



inside out

ALEXANDRA SECONDARY COLLEGE

August 12 2024

T3 WEEK 5

Fasten your seat belts...

Our Year 10 driving program gets a green light for Term 3



Today has seen a wonderful start to our Year 10 driving program. Our enthusiastic group of students are eager to begin their driving experience or sharpen the skills that they have already begun to develop. We welcome back Scotty our very kind, patient and experienced driving instructor.

Dates to Remember

- Monday August 12th - Ski Squad
- Monday August 19th - Round Robin
- Wednesday August 21st - Pupil Free Curriculum Day
- Friday September 6th - Penny Concert
- 9th–20th September - Year 10 Work Experience

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Principal's Report

Keeping you up to date with college news.

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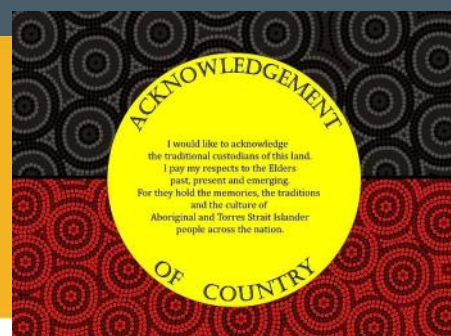
Out & About

Our roving photographer out and about at lunchtime today.

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Wellbeing

Parent resources you may find helpful.



Principal's Report

Well done to all students who took part in the Australian Maths Competition last Tuesday. Subject competitions are a good challenge for students and enable them to compare their skills with other top students in Australia and other countries like New Zealand and Singapore. Thanks to Mrs Marchetti for running and organising the competition.

Peter Woof sadly resigned last week, he needed to be closer to family in New South Wales. He wishes to pass on his fondness for our school, he said "It is a great school, with great kids and staff". We are thankful to him for his time here and wish him well. Mr Woof's departure has had an effect on some classes and the timetable. We have been able to cover all classes thanks to our wonderful flexible teachers and Cathy Zerbe and Mookie coming partially out of retirement for us.

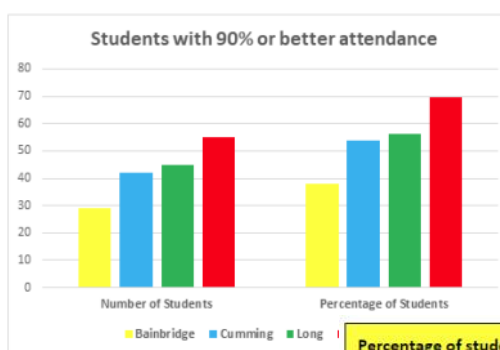
Weinberg continue to lead the attendance for the term and our seniors are modelling the importance of being present to learn and improve.

Nigel Lyttle

nigel.lyttle@education.vic.gov.au

Emma Kidd

emma.kidd@education.vic.gov.au



Percentage of students with 90% attendance and above				
	Week 1	Week 2	Week 3	Week 4
Year 7	70%	74%	53%	57%
Year 8	76%	78%	59%	69%
Year 9	67%	57%	42%	49%
Year 10	59%	57%	39%	45%
Year 11	80%	78%	74%	80%
Year 12	64%	67%	73%	73%

When: Friday, 16th August at recess & lunch

Where: In the caf

What: A bake sale run by the Yr11 Leadership Team to raise money for Australian children in poverty who struggle to have a fulfilled education. Prices will range from 50c to \$2!

*Cash only

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 ...

Year 10 Bowling Extravaganza

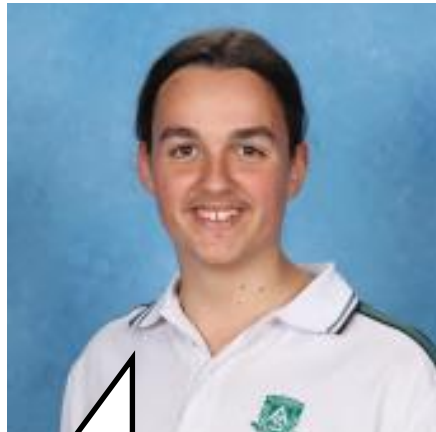
Billie had a great time at her 'Whole year level bowling extravaganza', she loved being able to connect and have fun with her Year level and the teachers.

Billie B



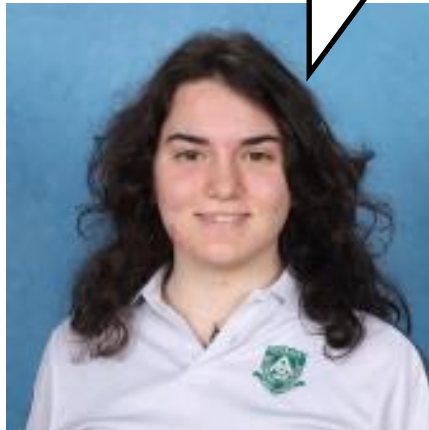
Ollie loved the bowling extravaganza, it was an awesome opportunity for him to show off his side bowling moves and to dominate his opponents.

Ollie G



Lacey does not think her talent lies in bowling, however she did knock it out of the park, winning on the claw machine her very first try.

Lacey S

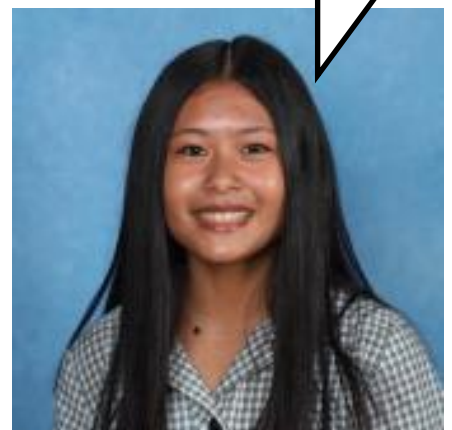


Liam came second place in the bowling competition, which clearly was a highlight of his day. He also enjoyed 'beefing with Mr Mitrow...' (His words, not our editors words.....)

Liam B

You will never guess what Aiqha's favourite part of the bowling competition was.....when she was able to get and enjoy her slushie. (We are glad you enjoyed it Aiqha)

Aiqha M




The absolute highlight of Stu's time bowling was being able to witness Jaidon's six consecutive gutter balls.

Stuart T

Out & About - Monday Lunchtime Smiles.









NOTICE

...changes in mood and behaviour that may indicate your child is having difficulties managing emotional distress



INQUIRE

...about your child's circumstances – ask if they are OK



PLAN

...first steps towards getting your child the help and support they need, in partnership with school or outside services

NIP IT IN THE BUD!

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

NOTICE – TIP SHEET



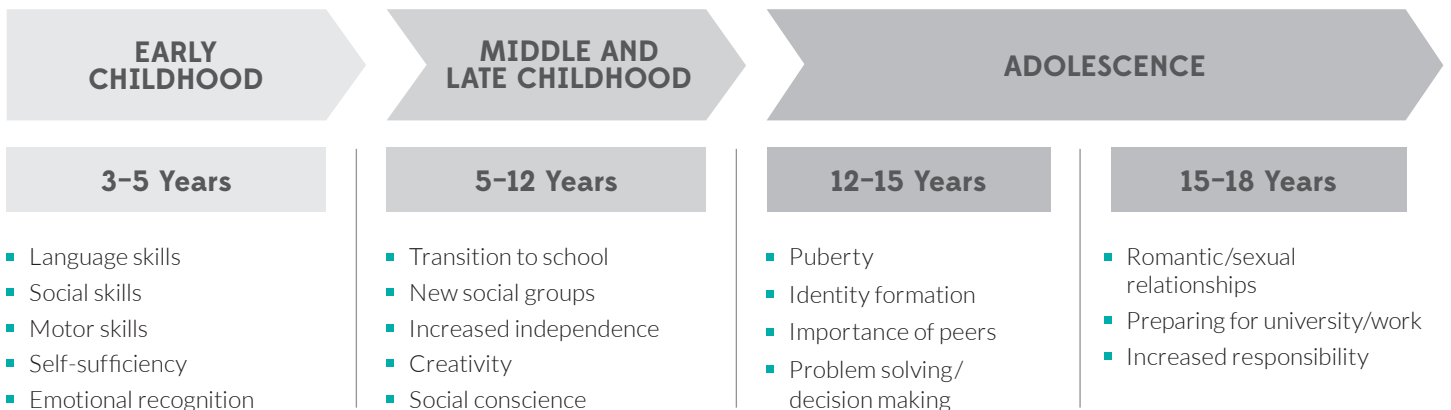
THINGS TO NOTICE

- Review how your child is functioning day to day.
- Consider if changes are developmentally/age appropriate.
- Monitor how long they have appeared distressed.
- Consider individual factors (i.e. temperament, sociability or disability).
- Appreciate cultural, family and personal experiences that may influence how they manage their emotions.
- Be aware of signs and symptoms of emerging mental health problems.
- Identify whether additional support may be needed for their mental health and wellbeing.

TRIGGERS FOR EMOTIONAL DISTRESS IN CHILDREN AND YOUNG PEOPLE

- Real or perceived loss
- Relationship breakdown
- Abuse (physical, sexual, emotional)
- Feeling overwhelmed or hopeless
- Serious illness/disability
- Family conflict
- Peer relationship problems including bullying
- Academic pressure or issue with school work

CHILD AND ADOLESCENT DEVELOPMENTAL TASKS





A ANXIETY: The following table lists examples of changes in mood and behaviour that might indicate your child is experiencing anxiety.

FORMS IT MAY TAKE	EXAMPLES
Worry	Exaggerated thinking or worry, expressed fear of future events or new people
Avoidance	Avoiding social situations, avoiding 'self-expressive' activities such as drama and PE
Attention to threat	May frequently scan their environment for 'danger', easily startled when there are loud noises Irritable or agitated, has difficulty concentrating/paying attention or is easily distracted
Physical arousal	Going to the toilet frequently, blushing, sweating, fidgety behaviour, shaking knees
Physical complaints caused by worry and stress	Physical complaints, frequent trips to the doctors, sick bay
Difficulty resting and sleeping	Yawning excessively, heavy eyes
Excessive shyness	Avoids eye contact, 'shuffling' movements
Social withdrawal	Social isolation or being withdrawn
Perfectionism	Excessive use of erasers or whitener on their work May be overly critical of school work, handing in work late due to never being satisfied with school assignments
Appetite changes	Sudden and unexplained weight change, playing with food, taking a lot longer to eat food, avoiding meal times with family

D DEPRESSION: The following table lists examples of changes in mood and behaviour that might indicate your child is experiencing depression.

FORMS IT MAY TAKE	EXAMPLES
Loss of pleasure/Apathy	Claims to be bored Losing interest and pleasure in activities that were once enjoyed Lack of energy and motivation
Emotional changes	Unhappy, seems 'down' most of the time, feelings of worthlessness or hopelessness Blames him or herself excessively Talks about death or hurting him/herself Tearfulness or frequent crying, feeling worried or tense
Slowed movements	Dawdling, dragging self around Seems restless and fidgety
Restlessness/Risk taking	Self harm Not protecting themselves (casual and frequent sexual behaviour, drug and alcohol misuse)
Irritability/Agitation	Fidgeting, can't settle, nervous, jumpy
Sleep problems/Fatigue	Problems going to sleep or staying asleep, waking early, or sleeping a lot Tired all of the time
Social withdrawal	Seems lonely, avoids other people Decreased participation with peers
Negative self image	Negative body image and low self-esteem – particularly relevant for adolescents
Physical signs	Changes to appetite and weight May be accident prone Paying poor attention to personal hygiene and appearance
Negative thinking	Doesn't listen, can't focus on tasks, forgets details Draws wrong conclusions, expects the worst, can't make up mind
Poor school attendance	Missing classes, school refusal

SH SELF HARM: Self harm is a term used to describe a range of behaviours associated with people deliberately harming themselves regardless of their intention. Self harm is a behaviour not an illness. The following table lists a number of considerations for understanding and managing self harm as a parent or carer.

UNDERSTANDING SELF HARM	CONSIDERATIONS
Forms it may take	Cutting, burning or scratching skin Head banging or pulling out hair
Indicators of self harm	Visual marks or scars to communicate distress OR Covering arms and legs, avoiding the removal of clothing due to fear of disclosure
Some self harm is an emergency	Call an ambulance (000) if person has: <ul style="list-style-type: none"> ▪ taken an overdose or consumed poison ▪ become confused, disoriented or unconscious ▪ bleeding that is rapid or pulsing

Remain calm – remember the self harm behaviour is a sign of emotional distress

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS

“A sense of connectedness to families and schools is the most significant protective factor for young people.”

(Resnick et al. *Protecting Adolescents From Harm*, 1997)

SAFEMINDS: AT HOME

SAFEMinds is a partnership between:



headspace
National Youth Mental Health Foundation



Better Health Channel

betterhealth.vic.gov.au

Children of Parents with Mental Illness

copmi.net.au



From Harm to Calm

nillumbikhealth.org.au/from-harm-to-calm

headspace and eheadspace

headspace.org.au
ehheadspace.org.au



Head to Health

<https://headtohealth.gov.au/>

Kids Helpline - 1800 55 1800

kidshelp.com.au



Mental Health First Aid

mhfa.com.au

Parenting Strategies: Preventing Depression and Anxiety

parentingstrategies.net



Parentline Victoria

Contact Us > Contact List > Parentline Victoria

13 22 89 - 8am to midnight 7 days a week

Parentline Victoria – 13 22 89

education.vic.gov.au/about/Pages/parentline.aspx

Raising Children Network

raisingchildren.net.au



Reach Out

au.reachout.com

Tuning into Kids

tuningintokids.org.au



Youth *beyondblue*

youthbeyondblue.com

ALEXANDRA

YOUTH SPOT SPACE

This Friday

Friday 16th
Friday 30th
Every
second
Friday

Embassy of Ideas
3 Bayley St
Alexandra
Green shed behind the
skate park
3.30pm - 5.30pm

A space open to young people to hang out and chill.

Games, tunes, craft & **FREE** food

Come down **THIS** Friday for a slice or two of **FREE** pizza!

The Youth SPOT Space will run every **SECOND FRIDAY** during Term 3, and also include a fun excursion in school holidays

NO COST

This is a **FREE** event open to young people 12-18yrs

