



inside **NEWSLETTER** out

ALEXANDRA SECONDARY COLLEGE

6th May 2022

TERM 2 WEEK 2



Our Intermediate Boys and Girls Volleyball Teams enjoyed amazing success this week!
Our Boys came runners up at Hume Regionals, and our Girls are off to State Finals!

More on Page 2....

Dates to Remember

Wednesday 18th of May
Curriculum Day

Tuesday 24th of May
Round Robin

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Principal Report

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Naplan

The how and when of Naplan

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Out and About

Find out what we have been up to this week.

Coming up Next Week, find out all about our Athletics Day.

Principal's Report

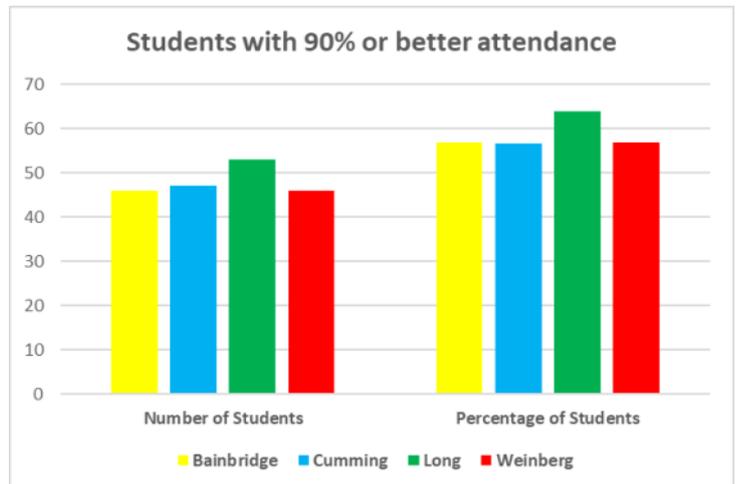
We are very proud of our Intermediate Boys and Intermediate Girls Volleyball teams who played at the Hume Regionals in Albury yesterday. Both teams had impressive days. The boys finished runners up. Our sensational girls won and have qualified for State finals. Thanks to Mr Nadj and Mr Francis for coaching the teams.

Our Year 10 and VCAL students went to a Careers Day at Winton Raceway yesterday. It was a great day for students to investigate possible future pathways. Gaining knowledge about potential pathways is vital so that we know what is possible and what we need to do at school to get there. Thanks to Felicity Wilmot for organising the excursion and to Felicity, Ally Crouch and Jacinta Marchetti for taking our students.

Next week is NAPLAN week for Year 7 and 9 students. The NAPLAN assessments provide the students, parents and school with valuable information about student growth in Reading, Writing, Numeracy, Language Conventions and Spelling. On its own, NAPLAN is not a test that can be studied for, and students are not expected to do so. NAPLAN is just one part of a student's school program, and we would like them on the day to simply do their best.

Every day of learning makes a positive impact. Please do not hesitate to contact the school if you need help with attendance. Kerry McGahy is our Family Engagement Officer, and she is ably supported by Bron Howell and our Year Level Coordinators.

Percentage of students with 90% attendance and above			
	Last week of last term	Week 1 Term 2	Week 2 Term 2
Year 7	59%	81%	60%
Year 8	48%	77%	62%
Year 9	62%	78%	64%
Year 10	58%	65%	40%
Year 11	80%	74%	67%
Year 12	80%	69%	59%



Nigel Lyttle
 Nigel.Lyttle@education.vic.gov.au

Emma Kidd
 Emma.Kidd@education.vic.gov.au

Sporting News

We are off to State Finals!

We are super proud of both our Boys and Girls Intermediate Volleyball teams, for representing us at th Hume Regionals in Albury this week.

Congratulations to the Intermediate Girls Volleyball team for qualifying to play at State Level on the 19th of May. They played against 4 other schools from the Hume Region, including Wodonga Senior Secondary College, Greater Shepparton Secondary College, Sacred Heart Yarrowonga and Yea High School. The girls were victorious against all sides, winning their way through. An amazing effort considering our school only has a small pool of players compared to the hundreds available for many of the others. Well done girls, it took us three years to finally get to the competition and now you all know that you belong at that level. The whole school community is very proud of you all!

We must also congratulate our Intermediate Boys for finishing the competition as runners up.

Well done guys, we are very proud of you all.



Our students thoughts on ...

The Career Expo Excursion at Winton Raceway

I liked the Expo Day, I really enjoyed the complimentary merchandise.

Emma Perry



I liked today because it wasn't what I was expecting. I was able to talk to people about opportunities I hadn't thought of.

Maddy Fletcher



I really enjoyed today because I had fun in the Virtual Reality tent.

Oli Hoornweg

I liked going to the different tents and displays and chatting with the representatives.

Tyler Richards



Thanks again Ruby our roving reporter! You are a star!!



This week the year 10 Lifeskills classes and VCAL students attended the Hands On Trades careers expo in Winton. This event provided students with an opportunity to try out a range of different trades including: Car Servicing, Spray Painting, Drones, Agriculture, Engineering, Transport, Panel Beating, Child Care, Physio Therapy, Water, Royal Flying Doctors, Australian Defence Force, Victoria Police, Quarry Operations, Electrical, Plumbing, Hospitality, Employment services, Welding, NDIS, Apprenticeship Providers, McDonald's, Digital technologies, Hair & Beauty and Motor Sports.

Photos on Page 4...





NAPLAN - Years 7 and 9.

The National Assessment Program – Literacy and Numeracy (NAPLAN) will be held for Years 7 and 9 students on Tuesday 10th May, Wednesday 11th May and Friday 13th May. The tests assess the current knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy. They also provide information on the progression of your child against national standards over time.

The results of these tests provide information for students, parents, teachers and principals. You will receive a report later in the year which shows how your child performed in relation to national minimum standards.

Students have been provided with two on-line practice sessions so they are familiar and comfortable with the layout of the test, the types of questions that may be asked and the use of their device in this test situation. It is important to emphasise that these are not tests that should be prepared and formally rehearsed for. It is analysing the learning that has been covered in previous years through the Victorian Curriculum and gaining a snapshot of current understanding.

Please feel welcome to contact me if you have any questions about this testing process. You can also access the websites at www.vcaa.vic.edu.au and www.nap.edu.au for more information.

Catherine Collett

NAPLAN Coordinator

Out & About



This week the year 10 Lifeskills classes and VCAL students attended a presentation and workshop by the Melbourne Playback Theatre Company. During the event students explored several careers development scenarios including those who know what they want to do, those that aren't sure what they would like to do and another of a student who had a career they admire. Students were encouraged to consider adopting open body language when they engage with potential employers and reminded students to use their breathing to help stay calm in an interview scenario.

This event is the first of several that students will have the opportunity to participate in this term. Below is a list of future events for students to look forward to:

- Thursday 19th May: Careers Day Out Shepparton – All Yr 11 VCE & VCAL
- Thursday 26th May: Local Professionals Quick Meets – All Yr 10 Lifeskills & VCAL
- Wednesday 8th June: Monash Uni Clayton visit – All Yr 12 VCE
- Thursday 9th June: Rotary Mock Interviews – All Yr 10 Lifeskills & VCAL



Out & About



The wonderful students of 7A proudly display their Wood projects from Term1. As you can see by the photo. The outstanding design work, attention to detail and the excellent finish to all the products, was truly a rewarding and inspiring experience for all the students. Absolutely excellent work Guys!!! From Mr Crowley.

Below - some of our gorgeous civic minded students out and about volunteering at the Easter Market over the holidays.

Well done superstars !!



9 WAYS TO SUPPORT YOUR TEEN'S MENTAL HEALTH

Headlines about the impact of the pandemic on youth mental health have left many parents worried about their children and unsure what they can do to help. Now, as restrictions are eased – and school, home and social lives return to something resembling normal – young people are having to make significant adjustments as they face new pressures. Parents need clear, evidence-based, practical strategies to support their teen's mental health. But this can be hard to find. To fill this gap, Monash University asked 35 international experts (researchers, health professionals and parent advocates) what parents can do to support their teenager's mental health during the pandemic.

Here are their nine key tips:

1. Parents, look after yourselves.

While parents' natural instincts are to be concerned about their children (and possibly ageing parents), looking after your own needs will put you in a better position to support those you care about.

2. Keep the conversation open.

Constantly changing local regulations and restrictions can make teens more anxious. Help your teen feel more in control by providing them with clear, up-to-date and age-appropriate information. Teenagers are likely to seek answers from their peers, online, and from social media. Help your teen get information from reliable and credible sources, such as government websites or the World Health Organization. Talking about what's happening in the world can help them understand and cope with what they're hearing.

3. Support teens to follow the local rules and restrictions

Be a good role model by following the local regulations and restrictions yourself. Model flexibility and problem solving by showing your teen how you adjust your daily life in response to changing regulations and restrictions.

4. Accept your teen's emotions.

It's normal for teens to feel a wide range of strong emotions at different points: angry, scared, sad, frustrated, grief, worried, bored, confused, isolated, concerned. You can help your teen cope with these by:

- Asking and listening. Ask how they're feeling and coping, especially as situations change. When they open up, focus on listening. What they need most is empathy, compassion and comfort. Show them how you do it. Teens look to their parents to see how to respond and how worried they should be. Try to set a good example by appearing as calm as you can, and using healthy coping strategies yourself.
- Being patient, perhaps more than usual.
- Being reassuring but realistic. Despite negative news they may be hearing, teens need their parents' reassurance their family will get through difficulties together and things will improve over time. But be careful not to make unrealistic promises.
- Monitoring. Keep an eye on your teen's stress levels – look for changes in their behaviour, health and how they're thinking and feeling. Encourage them to do things that have helped them cope with stressful times in the past.

5. Help your teen work out what they can and can't control

Encourage them to focus on what they can control. For example, with regards to climate change, young people can control their own recycling behaviours, but can't control the pollution caused in other countries. Model helpful ways of dealing with uncertainty by showing them how you accept what is outside your control and focus your effort on things you can control. Show appreciation for their efforts to adjust to challenges, big or small.

6. Provide support as needed

The ongoing uncertainties during the pandemic have affected teens many months after local restrictions have eased. Be prepared to provide ongoing emotional support as needed, rather than assume all will be well because life is "back to normal".



9 WAYS TO SUPPORT YOUR TEEN'S MENTAL HEALTH

7. Establish routines.

Routines help teens feel more organised, in control, safe and secure and less stressed – this can help protect their mental health. Ensure your teen's routine includes set times for homework, meals and snacks, physical activity, free time for fun and relaxation, and time for socialising. Regular sleep routines are also important. This means having a regular bed time and wake time, and minimising the use of electronic devices before bed. Review and adjust this routine with your teen as needed, such as during school holidays.

8. Adjust your expectations.

With the current changes and uncertainties, you may need to adjust some expectations of your teenager and of yourself. Focus on emotional and physical wellbeing rather than perfection or high productivity. Try to practice self-compassion and forgiveness towards your teen and yourself if either of you don't meet your expectations.

9. Look for silver linings.

Try to convey a sense of confidence to your teen that things will improve over time. Encourage any optimism or hope your teen shows. Showing compassion, empathy and kindness to others can also benefit your teen. It can help them gain perspective, give a sense of achievement and pride, and give opportunities for social interaction. Encourage your teen to take up opportunities to help others when they can.

WHEN TO GET HELP

1 Seek professional mental health support if your teen has major difficulties, or you are struggling with your own mental health. *(Remember, it is normal for teens will have mood swings, be difficult to communicate with at times, and be concerned about a variety of stressors as they adjust to the hormones circulating in their adolescent bodies, and come to terms with their move towards adulthood).*

2 Some signs you or your teen might need professional support include major changes in mood or behaviour that impact school, work or relationships, withdrawal from friends or family, intense distress, and problems that don't seem to be improving with time.

3 Remember, by seeking support for yourself when needed, you are also setting a good example for your teen.

4 For more helpful tips, see the Parenting Strategies website <https://www.parentingstrategies.net> . Parents across Australia can also access the evidence-based Partners in Parenting online program for free. <https://partnersinparenting.com.au>

Dr Marie Yap is an Associate Professor (Research) at Monash University and a Psychologist with expertise in parenting and youth mental health.

Micronaughts

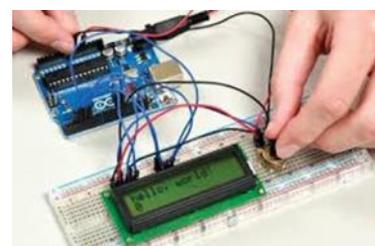
Micronauts introduces the world of software-controlled hardware. Building on knowledge gained with simple practical experiments, students can design their own solution/game/IoT (Internet of Things).

Meeting in S3 at 1:00pm on Tuesdays. New members are most welcome!

Ray Wynn (community volunteer)

Requirements

- PC (personal computer)
- Curiosity
- Fan to cool your brain (optional)
- Sense of humour (mandatory)



HAPPY ASIAN PACIFIC ISLANDER HERITAGE MONTH



FIJI

HELLO= BULA!



TONGA

HELLO= Malo e lelei!



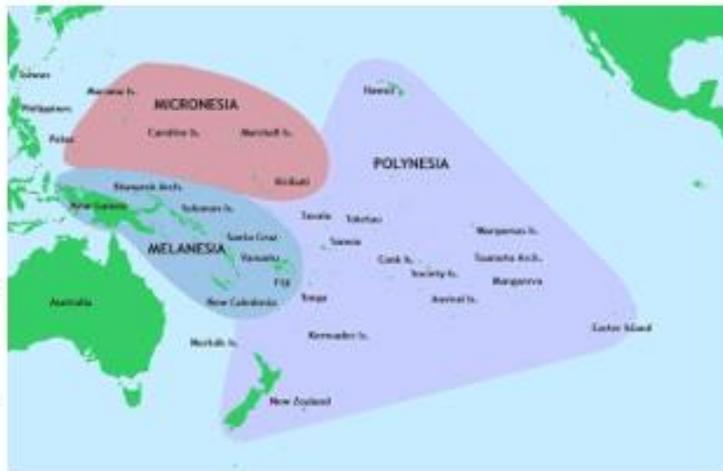
VANUATU

HELLO= Hello Bislama!



SAMOA

HELLO= tālofa!



NEW ZEALAND/MAORI

HELLO= Kia ora!



Papua New Guinea (PNG)

HELLO= Halo!



Kiribati

HELLO= Mauri!



Palau

HELLO= Alii!



Marshall Islands

HELLO= iakwe!



Check out Trakka's gorgeous project celebrating Asian Pacific Heritage Month.

Awesome Job Trakk!

Career & Pathways

Cert 3 in Plumbing – Shepparton (NS060721)

Cert 3 in Plumbing – Shepparton (CC071221)

Cert 3 in Cabinet Making – Shepparton (CC010222)

Cert 3 in Business – Echuca(CC260422)

Cert 3 in Business – Shepparton (CC220222)

Cert 3 in Parks & Gardens – Kyabram (CC220222)

Cert 3 in Parks & Gardens – Euroa (CC280422)

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 2nd or 3rd year – Shepparton/Lemnos (NS080322)

Cert 3 in Engineering Fabrication 2nd or 3rd year – Shepparton (NS080322)

Parents and Friends Term 2 News

Parents and Friends have a couple of fundraising activities happening this term and we would really appreciate our fabulous School community's help.

Alexandra Community Wood Auction – Saturday 21st May 2022

We are looking for families that would kindly donate a Trailer of Wood that will be auctioned off with all proceeds coming back to the school. If you are willing to donate a trailer of wood and your time for delivery (if needed) please contact Briony Kendall 0419341623 or Simone Russell 0417395469 by 18th May 2022.

Election BBQ – Saturday 21st May 2022

Parents and Friends will be running a BBQ on Election Day, if you are able to help on the day please contact Simone Russell 0417395469.





EMOTION COACHING CONNECTING WITH OUR *Teens*

A FREE workshop for parents & carers of teenagers

Help your teen to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others

Monday 2 May 2022

1pm - 2pm

ONLINE

[Register here](#)

for any questions contact

FamilyCare Central Intake 1800 161 306

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)



2022 Alexandra Junior Soccer Program

Saturday mornings 10.30am | starting April 30
For 5-15 year olds

Leckie Park
(Corner Station and Vickery Street)
Alexandra

Cost \$45

Online registrations open now
www.playfootball.com.au

For more information call Larry Kelly on 0497 078 394



The Doctor is coming!!

We're so excited to announce that we will be starting to have a Doctor and Nurse available again for medical consultations AT SCHOOL!! Yes, ASC students can see a Doctor at school, without having to miss classes or drive somewhere!!

We're excited that Dr Joyce Manthi and Nurse Practitioner Lara Hopkins will be available to assist you at school.

When: Every Wednesday from 11am – 1.30pm

What: Any issues you would normally see a doctor for: Injuries, illnesses, mental health plans, anaphylaxis & asthma plans, women's and mens health, etc.

Where: In the Dr's Surgery between the Hall and the Reflective Gardens

Cost: **Free!!!!** 🤔 (Having your Medicare number is handy, but the Nurse can locate it if necessary)

How: Let Kerry McGahy know you'd like an appointment, call 5770 2010, email (Kerry.mcgahy@education.vic.gov.au, or send her a Teams message (There will be a direct number to Lara coming soon)
You can also take your chances and drop in at recess or lunchtime.
See Kerry if you have any questions



Dr Joyce



Nurse Lara