

INSIDE OUT

Alexandra Secondary College

Date: 17th November 2017

Wilson's Promontory Mission X Camp

The Mission X camp will be held at Wilson's Promontory National Park again this year. We will be departing at 9.00am on Monday and will initially camp at the Tidal River Campground with access to all amenities. We will then complete a three day, two night circuit hike to Sealers Cove and Waterloo Bay in the southern section of park. Students have been given the responsibility to cook their own food and plan their hiking route. Most of this planning has occurred in class with some guidance from their teachers.



This year we are lucky to have a former student, Auri Parker accompanying us. This camp is provided free of charge through the Advance program with the following goals in mind:

- To improve students' sense of self-reliance and build confidence in their own abilities
- To give students the opportunity to work in teams and build interpersonal relationships
- To give students the opportunity to develop an appreciation of the natural environment.

For those of us who have been lucky enough to visit the Prom, most would recognise how special this place is. Being immersed in the natural beauty of this area is something the students and staff are looking forward to. The opportunity to de-stress, unwind and live simply is increasingly challenging in our busy lives. Hopefully by this time next week, we will be refreshed and rejuvenated after a wonderful experience in this scenic and serene environment.

Ms Zerbe and Mr Davies



WEEK 6

4



Dates to Remember:-

Mission X Camp
November 20th—24th

End of Year Grand Concert
November 28th

Year 12 Information Night
November 29th

Year 11's last day
December 1st

Year 10's last day
December 8th

Monster Raffle Tickets due in
Friday 15th December
Whittlesea Fun Park
18th December

Docklands, Big Wheel & Ice
Skating
19th December

Presentation Evening
December 20th

Term Dates

Term Four:
Monday 9th Oct
to Friday 22nd December

Principal's Report

As of this week, we have no builder's fences blocking off parts of our College for the first time in almost 2 years. It is great to have the Student Shelter back as an area for students to enjoy. With the paths being opened up, in the area where the old art wing was, students can now move more easily through the College grounds. We will hold a free BBQ for students and staff on Tuesday 28th November to celebrate not being 'fenced in' any more and to thank our students for their patience and tolerance for putting up with the inconvenience.

This morning we held a breakfast in our Restaurant to thank the employers in our community who have provided 'structured workplace learning' to our students this year. We are most thankful for the great experience these people give our students, giving them a taste of the 'real world' and often starting them on paths to successful careers. Thanks to Felicity Wilmot for organising the breakfast, Auri Parker and Brock Mortley for their help running the breakfast and Tracey Parker for her professional catering.

A group of our Year 9s completed their training for 'Peer Support' training yesterday. They were most impressive; our Year 7s will be in excellent hands next year having their help to transition into our College. Our new Year 7s were in the College on Monday taking part in classes. They have made an excellent first impression with our staff.

At this time of year, our senior students are well into their exam period and probably starting to think about and plan for end of year celebrations. The best way to keep young people safe is to have open conversations with clear expectations, guidelines and rules around responsible partying behaviour. Whilst we do not like to think about it, unsafe partying poses risks which include drug use, excessive consumption of alcohol, drink spiking, car accidents or drink driving, travelling in a car whose driver is over the limit, personal injury, physical or sexual assaults, unsafe sex, gate crashing and getting arrested.

- Talk to young people about the risks and how they can be avoided. Calm conversations are always more productive.
- Do some planning - by working out ways to deal with the potential risks of partying, young people can better ensure that their party experience is safe and enjoyable.
- Check the details of the party so you can ensure it has been organised properly and will be properly supervised. Ask for the phone number of the host.
- Arrange for transport to and from the party. This is best done by a parent or responsible adult known to the young person.
- Make sure they save important numbers into their mobile phones. It is easier to have numbers ready rather than trying to find them in an emergency. Have a plan of who they will call if they need help. Tell them that if they are concerned for their own or others wellbeing it is important to approach the designated 'responsible adults' at the party.
- Talk to them about the risks of illicit drug use and your expectations that they will not partake. Discuss an exit plan.
- Discourage minors from drinking alcohol.
- Encourage young adults to drink safely - if a young person over 18 years is planning on drinking alcohol, make sure they will have access to suitable food and non-alcoholic beverages and that they won't be driving home.
- Caution them on leaving drinks unattended so they do not become a victim of drink spiking.
- Encourage them to stay in a group with their friends so they can watch out for each other and to not go off alone. Tell them not to move away or go home with someone they have just met. They can exchange contact details if they would like to catch up again.
- Avoid violent situations - even if one of their friends becomes involved in a fight, it is best to let the person in charge of the party know, rather than getting involved and putting themselves at risk.

This information is taken from the following websites:

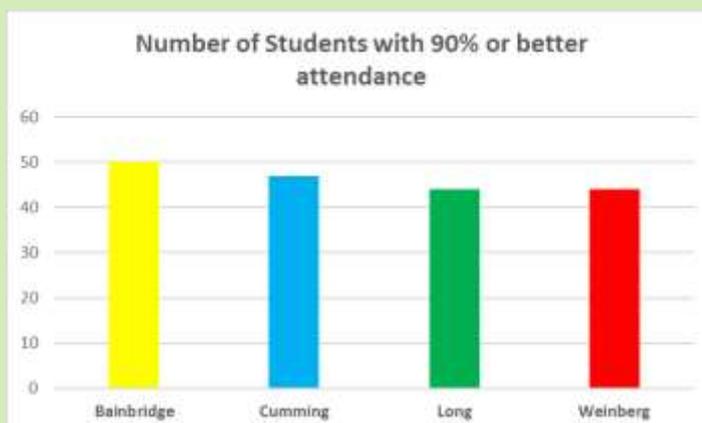
<https://kidshelpline.com.au/teens/tips/party-safely-and-have-fun/>

<https://www.betterhealth.vic.gov.au/health/healthyliving/partying-safely-tips-for-teenagers>

ATTENDANCE

It is that time of year in Secondary Schools when different Year levels finish at different times, we want students at school until learning officially ends for their year level. Learning is a gift and we don't want anybody missing out on this gift. From now on, we will include a table showing attendance per Year level. We would especially like a greater effort from our year 8s.

Percentage of students with 90% attendance and above	
Year 7	68%
Year 8	58%
Year 9	65%
Year 10	69%
Year 11	63%



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Unit 2 Exams

The end of the year is approaching and our Unit 2 exams will be taking place soon. Please ensure your child is aware of their exam dates and that they undertake appropriate revision to ensure they achieve their personal best.

Unit 2 Exam Timetable – 2017

	Monday, 20 th November	Tuesday, 21 st November	Wednesday, 22 nd November	
Periods 1 & 2	Mathematical Methods General Mathematics Foundation Mathematics	Business Management Theatre Studies VET Construction	English (3 hours: 9am – 12noon)	VCAL (2 periods)
Periods 3 & 4	Study periods in VCE area. Students need a charged device - 12:00 – 12:30 there will be an Edrolo demonstration showing you how to use the Edrolo program	Study periods in VCE area.		Study periods in VCE area.
Periods 5 & 6	Foundation English Legal Studies Biology	Physics Psychology Visual Communication	Chemistry VET Hospitality VET Automotive VET Sport and Recreation	



Monster Christmas Raffle 2017
 Help fundraise for your school.
 Each family is asked to donate a Christmas Gift or Hamper item (non-Perishable, can be dropped off at office) and to sell 10 (or more) tickets.
 All money goes to student programs and resources. First Prize is a New wheelbarrow full of prizes including a Laptop, Extra prizes of Hampers full of goodies.

We need money books and
 Donations to the office by
 Friday 15th December.

1. **Raffle tickets were sent home with students on Monday 13th. Not seen them yet? Dig DEEP in your child's schoolbag! Spare tickets are available at the Office.**
2. Help please. In a couple of weeks P&F will be looking for volunteers to sell tickets up the street. Please donate a couple of hours if you can.
3. Donations now welcomed. A mighty fine Wheel Barrow, donated by Buxton Nursery, is starting to be filled. Please drop your goods at the School Office. An item from every family always makes this a monster raffle full of prizes. The school has donated a computer - info about size and type to come.

YEAR 10 FOOD TECH ENTERTAINMENT TASK

Recently the Year 10 students created a two-course meal for some of the teachers and students in the Hospitality restaurant. Each group had to plan two courses for lunch, create a menu, invitation and then prepare and cook these meals and serve them up to their guests. One group in particular were creative and excited to complete this task by designing a wonderful 3 course meal and beautiful table setting for **Anne and George Nadj as their guests, using a 'romantic dinner' as their theme.** Other menu items included **Outback Schnitzels** and Sticky date pudding, Spaghetti Bolognese, Meringue nests, Marinated kebabs, Sourcream Cake, Lamb Curry and Espresso Tart. I was very proud of how the students prepared and served up these dishes and they are to be congratulated on their efforts. There was also a lot of positive feedback from their guests. Well done to Chelsea, Meg, Daniel, Robin, Kyle, Bree, Lachlan, Willem, Damien, Tyson, Aaron and Jacob.

Mel Gourlay.



YEAR 12 INFORMATION EVENING

On Wednesday 29th November there will be a Year 12 information evening for parents, guardians and friends of students studying a Unit 3/4 subject in 2018

This will begin at 6:00p.m in the VCE area and will conclude by 7:00p.m.

The focus is your student in VCE – the VCE process, expectations of students, school, home and what to expect and how we can work together to support students



SSL tackle Plastics Pollution

During Term Three six Year 9 students, James Southam, Joshua Harding, Angus Smith, Ashleigh Yuill, Jade King and Megan Rice attended the **School for Student Leadership at Dinner Plain. The report below by Jade King describes the group's recent presentation of their Community Learning Project** to students from Alexandra Primary School.

During our time at SSL we pushed ourselves both physically and emotionally in activities and classes designed to make us better leaders for the benefit of ourselves and our community. To become better leaders we had many group assignments to work together on. Some were challenging and others seemed impossible. Our hardest challenge was the Community Learning Project. The Community Learning Project is a project chosen by our group to improve our community. We had many ideas for projects that could benefit our town, but the topic we were all passionate about was plastic pollution. We didn't know much about plastic pollution apart from knowing that when we litter it ends up in our oceans. But we did lots of research to find out more about the issue because we really wanted to make a difference in our community. Our goal was to inform primary school children where all our rubbish ends up, and how we can prevent it from polluting our oceans.

At Dinner Plain we were inspired by a presentation by Anthony Hill on plastic pollution. Last week on Wednesday November 8th, Anthony Hill came to Alexandra at our invitation and presented the exact presentation that inspired us to the Alexandra Primary School Grades 3 and 4 children. It was very successful and the children seemed to enjoy it. It was great to see Anthony getting involved with the children and making sure they weren't sitting the whole time.

We are very thankful to Mr Anthony Hill for travelling so far to help us out with our Community Learning Project. Also, a big thank you to the Alexandra Primary School for being a part of our project.





ADNA – 2018 Season – Youth Mixed Netball

ADNA Committee are looking to start up a
Youth Mixed Netball Competition
for any students who will be in Years 7-9 in 2018.
If you are interested in participating in this competition
please register your interest to alexdistrictnetball@gmail.com
or contact Michelle Jack on 0400 519 862 by Friday 8 December 2017.

If enough interest is shown then further details will be
provided at the commencement of Term 1 2018.

A L T C : Open Day 19th November 2017



Venue: Perkins St
Time: 11am-2pm

Come and join us down at the courts. Past and new members welcome. There will be a free BBQ, token gift and complimentary raffle entry for renewing or taking out a membership on the day and more. Our coach Keith Turner will be in attendance. Come for a hit and see what we are all about. For further information contact Bec Lyttle on 0405 055 993. Hope to see you there.



School Medical Clinic

(as part of the Drs in School initiative)

*Open hours:
10.00am - 2.00pm
Thursday.*



To make appointments, either:

Text: 0401 790 065

Text a message to the Practise Nurse. Let her know what time suits you best and Sam will text back to confirm.

(This phone number is specific to the Dr in Schools program)

OR

Email: parbery.sharon.s@edumail.vic.gov.au

Email Sharon or catch up with her in her office or around school.

Careers News



Apprenticeship opportunities

Automotive Sales (Motorcycle) Spare Parts Interpreter – Shepparton

Boilermaker - Eildon (Anchorage Houseboats)

Business Traineeship – 2 available one in Shepparton and one in Wodonga

Carpentry/Building - Eildon (Anchorage Houseboats)

Education Support Traineeship - Wangaratta

Electrician - Eildon (Anchorage Houseboats)

Engineering (Mechanical) Apprenticeship – Shepparton

Engineering (Fabrication) Apprenticeship - Tatura

Painting and Boat Building - Eildon (Anchorage Houseboats)

For further information please see Felicity Wilmot in the careers office asap.

Internship Opportunity:

Steve Costly, owner of DMK Accountants in Alexandra is offering a current year 12 student an Accountancy Internship.

DMK Accountants will guarantee the successful applicant holiday work for the duration of their higher education studies

For further information please see Felicity Wilmot in the careers office or contact Steve Costly directly either by calling 5772 1915 or email stephen@dmktaxation.com.au.

CONOCOPHILLIPS SCIENCE EXPERIENCE

The ConocoPhillips Science Experience is held by dedicated student mentors and guided by the University of Melbourne's top-ranking academics in their schools including biosciences, chemistry, earth sciences, physics, engineering and life sciences.

Year 9 & 10 students are invited to The ConocoPhillips Science Experience to be held at the Parkville Campus. The Faculty of Science and the Schools Science Foundation 3-day program aims to expose students to how engaging university science really is! The program is designed to provide students with an experience of university life with lectures, laboratory experiments and hands on interactive experiences, **all conducted at the University of Melbourne's world class facilities and supported by**

WHEN: 15th-17th January 2018

WHERE: Parkville campus

FOR MORE INFO & TO REGISTER VISIT: <https://www.scienceexperience.com.au/when-where/victoria/university-of-melbourne-parkville>

Summer Work Opportunity:

Endeavour Service Station is looking for a person aged 18 or over to work over the summer period