Intention to Ski forms for Day 4 (Tuesday August 13) are due Thursday August 8 so pick yours up from the front office!

PARENT / TEACHER SECONDARY INTERVIEWS:
are on August 21st between 1.00pm and 6.30pm. Booking of your interview times will need to be done personally and online at www.schoolinterviews.com.au.
You will however, need to register first - go to the website, enter this code (BCYZK) and complete your details. Registered parents will be sent an email advising them that bookings are open.
Parents and guardians who do not have access to the internet can visit the front office where our friendly office staff can make bookings for you.
Once you have booked your interviews you will be able to print off your own timetable to bring with you to the interviews.
Bookings can be edited up until the 20th August.

HAVE YOUR DETAILS CHANGED?
If you have moved, changed phone numbers or need to update your emergency contacts, please let the friendly office staff know your change of details.

Congratulations to the Bright P-12 College Concert Band on their win in the Junior Secondary Concert Band section of the Albury/Wodonga Eisteddfod (even though most of the band are still in Primary!). A full report from their proud teacher Jason Campbell on page 7.

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**ACTING PRINCIPAL’S REPORT**

At this week’s 7-12 Assembly we welcomed the students and teachers from **Apollo Bay**, who are visiting Bright P-12 College this week to experience the joys of skiing. This is a valuable exchange program that allows our students to experience the surf and sun and the Apollo Bay students to experience the snow and sleet. We are in many respects similar schools, both P-12s nestled in supportive communities; however there are significant differences in environmental surrounds. Thank you Ryan Kent and Rebecca Crawley for your efforts in continuing this fruitful partnership.

**Community Garden project**

Bright P-12 College, Alpine View Children’s Centre and the Bright Community plan to establish a community garden, a garden that teaches children:

- New skills in the kitchen and garden to equip our children to lead lives that are not dependent on processed foods
- An understanding of time needed for important things to happen (e.g. grow food to harvest, bread dough to rise)
- Appreciation of fresh seasonal food
- Confidence and self esteem
- Co-operative behaviour as all work is done as part of a small group
- Deeper understandings and tolerance of cultural difference by exposure to other culinary traditions
- Environmental issues such as soil health, water management, seed-saving, organic pest control and the importance of plant diversity
- Understanding the link between good food choices and optimum health
- The relationship between the garden and the table

We are actively seeking community volunteers, parents and staff to assist with the development and implementation of the community garden. **We need a proactive planning group to get this project into gear.** If you are community minded, resourceful, interested in gardening, writing funding applications or are good at getting things done please join us! To register your interest please contact me on 03 57551166.

**Selecting a VCE/VCAL program**

We have commenced our course selection and counselling process to assist students and their parents to make informed choices about their course of study for next year. This process started with a VCE/VCAL/VET information evening for parents earlier in the term. **The most essential advice to Year 10 students and parents is that whilst there is sometimes a push to select subjects that will potentially maximize an ATAR, the experience of the college is that students perform best when they select subjects they are passionate about and which provide them with a broad and enriching education.** Over the coming weeks students and parents will engage in course counselling interviews too.

**Student success**

Last week a group of our students lead by Jason Campbell went to Albury to compete in the Albury Wodonga Eisteddfod. At which I am pleased to announce the Bright P-12 students won first place in the Secondary Bands & Orchestras, Junior Secondary Years 7, 8 & 9. Congratulations!

Jean Olley

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**Bright P-12 College**

**DINNER PLAIN ANNEXE 2014**

Expressions of Interest for enrolment at Bright P-12 College Dinner Plain P-6 and 7-12 Annexes for the 2014 season will open on **Friday August 30th, 2013**.

Application forms, details of enrolment policy and process can be found on the Bright P-12 College website: [www.brightp12.vic.edu.au](http://www.brightp12.vic.edu.au) and also from the College and Dinner Plain Annexes.

*Application forms will not be available before August 30th.*

Any enquiries to Ph 03 57551166
ASSISTANT PRINCIPAL’S REPORT
– STUDENT ENGAGEMENT & WELLBEING

I would like to welcome our visitors from Apollo Bay and thank our students and their families who have opened their homes to our visitors. I also want to thank Rebecca Crawley and Ryan Kent who have worked hard in organising this exchange. It is always a great learning experience to mix with young people from outside our community and discover how they are leading their lives. I wish everyone involved an interesting and enjoyable week. I hope the weather is kind!

Thank you to Ms Nightingale and Primary SRC

I want to extend a huge thank you to Ms Leanne Nightingale and the Primary SRC for their Herculean efforts in raising money on Jeans for Genes Day last Friday. The final amount is in excess of $600 with some monies still to come in. This is a wonderful outcome and a tribute to the generosity of our primary students and families. Much of the success of the day must be attributed to Ms Nightingale who encouraged and provided the organisational support for the day.

Use of Social Media

I want to revisit the topic of young people’s use of social media. A recent survey of teenagers’ social media and Internet habits found the following:

- Most parents closely monitor and understand their children’s behaviour online until around the age of 14
- After the age of 14 young people tend to take more risks than their parents realise including meeting strangers online and then potentially in real life, posting too much personal information or sending photos and videos to other people
- By the time young people are 16, parents start to underestimate the likelihood of their child being bullied or involved in upsetting experiences
- Only 17% of parents said their 16 year-old was bothered by something on the internet, but 26% of young people of that age said they suffered through an upsetting experience
- As many as 31% of children under 11 had used Facebook, although it is not supposed to be available to children younger than 13
- Girls aged 12 to 17 who used Facebook daily were most likely to be cyberbullied
- Nearly three-quarters of the sample (1500 young people) said that using the web made them feel good

What are the lessons from this research for parents?

Online behaviour clearly changes once children reach puberty. The childhood interests are very much around games or collaboration around something that is fun. When young people reach 14 the focus moves to getting people to like you and become your friends. Acceptance by peers becomes the priority. Parents should check their teenager’s online profile, Internet searches and the sites they visit. It is important to know that our young people are accessing safe and correct information.

Annie Gowing

Pizza by the slice!

Do you love pizzas? Well you’ll love ours! Come on down and try our delicious Margherita and Hawaiian pizzas, freshly prepared and cooked to perfection in our wood-fired oven.

How much does this cost? **ONLY $1.50 a slice!**

Or group up with friends and spend only $5 for 5 slices!

When and where is this great deal available? **Every Thursday lunchtime at the VCAL Pizza Shed,** where our friendly VCAL team prepare, cook, and serve fresh pizza just for you!

By Josh Higgins

ACTING ASSISTANT PRINCIPAL’S REPORT
– TEACHING & LEARNING

Term 3 is an important term for teaching and learning. Our Year 12s can see the end of the academic year, but can also feel that there is a lot to achieve in a small amount of time. Our Senior students will finalise their subject choices and map their pathways for their careers. It is important that students make the most of resources here at school when considering a pathway.

Chris Blazek has a wealth of information and is also willing to assist students when planning for their futures. Other staff members who can assist in this process are Year Level Coordinators and PCOs. We encourage parents also to make connections with key members of staff if they have any concerns about student performance or careers pathways.

Prep Information Night took place last night. I would like to thank Jayne Forbes and Tes Pederick for their meticulous planning and consideration for the evening. If you have any enquiries about Prep enrolment please feel free to contact me at the College to make an appointment. The learning opportunities we are able to offer our preps (and all students) are outstanding. The school environment is a safe and supportive one, with staff/students/parents relationships being a major focus of our College and our daily work.

Secondary Parent/Teacher Interviews will take place on the 21st of August from 1pm. The online booking service is up and running so please log in and make appropriate bookings. If you are waiting to see who has requested bookings, Progress Reports will be sent home next week. Online Parent teacher bookings will remain open until the 20th of August. If for any reason you are unable to attend or require a longer interview, please contact the teacher concerned. We are really conscientious about keeping our meetings to 10min so we don’t keep parents waiting, so we would appreciate promptness from parents. We welcome student attendance at interviews as well. If you have any questions or concerns around parent teacher interviews or the booking process please contact us.

Australian Curriculum continues to be rolled out next year, with the inclusion of Geography into core subjects taught. The Curriculum Committee is currently researching and finalising how we can teach Geography in 2014 and beyond.

Kelli Jacobsen
PREPARATION FOR MY 2014 EXCHANGE TO JAPAN

Last weekend I attended a Rotary Youth Exchange workshop at Dookie Agricultural College, near Shepparton with 16 other Rotary Exchange Students from Benalla, Myrtleford, Wodonga, Albury, Corowa and Cobram, as well as International Students from Italy, Sweden, Brazil, Taiwan and France.

We started the weekend with introductions and a brief overview of what the Exchange program entailed. This involved all the exchange students doing brief impromptu talks on themselves. This was then followed by a lengthy presentation on issues we may encounter overseas such as harassment, abuse, theft or loss of belongings etc.

Sharing a delicious lunch gave us the opportunity to get to know each other better and to find out more about one another.

Throughout the afternoon we moved through a series of rotations of various workshops which included topics such as insurance, uniform fitting, gifts for host families, paperwork to be completed and issues relating to currency, tickets and our passports.

We broke for dinner then returned to complete a fun group trivia session allowing us all to bond as a group.

Sunday morning after breakfast we were joined by two guest speakers who were fathers of past Rotary exchange students. Their talks were informative, humorous and emotional for us all.

Sadly the weekend came to an end. After the exchange of farewells and addresses we parted ways all eagerly looking forward to our next weekend at Tatura in October.

I’d like to thank Bright Rotary District 9790 for this wonderful opportunity!

Jack Raymond
Year 10

VCAL PIZZA PROJECT

Just recently the VCAL team have started a project which benefits the school community. This project consists of us making pizzas for the school for a price - $1.50 per slice of $5 for 5 slices.

Our aim is to increase the reputation of VCAL and gain profit, to be put towards some activity of our choice. Also, to complete a part of our VCAL studies.

Yesterday (August 1) was our first day and trial. We were swamped with people we did not expect! This made it a challenge to work through, but we did it and pulled a nice profit.

Next week we aim to be faster and more organised, to offer better service. The word has got out and the feedback was positive.

I believe we are doing well and can only improve.

Matthew Green

Dear Parents, the College’s grounds are a PEDESTRIAN ZONE - i.e. NO cycling / scootering / skateboarding is permitted, for SAFETY reasons.

Please ensure that your family respects this college rule and dismounts from any transport before entering school grounds.

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It’s NOT OK to BE AWAY
**Dear Parents and Friends,**

Another term is underway and there is plenty to get through in this update:

**Year 10 Small Business Class** - Parents & Friends would like to say a big thank you to the Year 10 Small Business Class for raising $239.15 last term.

**IGA Dockets** - keep collecting your IGA dockets and either hand them in at the school or at the store where you can request the cashier place them in a box behind their front counter. We receive a continuous flow of donations from IGA from these dockets. Recently these funds have assisted the School in repairing the BBQ trailer, will be used in the near future to purchase a floor cleaner for the Stadium and to place funds into the Parents and Friends Foundation. We really do appreciate the generosity of Bright Supa IGA.

**Wish List 2013** - wishes have started to be granted there are many more to go but so far the list includes: Market Tents to be used for the Fun Run and other School events, Funds placed in the Parents & Friends Foundation specifically to assist High Achieving Students in their pursuits (at the discretion of the School), and a vacuum cleaner for the Librarians to keep the books and shelves dust-free. See the attached Wish List application form for 2014 - it is a draft at present so if you wish to comment please do so via email to this address.

**Woolworths Earn & Learn** - A big thank you to all the parents, teachers, students and friends of the school who placed their sticker sheets into the collection boxes. The points have been tallied and we will submit our order shortly.

**Fundraising Ideas** - Do you have a fundraising idea that you think you like to help with or would like P&F to consider? All new ideas are welcome, please email them to ParentsandFriends@brightp12.vic.edu.au

Kelli Jacobsen would like to hear from any parents who might be interested in reviewing the options for School Photo photographers. The School regularly receives information packages from various suppliers and reviews them every few years. If you would like to comment or assist her with this matter then please contact her at the School.

**Volunteers** - we also wanted to say thank you to some of the amazing people who volunteer their time at P&F fundraising activities but also those that volunteer their time to the School in other ways. Recently Susan Anehagen has started helping out with Matt Pywell during Gymnastics, she has a wealth of experience in this area, thank you Susan.

Finally 2014 is going to be a great year for the School and Parents and Friends would like you to take an interest in what we do and help us make the wishes of the School Community a reality. **We need new members for the committee** as there are number who have been volunteering on the committee for the last few years and will be stepping down from their positions at the end of the year. We see this as a perfect opportunity to allow for new members and new ideas to flow through. Don’t hesitate just say yes and get active, participation is the key. We promise you will have fun! For more information email ParentsandFriends@brightp12.vic.edu.au

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**Parents & Friends Group**

**Bright P-12 BBQ @ Bright Markets - Help needed from Year 10**

We need volunteers to help run one of the most successful P&F Fundraising activities.

Please note this month we will need parents’ assistance with towing the BBQ Trailer as well as manning the stall. Come along and have some fun!

Please contact Clare Wood on 0430439327 or email Clare.wood@spin.net.au

Without your help we cannot raise much-needed funds for the school.

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<th>Date</th>
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<tr>
<td>17th August</td>
<td>Yr. 10</td>
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<td>21st September</td>
<td>Prep’s &amp; P/1</td>
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<td>21st December</td>
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**Bright P-12 Parents & Friends Group**

Inspiring education, Supporting families, Connecting community©

Bright P-12 College Library will be having its annual Book Fair August 21st - 22nd celebrating Children's Book Council’s Book Week.

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**Kylie Wickham**

Secretary, Bright P-12 College Parents and Friends Group
Andy Sparks visit

Andy is the Australian ‘grandpa’ of the Burmese students at our school. Andy gave a talk with slideshow to the Year 5/6 students last week and explained how a small amount of money can go a long way to supporting the children in Chin State, Burma. At its last meeting, the Junior SRC (coordinated by Annie Gowing and Leanne Nightingale), voted unanimously to sponsor the BAW 3 village school in Chin State.

On 31st of July, Years 5/6 Y, 5/6 V and Ms Davies Year 5’s watched Andy’s slide show and listened to him talk about Burmese people. He talked about people in Burma and how he helped them. He helped get new houses for them. He and his sons helped to fix up the school building. The school was at least one hour away from the closest village. This was the school that Mary Thinu went to. Now Mary comes to our school.

I found it very interesting when Andy talked about the boys over six years old and how they carry a knife. They get a knife so they can defend themselves and the girls from animals such as wild boars. He also talked about how they built the bridges to go over the water. I found it sad when Andy told us that the bridges get washed away each wet season. Andrew Ling is Burmese and comes from a place in Burma called Chin State but now he lives here in Bright.

By Jackson Dodd

On Wednesday the 31st of July Andy Sparks came to our school and spoke to the Year 5/6s about the Burmese and Chin state area. Burma is surrounded by countries. The countries are Cambodia, Thailand, Laos and Myanmar and if you go through Laos you will come to China.

He spoke to the children about a girl who has only one side of her body working properly because she has Meningitis. He also said how the community works like a massive family who always helps and cares for each other.

The boys and men have special knives/swords to protect themselves and to kill things to eat. The children there have to cut the wood and have to carry at least 35 kilograms of wood on their backs. The boys/men have to protect the girls/ladies.

The money in Burma is also different to Australian money as well. When we have $10 in Burma you would have 8811.07 kyat.

The villages there are scattered all over the mountain range. There are currently 4 students of Burmese origin that go to this school, (Mary, Injala, Khaw-Ti and Andrew). Mary’s school when she used to live in Burma is called BAW3.

We will try to raise as much money as possible so we can buy them pencils and books to read and write in.

By Brooke Thwaites
Music news

Concert Band Eisteddfod
1st Place!
Last week the Concert Band competed in the Albury/Wodonga Eisteddfod at the Cube in Wodonga. The students performed in the Year 7, 8 and 9 Junior Secondary Concert Band section. The students performed very well on the day and came away with first place.
We competed against ensembles from Tallangatta Secondary College and Xavier College. This win was surprising considering there were only three students in the Concert Band in secondary school, with the rest being in primary school. Congratulations to all students involved and keep up the good work. If you would like your child to be part of the program please approach me for information, we could always do with more instruments.

Prep-Two Choir
The P-2 Choir is rehearsing every Monday at lunchtime. The students are working towards the Primary Concert and are learning the song Supercalifragilistic...... Please remind your child to come to rehearsals on Mondays.

ACMF National Songwriting Competition
If any student is interested in entering the ‘Australian Children’s Music Foundation (ACMF)’ Song writing Competition please see Mr Campbell for details. Entry is free and there are numerous prizes available for successful participants. Entries close on the 27th of September 2013. I know there are a few songwriters out there in the community. Please encourage them to get involved with this event and potentially win some great prizes.

Melbourne Youth Music Summer School
I have details about a summer school which is held from January 13-18 at the Victorian College of the Arts. This is open to students who want to play in an Orchestra, String Ensemble, Concert Band, or Jazz Ensemble. No audition is required, so if you are interested in this program please see me for more details.

‘Free Mic’ Performance
On Friday the 23rd of August there will be an open mic session between 4pm -6pm at the Bright Courthouse. This is open to any person under 25 years. Please come along to see a great couple of hours of entertainment. If you are a singer come along and have a sing. For more information please contact lilik@alpineshire.vic.gov.au

Jason Campbell

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Ian Young
m 0417 674 438
p 03 5750 10527
e ian@alpineit.com.au
www.alpineit.com.au

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www.brightorganics.com.au
‘German Day Out’ Excursion

This year students from Years 9-11 German classes, together with Ms Ciolli and Ms Haber travelled to Melbourne for the AGTV (Association of German Teachers of Victoria) and the Goethe Institut German Day Out event on July 25. The group of students from Bright P-12 College enjoyed a fun day together all with a German focus.

This is a special day for students of German, held each year at the Melbourne Town Hall. It is designed especially to give students the very latest on how German can benefit their professional future, not only in German speaking countries, but also within ASEAN and around the world. On the day this was simply referred to as: Der X-Faktor: Deutsch. It aims to give students a more realistic idea as to where their language studies can take them. There were many interesting and engaging presentations from young people whose lives have benefitted from and taken an interesting path because they have German language skills.

“It was great listening to previous students who travelled to Germany in their school years share their experiences, especially as some had been in the last couple of years and weren’t much older than us”, Alex Shem.

The highlight for our group was the official presentation of the YEAR 10 Award to the College’s Alex Shem from the German Ambassador Dr Christoph Müller who travelled from Canberra to attend the event.

In the afternoon we undertook an historical walking tour through the streets and laneways of Melbourne, learning about various buildings and their past connections to the earlier German speaking community in Melbourne.

“I really enjoyed seeing the German church and all the architecture”, Liam Packham.

We saw beautiful stained glass windows in the German Lutheran Church, visited the ballroom of the original German club in Alfred’s Place, drank a Spezi (Fanta & Cola mixed together) at the Hofbrauhaus, looked at artwork by German artists in the State library and enjoyed a Bratwurst with Sauerkraut from a city street vendor. The walking tour was a lovely mix between city experience for the students and learning about some of the German connections to Melbourne.

“I had a lot of fun at the State Library”, Nathan Carrigg.

Vielen Dank to all the students for helping to make this a great day out.

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On Friday 16th August, Brainstorm Productions will be presenting Buddies for Prep - Year 5, an exciting adventure that gives clear strategies for maintaining friendships and being safe on the internet. In this adventure the characters learn to control themselves, express their feelings in a safe way, seek help, use kind words, listen, tell the truth and never give their details or talk to strangers online.

For more information on the company go to www.brainstormproductions.edu.au

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Piano  Jill Chalwell
(03) 5750 1008, 0419008454

Guitar  Howard Kovesy
0432547747

Guitar  Rudi Katterl
0417133293

Drums  Ray Robertson
57551113
Bonnie Wright, Grace Griffith, Brodie Brain and Daniel West travelled to Wangaratta with Karen Morley on Wednesday the 7th October to donate blood. The day was a huge success; everyone had a memorable experience, and is keen to donate again. All four students highly recommend that others give blood, as it is very rewarding and each donation saves three lives. Family and friends are encouraged to sign up to Club Red, Bright P-12 College as well, and together, we can see how many lives we are saving.

**Hello Bright College**

I have just returned from a couple of days skiing at Hotham, and was so impressed by two of your students that I thought I’d email. So often we voice complaints, so I thought I’d send a quick message of the opposite nature.

I shared a lovely conversation with two of the boys whilst on the Village chair on Tuesday morning. They were friendly, polite, articulate and had some interesting tales about living close to the snow. Your school was well represented by these two boys.

Let’s hope for some fresh snow soon.

Lyndell
Victorian Interschools
Mt Buller – Cross Country Events

The Victorian Interschool Cross Country event was held on the 4th August at Mt Buller. Bright P-12 College entered a Division 2 girls’ team, Tessa Pascoe, Georgia Young and Teagan Atherstone. Teagan, a year 7 student, kindly offered to ski up a division so that she could make a team of three with the two girls from year 9. The poor snow condition meant that the race was reduced from a 3km track to a 400m uphill sprint. The trying conditions of the race meant that many of the girls were put the test physically as they skated up through the zig-zag track, vying for the limited skiing space. In the Cross Country Individual Freestyle Sprint, Tessa was 9th, Teagan was 13th and Georgia was 33rd giving Bright P-12 College an overall 4th placing. In the relay the team was placed 7th. These are excellent results for a team that hasn’t trained together at all this season. Teagan’s individual results also show she is a skier to watch in the future! The Bright P-12 College Division 2 girls’ cross country team has now qualified to ski at the Australian Interschool Snowsports Championships held at Mt Buller in September. Well done and congratulations to the girls and those hard working parents that got them to Mt Buller and supported them through the race.

Jenny Young

The 2013 Communities for Nature Small and Large Grants Funding Opportunity is open

Applications can be submitted online from today and will close at midnight on 13th September 2013. The Victorian Government has launched the 2013 Communities for Nature Small and Large Grants Funding Opportunity. The Communities for Nature 2013 Small and Large Grants Funding Opportunity aims to support practical action by community groups, schools, and volunteer organisations to deliver measurable environmental outcomes through on ground works.

The Funding Opportunity will provide $4,000,000 to community groups seeking one to two year grants from small grants of up to $10,000 and large grants of $10,001 to $150,000. Projects that will be completed by 30 June 2016 are eligible for funding. More information can be found in the Guidelines and FAQ are found online at http://www.depi.vic.gov.au/environment-and-wildlife/community-programs/communities-for-nature-grants
A recently launched website may be of interest to the College Community:
www.familylawmattersaustralia.com.au

Family Law Network Australia (FLNA) was established as a free information resource and referral service in the event of needing assistance with family law issues. FLNA is information of a general nature only and does not constitute legal advice or replace the services of a lawyer.

The site contains information on separation and divorce, parenting arrangements, property settlement and child support, together with links and resources.

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Irregular Bedtimes Reduce Children’s Cognitive Performance

Study finds that irregular bedtimes at 3-years-old predict lower cognitive performance four years later.

How much do children’s bedtimes really matter for how their brains develop?

To measure the effects of bedtimes on cognitive function, researchers followed 11,000 children from when they were 3-years old to the age of 7 (Kelly et al., 2013).

Parents were asked about their children’s bedtimes at 3, 5 and 7-years-old. At 7, the children were tested on their reading, maths and spatial abilities.

The study found that:

"...irregular bedtimes at 3 years of age were associated with lower scores in reading, maths, and spatial awareness in both boys and girls, suggesting that around the age of 3 could be a sensitive period for cognitive development."

In other words, regular bedtimes are important for both boys and girls and the earlier these can be implemented, the better for cognitive performance. The suggestion is that irregular sleeping patterns adversely affect development and these may cause permanent damage:

"Sleep is crucial for the maintenance of homeostasis and brain plasticity, including processes to do with embedding new knowledge, memory and skills into developing neural assemblies."

While is true of for both boys and girls, the study found that irregular bedtimes may be particularly bad news for girls.

Although children from more disadvantaged backgrounds tend to have less regular bedtimes, this was taken into account in the statistical models built by researchers:

"It might be that inconsistent bedtimes are a reflection of chaotic family settings and it is this, rather than disrupted sleep that impacts on cognitive performance in children. However, we found that inconsistent bedtimes were linked to markers of cognitive performance independent of multiple markers of stressful family environments. Findings from elsewhere suggest that stressful family environments affect children's functioning via effects on sleep."

What ANZAC Day Means to Me

Sometimes I wonder what Anzac Day means to me.

To me it means I stop for that one minute and think how brave they were. How much courage they would have to leave their family. The men that had arrived home would have seen terrible things, I have heard some of them could not forget it.

I know that some of my family went to war, my great-grandpa and my great, great uncle. People would wait for a letter from their husband or brother or son or dad, the letter they didn’t want was the letter to say their husband or son or brother or dad was dead, or a man coming up to your door, saying they were dead.

Watching your brave boys go off to war would be the saddest day of your life. I would be so sad if my brother, dad or uncle or any boy in my family had to go, but they would go and save millions of lives and we would all be so thankful. But from this day on, I will thank all of those brave men that went to save our country.

Lest we forget.

Maddie Hewitt, aged 10.

Every year on April 25th we celebrate ANZAC day and although I am very, very sad, I am also very happy that soldiers fought for our land. Because if they did not we would not be here right now.

Sometimes I wonder what it would be like to fight in war. I imagine you would have to have HEAPS of courage and bravery. It would be absolutely terrifying seeing your mates go down on each side of you. I imagine also you would never get the horrid sound of shooting out of your head. Would you ever recover from that terrible sight when everywhere you looked there were dead men?

On ANZAC day I close my eyes and think about all the poor brave men and how they would have to be fit and brave and be prepared to probably never see their family ever again. So that’s what ANZAC day means to me.

Lest we forget.

Amy Ditcham, aged 9

These days we all know that people gave their lives for our country and for our people. Imagine your family and friends going to war and not hearing from them for weeks, even months. The people in the war would be terrified and more. And never hearing from your son or brother or father again makes me cry. Imagine if you were in the war and never returned; your family would need courage and strength. ANZAC day is a day for remembrance of the people that died in the war for us. And that is how I think about ANZACs and ANZAC day.

Libby Gallagher, aged 9
Past students Max Carter (above - Dux, Class of 2012) and Ben Bond (top right - Dux & College Captain, Class of 2009) have been “poster boys” for their respective universities (Melbourne University & Charles Sturt University respectively) of late. Great to see their education is continuing in such a positive manner!

Thomas Gales (bottom right - Class of 2006) graduated this week with a Bachelor of Engineering from Melbourne University. His proud father Graham was in attendance to congratulate him.

Financial Assistance for Families

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower income families to help with education-related costs.

The payment is intended to assist with education-related costs such as: uniforms, excursions, textbooks and stationery. You can elect to have the EMA paid into your nominated bank account or receive a cheque.

If you have a child under 16 and hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August.

Applications for Semester 2 EMA have now closed but further information can be obtained from the school office or visit: www.education.vic.gov.au/aboutschool/financial/ema.htm

On Friday 16th August, Brainstorm Productions will be presenting the play Cyberia for Years 6-11, a play that highlights some of the complex issues surrounding the misuse of technology and the damage caused by cyber-bullying.

This is an entertaining way to promote discussion and to give the students guidelines about what constitutes cyber bullying, the affects of too much screen time and violent computer games, internet safety, digital citizenship and protecting our on-line reputation.

This show will assist in creating a safe harmonious environment for students and staff at school and online.

For more information about the company go to www.brainstormproductions.edu.au
SCHOOL NURSE NEWS

5 Lies the Weight Loss Industry Want You to Believe

Dr Rick Kausman has been running a weight management and eating behaviour clinic for 25 years. He’s a director of the Butterfly Foundation, a fellow of the Australian Society for Psychological Medicine, and the author of If Not Dieting, Then What?

1. Weight loss is a simple matter of willpower

We’ve all heard that weight loss is easy. People just need some good old-fashioned will power. This myth is so ingrained in our culture that it’s assumed that a person with a fat body is lazy and undisciplined which can lead to discrimination in employment opportunities and by health care professionals.

"Most people try to use willpower and determination to lose weight. Weight loss is the wrong goal to have (we’ll get to that in a moment) but, nonetheless, willpower is not the right skill to use to achieve that goal," says Dr Kausman.

"Willpower is a terrific skill to have but it’s a short-term skill. You use willpower for things like studying for exams. But you wouldn’t have enough willpower to force yourself to study for exams every day for the rest of your life.”

"Weight loss and healthy eating is the same. People just run out of willpower, they run out of the ability to deprive themselves. Willpower is not the right skill to use to try to achieve long-term sustainable change.”

2. You can shame yourself (or other people) thin

We raise our eyebrows when we see an overweight person eating carbs and wonder if we should say something to our fat friends and family ‘for their own good’. We think humiliating fat people in shows like Biggest Loser is ‘tough love’ and we ask our friends to police our eating and weight loss and hate ourselves when we inevitably fail.

"A much better skill to use to be the healthiest we can be is self-compassion," says Dr Kausman.

"We should work on being kinder to ourselves. The research shows that if we can be kinder to ourselves then we tend to look after ourselves better. We will do things that will help us look after ourselves better rather than punish ourselves or set ourselves targets that are impossible to achieve.”

3. Doctors and health professionals are experts in weight management

"Weight management and the psychology of eating is a relatively new area of health,” says Dr Kausman.

Doctors, dietitian and psychologists are experts in many areas, but according to Dr Kausman weight management and the psychology of eating is very often not one of them.

"In a short period of time we have seen weight gain for a significant number of people, as well as a thin ideal that is almost impossible to achieve” says Dr Kausman. "The education and training for health professionals has not caught up to deal with this problem.”

"On the whole, GPs, dietitians and psychologists are very poorly equipped to support somebody who might come in and say that they feel they are above their most healthy weight and looking for advice on what they should do about that.”

4. The weight loss industry are weight loss experts

"The weight loss industry just has to die,” says Dr Kausman.

"All weight loss organisations are businesses that do a brilliant job of masquerading as health providers. They are not health providers. They are geared to what is going to make the most money and not what is most helpful for their clients, so they are never going to be helpful.”

"The mere idea of weight loss companies offering a life membership is a joke. The whole premise is ridiculous because it’s the opposite of what you want to be doing. They should be aiming to free people from the distress and disempowerment of counting, measuring and weighing.”

"I don’t want my patients to be a member of my practice. I want to work with them to make this issue really quiet in their life. Whereas the weight loss industry wants to hang on to you, disempower you to keep you as members,” says Dr Kausman.

Kausman is not alone in suggesting that weight loss companies do more harm than good. A 2007 article in American Psychologist which reviewed 31 weight loss studies reported that, 'One study found that both men and women who participated in formal weight-loss programs gained significantly more weight over a two-year period than those who had not participated in a weight-loss program'.

"The evidence is really crystal clear that dieting doesn’t work and that it can lead to eating disorders. Yet these weight-loss organisations have managed to stay one step ahead of the general public’s, but also health professionals’, awareness about these issues. But they are being wound in as we speak," Dr Kausman says.

5. Diets lead to weight loss

"What we know — and we now have the science to prove it — is that dieting doesn’t work, certainly in the medium to long term but often in the short-term as well,” says Dr Kausman. "We also know that, for most people dieting causes weight gain. And that the most common path to an eating disorder is weight-loss dieting.”

"We need to shift the focus away from weight as the goal and onto looking after ourselves. We need to stop focusing on the end point and start valuing the process.”

"Weight is a terrible measure for healthy, anyway,” says Kausman.


Your Adolescent Health Nurse Karen Morley
at your school on Monday & Tuesdays
CHECK YOUR CHILD FOR HEADLICE:
Head lice do not transmit infectious diseases – they are transmitted by having head to head contact with someone who has head lice. You may be reassured to know that head lice are commonly found in many places. Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10,000 years!!!! If head lice or eggs are found on your child’s hair you need to inform the school and parents or carers of your child’s friends so they too have the opportunity to detect and treat their children if required. Thank you for your cooperation in this matter and please don’t hesitate to contact me for further information. Annie Gowing

Follow these steps and remember if you look once a week using this conditioner and comb method you may find a molliet before it’s a mountain

Step 1: Comb inexpensive hair conditioner on to dry, brushed (detangled) hair. This makes it difficult for lice to grip the hair or run around;
Step 2: Wipe the conditioner from the comb onto a paper towel or tissue;
Step 3: Look on the tissue and on the comb for lice and eggs;
Step 4: If lice or eggs are found, the child should be treated;
Step 5: If the child has been treated recently and only hatched eggs are found, you may not have to treat since the eggs could be from the old infection.

Bright P-12 College is again involved in this excellent recycling scheme. www.mobilmuster.com.au
Bring in your old mobile phone to the collection point at the main office!
Also, we collect BATTERIES for recycling, so bring in your dead!
Parenting Seminars (in Melbourne)
Dr Michael Carr-Gregg presents How to Raise Happy and Resilient GIRLS!
7pm to 9pm August 26th, 2013
Lowther Hall, 17 Leslie Rd, Essendon
As Australia’s most high profile adolescent psychologist, Dr. Michael Carr-Gregg draws on the latest psychological research to deliver the key skills, knowledge and strategies needed by parents and teachers caring for teenage girls in 2013. He will focus on the latest research on how to create happy and resilient girls and will host a Q&A session at the end. Cost $20

Dr Ian Lillico presents Understanding Adolescent Boys!
7pm to 9pm August 19th, 2013
Parade College 1436 Plenty Rd Bundoora
OR
September 4th, 2013
Salesian College 10 Bosco St, Chadstone
This presentation covers boys at home and at school. It gives parents and teachers strategies to help boys in their growth into adults and compares childhood and adolescence. The role of parents and the teacher, nature and other factors impacting on boys’ success are explained. Cost $10

Secure your place! Email rick@criticalagendas.com.au
Include your NAME, Date attending and No. Tickets required.
Collect and pay for tickets on the night (No EFTPOS).

To utilise the BPAY option, please refer to the Biller Code and unique Customer Reference Number located on the bottom of your family statement, or contact the School to obtain this information.

* Please indicate on all permission/payment forms that payment has been made by BPAY, and ensure that the forms are handed into the Office as usual / notify the Office of incoming fee/levy payments, so correct allocations can be made.

College policy re: Mobile Phones, iPods & MP3 players:
Within the ICT Acceptable Use policy, all students have agreed to:

- Keep the device turned off at all times, not bring it to class unless permitted to do so by the classroom teacher and only make use of it outside of lesson times when permitted to do so by a teacher or member of school staff.
- Protect the privacy of others and never post or forward private information about another person using Short Message Service (SMS)
- Take no photos, sound recordings or video while at school or under the school’s supervision except when permitted to do so by a teacher or other member of school staff.

COOLAIR REFRIGERATION
Installation, service and repair or fridges, freezers, air conditioning, coolrooms & mechanical services

LEIGH JONES
Mob: 0417 346 763  Fax: 5755 2329

COOLAIR REFRIGERATION
Installation, service and repair or fridges, freezers, air conditioning, coolrooms & mechanical services

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Huffy’s Driver Training
Robert Hough Pty. Ltd.
ABN 39 076 667 715
D.I.A. No. 001310
DECA TRAINING VQ 100592
PO Box 8
Porepunkah Vic. 3740
Mobile: 0408 530 869
STADIUM FOR HIRE
The Bright College Stadium is available for hire by community groups!

Currently available:
- Monday evenings from 5pm
- Friday evenings from 3.30pm
- Most weekends

$40/hour.
Call John Dodd to discuss on 041 313 9339

MYRTLEFORD DISTRICT BASKETBALL ASSOCIATION
REGISTRATION
MDBA is going ONLINE
Find us at www.sportingpulse.com.au
Registration and Payment for Aussie Hoops, Juniors and Seniors
OPEN NOW
Instructions on our site or attend information nights 13th & 15th August
at Myrtleford Stadium 5.30-6.30pm
To avoid disappointment Register now.
ALL REGISTRATIONS CLOSE 20th AUGUST.
For Information contact
Karen 0400037004
Deeane 0409575223

The Bright P-12 College Stadium is used by our community regularly and the stadium advertising signage can be an excellent marketing tool for YOUR local business. For the minor sum of $275, you can promote your business within the stadium for a whole year.
If you’re interested, please contact John Dodd on 0413139339 or at the college.
Free sport and healthy snacks after school

The Active After-school Communities (AASC) program is an Australian Government initiative providing primary school children with a fun, free and safe introduction to a selection of over 70 sports and 20 other structured physical activities in the after-school timeslot. Parents/guardians are invited to enrol their child/ren in the activities on offer (see below). As well as participating in these activities for free, all children will receive a free healthy afternoon tea, coaching from a qualified coach (with current Working with Children Check), access to sports equipment and a supervisor. These sessions will provide children with a positive and fun introduction to sport and other structured physical activities to motivate them to be active for life. All programs are delivered by AASC registered community coaches.

Sports and activities on offer Term 3
Bright P-12 College is pleased to offer the following AASC activities in Term 3 starting on Monday July 22, 2013

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Multigames</td>
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<tr>
<td>Tuesday</td>
<td>Basketball</td>
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To find out how your child can be involved in the AASC program, please contact John Dodd (57551166) or fill in this slip and hand in to the front office.

My child wishes to enrol in the following AASC program(s).

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<thead>
<tr>
<th>Activity</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multigames</td>
<td>Monday</td>
</tr>
<tr>
<td>Basketball</td>
<td>Thursday</td>
</tr>
</tbody>
</table>

Name:  
Relationship to child:  
Signature:  
Date:  

ausport.gov.au/aasc