



inside^{LETTER NEWSLETTER}out

ALEXANDRA SECONDARY COLLEGE

MARCH 20 2023

WEEK 9

Our dapper Year 12's off to Formal



This Saturday our gorgeous group of Year 12's glammed up to fulfill another right of passage, their Year 12 Formal. Formal has a wonderful way of illustrating to us just how far our kids have come and what beautiful adults they are growing in too. An exceptional night was had by all at Peppers Marysville.

More photos inside.

Dates to Remember

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

Pg.1

Principal's Report

Keeping our parents informed.

Pg.3

Year 8 Camp

Day 1 on Year 8 Anglesea Camp.

Pg.4

Hume Swimming

Hume in pictures.



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

Our swim team went to the Hume Regionals in Wodonga on Friday. The VSSSA have not yet posted final results. Alexandra Secondary College competed against close to 50 other schools, many of which have year-round access to swimming facilities.

It is an outstanding effort for our school to be able to compete at this level.

Thanks to Paul Francis and Lee Collier for taking the team, it was a long but rewarding day.

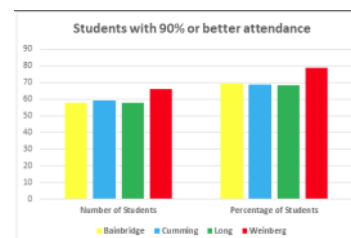
Congratulations to all of our swimmers for their strong performances on the day and for making it to this level of competition.

Year 7s and 9s deserved their weekend after two days of NAPLAN testing. We were very pleased with our students' positive approach to these formal tests; everything ran smoothly thanks to the organisation of Mrs Collett, Mrs Rennie and Mr Taylor. We look forward to receiving student results to help us target the work we do with cohorts and individual students.

Interim Reports were due to go home on 29th March but due to some timing issues with NAPLAN and Year 8 Camp we have decided to move this date.

Interim Reports will now be emailed to families on Thursday 6th April. This means our Parent/Student/Teacher Night will now be held on Thursday 27th April in the first week of Term 2. We apologise for inconvenience this change may cause for families.

Attendance:



Percentage of students with 90% attendance and above					
	Week 4	Week 5	Week 6	Week 7	Week 8
Year 7	78%	81%	79%	79%	78%
Year 8	68%	76%	69%	72%	67%
Year 9	52%	79%	68%	73%	68%
Year 10	62%	76%	69%	67%	71%
Year 11	60%	70%	64%	68%	64%
Year 12	82%	91%	87%	96%	91%

Nigel Lyttle

nigel.lyttle@education.vic.gov.au

Emma Kidd

emma.kidd@education.vic.gov.au

Putting on their 'Thinking Caps' in Year 9 Science.

Two days of Naplan Testing can be exhausting. On Thursday afternoon to celebrate the end of the formal tests, the Year 9 Science class revised brain parts and functions with a 'Craftynoon' making brain caps. These annotated caps can be worn into the topic test this week.



Year Level Co-ordinators

Year 7 -

Marian Rice

marian.rice@education.vic.gov.au



Year 9 -

Penny Steuart

penny.steuart@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 8 Camp - They have arrived!



Our Year 8 Students departed school this morning heading off on their 5 day adventure in **Anglesea and Surrounds**. This beach side adventure is one of the most popular camps we offer. Students get to **surf**, tour different parts of Victoria, **forge strong bonds** with their peers as well as make **greater connections with our staff**. We will update you with photos on our Facebook page and in next weeks Inside Out.



Hume Swimming





Year 12 Formal Photos



















A.D.N.A

ALEXANDRA & DISTRICT
NETBALL ASSOCIATION

JOIN THE YOUTH MIXED NETBALL COMPETITION

MONDAY NIGHTS

@ ALEXANDRA LEISURE CENTRE

WE NEED MORE PLAYERS

If you are in years 7-9 and would like to join a social competition of mixed netball then let us know. We need a few more players to get this competition off the ground.

The committee will ensure that all teams are even and everyone is given an opportunity to shine. So if this sounds like a competition you would like to join, please let us know.

Simply email your expression of interest to alexdistrictnetball@gmail.com or contact Michelle on 0400 519 612 by no later than Friday 24 March.

JOIN NOW

alexdistrictnetball@gmail.com

Further info contact
Michelle - 0400 519 862

If you have already registered your interest there is no need to do so again we will be in contact with you shortly.









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](#).**



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

