



inside out

ALEXANDRA SECONDARY COLLEGE

MAY 27, 2024

T2 WEEK 7

Our favourite activity on chilly days.....Studying in our VCE Area.



It has been a chilly start to Week 7, however we don't let the foggy mornings bother us. Foggy weather is by far the best study weather!

Above, Senior students staying warm and studying in our VCE area.

Dates to Remember

- Thursday 30th of June - SRC Crazy Sock and PJ Day
- Friday 31st of May - Southern Ranges Cross Country
- Monday 3rd of June - Guardians of the Earth Trip
- Friday 7th of June - Report Writing Day
- Friday 21st of June - School Social

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Principal's Report

Keeping you up to date with college news.

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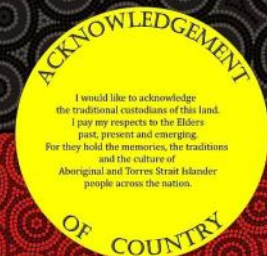
SSL News

SSL Student Review

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Quick Meets

What our students had to say.



Principal's Report

Our Student Free Day last Wednesday was enlightening and incredibly purposeful for our staff. We were fortunate to be able to engage Nairn Walker, a world-renowned expert on the social engagement of students and families. It was a day where we learnt together, gaining insight, understanding and empathy for the complex world of the family unit. Importantly, we also gained some great strategies to better support our students.

Last week our Year 10 students took part in "Career Quick Meets", where they were able to speak to local professionals about their careers. It runs a bit like "speed dating" and has been an important annual event on our calendar for the last ten years. We are fortunate to live in a community where our local professionals are so generous with their time, year after year, for our young people. Phil Stevenson did a fantastic job organising the event.

Choosing to be at school and choosing to learn and so improve our future lives is a positive and clever choice.

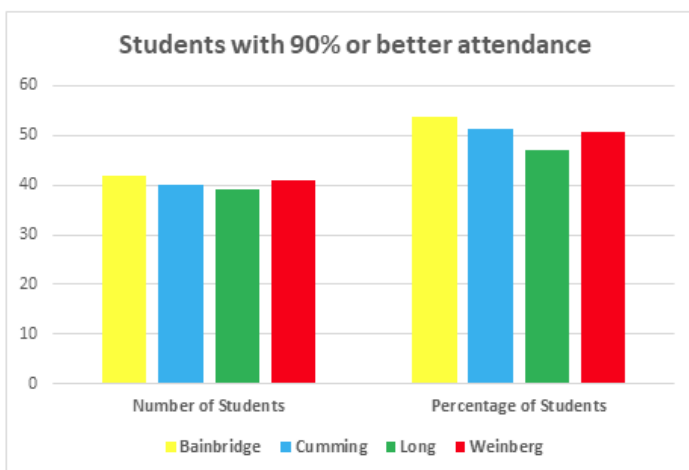
Nigel Lyttle

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Rebecca van Lierop

rebecca.vanlierop@education.vic.gov.au

Percentage of students with 90% attendance and above				
	Week 3 Term 2	Week 4 Term 2	Week 5 Term 2	Week 6 Term 2
Year 7	77%	57%	57%	51%
Year 8	46%	37%	50%	48%
Year 9	51%	41%	24%	24%
Year 10	64%	49%	70%	49%
Year 11	74%	60%	89%	51%
Year 12	57%	57%	83%	57%



Above: Staff training on Wednesday with Nairn Walker.

Year Level Co-ordinators

Year 7 - Sharon Parbery

sharon.parbery@education.vic.gov.au



Year 9 - Catherine Collett

catherine.collett@education.vic.gov.au



Year 11 - Rebecca van Lierop

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Year 8 - Melinda Evans

melinda.evans@education.vic.gov.au



Year 10 - Penny Stuart

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Year 12 - Kate Mullins

kate.mullins@education.vic.gov.au



SSL 2024 Students Review

This report was prepared by our 2024 SSL students

The School for Student Leadership is a program run for a term for Year 9 students. It is a Department of Education program. There are four campuses, and each campus accommodates up to 45 students.

During our 8-week stay at The Alpine School campus of SSL at Dinner Plain we learnt a lot about strategies to help regulate emotional management, better ways to lead people and to work in a team, public speaking skills and so much more.

Over the term, we participated in a lot of outdoor activities including hiking, biking, swimming, rafting and hands-on activities. At the start of the program, we were put into four groups of around 10-12 students. These groups were called expo groups. Most activities were done with the students in the expo groups. At SSL the highlight was expos. On expo we hiked with our expo group members for 15-30 kilometres. As a group we had to plan the food, route, and roles that each group member would fulfil.

The School for Students Leadership is a wonderful place to meet people with similar interests, get to do some fun activities, and live and recreate in an amazing place in the alpine environment.

Part of this program involved planning a Community Learning Project (CLP) to benefit a part

of our home community. We had to plan and run all aspects of the CLP. Our focus for our CLP was using sports and physical activity for good mental health and social development. On the 26th of April, we visited the Alexandra Primary School to play games with each of the year levels. Our aim was to engage the students in physical activity to help improve their mental health. We also organised a sausage sizzle for the students.

Mrs Tossol's Notes:

Miss Robinson contacted us at the College after the completion of the CLP to pass on her congratulations. She was effusive in her compliments of the four students, stating that they had done a magnificent job in engaging the students.

Well done, Archie, Bradyn, Alex and Lilah (who replaced Ella who was absent on the day).

The College is currently preparing an application for our Year 8 students to participate in the SSL program in 2025. We expect to hear of the success of our application late in Term 3. We have been extremely fortunate to be successful in our applications each year over the past decade. Part of our success must relate to the commitment of all our SSL students in completing their CLPs on their return home.



VICTORIAN NATIVE BEE HOTEL MAKING WORKSHOP

This Thursday, Clancy Lester a Research Fellow from the University of Melbourne will visit the College to teach students about Victorian Native Bees. At lunchtime he will host a native bee hotel making workshop for staff and students.



Blue Banded Bees lay their eggs in ground burrows. We will make replicas out of UHT containers filled with sand and clay.

Our student environmental team, *The Guardians of the Earth*, are hosting this event. For planning purposes, they need an estimate of attendee numbers and encourage participants to sign up on the sheet posted outside S2.

Students have collected loads of materials but still require bamboo, pithy stems, untreated hardwood and clay. Please contact penny.steuart@education.vic.gov.au if you have any items we can pick up.

Free #chatsafe webinar for parents

Helping young people stay safe online

Learn from leading self-harm and suicide prevention experts about how to support your child to look after their mental wellbeing online, and keep themselves (and their friends) safe.

When? May 30, 5-6.30pm

Where? Zoom

Book a place



#chatsafe

Chatsafe Parents Webinar. -- FREE

When: May 30th 5pm – 6.30pm

Eventbrite Sign

up: <https://www.eventbrite.com.au/e/helping-young-people-talk-safely-online-about-self-harm-suicide-tickets-893382048757>



Our students thoughts on ...

Our Quick Meets Sessions.

At 'Quick Meets' Xanthe learnt about so many different career paths including the Police Force and Nursing. She enjoyed hearing about one of the chefs who cooked for many celebrities and there was also a speaker that had represented Australia in a golf tournament.

Xanthe C



Ryan enjoyed his 'Quick Meets' afternoon, he enjoyed learning about the number of different Jobs on offer in our community and the many different experiences you can get from different Industries.

Ryan G



Makenna learned about the multitude of career opportunities available to her in our own community. She was also pleasantly surprised at the wide variety and range of career paths that could be available to her.

Makenna



Matty enjoyed his afternoon hearing about all of the different career opportunities that could be available to him. His one big take home however, was that you don't have to enjoy golf to work at the Cathedral Golf Course..... 😊

Matty W



Samuel came away with a lot of things to think about after 'Quick Meets'. He was also really interested in learning about the different ways you can enter a career path, and that you didn't necessarily have to have a university degree for many areas.

Samuel H

Thank you

Thank you to all of the wonderful local business representatives, who took the time to participate in our Quick Meets program. We sincerely appreciate your support.

BABY SUGAR GLIDERS!

The Year 9 Mission X class spend a few hours with Chris Colburn from the *Upper Goulburn Landcare Network*, checking nest boxes at McKenzie Reserve. Students had previously located many nest boxes throughout the reserve and were able to take Chris directly to each site. A camera on an extendable pole was quietly poked into each box and images were viewed on a screen down below.



It was very exciting to see amazing leafy nests constructed by sugar gliders in most boxes surveyed. We were surprised to learn that sugar gliders require multiple nest boxes within their range and they sleep in a different location each night. This makes them unpredictable to predators such as owls and feral cats. We discovered adorable napping sugar gliders in several boxes and were delighted to see a mother and a baby squished into a box specifically designed for bats. One nest box contained a single Nightjar Owlet egg.



Chris taught us that over 40% of Australian mammals rely on old growth native trees because they nest or breed in the hollows. For many of these animals, the hollows must be in the canopy, but for others, they need to crawl into a hollow log on the ground. For a hollow to be large enough to house an animal family it takes 100 years! We were reminded that Australia has a terrible history of removing old growth forests and using fallen trees for firewood, which has pushed all of our unique animal species to the brink of extinction. The trees at McKenzie Reserve, whilst over 50 years old, are still too young to have developed any hollows.



We are delighted that Chris has offered to apply for a grant and work with ASC to design, install and monitor many more nest boxes in the Reserve close to our College hardwood plantation. He has also advised us on the nest boxes we will soon install along UT Creek. Mr Crowley's Woodwork classes will be supplied with materials to make the magic happen!



Career Quick Meets





Need help achieving your 120 hours driving experience?

The Graduated Licensing System makes it compulsory for learner drivers under 21 years of age to obtain 120 hours of supervised driving experience prior to taking the probationary licence test.

The Victorian Government recognises that a minority of young people will find it difficult to gain the driving experience required under the Graduated Licensing System.

TAC L2P: Help for Young Learner Drivers

The TAC L2P, learner driver mentor program, assists learners under 21 years of age, without access to a supervising driver or vehicle, to gain the 120 hours of driving experience required to apply for a probationary licence.

Young people are matched with fully licensed volunteer mentors and the use of a vehicle to gain supervised driving experience.

TAC L2P is not professional driving lessons, and TAC L2P does not pay for the probationary driving test itself.



Volunteer Mentors

The Alexandra Community Hub need volunteer mentors for the TAC L2P program. If you feel moved to join our team, you need to be:

- Interested in helping young people
- Over 21 years of age
- A current full Victorian driver's licence holder.

Volunteers will be screened by a TAC L2P Coordinator and undertake a comprehensive VicRoads training program to become a learner driver mentor.



Learner Drivers

The **Alexandra Community Hub** hosts the TAC L2P program. To be eligible, you need to be:

- Between 16 and 21 years of age.
- A current learner's permit holder.
- Without access to either a vehicle, a safe supervising driver, or both.

As a learner driver, you can refer yourself to the TAC L2P program or be referred by parents, schools, community agencies or other organisations.

Contact

Please contact us at the **Alexandra Community Hub** if you or someone you know would benefit from joining the TAC L2P Program. We would love to hear from you.

For further information on the application process, please visit:
<https://www.alexhub.com.au/l2p-learner-driver-mentor-program/>

Alexandra Community Hub

T: 5772 1238
 E: admin@alexhub.com.au
 W: alexhub.com.au

"I highly recommend this program, its lots of fun. My mentor not only taught me how to drive but taught me life skills."

– Steph, Learner

"In exchange for mentoring a young adult, I get to be inspired by a young adult who challenges the way I view the world".

– Catherine, Mentor

"Learning to drive has made me feel a lot more independent this would not have been possible without TAC L2P".

– Emma, Leamer

"The highlight of this experience has been seeing my mentees driving confidence and sensibility soar".

– Jude, Mentor



The TAC L2P Program is a joint partnership between the Transport Accident Commission and Department of Transport, supported by the Victorian Government.



Tarang Chawla
 Activist, Keynote Speaker,
 Founder of Not One More Niki



Cr Damien Gallagher
 Mayor, Murrindindi Shire



Reilly Grace
 Murrindindi local & Career Trade



Ray Steyger
 Alexandra FC Club President
 & Former Detective

LET'S TALK: A SPACE FOR MEN

THU 20 JUN • FREE ENTRY
YEA SHIRE HALL • FREE PIES

- ARRIVE FROM 12.00 NOON
- EVENT STARTS AT 12.30 PM
- CONCLUDING AT 2.00 PM
- STAY AND CHAT UNTIL 3.00 PM



Uncle Shane
 Taungurung Elder



Erin
 Advocate & Men's Social Worker

WHAT WILL I GET OUT OF IT?

- Network with peers and community leaders
- Leave more equipped to have hard conversations
- Help create safer and more resilient communities
- Discuss the challenges of being a man in 2024
- Get comfortable with not always getting it right
- Leave with strategies to support other men and reach out for support yourself
- Learn tools to improve your relationships
- Unlock your community leadership potential



Alex Detenter
 The Men's Project

WHO IS THIS EVENT FOR?

MEN, BOYS AND ANYONE WITH AN INTEREST IN THE ISSUES IMPACTING MEN AND BOYS IS INVITED!

Men and boys need more spaces to talk. This session will include a facilitated discussion and Q&A, with a panel of experts and regular local blokes you might know. We'll be talking about a range of issues affecting boys and men, such as mental health, relationships, the pressure to 'provide', the fallout in peer groups if you don't conform to traditional ideas about masculinity, and how to respectfully pull up a loved one when they're out of line. Let's Talk!

REGISTER NOW!



Email communitydevelopment@murrindindi.vic.gov.au for more info

ALEXANDRA SECONDARY COLLEGE

SPORTS QUARTER ZIP JUMPER

SECOND ROUND ORDERS OPENED TODAY MONDAY 13TH



Quarter Zip Jumper = \$62

Follow the following easy steps to order your garments online.

1. Go to www.fcw.com.au
2. Click on 'School Uniforms Shops' (half way down the page)
3. Find your school logo and click on that.
4. This page will then give you up to date information such as **cut-off date for orders and delivery**.
5. Select the relevant garment or package (if applicable)
6. Select size and quantity.
7. Then click ADD TO CART.
8. If you wish to proceed to checkout click VIEW CART or to continue shopping, click CONTINUE
9. At any stage if you wish to view your cart, click on the trolley icon at the top of page

Please ensure you have referred to the size chart and ordered the correct size.

Fashion Clubwear only manufactures to order. There will be an administrative charge of \$15 (Incl. GST) if any changes are required to your order prior to the shop being closed. Once the shop is CLOSED, NO changes can be made to your order. NO refunds will be given after your order has been submitted. Late orders will not be accepted.

Upon successful completion of your order, you will be emailed a copy of your order as confirmation. If you don't receive a copy of your order by email, either your order was not successfully completed or the email address you provided was incorrect.



Accredited by

