



inside out

ALEXANDRA SECONDARY COLLEGE

MARCH 14 2023

WEEK 6

Congratulations Southern Ranges Age Champs!



Last Tuesday we had a fantastic group of our Students head off to Benalla to represent our School in the Southern Ranges Swimming Division. And did they do us proud....You will need to read the Principal's report to see the final results, but I can confirm Ben Weeks, Danielle Nadj and Emily Irwin came away with Age Group Champion titles. We are super proud of all of our students who competed on the day!

More photos inside.

Dates to Remember

Friday 17th March - Hume Swimming

Monday 20th March - Year 8 Camp

Thursday 30th March - Round Robin

Saturday 1st April - Deb Ball

Thursday 6th April - Last day of Term 2.30 Finish

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Principal's Report

Keeping our parents informed.

Pg.4

Word in the Yard...

What have some of our kids enjoyed the most this Term.

Pg7

Parents & Friends

A word from our Parents and Friends Committee.



We acknowledge the Taungurung people, the Traditional Owners of this land.

We pay our respects to their leaders and Elders past, present and emerging, for they hold forever the memories, traditions, culture and hopes of all Taungurung people.



Principal's Report

It is with great pride that we acknowledge the tremendous effort of the College swim team.

On Tuesday, for the fourth 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; Emily Irwin, Ben Weeks and Danielle Nadj finished the day as 2023 Age Champions. Mia Creighton and Ruby Russell placed 2nd in their age groups and Louis Matheson, Casey Collett, Heath Sutcliffe and Bryan Rooney were fourth.

Thanks to Mr Francis and Mrs Crouch for their expert guidance of the team. We also really appreciate parents Naomi Davis and Lisa Francis coming along and helping our team.

Last Thursday, thanks to Felicity Wilmot's coordination, all of our Year 9 students did a "Morrisby assessment" to assist in guiding students on a career pathway. This information will be used

Attendance: Learning at school is one of the easiest ways to Improve our outcomes in life.

in follow up with individual career interviews with students and parents.

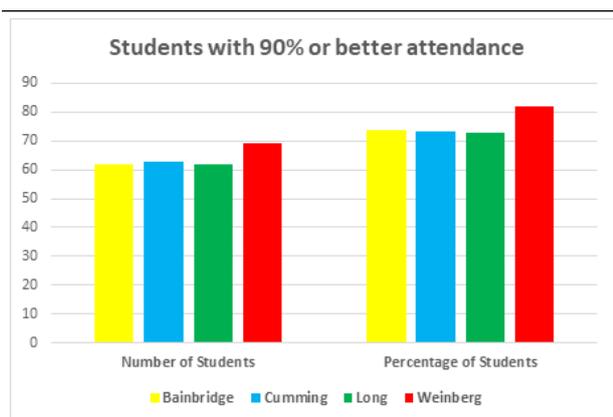
The weather is starting to get cooler, so it is a good time to consider if students have the uniform they need for autumn and winter. Our uniform is designed to keep students warm through wearing the appropriate layers like the long sleeved shirt, woollen jumper and school jacket. Students can also wear a plain white, grey or black long sleeved garment under any school shirt. Hooded garments are not permitted at school, as they do not fit the formal nature of school uniform. When outside students may also wear a black coat over their uniform. Students are also welcome to wear scarfs and gloves of their choice, although it is probably not cold enough for that yet.

Nigel Lyttle

nigel.lyttle@education.vic.gov.au

Emma Kidd

emma.kidd@education.vic.gov.au



Percentage of students with 90% attendance and above				
	Week 4	Week 5	Week 6	Week 7
Year 7	78%	81%	79%	79%
Year 8	68%	76%	69%	72%
Year 9	52%	79%	68%	73%
Year 10	62%	76%	69%	67%
Year 11	60%	70%	64%	68%
Year 12	82%	91%	87%	96%

Year Level Co-ordinators

Year 7 -

Marian Rice

marian.rice@education.vic.gov.au



Year 9 -

Penny Stuart

penny.stuart@education.vic.gov.au



Year 11 -

Kate Mullins

kate.mullins@education.vic.gov.au



Year 8 -

Catherine Collett

catherine.collett@education.vic.gov.au



Year 10 -

Rebecca van Lierop

Rebecca.vanlierop@education.vic.gov.au



Year 12 -

Jacinta Marchetti

jacinta.marchetti@education.vic.gov.au



Year 9 Fit & Healthy Class



Team Triathlon

Fit & Healthy is a fantastic class, the other day they completed a Team triathlon which, which consisted of an 8km ride, a 2.4 –3.2 km run and a 500metre Swim. The groups were mixed, and awesome fun was had by all. Mitch Cabban was the winner of the bike leg. Congratulations Mitch.

Southern Ranges



Year 7 Survival Swimming Tests



Structured Work Placement News



Above - Eliza making children smile and shaping young minds at Alexandra District Kindergarten.



Above - Emma bringing out people's inner beauty at Wildcrafted Beauty & Wellness.



Right - Brodi smoothing out the bumps in life at Alexandra Panels and Towing

Our Students are talking about.....

Their most enjoyable experiences in Term 1

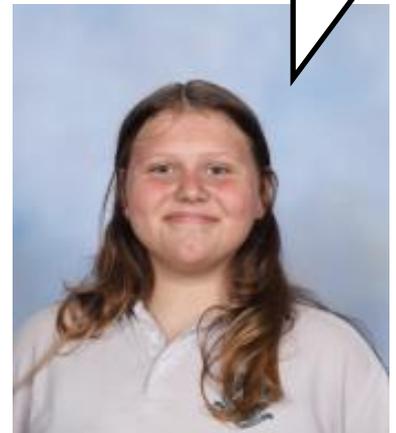
This Term I have really enjoyed the Cricket training for Round Robin at Lunch time.

Logan Conway



So far my favourite thing this Term is art, it really helps bring out my creativity.

Sienna Geldard



I really enjoyed the Swimming Sports this Term, it was great to be able to catch up with people that you don't always see.

Mercedes Davies

I am really enjoying making my Cactus in Textiles. Editor in Chief—we will definitely get a photo of Lachy's cactus for the Inside Out when it is finished.

Lachie Tatham



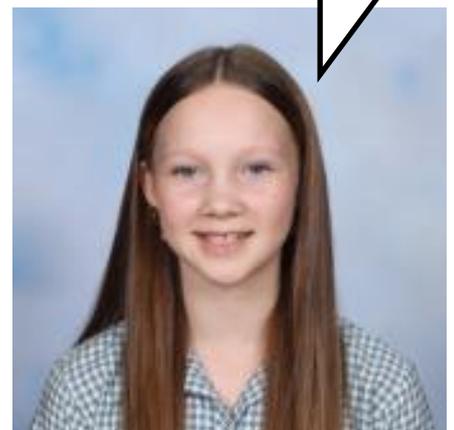
Woodwork has been really fun. I have also really enjoyed swimming in PE.

Tahlia Peine-Malone



Woodwork has been the best. Con is awesome, and I also loved the swimming sports.

Lucy Bowdern



Naplan Timetable- Years 7 & 9

Wednesday, 15 th March	Period 1 – Writing (42 minutes)
	Periods 3 & 4 - Reading (65 minutes)
Thursday, 16 th March	Period 1 - Conventions of Language (45 minutes)
	Periods 3 & 4 – Numeracy (65 minutes)

Parents Group News

Parents and Friends met for the AGM this week. Unfortunately we were unable to form a new committee.

Originally the P and F committee was to support the school through fundraising and help at school run events such as The Production and the Deb ball. On reflection the committee came to the decision that we needed to look at how our group can best support the school community and we have decided to take the focus off the fundraising element. Instead, we will focus on supporting school events.

We acknowledge that the fundraising element of the group can be overwhelming for an already busy school life and busy parents. We will continue to support the school during the year by assisting with production suppers, school music events, the deb ball, staff appreciation lunch, the school social and anything else the staff require help with.

So, come join us at the start of Term 2 on Tuesday 2nd May at 6pm in the staff-room to hear an update from our principal Nigel Lyttle on what's happening in Term 2 and how you can support the school community. We would still love a small group of people to be "contacts"/key person for coordinating volunteers when we're needed and would love to hear from if you think you could assist in that way.

For more details please contact Simone Russell or Michelle Weeks

Careers & Pathways

Current Students - Work Experience or Structured Workplace Learning

Alpaca Yarn Lady Shop, Grant Street Alexandra —contact Robyn Betts on site at the shop

Current Students - After School and/or Weekend Opportunities

Eildon Bakery - 5774 2362

School House Thornton - 9118 8998

Cathedral Lodge & Golf Club - 8652 5416

Fraga's Café Marysville - 5963 3216

Past Students from Graduating Years 2022/2021

J. Williams Electrical - Electrical Apprenticeship - 0439 842 030



Could \$500 help with next year's back to school costs?

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:



-  Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
-  Be studying yourself OR have a child in school (can be starting school next year)
-  Have regular income from work (either yourself or your partner)*
-  Be 18+ years old

*Many types of income and Centrelink payments are eligible



**For more info, visit saverplus.org.au or call 1300 610 355.
To fill in an online enquiry form, [CLICK HERE](#).**

Taking days off school: Is it really such a big deal?

Adapted from an article by Linda Stade 2nd March 2023

I missed five days in my whole school life... and they were all for illness. I remember thinking it was so unfair.

Other kids got to stay home on their birthdays. Other kids got to go on holiday before school broke up officially. Other kids had days when their parents just wanted to spend time with them at home. My parents were brutal. Hindsight is an illuminating perspective.

Kids should go to school as often as their health allows them. From an educational perspective, it is self-evident. Consistent attendance at school makes a difference to learning and wellbeing outcomes. However, in Australia and many other western countries, attendance rates are falling.

Data released by ACARA shows that around Australia, attendance rates at school have decreased in the time since Covid lockdowns ended. Given how desperately most people wanted students to return to school, it seems odd. What is going on?

Reasons for declining attendance

There are several reasons why this might be happening. Among them:

Some students became disengaged from school in the time they were forcibly absent from face-to-face education.

Some students developed anxieties about being in the school community.

Family routines and expectations may have also become less strict. In some cases, there is an attitude that 'In the big scheme of things, what does it really matter?'

It's hard to attend when things aren't going well.

When your child is struggling with academic or social issues at school, it can be so tempting to keep them home where things are easier, and you can wrap them up in love. It's understandable, but not necessarily the best approach. Mrs Kay Gleeson is the Principal at Lourdes Hill College in Brisbane. She says, "When things aren't going well, that is the time students really need to be at school. This is where they can be offered specialised support and connection. This is where they can access their pastoral and academic staff and the support of their peers."

Part-time absenteeism

Not all absenteeism is for a whole day. There is a growing number of students choosing parts of the day to miss. For example, they will choose to arrive late and miss the morning Form Assembly or a class they don't value highly. Part-time absenteeism teaches students they can simply opt out of the parts of life they don't enjoy, or they find hard. Mrs Gleeson says, "The want-tos are easy, the must-dos are harder. When things are difficult, we need to lean in and listen to those who can help us, rather than withdraw."

Going on holidays

What about holidays? It is now common for a student to miss the days before or after a holiday break so families can get an early start on their time together or avoid premium travel fares. On some level that is understandable, however, it assumes nothing valuable happens in those missed days or weeks.

Mrs Gleeson says, "Learning happens right up to the final bell, especially in high school. Yes, absent students can catch up on basic content, but they miss the learning conversations where real growth occurs. There is no consolidation of learning or future proofing against repeated errors." There is no doubt that some forms of travel are invaluable in a child's development. That fact makes the line difficult to draw officially. However, in our hearts, we all know the difference between those rich learning opportunities and a beach holiday.



Taking days off school: Is it really such a big deal? Cont....

Why is attendance so important?

The reasons for regular school attendance may seem obvious, but let's recap:

- Learning is a building process, and it is important not to miss any of the steps
- Consistency builds success in learning
- More school equals more opportunities for social-emotional learning and more opportunities for building self-worth
- Students become more comfortable and increase their risk-taking in learning when they are regularly at school
- The inner critic quietens when our kids are busy and engaged. Humans need purpose.

Looking for solutions: A communication-based approach

If this article strikes a chord with you, or your child is struggling to come to school and you don't know what to do please contact Kerry McGahy at Alexandra SC: Kerry.McGahy@education.vic.gov.au or 5770 2010 to work together to improve your child's attendance.

Remember, consistent attendance makes both learning and socialisation easier, and leads to more opportunities later in life.

Final thought...

If your child misses one day per fortnight of school, they miss a whole year of education over the course of their twelve years. Let that sink in. A whole year! It isn't just a year of tuition, it is a year of socialisation, community, and self-management.

Maybe, my brutal parents were on the money.

If your child misses one day per fortnight of school, they will miss a whole year of education over the course of their twelve years.



Three steps to help your teens navigate their digital world.

Support teens to study without tech distractions.

Together with your teens, agree on family rules and routines to help everyone manage their time. Keep these rules yourself!

For example, you might agree to hit 'do not disturb' or put devices out of sight during study time, and enjoy games and videos only after homework and chores are done.

Help teens build a positive online profile for work, study and training.

Encourage your teens to search for their own names online (including under 'images') and via social media.

If anything comes up that would look bad to a future employer, your teens can tighten their social media privacy settings, delete the item, or ask the person who posted it to delete it.

Your teens can report bullying to the site where it happened or the [eSafety Commissioner](#).



Be brave and have those 'awkward talks'.

Decide what you want to say to your teens about sensitive stuff like 'nudes', porn and online gambling, and what you want to ask them.

For example, you might ask what they know about these subjects, discuss the risks, and talk about the importance of treating other people with respect and asking for help if something's wrong.

Please refer to the Office of the eSafety Commissioner [parents page](#) for assistance with these topics.

Concerned about a child's wellbeing?

Speak to your school wellbeing team, your GP, or Parentline in your state or territory. In an emergency, always call triple zero.



BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND
HEALTHY RELATIONSHIPS WITH FOOD AND
EXERCISE IN YOUNG PEOPLE**

TUESDAY 21ST MARCH 2023

7.00PM – 8.15PM

**VIA ZOOM – Time-limited recording
available**



AUDIENCE
Parents &
Community



SESSION LENGTH
1hr 15mins



COST
\$15

BOOK NOW



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention.

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

Contact:

E: education@butterfly.org.au

T: 02 8456 3928

www.butterfly.org.au

