

20th September, 2018. Issue 12.

Bright P-12 College Newsletter

Konnichiwa!

Spring is here!

Prep students were invited to have a picnic under the spring blossom. We call this Hanami (flower viewing) and usually with Sakura (cherry blossom). It was not quite the same but students got to experience a happy spring picnic under the beautiful blossom we have in the yard. The treat was Onigiri (rice ball), which everyone got to enjoy!

North East Victoria Japanese Teachers Network Speech

Contest was held on 9th September at St. Joseph's Primary School in Benalla. This was a big event, with 122 students presenting their speeches across 12 schools. From Bright P-12 College we had 31

students compete in the contest from Preps to Year 8. Well done to all the students for putting in effort to present their speeches.

A list of prize getters can be found in Ms. Jacobsen's report. Congratulations to everyone for their commitment and dedication to completing a big task of speaking in another language. I know the audience were very impressed with every one of you!

These students also did a fantastic job delivering their speeches-

Prep Individual Connor Brooks
Gr 2 Pair Caitlan Scott / Eve Jamieson
Gr 3 Pair Renae Blake / Michaela Nightingale
Gr 4 Individual Callum O'Neill



Prep students: Eliza T., Deborah K., Layla S. & Elise R. enjoying the Spring weather.

COLLEGE CALENDAR

OCTOBER

Mon 08 Oct - Term 4 begins.
Wed 10 Oct - Year 5/6 Swim Program.
Thu 11 Oct - Secondary Hume Athletics.
Fri 12 Oct - O&M Primary athletics
Wangaratta—8.45am—3.15pm.
Sat 13 Oct-Fri 19 Oct—Gamagori Visitors.
Tue 16 Oct - Gamagori students trip to Mt. Buffalo.
Wed 17 Oct - Yr 5/6 Swim Program.
Wed 17 Oct—Tue 23 Oct—Life Education Van.
Wed 17 Oct - Yr 11 Macbeth Performance in Melb.
Thu 18 Oct-Yr 9 Outdoor Education kayaking overnight trip.

“ - Yr 5&6 T20 Cricket 9.15am-2.45pm.
Fri 19 Oct- Yr 9 Outdoor Ed kayaking o/night trip. “
- Hume Primary Athletics—Albury.
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 -Hume basketball boys Jnr/Intermediate.
“ -Yr 12s Celebration Day (last day of school).
“ -Yr 12 Graduation Alpine Events Centre.
6.30pm—11.45pm.
Mon 29 Oct— Hume basketball girls Jnr/Intermediate.



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Principal's Report

With Term 3 almost at an end it is a good time to reflect. We have been very busy with many learning opportunities outside and inside the classroom from Prep to Year 12. At Bright P-12 College we take pride in the extra-curricular activities we provide for our students and through those activities, the additional learning experiences and skill development.

Reading

This year we have had a focus on reading in the primary years. Reading is an essential skill for all our students which allows them to access and engage deeply with the teaching and learning program as they progress through primary and into the secondary years.

Reading develops important language skills, is essential in the 21st Century with the rapid development of technologies, opens up the world and builds social and emotional skills.

We believe strongly in educating the 'whole child'; that is, paying attention to all aspects of a child's development: social and emotional, artistic, musical, physical, environmental, academic, and their roles as global citizens. Students need to have an adequate level of literacy and numeracy to engage with and develop these aspects of their learning to their fullest to become active citizens. Hence, we have a strong focus on Literacy and Numeracy, particularly in primary.

During this term in primary classes the teachers have been benchmark testing all students with the Fountas and Pinnell Benchmarking Assessment System.

The Benchmark Assessment System allows teachers to:

- Determine each student's instructional and independent reading levels
- Identify a placement level for instruction

- Form initial groups for reading instruction
- Select texts that will be suitable for instruction and independent reading
- Plan efficient and effective instruction
- Identify students who need intervention and additional support
- Assess the outcomes of teaching
- Monitor and report student progress across a school year and across grade levels.

Next term our primary teachers will be starting to use the Fountas and Pinnell Literacy Continuum to plan for instruction.

The continuum describes text characteristics and learning behaviour goals from Prep to Year 8. The continuum serves as a curriculum guide to use in observation, planning, teaching and reflecting while always asking 'What are my students showing that they know and can do?'

The guiding principles of the Fountas and Pinnell Literacy Continuum:

- Students learn by talking
- Students need to process large amounts of written text
- The ability to read and comprehend is enhanced through talking and writing
- Learning deepens when students engage in reading, talking about and writing about texts across a variety of instructional contexts
- Teachers can learn a lot about their students by engaging them in informal conversations and by listening

The full introduction of the Fountas and Pinnell Benchmarking Assessment System and Literacy Continuum will take time. We are going slowly and taking our time to get it right and do it well.

Dinner Plain Campus

We have again had a wonderful year at the Dinner Plain Campus. I would like to thank our Head Teacher Graeme Sanderson for all his work; he is wonderful and so well organised, a real asset to the College. Also, a huge thank you to our teachers this year: Matthew Underwood, Rosemary Toovey, Phillip Rigby and Georgia Coy who put in many hours planning the teaching and learning program.

Below is an article that appeared in the *Sun Herald* on Sunday.

Victorian kids get snow-how at unique school in the mountains

AARON LANGMAID, Sunday Herald Sun

September 15, 2018 10:42pm

THEY'RE the latest members of the snow flake generation — Victoria's coolest kids in a class of their own.

Each day about 70 primary students trudge through the snow in the state's sprawling alpine district to attend a school like few others anywhere in Australia.

At Dinner Plain, students balance maths and English with cross country skiing, boarding and the occasional snow fight.

Head teacher Graeme Sanderson said the school, an extended campus of Bright P12 College, had plenty to offer.

"It's about living in an alpine environment and learning about everything that goes with that — the risks of the snow and daily hazards and how it all helps build resilience," Mr Sanderson said.

Such is the demand for schooling the campus splits its learning into two sessions with one half of the student population attending in the morning and the remaining in the afternoon.

Thursdays are reserved for cross country skiing and Fridays for alpine sports.

"This year we have also introduced biathlon with the laser rifle," Mr Sanderson said.

The campus is only open for the snow season, with students then returning to normal schools.

Ski villages including Falls Creek and Buller also offer alpine education options.

"Originally the concept started for the children of parents working the season," Mr Sanderson said.

"But that has grown — now about half of the children are from families who have shifted up for a lifestyle change and parents are able to either commute or work from home."

Mum Lisa Parkinson said her kids Harrison, 9 and Chloe, 5 couldn't be happier.

"Even though they have shorter school days my son will go back to his normal school ahead," she said. "The school day is shorter; the curriculum is quite concentrated.

"But I think my kids are learning more skills and, especially Harrison, are becoming far more independent than they would have otherwise."





Assistant
Principal's
P-6 Report

I want to CONGRATULATE all of the students who participated in the Japanese Speech Contest. Special mention to the students for all of the hard work and dedication you have shown over the past few months learning your speeches. Thank you also to Yuka and Keiko for their time and effort in this undertaking.

The 2018 Speech Contest Results are as follows:

1	Prep	Individual	Oscar Ford
3	Prep	Individual	Phoebe Bardsley-Smith
2	Prep	Pair	Eliza Thorpe Hannah O'Neill
1	Prep	Pair	Elise Rosser Karen Hall
1	Gr 1	Pair	Penelope Blake Indie Kent
3	Gr 2	Individual	Megan Alexander
2	Gr 2	Pair	Sein Pai Ling Samantha Kinta
1	Gr 2	Pair	Josephine Herman Bridget Saunier
1	Gr 3	Individual	Leonard Ciolli
2	Gr 3	Individual	Zanna Vietz
3	Gr 3	Pair	Zoe Bardsley-Smith Penny Kelly
2	Gr 3	Pair	Sharnaea Hall Bidois Jessica Kent
2	Gr 4	Individual	Zavier Brooks
1	Gr 4	Pair	Noah McMonagle Nathan Alexander
1	Gr 6	Individual	Alison Ciolli
2	Gr 6	Individual	Ryan Alexander

I have placed a **notification from HVP** in this newsletter. This is to inform the community that **harvesting will commence in Bakers Gully Road** late October and early November, depending on weather.

This week we had **Cricket Victoria** visit. They hosted Cricket sessions for our Prep to Year 4 students. The students had so much fun learning the skills of the game.

ICAS has been completed again for this year. I would like to notify all participants that if they received a **credit, distinction, merit or high distinction** they will receive these **certificates at the Celebration of Success Assembly this Friday at 1.40pm.**

Bright P12 College will be arranging a **Prep to 2 Swim Program for Term One 2019**. This is a program we will run every second year going forward and will require a payment early in 2019. If you have any concerns or queries please do not hesitate to contact me.

Student VOICE

This week we have trialled a solution to our yard congestion. Students from Year 3 to 6 were asked to put forward some solutions to improve our yard. The solution that has been agreed to by our students is that on Monday and Wednesday all of the Year 5 and 6 students will head up to the oval with two of our Primary staff and on Tuesday and Friday all of the Year 3 and 4 students will do the same. Students will be encouraged to bring books, colouring in, ball sports and if the weather is bad we will have access to the Stadium. As a staff we have decided to trial this for this week and then review next term.

Can you guess who this is?

This student spent a weekend creating this fantastic mask out of household items. Well doneJude Wilson for showing such great **creativity**.



Japanese Speaking Contest



Kelli Jacobsen
P-6 Assistant Principal

Breakfast Club



Also, a big thank you to our helpers who help out on Thursday mornings.



A big thanks to Beechworth Bakery in Bright for donating fresh bread each week to our breakfast program. It is wonderful to have the support of our local suppliers making sure each Thursday at Bright P12 College gets off to an extra special start.

Health Corner with Adolescent Health Nurse Rosemary Bunge

Have you heard the word resilience?

Resilience is having the ability to bounce back or to recover from tough circumstances. People who are resilient commonly have similar traits of independence, positive problem solving techniques, are optimists and have social connectedness.

The term is something that gets used often with our youth. But if they haven't been taught how to be resilient, then how do they become so?

Resilience is taught through life circumstances (environment), the way that parents cope, learnt coping strategies, and natural temperament (nurture).

There is lots of information and tips on resilient techniques that parents can have access to and learn via

the internet (for example you can find some at <http://www.parentingideasclub.com.au/>).

If you, or someone you know might benefit, The Black Dog Institute have designed a program called Mindstrength (<https://www.blackdoginstitute.org.au/education-training/community-and-schools/free-school-resources/mindstrength>).

Mindstrength is an online program designed for 14-16 year olds, which aims to build resilience through teaching strategies including mindfulness meditation, controlling emotions, identifying strengths and a step by step process for problem solving. This program can help you get through the tough stuff in life and is free to access at <https://www.blackdoglms.com/moodle/> but you will need

to create a log in to join. If you or someone you know is struggling with their mental health and doesn't seem to be coping, please book an appointment with your local G.P or call Lifeline 13 11 14

Year 12
Year 12 really enjoyed their last wellbeing/pamper day on Thursday September 13th. We once again had Leanne, the school nurse from Rutherglen, to assist me in making sure as many students as possible got the chance for some pampering, facials, shoulder massages and hand scrubs. They also enjoyed some treats for morning tea. Please see '7 tips for managing exam stress' in this newsletter and the last tip sheet from Reachout.com in the next newsletter. I wish Year 12 students all the best in their final weeks of school and remind them I am available Monday and Thursday if they need support.



London International Youth Science Forum

LIYSF Article

The London International Youth Science Forum. It's a mouthful and a half. I struggled to get it out every time I spoke to someone about it, more so for the fact I couldn't believe that I was really going to London.

About a month ago, I returned home from this incredible 3-week forum for youth, held in London, France and Switzerland. It was more than I'd ever imagined.

From the incredible lectures by innovators, researchers, inventors, even astronauts, to the jaw-dropping institutional visits, at places including Airbus UK, the University of Oxford, and the Large Hadron Collider in Switzerland, every single moment of this adventure has helped me grow as a person.

Attending the forum were over 500 students from over 70 different countries. It excited me every day to speak to people from all across the world. I learnt an incredible amount about vastly different cultures and traditions, first-hand, and gained life-long friendships with inspiring young people from every continent. I can't wait to visit them all one day and hear all about their endeavours. The exposure to these different perspectives was outstanding; my appreciation of who and what is out there has grown greatly. I feel as if my perspective of the world has widened

tenfold. LIYSF may have "science" in its name, but it truly holds people in its heart.

One of my favourite memories is of the Science Bazaar. I remember wandering between posters, observing rooms full of young people educating others about their passions and sharing their investigations and innovations. The rooms were alive with energy and potential. I have never been more inspired and excited for the future of STEM (Science, Technology, Engineering and Maths).

LIYSF confirmed to me the importance of connecting disciplines. A key theme in the lectures was that science for the future isn't dependent on any one discipline - it depends on them working together across national, political and economic borders. To tackle the global problems the future holds will require people of all different backgrounds and specialities.

I greatly appreciate the opportunity to attend LIYSF, more than I could ever express. I think initiatives such as LIYSF hold so much power and potential to shape youth, science and society. The lessons I know LIYSF has taught people are ones that pave the way to a generation of respectful, charismatic, driven, multi-disciplined scientists and communicators.

I'd like to thank all the organisations and individuals who made LIYSF possible for me.

Bendigo Bank, Bright P-12 Parents and Friends, the Country Women's Association, Dickens Real Estate, the Lodge of Unity, Woolworths, all the individuals who donated privately and through GoFundMe, and last but absolutely not least, a huge thanks to the Rotary Club of Bright for their continued support over the past two years; without you I could never have dreamed of the opportunities I've been given.

And of course, the National Youth Science Forum, who have not once, not twice, but three times given me life changing experiences at the NYSF, NYSF Student Staff Program, and now LIYSF.

I can't thank you all enough.

If you're in high school and have a passion for STEM, don't pass up the opportunity; get involved in the National Youth Science Forum during year 11, and who knows where you'll find yourself. I can't recommend it enough.

Rahn Stavar



News from 1/2N



Bubbles in Bubbles

When we did bubbles in bubbles I was excited. First, we collected everything we needed (which was detergent, water, a straw, a cup and a table). Second, we put the water and a small amount of detergent in the cup. Third, we mixed it together with our straw. Fourth, we put a small amount of detergent on the table. Fifth, we spread it over the table. Sixth, we dipped our straw inside the solution in the cup. Seventh, we had to blow gently through the straw on the table. Eighth, we placed the straw in the solution again. Ninth we placed the straw gently through the first bubble and blew

gently.

I blew the first bubble really big then my teacher, Mrs Nightingale, said to me, 'Dip your straw in the cup then poke it into the big bubble and blow.' I did this and made a bubble inside a bubble. We had to blow it gently.

12J came to our class because they were allowed to try making bubbles in bubbles. We taught them how to blow then they had turns blowing by themselves.

It was the best fun making bubbles in bubbles.

By Sein Pai (12N)

Grass Heads

I loved making the grass head. I found it fun to watch it grow. I put one little white and black eye and one big yellow, white and black eye. You need: grass seeds, stocking, water, a cup, googly eyes, heat, soil and a brain. These are the steps:

- ◆ Collect your cup and write your name on it
- ◆ Get your stocking and cut it at 30cm
- ◆ Put stocking inside then over cup
- ◆ Put two spoonfuls of grass seeds in the stocking
- ◆ Put some soil into the stocking
- ◆ Shape your head
- ◆ Tie a knot in the stocking (some will hang down)
- ◆ Add eyes and decorations (glasses, clothes)
- ◆ Pour water into cup
- ◆ Pour water over head to moisten
- ◆ Carefully place head in cup
- ◆ Name it
- ◆ Watch it grow!

I named mine Lunala. I highly recommend making a grass head!

By Elliot



"Morning Tea under the Blossoms"



Music News

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 at 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, and coinciding with the Bright P-12 College Art Exhibition. There will be a P-4 Soiree on Thursday the 15th of November and a 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 of dance. This event will start at 6pm at the Bright Sound Shell. The backup venue will be the Community Centre if the weather is looking bad.

Mr and Mrs Campbell Away first week of Term 4

Mrs Campbell and I will be away for the first week of Term 4, so there will be no lessons or rehearsals during this week. We apologise for any inconvenience this may cause.

Wheelchair Basketball



Earlier this month, our Year 3-6 and Year 9 students were treated to a fantastic wheelchair basketball incursion. Dennis Ramsay from Basketball Victoria, who was extremely generous with this time and resources, helped us roll, dribble, pass and shoot our way through various skill-based activities and modified matches. This experience would not have been possible without the Dudley family (including super coach Harry), Kelly Roffey and of course Dennis. The students had a 'ball'!



Year 5/6F Social Enterprise

Wood U

This group of 5/6 students have been selling 5 kg bags of kindling for \$5.00. The money raised will go to the R.S.P.C.A. to help stop animal cruelty. The team members are; top row: Jasmine K., Bianca T., Elsie D., Bella L., Kaitlin W., Sebastian F. Bottom row: Liam W., Luca B., Tom G. and Tyler T.



COOL IT!!

Cool It sells t-shirts with our logo on them. We have a stall next term, the first week outside the prep rooms. We are selling on Tuesday, Wednesday and Thursday and are donating 70% of the money we make to Peter McCallum Cancer Centre in Melbourne.

In our team there are Sophie H., Jack P., Nikitha S., Jimmy S., Wilden M., Cade Mc., Justin W. and Riley C.

Community & College Notices



Accessing Bright Emergency Relief

Step 1:

Call in to the services between Operating Hours see front pages for hours

Step 2:

Please bring your concession card and reusable bags if you have them

Step 3:

Allow 10-20 minutes to talk about how we can assist you

Step 4:

A variety of emergency support options are available to assist you

Please note:

- The program is not able to provide cash, however depending on individual circumstances vouchers can be considered

'People Helping People'

The Alpine Emergency Relief service is supported by:

- Anglicare Victoria
- Alpine Anglican Parish
- Bright Church of Christ
- Alpine Community Health
- Bright Rotary Club
- Bright Lions Club (Lions Ladies)
- Bright Uniting Church
- Bendigo Bank—Bright Branch

Local Service Providers

- | | |
|---------------------------------|--------------|
| Alpine Community Health | 03 5755 0123 |
| Life Line | 13 11 14 |
| Family Drug & Alcohol Helpline | 1300 460 068 |
| Alcoholics Anonymous Myrtleford | 03 5752 2678 |

Bright Emergency Relief



First Tuesday of the Month
9.30am—12.30pm
Alpine Community Health Centre

Appointments are not needed

www.anglicarevic.org.au

Supporting families, building communities

Years 3/4 Pizza Making

On the 12th of September the Year 3/4 Unit had a day when the students go to make their own pizza for lunch. We worked in groups of four to make the pizza dough. We added: 500 grams of plain flour, a teaspoon of salt and two tablespoons of olive oil. We tipped the yeast mixture (1 1/4 cups of warm water, 1 teaspoon of yeast and 1 teaspoon of sugar to activate the yeast) that we had made earlier, into the flour and mixed until the dough was dry enough to take out to knead.

After we had left the kneaded dough to rest and rise we came back later on to finish making the pizza. We started by dividing the dough into quarters or thirds, then we spread our pizza dough onto a small tray. We had a choice of either barbecue sauce or tomato paste. Then we placed

whatever toppings we wanted onto our pizza base. The toppings we had a choice of were: cheese, pineapple, olives, capsicum (green or red), spinach, rosemary, mushroom and there was a mixture of ham and bacon.

Once we had placed all our toppings on to our pizza base, we waited for an adult to put our pizzas in the oven. It took around 15 minutes to cook. When our pizzas were fully cooked and out of the oven an adult came around and cut our pizza. They asked us if we wanted our pizzas cut into either quarters or eights.

We sat outside to eat our pizzas.

They were yummy!

By Millie Harding, Michaela Nightingale & Renae Blake.



Community & College Notices

Get in quick to secure your bottles of '12 Bright Vines' before they run out. With just 12 cases left, this delicious Sauvignon Blanc will not last long and we expect to be sold out in a week or two.



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: _____

Bright College Snowsports Team 2018 News

Bright College SnowSports Team 2018

Season Wrap Up

The 2018 ski season brought record snowfalls, but also meant that conditions were quite testing with lots of snow, wind and sometimes rain. The students showed great resilience with the weather and enjoyed the results of such a great ski season, lots of powder days.

The final BCST training day on Tue 4th September and was our only Bluebird day of the season. The day concluded with a BBQ after the lesson which was a great opportunity for parents, instructors and students to chat and celebrate another great season.



Thank you

A huge thank you to all the Committe members for 2018. The BCST is run entirely by parent volunteers, so without all of the work by the committee members the program would not run. A speical thankyou to outgoing committee member Andy Forbes who has been on the committee for approx 8 years. Thankyou to all the parents who have volunteered to be on the committee in 2018.

Presentation Lunch

The annual end of year presentation lunch was held on Sunday 16th Septemember at The Wandi . The BCST AGM was held, followed by lunch, presentation of awards and a short movie of the season.

The Team Champion is awarded to the participant who gains the highest overall points through competitive school-based racing. Congratulations to **George Walker** who received the Team Champion award for 2018. **George Walker** also won the Discipline Award for Alpine, while **Nicola Smith** won the Cross Country Award.

The Silverstar Award, is awarded to the student with the highest number of nominations by a coach throughout the season. The 2018 Silverstar Award was presented to **Paige Anders**.

Congratulations to all award winners.



Community & College Notices

Play Cricket with OVENS VALLEY UNITED CRICKET CLUB

ALL AGES - ALL ABILITIES

KIDS - Woolworth's Junior Blasters - Master Blasters
Juniors: Under 12's, Under 14's, Under 16's

Seniors: A Grade, A Reserve, B Grade



JUNIOR CRICKET

Junior Blasters
Ages 5-7
Sessions run for 60min



- Learn new skills including catching, throwing and teamwork
- Make new friends or organise a group to learn together
- Wear the colours of your favourite big bash heroes in a personalised t-shirt
- All equipment supplied, parents join in the fun

Join the Junior Blasters Squad with sessions at **Myrtleford** and **Bright**.

Master Blasters
Ages 7-10
Sessions run for 90min

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite big bash heroes with your choice of a coloured player cap and also receive <insert specific club> centre offer e.g. playing shirt from Ovens Valley United
- Make new friends or organise a group to play together
- All equipment supplied, parents join the fun

Join the Master Blasters Team with sessions at **Myrtleford**

Sign up now to get your Blasters pack

Register at www.playcricket.com.au

Grade Cricket

U12
Training: Wednesdays
Locations: Bright, Myrtleford
Games: Saturday Mornings

U14
Training: Wednesdays
Locations: Bright, Myrtleford
Games: Saturday Mornings

Under 16's
Training: Thursdays
Locations: Memorial Oval,
Duke St Myrtleford
Games: Saturday Mornings

REGISTRATION

Online:
Visit www.playcricket.com.au and enter Ovens Valley United Cricket Club or 3737

For further information or enquiries contact:

Junior Coordinator:
Josh Hoare 0409 501465

President:
Tony Cuskelly 0428 059 792

EMAIL:
ovucc.mail@gmail.com

Commit to your child's online safety



Children are exposed to online content in their preschool years. Behaviours like cyberbullying begin at primary school. Peer pressure can cause poor online decisions for many teenagers.

- Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.
- Commit to your child's online safety by attending this presentation from one of Australia's leading online safety experts.

eSafety is important for every child from ages 1 to 18

Monday 15 October 2018, 7pm
Bright Community Centre



7 TIPS FOR MANAGING EXAM STRESS



FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health: eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent

The Happy Hippies



Hi our names are Michelle and Tess, We are best friends who have both lost close family and friends to Cancer. Mystery Box Rally is our way of remembering those people and trying to make a difference for those fighting this disease now. Please support us on this adventure of a lifetime by donating to our team "The Happy Hippies".

Movie Night Fundraiser - Cloud 9 Cinema

Wednesday 19th Sept 7PM **SOLD OUT**

Thursday 20th Sept 7.15PM **SELLING NOW**

MOVIE, WINE, POPCORN, RAFFLES & FUN \$40



For tickets please contact Michelle 0419501764

Community & College Notices

SCHOOL HOLIDAY PROGRAM

The School Holiday program is a great way for all primary school aged kids to try a fun, new sport and get active!

Baseball



Calisthenics

Tee-ball



Basketball



THE SPORTS AVAILABLE FOR SPRING ARE:

- Lawn Bowls
- Calisthenics
- Dance
- Tee-ball
- Little Athletics
- Hockey
- All-Abilities Basketball

LOCATIONS



Register at: SportNorthEast.com.au/SHP

Contact Matthew at Sport North East for any enquiries on 03 5721 0249 or email: matthew.elliott@thecentre.vic.edu.au



POPFEST
 End of term celebration
 21st Sept
 5.30-8.30
 Bright Senior Citizens Centre
 Tix \$5
 Hosted by Alpine LA

Certificate of Appreciation

This certificate is awarded to
Bright P-12 College

TYKE-CH JAPANESE DRUMMING

In recognition of their great participation in Tyke-Ch Japanese Drumming Program.

Kiyomi Calwell
 Director/Instructor EZ Japanese Date 30/08/2018

MYRTLEFORD LAWN TENNIS CLUB

2018-2019 Season
 Starts from Sat 13th October
 Register now to avoid disappointment

- SATURDAY SENIOR PENNANT
- SATURDAY JUNIOR COMPETITION
- THURSDAY LADIES COMPETITION
- FRIDAY FAMILY NIGHTS
- TUESDAY TWILIGHT
- HOT SHOTS PROGRAM
- COACHING

For membership forms and club information please visit our website
www.myrtlefordtennis.com.au

Enquiries:

Saturday Senior Pennant	Peter Ternes 0438522141 or Marnie Broz 0428837394
Saturday Junior Competition	Kath Morgan 0400690637
Thursday Ladies Competition	Colleen Kinderis 0427271374
Hot Shots/Coaching Program	Peter Ternes 0438522141
Tuesday Twilight	Marcus James 0429015985

Tennis Victoria – 2002 Country Club of the Year
 Alpine Shire – 2002 Community Event of the Year

Harrieville Half marathon

Supporting excellence in education in regional Victoria

7th October 2018

Take in the views of this spectacularly scenic course from Bright to the iconic Mountain Village of Harrieville

Early Bird Entry Fees : 21.1km \$37,
 10Km \$27, 5km Fun Run/Walk \$17, 2Km Fun Run/Walk \$5
 Before 14th September

All proceeds go to the Harrieville Primary School
 Visit www.harrievillehalfmarathon.com for more info.
 #harrievillehalf

Community & College Notices



We will be working in Bakers Gully soon

HVP Plantations wish to advise the Bright P-12 College community that tree harvesting and associated log transport will occur in the Bakers Gully plantation commencing mid to late October 2018.

Harvesting

Harvesting is expected to take approximately five to six weeks. For everyone's safety, be aware of increased heavy vehicle traffic, machinery and road closures within the plantation. Closures will include Breen Rd, Cooper Rd, and adjacent firebreaks. Valley View Walking Track will be closed for a shorter time. Please respect all signage and seek alternative spaces for recreation.

Transport

Our drivers will transport the plantation logs from the worksite onto Bakers Gully Rd, along Ireland St, Anderson St and along the Great Alpine Road (GAR) to HVP's customers in Myrtleford, Wangaratta and Benalla. Transport will commence a week or so after harvesting commences, and is expected to continue to early December.

Drivers will observe a voluntary trucks-only 20km/hr speed limit through the school zone on Bakers Gully Rd.

Replanting

Following harvest, the site will be prepared for replanting next Winter.

For more information

- Drop-in: HVP staff will be at the Bright Library on Wednesday 19 September. You are welcome to drop by and catch up with us at any time during the morning and afternoon sessions. We will be there from 10:00am to 12:00noon; and again from 3:30pm to 5:00pm.
- Website: Refer to the 'HVP announcements' section of our homepage at <https://www.hvp.com.au> for details, including a location map of the operation.
- Notifications: If you would like to receive email notifications of HVP operations around Bright and surrounding locations, please register at: <https://www.hvp.com.au/contact-us/bright-notification-zones/>
- Contact: For further information, or to provide feedback, please contact our Myrtleford office: phone (03) 5731 2000; email info@hvp.com.au



Learn locally and start your health career

Study in your local community - gain the skills and knowledge to work in residential aged care, and home and community care support roles.

Certificate III in Individual Support (Ageing, Home and Community) CHC3015

Make a difference in other people's lives - support them to maintain their independence and health. If you would like to learn how to assist clients in their homes or in care facilities, apply now for your place in this course. You will gain real experience working in the health care industry, with practical placement included in this course to give you hands-on training at a local care facility and a head-start on your career!

Apply now

Commencing in October 2018 (days and times to be advised), finishing end-year 2018. Delivered in Yackandebah, with classes at Yackandebah Community Centre, supported by Yackandebah Health.

For more information

Please attend the information session Thursday 11 October 2018, 9pm, Yackandebah Community Centre.

Phone 1300 698 233 | Email info@weddingstatedevelopment.com.au



Admission not subject to entrance assessment. Courses may lead to an Australian Certificate/Honours/NDP qualification or diploma of attainment. Information correct at time of publication and subject to change. Funding source determined with funding from the Victorian and Commonwealth governments upon individual application. Eligibility criteria apply. Funding is subject to the availability of places. For more information, please contact the provider. RTO: 3038



Ripper, George!!



George Walker competed at Perisher last week in the Australian Inter-school Snowsports Championships.

He placed 7th in Moguls, 17th in Skicross and 22nd in Giant Slalom.

Congratulations, George. Fantastic effort!!

Commit to your child's online safety



Children are exposed to online content in their preschool years. Behaviours like cyberbullying begin at primary school. Peer pressure can cause poor online decisions for many teenagers.

- Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.
- Commit to your child's online safety by attending this presentation from one of Australia's leading online safety experts.

eSafety is important for every child from ages 1 to 18

Learn how to:

<ul style="list-style-type: none"> • Reduce accidental exposure to inappropriate content • Initiate conversations about online stranger danger • Identify age appropriate apps and websites <p>1-7</p>	<ul style="list-style-type: none"> • Deal with online stranger contact • Have a conversation about online issues including cyberbullying • Manage apps and privacy settings • Support your child using online safety resources <p>8-12</p>	<ul style="list-style-type: none"> • Report serious cyberbullying and image based abuse • Manage screen time and excessive use • Have a conversation with your child about their online brand <p>13-18</p>
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Monday 15 October 2018 at 7.00pm, Bright Community Centre


Please reserve your seat at <https://www.eventbrite.com.au/o/alpine-shire-council-community-services-15968942559>

Bright Outside School Hours Care Spring School Holiday Program

**Bright Outside School Hours Care
Spring School Holiday Programme**
Monday 24th September to Friday 5th October
Hours: 8.00am - 6.30pm
For more information, enrolments or to make a
booking, please contact Carolyn Ryan on 0468 343
452, or oshcb@alpinechildrensservices.asn.au



MONDAY 24 Sept	TUESDAY 25 Sept	WEDNESDAY 26 Sept	THURSDAY 27 Sept	FRIDAY 28 Sept
ALIEN DAY <i>Anything could, and probably will, happen!</i>	EXCURSION E <i>SupaTramp, Wodonga</i> BYO all snacks, lunch and drinks <i>Bus leaves at 9:30 am</i>	TIE-DYE DAY <i>Make a beautiful pillow case, or bring a white cotton T-shirt to dye</i>	EXCURSION B FOOTY FINALS FUN DAY <i>at Myrtleford OSHC</i> <i>Dress in your team's colours, have your face painted, play games, sausage sizzle lunch.</i>	 PUBLIC HOLIDAY

MONDAY 1st Oct	TUESDAY 2nd Oct	WEDNESDAY 3rd Oct	THURSDAY 4th Oct	FRIDAY 5th Oct
FAME DAY <i>Dress up as someone famous, create a movie scene or a dance, sing karaoke, have your photo taken</i>	EXCURSION C <i>Sewing Class at Myrtleford OSHC</i> <i>Bus leaves at 9:30</i>	EXCURSION E <i>Yackandandah Fruit Fly Circus</i> BYO all snacks, lunch and drink <i>Bus leaves at 9:30</i>	MAD HATTER'S TEA PARTY: <i>Cupcake decorating; prize for the</i>  <i>best hat</i>	EXCURSION B Bright Cinema: <i>Either SmallFoot or Christopher Robin</i>

Program may be altered due to unavailability of supplies/venue/volunteers etc. We apologize for any inconvenience this may cause if this occurs

ACTIVITIES

In addition to the featured activities, children will be able to participate in a range of activities such as construction, drawing and painting, board games etc. that will be available throughout the day. Weather permitting, we will spend time outdoors each day, so please remember to send along suitable clothing for the weather conditions.

WHAT TO BRING EACH DAY

- Drink bottle (water only, please)
- Lunch (morning and afternoon tea will be provided unless stated)
- Sensible shoes (no thongs), particularly on excursion days
- Appropriate clothing for weather conditions and activities

PLEASE NOTE – LUNCHEAS AND SNACKS: We will be providing morning and afternoon tea daily, and lunches where listed on the program. Children will be required to bring their own lunch on other days. We ask that, in accordance with our nutritional guidelines, lunches contain NO form of packet food (chips, shapes, cereal bars etc) and NO lollies or sweetened drinks (water only) and that sandwiches contain healthy filling choices. Some examples of what will be offered for morning and afternoon tea are: Fruit platters, vegetable sticks and dips, cheese and crackers, healthy muffins, soups, toasted sandwiches.

AND LASTLY....

Ø **SIGNING IN:** All children must be signed into care when dropped off. When you sign your child in you are giving permission for them to partake in the day's activities, and agreeing to the terms and conditions of using Outside School Hours Care. If there are any activities listed that you would prefer your child didn't partake in, please let the staff on duty know (ie if your child is sensitive to face paints).

Ø **EXCURSION/INCURSIONS:** Where noted on the program (*excursion/incursion) the excursion/incursion fee schedule applies. Please contact Carolyn for the current fee schedule. Where advised "BYO Lunch", please also provide morning/afternoon snacks for your children.

Ø **CLEAN UP:** From 5:00pm each day, we cease activities and clean up for the day. If your child is still in care at this time, they will be asked to participate. Afterwards, quiet activities (books, board games, drawing etc) will be on offer until closing. Thank you and hope you enjoy the holidays!

Community & College Notices



Shell Questacon Science Circus

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You can see the Shell Questacon Science Circus at

Albury Entertainment Centre
525 Swift Street
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Sunday 11 November 2018
Come any time between
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Admission: Family \$18, Adult \$5,
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Children under 5 and complimentary ticket FREE.
Children under 12 must be accompanied by an adult.

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www.questacon.edu.au

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SKATE - SCOOTER - BMX COMPETITION

FREE FUN AND SUPERVISED EVENT
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Saturday 6th October BRIGHT

11am - 2 PM (Morses Creek Reserve)

ALL AGES CAN ENTER BEGINNERS TO PROS!

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Free entry! All participants must sign a waiver to enter. For more info visit www.facebook.com/north-east-skate-park or ydo@alpineshire.vic.gov.au 0419 915 319

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

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