

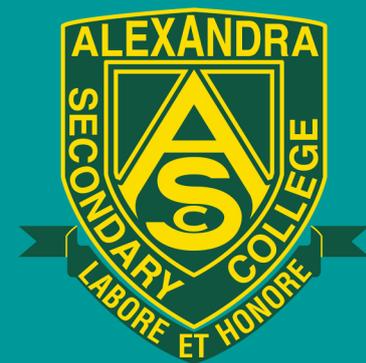
INSIDE OUT

Alexandra Secondary College

Date: - 8th February 2019

WEEK 2

1



College Vice Captains Tamara Wilson and David Ray attending the Commemorative Tree Planting Ceremony.



Dates to Remember-

Fri 15th Feb House Swimming Sports

Mon 18th Feb Yr 7 Parent Info Evening

Wed 20th Feb School Photos

4th-8th Mar Yr 7 Camp

Mon 4th Mar Southern Ranges

Thurs 14th Mar Investiture

Fri 16th Mar Yr 12 Formal

Term Dates-

Term One: Wednesday

January 30th to

Friday April 5th

Term Two: Tuesday 23rd April

to Friday 28th June

Term Three: Monday 15th July

to Friday 20th September

Term Four: Monday 7th October

to Friday 20th December

Curriculum (Student free)

Days-

Wed 22nd May

Fri 7th June

Wed 14 August

Swimming Sports are a great day. Come along dressed in your house colours and have some fun cheering your house on.



STAFF CONTACT DETAILS



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Principal's Report

Yesterday we marked the 10th Anniversary of Black Saturday with the ceremonial planting of a “Golden Rain” Tree, *Koelreuteria paniculata*. We chose this tree for its annual yellow bloom and for the wonderful protection from the sun that it will give our students in the memorial garden. The tree was planted by our College Vice Captains Tamara Wilson and David Ray; fittingly both are from Marysville.

Next Friday is our annual Swimming Sports at the Alexandra Pool and it is always a great day to be a part of. Students wear their House Colours and a number make or wear a costumes, which is quite fun. We also encourage our students to wear modest swimming attire and to be sunsmart with the wearing of “rashies”. All parents who have time to come along and watch are very welcome. We also appreciate parents who would like to take on a job, like “timer”, while they are there.

On Tuesday and Thursday lunchtimes this week, the Staff took on the Yr12s in a game of cricket in a “Super*” format. The match was played in great spirit and well umpired by James Geldart and Brad Christie. The Staff finished victorious by 62 runs and will now take a psychological advantage in to the “Staff vs Year12 Relay” at the Swimming Sports.

Student membership of SRC, Student Representative Council, for 2019 is now open. This Leadership position is one that students sign up for—there is no vote to be an SRC member. It is a great forum for students to have a voice and represent the voice of others in making our school an even better place. SRC meets twice a term from 12:30pm to 1pm with a light snack provided at the meeting. Interested students should sign up sheet on the window of the Principal's office.

I will be on leave next week to attend a family celebration in New Zealand. I am certainly conscious that the timing for this isn't ideal but am confident that College is in good hands with Sue Malcolm as Acting Principal and Bron Howell as Acting Assistant Principal for the week.

Nigel Lyttle

lyttle.nigel.n@edumail.vic.gov.au

Sue Malcolm

malcolm.susan.m@edumail.vic.gov.au

Parents dropping students off at the Rose Street entrance are asked to drop students off at the gate rather than driving into the school grounds

Want ideas for how to talk with your teenager?

Read the article attached to the Inside Out email for a copy of a powerful conversation an Australian Mum had with her teenage son to help him understand his behaviour and to open up the lines of communication between them.



BYOD— students are expected to be at school with an appropriate device which is charged and ready for the day.

Hats

Don't forget to bring your hats while in the sun.

BE HEALTHY CRAZY CAF' DEAL

Salad roll \$2

with meat or cheese \$2.50

Chicken lettuce mayo roll \$2

LUNCH ORDER ONLY

Yr 7 Camp

The Year 7 students are excitedly preparing for their camp at Rubicon Outdoor Centre. The camp will take place in Week 6 of Term 1 from the 4th to the 8th of March. The students will explore our beautiful local environment. Highlights will include rafting down rivers, climbing Mt Sugarloaf and an overnight camping trip. All completed forms need to be returned to the office by Monday the 11th of February and payment is due a week later on Monday the 18th of February. Below are some photos of last year's Year 7s enjoying the camp.



Applications for the CSEF program for 2019 is open now.

The Camps, Sports and Excursions Fund(CSEF) payment arrangements are now open. Families holding a valid means tested concession card (Eg: Health Care Card or Veteran Affairs) are eligible to apply from the 27th January. Secondary College students will be eligible for \$225 and it will be paid directly to the School to be used towards camps, sports and excursion costs.

The same form also allows the provision of a uniform pack for Year 7 students at mid year.

Please call at the School office for an application form. We will also require a copy of your current card.

CENTREPAY is now available.

Centrepay is now available as an option for families to pay for their 2019 charges.

Centrepay is a free payment option provided by Centrelink for families in receipt of a Centrelink payment. It allows families to select a one off or continuing payment which is deducted from Centrelink benefits. Applications can be made online or over the phone quoting Alexandra Secondary College's CRN 555-105-147B.

If you think you may qualify for this service, we have forms available.

Please contact the Anne Norris at the College office for further details.

Conveyance Allowance

Applications for Conveyance Allowance (School Buses) for 2019 are now available at the School office.

To be eligible you must reside 4.8km or more, by the shortest route, to the nearest school campus.

Term 1 applications close 2nd March.

UNIFORM SCHOOL SHOES



A GOOD SCHOOL SHOE
All black



NOT a good school shoe
White sole



A GOOD SCHOOL SHOE
All black



NOT a good school shoe
Red highlights, yellow and
white writing



A GOOD SCHOOL SHOE
All black with black logo



NOT a good school shoe
White sole and logo

Careers News

Currently Available apprenticeships and traineeship opportunities section:

Cert. 3 in Business – with a renowned local employer – Alexandra – Full time

Cert. 3 in Automotive Apprenticeship—Shepparton (CC070119)

Cert. 3 in Stonemasonry Apprenticeship—Shepparton (CC151018)

Cert. 3 in Logistics Traineeship—Ardmona (NS270918)

Cert. 3 in Cabinet Making Apprenticeship—Mansfield (CC070119)

Cert. 3 in Electrotechnology Electrician Apprenticeship—Seymour (CC070119)

Cert. 3 in Wine Operations Traineeship—Myrtleford (CC070119)

Cert. 3 in Landscape Construction - Kilmore (CC301118)

For further information please contact Carolyn Curnow from the Apprenticeship Factory on 0417359079.



BY



ALEX
YOUTH
DROP IN

WEDNESDAYS @ the EMBASSY of IDEAS
(GREEN SHED BEHIND the SKATE PARK)
3.30PM - 5.00PM ~ FOOD PROVIDED



CALL COUNCIL'S
YOUTH OFFICER
IMAGEN ON
0408 585 648



WWW.MURRINDINDI.VIC.GOV.AU/YOUTH



TOPS:

Therapist-assisted Online Parenting Strategies

What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

Parents or legal guardians with their adolescent (aged 12-17 years):

- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
- Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here:

bit.ly/TOPSmain or contact the TOPS team by email at: med-tops.coach@monash.edu



Help your teen manage anxiety, depression, & sleep problems

An online tailored parenting program

Weekly coaching via videoconference

Access the program anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.

This mother's description of her tween son's brain is a must-read for all parents by [Annie Reneau](#)

It started with a simple, sincere question from a mother of an 11-year-old boy.

An anonymous mother posted a question to Quora, a website where people can ask questions and other people can answer them. -

How do I tell my wonderful 11 year old son, (in a way that won't tear him down), that the way he has started talking to me (disrespectfully) makes me not want to be around him (I've already told him the bad attitude is unacceptable)?

It's a familiar scenario for those of us who have raised kids into the teen years. Our sweet, snuggly little kids turn into moody middle schoolers seemingly overnight, and sometimes we're left reeling trying to figure out how to handle their sensitive-yet-insensitive selves.

A mother of two with an uncanny amount of wisdom gave a solid gold answer all parents need to read.

Jo Eberhardt, a fantasy writer and mother of two from Australia, penned a reply that is so spot on that it keeps repeatedly popping up on social media. When you nail it, you nail it—and this mother nails it.

"Ah, puberty," she wrote, "It changes our sweet, wonderful little boys into sweet, eye-rolling, angsty, accidentally disrespectful, but still wonderful young proto-men." Yup.

Eberhardt then described a discussion she had with her 11 1/2 -year-old son when he started going through this stage—a conversation they had in the car, which is usually the best place to have potentially uncomfortable discussions with kids.

She told her son that she'd messed up in the way she'd talked to him about puberty, then explained exactly what was happening in his brain.

"I've spent all this time talking to you about the way puberty changes your body," Eberhardt told her son, "and what to expect as you go through the changes, but I completely forgot to talk to you about what's going on in your brain right now. Puberty is the time when your brain grows and changes more than at any other time in your life — well, except for when you're a baby, perhaps. So I really let you down by not preparing you for that. I'm so sorry."

Her son accepted her apology, then asked why his brain was changing.

"That's the amazing thing," she told him. "Did you know that your brain grew and developed so quickly when you were little that by the time you were about five or six, your brain was almost as big and powerful as an adult's brain?"

"But here's the thing," she continued, "Even though your brain was super powerful, the instructions were for a child's brain. And all the information about building an adult's brain was a bit... let's say fuzzy. So your brain did the best it could, but it didn't really know what kind of person you were going to be back then, or what shape brain you were going to need."

"Now we come to puberty," she went on. "See, puberty is amazing. **Not only is your body being transformed from a child's body to an adult's body, your brain has to be completely rewritten from a child's brain to an adult's brain.**"

"That sounds hard," her son responded.

"Yeah, it is," Eberhardt replied. "That's why I wish I'd warned you first. See, it takes a *lot* of energy to completely rewrite a brain. That's one of the reasons you get tired quicker at the moment — and that, of course, manifests in you being crankier and less patient than normal."

Eberhardt paused, then added, "That must be really frustrating for you."

Her son looked over at her, wiping his eyes. "It is," he responded. "Sometimes I just feel really angry and I don't know why."

It's amazing what happens when we explain to kids the physiological reasons for what they're going through.

Eberhardt continued, "The other thing is that one of the first parts of your brain that gets super-sized to be like an adult is the amygdala. That's the part that controls your emotions and your survival instincts. You know how we've talked about fight/flight/freeze before, and how sometimes our brains think that being asked to speak in public is the same level of threat as being attacked by a sabre tooth tiger?"

Her son laughed. "Yes. So you have to tell your brain that there's no sabre tooth tiger to help you calm down."

"That's right," Eberhardt replied. "Well, that's what the amygdala looks after: sabre tooth tiger warnings and big emotions. So, the thing with puberty is that all of a sudden you've got an adult-sized amygdala hitting all your emotion buttons and your sabre-tooth tiger buttons. That must be really hard for you to manage."

Her son nodded and said, "Sometimes I don't know why I say the things I do. They just come out, and then I feel bad."

This is the moment where what a parent says can make or break a kid's spirit. But Eberhardt handled it with empathy and expertise.

"I know, Sweetheart," she said before explaining:

"See, the last part of your brain that gets rewritten is right at the front of your head. It's called the frontal cortex. And that's the part of your brain that's good at decision making and understanding consequences. So you've got this powerful adult amygdala hitting you with massive emotions, but you've still got a fuzzy child frontal cortex that can't make decisions or understand consequences as quickly as the amygdala wants you to. It pretty much sucks."

"So it's not my fault?" her son asked.

"No, it's puberty's fault your brain works the way it does," Eberhardt answered. "But that doesn't mean it's not your responsibility to recognise what's going on and change your actions. It's not easy, but it's not impossible, either. Your feelings are your feelings, and they're always okay. But you get to choose your actions. You get to choose what you do with your feelings. And, when you make a mistake, you get to choose to apologise for that mistake and make amends."

Eberhardt said she then paused for dramatic effect. "That's how you prove that you're becoming an adult."

It's also remarkable what happens when we empathize and communicate with our kids instead of simply chastising them.

Her son responded with a perfectly understandable and relatable, "Puberty sucks."

"Puberty absolutely sucks," Eberhardt responded. "I'm not in your head, but I can only imagine that it's a mess of confusion and chaos, and you don't know from one minute to the next how you feel about things."

Her son looked at her in surprise. "Yes! Exactly!"

"If it's confusing for you living inside there," Eberhardt continued, "imagine how confusing it is for me, when I only see your actions."

"That must be *really* confusing," her son agreed.

She nodded. "Do you know what that means?"

"What?"

"It means sometimes I'm going to make mistakes. Sometimes I'm going to get upset at things you do because I don't understand what's going on in your head. Sometimes I'm going to forget that you're halfway to being a man, and accidentally treat you like a child. Sometimes I'm going to expect more from you than you're able to give. This is my first time parenting someone through puberty, and I'm going to make mistakes. So can I ask you a favour?"

"What is it?"

"Can you just keep telling me what's going on in your head? The more we talk, the easier it will be for both of us to get through this puberty thing unscathed. Yeah?"

"Yeah," her son said.

When we let our kids know that we're going through these various phases together, it's easier to work with them instead of against them.

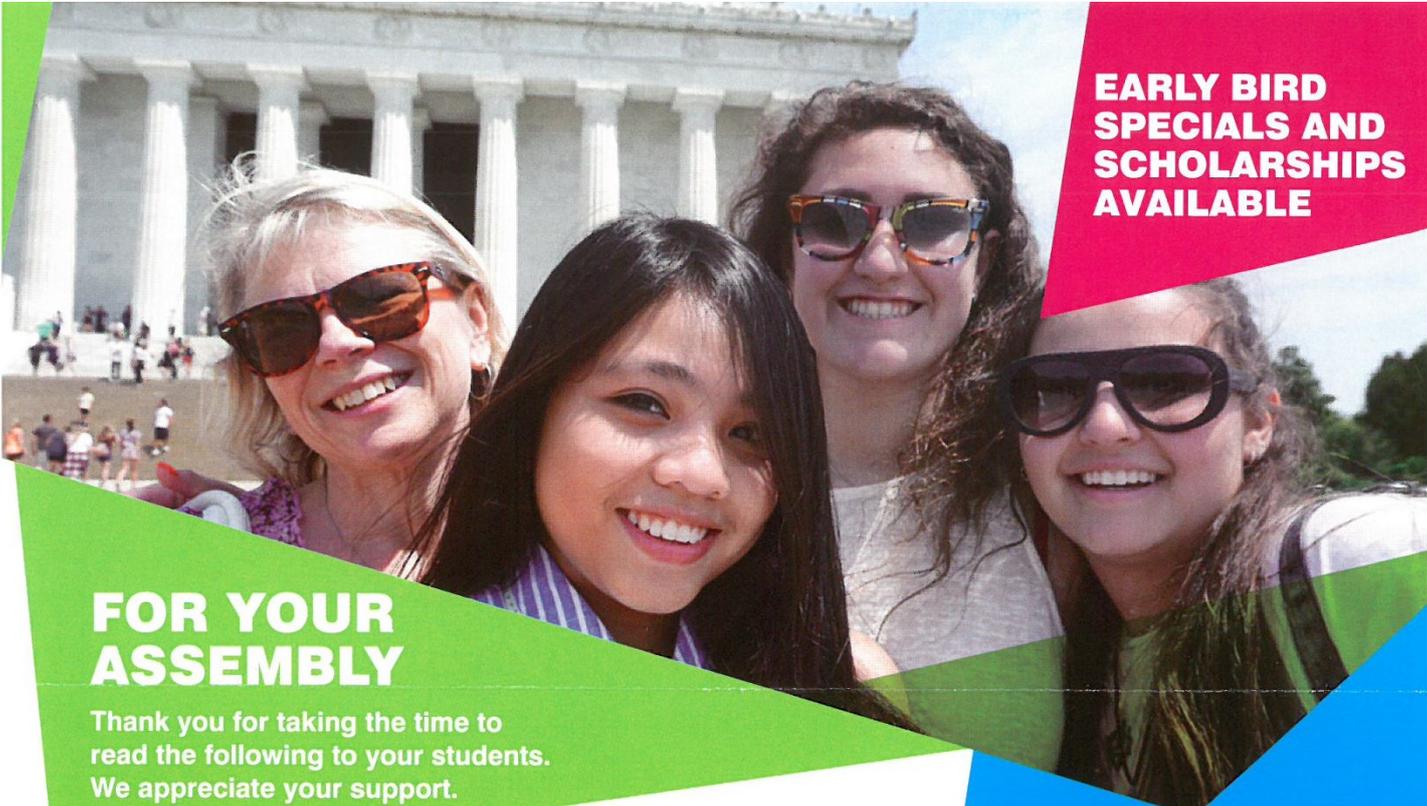
Eberhardt said they "had a cuddle" before they got out of the car. She also said this conversation didn't magically make her son always speak respectfully or make her remember that he's not a little boy anymore. However, it did open up lines of communication and gave them a shared language to use.

For example, she wrote, "He knows what I mean when I say, 'Sweetheart, I'm not a sabre tooth tiger.'"

Eberhardt wrapped up her excellent answer by saying that she and her son are "muddling through this crazy puberty thing" together, and that she's "completely confident that he'll come out the other end a sweet, wonderful young man."

It's always so helpful to see examples of good parenting in action. Ms. Eberhardt's response is something all parents can tuck away for the appropriate time. It's also a great reminder that our tweens aren't trying to try us—they're just trying to get used to their new and improved brains.

Link: https://www.upworthy.com/this-mother-s-description-of-her-tween-son-s-brain-is-a-must-read-for-all-parents?fbclid=IwAR2jFZdve8DIbca4ZWBts5M5dGSclpgZ9qF-Pd3GXcFC_T3LFux49M1tjdE



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FOR YOUR ASSEMBLY

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read the following to your students.
We appreciate your support.

International Student Exchange

Are you interested in cultures different to your own?
Do you want to learn a new language?
How about making lifelong connections?

A student exchange program might be for you!

Student exchange is the opportunity for you to experience a different school, culture, family and possibly language for a selected time period in another country. It is far more rewarding than simply being a tourist, because you'll live like a local, immersing yourself into day-to-day life in your country of choice!

Your future opportunities depend on your ability to communicate to a global audience. A student exchange will put you ahead of the game, equipping you with skills and memories that will last a lifetime.

Host right here, at home!

WEP Australia is seeking welcoming volunteer host families for overseas exchange students coming to Australia.

Hosting an exchange student is a great way to discover new cultures, languages and traditions. Choose your new best friend at wep.org.au/host!

 **WEP.ORG.AU**

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WEP Australia is a not-for-profit student exchange organisation registered/approved by the education departments/regulatory authorities in New South Wales, Queensland and Victoria.

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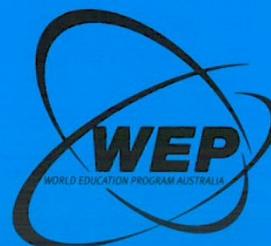
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