

INSIDE OUT

Alexandra Secondary College

Date: 21st of May 2021

WEEK 5

2



Our gorgeous VCAL students spent a day in the city last week visiting the Salvation Army and learning about our states homeless crisis. Along with them, they donated several boxes of personal hygiene products.

Dates to Remember:

Friday 21st May

Year 7-12 Social

Wednesday 26th of May

Curriculum Day

Friday 11th of June

Curriculum Day

Friday 25th of June

Last day of Term 2 2.30 finish

Year Level Co-ordinators

Year 7

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Year 12

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Contact Details

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Absence Text:

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2021 Unit 1 Exam Timetable					
(Green week)	Monday June 7th	Tuesday June 8th	Wednesday June 9th	Thursday June 10th	Friday June 11th
Period 1 & 2	BIOLOGY BUSINESS STUDIO	FOUNDATION GENERAL METHODS	GAT 10:00a.m - 1:15p.m	CHEMISTRY LEGAL VET HOSPITALITY	Curriculum Day
Period 3 & 4	Students attend normal classes	Students attend normal classes	Students not sitting the GAT to attend normal classes	Catch up time for missed exams	
Period 5 & 6	ENGLISH	VIS COMM PSYCHOLOGY	Catch up time for missed exams	PHYSICS HHD HISTORY	

VCAL, VCAL Literacy & VET Auto classes will operate as normal



Principals' Report

We had a brilliant day for the House Cross Country yesterday. Well done to our students who pushed themselves physically, running 3km to 5km over farmland is challenging. Exercise is so important for our mental health, so for students where running the distance is too difficult, just walking the course has great benefits for the mind and body. Thanks to Mr Davies and Mr Francis for their organisation.

We have a pleasing number of students heading off to Round Robin next Tuesday. Due to the number of students away for the day we will have an alternate program back at school where we will run one combined class at each year level from Yr7 to 10.

It was wonderful to have a visit from our friends at Toorak College on Wednesday. We have an annual tradition of a netball match and lunch with our Alice Sloan girls and the Toorak College Alice Sloan group. It would be fair to say that the Toorak girls won the netball but the highlight was the game morphing into one where the girls mixed themselves into two teams, not city versus country but a one group of outstanding teenagers having fun getting to know each other.

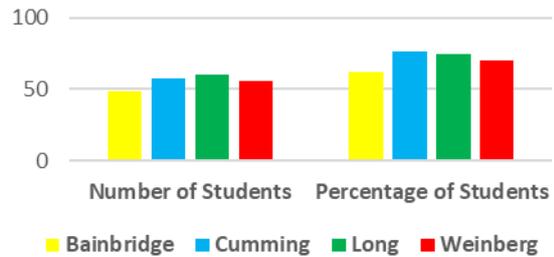
Next Wednesday is a Curriculum day. Teachers will be using the day to plan together in their subject areas.

Choosing to be at school and choosing to learn, get involved and so improve our future lives is a positive and clever choice.

Percentage of students with 90% attendance and above

	Week 1	Week 2	Week 3	Week 4	Week 5
Year 7	92%	92%	88%	88%	78%
Year 8	87%	75%	67%	60%	59%
Year 9	83%	77%	77%	81%	72%
Year 10	80%	78%	65%	65%	49%
Year 11	82%	77%	72%	65%	60%
Year 12	71%	74%	66%	71%	53%

Students with 90% or better attendance



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Sue Malcolm

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CROSS COUNTRY 2021

As the seasons quickly change, we have arrived at that time of the year for Cross Country. We had a rainy start, which I am told is perfect weather for running. It is lucky to be able to access the Alexandra Speedway; it makes for an interesting course. In between having to watch where your feet are going (avoiding cow poo and trying not to fall over), you get to take in the lovely vista of the Cathedrals, and then you are down amongst the Speedway Circuit. Across all age divisions, we saw some solid performances, hopefully boding well for the Southern Ranges X-C, which will take place on Monday, May 31st. Well done to the Age Champions and Long House for taking the win.

Many thanks go out to the Alexandra and District Speedway for the use of their facility.

Results

1 st	Long	1292 points
2 nd	Bainbridge	1170 points
3 rd	Weinburg	1125 points
4 th	Cumming 1081 points	

Individual Results

13Y	1 st	George Sotiropoulos	Katelyn Puls
	2 nd	Matthew Waixel	Xanthe Campbell
	3 rd	Cameron Sloan	Billie Birmingham
14Y	1 st	Bradley Johnson	Danielle Nadj
	2 nd	Brandon Van Ginkel	Latysa Saerang- Robinson
	3 rd	Joshua Crane	Emilia Weeks
15Y	1 st	Matthew Thompson	Jasmin McCallum
	2 nd	Ben Weeks	Ruby Russell
	3 rd	Oscar Capes	Katherine Cornell
16Y	1 st	Bradley Irvine	Kelly Young
	2 nd	Harry Correa	Jazmine Collett
	3 rd	Kalan Lyttle	Annalise Howell
17-20Y	1 st	Toby Prothero	Riley Thomas
	2 nd	Jacob Bourke	Hailey Collett
	3 rd	Joss Lopez	Kayla Nadj



Alexandra Secondary College School Hall

\$5 on entry or
kind donation!

25th of May:
5:30PM

**THE DAY
THE INTERNET
DIED**

**45 minute performance followed by
Q&A**

Due to circumstances beyond our control we did have to reschedule ,
please note the date change.

OUR STUDENTS ARE TALKING ABOUT

Uniform vs Casual Clothing

BRAD CHRISTIE

I prefer a school uniform, its easier and you don't have to think about what you are wearing in the morning.



PAIGE BINGHAM

I prefer out of uniform, but it would be fun to make every Friday a Free dress Friday day!



LEVI MURPHY

I prefer no uniform. Wearing casual clothes allows students to express themselves in a comfortable and safe environment.



TOM NICHOLS

Casual dress would be my preference, people are more comfortable when they can wear what ever they want.



MAX LOPEZ

Free dress Fridays are great, but wearing a uniform has so many advantages, practical and economical. Also it can help prepare you for wearing a uniform later in life if you chose a career that has a uniform.



COOKING WITH MRS ELLIOTT



Well done Spence, your sponge cake looks delicious!!



Below, Chloe concentrating super hard on creating her delicious sponge cake.
Right, Chloe devouring her super delicious sponge cake!



CAREERS

This week during National Careers week 2 of our year 10 student Taylah Dean and Bryan Rooney attended Alexandra District Health



ASC hosted the Central Ranges Local Learning and Employment Network who ran a careers 'Quick Meet' for our VCAL students along with the VCAL students from Yea Secondary College.

Huge thanks to the guest speakers who gave up their time and prioritised local youth at this event:

- Stuart Coward from E-Tec
- Andrew Wood from A&C Wood Plumbing
- Lisa & Alan Harding from Grant Street Grocer
- Kirby Welch and her team from Beauty of the Blade
- Braydon Burchall from Helico Australia
- Imagen & Jarrod from the Youth Engagement team at Murrindindi Shire
- Jo Cavill from Kellock Lodge & Sue McLaurin from Murrindindi Aged & Disability Workforce Development Program
- Harvey Browne from Australian Defence Force
- Paddy Farrelly from CFMEU Trade Union
- Darren Thomas from Rubicon Hotel
- David Blake from Montville Lane Sessions
- Mike Dalmau from High Country Houseboat Sales Lake Eildon
- Sue Sedelies from Alexandra Community Hub



TEACHERS ARE STUDENTS TOO...

In the Quad.....

Big Brother

Catch-Up with Trakka.

Oh my gosh I haven't been watching it lately but there have been 6 new contestants that have come on the show. The original contestants are threatened by them but some of the contestants are friends with them. They did a challenge, and the challenge was to put balls onto a slide and you had to catch it at the bottom and if you dropped it you are out and whoever was left standing secured their place. Then they went to the eviction room in the big brother house and they had to choose who they wanted to be in the big brother game, and they chose Gabe, because Gabe was not very strong.



The Super Cool ASC Book Club

(SCASCBC)

Frankenstein – Mary Shelley

Ruby – Do I have to talk about the book? I've been watching reviews and stuff *snorts with laughter* What does romanticism mean? Anyway about a dude, is obsessed with umm umm making a creature and when he finally makes the creature he is disgusted by what he made.

Dante – I don't have anything to say. Ok mm let me think, everyone in that book is very lonely and they just don't want to be lonely. Umm nothing.

Jimmy – I have barely started (Chapter 4) but it is about a Science obsessed man that finds out how to make an 8 foot tall monster human thing. I liked the quote:

"In other studies you go as far as others have gone before you, and there is nothing more to know, but in a scientific pursuit there is continual food for discovery and wonder."

Although I think it is untrue I think it captured my obsession with Science when I was a wee boy.

Our next book is Islands in the Stream (Hemingway) if you would like to join/read it with us!



Movie Quiz

New three movies (plus a throwback to last week)



Answers to last week's Movies (Toy Story (Ruby Russel), Titanic (Ryan and Mitch), The Lion King (Brad))

THE OUTSIDE IN...NEWS FROM OUR STUDENTS

Bens Sports Update:

Footy scores:

Alexandra under 13's BYE

Alexandra under 15's BYE

Alexandra under 17's- forfeited

Alexandra Reserves 13.15-93 defeated Yea 1.2-8

Goals: B.Irvine 3, H.Dunsford 3, J.Hehir 3, B.Humphries 2, J.Rice 2

Alexandra Seniors 14.13-97 defeated Yea 2.4-16

Goals: B.Gunning 5, E.Watkin 5, B.Norris 3, J.Daniels 1

Netball scores:

Alexandra Under 13's BYE

Alexandra Under 15's BYE

Alexandra D Grade 13 defeated by Yea 20

Alexandra C Grade 31 defeated Yea 26

Alexandra B Grade 25 defeated by Yea 33



Study advice and insight from the year 12s: As year 12 students it can be hard to find time, or the right study technique for you. Although we are studying many different subjects to other students, these techniques are helpful for all ages with any content. Advice for students, from students!

Tayla: Some advice from Tayla Arnett- Make a study timetable and write up chapter summaries.

Vanessa: Some advice from Vanessa James-Practice questions are super helpful a few days before the SAC and hand writing key points of the content.

Jess: Some advice from Jess Webber-Lally- Jess uses the pomodoro technique to study- it is basically 25-minute study blocks with 5-minute breaks in between each. After four blocks she takes a 15-minute break. This helps her not burn out and also study more effectively.

Jacob: Some insight from Jacob-Jacob will admit that year 12 have been a struggle of late as it can be very hard to navigate. He finds that the best thing to do is to find what works for you and keep telling yourself to get through the week.

James: Some tips from James- set times to do the work and create a study/ homework timetable. Try to remove any distractions e.g., phones. Also, do edrolo for Bron, I am too scared not to.

Oscar: Advice from Oscar-set a routine and stick to it, don't stress over small stuff, take plenty of breaks, have a clean study space and find a technique that works best for you.

Riley: Riley with a very helpful word of advice- ASK QUESTIONS!

Me (Eden): I find brain food very important; a personal favourite of mine is fruit! Another personal favourite is chocolate, I find it provides me with the emotional support. But I agree with what all my wonderful comrades have said. Take lots of breaks, find a technique that works for you and put that phone away, it's a time killer! Take one day at a time.

KeikbyJana



Jana Andreou is a lovely year 11 girl who at the age of 17 has a growing baking business. As someone around the same age as her I am quite inspired.

In the past couple of weeks Jana helped an incredible local of the area, Lisa Stanchinotti raise approximately \$850 for the National Breast Cancer Foundation with her yummy treats!

Big shout out to Lisa who ran 45.78km with her beautiful dog Bailey who ran 20 of those in their gorgeous pink attire!

Well done Lisa, you are truly inspiring!

Jana's Story: Ever since I can remember I've always loved being in the kitchen. My family is a very food-oriented family, and the kitchen is always where we all come together to create food that we can bond over. I've always loved to bake. My passion for desserts and cakes came from my grandmothers. They taught me all I know about Greek desserts and all the fundamental basics about baking. The first ever decorated cake I made was actually for one of my grandmothers. Although it wasn't the best-looking cake, I really enjoyed the whole process of making and decorating it. From then on, I started making cakes for my family and close friends. As I gained more practice and progressed so did the quality of my cakes. I remember watching A Current Affair one night and an episode about young entrepreneurs was playing. As I watched it, I questioned myself, "If they can do it why can't I?"

From there I started researching about how to start a business and all of the legal requirements I needed to meet (Although I did learn a lot of that stuff already from Miss Water's business management class). The first time I admitted I was going to start a business was when I went on the amazing Alice Sloan expedition. The girls that I went with were and still are so supportive of the idea. They are honestly the ones that really pushed me to make it all happen.

Now I own my business Keik by Jana and although at times I feel like I have absolutely no idea about what I am doing I have so many people around me.

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YEAR 7 CAMP





