




15 September 2021
Issue 12




Bright P-12 College Newsletter

WELLBEING WITH BETHANY

Coping Strategies   

during Remote Learning

By YOU! 

Hi Everyone,
I have put together a video of what YOU have mentioned were your best coping strategies during remote learning. You have some awesome ways to help you cope. Check out what other people are doing!

Bethany Carter, Wellbeing Support/School Counsellor

See page 7 for more coping strategies from students.

I've been video chatting with friends to do work together and keep each other motivated

Being creative

Fishing

Movies

Physical activity

Reading and spending time with family

Go outside, reading

Music mostly

Finish quickly to go for a ride

Get outside as soon as school is done

Breathing

Coffee

Reading and listening to music

Do the work

NEW SHADE SAIL

We recently installed two new shade sails that were damaged in the hailstorm back on the 16th of June. Both shade sails look amazing and will continue to provide shade for students as we enter the summer months.



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Principal's Message

Dear Students, Parents, Guardians and Carers,

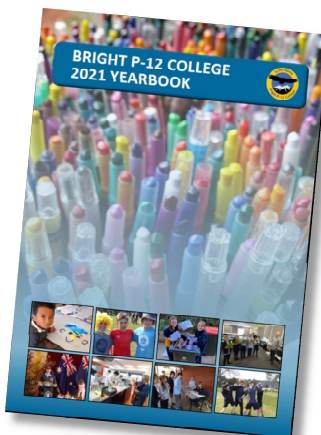
It is just wonderful to have significant numbers of students and staff back at school. Last Friday went very smoothly as we welcomed back students and staff from Prep to Year 2 and Year 12.

I would like to extend my appreciation to everyone for your efforts over this term. Parents & students you are doing an amazing job! The staff and I are just so impressed with the way you are managing to move smoothly in and out of remote & flexible learning and the efforts each of you are making to ensure continuity of learning while off-site.

We are waiting to see what the arrangements for next term will be for all students and staff. I will update you as soon as I know.

As this is the last newsletter for Term 3, I would like to take this opportunity to wish you all a very restful break over the school holidays. We are keeping our fingers crossed that all students will be learning on-site for the duration of Term 4. However, if we are not all on-site, I have full confidence that our staff, students and parents will continue to manage remote learning with the resilience we have demonstrated in the past months. While the uncertainty is difficult to manage, I am planning to try my best to take a break from wondering what restrictions will be in place and enjoy time with family and just 'be'. I feel so fortunate to be living in a

part of the world with abundant natural beauty on our doorstep which for me softens the blow of lockdowns and uncertainty considerably.



And finally, I'm pleased to let you know that we will be producing a 2021 Yearbook. We have had overwhelmingly positive feedback from students, parents and staff to the idea of putting this together. More information will be available as we work out the details, but I wanted to share this good news with you all.

Jean Olley - Principal

NOTE: ALL CALENDAR EVENTS ARE SUBJECT TO CHANGE DUE TO COVID-19 GUIDELINES. PLEASE CHECK COMPASS FOR MOST UP-TO-DATE ADVICE

COLLEGE CALENDAR

SEPTEMBER

17 SEP **LAST DAY OF TERM 3**
SCHOOL FINISH AT 2.30pm

OCTOBER

4 OCT **FIRST DAY OF TERM 4**

4-7 OCT Yr 12 Practice exams

5 OCT GAT Exam

6 OCT Secondary O&M Athletics Carnival

12 OCT Secondary Hume Athletics

13 OCT Yr 9 Romeo & Juliet performance

13-15 OCT Yr 5/6 Sovereign Hill camp

22 OCT Yr 12 Celebration Day

27 OCT VCE written exams start

28-29 OCT Yr 3/4 Howman's Gap camp

29 OCT Prep-Yr 2 Sports Day

NOTE: School photos are booked for

Monday 21st March 2022

LIBRARY NEWS

Our Library is looking great! It's been decked out for Spring, waiting for everyone to be back on site.

The students who've been learning on-site during lockdown helped Cindy with the display. The Prep-2 students worked on cutting and decorating the flowers and some of the Year 2 students helped by adhering them to the window.



Yr 6 GRADUATION

Hello Year 6 Parents. At the Year 6 Graduation, I am putting together a slideshow of baby photos and your child's First Day of School. It won't happen unless we get a photo of everyone. So please send them to tracycarey2@gmail.com
Here are some examples of photos of me as a baby with Michaela and Sophie and also my first day of school. Luke Carey - 6H



LOCAL FULL-TIME OPPORTUNITIES 2022

Fitweld Engineering, Wangaratta

Fitweld Engineering specialise in steel fabrication, mechanical engineering & construction and fabrication welding. A full-time fabrication apprenticeship is being offered for 2022. Fitweld is interested in trialling prospective students using work placement in Term 4. We have little details as yet but if you are interested in finding out more information, please contact either Chris Blazek christine.blazek@education.vic.gov.au or Jane Mildren jane.mildren@education.vic.gov.au

Connex, Wangaratta

Connex Group is a multidisciplinary company providing Engineering Design Consultancy and a specialist workshop fabrication modelling service. Connex Group is eager to employ local young people who have a passion for the construction industry and an eagerness to learn.

The aim of the program is three-fold:

- To provide local VCE and TAFE students, who show an interest in visual communications, mathematics, engineering and project management or fabrication an opportunity to experience these industries before following study or taking up a position in these professional streams.
- To enable Connex Group to fulfil its values by employing locally and providing a pathway for locals in the construction industry.
- To guarantee supply on entry level positions for the group to ensure continuity of production.

Benefits to cadets:

- Local employment for local young people.
- Fulfil Gap year locally with full-time work.
- Exposure to the construction industry.
- Help cadet decide direction of study and career.
- Receive structured learning in line with TAFE institutes.
- Ongoing part-time and full-time work during study and post cadetship completion
- Post study completion career opportunities.

Apply on-line: <https://connexgroup.com.au/gap-year-cadetship-program/>

Myrtleford Furnishings & Floors

MFF specialises in residential and commercial flooring offering a full-time apprentice floor installer position. MFF is seeking a highly motivated individual who works well both independently and in a team environment. A driver's license is beneficial but not essential.

To apply, send a resume and letter of application to sales@myrtlefordfurnishings.com.au

Yr 12 SURVIVAL KITS

In August, our office staff, Adolescent Health Nurse Rosemary Bunge and Yr 12 Coordinator Mr Ferrier arranged for care packs to be delivered to the Year 12 students who have spent a large part of their VCE or VCAL learning remotely.

Our Yr 12 students have missed out on so many of the special occasions and privileges of their Senior years, and they only have a matter of weeks left as Bright P-12 College students.

A big shout out to Sally Cocks, who was a major driving force behind this great initiative.



Yr 8 FOOD



Daniel K



Alexis M



Charlotte L



Lee R

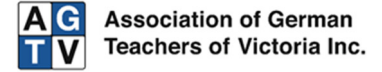


Zoe W

Learning to cook and prepare food is always a challenge but learning it remotely is even more so. However, many of our Year 8s have risen to this challenge of cooking at home without real-time teacher assistance and have been doing a great job. This year, we have remotely cooked pizza, macaroni cheese and most recently, chocolate brownies (with optional sultanas). Many thanks to those students who have given the cooking a go and thanks too to the parents/guardians for their support in ensuring that learning continues as best it can.

GERMAN POETRY COMPETITION

The annual AGTV German Poetry Competition ran during Term 3 again this year.



All students in Years 7 – 9 were required to practice and recite a set German poem for assessment. This was done during class time, with some students achieving wonderful results as a reward for their efforts. From this activity, the best students were selected to compete at the Regional Finals. Unfortunately, the Regional Final Competition scheduled to be held at Cathedral College was postponed and finally cancelled due to the rolling Lockdowns and time constraints, instead the teachers nominated students to participate in the State Finals.

The state final poetry competition was held as a Zoom event on Saturday 28 August. Representatives for this event from Bright P-12 College were:

Year 7 (DaF) – Makiah M

Year 8 (DaF) – Jenna S

Year 9 (Open) – Alison C

In the week leading up to the state finals these students attended regular Webex practice sessions to fine tune their pronunciation and performance.



The State Finals had 8 divisions, from Year 5 – Year 9. There were students from 19 regions from around the state and in total 165 students competed in the event.

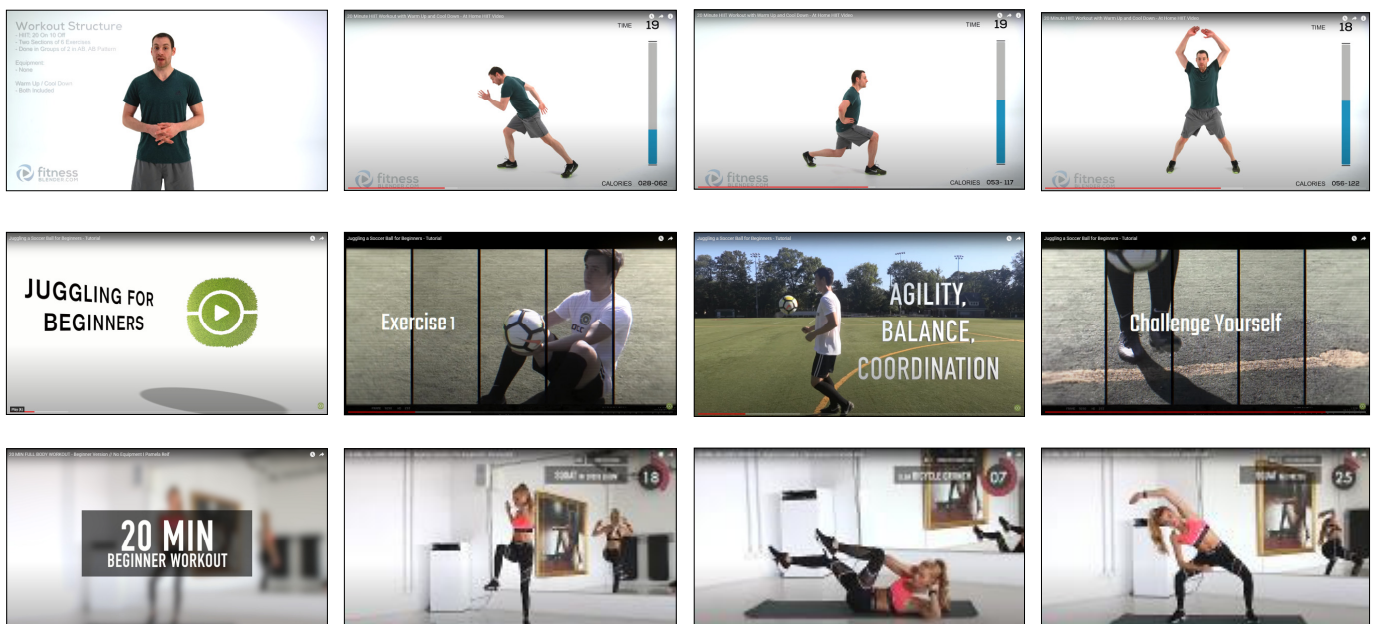
Alison C placed 6th in her division (Places are awarded for 1st – 6th).

As German teachers, it was wonderful to see the enthusiasm and commitment from many of the Bright P-12 College students for this annual event, not just those who were selected for the state finals. This was despite many disruptions and changing conditions. Congratulations to all students and a big round of applause to those who represented the College at the highest level of the competition – The State Finals.

Mr. Kusch & Mrs. Ciolli

LOCKDOWN PE

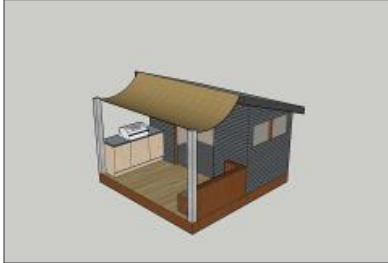
Some of the varied activities students can choose from include netball, basketball, AFL and football skills sessions, cardio dance, boxing, HIIT, Zumba, core strengthening exercises and retro aerobics sessions with Oz Style Aerobics. Physical activity is a known key factor in promoting good mental health which is obviously important during extended lockdown periods so we want to encourage all our students and their families to be active during lockdown.



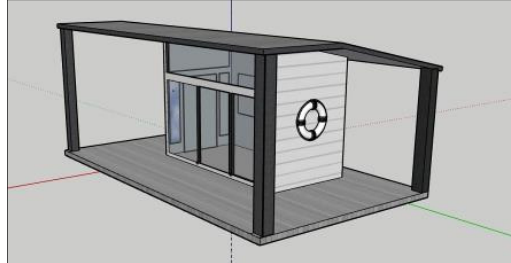
Yr 11 VCD

In one of the many projects in Unit 2 Visual Communication Design, students design variations to standard beach huts. They then learn to create 3D views using software such as Sketchup and to draw Architectural Elevations and Floor Plans based on the huts.

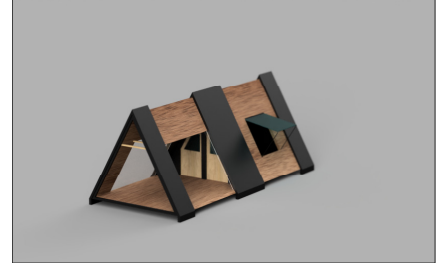
To finish the project off, students will make scale models of their designs to include features such as windows and doors, tin roofs, weatherboards and decks.



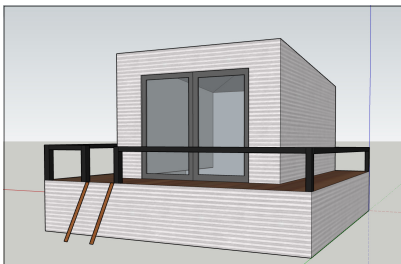
Aaron



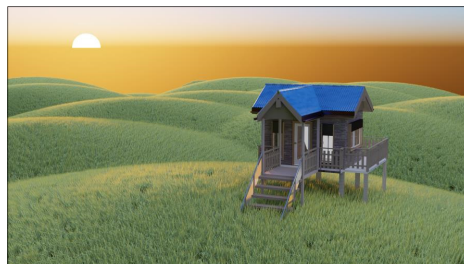
Kobe



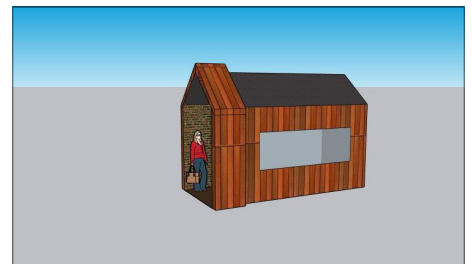
Rex



Johanna



Kai



Hettie

WELLBEING DOG

Hi Everyone, Frankie here!

I am loving being with my new family! I am still settling in and I'm now allowed to explore more of my new house. The clever things I am learning are how to lie down and to stay on my bed, but this is a bit hard sometimes. But I am practicing lots to help me get better.

Playing with my doggy sister and all my human family is lots of fun. I love cuddles and I'm getting used to being brushed every day, so my hair stays nice and knot free.

On Tuesday I went to the Alpine Animals Doctors for my vet appointment.

There were so many new smells which was very exciting, however I was able to be calm and feel more relaxed as I got used to it. Everyone there was so lovely and kept telling me how cute I am!

First, I had to hop on the scales to get weighed. I am 7.4kg! I am getting heavier all thanks to my yummy dinners that mum makes me. When I got into the room the vet put a device over my neck behind my head and then there was a beep. I wasn't expecting that!

The vet checked out my teeth by lifting up my side lip. It felt a little funny so I kept licking her. But I heard the words 'keep playing with chew balls' which I was happy about! I really like this vet human. After a little check over with a cold round thing she placed on my chest, the vet reported I am all healthy!

I got my vaccinations and I was very brave. The vet mentioned I was a 'model patient' and I even got these liver treats afterwards - these were so delicious! Since I am keeping up with my vaccinations, this means I can now start socialising with other people and dogs! This is very handy for when I start coming to school.

My family are playing a new game with me. If I sit and stay on the mat, then I get a treat! I am getting really good at this so I get more treats - Yum! Another new skill I'm learning is walking on the lead on the left side.

I'm so excited to meet you all when I come to school!



WELLBEING WITH BETHANY ctd...



GAP YEAR OPPORTUNITIES

NE Health Wangaratta is delighted to be able to offer THREE Gap year employment opportunities to eligible Year 12 students wishing to undertake a gap year in 2022 at NHW. Applicants must be enrolled to study a health-related course at a tertiary level in 2023. Two options are available :

- **One Position** - Education & Research Unit Gap year Traineeship in Business Administration (72 hrs per fortnight) the gap year student must be willing to commit to complete a Certificate Three in Business during 2022.
- **Two Positions** - Medical Imaging Gap Year Traineeship in Business Administration (40 hrs per fortnight) the gap year student must be willing to commit to complete a Certificate Three in Business during 2022.

For further information and position descriptions contact either Chris Blazek at christine.blazek@education.vic.gov.au or Jane Mildren at jane.mildren@education.vic.gov.au

DINNER PLAIN WRAP-UP

As Term 3 and the 2021 season ends at the Bright College Dinner Plain Campus, we can look back on a remarkable season. Despite only seeing our whole school face to face for 20 days, we were able to fit in some amazing experiences and get to know our students as if they were part of a year round school. The way in which our students connected with each other and their teachers is a testament to their adaptability and resilience. Together, we cross country skied, participated in a Dinner Plain Olympics, investigated the environment of Dinner Plain and Mt Hotham, created stop motion videos, read, wrote, learnt new mathematical concepts, tobogganed, built huts, designed t'shirts, made 'snow people', threw snowballs just to name a few.

Thank you to the 2021 team of teachers who helped make the season so successful, moving with ease between on-site and remote teaching, ensuring that our students continued to have access to a high-quality curriculum. Thank you to our parents who supported our program and activities, particularly in support of our online learning program. And lastly, thank you to our Dinner Plain students. Thank you for your enthusiasm towards our extra curricular activities and the commitment you showed towards your learning. All the very best to you all as your return to your home schools for the remainder of the year. Good Luck to those of you in Year 6, as you finish Primary School and prepare for secondary school. See you next year!



Yr 5/6 ART - SCULPTURE

There is always something so captivating about Dragons. These majestic mythical creatures are so intriguing to all ages, especially to the Years 5 and 6. This term, the Years 5 and 6 were able to stretch their imagination by creating an air-dry clay modelled dragon. The students made their dragon sculptures using pinch pot construction and clay modelling techniques. They

then selected their acrylic paint colour palette to complement their dragon's coloured glass eyes.

The results are impressive.



HEALTH CORNER WITH ROSEMARY

From Adolescent Health Nurse Rosemary Bunge

Feelings of worry/ anxiety

At present we know we are all facing lots of restrictions and changes to our lives. This can cause some anxiety and it is important that we deal with these feelings. To the right is a simple Anxiety Tool, that we all can use anywhere anytime to help us cope with these feelings if they are causing us any discomfort or distress.

Thought for the week

"You will never speak to anyone more than you speak to yourself in your head, be kind to yourself." Amardeep Kumar

Find 5 things you can see.		Find 4 things you can touch.
	<i>Anxiety Grounding Tool</i> Helpful when you are feeling anxious.	
Find 3 things you can hear.	Find 2 things you can smell.	Find 1 thing you can taste.

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

Or contact Jenni Sgambelloni in the College Office.

5755 1166 or jennifer.sgambelloni@education.vic.gov.au

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2020, you do not need to complete an application form in 2021 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2021 or you did not apply in 2020.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2021.

Check with the school office if you are unsure.





Ask them today

RU OK?[™]

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really
Are they OK?
Ask them today

Make a moment meaningful and ask RU OK?

Find time to ask them how they're really going:

- On breaks from work or study.
- When exercising together.
- When connecting or doing activities together online.
- When you're spending time together socially.
- When you're doing an activity side-by-side.
- When you're sharing a meal.
- When you're travelling together, even a short trip can be a good time to talk.
- Whenever you're spending quality time together.

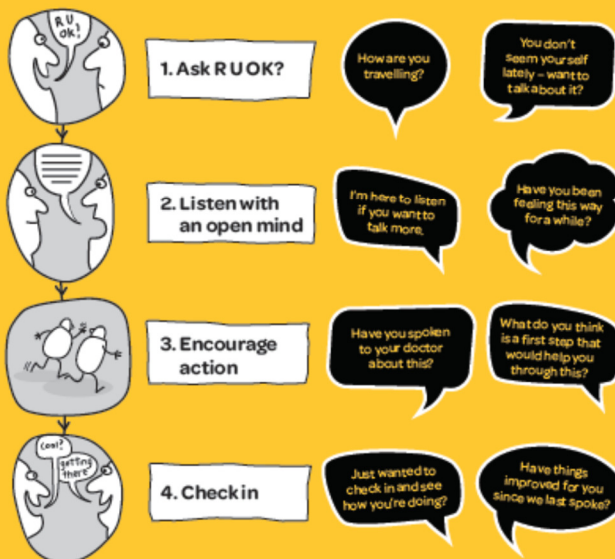
Remember to stay connected and make asking "are you OK?" part of your everyday

Find more tips at ruok.org.au

RU OK?[™]
A conversation could change a life.

really
Are they OK?
Ask them today

Have a conversation using these 4 steps



Learn how to ask at ruok.org.au

RU OK?[™]
A conversation could change a life.

really
Are they OK?
Ask them today

Make staying connected and asking RU OK? part of your everyday.



Learn how to ask at ruok.org.au

RU OK?[™]
A conversation could change a life.

Yr 5/6 FOOTBALL & NETBALL DAY

In the last newsletter, we showcased the recent Ovens & Mitta Division Yr 5/6 AFL Football and Netball Day. We promised to share more feedback from students in this newsletter, so here it is.

"We all had a great time. We all gave it our all and even got a win. It was brilliant. We played in a lot of positions, and we played 5 games and all credit to the other schools. They did brilliantly and they came and played well. For some of us it might have been our first football game." Cash 6G

"A couple weeks ago some of the year 5/6 students went to Wangaratta to participate in a football netball day. It was super fun and us Netballers scored a few wins and some losses but gained new skills at the same time. We tried positions that we don't usually play and it went great! One of the matches we won by 18 goals! I would say it was a great success for both sports and a great opportunity to watch others play and catch tactics from other great teams." Harriet 6G

"On August 17th we went to Wangaratta to play football against teams from schools in Wangaratta, Myrtleford and more. We played 5 games that went for 26 minutes each. The oval we played on was called the Bill O'Callaghan Oval. We went over on the bus. The sun was shining. I had so much fun and I would highly recommend it to anyone that has the chance to participate next year." Lachlan 6H

"Two weeks ago, the year 5/6s had a Football/Netball day in Wangaratta. The netballers competed against very competitive and strong teams but one of the teams were able to win, but the other team lost and even some ties, but had a very good shot at it. The netballers got separated into 2 teams and were competing against other schools. The first team hadn't won but tied twice and lost twice, but on the other hand the second team won twice and lost 3 times. We had two halves in each game. The netballers played 5 games and were happy with the effort they had put in. They had 11 on each team, although only 7 were playing each half. In my team we had Lachie on defence and the same with Phoebe, also we had Sophie on defence and shooting and Ayla on shooting. We also had Addy on shooting and Amelie on centre defence. There were great turnouts but neither of the 2 teams made it to the finals sadly, but that gave us time to waste our money on the canteen while the footballers were playing the best they could. We had 2 team captains, Miss Rouse and Miss Hodges. Both of the teams did an excellent job and should be proud of their efforts. Also I just was to thank Miss Hodges, Miss Rouse and Mr Saville, for being there to support and help us throughout the day!" Ayla 6G



PREP MATHS

Our Prep students have been exploring time during Maths. They enjoyed making analogue clocks or "Rock Clocks" as they liked to call them, where they collected rocks from the playground, numbered them, and added stick hands.

The photo bottom left shows two very busy Prep clockmakers (Heidi and Maya M) in their 'home classroom' proudly displaying their digital clocks.



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