From the Principal

I attended the South Australian Secondary Principals Association Conference with Deputy Principal Barbara Richards where we were impressed with Tim Costello, the Chief Executive of World Vision. His stories from around the world reinforced the importance of hope and working together to sustain our world. Like World Vision, The Kiwanis Club support the less fortunate.

Recently our student leaders met with the Glenelg Kiwanis Club to develop a Key Club (a student based community Kiwanis Club). The Kiwanis have a 50 year history in Australia and 100 years in America. The Brighton Secondary School Kiwanis Key Club will be only the fourth of its kind in Australia. The students will connect with other Key Clubs around the world to learn from each other and influence change.

The David Cranston Munt Scholarship will support a student who will study a combined degree with law in 2015. The scholarship is in honour of David Munt who passed away last year. David was an old scholar of Brighton and the Chief Executive of the Adelaide Airport. We are delighted that the Airport has initiated this generous scholarship of $5,000. Please check the school’s website (www.brightonss.sa.edu.au) for details. Year 12 students will bring an information flyer home.

The Holdfast Partnership’s Moon Lantern Festival on Wednesday 24th September will be a wonderful community event with 8 Kindergartens and 5 Primary Schools. Lanterns may be purchased from the school for $5 including batteries (below cost). Some students have made their own origami or bamboo and tissue paper lanterns which are works of art. Please read carefully the brochure advertised in this newsletter and join us at 6.00pm for a 6.30pm start for a rejuvenating walk along the foreshore from the Wattle Reserve at Hove to the Brighton Jetty carrying our lit lanterns.

Congratulations to the Oliphant Science Award winners Emily Squires and Jerin Saviour, Kate Thomas for coming second and Harry Ollerenshaw for third in the Eden Prize, writing an essay entitled, “What Would Make the World a Happier Place?”. These students will be presented with their awards at the Charities and Recognition Assembly in term 4.

Congratulations to the Music Faculty for an outstanding Music Spectacular concert held in August. Jeffrey Kong, Head of Music, was suitably surprised when we officially named the Auditorium with a plaque over the door in his name. The visiting Chinese students from the Shanghai Conservatorium High School gave memorable performances.

Congratulations to Yas Paterson and the Arts team for their South Australian Living Arts (SALA) exhibition. Ms Maj-Lis Borgen-Smith, English Teacher, and the Think Bright students are to be congratulated for writing a book in a day. The sponsorship money raised will support the Women’s and Children’s Hospital.

Regarding the uniform, there have been issues with the under arm and front pocket stitching on the new jackets. Please ensure you return any faulty uniform items as the supplier has assured us these will be repaired or replaced.

Olivia O’Neill
Principal

Mr Harada and Mr Iseda, visiting staff from Toyodai Himeji High School, BSS Sister School, with Olivia O’Neill.
Congratulations to the Oliphant Science Award winners Emily Squires, Year 11 and Jerin Saviour, Year 12.

To Kate Thomas for coming second and Harry Ollerenshaw for third in the Eden Prize, writing an essay entitled, “What Would Make the World a Happier Place?”.:

Jay Muecke, Year 8, who was selected in the Under 13s Table tennis team to represent South Australia in Sydney in the first week of October. He competed in the SSSSA individual table tennis championships in July and won the combined Year 8 and 9 competition, as well as the open competition.

Mensur Cutahija, Year 12, who has been selected in the south Australian State Junior Table Tennis Team to compete in the 2014 Australian Junior Table Tennis Championships.

Caleb Daris, Year 9, who has been selected in the Boy’s Under 15 Western Reds Lacrosse Team to compete in the National Tournament in Perth in September / October.

Jake Rosenthal, Year 10, who has been selected to represent South Australia and compete in the 2014 National Lacrosse Tournament being held in Perth.

Cody Rosenthal, Year 8, who has been selected to represent South Australia and compete in the 2014 National Lacrosse Tournament being held in Perth.

**ENTRY TO THE SCHOOL**

Parents / Caregivers are reminded that all parents and visitors to the school are required to come through the Front Administration and report to Reception.

You will be asked to sign in, be given a visitor’s badge and be directed to the destination within the school or Reception staff will find the staff member you require.

This is particularly important for the security of all students.
Music News

On Saturday 16th August the Music Spectacular was held in the new Concert Hall at Brighton Secondary School. The students and staff of the Special Interest Music program are to be congratulated for their outstanding performances. Audiences were very impressed with the acoustics in the new Brighton Concert Hall.

At the evening performance Jeffrey Kong, Head of Music, was surprised and honoured when the school officially named the Auditorium in his name. Jeffrey Kong has been teaching Music at Brighton Secondary School for 38 years.

Congratulations to the Concert Band and Mr Andrew Barrett. On Thursday 21st August the Concert Band participated in the South Australian School Band and Orchestra Festival at Westminster School where they won the Advanced Concert Band section.
Bright Sparks!

SALA Exhibition

The Bright Sparks SALA exhibition opened in the Brighton Theatre foyer on Monday, August 18. This was our first student SALA exhibition displaying the achievements of Years 11 and 12 Art and photography students.

There were an impressive number of works in our inaugural SALA show. Over 60 works covering drawing, painting, sculpture, watercolour, collage, mixed media installations and graphic novels were exhibited.

A striking exhibit was Lucinda Cawrse’s ‘Big Bunny’. This was a huge Avcon style creation of an over-sized Rabbit and every part of this piece was constructed by Lucinda. This work was also at the recent Avcon conference at the Entertainment Centre.

Amongst the highlights were Abby Witcombe’s personified chair and her relief ‘Ear’ painting, Brianna Humbles ‘Garden’, Anthea Hall’s ‘Affinity’ Novel, Angus Menzies Digital Amalgamation painting, Sam Gao’s futuristic, figurative character paintings.

Jasmine Crisp ex BSS Visual Art student of 2012 opened the exhibition giving us an insight into her connections with Central School of Art and Art Riot. Jasmine was an inspiring student at BSS who received a merit in Visual Art Studies.

Entertainment at the opening was kindly provided by Niamh Jolly and Georgie Goddard, (piano and vocals). These students performed earlier this year at Café Etc, Jetty Road, Brighton in ‘cabaret’ style. A beautiful performance at the opening impressed the students and their guests.

The exhibition was a wonderful success truly celebrating our ‘Bright Sparks’ at Brighton and the first of many student SALA exhibitions to come.

Yasmin Paterson
Coordinator The Arts
<table>
<thead>
<tr>
<th>Responsibility</th>
<th>Integrity</th>
<th>Fairness</th>
<th>Co-operation</th>
<th>Respect</th>
<th>Excellence</th>
</tr>
</thead>
</table>

Responsibility | Integrity | Fairness | Co-operation | Respect | Excellence |
The Holdfast Partnership
 Brighton Secondary School | Brighton | Glenelg
 | Paringa Park | St. Leonards | Warradale Primary Schools
Baden Pattinson | Ballara Park | Dover Gardens | Dunbar Terrace | Oaklands Estate
Seacliff Community | Somerton Park | Warradale Kindergartens

invites you to participate in the Moon Lantern Festival
Wednesday 24 September, 2014
6pm for a 6.30pm start

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

Donate $4 to receive a lantern from your school. Funds raised are supporting 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

Parent/caregivers are required to accompany primary and kindergarten students.
Moon Lantern Festival

The first event to celebrate the regional Partnerships of local schools is the upcoming Moon Lantern Festival on Wednesday 24th September.

To contribute to this project Brighton Primary School students and Brighton Secondary Year 8 students came together to create origami paper and bamboo lanterns.

Brighton Primary students visited us over two weeks involving 5 Year 6/7 classes and two Year 8 classes under the guidance of Art teachers Mrs Brennan, Ms Frank and Ms Paterson. Years 6, 7 and 8 students worked together creating beautifully constructed paper constructions. The highlight of this event will be the Moon Lantern Parade along the Esplanade at Brighton at 6.30pm on Wednesday 24th September. We hope to see all the students there with their creations.

Yasmin Paterson
Coordinator The Arts
School Surfing

Brighton has once again performed very well in the season of School Surfing.

Our Open Boys team of Lachie Schultz and Caspian Zalups finished first and will now represent South Australia at the National Schools Championships to be held at Margaret River in Western Australia. Lachie was also selected as an ‘All Star’.

Our Junior Boys team of Zak Drury and Tom Welsby finished third. Zak was selected as an ‘All Star’ so will also make the trip to Margaret River. A number of girls competed in ‘Whitewater’ competitions which enabled them to showcase their development.

Congratulations to the above 4 boys and Courtney Doyle who won the ‘Tag Team’ event. Special thanks to Courtney who ran from her ‘Whitewater’ event to compete in the ‘tag’ event.

Jason Archer
Sport Coordinator

Football News

Open Girls Football Grand Final

In week 5 this term our Open Girls Football team qualified for the state final of Knockout Football. The match was against Sacred Heart and was a ‘curtain raiser’ to the Port Adelaide v Sydney game at Adelaide Oval.

The girls were all very excited about playing in front of a crowd at Adelaide Oval. In fact, history will reflect that they were the first women to play a match at the ‘new’ Adelaide Oval.

In a low scoring game Brighton narrowly lost to Sacred Heart. Congratulations to the girls on reaching the Grand Final and participating with great enthusiasm. Some outstanding skills were displayed on the night.

Jason Archer
Sport Coordinator
Volleyball News

Open Knockout Volleyball
The week after Schools Cup was completed, our two Open Honours teams played in the Open Knockout Pool A Finals.

The boys team went through the day not losing a game and beating their Schools Cup rivals, Heathfield, in 2 Sets. Our girls team also didn’t lose a game all day and managed to beat the Heathfield girls in a very competitive grand final match of 3 sets and winning 2-1. It was a fantastic and fun day of volleyball and a good opportunity for some much needed match competition.

Kelly van der Linde
Open Girls Captain

Congratulations
Casey Newman has been selected to represent the Australian Volleyroos to play in the Asian Championships Thailand. Casey also caught the eye of Kerri Pottharst (former gold medal olympian - Sydney 2000) and was selected as 1 of only 4 girls in Australia to play at the world championships beach volleyball tournament in Mexico.

Jarred McEvoy and Thomas Wass have been selected to be part of the Volleyball Australia’s Youth Program (Youth Volleyroos) and have participated in the U19 Asian and U21 Thailand National Championships as well as a training camp in Sri Lanka. Later in the Year they will move to the Junior Volleyball Program.
Lift Dance Theatre

We began work on a new production, Ander’rait, as soon as the 2014 Fringe was over.

Ander’rait is the phonetic spelling of Underwrite[ing] and the idea evolved from considerations of written and spoken language as motivation for choreography.

Written language evolved as a record of events, transactions and laws but the fragments left from the past present far from a complete picture and much has been destroyed over time. In using the forms of letters and words the dancers created a complex vocabulary of movement that reflected the idea of lost meaning and then projected it into the present time where the sheer proliferation of words denies meaning.

The music is eclectic and ranges from the idiosyncratic Penguin Café Orchestra to the work of Japanese composer Jun Miyake. A work in progress version of Ander’rait will be presented in the Brighton Theatre at the end of October and debut at the 2015 Fringe.

Lift Dance theatre is largely student driven and the dancers would appreciate the opportunity to show our community what they have achieved.

Alan Todd, Artistic Director
Phoebe Fisher, Choreographer
Paula Rosenau, Year 11
Nina Phillips, Year 10
Georgina Rayner, Year 8
Taylor Camburn, Year 11
Micaela Walker, Year 8
Charlotte Rayner, Year 8
Claire Lawrance, Year 11
Poetry in Action

Perhaps, poetry isn’t as bad as we thought.

When the Year 11 English classes flooded into the Brighton Theatre on 6th August, anticipating a mind-numbingly boring poetry enactment in place of their afternoon lessons, they were pleasantly surprised. The New South Wales based Poetry in Action took over the stage and the attention of their audience. They combined humour with fantastic interpretations of war poetry by Wilfred Owen for forty unforgettable minutes. The three actors took the audience through World War I, explaining both the context of the poems they recited as well as the multiple techniques that Owen uses. It was also a journey into the life of Wilfred Owen himself and his experiences on the battlefield. This aspect gave the performance a historical edge that served to further interest the audience.

From sad recitals to haunting poems that caused the hairs to rise on our arms, Poetry in Action provided a rollercoaster of emotions for the Year 11 audience. Finally, as the students left after a plethora of questions for the actors, there was nothing but praise for the event. This performance managed to unexpectedly cater for both poetry lovers and haters, and was equally enjoyable and informative.

Anthea Hall
Year 11

Home Economics and Buzzlebots

During Fabrics class in Home Economics we have learned how to do the tacking stitch, running stitch, back stitch, slip stitch and blanket stitch, as well as how to use the sewing machine.

We also created Buzzlebots of our own design. We had to design the soft toy, cut out the initial shape and then sew it together. I have thoroughly enjoyed Fabrics this semester and cannot wait to do it next year.

Kiara Koch
Year 8
Student Wellbeing

Student Wellbeing Through The Middle Years - Mindfulness Research Project

Our school is currently participating in research being undertaken by the Psychology Department of Flinders University. The purpose of the study is to investigate the capacity of a mindfulness skills programme to prevent or reduce anxiety, depression, stress, eating disorders and increase student wellbeing.

This project involves one class of Year 8 students participating in an eight lesson, once a week, mindfulness programme and completing questionnaires. Two other Year 8 classes acting as “control” groups are also undertaking the questionnaires to see whether those who undertake the programme are affected positively. The mindfulness curriculum will be taught by Catherine Johnson, a qualified adolescent mindfulness teacher (http://mindfulnessinschools.org/). Catherine is also a qualified physiotherapist with an honours degree in psychology, who is now undertaking a psychology research PhD.

Mindfulness is a secular (non-religious) and scientific approach to increase mental resilience and happiness. The programme sits harmoniously alongside any religious approach including Christianity. Mindfulness involves learning to switch mental gears from our tendency to “live in our heads” (in the past and future) and instead become fully aware of what is happening in the present (both internally, our thoughts and feelings, as well as external events). This way we can change from reacting habitually to things in automatic pilot mode (mindlessness), and instead pause, see clearly what is actually happening, and make conscious, skilful choices about our actions. Mindfulness also involves fostering an attitude of curiosity, non-judgement and self-kindness (rather than harsh self-criticism).

Research over the last 30 years show benefits from the adult mindfulness programmes for stress, anxiety, depression and chronic pain. Mindfulness for youth is a much newer field but evidence is emerging for positive benefits. A recent study by the same .b curriculum showed a significant reduction in depression at completion of the 8 week programme for 12-16 year olds. At the 2-3 month follow up, effects were not only lasting for depression but had broadened to include a significant reduction in stress and an increase in wellbeing.

Students rated enjoyment at 7/10 and most reported that they would continue using the strategies. The current study will be looking to replicate these effects in an Australian context using the same programme, but also extending the study to look at how it works (so we can see if emphasising certain components improves the effects) and assessing additional outcome measures such as weight and shape concerns.

Delivery in the classroom involves short talks, discussion, games and short mindfulness practices with encouragement to practice these skills at home. Mindfulness practices include:

- Learning to be still and watch the breath (a way to train attention, and to self-calm)
- Scanning different parts of the body, and learning how the body feels with emotions or under stress
- Performing everyday activities “mindfully” (e.g., really noticing the smells, tastes and textures of eating) so we can savour the positive and notice unpleasant experiences (a necessary part of life) with a sense of curiosity rather than avoidant behaviour.

At the completion of the programme, results will be forwarded to the school for dissemination to the school community.

Jan Sutherland
School Counsellor
Friday 15th August saw the launch of this year’s 40 Hour Famine – something many students, particularly the VGen group, had been looking forward to.

As a way to raise more awareness about the famine and the work of World Vision, and perhaps get some more people involved, the VGen students organised a 40 hour famine launch party – a BBQ at lunch time before the famine began!

There was a real buzz in the air as the students served their peers over 200 sausages along with cakes, slices, biscuits and jelly cups! The total amount raised was $329.65, all of which will go directly to World Vision to help the people of Rwanda who live without the kinds of luxuries we enjoyed at our BBQ.

I would like to congratulate the students who organised the event – Ella Bergoc, Vanessa Leak, Bianca Hoffrichter, Enola Kay, Bridie Armour, Mia Krecu and Tahlia Kalleske. These students displayed wonderful initiative and organizational skills as they came up with the idea and what they would like for the event, and delegated responsibilities to ensure the day came together smoothly. It is always positive to see fundraisers and events like this as it creates an uplifting, festive feel to the yard. Thanks, too, to Mr. Montedorisio for his help in sourcing the sausages and preparing the BBQs.

Well done girls on working together to organize the event, and on raising awareness and money for those in our world who are less fortunate.

Chelsea Lake
Christian Pastoral Support Worker (CPSW)

On the 13th August, Brighton Secondary School’s Think Bright class had the privilege to participate in Write-A-Book-In-A-Day, a competition involving writing, editing, formatting and illustrating a whole book in only 12 hours.

The short novel had to contain at least 4,000 words, as well as keep to all the different parameters which were emailed to our groups at 8:00am on the dot on that morning. Within the class we had 3 groups, containing around 8 people each, writing 3 novels.

I was lucky enough to be a part of the group called Think B’writers, and we all worked diligently and successfully undertaking all of our individual roles in the group.

For the first few hours before we started writing the book we had to plan the plot and cover all of the characterisation and setting in the story. In our group I was one of the authors, along with Brooke McGregor. For about 5 hours straight we wrote the initial story, which was then edited by Kalea Spyker and illustrated by Elsie Nunu. There were other roles in our group such as the group manager, the plotter and problem solvers, which were fulfilled by Luella Dawson, Tyo Ahap, Joel Porter and Sasha Simmonds respectively. Sasha was also an illustrator.

The day was absolutely fun-packed though stressful, but nonetheless I personally, as well as all the others I heard, had a great time. It was especially rewarding to see what we could produce and how professional the published books looked.

Kiara Koch and Kalea Spyker
Year 8 students
Community News

School Dental Service
The School Dental Service is a Child Dental Benefits Schedule provider.

All babies, children and young people under 18 years are welcome to attend. Dental care is FREE for most children. Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

All dental care provided is FREE for preschool children. To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au

Does your child have a Sleep Problem?
Is your teenager unable to fall asleep at a conventional time? Does your teenager experience difficulty waking early for school, university or work?

The Child and Adolescent Sleep Clinic in the School of Psychology at Flinders University is running a treatment study for a common adolescent sleep problem. For information about the clinic please email: casc.enquiries@flinders.edu.au or phone 8301 7587.

Student Exchange
Free Student Exchange Information Evening in Adelaide. Hear from returned students, find out more about discounts and scholarships available and ask questions.

Wednesday 10th September 7.30pm at the Adina Apartment Hotel Adelaide Treasury, Corner King Williams and Flinders Street, Adelaide. Visit www.studentexchange.org.au or call 1300 135 331 for more information.

Air Asia Asiafest
Saturday 4th October, Sunday 5th October and Monday 6th October – Rymill Park, Adelaide.

A three-day culinary delight bringing together Adelaide’s best Asian restaurants teamed with traditional beverages and astonishing entertainment. Picture this … Several mini Festivals within one large Festival. Take your time finding the pathway to each country and become completely immersed amongst each culture. A unique entertainment line-up including traditional drumming, dance, food art, massage, and various martial arts is available. For the first time ever Asiafest brings the art of Japanese Sumo Wrestlers direct from Japan.

For more information email shanelle@asiafest.com.au or phone 0415 362 760.

Daffodil Day
For the Biggest Morning Tea held in May students in Years 8 and 9 made huge paper daffodils designed by Yas Paterson, Coordinator of the Arts.

These were kept and used to decorate the front fence of the school on Daffodil Day 22nd August. Thanks to the Year 8 and 9 students, Kathy, Denise and Danny for promoting Daffodil Day at Brighton Secondary School.
The University of Adelaide’s Entrepreneurship Commercialisation and Innovation Centre invites you and a guest to the Venture Showcase of the 2014 Australian eChallenge.

The Australian eChallenge is one of Australia’s leading entrepreneurial competitions, which fosters the development of new ideas and innovations. The Venture Showcase will present the 2014 entries and provide you with the opportunity to meet the teams.

Please join us for a cocktail function on Thursday 25th September in Bonython Hall.

Event Details
Date: Thurs 25th September
Time: 5:30pm to 7:30pm
Venue: Bonython Hall
North Terrace Campus
the University of Adelaide
Dress: Business attire
RSVP by Fri 19th September
Online: www.adelaide.edu.au/echallenge/rsvp

Please RSVP early as places are limited.
Brighton Secondary School
Year 12 Drama Presents...

**You Can’t Take It With You**

By Moss HART and George S. KAUFMAN

---

**Penny, Paul, Grace, Tony, Grandpa, Alice, Ed, Essie**

(1939)

---

**Wednesday 17th to Friday 19th September**

**7:30pm**

Brighton Theatre
305 Brighton Road
North Brighton

Cost:
- $15 Adults
- $10 Child & Concession

*Tickets on sale NOW at www.bpac.com.au or at the door*

By arrangement with HAL LEONARD AUSTRALIA PTY LTD, on behalf of Dramatists Play Service Inc, New York