

INSIDE OUT

Alexandra Secondary College

Date: - 20th March 2020

School Vaccination Program

YEAR LEVEL	VACCINES OFFERED
YEAR 7 MALE & FEMALE STUDENTS	GARDASIL®9 (HPV) DOSE 1 OF 2
YEAR 7 MALE & FEMALE STUDENTS	BOOSTRIX (Diphtheria, Tetanus, Whooping Cough) 1 DOSE ONLY
YEAR 10 MALE & FEMALE STUDENTS	MENACTRA (Meningococcal ACWY) 1 DOSE ONLY

The first round of school vaccinations is being conducted on

Friday 27 March 2020 after recess.

The vaccines listed in the table above will be offered on this day.

These vaccinations are funded on the National Immunisation Schedule. Should your child miss out on starting their vaccination course this year they may not be eligible to receive them for free in subsequent years.

Parent information packs were sent home recently.

ALL relevant sections of the consent card must be completed, signed and returned to the school even if your child is NOT being vaccinated.

To consent to your child being vaccinated with one or more vaccines, please tick and sign the relevant **YES** sections of the consent card in blue or black pen. If you **DO NOT** wish to have your child vaccinated with one or more vaccines or if your child has **already been vaccinated**, please tick the relevant **NO** section on the consent card and return them to the school by **Wednesday 8 May 2019**.

Please return the card to the boxes outside A6 even if your child is not being vaccinated.

If you have any enquiries about the program or your child's vaccinations, please

Raise a resilient teenager

Partners in Parenting is an award winning, online parenting program developed by Monash University.

This program is designed to help equip parents with parenting strategies that may reduce the risk of depression and anxiety in their teenagers.

Personalised and practical strategies to support your teenager's mental wellbeing. Sign up today: partnersinparenting.com.au



WEEK 8

1



Dates to Remember:

Yr7 & Yr 10 Immunisations
27th Mar

Last Day of Term 1
2:30pm finish

First Day Term 2
13th April

Term Dates-

Term 1: 29th Jan—27th Mar
Term 2: 13th Apr—26th June
Term 3: 13th July—18th Sept
Term 4:- 5th Oct—18th Dec

20th May
5th June
19th August 19

Curriculum Days
(Student free)



Email: alexandra.sc@edumail.vic.gov.au



Web: www.asc.vic.edu.au



Ph: 57702000

Principal's Report

We congratulate our school community for their calm and sensible approach during these confronting and changeable times. School still has a great sense of normality about it.

Yesterday afternoon, the Department of Education transferred additional funds to engage extra cleaning of surfaces in our school. As we mentioned yesterday, our cleaners are already ahead of the game in this regard but now will be able to do even more to disinfect high touch areas such as entry and exit points, door handles, shared surfaces and drinking stations.

Rubicon Outdoor Centre has come to our aid and provided us with hand sanitiser. This will allow us to increase access to hand sanitisation around the school. We are thankful and very grateful to Rubicon for their support.

Interim reports have been emailed home to families today. We apologise that it was necessary to cancel Parent/Student/Teacher night. We encourage our students and parents to use these reports to set future goals and discuss strategies to reach these goals. We also encourage our students to have similar conversations directly with their teachers.

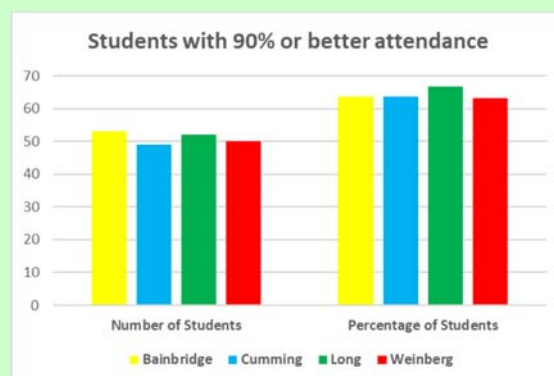
Official results are in from last week's Round Robin. It is with immense pride that we celebrate our Year 7 Girls, Year 7 Boys and Senior Boys Volleyball teams winning through to the next round.

Every day of learning makes a positive impact. We understand that families are being extra cautious to keep their children away from school to get better and not infect others, as we have asked, and we appreciate this.

Percentage of students with 90% attendance and above					
	week 4	week 5	week 6	week 7	week 8
Year 7	89%	89%	89%	89%	80%
Year 8	77%	91%	81%	89%	68%
Year 9	80%	85%	80%	80%	70%
Year 10	68%	75%	68%	67%	56%
Year 11	69%	71%	60%	63%	52%
Year 12	60%	71%	71%	77%	60%

Nigel Lyttle

Nigel.Lyttle@education.vic.gov.au







Sue Malcolm

Susan.Malcolm@education.vic.gov.au

Any parents who have not received their Sentral Access key please get in touch with Anita in the Office, Monday to Wednesday or email rennie.anita.m@edumail.vic.gov.au

Staff contact details for Year Level Coordinators:

Year 7	Marian Rice		Marian.Rice@education.vic.gov.au
Year 8	Phil Kim		Kyong-Tae.Kim@education.vic.gov.au
Year 9	Penny Steuart		Penny.Steuart@education.vic.gov.au
Year 10 & 11	Cath Collett		Catherine.Collett@education.vic.gov.au
Year 12	Bec van Lierop		Rebecca.vanLierop@education.vic.gov.au

Careers & Employability

Below is a list of currently available apprenticeships:

Cert 3 in Agriculture - Karramomus (NS190120)

Cert 3 in Landscape Construction– Shepparton (CC190120)

Cert 3 in Motorcycle Technology (CC160120)

And locally:

Part Time Traineeship at the Eildon Holiday Park

Work Experience Placements wanted!

If you or your workplace are keen and available to host one of our year 10 students for a week of Work Experience, from either the 22nd – 26th of June OR the 14th – 18th of September (or both!) please email Felicity Wilmot, Careers Coordinator on felicity.wilmot@education.vic.gov.au.

Also if your business is available and keen to host one of our Senior VCAL students every Wednesday for a maximum of 20 weeks (excluding school holidays) please also email Felicity Wilmot, Careers Coordinator at felicity.wilmot@education.vic.gov.au.

Your support for our local Youth is most appreciated!

For further information please see Felicity Wilmot.

LOST PROPERTY / PLEASE LABEL UNIFORMS

If your son or daughter has misplaced any school uniform (including shoes) please ask them to check the Lost Property cupboard outside sick bay (or feel free to come in and check yourself).

It's really helpful if there is a name on the uniform so it can be returned to the student if it is misplaced around school.

Currently we have a number of jackets, shirts, a green jumper, shorts and shoes.

Yr 9 Lifeskills



ROUND ROBIN

Year 7 Girls Volleyball



After many lunchtime training sessions, the day finally arrived for the girls to put their skills to the test. The two teams were excellent in both of their pools, with the B team winning and losing a couple of games. They only lost by one point to the eventual winners of their pool. The A team were very successful in their pool, winning all of their games and the semi-final, and progressed to the grand final, to be played against FCJC Benalla. Although the girls started slowly, their confidence rose during the game as more points went their way. Teamwork and good communication proved to be the

difference between the sides, and the practice the girls had put in beforehand showed on the court, running away comfortable winners in the end. Well done to all 13 players on the day, you did yourselves and the school very proud with your efforts and the way you conducted yourselves as a group. Now we can focus on the next level of competition, at the Hume Region Championships on the 28th of October.

Senior Boys Volleyball

The Y12 Senior Boys Volleyball team had a successful outing last week. The team rode off the back of Billy Miller and Ryan Lucas' high energy to emerge as champions of the Southern Ranges region.

Yea A was defeated by Alex SC in straight sets in the first game with consistent and disciplined performances by Toby Prothero (Y10) and Ryan Mortley. Yea B (their stronger side) provided stiff competition and the boys had to rise to the challenge, winning 25-17, 16-25, 15-8 in a high-level contest. Mack Ingram-Smith put oppositions under pressure with his flat and accurate serves. Kilmore International was beaten in straight sets in the final game with Jackson Harris and James Southam producing some fantastic blocks. The team was captained by Damon Malcolm, who lead with poise and purpose throughout the day.

Congratulations to the boys and we wish them luck for the next level of competition.



ROUND ROBIN

Yr 7 Boys Volleyball

Two teams of Year 7 boys attended Seymour to represent themselves and the school in Volleyball. Both teams played well in the preliminary rounds. Our team in Pool A went through undefeated while our Pool B team missed on making the final by just two points after losing one match to Yea A, then missing out on countback after they and the Yea team both lost one match each in the early rounds.

In the final for 1st and 2nd Alexandra A v Yea B the boys won 15 / 4, 15 / 5 and 15 / 4. In the playoff for 3rd and 4th Alexandra B lost narrowly to FCJ Benalla.

All the boys played well in their first ever Volleyball tournament and they will all now continue to train throughout terms 2 and 3 in preparation the Hume Region championships. All players that train are eligible for selection to progress in October.



Intermediate Girls Volleyball

On Friday the 13th of March myself and 24 other girls travelled to Seymour to play volleyball for round robin. We had three teams as there were so many girls. Team 1 (the year 9 team) consisted of Elektra Birks, Taylah Dean, Eliza Gesler, Mikaela Krijt, Charlotte Millard, Micci Soriano, Jordan Woehl and Annie Howell, and this team were competing in pool C, where they played four games and managed to win one of their games. Next was Team 2 (the Emerald team), which was a mixed team consisting of Jess Newman and Fefe Vakali (year 8), Kelly Young (year 9) and Daisy Birtchnell, Lola Mansson, Larissa Patek, Lily Wilson and Tahnee Heard (year 10). We started off rocky losing our first game but managed to pull off four other wins, meaning we won our pool. Lastly was team 3, (the golden team), which was also a mixed team with Jazmin Collet, Mia Fitzpatrick, Louise Hurrey and Sierra Pammer (year 9), Mia Gelbert, Kasey Johnson, Alyssa Miller, Kayla Nadj and Lariza Serang-Robinson (year 10). This team was very strong winning their first three games, losing one but then winning their last game. As Alex B (the emerald team) had won our pool we made it to the semi finals and played Yea, but we lost the semi's 17 to 25. Yea went on to play Benalla in the finals but ended up losing. Good Job Girls!!!!

By Tahnee

(Missing from Photos—Sierra Pammer & Kelly Young)



ROUND ROBIN

YEAR 8 BOYS TENNIS



Year 8 boys, Oli, James, Tyler and Will represented the college for the tennis round robin competition held at The Benalla Lawn Tennis Club .

Three of the boys play weekend competition and were excited to test their skills against a broader cohort. They welcomed Will to the team, a newcomer to the sport, but by no means new to sporting ability. The grass courts provided a new experience to all, with the ball playing much more slowly and less predictable than usual. The game structure was new too, with timed matches.

The boys played in doubles against four other schools in their pooled group, and matches were back to back, with little time to rest. Their first match was against Broadford SC , to which they drew, but Alexandra were too strong for Yea High, St Marys (Seymour) and FCJ B (Benalla), defeating the teams defiantly.

During play, Oli baffled his opponents with his trademark slice whilst James remained consistent with his serve. Tyler showed strength with his fast and furious returns, and Will was able to cover ground with ease, providing first-rate support for his team mates at the net and behind.

Alexandra finished in second place (in their pooled grouping) to Broadford SC and the team look forward to competing again next year .

ROUND ROBIN

Senior Girls Volleyball



Beta Team:

Sarah Burgess, Hailey Collett, Vanessa James, Sophie Coward, Riley Thomas, Tayla Arnett, Emma Bowe and Riley Thomas.



Alpha Team:

Megan Rice, Breeanna Capp, Yolanda Vinycomb, Jorja Gesler, Jordan Wilkinson, Charlotte Harris, Annabelle Love and Emma Marshall.

I had the pleasure of taking the two senior girls' teams to Benalla to compete against six other Colleges. Team Beta won one game out of the five. Team Alpha won two games out of their four games and only missed out on the semi-final on a count-back of points.

All girls played with enthusiasm and great sportsmanship. I refereed their games and they were a fantastic group to umpire.

Being the elite athletes that we are, we felt a need to refresh our energy with a Maccas stop before the trip home! Well done girls on your efforts. You were a joy to take away!

Mrs C Collett

ROUND ROBIN

Year 7/8 Girls Round Robin Cricket

On Friday the 13th of March a group of girls headed to Benalla to play cricket representing our school. When we arrived at school we gathered our small team of six for the day. Arriving at our destination at the cricket oval we got our gear out of the bus and sat down to organise who would bowl, who would be batting partners and who would be captain for each game.

For the first game out of three we played Mansfield. Mikaela (captain of the first game) walked over to our opponent's captain for the bat flip. Winning the bat flip Mikaela chose for our team to field first. At the end of the eight overs that we bowled Mansfield made 102 runs, and we got 7 wickets. With the high score we had to chase in the second innings we ended up with 99 runs, meaning we had lost the first game of the day by 3 runs.

The second game of the day was against Euroa. Once again winning the bat flip Emma (captain of round 2) decided to bowl first so we knew what score we had to chase. After another long innings Euroa made 64 runs, we didn't bowl our best that innings as we only got 1 wicket. But eventually we just copped a win with the total score of 69 runs.

Round 3. As we thought it would be the last game of the day, playing against FCJ (Benalla). Tahlee (captain of round 3) won the bat flip. Again bowling first we ended up chasing a total of 65 runs. Reaching the end of the second innings Alex easily won by 43 runs. Thinking that was the last game of the day our coach Mr. Keyte informed us that we were to play the finals against the second FCJ team. We won the final by 49 runs but still yet to make it to Hume for another year as we did not win our first game.

One of the biggest highlights of the day was when Ruby took 3 one handed catches in one over. As she took each catch we all ran in screaming with excitement to congratulate her as it was her first time playing cricket competitively. Another massive highlight was when Tarah was bowling her second over of the day, as she bowled the ball slipped out of her hands, but little did she know when she turned her head the other way to re-bowl the ball she heard the rest of our team yelling. The ball had just hit the leg stump by an inch. But the biggest highlight of the day was seeing the smile on all these girls faces as you could see how they progressed throughout the day, improving all their skills. Whether it was their bowling, batting or fielding. Everyone could see how much confidence the girls had gained with all the skills they were improving on.

We had a cracker of a day. We'll make it to Hume next time guys!

Coach: Paul Keyte

Team members:

Ruby Russell

Chikita Richter

Mikaela Lyttle

Tahlee Christie

Emma Whitehead

Tarah Shawcross

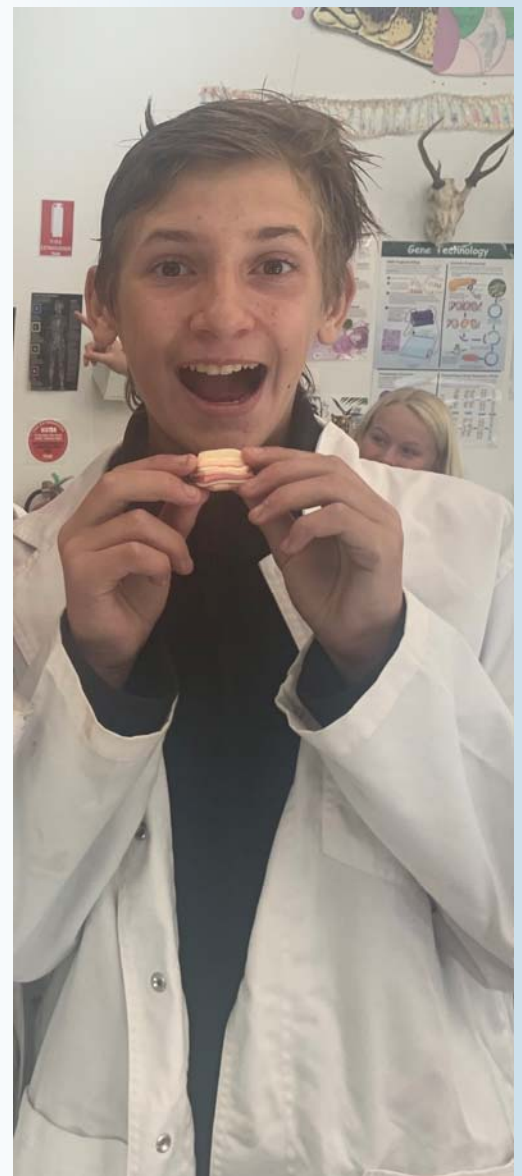


Yr 7s Ryan and Maya playing
“Lab equipment celebrity heads”

SCIENCE



Yr 8s Starburst Sedimentary Rocks



This Way North Music Performance Workshop

Last Monday former ASC student and professional musician Leisha Jungawalla ran a workshop with her band "This Way North". Around 25 students attended this event, which included performances by the band and a workshop focussing on Music Performance. The bulk of the students were members of the school rock bands and found the workshop highly relevant to their own future as young musicians. Three of our bands got up to participate and play a song, receiving some professional feedback from the band. In particular our Year 7 band, having only spent a few weeks in the music program, performed a fantastic version of Wild Thing!

The students will be putting their new skills into action over the remainder of the year with the upcoming events such as the school production, grand concert and battle of the bands.

This Way North have recently been performing at some of the biggest festivals in Australia, including the Port Fairy and Woodford festivals; the music department wishes them all the best for the future!



Year 7 Camp

Rubicon Camp Reflections

Daisy Sheehan

Question 1: How did you feel at the start of camp?

At the start of the week I felt excited for all the things we were doing and nervous because I had never been camping.

Question 2: What has been one highlight of camping out?

A highlight of camping was sitting around the fire and talking about our day.

Question 3: During the bushwalk, what a decision your group had to make and how did they make this decision?

During the bushwalk we had to decide if we wanted to go to Ned's Peak, so we discussed and heard everyone's ideas.

Question 4: What is a time where your group had to work together as a team?

Our group used teamwork by all rowing together at the same time.

Question 5: How did you contribute to the community?

I did a weather report to help people prepare for their day.

Question 6: What is something you will take away from your time at camp?

This week I have learnt the most during camping and bush walking. I learnt about pushing through and not stopping, even when you are really tired.

Danielle Nadj

Question 1: How did you feel at the start of camp?

I was a little tired after swimming 7 events and sitting on the bus for so long but I was still very excited for camp.

Question 2: What has been one highlight of camping out?

I really enjoyed camping out under the tarp. It was a little cold but I didn't get hypothermia. The best part was waking up and seeing 11 kangaroos 10m away from us.

Question 3: During the bushwalk, what a decision your group had to make and how did they make this decision?

We were walking and wanted to go up to Jawbone peak but we were running a little low on time so we decided to go up later if we had time.

Question 4: What is a time where your group had to work together as a team?

We all had to work together [whilst rafting] so we could go upstream and surf.

Question 5: How did you contribute to the community this week?

I did enviro and I went around turning off lights so we could save energy.

Question 6: What is something you will take away from your time at camp?

On camp my favourite part was the rafting. It was probably when I learnt the most as well. I learnt about pumpkins [the obstacles put up by previous rafters], rapids, when it's safe and not safe to backflip, how to control the raft and more. This will help me on camps and other outdoor expeditions.

Bushwalking was challenging but it taught me that if you never give up, eventually you will succeed. The view from up top was amazing but you had to be persistent to get through all of the prickles.

On camp I have met new people and even made new friends but best if all was the experience of being out in the bush, sleeping under the stars and playing with friends.

Year 7 Camp

Rubicon Camp Reflections

Luke Wal

Question 1: How did you feel at the start of camp?

At the start of the week I felt excited about the week ahead, I was also wondering about how the week would turn out.

Question 2: What has been one highlight of camping out?

A highlight about the camp out was when we climbed to the top of the Cathedrals. The views were amazing and you could see Buxton. Also, it was really good to have good fun with my mates.

Question 3: During the bushwalk, what a decision your group had to make and how did they make this decision?

A times when we had a choice was when we had to choose whether to go to Ned's Peak or not. We made a decision to go to Cathedral and to go to Ned's Peak on the way back. Unfortunately, we ran out of time.

Question 4: What is a time where your group had to work together as a team?

On the raft our group had to use teamwork when we were going through rapids. We had to avoid hitting rocks and logs and had to paddle really hard.

Question 5: How did you contribute to the community this week?

I have contributed to the community by turning off the lights in our dorms. This helps reduce carbon emissions and saves Rubicon money.

Question 6: What is something you will take away from your time at camp?

On this camp something I learnt about other people was that some people don't like heights or maybe what food people like and dislike.

This camp has taught me skills for life like how to cook (on dinner duty). It has taught me leadership skills of which I can take and use for life.

This camp has developed my leadership skills. It has done so on the bushwalk, the leaders had to use maps so we know where we were going. Also, because we had to communicate by radio.

I would like to say a big thanks to all of the staff of Rubicon, but especially Chris for being such an awesome leader. I would like to say thanks to all the teachers on camp but especially Mr. Higgins (Jimmy) for tagging along with us kids.

Casey Collett

Question 1: How did you feel at the start of camp?

I felt really tired from swimming and excited about the week to come.

Question 2: What has been one highlight of camping out?

Doing the hike to mount Cathedral and seeing the view was amazing because we were so high up.

Question 3: During the bushwalk, what a decision your group had to make and how did they make this decision?

Whether to go to Ned's Peak or Ned's Saddle and we decided not to go to both because we didn't have enough time.

Question 4: What is a time where your group had to work together as a team?

By being in time [with each other] when we pulled through the water.

Question 5: How did you contribute to the community this week?

By being a leader on the on the second day when we went camping.



Year 7 Camp



ART Workshop

Yesterday Marian Rennie from Acheron lead an Art Workshop.

Marian was born into a large local family and has painted since age seven. Leaving school and family at 18, she has kept a vast record of her interpretations of every aspect of our lives. Throughout that time she has honed her drafting and tonal skills which are now at their height. Marian has now relocated her studio and gallery from Williamstown back to her family home in Acheron. She has returned to the surrounds of her childhood and will continue painting here. Marian is immersed in the culture of the nation and her work is a manifestation of that.

Oil paints are Marian's favourite paints and she likes to use a lot of fine line pens. She told the students, that it's good to express their ideas through art, having someone who believes in your art is a positive thing. Art is about knowing yourself, having a visual diary is always helpful.

Students thanked Marian for attending and agreed what a wonderful asset she is for our region.



The Crusade for Knowledge: A Tale of Old

Also known as - ASC Physics STEM F1 Excursion.

On the 18th day of the 1202nd lunar month, 12 aspiring students of the prestigious college of Alexandra, set off on an adventure to the distant lands of 'Mel-Borne'. Led by two high scholars of the study of natural philosophy, our band of crusaders rallied together and boarded the metal carriage drawn by the holy power of the horse.

'Twas approximately an hour after dawn when we left our humble establishment of the Red Gate. The journey was long and draining with rather few activities to undertake. It was then that a few bards began to sow joy within the cohort with classic ballads from the rear of our great carriage. We proceeded through the treacherous path of 'The Black Spur', infamous for its difficult terrain and numerous befallen citizens. Yet no path fared too perilous, for we were guided by the superior commandership of Sir Davies, navigation skills of Mentor Keyte and the higher powers of destiny.

After two hours, we had arrived at the park of Prince Albert, whirring with the unnatural wails of the mechanical beasts, 'The F1'. Upon being inspected by the local security, the flask of one of our pupils came under suspicion, for it was forged by the forbidden material of glass. With some persuasion, we were granted access to the festival, supplied with a defence against the sun and repellent for the 19th COVID. From the protection of a barrier, we observed the F1's reach high speeds, producing waves of sound the majority of us had never been subject to.

Continuing our expedition, we analysed the aerodynamics of these great beasts, marvelling at the supreme engineering and design required to reach previously unparalleled velocities. We were further inspired by the driver Emily Duggan, an ambassador for 'Girls on Track' and 'Dare to be Different', campaigning for the diversity of gender within racing as an equal sport.

Yet the height of our exploits was yet to come, participating in the dark art of the artificial realm. This witchcraft originated from none other than the college of RMIT, transcending willing subjects to worlds far off while retaining their physical construct. This was truly the pinnacle of human innovation and sorcery.

As the day grew old, we further indulged in the learnings that resided around the park before undergoing our greatest conquest yet. As a token of our heroic journey, we were bestowed the title of knights to the order of 'El Camino's Cantina', receiving an illustrious artefact, the tetra-coloured sombrero. We regrouped with our acquired treasures and new knowledge, heading back towards our homelands.

Our return journey is one that would rival that of Odysseus, the pupil known as the 'Draper of Osc' achieving legendary status among the troop for his feats in the great feast of Colonel Sanders. As dusk approached, we arrived home, completing our crusade on the authority of Pope Lyttle. Our thanks forever with our leaders and those who granted us the further understanding of the study of physics.

Brad Waixel



ELECTROHEADS

On Wednesday, the Electroheads went down to the Shire hall to help set up an inflatable cinema screen. The screen, recently purchased by the Embassy of Ideas, is a new community resource which can be borrowed for use in local events.

After learning how to set up the screen and sound system, the Electroheads worked out how to project a movie from the rear of the screen.

Deflating and packing the screen away was a team effort and a bit of fun.

Thanks to Sasha Barrow from the Embassy of Ideas, for this opportunity.





VET Hospitality students catered for a pop up Café yesterday at lunch time.

There were :

big cupcakes

orange cupcake iced with buttercream \$2.00

brownie slice \$1.50

carrot cake \$1.00

Double brownie with crunch. filled with white choc ganache \$1.00

sausage roll \$1.50

arancini ball \$1.00

mini quiche \$ 1.00

All the food was delish!

Well done to the VET Hospitality students, Mookie and Nat.

VISCOM

