



inside **LETTERS** out

ALEXANDRA SECONDARY COLLEGE

4TH MARCH 2022

WEEK 5

ASC knows how to make Champions... Just add water!



On Tuesday some of our amazing students set out to make waves at the Southern Ranges Swim Meet.

And make waves they did!

Our group of champions secured first place, ensuring victory to ASC for the third year in a row.

Full article on Page 2.

Dates to Remember

Monday the 7th of March 2022
Presentation & Investiture Assembly

Friday the 11th of March 2022
Round Robin

Monday the 28th of March 2022
Year 8 Camp

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We are talking about

What are our students talking about this week.....

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Round Robin

Everything you need to know.

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Wellbeing

A word from our Wellbeing team on talking to your kids about stress.

Our Lost Property area is overflowing.....are you missing any uniform items?

Principal's Report.

It is with great pride that we acknowledge the tremendous effort of the College swim team. On Tuesday, for the third year in a row, they won the Southern Ranges Competition, defeating schools like Mansfield, Broadford and FCJ Benalla. As well as really strong participation and tremendous effort, we had some amazing individual performances within the great team result; Danielle Nadj and Joss Lopez finished the day as 2022 Age Champions. Ben Weeks and Anthony Lee placed 2nd in their age groups and Emily Irwin, Tahnee Heard, Heath Sutcliffe, Casey Collett and Drew Collier were third.

Thanks to Mrs Collett and Mr Nadj for their expert guidance of the team.

We are looking forward to holding a combined Presentation and Investiture Assembly on Monday. The assembly will recognise individual students for their academic, sporting and cultural achievements last year. We will also be presenting the many and varied student leaders in the College with their 2022 badges of office. Families were emailed yesterday if their son/daughter is receiving an award or badge. The assembly is being streamed so that families and friends around the world can watch either live or at their leisure using the link: <https://www.ready4takeoff.com/alexsc>

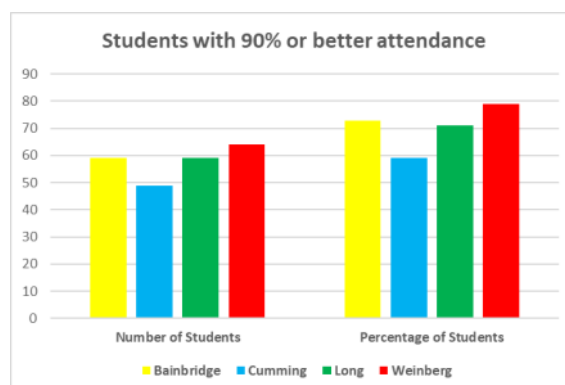
We encourage students and parents to share this link with interested relatives and friends. The link will remain active for two weeks.

A request to our families to please always contact the front office if needing to get in touch with your son/daughter. Students and parents communicating during school time without the knowledge of the college can make it difficult for us to help families calmly manage situations and best support our students. Messaging or ringing your children directly also puts them in a compromised position where they may receive consequences because mobile phones are banned by the Minister of Education in all schools. We are always happy to provide a private space and a phone for students and parents to talk to each other if either request this.

Attendance:

Remember, every day of learning has a positive impact on our lives. Consistently being at school helps our connection to others and our mental wellbeing.

Percentage of students with 90% attendance and above			
	Week 4	Week 5	Week 6
Year 7	78%	82%	70%
Year 8	67%	58%	60%
Year 9	67%	67%	69%
Year 10	56%	50%	58%
Year 11	67%	78%	78%
Year 12	86%	94%	88%



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Southern Ranges Swimming

A Win for ASC Swim Team!

George Nadj and I had the great pleasure of taking our Representative Swim Team to the Hume Interscholar Swim Meet on Tuesday. We had 39 students who were exceptional in representing our College with their fantastic effort, energy and sportsmanship.

Of eleven competing schools we achieved first place, which is an outstanding achievement and I congratulate every one of our swimmers. Some of our students swam up an age group in order to fill events.

There was one record broken, with our boys' 15/16 Medley Relay, comprising of Ashton Cowell, Casey Collett, Ben Weeks and Noah Campbell. Well done, boys!

A few special mentions:

Two swimmers, Danielle Nadj and Casey Collett had a full program of events, with 5 individual and 2 relays. This resulted in a busy day and we appreciated their energy and effort for the team.

Harley Olive is a Year 7 student who swam the Open 400 metres freestyle and was the youngest swimmer. She put in a tremendous effort in this long event, which was greatly valued by the team.

Joss Lopez achieved the Under 20 Age Champion and Danielle achieved the Under 15 Champion medals. Awesome results!

Jesse King, our Year 12 student, represented us as an Official for the day as well as swimming in the relay. We really appreciated Jesse's work.

We could not have gained so many points without our relay swimmers. Thank you for joining the team to swim in these races.

Age Champion Results:

I would like to acknowledge the following students who achieved the following places in their age group against the ten other schools:

Heath Sutcliffe – 3rd in the 12-13 age group.

Casey Collett – 3rd (15 age group)

Noah Campbell – 4th (15)

Ben Weeks – 2nd (16)

Drew Coller – 3rd (16)

Anthony Lee – 2nd (17)

Emily Irwin – 3rd (16)

Tahnee Heard – equal 2nd (17)

The day ended with an energy blast at Maccas. George and I really enjoyed our time eating and socialising with the kids. They are an exceptional bunch, who are full of enthusiasm and energy, and they are a credit to our school.

We wish all the swimmers who will be going on to compete in Albury on Tuesday, 15th March all the very best. Good Luck, do your best, and most importantly, have fun!

Catherine Collett

Our Students are talking about...

We are now half way through our first term for 2022!

Today when we hit the quads at recess, we were asking our students.....

“Now that you have had a few weeks to settle in to the year, what subject are you most enjoying?”

Arabella



My favourite subject at the moment is Art, I am finding it really relaxing especially when it is the last class I have for the day.

Blake



Humanities is currently my favourite subject....Ms Waters is awesome and makes everything interesting.

Archie



English is great at the moment , we are reading “The Outsiders” and have just started watching the movie.

Lachlan

I am really enjoying woodwork right now. We are making our names out of wood.

Alyce

My favourite subjects at the moment are both Art & Textiles. I find both of these subjects really calming.



Round Robin Update

Everything you need to know about Round Robin...

- When...Friday the 11th of March .
- What do I need to do to make sure I have given permission for my child to attend.....check Sentral
- I don't have access to Sentral.....Call the office, we will fix this in no time!
- What does my child wear....Full PE Uniform

Bus 1 to Benalla via Euroa:

STUDENTS ON BUS 1 WILL DEPART AT 8.45AM AND RETURN 4. 15PM

- Year 8 Girls Volleyball at Euroa H.S with Ms Steuart
- Senior Girls Volleyball at Benalla P-12 with Mrs Nadj
- Intermediate Girls Volleyball at Benalla P-12 with Mr Francis

Bus 2 to Broadford via Yea and Seymour:

LEAVE AND DEPART AT NORMAL TIMES (9:00AM - 3:20PM)

- Senior Boys Volleyball at Yea H.S. with Mrs Mullins
- Combined Year 7/8 Boys Cricket at Chittick Park, Seymour with Mr Mawson
- Intermediate Boys Volleyball at Seymour S.C. with Mr Nadj
- Year 7 Girls Volleyball at Broadford S.C. with Mrs Boliancu

Small Bus to SSAC Seymour:

LEAVE AND DEPART AT NORMAL TIMES (9:00AM - 3:20PM)

- Combined Year 7/8 Boys Volleyball at Seymour Sports and Aquatic Centre with Mr Davies

Careers & Pathways

- Travis Capp Plumbing, Alexandra – contact Travis on 0419 553 803
- Faster Plumbers Alexandra – email Aiden on aiden@fasterplumbers.net or call 0417 155 659 for more information.
- Cert 3 in Plumbing – Shepparton (NS060721)
- Cert 3 in Carpentry – Shepparton (CC071221)
- Cert 3 in Plumbing – Shepparton (CC071221)
- Cert 3 in Engineering – Lemnos North (NS070122)
- Cert 3 in Airconditioning & Refrigeration – Shepparton (CC010222)
- Cert 3 in Cabinet Making – Shepparton (CC010222)
- Cert 3 in Floor & Wall Tiling – Shepparton (CC150222)
- Cert 3 in Business – Shepparton (CC220222)
- Cert 3 in Business – Kyabram (CC220222)
- Cert 3 in Parks & Gardens – Kyabram (CC220222)
- Cert 3 in Electrotechnology 4th Year – Shepparton (NS220222)
- Dental Technician Apprenticeship – Diploma of Dental Technology (NS010322)
- Cert 3 in Civil Construction – Kyabram/Shepparton (CC010322)
- Cert 3 in Heavy Vehicle Diesel Mechanic – Shepparton (CC010322)

Also below are some Local Employers supporting ASC students by offering Structured Workplace Learning placements for VCAL students:

- Eildon Outboard Service – Boat Mechanics – 5774 2132
- HBI Constructions – Registered Builder Alexandra – 0439 730 824 or 0433 331 857
- ITEC Earthworks – Landscaping Specialists – 0421 921 110

Casual Positions Vacant:

Yenckens Alexandra, weekend work – contact Peter via email at yenckenssales@yenckens.com.au and peterjd@mac.com

WE ARE HIRING

We currently have a great opportunity for a highly motivated and enthusiastic 1st or 2nd year apprentice to join our team at Travis Capp Plumbing based in Alexandra.

Email applications to:

tcp plumbing@bigpond.com



Work Placement



Congratulations to our friend Gus for receiving yet again another awesome work placement position. This year Gus will be completing his work placement program with the Murrindindi Shire. Here is Gus with his new uniform and quite excitedly, his new boots! Enjoy your weekend Gus, we hope you get to the Taggerty Market tonight.



Ellie is very lucky to be able to attend the Werribee Equine Show as part of her SWL placement.

This is a great example of thinking outside the box when organising your placement.....as they say, if you love what you do, you will never work a day in your life.

Update on Sentral News....

As we mentioned last week, it is great to see most of our amazing families making use of our Sentral app.

There are still some families that have not yet registered for sentral, or are not using it yet to access their child's permission slips. This might just be a simple case of forgetting your username or password.

Please feel free to contact our office to reacquire this information. It will only take a minute or two to get you set up again.

With events such as Round Robin next week and Year 8 Anglesea Camp fast approaching, you will need to be online on Sentral to approve and pay. So please give us a call if you need any Sentral support at all.

From our Wellbeing Team

Talking with your children about stress

Parents can offer assistance and support to help their children better manage life's challenges by being available, listening actively and responding thoughtfully.

While some stress is part of everyday life and sometimes helps motivate us to take action, adults can more readily identify feelings and causes of significant stress, and consider ways to manage it.

Young people, however, may not recognize signs of stress or know how to respond and cope effectively. Parents can offer valuable assistance and provide empathy and understanding. By knowing what to listen to and watch for and by seeking out opportunities to engage in conversation with children of all ages, parents can help their children to better handle life challenges.

Be available

Notice times when your kids are most likely to talk—for example, at bedtime, before dinner, in the car—and be fully available to just listen. Start the conversation; it lets your kids know you care about what's happening in their lives. Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time. Learn about your children's interests—for example, favourite music and activities—and show interest in them.

Initiate conversations by sharing what you have been thinking about, or what other kids may be thinking about, rather than beginning a conversation with a question.



Listen actively

When your children are talking about concerns, stop whatever you are doing and listen.

Express interest in what they are saying without being intrusive. Listen to their point of view, even if it's difficult to hear & Let them complete their point before you respond. Repeat what you heard them say to ensure that you understand them correctly. Realize that your children may test you by telling you a small part of what is bothering them. Listen carefully to what they say, encourage them to talk, and they may share the rest of the story, especially if you are empathic and avoid teaching early in the discussion.



Respond thoughtfully

Soften strong reactions—kids will tune you out if you appear angry, defensive or judgmental.

Express your opinion without minimizing theirs—acknowledge that it's healthy to disagree sometimes.

Resist arguing about who is right. Instead say, "I know you disagree with me, but this is what I think."

Focus on your child's feelings rather than your own during your conversation.

Ask your children what they may want or need from you in a conversation, such as advice, help in dealing with feelings, or assistance in solving a problem.

Consider

Kids learn by watching their parents. They will follow your lead in how they deal with anger, solve problems, and work through difficult feelings. Help your kids adopt healthy coping strategies by modelling positive behaviours.

Engage the family in stress-reducing activities, such as taking a family walk, riding bikes, or dancing together.

Young children may express feelings of stress or worry in their play. Pay attention to themes in their conversations and activities to gain a good sense of their concerns. Teens and older children are often more involved with peers than family as part of developing their own identity. Significant avoidance of parents, however, may be a sign that a teen is distressed and may need assistance.

Kids learn from their own choices. As long as the consequences

are not dangerous to themselves or others, don't feel you have to step in each time.

Shielding children from causes of stress or anxiety, such as unemployment, or an illness in the family, can worsen a child's anxiety because children commonly assume a worst-case scenario. Help by giving age-appropriate information.



Seek additional help

If you have concerns that your child is experiencing considerable stress and the tips are not sufficient, seek advice from a licensed mental health professional such as a psychologist. Psychologists have specific training that can help both you and your child successfully manage overwhelming stress.

PARENTS & FRIENDS AGM

15th March at 6pm
ASC Staff Room

**WE ARE LOOKING FOR PARENTS TO
JOIN OUR COMMITTEE**

Come and join to be a part of your childrens school journey. Our committee meets once per month to share ideas, help support events at the school and the odd cake sale. Looking for some new members to join, all welcome.

Contact Simone Russell for enquires: 0417395469





Alexandra Secondary College
presents

A Fairytale

Debutante Ball



SATURDAY 26 MARCH

MARYSVILLE COMMUNITY CENTRE

GUESTS TO BE SEATED BY 6.30PM

Tickets will be available from the School Office
as of Monday 7 March for
all debs and their partners.

COST PER TICKET \$25

PAYMENT IS REQUIRED ON PICK UP.