



# inside out

ALEXANDRA SECONDARY COLLEGE

June 3rd, 2024

T2 WEEK 8



Above: Our Guardians of the Earth group after presenting the story of our UT Creek Riparian Zone Rehabilitation Project to Dr Jane Goodall.

*More photos and article in next weeks edition.*

## Dates to Remember

- Monday 3rd of June - Guardians of the Earth Trip
- Friday 7th of June - Report Writing Day
- Monday 10th of June - Public Holiday
- 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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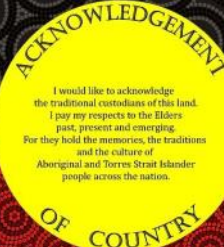
### We are talking about..

What we are Learning and Loving in English.

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### Push up Challenge

How to get started.



I would like to acknowledge the traditional custodians of this land. I pay my respects to the Elders past, present and emerging. For they hold the memories, the traditions and the culture of Aboriginal and Torres Strait Islander people across the nation.

# Principal's Report

Thanks to our SRC, Student Representative Council, the school had a wonderful comfy feel to it on Thursday, with lots of students and staff wearing pyjamas and/or crazy socks. Money raised went to a great cause, the kids' cancer project.

Well done to all of our students who represented the College at the Southern Ranges Cross Country in Yea last Friday. Thanks Paul Francis and Brenda Hampson for looking after our team.

Schools are not just a place for students to learn, at our College the staff also take pride and joy in continuing their learning. Every term our teachers take time to observe and learn from each other in the classroom. This term teachers chose either a literacy, personal or learning area focus for their

observation. Last Thursday staff gathered in small teams and debriefed what they had learnt and the strategies/improvements they will implement as a result.

Illness has had a big effect on student attendance this term. If students have some time away from school it is always a good idea for them to touch base with their teachers, in-person or via "Teams", to get support to catch up if necessary.

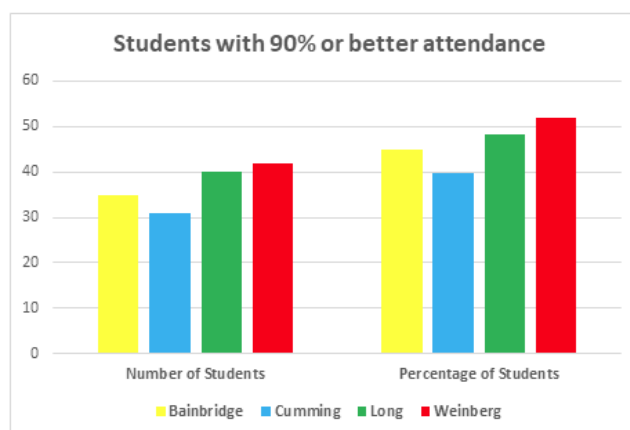
**Nigel Lyttle**

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**Rebecca van Lierop**

[rebecca.vanlierop@education.vic.gov.au](mailto: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	Week 7 Term 2
Year 7	77%	57%	57%	51%	51%
Year 8	46%	37%	50%	48%	57%
Year 9	51%	41%	24%	24%	26%
Year 10	64%	49%	70%	49%	45%
Year 11	74%	60%	89%	51%	62%
Year 12	57%	57%	83%	57%	46%



## Year Level Co-ordinators

**Year 7 -**

**Sharon Parbery**

[sharon.parbery@education.vic.gov.au](mailto:sharon.parbery@education.vic.gov.au)



**Year 9 -**

**Catherine Collett**

[catherine.collett@education.vic.gov.au](mailto:catherine.collett@education.vic.gov.au)



**Year 11 -**

**Rebecca van Lierop**

[rebecca.vanlierop@education.vic.gov.au](mailto:rebecca.vanlierop@education.vic.gov.au)



**Year 8 -**

**Melinda Evans**

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**Year 10 -**

**Penny Stuart**

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**Year 12 -**

**Kate Mullins**

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# Our students thoughts on ...

## What we are learning and what we are loving in English

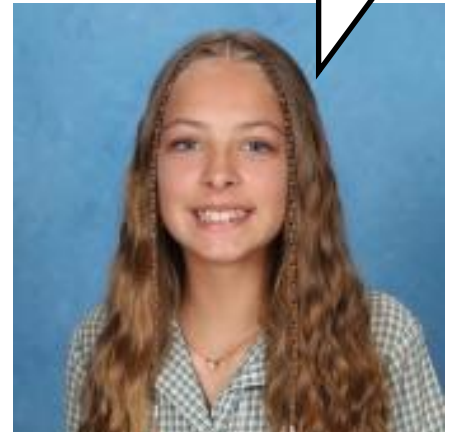
Blake is enjoying working on his one pager for "To Kill a Mockingbird". Not only is he really enjoying the book, he is loving the opportunity to use a different type of creativity in class.

**Blake H**



Hannah is really enjoying her English class this Term, she is currently learning about Sea Shanties. She enjoys listening to the Shanties, but also learning about the purpose of them and the history behind them.

**Hannah W**



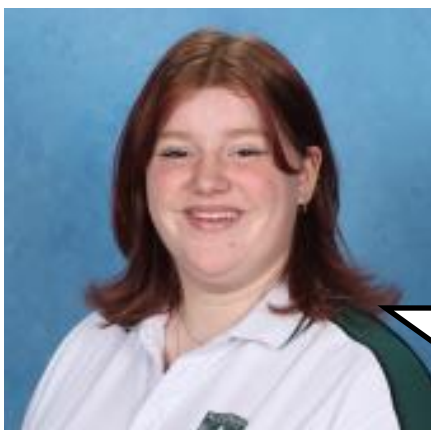
Ashlyn is really enjoying working on her one-page in English this week.

**Ashlyn N**



In Leah's English class, they are learning about the movie 'Whale Rider'. Leah is really enjoying watching the film and learning the different themes involved in the story.

**Leah C**



Owens class is also reading the classic novel "To Kill a Mockingbird", Owen is finding the classic tale really enjoyable.

**Owen F**



Mercedes really loves her English class because they are always learning something different. Currently she is working on a presentation about how to plan a holiday.

**Mercedes D**

# The Push Up Challenge

## **Alexandra Secondary College joins the push for better mental health. 3,249 push-ups in 24 days**

This June, students at ASC are taking on 3,249 push-ups across 24 days in June as part of Australia's largest mental health and fitness event, The Push-Up Challenge.

All students and staff are invited and encouraged to participate in the event which engages people in mental health through connection, physical activity, and education.

The school will have four house teams – students/staff will need to download an app and join their house team. Students can opt to do a half challenge or alternative exercises such as squats, planks etc.

### **About The Push-Up Challenge**

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends, and has grown to become Australia's largest mental health and fitness event. 2024 marks TPUC's eighth year in Australia and first in Canada. TPUC is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and runs from 5-28 June 2024 in Australia. For more information and to register, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au).

**If you have any questions you can contact, Ally Crouch - PE or Kerry McGahy -Wellbeing, Student Ambassador – Archie McGahy or ask your House Captain.**

Instructions to sign up;

Download the app download the app "PUSH FOR BETTER" on your phone

OR

Use the link to find our school <https://www.thepushupchallenge.com.au/fundraisers/alexandrasecondarycollege>

Click on your house.

Choose if you want to participate in the full or half push up challenge.

Enter your details using your school email address. You will also be asked to enter a parent email and phone number.

Please note we are not fundraising but you will have to choose an organisation anyway.

You will be given a daily target of push ups. Enter them each day. You will also be given a mental health fact.

Encourage fellow students and staff to join in.

Watch out for your House Captains organising recess or lunch push up events.

Check your app for alternative exercises if push ups aren't for you.

**Join us on Tuesday 4th June at lunchtime in the student shelter to sign and learn more about it.**



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 30<sup>th</sup> 5pm - 6.30pm

Eventbrite Sign

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



## Coming Next Monday in the "Inside Out"

- Results from Cross Country
- Article from presentation with Dr Jane Goodall
- All our regular features such as the Principal's report and What our kids are talking about.
- Next issue 10th of June



MURRINDINDI COMMUNITY  
**food SHARE**

SHARE WHAT YOU CAN - TAKE WHAT YOU NEED

**THURSDAY 6TH JUNE  
9AM - 12PM**

Rear - 88a Grant St Alexandra, enter from Bayley St

Murrindindi Community Food Share is available to anyone in our community in need. Non perishable food, personal care items, pet food and limited fresh produce will be available for FREE.

Donations of fresh fruit and vegetables can be dropped off to Food Share on 5th June.

The Food Share Program is open on the first Thursday each month.

Please BYO own bag.

For more information on how you can support the Food Share program contact Robyn Hill, 0488 007 688 or visit our website.

Proudly supported by



[www.foundationmurrindindi.org.au](http://www.foundationmurrindindi.org.au)



### 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](mailto:admin@alexhub.com.au)

W: [alexhub.com.au](http://alexhub.com.au)





**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](mailto:communitydevelopment@murrindindi.vic.gov.au) for more info