

10th September, 2020. Issue 10

Bright P-12 College Newsletter

'PAJAMA DAY'



Jack and Tom Birch



Maisie Crawford with Mum and Dad



Jagger Broadway & Mum



Charlotte Long

On Friday 28th of August the Primary and Secondary SRC Representatives organised a 'Pajama Day' for students and their families as a fun activity during remote learning.

Thanks you to the parents, students and carers for sharing these great photos.

(More photos can be found on page 8 of this newsletter).



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Principal's Message

Hello everyone,

Well we are almost there!

I would like to thank students, parents and staff for everything you have done this term. It has been huge, and together we have made it a success.

Next week we are having a virtual Wellbeing Week for all students and staff to celebrate the end of term. Kelli, Scott and Tash have organised some really fun activities for the week and it should be fun, so get involved.

Today is R U OK day, which is a good reminder to all of us to check in with a friend and students have had activities today to support them in this learning. Thursday 10th September marks the national day of action dedicated to reminding everyone that any day is the day to ask, 'Are you OK?' The theme for 2020 is 'There's more to say after R U OK?' R U OK? Day serves as a reminder to encourage everyone to check in on each other to support those who may be struggling. It highlights the importance of having these conversations throughout the year, not just on the one day.

Last Friday the SRC held a pyjama day and it was a lot of fun. Thank you to everyone involved in organising and everyone who participated. A great initiative.

Next Term, we will be back on site in Week 2 of the term. The first week we are continuing with remote teaching and learning. I will be giving more detail on this via my principal updates.

Finally, have a wonderful and restful holiday and I am very much looking forward to seeing you next term.

Jean Olley—Principal



Administration Staff—Gaye Dalbosco, Sally Cocks, Fiona Hurst & Principal -Jean Olley. Wearing masks, social distancing and wearing P.J.'s.



Assistant Principal's P-6 Report

I want to congratulate all of the Primary students and families for being able to navigate this term as we continued remote learning. This has been a huge challenge for all of us. I would also like to recognise and thank the efforts and commitment of the Primary staff who have continued to go above and beyond for your students during this time.

We have one week to go and I would like

students and parents to take some time to focus on wellbeing next week. We are proceeding with our WELLBEING WEEK and I have carefully chosen a range of family friendly activities for you to select from and prioritise your wellbeing and mental health. (*Wellbeing Week activities can be found on pages 3 & 4*). I am asking for students to select one activity each day from a range of activities that will practice mindfulness, resilience, physical activity and gratefulness or gratitude. I will send out a PowerPoint on COMPASS news feed to parents and students on Friday. It would be great for students to send in photo's of what they get up to Vicki for our next newsletter. I will also ask staff to post this to their google classrooms.

I hope you can enjoy wellbeing week and then two weeks of holidays. I hope the weather is kind to us during this time so we can get out and enjoy our beautiful, natural environment.

Kelli Jacobsen—P-6 Assistant Principal

Family Plan for Positive Behaviour at Home

Family Plan for Positive Behavior at Home

Use this resource to make a family plan for positive behavior at home. Start by reading "Supporting Families with PBIS at Home." Meet with your family and make your own plan in three simple steps:



1. Set Routines: Make a family schedule.
Routines are activities that we do every day as a family, such as getting ready in the morning. Make a list of things you do as a family in the order that you do them. You can change or replace the light blue text in the table to the right to make your own family schedule.

2. Choose Expectations: What you want to see.
Expectations are short phrases or values that share what is important for your family, such as being kind to others.

- Choose a few positive expectations that work with your family schedule. If your school has expectations, you might use the same ones.
- Make a table with your expectations.
 - Add your family expectations down the left side.
 - Add your family routines across the top (from your schedule).
 - Add examples to show what it looks, sounds, and feels like to follow your family expectations in each routine.

You can change or replace the light blue text to make your own home expectations table below.

1. Family Schedule	
• Get ready in the morning	<i>Wake up, get ready for the day, & eat breakfast</i>
• Morning check-in	<i>Look at the morning schedule & check-in (how are you doing today?)</i>
• Morning Exercise	<i>Take a walk outside, "hike" inside on the stairs, etc.</i>
• Remote Instruction	<i>Work with your school to set times a school schedule, (reading, math, writing, etc.)</i>
• Lunch check-in	<i>Eat healthy lunch, look at the afternoon schedule & expectations, & check-in</i>
• Complete Homework	<i>Choose a time to do homework</i>
• Afternoon Exercise	<i>Take a walk, dance party, etc.</i>
• Be with Friends & Family	<i>Connect with family or friends through social media, phone, etc.</i>
• Get ready for bed	<i>Brush your teeth & go to sleep</i>

Expectations	Routines	Get ready in the Morning	Remote Instruction	Complete Homework	...
		1. Kind to self	<ul style="list-style-type: none"> Brush your teeth Eat a healthy breakfast 	<ul style="list-style-type: none"> Set up a quiet learning space with materials you need Stay focused 	<ul style="list-style-type: none"> Do your best Ask for help if you need it Turn your homework in
2. Kind to others	<ul style="list-style-type: none"> Use kind words with your family Ask your family members if they need help 	<ul style="list-style-type: none"> Actively listen Mute yourself when not talking Take turns when working in groups 	<ul style="list-style-type: none"> Stay in your own space Use headphones or turn speakers off Use kind words when someone helps you 	<ul style="list-style-type: none"> 	
3. Kind to our home	<ul style="list-style-type: none"> Clean up your dishes after you eat breakfast Help put any items away 	<ul style="list-style-type: none"> Put your supplies away after learning Keep your working area clean 	<ul style="list-style-type: none"> Put your supplies away Turn technology off and charge for tomorrow 	<ul style="list-style-type: none"> 	
...					

Center on PBIS (2020, August). *Family Plan for Positive Behavior at Home Template*. (Content within template adapted by family.)

Family Plan for Positive Behaviour at Home



3. Teach, remind, reward, and respond to encourage positive behavior

Remember when your children were younger? You likely taught them how to eat, drink, communicate, and many other important skills. You can use a similar approach to teach your family schedule and expectations.

The table below shares a way to teach and encourage the behaviors you want to see.

Teach	<ul style="list-style-type: none"> • Discuss: Meet as a family to talk about the kinds of behaviors you want to see (i.e., examples in your table above) and the kinds of behaviors you do not want to see. • Teach: Use three steps to teach your children how to do the behaviors you want to see in each routine to be sure they know what it looks, sounds, and feels like to meet your family expectations. <ul style="list-style-type: none"> ○ Show: Act out what desired behaviors look like for the routine. For example, if you want them to clean up your dishes after eating breakfast, have them watch you pick up your dishes and put them in the sink ○ Practice: Have your family join you in acting out. Consider making this a fun family activity, such as recording it or creating TikTok videos. ○ Watch: Have them show you the desired behavior—you're done teaching when they can do it correctly
Remind	After you teach, remind your children to follow your home expectations ("Remember to clean up your dishes after breakfast.") at the beginning of routines (before breakfast), especially when you start a new routine
Reward	Reward the behaviors you want to see. One of the best rewards is noticing that they followed family expectations and thanking them ("Thank you for cleaning up your dishes. That was really kind!")
Respond	When a member of your family makes a mistake (including you!), respond to help them get it right the next time. <ul style="list-style-type: none"> ○ Remind: "I see dishes on the table. Remember to be kind to others and put your dishes in the sink." ○ Re-teach: If your child keeps making the same mistake, re-teach (show, practice, and watch again). ○ Reward: "That was amazing! You put your dishes in the sink!"

The following table can help you plan out how to teach, remind, reward, and respond. You can change or replace the light blue text to make it your own.

Teach	Routine: Choose 1 routine to start with and write it here Expectation: Choose 1 expectation to start with and write it here <ul style="list-style-type: none"> • Discuss: Add main points for discussion <ul style="list-style-type: none"> ○ Following the expectation looks like: Add your positive examples here (do these) ○ Following the expectation does not look like: Add your negative examples here (NOT these) • Teach: <ul style="list-style-type: none"> ○ Show: Add your plan here ○ Practice: Add your plan here ○ Watch: Add your plan here
Remind	<ul style="list-style-type: none"> • Before new or hard routines, remind children how to follow your home expectations <ul style="list-style-type: none"> ○ Add 1-2 examples of how and when you will remind here ○
Reward	<ul style="list-style-type: none"> • When your child engages in desired behavior, praise! <ul style="list-style-type: none"> ○ Add 1-2 examples of how you will reward (praise) here ○
Respond	<ul style="list-style-type: none"> • When your child makes a mistake: <ul style="list-style-type: none"> ○ Remind: Add 1-2 examples of how and when you will let them know they made a mistake and remind what to do ○ Re-teach: If your child keeps making the same mistake, re-teach (teach again). ○ Reward: Add 1-2 examples of how you will reward (praise) when get it right the next time

Center on PBIS (2020, August). *Family Plan for Positive Behavior at Home Template*.
 (Content within template adapted by family.)

HIDE AND SEEK FITNESS GAME

Remote learning is no easy feat, that being said, it can be easy to lose motivation and become disconnected. In amongst the chaos of remote learning the PE department at Bright P-12 have come up with a fun little activity to do as a reminder to move, keep motivation levels up and have a bit of fun.

Introducing *Hide and Seek Fitness* a fun game the whole family can enjoy.

The Set Up:

Simply cut the cards out and hide them around the house.

If you don't have access to a printer, you can make your own using blank paper.

Some of our suggested sneaky spots are in the fridge, back of the toilet door, front door or even put them in a family member's shoe.

You will notice there are some blank cards. These cheeky cards are for you and your family to write your own exercises on.

The Equipment:

You will need:

- Hide and Seek Fitness Cards (*Pages 6 & 7*).
- Something to stick them on with (i.e Blue Tac, Sticky tape)
- Scissors (to cut out the cards with)
- Clever hiding spots
- Pen / Pencil

The Game Play:

The idea is that once you find a card, as soon as you see it you need to complete the exercise on that card.

Once you have found a card and completed the activity on it, you can either:

1. Leave it in that same spot for the next victim
- or
2. Change the spot to somewhere even more impressive.

Did you know?

Who invented scissors?

Answer: Leonardo Da Vinci.

The Lyrebird can mimic almost every sound it hears...including chainsaws!

The only continent with no active volcanoes is Australia.

In a deck of cards the king of hearts is the only king without a moustache.

Christmas trees originated from Germany.

Emus can't walk backwards.

Honey is the only natural food which never spoils.

Pop corn was invented by the Aztec Indians.

Apples are more effective at waking you up in the morning than coffee.

HIDE AND SEEK FITNESS GAME

Hide and Seek Fitness cards

30 second
Run on the
Spot

5 Squats

30 second
Imaginary
Jump Rope

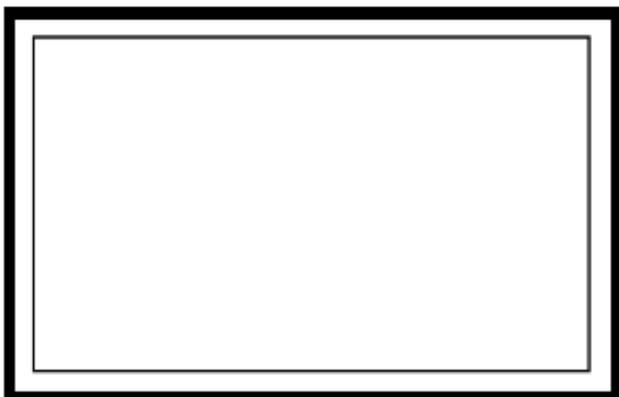
5 Star Jumps

30 second
Plank

5 Push Ups

HIDE AND SEEK FITNESS GAME

Blank Hide & Seek Fitness Cards



MORE PHOTOS OF 'PAJAMA DAY'

Miss Harris's Preps in Pajamas



Jemma Ditcham



Sophie & Zoe Head



Staff member-Chris Blazek

PHYSICAL EDUCATION—REMOTE LEARNING



Brodie



Phoebe



Julian



Oscar

During remote learning students (and some teachers) have been participating in our weekly gymnastic sessions online. Students have been accessing videos from Skylark Sport and then sharing their pictures with their teacher and other students, via our Google Slide. Check out some of our fabulous students showing us some of their moves for P.E. It's not too late to get involved! Check out your Google classroom each week for your P.E. Session. *Miss Zerlina Greene*



Archie



Leo



Claudia



Penny



Joe



Banjo



Eleanor

PHYSICAL EDUCATION—REMOTE LEARNING



Finn



Heath



Jai



Campbell



Theo



Johnny



Lizzie



Tilden

PHYSICAL EDUCATION—REMOTE LEARNING



Health Corner with 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 feeling.

Below is a simple Anxiety tool, that we all can use anywhere anytime to helps cope with these feelings if they are causing us and discomfort or distress.



Thought for the week : 'People need to hear what they're doing right far more often than what they're doing wrong.' Lauren Fortenberry.

YEAR 9 MORRISBY

Year 9 Morrisby

I want to congratulate the Year 9 students for their successful participation in the Morrisby On-line Career Profiling interviews which all had to be conducted from home on Webex. I sat in on the discussions with our external interviewer, Tanya Honeychurch, and our students displayed great maturity as well as conducting respectful and meaningful discussions. Tanya commented on how impressed she was with the students from Bright P-12 College. She felt they demonstrated impressive communication skills and were very polite as well as responsible in meeting their appointment times.

I sent out a survey post interviews to the students and from the feedback received so far, the students were extremely happy and interested in the results the

report provided which formed the basis of discussions with Tanya. 100% of students said they felt confident to use the Morrisby tool for career research in the future.

I shall be using the individual reports to form the basis for future career discussions with each student.

Chris Blazek - Careers Adviser



Bushfire At-Risk Register - Schools

School procedures for the bushfire season



Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life.

Schools and children's services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Code Red fire danger rating day is determined in their Bureau of Meteorology district. **Our school has been identified as being one of those at high bushfire risk and is listed on the BARR.**

Where possible, we will provide parents with up to four days notice of a potential Code Red day closure by letter and Compass Notification. A Code Red day will be determined by the Emergency Management Commissioner no later than 1.00 pm the day before the potential closure. Once we are advised of the confirmation of the Code Red day we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Code Red day.
- School camps will be cancelled if a Code Red fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.

As a bus co-ordinating school all bus routes will be cancelled.

On these Code Red days families are encouraged to enact their Bushfire Survival Plan – **on such days children should never be left at home or in the care of older children.**

For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Code Red days are forecast, the safest option is to leave the night before or early on the morning of the Code Red day.

As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan, reprioritised any maintenance works that may assist in preparing for the threat of fire and cleared our facility's grounds and gutters.

What can parents do?

- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters, by checking Compass and by talking to your child's teacher or any other member of the teaching staff about our emergency management plan.
- Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
- If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.

You can access more information about children's services closures on the Department of Education and Training website – see <http://www.education.vic.gov.au/about/programs/health/pages/closures.aspx>

Multiple sources that offer information on emergencies are listed below:

VicEmergency app – that can be downloaded on your android and iOS mobile devices

VicEmergency Hotline (1800 226 226)

Website <https://emergency.vic.gov.au>

Facebook (<https://www.facebook.com/vicemergency>)

Twitter (<https://twitter.com/vicemergency>)

ABC local radio, Sky News and other emergency broadcasters

College and Community Notices

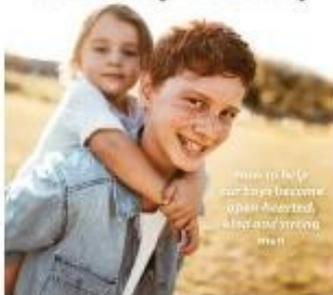


FREE EVENT for Parents in
Bushfire-Affected Shires

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Thursday 8th October at 8 PM

Watch Steve's world famous talk - filmed before the virus arrived with a live audience, its like being in the front row! Organized by some volunteer parents in Alpine Shire, this online event is **FREE** for anyone in **Alpine, East Gippsland and Towong Shires.**

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Bookings: <https://www.trybooking.com/BLDQT>

Also coming soon!.....

RAISING GIRLS - Oct 29th

<https://www.trybooking.com/BLDRL>

& SECRETS OF HAPPY CHILDREN - Nov 19th

<https://www.trybooking.com/BLDRN>

College and Community Notices

OVENS VALLEY UNITED CRICKET CLUB

Ovens Valley United Cricket Club currently has A Grade, A Reserve, B Grade, U16's, U14's and two U12 teams in the Wangaratta and District Cricket Association. New players are most welcome! Senior Training times during the season: Tuesday and Thursday nights starting 5:30pm. BBQ tea most Thursdays. Juniors train Tuesday, Wednesday or Thursday afternoons. Master Blaster will be huge again!

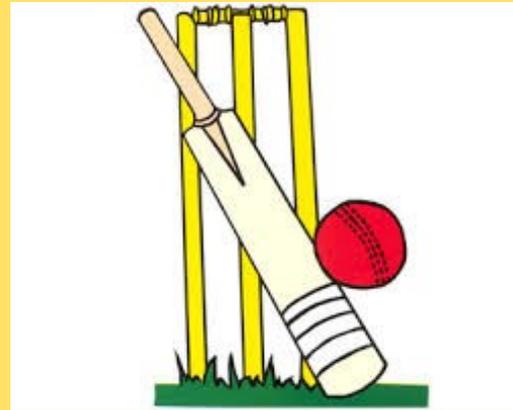
For information on Registration Dates and Costs please go to our website—<https://www.playcricket.com.au/club-finder/club-details?id=983>

If you have any concerns please don't hesitate to contact

me and I will point you in the right direction for assistance.

Many thanks

Gaye Dalbosco on behalf of the OVUCC



22.2KGS BATTERIES RECYCLED

I am pleased to report that as a school community we have saved an addition 22.2kgs of batteries heading for land fill. Think of all those poisons not heading into the soil!! In addition, in case anyone is unaware, the Porepunkah Transfer Station (Tip) now takes all e-waste for free. It is electronic waste if it's got a plug, battery or cord and you want to throw it away. It includes old phones, computers, household appliances, power tools and electronic toys. They have built a holding shed where these can be deposited for recycling. This is great news, as I used to have to drive the batteries to Wangaratta for recycling!

I will continue to collect spent batteries (domestic only) on behalf of Bright P-12 College but you can also deposit them at the town library and at the shire offices.

We also have a collection box for old mobile phones at the front office.

Chris Blazek





Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.** headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at headspace.org.au/centres



Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

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E: info@alpinebuildingpermits.com.au

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