From the Principal

Recently I returned from the World Congress of Principals’ Convention in Helsinki, Finland, where I consolidated relationships with:

Stockholm Science and Innovation School
Taivalahden Peruskoulu, Helsinki
Lillestrom Vidergaende in Oslo

Brighton teacher, Maj-Lis Borgen-Smith, started the conversations with these schools on our behalf when she travelled home to Scandinavia last Christmas. Our teachers will now have the opportunity to exchange with teachers from these three Finnish schools. I met Principals from around the world who all share the same challenges we do. It was of interest to me, that despite Finland’s number one ranking in the PISA (Program for International Student Assessment) tests, they too have issues with boys and their commitment to study. There seemed to be a movement towards challenge-based and product-based learning especially to engage boys. Time spent on Facebook and in sedentary activities is of concern the world over. Our two minute film about Brighton Secondary was well received by the Finnish and Norwegian Principals. We are well ahead of many, if not most countries with regard to personal mobile devices for learning. The work our teachers are doing in “flipping” the classroom is at the forefront of world class teaching and learning.

We were fortunate to secure the world leader in “flipped” classroom methodology, Jon Bergmann, from the USA to present to Brighton staff during a Tuesday Professional Learning session. Our Digital Learning leader, Jeremy LeCornu, who met him at the Brisbane Edu Tech Conference, negotiated this visit.

The Year 11 and 12 students have moved into the new Brighton Senior Study Centre (BSSC) and are becoming accustomed to the new environment. In general, students and food are not a good mix for cleanliness, however, we are trialling partial use of the kitchen for Year 12 students. We trust the students will respect this privilege. The date and time of the opening of the BSSC is yet to be announced.

For his Year 12 Research Project, Matt Richardson, explored a solar solution for renewable energy at Brighton Secondary School. His outstanding project was of great interest to the Department for Education and Child Development as an example of how a school could plan for the future. Matt presented his vision for a solar roofed carport over the back carpark or the equivalent number of panels on the existing roof space to the Governing Council. A feasibility study suggested the school would recoup the $500,000 capital outlay in 9 years. It is an exciting idea and testament to the capacity of young people to seek solutions for the future. The Governing Council will continue the discussion at the September meeting.

We need additional toilets to accommodate our students as well as weekend hirers of school facilities. The gym toilets will be expanded by removing most of the existing showers rarely used by students. Those parts of the school not refurbished to date, will be painted, inside and out and new carpet laid by the end of the year. The new fence is designed to keep our students safe and assist teachers to monitor the gates. We have had three near-misses on Brighton Road when students jumped the old low fence to run across the road for the bus.

Please remember that in 2016 all students are required to be in the current school uniform. Check the web site for details.

You may have seen in The Advertiser that I am a finalist in the SA Excellence awards for Leadership. As delighted as I am to be honoured personally, this nomination is testament to the work of all our leaders and staff who make Brighton a great school.

Olivia O’Neill
Principal
Diary

SEPTEMBER
1-11 Year 12 Trial exams
2 Principal’s tour, 9.00am
7 School Closure Day
7 Governing Council, 7.00pm
8-18 Festival of Music
9 Percussion Showcase
14-18 Ideas Week
15 Moon Lantern Festival
16-18 Year 12 Drama production
19 Japanese trip departs
23-25 SIV South Coast Tour
25 Last day of term 3, 1.00pm dismissal

OCTOBER
12 Term 4 begins
16 Year 8 Immunisations
20-23 Year 11 Outdoor Education camp
23 Jazz Cabaret
23 Year 12 Breakfast
27-30 Year 11 Outdoor Education camp
27 New Music Night
28 Valedictory

NOVEMBER
2 Year 12 Exams commence
2 Governing Council meeting 7.00pm
2-6 Year 10 Outdoor Pursuits camp
4 Principal’s tour, 9.00am
6 SIV year 8 / 9 KO Heathfield
11 Year 9 Aquatics Day
12 Shakespeare Festival Year 10
16-17 SIV Year 8 Beach VB @ Glenelg
18 Year 12 Exams conclude
19 Charities & Recognition assembly
20 Music tour departs
23-27 Year 11 Exam week
30-4 Australian Business Week
30-4 Brighton Enterprise Week

DECEMBER
2 Principal’s tour, 9.00am
5-12 Melbourne Volleyball trip
7 Governing Council, 7.00pm
11 Last day of term 4, 1.00pm dismissal

Congratulations

Caspian Zalups, Year 11, chosen to represent South Australia in the State Surfing competition.

Jay Muecke, won the SSSSA Table Tennis Year 9 Boys Individual Championships in July. Jay has also been selected to play for the SA Under 15 Table Tennis team.

Khi Williams, Year 9, chosen to represent South Australia in the State Surfing competition.

Riley Byrne, Year 9, who has been selected in the Secondary School Sport SA Interstate Boys Touch Championships to be held in November.

Ryan France, Year 11, selected in the Under 18 State School Boys Rugby Union. They won the second division competition.

Sasha Simmonds, Year 9, recently competed in the State Hip Hop competition “Battlegrounds”. The team will be heading to the National Competition in October to be held in Brisbane.

Correction:
The photo on the front page of the August newsletter should have read “Olivia O’Neill, Principal, with a student from Port Lincoln High School.”.
Music Spectacular Concert

The Brighton Secondary School Music Centre’s annual concert, the ‘Spectacular Concert’, was held on Saturday 29th August 2015 in the Jeffrey Kong Auditorium. There are so many fine, prize-winning ensembles at BSS, therefore we had to hold two concerts.

The Matinee Concert was opened by the Hon. Susan Close, Minister for Education and Child Development, who spoke about musical education at public schools. This was followed by the Hon. Grace Portolesi, Chair of the South Australian Multicultural and Ethnic Affairs Commission who spoke about cultural understanding.

There were stunning performances by:

- Year 8 Boys Choir
- Brass Ensemble
- Percussion Ensemble 2
- Recorder Ensemble
- Tour Choir

Former students, Jake and Chloe Taylor, returned to the school to perform brilliantly, featuring as soloists in the 8/9 Sinfonia Strings.

The school was also looking forward to seeing another former student and contestant of The Voice Australia, Rachael Bartholomew also known as Rachael Leahcar. Rachael, along with the many music students of Brighton Secondary, performed beautifully and both concerts were spectacular.

Congratulations to the Music staff and students. We are proud of you.

Olivia O’Neill
Principal
South Australia Schools Cup Champions 2015

Brighton entered approximately 300 students in 28 teams over the three day tournament and we achieved 8 Gold, 7 Silver and 7 Bronze medals.

Thank you to the teaching staff who volunteered to coach at before and after school practices during Term 2 and for the 3 days over the weekend – Matt Fuss, Mark Frisby Smith, David Clift, Jason Archer, Shane Durbridge, Jamie Tester, Jeff Healey, Ben Smith and Sam White. We also had 31 former students from the SIV Program and 2 parents/club coaches who volunteered to coach our students at trainings and over the weekend. Without their enthusiasm and commitment to giving back to the school community it wouldn’t be possible to offer these opportunities for all of our students.

On behalf of the SIV staff I would like to thank all of the parents and families who transported their children around the different venues during the weekend and in particular for your positive vocal support during matches. We were very pleased with the outstanding results but even more so with the level of sportsmanship and comradery displayed by our students that reflects the culture that we endeavour to build within the SIV program.

Sue Rodger
Special Interest Volleyball Coordinator

From The Captains

The tournament was run over 3 days at various locations. The quality of the competition was fantastic and we are so lucky as students to have that at our fingertips. There were teams including Riverland, Adelaide High, Heathfield and many more, and each team provided a different type of challenge. Brighton won the overall tournament cup which is yet another trophy to hold proud as Brighton students.

The tournament also provided excellent preparation for the lead up to Melbourne at the end of the year and gave teams the chance to gel together and finally compete against other school teams. New teams and trainings begin in Week 9 and the hard work will continue in preparation for Australian Schools Cup in Melbourne in December.

Thomas Wass and Jose Adolphi
SIV Program Captains

Music News

On 19th & 20th August the Music department entered 3 ensembles into the 2015 ABODA (Australian Band and Orchestra Directors Association) School Band and Orchestra Festival – all 3 ensembles won GOLD.

Ensembles in the festival are awarded Gold, Silver or Bronze based on their performance, with Gold being the highest. An overall section winner is also awarded in each section. The competition features bands from the top DECD and private schools throughout South Australia.

Open Percussion Ensemble section:
Brighton Percussion Ensemble 1 directed by Billy James: GOLD AWARD

Brighton Year 9 percussion Ensemble directed by Billy James: GOLD AWARD

Advanced Concert Band section:
Brighton Concert Band directed by Andrew Barrett: GOLD AWARD and SECTION WINNER

Billy James
Special Interest Music Teacher
Open Boys

Knockout Football

Congratulations to the Open Boys Knockout Football Team who defeated Henley High School in the Grand Final. This is a very special achievement and is most deserved.

The BSS Open Knockout Football side began their campaign with convincing victories over Adelaide High and Golden Grove at Brighton Secondary School. With these victories, Brighton made the preliminary final against Marryatville High School. Brighton led all game but were pressured as Marryatville came back early in the last quarter. However, Brighton stood tall and won to qualify for the Open Grand Final against Henley High School at Woodville Oval.

There was plenty of positive energy around the group before the match, and Brighton started very quickly, scoring the opening three goals of the game, and controlling the first quarter. However, Henley came back in the second quarter, narrowing the margin to within a goal. Some excellent defensive efforts from Brighton kept them ahead at half time, and they maintained the lead throughout the third quarter.

The senior students in the side willed Brighton to stay ahead and give their all for the final quarter. After some nervous moments, they managed to do so and win the match by 22 points. In doing so, they became the first Brighton side in over a decade to beat Henley High School in the Open Knockout Final, a phenomenal achievement.

Brighton 9 – 10 – 64
Henley 5 – 6 – 36

Otis Carthy, Jackson Riddle and AJ Kitson each kicked two goals, while Bailey Williams was awarded the Peter Roberts Medal for the best player on the ground.

After winning this game, Brighton qualified for the All Schools preliminary final at Gliderol Stadium, Glenelg. Brighton were outclassed in this game by a committed Prince Alfred College side and beaten easily, however, this did not take away from the achievements made against Henley the week previous.

Patrick Mackay
Technology Teacher/Coach

Girls Knock Out Football

Brighton Secondary School entered two teams in to the SSSA Knockout competition this year. Both the Open Girls and the 8/9 Girls team represented our school with pride. Congratulations to all participants.

Jason Archer
Sport Coordinator
2015 Yr 10 Ski-Trip

The 2015 Ski-trip will go down in history as one of the best years for snow in a very long time! The Snow Gods produced some amazing conditions for us and gave the group the opportunity to explore the entire Mt Hotham resort and develop some great skills in skiing and snowboarding.

Students were up and around the mountain on the first day; charging the slopes and taking on Sun Run, Slalom Gully and The Basin as well as the Summit and Big D. By Tuesday the more adventurous were onto some seriously good runs including The Canyon, Imagine, Gun Barrell, Race Gully and Snake Gully.

As the week progressed and we got fresh snow, students ventured further, making it to the Orchard and Blue Ribbon. Students not only had to improve technical skills, but also the resilience to keep going fall after fall!

Wednesday night everyone had a memorable time at night skiing. Staff even had a chance to get their own back with some carefully planned snowball ambushes!

Friday capped the week off with a beautiful ‘bluebird’ day. Everyone skied and snowboarded until their legs were jelly and as we piled on the bus for the overnight ride home our thoughts turned to planning our next hit of snow!

Tristan Kouwenhoven
Assistant Principal
Congratulations to the following students who achieved outstanding results at the Oliphant Science awards.

Year 12:
Emily Squires: 1st in Posters; 2nd Photography; 3rd Science Inquiry; Highly Commended in Science Writing.

Year 11:
Marcus Falckh: 1st in Games

Year 9-10:
Lily Liao: 1st in Posters
Sasha Simmonds: 2nd in Posters
Sydney McCurrah: Highly Commended Posters
Sophie Lightfoot: 3rd in Models and Inventions
Nicole Kascak and Delys Russell: 2nd in Multimedia
Abbie Basye: High Commended Multimedia
Kalea Spyker: Highly Commended Science Writing

Year 8:
Callum Cunningham-Byrne, Josh Croser and James Gurney: 2nd in Multimedia

This is a sensational outcome. The Science staff have grown the number for applicants from 60 in 2014 to 96 this year. These results also demonstrate the Think Bright program is working most effectively.

Mark Orchard
Science Coordinator

On Tuesday 19th August, Dr Andrew MacKinnon, Senior Lecturer of Physics from the Department of Physics, School of Physical Sciences at the University of Adelaide, visited Brighton Secondary School. He gave an informative and in-depth presentation on the pathways that students are able to follow within Mathematics at University.

His presentation provided a wonderful opportunity for students to view the role of Mathematics and how it relates to Science, Technology and Engineering. Dr MacKinnon illustrated the interconnectedness of STEM subjects and explained how future pathways can be accessed through to University.

The information presented included the nature and structure of many courses offered by the University and the importance of continuing to study Mathematics and other STEM subjects.

We would like to thank Dr MacKinnon for his time and for giving students the opportunity to engage in understanding how Mathematics and other STEM subjects can benefit career pathways.

Lyle Sutton
Mathematics and Numeracy Leader
MASA Quiz Night

Brighton Secondary School students won the Best Mathematics Team award in the Senior Division of the annual Mathematics Association of South Australia (MASA) Quiz Night.

This year the Mathematical Association of South Australia Quiz Night was held at the Australian Science and Mathematical School at Bedford Park.

The teams answered 40 Mathematical and 40 General Knowledge questions in a traditional quiz night format. To win the Best Mathematics Team, students needed the highest aggregate number of points from the Mathematics questions.

Many of the members of our successful senior team have been competing in the competition since Year 8.

Our team displayed excellent problem solving skills, the ability to work collaboratively and demonstrated a high level of mathematical knowledge to apply within unfamiliar situations.

We would like to congratulate the following team members on a wonderful effort and a well deserved result: Phoebe Wittwer-Smith, Alexandra James, Anyue Lang and Emily Squires.

Lyle Sutton
Mathematics and Numeracy Leader

Apple Distinguished School

Sam Moyle and Jeremy LeCornu, teachers of Brighton Secondary School were named Apple Distinguished Educators.

The Apple Distinguished Educator (ADE) Program began in 1994, when Apple recognized K-12 and higher education pioneers who are using a variety of Apple products to transform teaching and learning in powerful ways. Today it has grown into a worldwide community of over 2,000 visionary educators and innovative leaders who are doing amazing things with Apple technology in and out of the classroom. Apple is pleased to welcome Sam Moyle and Jeremy LeCornu to the ADE Class of 2015. Both Sam and Jeremy attended the Apple Distinguished Educator Institute in Singapore in August. This was a fantastic professional learning opportunity and they will now be able to share their experiences and new knowledge with the rest of our staff.

Learn more about this group of innovative educators online at www.apple.com/education/apple-distinguished-educator

F1 in
Schools

South Australian Students
Race to Singapore

In just over two weeks, 4 Australian teams of high school students will be heading off to Singapore to compete in the F1 in Schools World Finals, the largest high schools based Science, Technology, Engineering & Mathematics (STEM) competition in the world.

Between 13th & 16th September teams from 30 countries will assemble on Sentosa Island to compete for the coveted Bernie Eccelstone Trophy and a scholarship to study Engineering at London City University.

South Australia will be represented this year by Precision Racing from Brighton Secondary School. Originally called Supersonic Racing the team was formed in 2013. In 2014 they changed their name to Precision Racing, lost one member, and added three new members. At the 2015 F1 in Schools National Finals Precision Racing became Australian Development Class Champions winning seven awards along the way including knockout champions, innovation award, best team marketing, best engineered car design, best team verbal presentation and best team marketing.

Team members:
Lauren Squires – Team Manager
Jackson Menzies – Pit Display Coordinator
Michael Walker – Graphics Design
Jack Hilliard – Design Engineer
Sukhbir Gill – Manufacturing Engineer
Ben Hauben – Testing and Analysis

For the World Finals our team goal is to become World Champions as well as having fun and working together as a team. We aim to achieve this by working as hard as possible as well as spending time together. An interesting fact about our current team is that we have come together from three different teams and have learnt how to combine all of our different skills and knowledge into a successful combination.

A Successful STEM School

Brighton Secondary School has been able to achieve much in the world F1 in Schools. In addition to winning numerous State Championships and achieving much at a national level they have also achieved at the highest level internationally. In 2012 Cold Fusion from Brighton became World Champions. Our third school to achieve this honour. In 2013 Odyssey, an international collaboration team between Brighton Secondary School and Donabate Community College, Ireland came 6th outright at the World Finals in Texas also winning Best International Collaboration and Best Team Portfolio. Brighton Secondary School is without question a world leader in the implementation of STEM education. Their teachers, their innovative teaching methods and the support they receive from their Principal and their school community is a showcase of what is possible when the community, industry and education come together with a common vision... to give our students the best possible opportunities.

Stephen Read
STEM Coordinator

Team Sponsors:

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BRIGHTON SECONDARY SCHOOL NEWSLETTER | ISSUE 6 | September 2015

Responsibility | Integrity | Fairness | Co-operation | Respect | Excellence
Education Perfect Global Challenge Certificates

There has been increasing research to support that learning languages assists brain development and brain plasticity.

As part of learning languages at Brighton Secondary School, students are enrolled onto the Education Perfect site so they can learn languages anywhere at any time on any device. As languages students they also have access to other languages, some other curriculum practice like NAPLAN and exam practice and then global and state challenges in languages. It is heartening to see how much Brighton students value other languages and languages development. The list for our participation in other languages is impressive. In the recent global challenge we came second in our category in the World Series. In addition to doing well in the languages we offer, our students came second in Maori in the state and fourth in Spanish.

Congratulations to the following students who successfully competed with language students around the world to win Gold, Silver, Bronze and Credit certificates. As a result of this competition donations were made by the Education Perfect team to assist the worthy cause of ongoing relief work in Nepal.

**Credit:** Divanshu Saini, Nicholas Payne, Zachary Newman, Hunter McFarlane, Vaibhavi Lath, Abraham Wilson, Georgina Sinclair, Nathanial Hamer, Theresa Farrugia, Olivia Davey, Olivia Donovan, Yasmina Kalkan, Andoni Kapalos, Chenwei Shi, Philine Smerz, Lauren Wood, Jo Lum, Mitchell Kempenaers-Pocz, Nina Li, Brayden McKenzie, Alysia Sejjal

**Bronze:** Dylan Geue, Oliver Hooper, Hannah Hosking, Sabrina Larouche, Rachel Leak, Mikayla Link, Emily McDonald, Sabha Rohani, Zarin Tasnem, Joyce Wang, Anna Woodley

**Silver:** Ethan Govender, Jack Preece, William Wright, Jesse Stevens

**Gold:** Simone Brock, Nguyen Doan, Felicia Ting, Rachelle Wong

The Language faculty is delighted to announce that Mr Koki Kawaguchi has been recognised for his outstanding contribution to public education and care of young children in South Australia. He has been nominated for an Excellence in Public Education award. Congratulations.

Lindsay Dick
Coordinator Languages
Hakuo Study Tour

Brighton Secondary and homestay families played host to 16 students from Hakuo Junior High School, Tokyo, during weeks 3 and 4.

Students participated in a program which was planned by the school in conjunction with International Education Services to improve their grasp of the English language and to provide a taste of our Australian lifestyle. Students attended English as a Second Language classes and also attended some classes with their Australian ‘buddies’. The program activities included English lessons, making Anzac biscuits, visiting Warradale Primary School, sporting activities such as Australian Rules football and volleyball. They also visited Cleland National Park and the Adelaide Central Market. A highlight for students was the visit from ‘Animals Anonymous’ where they were able to hold Australian animals and reptiles. The tour finished with a farewell ceremony with families, buddies and students.

We are extremely grateful to the generous families who hosted the students and offered Australian experiences that the school could not.

It was obvious from the tone of the farewell that our Japanese, Thai and Indonesian visitors enjoyed their experience.

Lynlee Graham
Coordinator International Students Program
Poetry in Action

The Mystery Of Poetry in Action

It is not often that words such as, fun, engaging and entertaining, are associated with poetry, however, this was the response of many students after seeing New South Wales educational poetic drama company, Poetry in Action, in action.

On 7th August, they presented the interesting and enjoyable performance, Words of War, to all Year 11 Brighton Secondary School English and Drama students. The production was aimed to educate students about the horror, heroism and hopelessness of war through the poetry of Wilfred Owen, an English soldier and poet who captured some of the most graphic and powerful experiences of World War One and challenged the more patriotic views of war. It was extremely well received by students with the high-energy and comedic manner in which it was delivered capturing the attention of most. Here are some comments made by some Year 11 English Studies students:

‘Overall, the performance given by the group, Poetry in Action, was a tantalising piece of theatre that brought a whole year level in the Brighton Secondary School some afternoon entertainment that educated them in the ways of Wilfred Owen’s artistic style in writing poetry. It taught them that poetry is not just for the romantics but can also be used in speaking out against biased news and propaganda.’ – Harry Ollerenshaw

‘The actors had a good sense of humour, boundless energy and were extremely enthusiastic, which kept the students entertained as Wilfred Owen’s poems are quite confronting. I found it particularly interesting in the way they showed the students the different ways of reciting the poem “Futility” to demonstrate how the reader/audience can interpret a single poem with different emotions.’ – Jackie Langley

‘Poetry in Action performed “Words of War” well by using poems to illustrate the scenes of battle in our minds. Although there was room for improvement in aspects of the production such as costume and lighting, this play is definitely one to go to if you are interested in war poetry.’ - Leon Tebyani

‘By questioning who Owen was as a person, his views on life and war, and tragic death, they brought his poetry to life on stage and provided students with an insight into the tragedy of the First World War. I truly connected emotionally with the actors and Owen’s works, and would highly recommend this to any teachers who wish to interest students in war poetry or people who are intrigued by the works of Wilfred Owen and/or wish to explore the nature of war.’ – Nina Phillips

‘I have learnt more about poetry in this hour long production than I would have in three hours worth of reading and analysing a poem. I can now look at a poem and decipher the hidden meanings and understand the emotion that the poet is trying to communicate. I discovered that World War One poetry has much more of a backstory than I thought, with many war poems written in the darkest moments of those who fought so vigorously to defend their country and families.’ – Tyson James

‘I am sure that most of the Year 11 student body who attended “Words of War” will agree that they entered with trepidation and with the expectation of an hour of dry poetry. I am also sure that most of them will have a completely different view of the performance after they experienced it. I, for one, found the performance to be engaging, energetic, and deeply emotionally moving with the assistance of the poetry of Wilfred Owen. Thank you Poetry in Action for performing at our school.’ – Liam Storken

Nina Phillips - Year 11

On Friday September 7 we watched Poetry In Action. The “Poetry at Play” show was very interesting and I learnt a lot about poetry. The show was about a girl who wanted to learn about poetry and the show took her through different parts of poetry. This made it more interesting than learning from a book! I learnt that there are 5 elements of poetry: rhyme, theme, imagery, form and narrative; this is what you need to write in every poem.

My favourite part was when the characters went to see Sue about an element of poetry, then Sue told them the story of why his name is Sue. I thought it was funny. I also liked how the man acted as so many different characters in the show. Overall I enjoyed Poetry In Action show because it was interesting and entertaining.

Ruby Sulicich - Year 8
Fair is foul and foul is fair…

On the 11th August 2015 in the Brighton Performing Arts Centre Waxing Lyrical presented an engaging interpretation of Shakespeare’s great tragedy, Macbeth, to the Year 11 English Studies and Drama students. The humorous, interesting and original manner in which the production was performed helped capture the attention of the students, allowing a full understanding of the plot and the underlying meanings.

The enthusiasm of the entertainers assisted in gaining the attention of the audience and kept the performance light and modern. The three actors explained the reasons behind the text well and used language that was simple for the young audience to understand. Their dynamic energy was constantly at a high level, even in the solemn moments and upsetting ordeals, again, enabling to keep the constant attention of the audience. The actors also did well in the communication between each other and the audience. Animating their faces and the expressive use of body language further assisted in the further portrayal of the “fair and foul” meanings behind the words of Shakespeare.

Jordyn Binelli
Year 11

Share the Dignity

Share the Dignity is a national organisation with an aim to provide homeless and at risk women with sanitary products to allow them a sense of dignity at a time when they need it most. They believe no woman should suffer the indignity of choosing between eating and buying sanitary items.

A number of senior classes, including Health, Women’s Studies, Child Studies and English have examined the concept of social justice and wanted to raise further awareness.

All Semester 2 Year 8 and 9 Health and Special Interest Volleyball classes have spoken about the use of sanitary products, highlighting the importance of this cause.

Share the Dignity collect sanitary products through the months of April and August. If your family would like to donate, please drop the sanitary items in to the collection points located in the PE office, Volleyball, Home Ec, English and Student Reception. We will be collecting until the end of week 8.

Thank you for your support.

Old Scholar News

My name is Jake Grant and I have spent the last year studying my first year of Mechanical Engineering at City University London. In 2011 I started in the F1 in Schools class, joining the extracurricular team Cold Fusion and competing in the state final at the Royal Adelaide Show. After a lot of time and hard work our team progressed to the 2012 World Finals in Abu Dhabi where we won the title of World Champions and scholarships to City University London.

At the end of 2013 I graduated from Brighton and made the decision to take up the scholarship and study at City University London. I began my studies at the end of September 2014, the start of the Autumn Semester in the UK. I spent nine months in London during my studies and thoroughly enjoyed myself in this new and challenging experience.

In addition to my studies, I also had the opportunity to participate in the Formula Student project. Similar in scope to F1 in Schools, Formula Student expands upon the skills and challenges of F1 in Schools by challenging students to design, manufacture and race their own prototype single-seat race car for autocross or sprint racing.

I will be returning to London again in spring this year to continue my studies starting my second year of Mechanical Engineering. I’m looking forward to the new opportunities that await me and the challenges that lie ahead.

Jake Grant
Brighton Secondary School Old Scholar
Write-a-Book-in-a-Day is a Think Bright Program initiative that ran for the first time last year. Students nominate to write a 4000-word illustrated children’s book in groups of 5 – 8 people.

In 2014, we had three teams of Think Bright students and one team made coming from our Creative Writers’ Group. This year, we had a phenomenal 65 students participating, with 11 teams creating 11 books, all of which were written and printed from 8am to 8pm on Wednesday August 12.

All students who participated were lucky enough to be part of a workshop with children’s book author Ruth Starke and the illustrators were taught watercolour technique by Yasmin Paterson. As part of our Holdfast Partnership program, a team from Paringa Park Primary School joined us on the day and they, too, did wonderful work. Many teams were generously sponsored, with proceeds going to the Women’s and Children’s Hospital. The books that were produced will be donated to their library.

The enthusiasm and uptake by students this year is a testament to the success of the challenged based and product-oriented approach that is part of the Think Bright Program.

Maj-Lis Borgen-Smith
Think Bright Teacher

Homework Club has begun at Brighton Secondary School for students who would like a teacher supported environment to work in after school.

To begin with it will be on Wednesdays from after school until 4:30pm and may be expanded in the future depending on demand.

Permission slips with further information are available at student reception.

Ben Smith
Curriculum Support Teacher
From the Landmark Youth Mental Health and Wellbeing Survey Released 07/08/2015

Many parents do not recognise when their child is suffering from depression and are not aware of where to get help according to a report released by the Australian Government.

The landmark mental health survey of 6,300 families, including children, teenagers and their parents, provides a comprehensive picture of the mental health of young Australians. The survey found rates of depression in 11-17 year olds nearly doubled (4.7% to 7.7%) when the young people filled out the survey themselves, as opposed to their parents. Headspace CEO Chris Tanti said while many of the statistics in the report are alarming, it will hopefully urge parents to become more vigilant about noticing changes in their child’s mood or behaviour.

“Parents are key in helping young people to get support, particularly mothers of young men, so knowing the signs and symptoms something might be wrong and then how to get help is vital. It’s promising to hear the survey found 50 per cent of parents are aware of Headspace but there is still more that needs to be done to make sure every Australian is aware of the support available,” Mr Tanti said.

Mr Tanti said “there are too many young people struggling with some very complex issues and the report highlights urgent action is needed in a number of areas. Headspace was set up to improve access to services for young people and their families in a fragmented and complex system. The mental health system needs to be further simplified to make it as easy and seamless as possible for young people and their parents to get the type of help they need. One of the ways of doing this is making sure services are well advertised, accessible and delivered face-to-face, online and in schools.

Given the overwhelming amount of services being provided by school counsellors, Headspace will continue our work in schools to ensure our services are even better integrated and that teachers have the tools they need to identify students at risk.”

Headspace helped more than 60,000 young people last year but we know there are so many young people who aren’t getting the help they need and this must change. The right intervention at the right time for young people with mental health issues can make a huge difference to their future.

A recent study published in the Medical Journal of Australia found that the majority of the young people who received support from Headspace centres showed improvement over time. Sixty per cent of the young people showed significant change, including reducing their psychological distress and/or improving their psychosocial functioning. Other findings of the new Government research echo what Headspace is seeing at its 85 centres across the country, they include:

- One in 10 teenagers (12-17 years) indicated they had engaged in some form of self-harming behaviour.
- One in seven children and young people (equivalent of 560,000) experienced a mental health disorder in the last year.
- Males more likely than females to have experienced a mental health issue (16.3% / 11.5%).
- Self-harm in teenagers was found to be around twice as high females as it was in males.
- Stigma and poor awareness of mental health issues were identified as the main issues for teenagers 13-17 with major depressive disorder not seeking help.


Tips For a Healthy Headspace

There are a number of ways you can look after your mental health and wellbeing every day:

- Get informed
- Eat well
- Sleep well
- Physical activity
- Build strategies
- Reduce harmful effects of alcohol and drug use
- Set realistic goals
- Change your self-talk
- Relax
- Be socially active and get involved
- Practice conflict resolution
- Help and be kind to others
- Play
- Develop assertiveness skills
- Seek help

Lori Mulhall
Year 12 Health Teacher
From the Pastoral Care Worker….

“Any man can be a father, but it takes someone special to be a Dad.”
Author unknown.

This is a helpful quote to think about in the lead up to Father’s Day on September 6th. It takes someone special to be a Dad – to be that special parent who is present, loving, proud and firm (and many other things!). I’m sure many of us would be able to use all sorts of words to describe our dads and the positive impact that they have had – and are still having - on our lives.

As I chatted to a few students about this during the week, they used words like, “strong”, “manly”, “protective”, “fun”, “someone who fixes stuff” and even, “bald” as ways to describe their dads. If we think and look a little deeper, though, I am sure we can find examples of ways that our fathers have had a more profound, impacting influence on our lives. Perhaps it was one-on-one time spent at the footy on the weekends. Perhaps it was time spent doing “stuff” outside together, or the deep conversations that you shared. Maybe your father was the one who was home the most while you were young. Dads come in all sorts of shapes and sizes and with different roles and interests…and jokes…but most of us can agree that they play a huge part in making us who we are.

For some people, Father’s Day is a particularly difficult day. Perhaps this is due to a father who is no longer with us, or a negative experience of a father. It’s important to remember that not everyone is filled with joy when hearing the word, ‘Father’, and to be sensitive to that especially at this time.

This Father’s Day – if you are able - maybe you could share with your Dad a special memory that you cherish!

I found some quotes (right) that may reflect and capture the impact that our Dads have on us, and some of the roles they play. Perhaps there is one that resonates with you?

A Pastoral Care Worker is a person in a school community who exists to support the students, staff and families of the school. I work Tuesdays, and Thursday and Friday mornings. If there is a way I can assist you and your family, please get in contact with me on 8375 8278 or by using the school email.

Chelsea Russack
Pastoral Care Worker

“My father gave me the greatest gift anyone could give another person, he believed in me.”
Author unknown.

“When my father didn’t have my hand…he had my back.”
Linda Poindexter.

“My father used to play with my brother and me in the yard. Mother would come out and say, “You’re tearing up the grass.” “We’re not raising grass,” Dad would reply. “We’re raising boys.”
Harman Killebrew.

“Every father should remember that one day his son will follow his example instead of his advice.”
Author unknown.

“My dad, like any coach, has always stressed the fundamentals. He taught me responsibility, accountability, and the importance of hard work.”
Steve Young.

“[My father] didn’t tell me how to live; he lived, and let me watch him do it.”
Clarence B Kelland.

Happy Father’s Day to all the Dads in our school community!
Community News

Red Shoe Ball
The Sammy D Foundation has a vision “To develop a youth culture in South Australia where violence is always unacceptable and young people have the skills and attitudes to reach their maximum life potential.”

The Red Shoe Ball is an initiative to raise funds to continue the lifesaving programs. The Red Shoe Ball will be held on Saturday 17th October at the Entertainment Centre.

Please phone 8374 1678 or visit: www.sammydfoundation.org.au

Garden Fun Fest
Brighton Primary School is hosting an event (Garden Fun Fest) on Sunday 18th October, 2015, 10am – 3pm. The event is structured around bringing the Community together to have a bit of fun and promoting local businesses and community groups whilst raising some funds to support the continuity of the school garden and canteen.

The children are coming up with fantastic fun and resourceful stall ideas but the school would also like to give local businesses and community groups the opportunity to come and hold their stall at the event. There is sure to be lots of fun to be had on the day with nature Play SA and many local groups entertaining the community.

If you are interested in bringing your stall or local community group to the event, please contact Nicky Morgan 0410 123 062, nmorgan@whflegal.com.au or Jayne Sandford 0400 747 326, casadnellys@bigpond.com. They will be happy to provide further information.

Brighton Town Hall
A group of community members are working to purchase the former Brighton Town Hall and land and turn it into a thriving community hub including housing, café, activity spaces, open space, and integrated community garden. The Original Town Hall is on Brighton Road next to the Hove railway station. This group has submitted an Expression of Interest to buy the site from the City of Holdfast Bay Council and have formed a partnership with local builder / developer Finesse Built to make the vision viable. This group is looking for people and businesses willing to add their name in support and indicate an amount they may be happy to invest / donate when that time comes.

Please visit www.theoriginaltownhall.com.au to see a short video of some of the community members speaking about the vision.

Positive Parent Courses
Helping Teens through Adolescent Emotions
Wednesday 2 September, 7.30pm
Effective Living Centre, 26 King William Rd, Wayville
Presenter – Vina Hotich

Transitioning from childhood through teenager years to adulthood can be a tumultuous journey for all involved. This seminar aims to help parents identify ways to enable teenagers to express their stress, anger and other strong emotions effectively and respectfully. This seminar is helpful for parents of teenagers, but also for parents of youngsters approaching their teens.

Phone 8271 0329 for details.
The Holdfast Partnership
Brighton Secondary School
Paringa Park
Baden Pattinson
Ballara Park
St. Leonards
Dover
Dunbar Terrace
Oaklands Estate
Seacliff Community
Somerton Park
St. Leonards
Warradale Kindergartens

invites you to participate in the Moon Lantern Festival
Tuesday 15th September 2015
6pm for a 6.30pm start

Meet at Wattle Reserve, Wattle Avenue, Hove – where students will light up their lanterns and walk to the Brighton Jetty, lighting up the night.

Bring a donation to support the construction of a kindergarten in Cambodia built with the help of Brighton Secondary students.

For further information contact your school or Brighton Secondary School Phone 8375 8200

Parents / caregivers are required to accompany primary and kindergarten students.
The Holdfast Partnership
Brighton Secondary School
Glenelg
Paringa Park
St. Leonards
Warradale Primary Schools
Baden Pattinson
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LIFT DANCE THEATRE
presents a work in progress
THURSDAY OCTOBER 15 7pm
FRIDAY OCTOBER 16 7pm
Brighton Performing Arts Centre
305 Brighton Road
Entry $2.00 coin
PEACH™ LIFESTYLE

Do you lack the time to prepare healthy meals?  
Do you find it hard to get your child to eat healthy food?  
Does your child watch TV or play computer games too often?

IF YOU ANSWERED YES, THEN PEACH™ LIFESTYLE IS FOR YOU!

What is PEACH™ Lifestyle?

PEACH™ (Parenting, Eating and Activity for Child Health) Lifestyle is a FREE parent-led healthy lifestyle program delivered by Flinders University Dietitians that provides practical advice to parents and carers about healthy eating options and ways to increase physical activity in their children.

What does PEACH™ Lifestyle involve?

• A 4-month program run by Flinders University Dietitians  
• Interested parents complete a survey, watch 3 x 10 minute online videos, have a phone conversation with a PEACH™ team member, receive an Introductory Pack then join 4 x 1 hour online (via internet) group-based sessions (1 every 3 weeks) in your own home.  
• The 4 x 1 hour sessions will be held at 7:30pm during the school terms from May - December 2015  
• Online support is provided throughout the program via a private Facebook group  
• A second survey will be completed at the end of the program.  
• The program is available free for families with a primary school aged child.

What are the benefits of PEACH™ Lifestyle?

A large proportion of participating families reported that the PEACH™ program had helped them improve their eating habits, activity patterns and parenting style/strategies.

“The program was excellent and we’re very grateful to have been able to participate. We can see the difference it is making. My son has lost weight and gained self-esteem. He’s happier about things at school”

REGISTER: http://flinders.edu.au/peach

FURTHER INFORMATION: peach.lifestyle@flinders.edu.au