

4 March 2026 - Issue 3

# Bright P-12 College Newsletter

## SCHOOL TOURS



This term and next term, we are offering tours to parents / carers of children who are starting Prep or Year 7 in 2027. Come and meet our teachers, see classes in progress and ask questions. See page 9 for all the details.



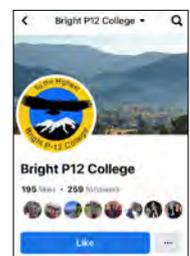
## P&F SUNFLOWER FUNDRAISER

Thank you to our Parents & Friends, who arranged the sunflower fundraiser. Thanks also to Pepo Farms for donating these gorgeous flowers. And thanks to all the parents who bought them! A total of \$817 was raised.



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## Acting Principal's Message

Dear students, parents and carers,

I am filling in for Jean while she's on leave until 16th March.

Our short-term German exchange visit continues, and it has been wonderful to see the friendships forming between our students and their visiting peers. A special thank you to the families and staff who supported the Welcome BBQ. It was a fantastic evening that reflected the strength of our community and the long-standing partnership between our two schools. Events like this remind us how relationships sit at the heart of our learning.

Yesterday, our Year 7 students headed off to Coolamatong for their camp. This has long been a highlight of the Year 7 experience. We wish our students and staff all the very best for the three nights away as they build new relationships, challenge themselves through camp activities and create lasting memories.

For Prep students, this week is their first full week of school, having had Wednesdays off throughout February. Thank you to our staff for their dedication in ensuring our youngest learners have had a calm and successful start to their Primary education.

We are pleased to share that Before School Care will be available from next term, as a trial for the term.

## PUPIL FREE DAYS - CHANGE

There has been a change to the Pupil Free Days in 2026. We have changed the previous date of Wednesday 29th April to Wednesday 9th September. The other Pupil Free Days have not changed.

The following days are Pupil Free:

- Friday 12th June
- Wednesday 9th September
- Friday 4th December

We know that flexible arrangements are important for families, and we are committed to continuing to respond to community needs where possible.

NAPLAN testing commences next week. Students are not expected to study for NAPLAN. You can help your child prepare by reassuring them that the tests are just one part of their school program, and by reminding them on the day to simply try their best. NAPLAN is not about passing or failing, but about assessing learning progress. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. For more information, please visit

<https://www.vcaa.vic.edu.au/assessment/foundation-10/naplan/information-parents-and-carers>

Mathew Gray - Acting Principal

## COLLEGE CALENDAR

All calendar events are subject to change.  
Please check Compass for most up-to-date calendar

### MARCH

17 FEB-9 MAR	German short-term exchange students in Bright
3-6 MAR	Yr 7 Camp, Coolamatong
4 MAR	Primary O&M swimming, Wangaratta
5 MAR	VCE VM Melbourne Grand Prix excursion
5-6 MAR	Yr 9 Outdoor Ed kayak excursion, Goulburn River
<b>9 MAR</b>	<b>Labour Day public holiday</b>
11-23 MAR	Yr 3,5,7,9 NAPLAN testing
11 MAR	Basketball Victoria Schools 3x Cup Under 20s, Melbourne
12-13 MAR	Yr 6 Harrietteville Bike & Camp
13 MAR	Secondary Hume swimming, Wodonga
13 MAR	Yr 7 Water Safety Program, Myrtleford
18 MAR	Primary Hume swimming
19 MAR	Yr 10 Outdoor Ed excursion to Buffalo Boulders, Myrtleford

**NEXT PUPIL FREE DAY: Friday 12th June**

**SCHOOL PHOTOS: Thursday 30th April**

## Yr 9 WOODWORK

This term, students are using a combination of cross-halving joints and mitre joints in the manufacture of a Hardwood Side Table. As these joints need to be prepared to a high degree of accuracy, students have spent the last couple of weeks working through some practice exercises before starting the real thing.



## Yr 7 FOOD

Students in Year 7 have begun their Food Technology classes this term. The pictures below highlight the lesson where they prepared fried rice. This recipe is a popular one with many students saying that they would cook this at home in the future. The many elements of this dish allowed students to learn or build upon skills such as precision cutting, sauteing vegetables, boiling rice and shallow frying eggs. All students enjoyed the end product. We're hoping some eventually made its way home for others to enjoy!



# PRIMARY LIBRARY TIME

Every week, each of our Primary classes spend time in the Library with their teachers. Students have a broad range of fiction and non-fiction books to choose from. With help from their teacher and our librarian Cindy, students learn how to locate a book that's suited to their interests and a 'good fit' for their level of reading. Younger students, like these Preps, take books home for their parents/carers to read with them.



# SECONDARY O&M SWIMMING

On Wednesday 25th February, our small group of dedicated swimmers headed off to Wodonga to swim in the Ovens & Murray Carnival. All 5 students represented our school with amazing determination and skill.

Highlights of the day included: Evie B qualifying 2nd in the 50m Butterfly, Harvey D placing 3rd in the under 13 boys Age Group Champion and the 4 girls qualifying in the Freestyle and Medley relay. We wish those who qualified all the best at the next stage on Friday 13th March.



# WELLBEING - SOCIAL MEDIA



In December 2025, the Australian Government introduced legislated age restrictions for adolescents under 16 years of age on several major social media platforms. For many families, this has required a period of adjustment. While platforms and access points may change, the foundations of supporting young people online remain the same: open conversations, connection, guidance, and helping them build skills they will use when engaging in online activities now and in the future.

The Teens & Screens programs by Black Dog Institute support Years 7 – 12 students to develop healthy online habits and confidently navigate the digital world. This guide provides practical strategies to help you, as a parent or carer, start open conversations with your child about screen time, online safety, and positive digital behaviours.

It's natural to feel concerned about how much time your teen spends online, who they're interacting with, or the type of content they might encounter. The online world moves quickly and it's not always easy to keep up.

At the same time, being online is a big part of teen life. From learning and friendships to creativity and self-expression, the digital space plays an important role. While most teens are digitally savvy, some may face risks that are harder to manage alone. The 9 strategies to support your teen in an online world are:

**(1) Engage actively with your child's online interests (2) Encourage a healthy balance between online and offline activities (3) Mentor rather than monitor (4) Help your child think carefully about online content (5) Talk openly about sensitive topics (6) Support positive online social connections (7) Helping your child manage FOMO and availability pressure (8) Helping your child navigate cyberbullying (9) Help your teen understand what keeps them online for so long**

These nine strategies are here to help you guide your child towards safe, healthy, and confident online experiences, both now and in the future. For more on navigating these changes, see the Black Dog Institute's parents' guide to social media age restrictions.

<https://www.blackdoginstitute.org.au/teens-screens/parents/#support-resources>



Black Dog  
Institute



# WELLBEING - PARENT WEBINAR

Come along to a Parent & Carer Presentation!

## Building Resilience at Home Webinar

**WHO'S INVITED?**  
Parents & Carers

**DURATION**  
60 minutes

**WHERE?**  
Online Webinar

**ABOUT THIS WORKSHOP**

A whole school approach is key to supporting student wellbeing. This session is designed to **connect the classroom to home**, providing a consistency and common language for your child and family.

This presentation will promote positive wellbeing and will provide you with:

- A knowledge of the TRP program and how it is run in your child's school.
- Tips and strategies to support your child's wellbeing at home through the GEM principles.
- Ideas on how to support your own personal wellbeing.

SCAN FOR MORE ABOUT  
**RESILIENCE PROJECT.**

## Parent Webinar – Building Resilience at Home

Tuesday 17th March, 6:30-7:30pm (60 minutes) AEDT.



This online session will provide:

- Practical strategies for building resilience at home
- Simple tools to embed gratitude, empathy and mindfulness into daily routines
- Guidance for supporting young people through challenges

All families are invited to register individually. Upon registration, you will receive the Zoom link and calendar invitation directly.

Register here: [https://forms.theresilienceproject.com.au/single-event-confirmation/?event\\_id=665305](https://forms.theresilienceproject.com.au/single-event-confirmation/?event_id=665305)

For more info about The Resilience Project for Secondary students at our school, please see Compass post from your child's Year Level Coordinator.

## Yr 5/6 COOKING

Year 5 and 6 students recently cooked up a storm as part of their Writing unit focusing on procedural texts. Students chose their favourite dish and wrote up the recipe to present to the class. The next step was to help to select a recipe (a choc chip version of ANZAC biscuits) and then work collaboratively to cook a batch in a small group. They did such a great job that they ate all of the chocolate chip ANZAC biscuits they baked.



## UNIFORM CLARIFICATION

We have received a few questions recently regarding the pricing of shorts and pants in our College Uniform Shop, and we would like to clarify this for everyone.

At present, all College shorts and pants are being sold at the same price, regardless of whether they have the College logo or not. This means that items with the logo are currently being offered at a discounted price, as they would ordinarily be priced higher. The logo items are older stock, and these are being distributed before the non-logo items in each size range. Once the logo stock has been sold through, non-logo items will continue to be available.

We would also like to remind families that students are not required to wear pants or shorts with the College logo. Both logo and non-logo items are acceptable as part of the College uniform for pants and shorts only. We appreciate your support and understanding, and thank you for your assistance in helping streamline enquiries through the Uniform Shop.

# GERMAN EXCHANGE

*"After three fellow students from our school arrived at the beginning of the school year for a long-term exchange, we were given an equally warm welcome when the twelve of us short-term students arrived in Bright on February 17th. Well, the short-term exchange is not that short after all. It's three weeks in Bright and at Bright P-12 College in which we get to know Australian life and culture. And right now after having spent almost half of our time here, we've already experienced an incredible amount of that. From new friends that we've made, insights into the school system, wonderful excursions and very hospitable families it really has been a unique experience so far. We're very much looking forward to the days to come, but we would like to take the opportunity to thank everyone involved in the program and everyone who has made us feel at home here."* Written by German short-term exchange students.



## SECONDARY LUNCHTIME CLUBS

We are pleased to be launching three new lunchtime clubs for Secondary students. These clubs provide positive, inclusive spaces for students to connect, try something new, and enjoy their lunchtime with others. We strongly encourage Secondary students to consider getting involved. Lunchtime clubs are a wonderful opportunity to build friendships, develop interests, and feel connected within our school community.

### **Board Games Club. Tuesday lunchtime 1:15pm – 1:40pm - Library**

Open to all secondary students. Students are invited to join us in the Library to play a variety of board games. They are welcome to bring a friend or come along and meet someone new.

### **Inclusivity Club. Thursday lunchtime 1:15pm – 1:40pm - Room 10**

Open to all Secondary students. This club celebrates diversity and provides a safe, welcoming space for students to connect and support one another.

### **Art Club (with Esther – Art Therapy Placement Student). Friday lunchtime - Room 10**

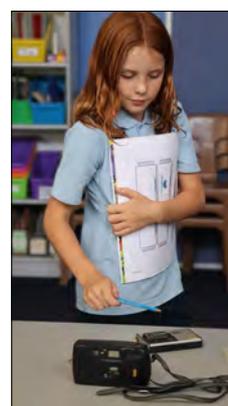
Students are invited to bring their lunch and enjoy a relaxed, creative space to unwind and connect through art.

# Yr 3/4 HISTORICAL ARTEFACTS

Teachers of students in Years 2-4 launched their new unit of study, 'Innovations over time', a history-based project exploring how we know things about the past. This project encourages students to develop their research skills, as well as their knowledge about history, with an artefact museum, 'Echoes of the Past'.

*"There were lots of fascinating sculptures and artefacts. It was very fun and we found lots of cool things. We loved having the choice to see the stuff that was from someone's childhood. It felt like we really were in a historical museum. We hope that everyone loved it."* Alaska G and Amber W.

*"The Bright P-12 College pop up museum was so interesting, it had so many things from the past. My favourite thing was the mini telephone box, but i also liked the the old nintendo (video game.)"* April Y.





# Primary & Secondary School Tours

This term and next term, we are offering tours to parents / carers of children who are starting Prep or Year 7 in 2027. Tours are happening every week until July 1, excluding school holidays (3-19 April). Come and meet our teachers, see classes in progress and ask questions. No RSVP required. Everyone's welcome to attend. If you would like to visit at another time, please call the school office. Tour times are:

**Primary - Tuesdays 9:15am**

**Secondary - Wednesdays 9:15am**



At Bright P-12 College, we provide diverse learning opportunities, thanks to our experienced teachers, small classes, specialist art, music and language programs. Our subject choices for Secondary students include a broad range of options, from Outdoor Education to Psychology; from Physics to Media Studies; from Robotics to Aboriginal Languages of Victoria.



# PREP & Yr 5 BUDDIES

Every week, our Year 5 students eagerly join their Prep buddies to read stories together. These sessions help Prep students practise letter sounds and build confidence with new words. Prep students also benefit from having Year 5 role models to help them feel connected to the broader school community, easing their transition to being school students. Year 5 students benefit too – the sessions provide an opportunity to demonstrate leadership, patience and empathy.



These buddies also eat lunch together every Friday.

This is another valuable way to foster connections between the two groups.



# COMMUNITY NOTICES

**THE RESILIENCE PROJECT**

## FAMILY HUB

When schools and families speak the same language around mental health, our young people thrive.

Our **Family Hub** is designed to keep you in the loop, inspire everyday **wellbeing practices at home**, and help strengthen the connection between what your child is learning in the classroom and how you support them in life.

[Click here or scan this QR code to learn more about our Family Hub.](#)

RP @theresilienceproject /theresilienceproject /theresilienceproject

**TheirCare**

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# COMMUNITY NOTICES

Caring for an Autistic person?  
Are you Autistic yourself?  
Join us to connect with others who understand



- Autism Carer Support Group
- Autistic Peer Support Group
- Information & Advocacy
- Lived Experience Founded & Led

Visit [alpineautism.org.au](http://alpineautism.org.au) or find us on Facebook

**FRIDAY 6 MARCH | 5:30PM | MCNAMARA RESERVE**

### COMMUNITY DAY

The Myrtleford Football Netball Club invites all families, juniors, players and supporters to our Community Day & Junior Registration Launch as we kick off the 2026 season together. This is a relaxed, family-friendly event designed to bring our senior and junior players together, welcome new families, and celebrate everything that makes MFNC a great community club.

- FOOD, DRINKS AND FAMILY ATMOSPHERE
- JUNIOR FOOTBALL & NETBALL REGISTRATIONS
- MERCHANDISE AND MEMBERSHIPS AVAILABLE
- COMBINED JUNIOR-SENIOR TRAINING ACTIVITIES
- SENIOR INTRA-CLUB GAME

ALPINE SHIRE YOUTH PRESENTS THE FIRST EVER

## CREATIVES SERIES

ALPINE AMPLIFY YOUTH

## WELCOME TO THE RESILIENCE PROJECT™

### Parents & Carers

#### Why?

- 1 in 4** adolescents have a mental illness.
- 1 in 7** primary school children have a mental illness.
- Over 50%** of students are at risk of a poor learning mindset (anxiety + disengagement).

#### About the program

TRP is committed to teaching positive mental health strategies to prevent mental ill health and build young people's capacity to deal with adversity.

We're proud to be implementing TRP's evidence-based whole school wellbeing program to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude, Empathy, Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.

#### Get involved with TRP@HOME

Scan the QR code or [click here](#) to find activities and resources to implement the GEM+EL principles at home.

#### Evidence-based

TRP's School Partnership Program has been independently evaluated by [The University of Adelaide](#) and [The University of Melbourne](#).

Scan the QR code to learn more about how the program is significantly lowering the risk of mental illness.

#### the imperfects

**The imperfects** podcast is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, celebrates just how imperfectly perfect we all are. Together, they chat to a variety of people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom. Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.

### THE LIGHTHOUSE OPEN HOURS

FEBRUARY 2026	
12 THU	OPEN
19 THU	CLOSED
26 THU	OPEN
MARCH 2026	
5 THU	CLOSED
12 THU	OPEN
19 THU	OPEN
26 THU	OPEN

BRIGHT'S YOUTH HUB  
12-19 YEAR OLDS WELCOME  
3PM-5:30PM

### EARLY YEARS OUTREACH PROGRAM

The Early Years Outreach Program is a free service that supports families from a Culturally and Linguistically Diverse (CALD) background who live, play, work or study in the Alpine Shire.

Our CALD Early Years Officer works directly with families and local service providers to support inclusion and ongoing participation in education.

**We can assist to:**

- Enrol children in Kindergarten
- Connect with other early childhood supports
- Support families to transition from Kindergarten to Primary School

To find out more contact the CALD Early Years Outreach Officer:

0417 957 627 or [shannanw@alpineshire.vic.gov.au](mailto:shannanw@alpineshire.vic.gov.au)



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 0417 030 191 or  
 Sensei Sue Texler  
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 Explore our weekly kids' activities, books, games and more at Bright Library!

**Story Time & Craft**  
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 excl. school holidays

**Baby Rhyme Time**  
 10am Fridays  
 excl. school holidays

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 Follow [@alpinelibraries](https://www.facebook.com/alpinelibraries) on Facebook and Instagram for updates on programs and events for all ages.

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