



inside **NEWSLETTER** out

ALEXANDRA SECONDARY COLLEGE

September 16 2024

T3 WEEK 10



ASC wins first place at Southern Ranges Athletics

Congratulations to all of our amazing students who attended Southern Ranges Athletics on Thursday the 5th. We were extremely proud to find out that our Team came first place on the day. Well done to all! We would like to personally congratulate Age Group Champions Levi Campbell, Marli Coller and Danielle Nadj!

Levi & Marli pictured with our new school Mascot art.

Dates to Remember

Friday 20th September - 2.30pm finish for last day of Term 3

Monday 7th October - Welcome to Term 4

Tuesday 22nd October - Year 12 Last Day

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Principal's Report

Keeping you up to date with college news.

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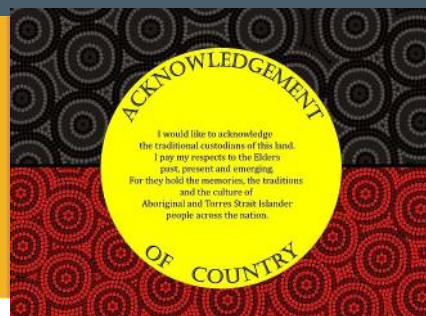
Exam Prep

Mr Chu has some great advice on Exam Preparation.

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RUOK Day

Images from our fantastic RUOK day celebrations.



Principal's Report

We are fortunate to live in a time where we have much more knowledge and openness around mental health, however, there is still much more work to be done in this space. On Thursday, thanks to our Welfare team we had RU OK day, a great initiative for improving our consciousness around mental health. Highlights of the day were mini cupcakes and live music at recess, a big mob of staff and students doing the Nutbush and Macarena on the oval at lunchtime, a mini duck hunt, and lots of staff and students asking the question: R U OK?

Last week we congratulated our 55 strong Southern Ranges Athletics Team on making it to and competing at that level. The results are now in, and we are delighted to announce that Alexandra Secondary College won the event, competing against much bigger schools, such an impressive achievement. This is the second year in a row that we have won. Congratulations to Levi Campbell who was the 13-Year-Old Age Group Champion, Marli Coller was 15-Year-Old-Champion and Danielle Nadj was the 17-Year-Old Age Group Champion. Sam Harris finished 2nd overall, Ava Carr was third, Milly Weeks was 3rd, Harper Williamson and Mia Heard were equal 4th, Aiden Campbell 4th, Jessica Newman was 4th, Tahlee Christie was 5th and Nathan Hendricks was fifth overall.

Sadly, Mrs Lander is leaving us at the end of the term as she needs to spend more time with family. We are thankful to her for her positive contribution to our school. We are fortunate, at a time of teacher shortages in our state and country, that we have been able to successfully cover Mrs Lander's classes with quality people. Anette Allan will join us as an English and Humanities teacher next term, teaching Year 10 and 7B English and 8C Humanities. Mr Mawson will take over Year 9 History. Mr Mitrow 8B and 8C Japanese and Mrs Tossol will take over 7B and 7C Japanese.

As always, it was a pleasure to host our families, virtually and in person, at our Parent/Teacher/Student afternoon/night on Wednesday. If for any reason you missed the night, missed a teacher or have further queries, please as always, feel free to email our teachers and they will email you back or give you a call. All staff emails can be found on our website: <http://asc.vic.edu.au>

Nigel Lyttle

nigel.lyttle@education.vic.gov.au

Emma Kidd

emma.kidd@education.vic.gov.au

Saxon L pictured below with his amazing tool holder he made for his Father, for Fathers Day.



Pictured above - Our Year 11 English Literature excursion to the Melbourne Museum and State Library.

Students are completing an Area of Study entitled "Voices of Country" and this excursion gave us additional context and inspiration as we continue this learning journey.

Thank you to the wonderful Fran Miljkovic our amazing parent volunteer for the day.

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

rebecca.vanlierop@education.vic.gov.au



Year 8 -

Melinda Evans

melinda.evans@education.vic.gov.au



Year 10 -

Penny Stuart

penny.stuart@education.vic.gov.au



Year 12 -

Kate Mullins

kate.mullins@education.vic.gov.au



Our students are talking about ...

School Holiday Plans

I will be making the most of these school holidays to study for my exams in November so that I can do the best that I can on them.

Hattie L



I will be hanging out with Jack on the hols and fixing my dirt bike so that I can go for a ride.

Saxon L



On the holidays I am going to enjoy relaxing at home with my puppies and my beautiful Mother whom I so dearly adore.

Dante L



These holidays I will be grabbing the old Scuba Gear out to swim with the Great White Sharks - no cage required....it is a little known fact the Great White is actually one of the gentler ocean creatures. I have always found the Dolphins more problematic when I am diving.

Mrs Collett



I will be travelling up to Hervey Bay to enjoy some fishing and swimming at the beach.

Lachlan T



I will be going camping on grand final weekend somewhere in the bush.

Bella T



Preparing for VCE exams in Mathematics and Physics.

In this brief article, I would like to offer some advice for students embarking upon a season of exam preparation over the next two months. My focus will be on the subjects that I teach. Students should be aware that there are nuances to other subjects and approaches to preparation may differ.

Prioritise doing questions from exam papers. I would advise doing one set of exam papers (one for Physics, two for Mathematics) per week, at a minimum. Students who are aiming for high marks should aim to complete between ten and twenty sets in total before their final examinations. There is no substitute for regular, deliberate practice. You cannot develop expertise without putting in the hours required.

Review your work. Once students have completed an exam paper, they should correct their work and identify any gaps in their knowledge. They should then revise the relevant topics. Students might choose to go over their notes or complete additional practice questions. Discussions with other students and teachers at this point may also be helpful.

Look for patterns. Students may rightly attribute errors to carelessness and silly mistakes. However, when these errors occur systematically in a repeated manner, this may indicate that a misconception or a gap in knowledge is present. We think we know a topic, when we do not. Some students may find it useful to keep a log of their errors and categorise them. If a particular topic keeps coming up, then this is a sign that it needs careful review.

Replicate exam conditions. Students should gradually introduce constraints such as no extra notes and a time limit for completing exam papers. The fifteen minute reading-time period should be practiced as well. The VCE exams are intense and serious preparation is required to be able to complete an exam in the time given.

Learn the concepts and the contexts where they can be applied. The only way to do this is through lots of practice, hence the initial emphasis on exam papers. When you encounter a non-routine question, it may not be clear how to start. You will need to choose a concept or technique and see if it helps you to make progress.

In Physics, some of examples of concepts are Newton's Second Law and Conservation of Energy. These concepts can be applied in a range of contexts, including freefall, inclined planes, connected masses, spring-mass systems and satellite motion.

In General Mathematics, an example of a technique would be using the Financial Solver, which can be applied in many contexts, including compound interest investments with regular deposits, reducing-balance loans and annuities.

In challenging non-routine problems, you will not be told which concept or technique to use. Be prepared to try something and for it not to work. With more experience, you will be able to find your way to productive solution pathways and discard unproductive ones more quickly.

Mr Chu



Year 12 Physics Practical Investigations

Over the last three weeks, students completed their final assessment which required them to design, carry out, analyse and draw conclusions from their own experiment. For students and teachers this task is often a highlight of the VCE Physics course. It provides an opportunity to focus deeply on a topic of interest, extend beyond the standard material covered in the curriculum, and be creative problem-solvers when designing a method for collecting data.

This year, students investigated the following topics:

- The relationship between the mass of a car, and the minimum vertical release height required for the car to travel through a circular loop without falling (Felicity Conway, Ava Lowry)
- The relationship between launch angle and distance travelled for a projectile launched with a constant impulse (James Gilmore, Ben Weeks)
- The relationship between ball pressure and rebound height when the ball is dropped from a fixed height (Ethan Hodge, James Nicholson, Matt Thompson)

- The relationship between the surface area of an object and its acceleration when controlling for surface friction using an air track (Oli Hoornweg, Will Wright)

You may like to ask these students about the findings from their investigations. Prospective students interested in taking Physics during Year 11 and 12 are encouraged to speak to current students, or Physics teachers: Mrs Evans and Mr Chu.

I would like to extend a special thanks to our laboratory technician, Shannon Draper, who provided invaluable support to our students. I would also like to acknowledge the work of all science teachers who have nurtured the development of these students over many years so that they could accomplish this milestone.

Mr Chu

Physics teacher



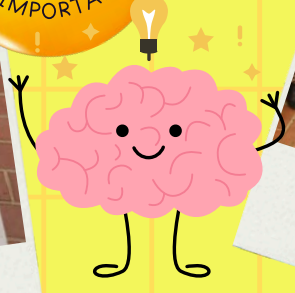
RU OK day

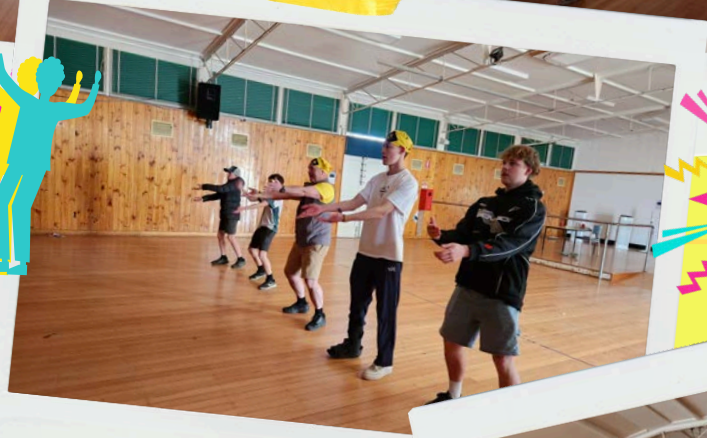
On Thursday 12th September, our school celebrated RUOK Day!

The Student Wellbeing team made sure there were plenty of activities that promoted self-care and spread awareness around help-seeking behaviour for our young people, and how to prioritise their mental health.

These activities included a delicious morning tea of cupcakes and fruit that was accompanied by Amy Morrow's AMAZING singing voice and Phil Kim's fantastic strumming, a "Just Dance" off in the Hall, a flash mob on the oval that would make Tina Turner PROUD, and the Great Alexandra SC Duck Hunt!

Lots of smiles and laughter from the students and the staff!





NUT BUSH CITY LIMITS!



REACH OUT FOR SUPPORT

REMEMBER: It's okay to not be okay. If you are struggling with your mental health, reach out to a safe, trusted adult so they can help you. You can fill out a purple form and speak to a member of the Student Wellbeing team - or have one of your parents reach out to your Year Level Coordinator :) You can also call Kids' Helpline on 1800 55 1800

BE KIND TO YOUR MIND

Southern Ranges Athletics
Shepparton Athletics Track - 5/09/2024
Individual Rankings - Through Event 180

12-13 Male - Individual Scores

Place	Name	Age	Team	Points
1	Levi Campbell	13	ALXS	48
2	Darby Hoare	13	EROA	32
3	Blake Trotter	13	EROA	28
4	Levi Brown	13	SMSE	25
5	Lachlan Roberts	13	MANS	20
5	Hunter Steiner	13	SMSE	20

14 Year Olds Male - Individual Scores

Place	Name	Age	Team	Points
1	Zac Hotton	14	MANS	46
2	Edi Waghorn	14	SMSE	43
3	David Shaw	14	BROF	26
4	Alistair Houston	14	SEYM	22
5	Cayden Bynon	14	BROF	21

15 Year Olds Male - Individual Scores

Place	Name	Age	Team	Points
1	Addison Godsmark	15	EROA	40
2	Samuel Zotti	15	SEYM	29
3	Gabriel Mosely	15	ACCB	23
4	Aiden Campbell	15	ALXS	19
5	Mark Simpson	15	YEAS	18

16 Year Olds Male - Individual Scores

Place	Name	Age	Team	Points
1	Erno Coreejas	16	ACCB	38
2	Sam Harris	16	ALXS	28.50
3	Sam Charles	16	SMSE	26
4	Edwin Morphett	16	MASS	21
5	Josh Porter	16	SMSE	20

17 Year Olds Male - Individual Scores

Place	Name	Age	Team	Points
1	Samuel McGhie	17	BROF	46
2	%Jordan Murphy (Tf20)	17	SEYM	34
3	Barnabas Santostefano	17	FCJB	32
4	Daniel Williams	17	EROA	30
5	Nathan Hendricks	17	ALXS	29

18-20 Male - Individual Scores

Place	Name	Age	Team	Points
1	Jakob Decker	18	BENA	36
2	Timothy Matkovich	18	BENA	30
3	Jac Green	18	FCJB	16
3	Alexander Davyd	18	MANS	16
5	Zachary Graham	18	FCJB	10

Total **872.50**

Southern Ranges Athletics
Shepparton Athletics Track - 5/09/2024
Individual Rankings - Through Event 180

12-13 Female - Individual Scores

Place	Name	Age	Team	Points
1	Ellie Robinson	13	EROA	32
2	Franziska Stumpf	13	MANS	30.50
3	Ava Carr	13	ALXS	20
4	Felicity Richards	13	ACCB	16
4	Harper Williamson	12	ALXS	16
4	Mia Heard	13	ALXS	16

14 Year Olds Female - Individual Scores

Place	Name	Age	Team	Points
1	Zahira Wilson	14	SMSE	29
2	Ellie Marks	14	MANS	28
3	Erin Mahoney	14	FCJB	27.50
4	Amelia Paxinos	14	BROF	26
5	Amy Lowe	14	BENA	24

15 Year Olds Female - Individual Scores

Place	Name	Age	Team	Points
1	Marli Coller	15	ALXS	36
2	Lily De Iulio	15	YEAS	32
3	Sophie Butterworth	15	SMSE	30
4	Amali MACKENZIE	15	BENA	28
4	Macey Watson	15	EROA	28

16 Year Olds Female - Individual Scores

Place	Name	Age	Team	Points
1	Ella Zotti	16	SEYM	33
2	Matilda Stumpf	16	MANS	29
3	Leila Creevey	16	EROA	28
4	Mikayla Thomas	16	ACCB	25
5	Billie Ross	16	YEAS	24

17 Year Olds Female - Individual Scores

Place	Name	Age	Team	Points
1	Danielle Nadj	17	ALXS	50
2	Abigail Major	17	BENA	34
3	Milly Weeks	17	ALXS	28
4	Estelle O'Neill	17	MANS	20
5	Macey Ross	17	EROA	18

18-20 Female - Individual Scores

Place	Name	Age	Team	Points
1	Gemma Mathieson	18	BENA	48
2	Jamie Davis	18	FCJB	28
3	Hannah Allen	18	MANS	26
4	Jessica Newman	18	ALXS	24
5	Meg Cooke	18	FCJB	20
5	Tahlee Christie	18	ALXS	20

Total **874.00**

ALEXANDRA DISTRICT BASKETBALL ASSOCIATION

2024 JUNIOR COMPETITION

SEASON RUNS
TERM 4 2024 & TERM 1 2025

SCAN QR CODE TO
REGISTER AT PLAY HQ



REGISTRATIONS ARE NOW OPEN
FOR ALL BOYS & GIRLS AGES 8 TO 18

[HTTPS://WWW.PLAYHQ.COM/BASKETBALL-VICTORIA/REGISTER/369F68](https://www.playhq.com/basketball-victoria/register/369f68)

Umpires Workshop

**Sunday 22nd
Sept 10:30**

- This is for you if you are a basketballer who wants to help our junior comp.
- This is for you if your a sideliner who knows a thing or two about the rules.
- This is for you if your adult or high school age, to develop or get confidence to umpire or your already an existing umpire.
- This is for you if you're a parent who can pick up a whistle.

MORE REFS NEEDED, ALL WELCOME

RSVP by commenting below or to 0407354322

Our professional Ref Robyn Payne has runs a fun and



Murrindindi Little Athletics Centre



Join us for the 2024/2025 season
Starting on **Saturday 12th October**
2024

Every Saturday 8:30am @Leckie Park Oval,
Alexandra
Ages **U6 - U17**



Offering a dynamic weekly program of a rotation of the following track and field events;

- Short and long distance running
 - Race walking
 - High Jump
 - Discus
 - Shot Put
 - Hurdles
 - Javelin
 - Long Jump



All members (new and returning)
please
register at the link below

lavic.com.au/membership/

Looking forward to seeing some new
and
returning athletes soon.



Keep updated, find us on

