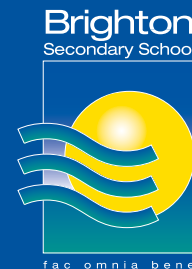


# Brighton Secondary School Newsletter

ISSUE 1 | February 2011



## From the Principal

Welcome to the 2011 school year. 2010 concluded with three exciting events, Australian Business Week, National Schools Volleyball Cup in Melbourne and the overseas Music Tour to China and Europe. I congratulate all the staff who gave so much of their own time to make these three events so successful for the students.

I was fortunate to join the Music tour which was a credit to the staff and the 69 students. Fifteen parents joined the tour and like me were impressed every day with the maturity, talent and humour of the students. This tour summed up everything that Brighton stands for and underlines our Values: Cooperation, Excellence, Fairness, Integrity, Respect and Responsibility.

The Music Staff (Jeffrey Kong, Craig Bentley, Annie Kwok and Andrew Barrett) gave so much of themselves to prepare for the tour and to be great role models on the tour. Not only did they supervise students, they too had to perform on stage with the students. Sometimes they were all quite tired but 'the show' still went on and they all maintained a highly professional standard.

A highlight of the tour was meeting with Tim Fisher, Australian Ambassador to the Holy See, who was so impressed with the choir's performances he came to the second evening and organised publicity on ABC Radio the following morning in Australia. Jeff Kong returned to Rome and arranged for Tim Fisher to be the guest at the 2011 Elder Hall

Music Spectacular on Saturday 27th August, which will celebrate 35 years of Music at Brighton.

Jeff Kong has also negotiated for the South Australian Governor, Kevin Scarce, to be the Patron of the South Australian Special Interest Music Program – a great coup.

The Community Performing Arts Centre is on schedule due for completion mid March. The official opening will probably be early May to coincide with the arrival of the new Chief Executive of DECS, Mr. Kevin Bartley, from the United Kingdom.

The Year 12 students have made a strong start with the new SACE requirement, the Research Project. It has been exciting hearing about the diverse topics they have chosen.

I urge you to come to the Annual General Meeting on Thursday 10th March at 6.00pm. Yes, we are recruiting Governing Council parent representatives, however, we want to share with

as many parents as possible, how your school operates. There are many sub-committees of the Governing Council which parents can be involved with, e.g. Canteen, Curriculum Review, Uniform, Resources and Finance, One to One Learning, Pedal Prix, Rock Eisteddfod, Sport Coaching & Supervision, and Sustainability.

2012 is the Anniversary of Brighton Secondary School. We have formed a Planning Committee and encourage you to join. The dates of the meetings during term 1 are as follows: Thursday 10th March, 3.30pm, Thursday 7th April 3.30pm.

I urge all parents to supervise students' homework; check their diary and monitor the dress code, to help your child avoid unnecessary conflict at school. Please take advantage of everything on offer at Brighton Secondary School.

**Olivia O'Neill**  
Principal



Government  
of South Australia

Department of Education  
and Children's Services



Department of Education and  
Children's Services

T/A South Australian Government Schools  
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# School

## Reminders

### BRIGHTON SECONDARY SCHOOL ANNUAL GENERAL MEETING

Thursday 10th March 2011

6.00pm Welcome / Musical Items / Refreshments

6.30pm Annual General Meeting

This is an invitation to attend the Annual General Meeting of parents of Brighton Secondary School, and a call for nominations for the vacancies which will exist for parent representatives on the Governing Council in 2011. We hope all parents will attend the AGM and consider nominating for membership of the Governing Council.

If you would like to discuss nominating for Governing Council, you may wish to contact the Principal, Olivia O'Neill on **8375 8200**.

### YEAR 8 PARENT INFORMATION EVENING

Wednesday 16th February

We would like to invite parents / caregivers of Year 8 students to a "Welcome to Brighton" Evening on Wednesday 16th February 2011. Drinks and nibbles will be available in the courtyard from 6.30pm. This will be followed by an information session in the hall at 7.00pm during which you will meet the Principal, Ms Olivia O'Neill, the House Leadership Teams plus your son's / daughter's homegroup teacher.

### WORK EXPERIENCE FOR YEAR 10s

All Year 10 students will be required to complete 5 days work experience as part of their Personal Learning Plan (PLP). The dates for work experience are Monday 4 July to Friday 8 July 2011. Work Experience cannot be arranged for any other dates other than for this week.

**Sandra Larsen**  
Coordinator Career Development, Pathways and Transition



## Stage One of the Brighton Community Performing Arts Centre

Under Construction Expected completion early 2011

This project is supported by funding from the Australian Government

# Diary Dates

## FEBRUARY

- 14 School Photo day
- 16 Year 8 Parent Evening, 6.30pm
- 22 Catch up School photos
- 22 Special Interest Music
- Year 8 parent meeting
- 27 Sunday market (car boot)
- 28 Finance meeting

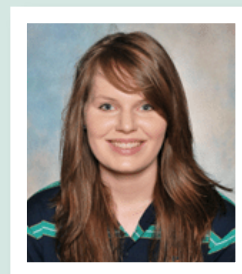
## APRIL

- 4 Governing Council, 7.30pm
- 10 Sunday market (car boot)
- 13 Interschool Athletics
- 14 Uniform Committee, 1.10pm
- 15 End of term, 1.00pm dismissal

## MARCH

- 1 Old Scholars Meeting, 7.30pm
- 1 House swimming
- 2 Volleyball parent meeting 7.00pm
- 3 Leadership Assemblies
- 3-6 Fringe Festival Dance Theatre
- 3-6 Australian Dance Theatre
- 7 Yr 10 / 11 / 12 Beach Volleyball
- 8 Year 8 & 9 Bullying seminars
- 8 Interschool Swimming
- 9 Year 8 Standards Day
- 9 SRC Leadership training
- 10 Annual General Meeting
- 10 Year 9 Standards Day
- 10 Uniform Committee, 1.10pm
- 11 Year 8 Immunisations
- 13 Sunday market (car boot)
- 14 Public Holiday
- 15 Student Free Day (Staff training)
- 18 Harmony Day
- 21 Year 8 Woodhouse (Buffalo)
- 22 Year 8 Woodhouse (Cygnet)
- 22 Old Scholars Meeting 7.30pm
- 23 Year 8 Woodhouse (Holdfast)
- 24 Year 8 Woodhouse (Rapid)
- 25 Sports Day
- 27 Sunday market (car boot)
- 28 Finance meeting

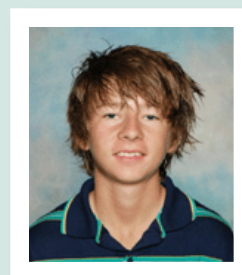
# congratulations



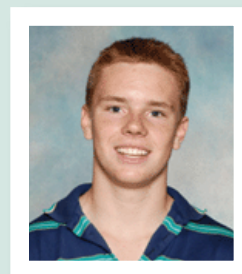
To **Amalia Wilson**, Year 12, who won a silver medal in the Under 17 team at the Australian Junior Beach Volleyball Championships in Perth.



To **Georgia Bevan**, Year 12, who is a State Representative for the Under 19 Softball team. She will be competing in Sydney, Melbourne, Perth and Brisbane in February.



To **Jake Seadon**, Year 9, who has made the Under 15 State Cricket Team. Competitions will be held 26th February – 4th March.



To **Luke Sibbons**, Year 12, who attended the SAPOL Youth Leadership Camp in January. He had the most amazing week of his life and learnt many new skills. He was nominated for the camp by Sandra Larsen, Coordinator Career Development.

# 2010 Australian Volleyball Schools Cup

On Saturday December 4th five Premier Coachline buses left Adelaide for Melbourne. 230 Brighton Special Interest Volleyball students and 50 adult staff travelled to participate in what has become the largest schools sporting event in the Southern Hemisphere. In 2010 123 schools from Australia and New Zealand competed.

The Brighton Secondary School Volleyball Program returned home 7 days later with 1 gold, 5 silver, 4 bronze medals and four 4th places. 14 of the 24 teams we entered ranked in the top 4 for their age group across Australia.

Our success in the Divisional competition was particularly impressive and highlights the strength we have in the program across all age groups and year levels.

Two outstanding examples were in the Open Boys age group where we achieved a

- Silver in Open Honours
- Silver in Open Div 1
- Gold in Open Div 2

Likewise in the Junior Girls (mostly year 8's) we achieved

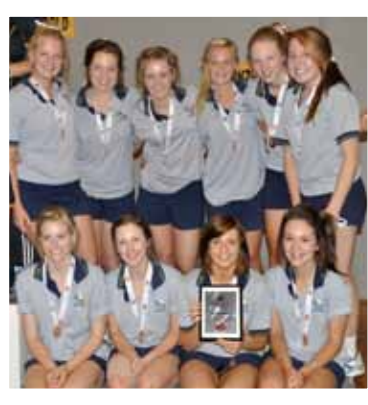
- Bronze in U15 Div 1
- 4th in U15 Div 2
- Silver in Under 14's.

Unfortunately we missed the opportunity to win 4 Australian Champion School trophies in a row. (This trophy is calculated on the 6 best placed teams from each school).

Heathfield High School won in 2010 with 613 points and Brighton was 2nd with 578 points. Congratulations go to their staff, particularly David Eldridge and Stuart Scott and the Heathfield students for their hard work.

Now 2011 brings on the challenge for all of our Brighton SIV students to work hard in lessons and in every competition opportunity so that we can be in the best position to regain the National title once again.

**Ms Sue Rodger**  
**Coordinator Special Interest**  
**Volleyball Program**



# Music Tour 2010

The 2010 Brighton Secondary School Music World Tour led by Olivia O'Neill, Jeffrey Kong, Craig Bentley, Andrew Barrett and Annie Kwok was one of the most memorable musical and cultural experiences we have had in recent times.

The world tour was the culmination of 2 years of extensive negotiations between China, Italy, the SA State Government and our school. It placed our students and the Brighton community on the International stage.



# Australian Business Week 2010



Over one hundred Year 10 students took part in Australian Business Week held during Term 4 2010. Each team of 10 students was mentored by a Business Mentor and a Teacher Mentor. The Business Mentors were from the Rotary Club and the University of South Australia.

Sponsorship was obtained from the University of South Australia, McDonalds Glenelg and VETnetwork Australia. The week ended with a Trade Display and a Presentation Ceremony in the Hall. ABW is a hectic but enjoyable week and the students learn a great deal about themselves, the world of work and running a business.

**Sandra Larsen**  
Coordinator Career Development, Pathways and Transition



## Good Night's Sleep

Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques as children head back to school. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, cell phones, and computers. As a result, they had difficulty staying awake and alert throughout the day.

Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night texting in bed or playing computer games, they are increasing their risk of neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds. In this 8,000-person sample, language, reading and maths scores were higher in children whose parents reported enforcing regular bedtimes.

Disrupting the normal sleep pattern, whether with technology or not, can reset the brain's circadian clock. A common problem, staying awake late and sleeping-in on the weekends, can make it difficult to fall asleep and wake-up during the week, so it is important to maintain a consistent schedule all week long.

The number of nightly sleep hours required by children varies by age. In general, five-year olds should get 11 hours of sleep, nine-year olds need 10 hours and 14 year olds require at least 9 hours. If the child is not alert and functioning properly during the day, sleep length should be gradually increased or decreased, or the bedtime routine should be adjusted.

For better sleep, it is important to maintain a routine bedtime pattern to prepare the brain for sleep. Exciting, high energy activity should be avoided within one hour before lights-out.

Pre-bedtime activities like taking a bath, teeth-brushing, and reading a non-stimulating book signal to the brain that it's time to sleep. Exercise, caffeine, and sugary foods should be avoided.

The ideal sleeping atmosphere is a dark quiet room that is kept below 20 degrees. Technology should be removed from the bedroom.

Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness, irritability, reduced memory functioning, and delayed reaction time.

*Acknowledgement: ScienceDaily*

# Community News

## PARENTING COURSES

The following courses are offered by support agencies for parents:

### Mum's House Dad's House:

1 x 3 hour session, commencing 15th February. Contact Centacare, phone 8210 8200. Cost \$5.

### For Dads:

Parenting after Divorce. 6 evening sessions, commencing 16th March. Contact Relationships Australia, phone 8245 8100. Cost \$60 / \$30.

### Focus on Kids:

5 evening sessions, commencing 3rd May. Contact Relationships Australia, phone 8245 8100. Cost \$60 / \$30.

### Making Step-Families Work:

6 evening sessions, commencing 26th May. Contact Relationships Australia, phone 8245 8100. Cost \$60 per couple.

### Inside His Head -

#### Understanding Teen Boys:

3 evening sessions, commencing 30th March. Contact Centacare, phone 8210 8200. No cost.

### Toolbox – Tweens & Teens:

6 evening sessions, commencing 6th May. Contact Relationships Australia, phone 8245 8100. Cost \$80 / \$50 (inc. manual).

### Sugar and Spice:

3 evening sessions, commencing 9th March. Contact Centacare, phone 8210 8200. No Cost.

## CITY OF MARION 8th ANNUAL YOUTH RECOGNITION AWARDS

Do you know someone aged 12-25 years with outstanding personal qualities?

Have they overcome barriers in their lives? Have they demonstrated courage, perseverance, determination, kindness, selflessness or some other quality?

Nominate now!

Nomination forms can be downloaded from [www.marion.sa.gov.au](http://www.marion.sa.gov.au) or call **8321 0600** and we'll post one to you.

All nominees will be recognised at an awards night hosted by the Mayor, to be held on Monday 4th April in celebration of National Youth Week.

Nominations close 7th March 2011.



## STURT BLUE LIGHT DISCO

Friday 18th February  
7.30pm – 10.00pm.

Marion Cultural Centre,  
Domain Theatre.

Cost \$5.00

Tickets available now at the box office – Marion Cultural Centre

9-17 year olds.

Lock in. No passouts.

Fully supervised by Police

For more information contact Sturt Crime Prevention Section **8207 4820**.

## EATING DISORDER UNIT AT FLINDERS MEDICAL CENTRE

The State Government is proposing to close the Eating Disorder Unit at Flinders Medical Centre. This will mean that adolescents aged 15+ will no longer have this facility. If you'd like to know more, try searching youtube or adalaidenow for **"Ward 4G Eating Disorder Clinic Closing"**.

If you'd like to voice an opinion, you could email the Minister for Health (John Hill: [minister.health@health.sa.gov.au](mailto:minister.health@health.sa.gov.au)) or your local state Member of Parliament (Chloe Fox, Member for Bright: [bright@parliament.sa.gov.au](mailto:bright@parliament.sa.gov.au)).



# Brighton Secondary School

# 2011

(as at 2nd February 2011)

Please note that dates are subject to change -  
check the school's website [www.brightonss.sa.edu.au](http://www.brightonss.sa.edu.au)

## TERM 1 31st January – 15th April

WEEK	Dates	Day	Event
WEEK 1	31 Jan - 4 Feb	31	Student Free Day (Staff training)
		01	Yr 8 & 12 students start
		02	All students attend
		02	Rock Eisteddfod auditions
WEEK 2	7 - 11 Feb	07	Governing Council
		08	SACE Merit Ceremony
		08	Rock Eisteddfod auditions
WEEK 3	14 - 18 Feb	13	Sunday Market
		14	School Photos
		16	Yr 8 Acquaintance Evening 6.30pm – 8pm
WEEK 4	21 - 25 Feb	22	School Photo catch up
		23	Curriculum Review Committee
WEEK 5	28 Feb - 4 Mar	28	Finance Meeting
		01	Old Scholars Meeting
		01	House Swimming
		02	SIV Parent Meeting 7pm
		03	Leadership Assemblies
WEEK 6	7 - 11 Mar	04 - 05	Fringe Festival Dance
		07	Yr 10/11/12 Beach SIV
		08	Yr 8/9 Bullying seminars
		08	Yr 8/9 Focus Days
		08	Interschool Swimming
		09	Yr 8 Standards Day
		09	SRC Leadership training
		10	ANNUAL GENERAL MEETING
		10	Yr 9 Standards Day
		10	Uniform Committee
WEEK 7	14 - 18 Mar	13	Sunday Market
		14	Adelaide Cup Holiday
		15	Student Free Day (Staff training)
		16	Curriculum Review 3.30pm
WEEK 8	21 - 25 Mar	18	Harmony Day
		21 - 24	Year 8 Woodhouse excursions
		22	Old Scholars meeting
WEEK 9	28 Mar - 1 Apr	25	Sports Day
		27	Sunday Market
		28	Finance meeting
WEEK 10	4 - 8 Apr	01	Yr 9 Immunisations
		04	Governing Council 7.30pm
WEEK 11	11 - 15 Apr	10	Sunday Market
		13	Curriculum Review 3.30
		13	Interschool Athletics Day
		14	Uniform Committee

## TERM 2 2nd May – 8th July

WEEK	Dates	Day	Event
WEEK 1	2 - 6 May	02	Governing Council
		04	Yr 11/12 Parent/Student/Teacher conferences by appt. 3.30 - 8.30pm
		08	Sunday Market
WEEK 2	9 - 13 May	09	Yr 8, 9 & 10 Parent/Student/Teacher conferences (no appts.) 3.30 - 8.30pm
		10 - 12	NAPLAN Testing
WEEK 3	16 - 20 May	18	OPEN DAY
		19	Rd 1 SIM Yr 7 app close
		20	Yr 8 Immunisations
		20	Yr 12 SIV Aquatics
		21	SIM Auditions by appt
WEEK 4	23 - 27 May	22	Sunday Market
		23-24	Yr 12 SIV Aquatics
		24	Old Scholars 7.30pm
		27	SIV applications close
		29	Sunday Market
		30	Finance Meeting 7.30pm
WEEK 5	30 May - 3 Jun	30 - 31	Yr 7 SIM auditions
		01 - 03	Yr 12 PE Aquatics
		01	SIV out-of-zone trials (by appt)
WEEK 6	6 - 10 Jun	02	Uniform Committee 1.10pm
		06	Governing Council 7.30pm
		06 - 09	Yr 8 & 9 Drama performances
		09	SIV final out-of-zone trials (by selection)
		10	Student Free Day (Staff training)
		12	Sunday Market
		13	Queen's Birthday holiday
		13 - 17	Yr 10 Drama
		20 - 24	Yr 11 Drama performance
WEEK 7	13 - 17 Jun	21	Old Scholars 7.30pm
		26	Sunday Market
		27	Finance Meeting 7.30pm
WEEK 8	20 - 24 Jun	01	Yr 10 KO SIV
		04	Governing Council
WEEK 9	27 Jun - 1 Jul	04	Yr 8, 9, 10 SIV In-school trials
		04 - 08	Yr 11 Exam week
WEEK 10	4 - 8 Jul	04 - 08	Yr 10 Work Experience week
		07	School Formal

SIM = Special Interest Music  
SIV = Special Interest Volleyball



(as at 2nd February 2011)

Please note that dates are subject to change -  
check the school's website [www.brightonss.sa.edu.au](http://www.brightonss.sa.edu.au))

## TERM 3 25th July – 30th September

WEEK 1	25 - 29 Jul	25 - 29	Yr 12 Exam Week
		31	Sunday Market
WEEK 2	1 - 5 Aug	02	Old Scholars 7.30pm
		03	Yr 11 SACE Parent Meeting 7.00pm
		04	Uniform Committee 1.10pm
WEEK 3	8 - 12 Aug	10	Curriculum Review 3.30pm
		10	Yr 10 SACE Parent Info Evening 7.00pm
		14	Sunday Market
WEEK 4	15 - 19 Aug	15	Yr 12 Parent/Teacher/Student conferences 3.45 - 7.30 (appts.)
		17	Year 9 Focus Day
WEEK 5	22 - 26 Aug	24	Yr 9 - 12 SIM app close
		25	Yr 10 Course Counselling 1.30pm - 7.30pm
		25	Open KO SIV
		26	Course Counselling Day (no lessons across school)
WEEK 6	29 Aug - 2 Sep	29	SIV Yr 7 in-zone trials
		30	Old Scholars 7.30pm
		31	Curriculum Review 3.30pm
		31	Yr 9 - 12 SIM auditions
		01	SIV Yr 7 in-zone trials
		04	Yr 12 Drama rehearsals
WEEK 7	5 - 9 Sep	05	School Closure Day
		11	Yr 12 Drama rehearsals
		11	Sunday Market
WEEK 8	12 - 16 Sep	15	Uniform Committee 1.10pm
		18	Yr 12 Drama rehearsals
WEEK 9	19 - 23 Sep	21 - 23	Yr 12 Drama performances
		22 - 25	SIV SA Schools Cup
		25	Sunday Market
WEEK 10	26 - 30 Sep	26	SIV Yr 8, 9, 10 in-school trials
		28	Curriculum Review 3.30pm
		28 - 30	SIV South Coast tour
		30	Decibel Day
		30	Rock Eisteddfod

## TERM 4 17th October – 16th December

WEEK 1	17 - 21 Oct	19	Yr 10 PLP Moderation
		23	Yr 11 Drama rehearsals
		23	Sunday Market
WEEK 2	24 - 28 Oct	25	Old Scholars 7.30pm
		26	Valedictory
		30	Yr 11 Drama rehearsals
		30	Sunday Market
WEEK 3	31 Oct - 4 Nov	31	Yr 12 Exams begin
		02	Curriculum Review 3.30pm
		04	Yr 8/9 KO SIV
		05 - 06	Yr 11 Drama rehearsals
WEEK 4	7 - 11 Nov	07 - 08	Yr 11 Drama rehearsals
		09	Yr 11 Drama performance
		10	Yr 10 Peer Leader training
		11	Remembrance Assembly
		13	Sunday Market
WEEK 5	14 - 18 Nov	14	Yr 8, 9, 10 in-school trials
WEEK 6	21 - 25 Nov	21 - 25	Yr 10 Drama performance
		25	Yr 8/9 Roundtable conferences
		27	Sunday Market
WEEK 7	28 Nov - 2 Dec	28 - 02	Yr 8 & 9 Drama
		28 - 02	Yr 11 Exam Week
WEEK 8	5 - 9 Dec	05 - 09	Yr 10 Australian Business Week
		05 - 08	SIV Melbourne Aust. Championships
		11	Sunday Market
WEEK 9	12 - 16 Dec	12 - 16	Yr 8 & 9 Activities Week

SIM = Special Interest Music  
SIV = Special Interest Volleyball