

INSIDE OUT

Alexandra Secondary College

Date: 29th May 2020

Principal's Report

It is symbolic that with the return of students, we have the return of "Inside Out" today. Unless there is significant information to email to families earlier in the week, I will revert to using the Principal's report in Inside Out as my regular correspondence with home.

It has been fantastic to have our seniors back this week, and as expected they have settled comfortably back into onsite learning. We gave our students a short survey yesterday to capture how they have transitioned back to face-to-face learning. We will repeat this survey when the juniors return.

A big thanks to Tracy Parker, our wonderful Café Manager, who treated our students to a delicious muffin at recess and a sausage in bread at lunchtime on Tuesday to welcome our students back. A similar treat awaits when everyone is back on the June 9th.

We now have contactless payment available in the Café. This is something that senior students especially had asked for, so students can now use their debit cards or smart watches, sorry no phones though. It is also good to have this option given the current times we are in.

It is important that students bring charged computers to school and their chargers (if they think their battery may run flat) as we have limited computers that we can lend out through the library due to most having been lent already for online learning. We ask that students returning to normal schooling to please return the computers and internet devices that we have loaned them to the front office. We are happy to extend the loan of devices to students waiting on repairs to their own device.

Teachers have a Curriculum day on Friday 5th June to give them time to write reports. Teachers who do not usually work on a Friday will take a different day to do this. Even though teachers will not have their usual amount of data on students for this time of year, they will be working hard to ensure reports are still a useful and purposeful feedback tool for students to help them set their future learning directions.

Just one week now, until we are all back together, have a nice weekend.

Nigel Lyttle

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Staff contact details for Year Level Coordinators:

Year 7		Marian Rice	Marian.Rice@education.vic.gov.au
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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

WEEK 7 2



Dates to Remember:

Mon 1st June

Alice Sloan Walk

Mon 15th—19th June

PE Week

Thurs 3rd Dec

Yr 12 Graduation

Last day of Term 2

Fri 26th June

Curriculum Days

5th June

19th August

Term Dates-

Term 2: 13th Apr—26th June

Term 3: 13th July—18th Sept

Term 4:- 5th Oct—18th Dec



How we are keeping you safe in the Library

**Please remember Hand Hygiene!
Use the hand sanitiser when you enter and when you
leave the library.**

*We are happy for you to continue to browse the
Library collections, and borrow books you like.*

If you are browsing through books, magazines or newspapers,
and do not want to borrow them,
please place them in the QUARANTINE tub on the front bench.
These will then be put aside until the beginning of the following
week.

If you wish to borrow, please knock and wait at the library office and
we will assist you.

*To borrow using the offline recording book at the front desk,
please use your own pen to write this in the book.*

Alice Sloan walk



The 2020 Alice Sloan girls are preparing for their walk this Monday morning - meeting at Rotary Park at 7.30am for a short walk around town to celebrate all the opportunities we have in our lives. (Important to bring your doggie friends as well 😊)

We'll finish at Alexandra Bakery, where Eden is asking Tanya to do croissants with ham & cheese. (If you'd like one made up & ready to go, let Eden know tomorrow (Friday))

It is a tradition that the Alice girls do on 1st June every year, as that was Alice's birthday.

If you would like to come along then grab out your yellow bunny suit and join us for a walk.



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Staff/Students were welcomed back by our Hospitality students for Soup Day.



YR 7 PE



Mr Nadj has been visiting students while they have been remote learning out and about during PE.

Chikita with her 21yo Hannah



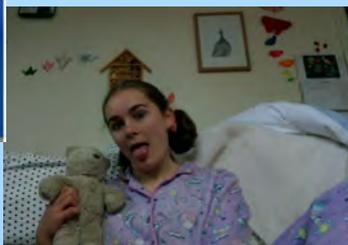
Funky Friday online fun days



Maya's Panda with 3D glasses



Amelia Weeks



Daisy



Jaspar



Mikaela and Rose



Thomas



Remote Learning Classes



Indonesian Class

“ I’ve got a new onesie!”

Remote learning in a rock band.

Part of the music department’s remote learning program has focused on recording studio techniques. This requires students to not only learn to play a chosen song, but to learn digital studio recording techniques. Each member of our school rock bands has set up a recording session on their device, imported a guide track and recorded their own part, before exporting and sharing this file for mixing. This is a common method of music collaboration, particularly in this time of social distancing. The photo shows year 8 band “Those Ones” working together remotely, with guitarist Bruce Molesworth recording a take at school while drummer Ben Weeks listens from home.



SCIENCE

Stories to represent oxygen travelling through the blood stream as part of the topic “The Circulatory System.”

BY Hattie Langley

Just another day of picking up and dropping off. I just picked up my blood and Mr. Dioxide (he was in a mood). He does not like coming in just to be kicked out again.), now time to get back on the road. We moved through the right ventricle, onto the highway, speeding my way to the lungs. I said my farewells to Mr. Dioxide as he passes into the alveoli to be thrown out again. I sighed. I did, I felt bad but what can you do? Then, to lift my spirits I welcomed Oxygen into the vehicle. Blood and Oxygen were hitting it off. They have always had a thing for each other. We pass the left atrium, on our way to the left ventricle. We then almost get a speeding ticket as we fly out to the aorta and then around the body. This is my favorite part of the day as we pass so many old friends. After a whirl wind of a ride. I sadly head back to the right atrium, yet, ready to do it again in no time.

The year 8 Science class wrote stories to represent the path that food takes through the “The Digestive System.” By Ava Lowry

Digestive system story

I’m done, I’m sick of this life, all I’ve ever been is a carrot, and all I’ll ever be is a carrot. These days stretch out endlessly, it’s the same thing every day. Watch the sunrise; sit and wait, then watch it disappear into the horizon, painting an orange sky as it goes. It used to be pretty, I used to appreciate it but now all I can think of is my future, I want to be something more; I want to be something else. These thoughts refuse to leave my mind and I close my eyes and let myself drift off.

I wake up abruptly, which is unusual. The ground in which I am enveloped in is being ripped away from me. Pain explodes from every inch of skin as my roots snap and I rise up. I wonder vaguely if god finally answered my prayers, is death upon me finally? I feel a wrinkly surface graze my orange flesh and squeezes me gently, lifting me up and placing me in a foreign place. This place is hard and prickly; it looks like it made from dry grass, maybe straw? I conclude that I must be in a basket, I see the farmers carrying them around as they stomp through the fields. I’m definitely not dead.

The basket in which I am currently in jerks suddenly and everything goes black, I hear a rumbling sound and I realise I am moving. I decide if I sleep, maybe this torture will pass. I begin to regret ever wishing I wasn’t in my soft bed of dirt, watching the sun rise and fall.

I wake to an excruciating pain flooding my body, I look down to see a long sharp silver thing cutting me in half, I try to scream but I have no mouth. The pain is the worst thing I’ve ever felt, I scream silently to god, please stop this pain. Why me? I’m still conscious as the same wrinkly surface from before lifts me up again and drops me onto another surface, this time it’s cold and hard. Alongside me I see Larry the lettuce and Tommy the tomato, both also screaming.

A silver stick with more silver sticks forking out from it stabs me again. I am lifted again, (Why must I always be lifted?) and shoved inside a claustrophobically small, slimy space. White rocks begin to press down on me, splitting me into tiny pieces. I don’t know how I’m still conscious, but I am. Next I am pushed down a passage, by a large slimy chunk of flesh. I am brutally forced down, being pressed violently on all sides. I feel acid begin to melt my flesh as I enter a large small, occupied by liquid. Everything goes blurry and I sit there in the warm, flesh melting liquid. I slip out of consciousness and into a dark dream.

When I wake again, I am no longer a carrot, isn’t this what I wanted? Yes, but not like this. I am now slush, moving down a very long, dark passageway. I become smaller as I pass through, almost as if the walls are absorbing me. After long hours of slowly getting smaller and smaller as I travel along this pipe I am released into another pocket. Surrounded by more brown slush, I silently scream, why must this be my fate? I know I asked for it, but I did not mean it like this. As I lose all consciousness forever, I vaguely wish I was still a carrot, chilling in my dirt bed, watching the sky and the days drift by. Oh how clueless I was, wishing for something different, if only I had known the horrors that awaited me.

Literacy in lockdown

My backyard By Shaun Sutcliffe, 7A

As I walk out the door into the backyard, I take a nice deep long breath of fresh air and start walking over to my beloved tree which is taller than the house. I start to climb it, I grab a limb. The roughness of it is satisfying. Once I get to my little spot way up high, I take a moment to think about my wonderful life that I am living. As I look across the paddocks into the hills, as the webs blow, as the Goulburn flows and the grass grows, as the truck rattles away, the sound of the birds stay. All of this is happening as I sit there thinking about my wonderful life. The spa is humming, and the dog is barking, the slight bit of breeze in my face and the best of all the sun shining down on me.

Hmmmm.. what a wonderful life to be living!

Titanic Poem – Felicity Conway, 8B

The distant screams sent shivers down my spine
The land has never felt so far behind
Although, the pain felt fine
The blood curdling screams, intoxicated my mind

The fact I need to face
Is that the consequence of my fate
Is these memories that will never erase,
They will follow me to the date

One lone, bottle of liquor
Comforts me, until my vision begins to flicker
The horizon of which, was once so clear
Becomes a blur, which I no longer fear

As this one grand ship, goes down in the night
I ponder away at all life's thoughts
I sit so very calmly on the deck, watching the sight
Because I know, I can do nothing to change tonight

Homemade Iced Chocolate By Ava Lowry

Recipe:

Ingredients:

Milk or Soy Milk
Ice cream (Optional)
Water
Cocoa Powder
Chocolate Topping
Sugar
Ice

Method

Fill a glass with ice cubes and pour chocolate topping onto the ice
Fill $\frac{3}{4}$ with milk or milk substitute (Optional: Add ice cream)
Put 2 teaspoons of sugar and 2 teaspoons of cocoa powder in a $\frac{3}{4}$ measuring cup
Fill measuring cup with boiling water and stir cocoa powder and sugar together
Pour boiling liquid into glass and stir quickly
Pop in a straw and bon appetite

Family Review

(Older Sister):

"Out of all the soy iced chocolates I have had, this is one of the best, not so simple that it's just chocolate milk, but not too overcomplicated. The perfect chocolatey drink. I rate it 5/5"



Literacy in lockdown

Apple Muffins By Ruby Miljkovic

Ingredients:

- 1 large granny smith apple peeled and grated
- 2 eggs
- ¾ cup of milk
- 4 tablespoons of sugar
- 125grams of melted butter
- 2 cups of plain flour
- 1 tablespoon of baking powder
- 2 tablespoons of icing sugar

Equipment:

- Grater
- 12-muffin mini- muffin tray
- A bowl
- A tablespoon

A sifter

By Paige Light

A mixing spoon

Equipment:

Oven

Ingredients:

- 1 Carrot – Grated
- 1 Zucchini – Grated
- 1 Brown Onion – Chopped Finely
- 500g Sausage Mince
- 500g Pork Mince
- 1tsp Minced Garlic

Step One- Preheat oven to 180 degrees Celsius. Grease the muffin tray.

Step Two- Beat the eggs, milk and sugar together in a mixing bowl.

Step Three- Add the butter and mix well. One lone, bottle of liquor

Step Four- Sift the flour and baking powder, then add to the bowl.

Step Five- Gently fold the flour into the wet ingredients

Step Six- Stir through the grated apple. Make sure to not over-mix.

Step Seven- Place the mixture in the muffin tray and bake for 15-20mins

Step Eight- Cool and dust with icing sugar.

Home Made Sausage Rolls

Home Made Sausage Rolls By Paige Light

1 ½ tbs Tomato Sauce

1/4 cup Worcestershire sauce

6 Sheets Puff Pastry - Defrosted

1 Egg – Lightly Beaten

Sesame Seeds – For Sprinkling Over

Instructions:

1. Preheat oven to 220 degrees Celsius (or 210 degrees if using fan-forced).
2. Grate carrot and zucchini and remove any excess liquid through a strainer
3. Place the drained carrot and zucchini into a bowl.
4. Add the chopped onion, sausage mince, pork mince, garlic, tomato sauce and Worcestershire sauce to the bowl. Mix together until well combined
5. Cut one sheet of defrosted puff pastry in half.
6. Using a pastry brush, lightly brush the egg mixture down one long side of each pastry half.
7. Place 1/12th of the sausage mixture in a long thin line down the opposite side.
8. Roll into a long thin roll making sure that the joined pastry seam is facing down.
9. Cut each roll into 3 pieces. Brush lightly with the egg mixture. Sprinkle with sesame.
10. Place the sausage rolls onto non-stick baking trays.
11. Cook in the oven for 25-30 minutes or until the pastry is golden and puffed and the mixture is cooked through