



inside out

ALEXANDRA SECONDARY COLLEGE

AUGUST 27 2021

WEEK 7

Turning on your screen for Lockdown 6.0 reminds you that we are all in this together!



As you may have read in previous newsletters, we are really focusing on ensuring our students have their cameras on while in “remote” classes. If you are checking in on your children while they are online, a gentle reminder from you would be great. Seeing each others faces on line, helps keep our teachers and our students, connected.

Dates to Remember

Tuesday 14th September
Parent Teacher Interviews

Friday 17th September
Last Day of Term

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Principal’s Report

Everything you need to know this week.

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Tips from our Kids.

Find out how some of our students are relaxing during lockdown 6.0

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Lockdown Challenge

Encourage your kids to get involved in our wellbeing challenge.

Thank you to all of our parents who continue to communicate absences throughout remote learning.

Principal's Report

It is with great pleasure that I can announce that Mrs Emma Kidd has been appointed as our substantive Assistant Principal. Emma is both a well-respected member of our college community and the greater community. We are all very excited to have such an excellent educator confirmed in this important role in our school.

Last week's College Production of "I've got a Golden Ticket" was brilliant. It was an event that all involved can be proud of and one that on behalf of the college I thank them for. The performance brought joy to so many and showcased great talent and great persistence. It was a fantastic achievement to pull off a school production in these covid affected times.

We cannot thank Donna Merrilees and Libby Kotschet enough; two wonderful members of the community, who continually take our college productions to the next level with the professional costumes they make. Our College Band sounded fantastic and is full of young talent. It is quite special that Larry Kelly, Sally Kelly, Mike Jennings and Ray Wynn give so much of their time to join the band and mentor our students. They are special members of our community. Thanks also to Nick Lester and Naomi Kenner for adding their expertise to the band.

Thanks to Matt Corkhill, Lachie Morrison, Kara Penhale, Donna FitzRoy, George Nadj, Anita Rennie, Con Crowley and parents Alistair Mason, Nat Matheson and Phil Campbell for their help with props, stage setup and design. Well done and our eternal thanks to Jack Mithen, Phil Kim and Christine Waters, who over two years never gave up, who gave our students an amazing opportunity and gave our community a beacon of normality, joy and pride.

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Skiing adventures last Wednesday the 18th, on Lake Mountain.



Our students are talking about...

What they are doing to relax whilst on remote learning

GEORGIA MILLARD

After online school, to relax, I like to go for a walk and listen to a podcast. It always makes me feel so much better after a day in front of the screen.



NOAH CAMPBELL

Noah finds getting out into the fresh air and riding his bike the perfect break after spending time on the computer screen online learning.



ANTHONY LEE

After a day of remote learning, I like to sit down for 10 to 30 minutes and just listen to music.



MIA OOSTENDORP

To relax during remote learning I have been spending some time watching Netflix and cuddling with my pets.



Competition Time

Our amazing wellbeing team have put together a “lockdown challenge” to help us have some fun in lockdown 6.0

The Paralympics started this week. To become an Olympian takes commitment, endurance, resilience, and lots of self-belief. For most of us, we need to use those same characteristics to get through each lockdown as it comes around. Lockdown #6 is no different!

To make this lockdown more doable, we have set the following challenges for you to take on, if you wish to. If you tried all five challenges, you'd complete a pentathlon ☺ Try to take on the mindset of an Olympian as you work on your challenge.

Endurance – set yourself the goal of completing an exercise routine that exceeds what you have previously done. It could be pushing yourself to run further, lift the next level weights (safely, of course), shoot as many 3 points in a 1 minute, walk 2kms ... or, it could be to start any form exercise, as exercise is not usually your thing!

Creativity – you might think being creative is not an Olympic characteristic ... but, did you see the athletes, with their vibrant hair colours and fingernails!! To be creative takes resilience as your first attempt at an artwork, dance routine, woodwork project, might not look as you had pictured in your mind. It usually takes a few goes to perfect your piece. If you want to take on the challenge of being more creative, you could use a medium to create an artwork that you wouldn't normally use (pastel art instead of acrylic paint, hip hop dance moves instead of jazz, mosaic tiles instead of just varnishing a project – the list is endless)

Teamwork – When we think of the Olympics, teamwork is what helps us to be invested in the Olympic Games. Every Olympian is representing themselves, but in the bigger picture, they are representing the team, they are representing their country, and they are representing us! For our lockdown challenge, it would be great if you could team up with someone else through Teams, more the better, to set a goal and work towards success, together. It might be an endurance goal that you have set each other to complete each day/week. It might be an art project you work on individually, but bring it all together after lockdown to be an amazing creative masterpiece – even better if it's something that can be donated to the school, kinder, library, community centre etc.

School – For you, a challenge might be just getting online to attend class or putting your camera on or volunteering an answer. For some, these acts are just as challenging as doing an endurance race or building a coffee table. For some, getting up, out of bed and brushing their hair is a challenge. For you, set a challenge to do more than you did the day before. If you got online today but left your camera off, tomorrow try to get online and leave your camera on. If today you woke up five minutes before class so didn't manage to eat breakfast or be mentally prepared, tomorrow set yourself the challenge of waking at least 20 minutes before class and make sure your fed, washed and ready to work.

Cooking – being in lockdown is the perfect time to get into the kitchen. You could challenge yourself to try a new recipe, nominate to cook the family meal for a night, or cook an old favourite recipe you might have learnt in cooking class at school. Another idea is a progressive dinner with your friends (or family) – where one person makes the entree, another the main meal and someone else the dessert. In the normal world, you move to one house for the entrée, someone's house for the main and another person's house for the dessert. You need to think creatively how to do that virtually! Perhaps sending each other a photo of what you've made to complete a whole menu. Remember to send any photos of your culinary creations to Max!

For any challenge you choose to overcome during Lockdown, we are here to support you. If you need encouragement, reach out to a teacher, or staff member. Remember, we are probably feeling just like you and need encouraging as well!

For those participating, there will be rewards ranging from Café Vouchers, Vouchers from Newsagency and Sports stores, special lunches and edible treats.

To be eligible for a reward, please send photos of your efforts (either as an individual or as a team), with a short blurb of what you did, to either Sharon or Max.

Lockdown Challenge cont.....

Check out Daisy B's entry to our competition.... She has been busy baking bread with her Mum, as well as writing a recipe book called "Covid Kitchen". She has been pushing herself mentally by completing a full spring clean of her room, and ensuring that she gets up early tom make sure she is prepared for online learning. And she recycled all of the clothes that she no longer had use for, and gave them to a lucky year 7!

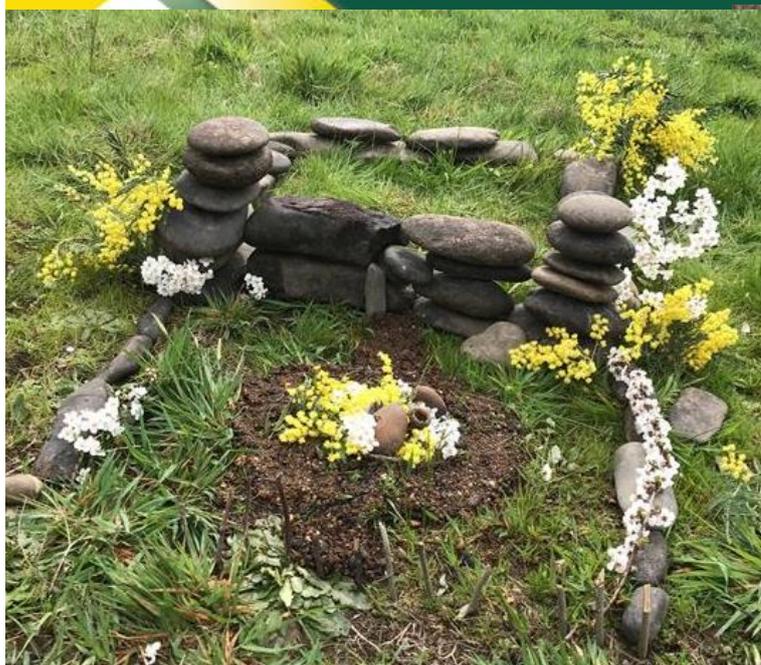
Well done Daisy– you are amazing!



Here is a photo of just some of the bread that Daisy has baked.....I cant wait to try some when she drops some off at the office, once we can all be together again!!



Remote learning Art with Miss Fitz



Above we have Mia C and Pollie F's gorgeous art work , and Danielle N's to the right, that they have created in online learning. It is great to see our students getting creative outside and in doing so, getting a break from their screens.





Ms Fitzroy's year 9 class have been doing an amazing job on their "Andy Goldsworthy" inspired Natural Sculptures—well done guys, we love them.





And in Textiles with Ms Steuart

Sammy Turner (right) has perfected zipper insertion and has progressed to dress making. Some students are doing bargello embroidery, others are making a pencil case with a key skill being the neat installation of a zipper, enabling them to move on to bigger projects.

VCAL

Our VCAL class out and about last week enjoying the view from the top of the Rail Trail.



CAREERS AND PATHWAYS

- Cert 3 in Plumbing – Shepparton (NS060721)
- Cert 3 in Concreting – Shepparton (CC060721)
- Cert 3 in Business x 4 – Shepparton (CC240821)
- Cert 3 in Business – Benalla (PR130721)
- Cert 3 in Engineering Fabrication – Echuca (CC210721)
- Cert 3 in Engineering Mechanical – Shepparton (NS030821)
- Cert 3 in Carpentry – Kyabram (CC030821)
- Cert 3 in Plumbing – Echuca/Moama (CC100821)
- Cert 3 in Parks & Gardens – Shepparton (CC160821)

Are you a keen skateboarder, scooter, BMX or MTB rider? Or do you live in Eildon?

Murrindindi Shire Council would like your ideas on what makes an impressive skatepark and pump track.

Your feedback will help us design a new skate park for Eildon

Contact Nerissa by Friday 3 Sept youth@murrindindi.vic.gov.au or call



Billie B having an awesome time on the slopes last week.