMCA Open Door funding available to eligible families, see website for details

Costs include: food, accommodation (one night in a tent), adventure activities and experienced facilitators.

e | info@themandalaproject.com.au | 0412 234 358
 w | www.themandalaproject.com.au/programs




RECONNECT

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The Reconnect program has been designed to help people turn their life around for the better and to assist you into training and employment. Teaming up with a mentor, you will be assisted with developing a career plan, motivation, gaining work experience, enrolling into study and finding employment.

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17 - 19 years old	20 - 64 years old
Not completed year 12 or equivalent (Cert II or above) Not currently studying Not in full-time employment	Not completed year 12 or equivalent (Cert II or above) Unemployed from full time employment for more than 12 months

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- Bright, Mount Beauty, Myrtleford, Porepunkah
- Comyang, Tallangatta

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Community & College Notices



Free legal help with child support

Victoria Legal Aid's Child Support Legal Service is visiting near you. We provide advice about child support and paternity testing.

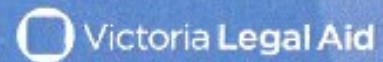
We also present free community legal information sessions upon request. The Child Support Legal Service:

- is independent from the Department of Human Services (Centrelink and Child Support).
- provides free confidential appointments for eligible people to discuss legal problems with a child support lawyer.

To check eligibility and request an appointment, go to www.legalaid.vic.gov.au/childsupportenquiry or call **Legal Help on 1300 792 387**.

 Victoria Legal Aid

Community & College Notices



Child Support Legal Service

The Child Support Legal Service of Victoria Legal Aid (VLA) assists parents with legal problems relating to:

- getting or paying child support
- parentage testing
- changes of child support assessment
- spousal maintenance
- adult child "over 18" maintenance.

Free confidential in person or telephone appointments are available for eligible people at VLA offices and regional centres. We may provide information or referrals to other organisations that can help.

To check eligibility and enquire about an appointment go to
<https://www.legalaid.vic.gov.au/childsupportenquiry> or call Legal Help on 1300 792 387.

OUTREACH SCHEDULE SEPTEMBER TO DECEMBER 2018

September			October		
Mon	3	Warrnambool	Mon	1	Wodonga
Tues	4	Melbourne	Thurs	4	Telephone
Thurs	6	Broadmeadows	Fri	5	Geelong
Fri	7	Dandenong	Mon	8	Melbourne
Tues	11	Telephone	Tues	9	Epping
Wed	12	Sunshine	Wed	10	Ringwood
Thurs	13	Ringwood	Mon	15	Alexandra*
Tues	18	Morwell	Tues	16	Shepparton
Wed	19	Frankston	Wed	17	Frankston
Thurs	20	Melbourne	Mon	22	Telephone
Fri	21	Dandenong	Wed	24	Sunshine
Mon	24	Telephone	Fri	26	Dandenong
Tues	25	Ballarat	Mon	29	Melbourne
Wed	26	Sunshine	Tues	30	Bendigo
					*mobile service
November			December		
Thurs	1	Broadmeadows	Tue	4	Epping
Thurs	8	Melbourne	Wed	5	Dandenong
Fri	9	Dandenong	Thurs	6	Telephone
Mon	12	Telephone	Fri	7	Geelong
Tues	13	Morwell	Mon	10	Shepparton
Wed	14	Sunshine	Tues	11	Bendigo
Fri	16	Dandenong	Wed	12	Sunshine
Tues	20	Ringwood	Thurs	13	Ringwood
Wed	21	Frankston	Fri	14	Melbourne
Fri	23	Telephone	Mon	17	Telephone
Mon	26	Mildura			
Wed	28	Sunshine			
Thurs	29	Melbourne			

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