



inside out

ALEXANDRA SECONDARY COLLEGE

OCTOBER 9th 2023

WEEK 2 T4

2023 Japan Tour



In this weeks edition of the “Inside Out” discover the amazing highlights our students experienced whilst exploring Japan and enjoying a trip of a lifetime.

Student reflections on Page 3

Dates to Remember

Tuesday 17th of October - Official last day for Year 12

Tuesday 24th of October - VCE Exams begin

Tuesday 7th November - Public Holiday

Tuesday 21st November - End of Year Concert

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Principal's Report

Stay informed and up to date with college news.

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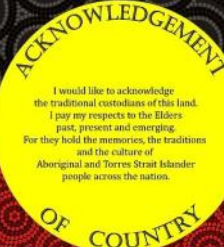
SSL

Find out just how amazing our SSL program is, from the kids themselves.

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Hume Aths

Find out what an awesome job our kids did at Hume Athletics.



Principal's Report

It is our privilege to invite all Year 12 families to our Year 12 Final College Assembly and Lunch on Tuesday 17 October. The special assembly brings together the college community to celebrate our Year 12 students' dedication, effort and successes over their 13 years of schooling. This assembly is also an opportunity for our college community to wish our 2023 Year 12 cohort every success as they commence their transition to University, TAFE, Apprenticeship/Traineeship or Employment in 2024. Following the assembly, each of our Year 12s lay a memorial paver, which is a great photo opportunity. More detailed information regarding these celebrations have been sent home to Year 12 families.

Congratulations to our athletes that took part in the Hume Athletics last week. A small number will be heading off to the State Athletics next week. Marli Collier was named the Hume 14-year-old girls age champion, which is an extraordinary effort. Thanks to Mrs Crouch and Mr Nadj for taking our students to the event.

On Sunday we held a lunch on the College Grounds to commemorate the Alice Sloan program. There were ex-students, parents and OEG staff from the previous 16 years of the program. It was a wonderful afternoon, organised by Bron Howell, where we were able to catch up with old friends and celebrate the Alice Sloan Program, which has been such a positive part of our College Culture.

At the beginning of November, we will be asking students to wear hats if they are in the sun or to sit in the shade. Our yard duty staff carry sun block for students. Each year we lose too many good people too soon to skin cancer, so let's be sun smart!

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Child Safety

Alexandra Secondary College is committed to child safety.

Members of the school community can view our Child Safety Policies, along with all of our other school policies, on our school website:

Alexandra Secondary College | Policies
(asc.vic.edu.au)

Year Level Co-ordinators

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2023 Japan Tour

In September, seventeen students in Years 9-11 accompanied by Mrs, Tossol, Mrs van Lierop and Felicity Smith travelled to Japan for a 17-day tour of Japan.

In Tokyo we visited: teamLab Planets, Disneyland, DisneySea, the Meiji Shrine, Harajuku and Asakusa market. We also took a day trip to Hakone where we took a cable car ride over a volcanic valley, a cruise on a pirate ship and experienced an onsen (hot spa).

In Hiroshima we visited: Hiroshima Castle, Peace Park, the A-Bomb Dome, the Peace Museum and the Shukkeien Garden. We also took day trips to Miyajima Island, one of Japan's three most scenic locations, and Himeji Castle.

In Kyoto we visited the Golden Pavilion (covered in real gold leaf), Arashiyama Park (including a monkey park), Kiyomizu Temple (a wonder of the modern world), Fushimi Inari (the 1,000 tori shrine) and Nishiki Market (where some very strange foods are sold). We took a day trip to Nara, where deer, who are considered messengers of the gods, freely roam the streets. We also took a day trip to Iga-Ueno, original home of the ninja. We watched a ninja show with masters of ninjutsu and toured the original ninja farmhouse, which is full of secret hiding places and escape hatches.

We learnt to navigate the Tokyo subway system, purchase goods in stores, order meals in restaurants and do money conversions. We loved the food. All the food – other than natto – and some people even liked that! Okonomiyaki and gyoza were favourite foods along with matcha ice-cream.

Student Reflections:

Ava Lowry: Throughout my journey in Japan, I came to appreciate the values held by the citizens. The kind, respectful nature made being in a foreign country more comfortable and reduced overall stress. I loved the cleanliness of the streets and crowded places. I felt it also reflected the love and respect people have for the country and the land. Something surprising was the serene quiet of busy places. Streets and crowded shops were not full of chatter; instead the sounds of shuffling and general movement was able to be heard. The suburbs were also beautiful places, the flora and fauna were lovely to look at and everything seemed well-kept and cared for.

Ashley Dean: Throughout my time in Japan I found almost everything to be different and interesting. One of the things I loved most about Japan was the scenery. When we visited urban areas you could see all of the traditional architecture. And I loved the amazing picturesque forest views that you imagine when picturing Japan.

Kelsi Wall: Going on this trip to Japan was an incredible experience, I really enjoyed viewing all the different shrines and temples, and all of them were distinctive in their own beautiful ways. The food in Japan is very different to the food in Australia and there are many wholesome options to choose from that will keep you full and taste delicious. Something I really admired about Japan and wish was more prevalent in Australia was how organized and orderly everything was, especially in Tokyo

Josh Crane: Japan was amazing. Disneyland and the Peace Museum were my favourites. I liked Disneyland because of the fun rides and how colourful the whole place was. The Peace Museum gave me a new perspective on what happened and showed me how devastating nuclear warfare is. I also really enjoyed talking to the Japanese people as they are really friendly, patient and welcoming. The shinkansen, castles, Miyajima Island and Nara were also incredible.

Milly Weeks: The thing I loved most about Japan was how polite and respectful the people are. The Japanese are so patient and will always offer to help you out. Another thing that amazed me was how clean and organised everything is. I don't think I ever saw any rubbish in the underground subway, and people never pushed in when lining up for trains. It was also incredible to visit Miyajima Island and see the tori at low tide and high tide; I think it was my favourite place that we visited. But don't even get me started about the food! Okonomiyaki, ramen and gyoza were my top three among the savoury foods. And the crepes, Kyoto pancakes and the Japanese cheese tarts were the best sweet foods. Thanks Mrs Tossol, Felicity and Mrs Van for an amazing trip. I will definitely be visiting Japan again.

Harrison Young: My favourite thing from the Japan Tour was seeing all the different cities and places such as Miyajima Island. Out of the three cities we stayed at, Hiroshima was my favourite because of how peaceful it was. I loved all the food in Japan, especially the noodle and shrimp dishes. I tried odd food such as three small octopus on a stick. Overall I had an amazing time throughout the whole tour and will definitely go back.

Louis Matheson: The kindness and consideration of the locals in Japan shocked me. They would always go out of their way to help you. My favourite thing in Japan was definitely the food, particularly the fried chicken on rice. I noticed that the meals were more nutritious and far more healthy than a meal in Australia. The streets and toilets were extremely clean and the Japanese people were always respectful in public areas. Chotto matte.

Kloe Morton: I don't think I'll ever be able to truly reflect on the experience I was fortunate enough to embark on. Every day was full of sights to see and adventures to have with our fellow dorm-mates. Every day seemed longer than the last but still we, as a group, encouraged each other to go on and take in every opportunity presented to us. I wouldn't have changed this group for the world. I was personally pushed out of my comfort zones but not once did I think I couldn't depend on my companions to push me that extra step further. I ended the trip with no regrets and with more family now than I left with.

Shaun Sutcliffe: Japan, well where do I start? It's an amazing place with so much to explore. It is definitely the cleanest place I have ever been to given the number of people that are there. The train systems are incredibly reliable and never late. Miyajima Island was definitely my favourite place, closely followed by teamLab. These two places were unique and different to what I am used to so it was very cool to me. Japan was amazing.

Jackson Burns: My favourite places in Japan were definitely Disneyland and DisneySea, not just because of the rides and the fun but also because everyone at these places were extremely happy and outgoing and would always wave and smile. Hiroshima and Kyoto were also my favourite cities because of the history and natural beauty.

James Gilmore: The thing I loved most about Japan was easily the people there and the culture they have created. I really appreciated the opportunities I got to have a go at conversing in Japanese with the locals, and even at the smallest attempt, they were incredibly kind and embracing, pretending to be impressed! In particular, meeting and getting to know the Uchino family was a big highlight for me. It was extremely interesting learning about their lives and comparing it with my own. They were also the nicest and most generous people I have met, blessing us with a constant shower of gifts. I don't think I would have made it far without them.

Addison Hedger: In Japan, I really enjoyed the nature and the subway system. The Japanese curry was very delicious, attention to detail of buildings at Disneyland and DisneySea was amazing. The buildings at DisneySea looked like they were modelled after historical cities around the world. The Japanese people were very respectful and the streets were clean and good looking.

Stuart Thompson: I really enjoyed seeing all the castles and reading all about their history. I also liked how friendly all the Japanese people were and how they were all very welcoming and helpful to all of us. Everyone was always understanding with our language skills and helped us understand everything.

Hattie Langley: I found Japan to be a great experience for me as it allowed me to understand the culture more and be able to appreciate it. Everyone was polite and respectful of one another, traits which I intend to take back home with me. I miss the food and the shrines and temples, but most importantly, I miss the many beautiful sites we were so very lucky to experience, such as Miyajima Island and Nara. I am very grateful to have gone.

Paige Light: Japan was a completely different cultural environment that made me further appreciate the things that make countries different from each other. Each city has its own beautiful differences. Everyone we encountered was respectful and kind to us and were willing to dedicate their time to help us navigate the complicated landscapes of the city. The thing I liked most about Japan was how clean and neat everything was. My favourite activity was our day trip to Miyajima Island which had so many stunning views.

Jorja Jenkins: Japan was incredibly fun, the people were nice and understanding of our limited knowledge of the language, and the country was very clean. My favourite place was probably Miyajima Island, even though all of the trip was fun. The curry in Japan was exquisite; all the food was great, to be fair. I loved all the people on the trip and getting to know them more. I feel like being around people I didn't know very well was beneficial to my social skills. The teachers were great at making sure we all stayed together and had fun. The museum in Hiroshima was interesting and it was great to learn about the history. The country was beautiful and a lot greener and prettier than Australia. Chotto matte.

Makenna Hedger: Japan was extremely clean and organised. It was strange seeing how everything functions in Japan compared to Australia. Gaining independence from my parents was something very beneficial to me. The food was all amazing and I loved getting to know everybody on the trip better, especially people I wouldn't normally speak to. My favourite place was Miyajima Island. I miss the Japanese toilets.







During Term 3, a team of three students from Year 9 spent 8 weeks in residence at the Dinner Plain Campus of the Department of Education's School for Student Leadership.



At SSL, students engage in experiential learning. Experiential learning is the process of learning through experience and is more narrowly defined as 'learning through reflection on doing'. For our students, this involved a significant amount of hands-on learning. Key components of the program included the development of leadership and teamwork skills, building on their own learning capabilities, planning a Community Learning Project (CLP) to improve an aspect of community, and Expos. Students were involved in two Expos in the Mount Hotham region. Each Expo requires students to plan a 2-3 day hike under indirect supervision. For most students this is the highlight of their time at SSL. Our three students are currently engaged in organising their CLP, which they refer to as 'Towels for Pals'. They are collecting used towels and pillowcases to be used for the care of orphaned or injured native animals by animal shelters in our local area.

Archie McGahy: I am one of the lucky students that got the opportunity to go to the School for Student Leadership. The most memorable thing that I did at SSL would have to be downhill skiing. I really enjoyed going down the challenging black runs, as well as going faster on the easy runs. Something that I learnt while at SSL is how to be more social and make new friends with people I normally wouldn't. Over my SSL experience the way I changed most is being more social as well as caring more about my health and fitness. If you have the option to go to SSL, I strongly recommend you to take it as it is truly a once in a life time opportunity.

Lochlan Park: While on SSL I learnt how to collaborate with my Expo team and the rest of the community that we made up at Dinner Plain. At first, we didn't know how to collaborate but by the end we worked as a team really well, this helped us enjoy our second expedition a lot more. Being up there we also learned how to downhill ski which was a lot of fun. We had 4 days of downhill skiing spread throughout the term and it was great. My most memorable moment was downhill ski Day 4 because it was fun. Everybody in my ski group could ski well and we were sending it down Hotham. All the black runs were closed because there wasn't much snow on them, but we had a great time all working as a team. All the things I learned at SSL have changed how I think towards new opportunities. You only live once, so you should live and make the most of every moment and opportunity. This was a great experience that I really appreciate having been able to do. I have made lifelong friends and have grown as a person.

Xanthe Campbell: Throughout my time at SSL I have made so many lifelong friends and have learnt so much. My most memorable moment would have to be Expo 2 where me and my group camped for two nights carrying everything we needed in our bags, it was so fun and I loved every second of it. While being at SSL I did learn so much but the thing I would take out the most is learning about cooperation and then doing it and doing it was really fun. Last of all I the thing I have changed the most in is my mindset towards things like if you are going out thinking about how bad something is going to be and how much you are going to hate it you will more than likely have a bad time but if you go into it with a positive mindset you will have a much better time.



Hume Athletics

On Thursday the 5th of October 19 students attended the Hume Secondary Track and Field meet in Albury. The day was a great success with students results scoring ASC 9th out of 35 schools in the Hume region.

This day was a wonderful opportunity for our students to display their skills and compete against athletes from different schools and regions in a professional setting. Congratulations to all students who attended the excursion and well done on striving to achieve your personal best in all aspects of the day.

There were many notable achievements from the day and all students displayed wonderful persistence with the high-quality competition.

Marli Collier 1st place Triple Jump

Marli Collier 1st place Shot Put

Marli Collier 1st place Javelin

Ava Carr 2nd place Shot Put

Ava Carr 3rd place Discus

Ava Carr 1st place Javelin

Ash Collett 2nd place Discus

Ruby Stirling 3rd place Discus

Danielle Nadj 1st place Javelin

Aiden Campbell 2nd place 200 meters

Aiden Campbell 2nd place Long Jump

Aiden Campbell 2nd place Triple Jump

Senior boys relay team 3rd place

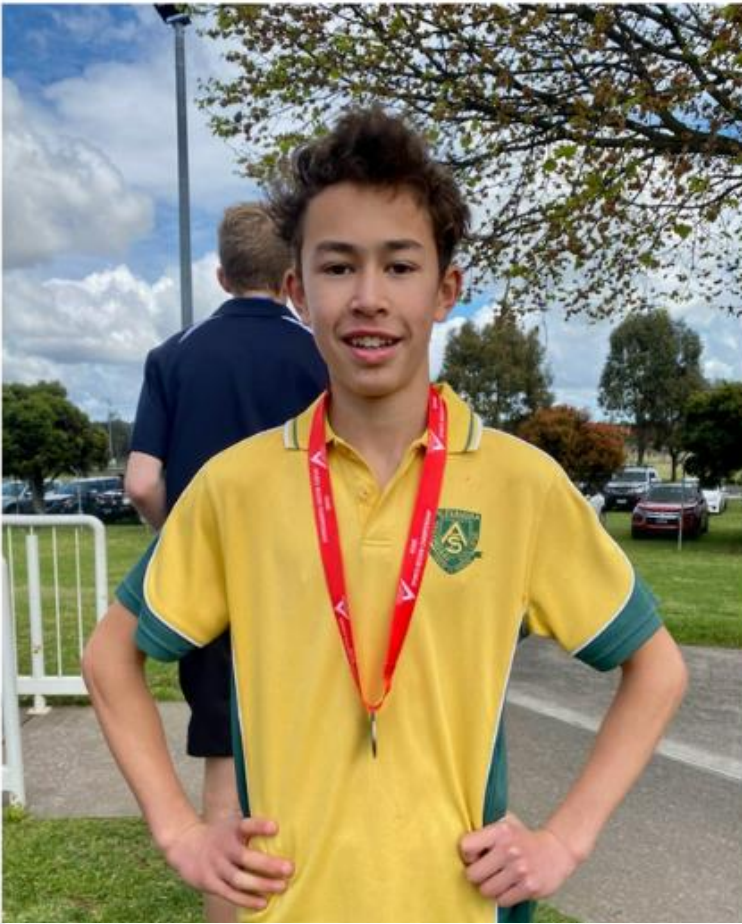
Noah Campbell 3rd place 800 meters

Heath Sutcliffe 2nd place Javelin

Coen Miljkovic 3rd place Javelin

Congratulations Marli Collier who successfully achieve 14-year-old Hume Regional Age Champion. Athletes who places first have been invited to the State Track and Field Secondary Championship on Monday the 16th of October at Albert Park, we wish Marli and Ava all the best in their events. Thanks to George Nadj and Michael Rooney for assistance on the day.





We are talking about...

Our favourite subjects in Term 4

Abi is really enjoying her English class this Term. She explains that it has been a really nice transition back into class from the holidays and the work is engaging.

Abi Morton



Harrison is a big fan of Mr Crowley and as such is really enjoying his graphics class.

Harrison Christie



This term Jasmine is really enjoying her PE class. She really enjoys the variety of activities that she gets to participate in.

Jasmine Hunkin



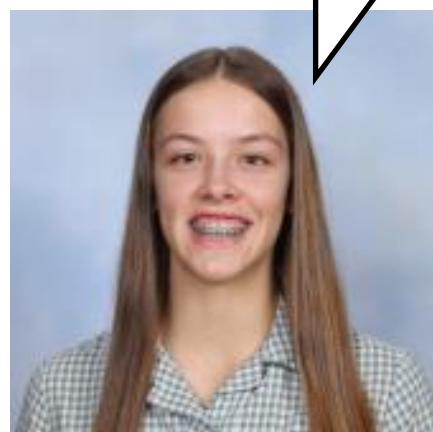
Madison is loving her cooking classes this Term, she loves getting to make lots of different meals and just having fun in the class.

Madison Ware



Milly is really loving her Maths class, she loves it when Mrs Collett lets them play "Pirates" and she says that Mrs Collett is really good at explaining things. She also said she loves her backflips.... (I wouldn't be surprised—what cant she do!)

Milly Weeks



Jaime loves woodwork, when he leaves school he hopes to have a career in Carpentry.

Jaime Shawcross

NORTH EAST
BUSHRANGERS
BASKETBALL



BASKETBALL Clinic

September School Holidays 2023

Age Groups

U10's, U12's, U14's & 16-18's

LEARN BASKETBALL
SKILLS AND
TECHNIQUES FROM
EXPERTS



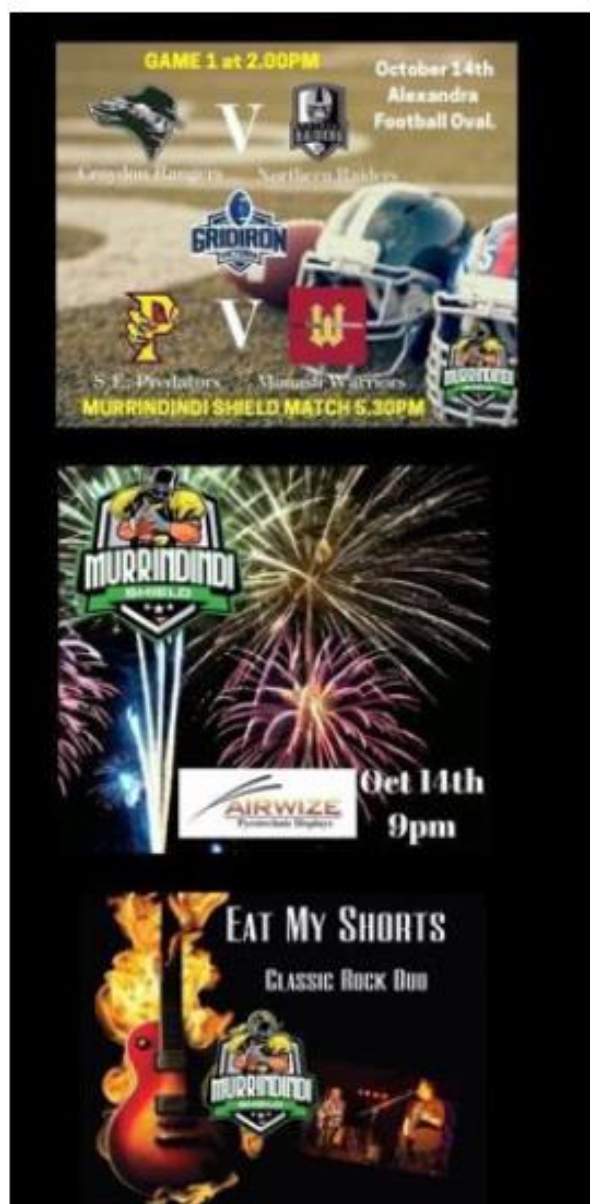
16 September - Benalla
23 September - Mansfield
7 October - Alexandra

SCAN THE QR CODE FOR REGISTRATION



Murrindindi Shield Gridiron Match

Saturday 14th October 2023



The South Eastern Predators will call Rebel Park their home for their Round 2 match of the Gridiron Victoria Fixture.

They will take on the Monash Warriors at 5.30 in the major event of the day 'The Murrindindi Shield'.

Murrindindi get around your South Eastern Predators in what will be a historic day for our great area. And hopefully with your support will become an annual event.

Croydon Rangers v Northern Raiders 2pm

South Eastern Predators (Home) V Monash Warriors in Shield Match 5.30pm

Bar and canteen will be open along with live music and fireworks at 9pm.

Half time punt competition.





JUNIOR GOLF CLINICS

WITH PGA PROFESSIONAL
MATT JAGER & CLUB
CAPTAIN LUKE HEARD



16th October

23rd October

30th October

13th November

20th November

4pm - 4.45pm - Primary School Age

5pm - 5.45pm - High School Age

COST: \$5 A SESSION

@ ALEXANDRA GOLF CLUB

To register please email or message Luke Heard:
lukeheard@yahoo.com 0418 376 176



MURRINDINDI ATHLETICS CENTRE



Join us for our 2023/24 season starting on **Saturday 7th
October 2023**

Leckie Park Oval, Alexandra

Ages U6 - U17

New members please register at the above lavic renewal link

Returning members please check your email for a lavic
renewal link

Looking forward to seeing some new and returning athletes
soon.

Keep updated, find us on

