

# INSIDE OUT

## Alexandra Secondary College

**Date: 2nd March 2018**

Southern Ranges Swimming

On Tuesday 6<sup>th</sup> March we will see our swimmers head to Seymour to represent our College at the Southern Ranges Swimming event. We will be taking a number of swimmers who have undertaken training over the summer, some even training with their rivals over in Seymour.

Hopefully we can adapt to the conditions on the day. The Seymour pool is renowned for the towering starting blocks, and having a pool twice as long as ours!

This week we were lucky enough to be able to make use of the Alexandra pool to undergo some last minute team preparation. We enjoyed some lovely weather and a friendly vibe during this training. We managed to hone our skills in the relay changeovers whilst having a bit of fun along the way.

The Southern Ranges event allows students to qualify through to the Hume level, provided they manage to win their event. The Hume level will take place on Tuesday 20<sup>th</sup> of March in Wodonga. Parents are welcome to attend both events. A program for the Southern Ranges is available on Sentral.



### Out of Uniform day



On Friday 9<sup>th</sup> March students may come to school in casual clothes, in exchange for a gold coin donation.

Money raised will go to Wolfran Noel, our World Vision sponsor child.

Casual dress must be appropriate. Students are not allowed to wear singlets or thongs.

### Landscaping Project

This year our ultimate aim is to complete our landscaping around the school.

This week's figure is \$1,813 of our \$20,000 goal. Donations are Tax deductible and a receipt will be issued.



### SEMESTER 1 PARENT – TEACHER INTERVIEW BOOKING DETAILS

Our upcoming parent-teacher interviews will be held on Wednesday March 21<sup>st</sup>. Bookings go 'live' next Thursday March 8<sup>th</sup> at 6pm. This means that from 6pm onwards until the end of the parent interview session on March 21<sup>st</sup> you can log in to Sentral to secure interviews with your child's teachers at a time that suits you. Please note that prior to 6pm you will be unable to view the booking link on Sentral. *It is essential that you have activated your family key to be able to access the online booking page.* Should you have any queries regarding activating your family key please contact Anita Rennie at the College on 57702000. Instructions on how to secure bookings are published later in this document.

Week 5

1



### Dates to Remember:

#### Southern Ranges Swimming

Tuesday March 6<sup>th</sup>

#### Out of Uniform day

Friday March 9<sup>th</sup>

#### Round Robin Sports

Thursday March 15<sup>th</sup>

#### Parent Teacher Interviews

Wednesday March 21<sup>st</sup>

#### Debutante Ball

Saturday March 24<sup>th</sup>

#### Beechworth Music Camp

March 26<sup>th</sup>—28<sup>th</sup> March

#### House Athletic Sports

Wednesday March 28<sup>th</sup>

#### School Immunisations

Thursday 26<sup>th</sup> April

#### Term Dates-

Term 1 30 Jan 2018 - 29 Mar 2018

Term 2 16 Apr 2018 - 29 Jun 2018

Term 3 16 Jul 2018 - 21 Sep 2018

Term 4 8 Oct 2018 - 21 Dec 2018

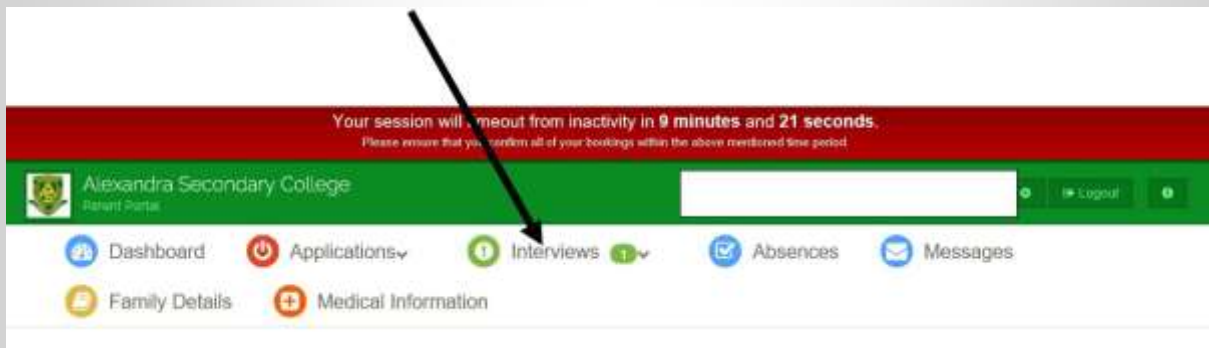
#### Curriculum (Student free) Days

Wednesday May 23<sup>rd</sup>

Friday June 8<sup>th</sup>

# Parent Teacher Interview Booking Process

1. Log in to Sentral
2. Click on the green 'Interviews' tab at the top of screen. This will only appear when interviews are live – which will take place at 6:00pm on March 8th. Prior to this interviews will *not* be visible. Please note that instructions will appear on the screen to guide you through the online booking process.



All of your children's names and those of all of their teachers will appear on the one screen. Simply click on the drop down box to secure a time.



Subject	Class	Teacher	Appointment Time
Advanced Science 10 Sem 2	Later Yrs_AS102	Miss Penny STEUART	8:05am
English 10 Sem 2	Later Yrs_EN102	Mrs Annabelle WILSON	8:10am
Lifeskills 10 Sem 2	Later Yrs_LF102B	Mrs Annabelle WILSON	8:20am
Maths 10 Sem 2	Later Yrs_MT102	Mrs Catherine COLLETT	8:30am

Please note that Sentral will not allow you to double book appointment times.

You will have the capability to cancel a booking and select a new booking time if the original time no longer suits you.

Options exist to print the screen showing all interview times or to export to iCal.

Sentral will automatically email you a copy of your confirmed interview times.

Should you have any difficulties in managing this process, please contact Anita Rennie or Jacki Tossol at the College.

On Thursday, Dr Tin and nurse Sam visited the Year 7 classrooms to give a talk on the importance of being Sunsmart and how taking precautionary action at a young age can save many people from serious skin cancers later in life.



Dr Tin explained the difference between the two main types of skin cancers and what signs to look out for. The students were able to use Dr Tin's special magnifying glasses to look at their own spots and moles and were given sample tubes of sunscreen.



Students were asked what take home messages they got from the

talks and the main responses were: go to a doctor if you are worried about a spot; make sure you cover up all exposed areas and apply sunscreen at least three times a day in summer, twice a day in autumn and spring and once a day in winter.



For the Year 7 families and new families to Alexandra Secondary College, Dr Tin and Sam attend our school every Thursday, working out of our newly purpose-built building as part of the Governments GPs in Secondary Schools initiative.

Our school was chosen to participate in this pilot program, with Dr Tin and Sam starting to see students on school grounds from Term 4 last year. The main objective for this program is to give students easy access to a GP for any medical complaint/issue, just as they would at a normal medical clinic in town, but with less disruption to their school life, as well as taking the pressure off parents who might struggle to get away from their own work place to take their child to see a doctor. It is a free service and so far, students have seen Dr Tin for a range of issues. For those families who have children that need annual plans for ailments such as Asthma and Anaphylaxis, having a doctor at school can make this necessary but sometimes time-consuming requirement a lot easier.



It is easy to make an appointment to see Dr Tin. Text a message to 0401 790 065 stating you would like an appointment for your child, and Sam will advise a time by return text. Alternatively, Sharon Parbery at ASC, can make an appointment for you. Her phone extension is 5770 2010. Students will need to take in their medicare card/number on the initial visit unless they are already a patient of Dr Tin.

Fortunately for us, having a GP on hand not only means our students have easy access to a doctor, it also gives us an expert resource when we cover topics in the classroom, such as Sunsmart!





The  
2018 DEBUTANTE BALL  
Is being held at Marysville on  
Saturday 24th March.

Tickets will be on sale from the Office from  
Wednesday 7th March.  
Gather a table together - All welcome!

### **REMINDER TO DEB'S AND PARTNERS:**

*Please remember to return the following forms to the Office by  
Monday 5th March:*

*Student Profile form*

*Photo Booking form and payment*

*Bus Permission form*

*Ticket Order form*

## Conveyance Allowance

Applications for Conveyance Allowance (School Buses) for 2018 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 5th March.

## Kilts



Orders are now being taken for School Kilts at Alexandra Apparel (formerly Mensland). These will take 6 weeks to make so orders will need to be in by Friday 2nd March. Cost is \$89.95

Contact Noanie on 5772 1254



## Swimming at ASC

Swimming has started with a bang this year and many students have found the pool to be a fantastic place on those hot humid days. All Year 7 and 8 students need to bring their bathers and towel to their PE classes as swimming will continue until the 9<sup>th</sup> of March, some classes may finish earlier if they have completed the required eight sessions at the pool.



## Tuesday lunchtime sports

Each Tuesday Mrs Crouch will be down in the stadium with her Year 12 umpires running games. This is a fantastic opportunity for students to get active, meet other students and burn some energy at lunchtime.



## Careers News

### Apprenticeship and Traineeship Opportunities:

Cert. 3 in Parks & Gardens Apprenticeship — Yarrawonga (NW190218)

Cert. 2 in Engineering Part-Time School Based—Tatura (NS140218)

Cert. 3 in Plumbing Apprenticeship—Shepparton (NS140218)

Cert. 3 in Refrigeration Mechanic Apprenticeship—Shepparton (NS140218)

Cert. 3 in Engineering (Mechanical) 3rd or 4th Year Apprentice—Shepparton

Cert. 3 in Automotive Sales (Spare Parts Interpreter) - Shepparton (NW120218)

Cert. 3 in Civil Construction—Echuca Region (NW230118)

#### EXPRESSIONS OF INTEREST:

Cert. 2 Automotive Servicing Technology—Shepparton (NW150118)

Cert. 3 in Wall & Floor Tiling Apprenticeship —Echuca (CC041217)

Cert. 3 in Engineering Fabrication Apprenticeship — Picola (NW051217)

Cert. 3 in Business Traineeship—Kilmore (CC140218)

For further information please contact Felicity Wilmot, Careers Coordinator.

17th March 10am – 5pm



# KINGLAKE COUNTRY FAIR 2018

KINGLAKE MEMORIAL RESERVE, EXTONS ROAD, KINGLAKE CENTRAL

*Come along and join in the fun of the famous Kinglake Country Fair as it returns for 2018*

- Food Trucks
  - Market Stalls
  - Rides
  - Carnival Games
  - Ranges Run
  - Pony Rides
  - Live Music
  - Community Group displays
  - Face Painters
  - King & Queen of the Mountain Race
  - Petting Zoo
  - Mini Golf
- ...and much more!*

*kinglakecountryfair@gmail.com kinglakecountryfair.org.au*  
*0401 042 980*  *kinglakecountryfair*



March 17, 2018 10am – 5pm

KINGLAKE MEMORIAL RESERVE, EXTONS ROAD, KINGLAKE CENTRAL



# Have Your Say on Health Services

## CLINICAL SERVICES PLAN - ALEXANDRA

Two Clinical Services Plans (2018-2022) are currently being developed to outline the direction of service delivery for:

- Alexandra District Health; and
- Yea and District Memorial Hospital.

The five-year plans aim to identify service priorities and address the current and future health care needs of the communities within the Shire of Murrindindi.

Consultation will be undertaken with staff, Board members, community and key stakeholders. Research will also be undertaken to gather data on health trends, current usage and demand for health services, access to services and demographics.

Enhancing local access to services, strengthening partnerships with other health providers, and developing our workforce are some of the key outcomes we are hoping to achieve.

### Tell us what is important to you...

We would like to understand your health needs to enable us to plan for, and prioritise, services delivered in your local area and enhance how you can access services in the broader health system.

A number of community and staff consultation sessions will be held during February and March to gather community input that will inform the Clinical Services Plans. You can also complete a survey, visit the website, write to us, email, phone or visit the health services.



## How to Have Your Say

### Attend a community consultation session

Session	Date	Time	Location
Eildon Community consultation	Tues 6 March	10am-12pm Morning tea provided	Eildon Community Centre 2 Centre Avenue, Eildon
Marysville Community consultation	Tues 6 March	2pm-4pm Afternoon tea provided	Marysville Community Health Centre 31 Falls Road, Marysville
Alexandra Community consultation	Tues 6 March	7pm-9pm Light supper provided	Alexandra Bowling Club 4 Paynes Avenue, Alexandra
Yea Community consultation	Wed 7 March	7pm-9pm Light supper provided	Meeting Room Murrindindi Shire Council, Yea Service Centre 15 The Semi Circle, Yea

RSVP for catering (03) 5772 0924 by Monday 5 March

Fill in a website form or complete a survey at:  
[www.yourhealthserviceplan.com.au](http://www.yourhealthserviceplan.com.au)

Write to: Alexandra District Health  
Clinical Services Plan Feedback,  
PO Box 21 Alexandra Vic 3714

Email: [clinicalservicesplanalex@humehealth.org.au](mailto:clinicalservicesplanalex@humehealth.org.au)  
Telephone: (03) 5772 0900  
Visit: 12 Cooper Street, Alexandra

