



inside out

ALEXANDRA SECONDARY COLLEGE

October 28, 2024

T4 WEEK 4

Congratulations to our 2025 Leadership team.



Announcing our 2025 Leadership Team, congratulations to our College Captains Noah Campbell and Danielle Nadj and Vice Captains Ben Geldart and Ruby Miljkovic.

Dates to Remember

- Tuesday 29th October - First day of exams for Year 12
- Tuesday 5th November - Public Holiday
- Friday 15th November - Year 7 Transition Day
- Wednesday 20th November - Year 12 Headstart
- Thursday 21st November - Year 12 Graduation Dinner
- Monday 2nd December - Year 11 Headstart

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Principal's Report

Keeping you up to date with college news

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Volleyball News

We are off to the Volleyball State Championships.

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Year 12s

Our Year 12s keep up the College tradition of laying their pavers.

ACKNOWLEDGEMENT

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

OF COUNTRY

Principal's Report

Today the College voted in the first group of student leaders for 2025. Congratulations to all of the nominees, who each spoke well and demonstrated they have the qualities to be a fantastic captain. We are pleased to announce Danielle Nadj and Noah Campbell as our College Captains for 2025 and Ruby Miljkovic and Ben Geldart as our Vice-Captains. Nominations for Junior and Senior House Captains will be called for at a special House meeting on Friday.

Congratulations to our Year 7 girls volleyball team who have qualified for the State Championships in November this year. What an outstanding effort!

It is a momentous occasion when a student finishes secondary college and one that deserves congratulations and celebrations. Last Tuesday, with the hard work of many people behind the scenes, we said farewell to our Year 12 cohort and they farewelled the school community. It was wonderful to be able to celebrate this milestone in such a positive way and share this day with family, friends, staff and students. Thanks to Tracey Parker for catering a wonderful lunch. Thanks Anita Rennie, the "Hall Crew" and the

"Electroheads" for their contributions in organising the Year 12s final day. We wish our Year 12s all the best as they prepare for their final exams and entering the workforce.

On Monday next week, the day before cup day, traditionally very few students attend school as families take advantage of the opportunity for a long weekend together. Most teachers will also be given the day as Time-in-lieu for extra hours spent on school activities outside of their normal hours such as camps and open nights. Due to this, normal classes will not run and there will be an alternate program for any students who are at school.

Please help us to enforce the Sunsmart policy in our school by ensuring your student has a hat to wear, when in the sun, from the beginning of November.

Nigel Lyttle

nigel.lyttle@education.vic.gov.au

Emma Kidd

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Congratulations to all of our amazing Year 11s that stepped up and ran for a position in our 2025 Leadership Team.

It takes courage to stand for election, and I speak for all of us here at ASC when I say that this was a very tough election to vote in. The calibre of candidates was extremely impressive and which ever way the votes landed, our school was always going to be in confident and courageous hands.

Deadline for SSL Applications

A reminder for our current Year 8s Thursday October 31, 3.20pm is the final deadline for handing in your SSL applications. You are able to withdraw your application if needed, however we are unable to accept any applications after the applications close.



Year Level Co-ordinators

Year 7 -

Sharon Parbery

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Year 9 -

Catherine Collett

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Year 11 -

Rebecca van Lierop

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Year 8 -

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Year 10 -

Penny Stuart

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Year 12 -

Kate Mullins

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Volleyball News

WE ARE EXCITED!

YEAR SEVEN GIRLS VOLLEYBALL TEAM QUALIFY FOR STATE CHAMPS.

Alexandra Secondary won the Hume Region Volleyball Round Robin at Broadford in late March. We had so much interest that we fielded two teams, one team won Pool A and the other was runner up in Pool B. Since then, we have had twenty dedicated girls who have consistently attended lunchtime training at least twice a week.

Finally, after lots of practise, many try outs, and some difficult decisions, seventeen girls had a very early start last Thursday to compete in the North-Eastern Regional Championships in Wodonga. The girls were aware that they may not get to play but were willing to come along and support. Fortunately, three girls were happy to play in the mixed team and I was able to rotate all others during the first two games. Wodonga was a skilful and well drilled team, they appeared to be our strongest competition. The final round was set up to be a cracker. Some fine adjustments were made to our team, with the nine most in form players representing our school against Wodonga.



Results were as follows:

Game 1	Set 1	Alex - 20	Tallangatta - 9
	Set 2	20	11
Game 2	Set 1	Alex - 20	Greater Shepp SC - 9
	Set 2	20	12
Game 3	Set 1	Alex - 20	Catholic College Wodonga - 13
	Set 2	20	11

Our team became more confident and demonstrated improved skills as the day progressed. I was very proud to coach the Alexandra girls, who all demonstrated exemplary sportsmanship, teamwork and integrity. Thank you to Ally Crouch, our Sports Coordinator who not only organised the day, but took the Year 7 Boys team at late notice. Also, to Kat Duguesclin who accompanied us, encouraged, scored and assisted with warm-ups. Finally, to George who dedicated many lunchtimes to develop the basics and put the final polish on our team.

We are excited to head to Dandenong on Friday 15th November to take on seven of the best volleyball schools in the state. An enormous effort for our small school, who regularly perform above expectations. There will be two pools and a final. Parents, please let me know if you are interested in attending.

Congratulations and best wishes. Anne Nadj



Our Year 12 students are ...

Looking back on their favourite college memory

One of my fondest memories at school would have to be my year 10 Central Oz camp. Being able to spend that time with close friends while enjoying incredible views. There were hundreds if not more memories that I have from this camp, but one that sticks out to me the most was our time in Darwin where we watched the sunset for one of the last times of that camp, we had some amazing well earned food, chats and got to share all of the memories from the camp.

Ethan H

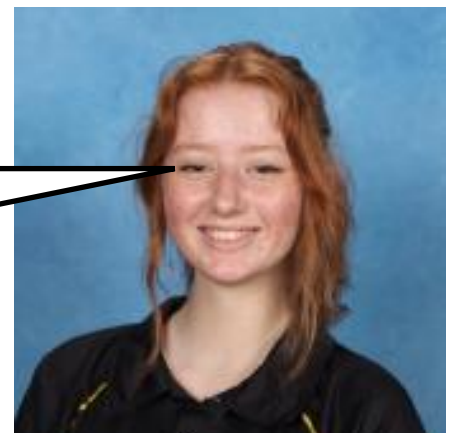


I've had many fond school memories here, so picking one was not easy. However, for whatever reason the standout seems to be in the mountains in winter on a wonderful crisp and cold blue sky day skiing in year 10. We were on Mt Buller and whilst I had enjoyed cross country skiing for several years on Lake Mountain, this was very different. After some easier starts, Bron, Nadjy, Danielle and Shaun encouraged and convinced me to go on the steeper and faster Standard Run. It looked steep and a bit intimidating, but Nadjy and Bron as always were super positive, motivational and encouraging. These are teachers and mentors I shall never forget. Danielle and Shaun steered me down this awesome route, with awesome views, adrenaline and much more! Danielle, Shaun, Nadjy and Bron are what in an ideal world school should be all about. Afterwards, I had the confidence to coach others down the same route, hopefully instilling the same feelings and achievements some great school teachers and students instilled in me

School Captain James N

My favourite memory at school was getting to meet all my friends.

Sammy T



My favourite memory of school was the Central Australia trip that made many memories with my friends and help me see more of Australia.

Tyler R

My two favourite memories of my time here at the secondary college are participating in the Deb Ball, and a very close second would be the Central Oz tour. They were both so much fun and I have wonderful memories of them both.

Rebecca W



My favourite memory of high school was the central Australia trip definitely, it was such a awesome trip and made some really good memories, i loved it .

Emily I

My favourite memory was on year 7 camp when I met Emily and because her last name was Irwin, I thought it would be hilarious to say CRIKEY IT'S A STINGRAY every time I saw her.

Riley K



Hello Newsletter Readers, my favourite memory of my time at ASC was the Year 9 surf camp. I have a great story that I would like to share however Max and Mrs Mullins have forbade me. Instead they have made me say that seeing them both everyday at school is my highlight. (Thanks Benjamin, you are too kind!)

Vice College Captain Ben W

Over my short 2 years here, I have had many memorable moments at ASC, however the things that stand out to me were the Central Australia trip where we all had the experience and opportunities to see and do many different things in the NT. Also the amazing Debutante ball was definitely a night to remember for everyone as us girls got to play dress up one last time and dance the night away!

Madelin Northmore



My favourite memory from High school would have to be the Year 8 Anglesea camp that we did in year 9 due to covid. I really enjoyed making new friends and learning how to surf as well as being outdoors!



Tarah S



My favourite memory of school is going on the epic Central Australia trip, the opportunity to explore and travel Australia with my friends is something I'll never forget.

Ruby R

My favourite memory of my time at the school would have to be the Deb Ball, and then the Year 9 camp would be a close second.



Amy M



My favourite memory of high school will definitely be the Deb. It was a fantastic experience.

Kaliesha T

My time at ASC has been filled with unforgettable experiences, with the 2022 Central Australia Trip being the highlight. That journey opened my eyes to new perspectives and sparked my curiosity about the world beyond school. I've grown, learned, and formed lasting friendships at ASC, and as I look to the future, I feel excited and ready for whatever comes next.



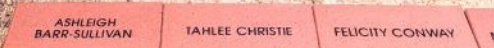
Tahlee C

My favourite memory of school was being able to go on the Central Australia in year and getting to see the amazing view of Kings Canyon.



Jess N

Year 12 Laying of the Pavers





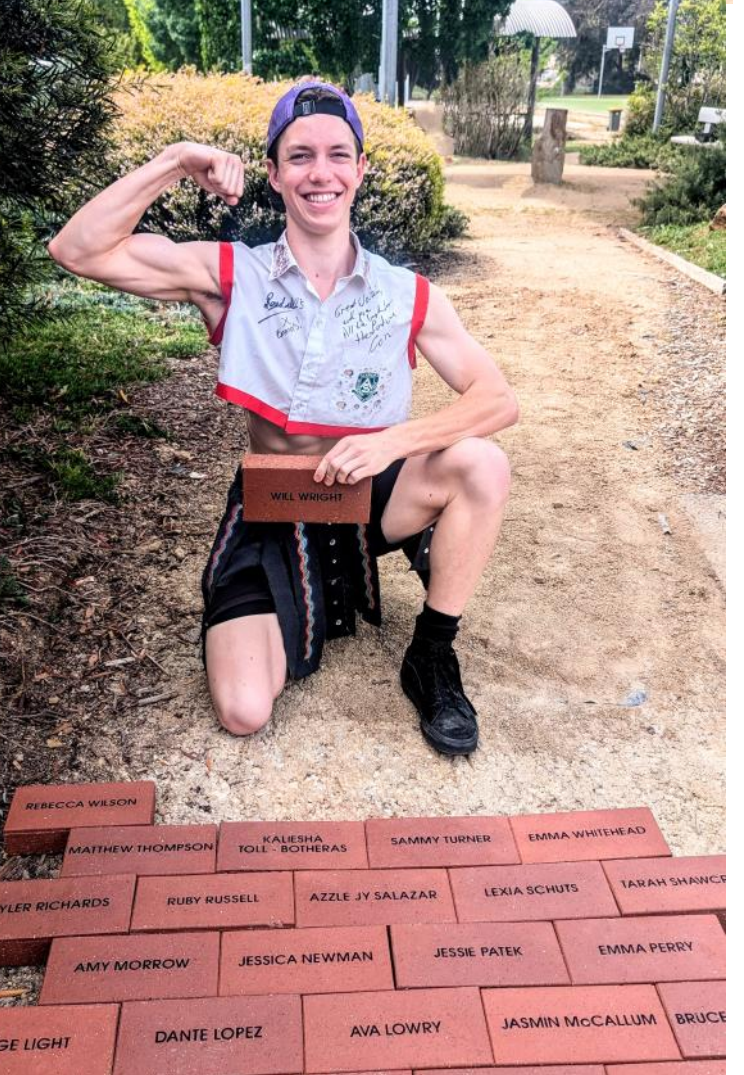














Student Wellbeing

During lunchtimes this term, students (and some creative staff) have been working together to create a **colouring quilt** to promote mental health and Student Wellbeing at ASC!

The theme of the quilt centres around mental health and includes images of positive coping strategies we can use when we are struggling and other things that can boost our mental health and mood including listening to music, reading, talking with friends and safe, trusted adults, connecting with the outdoors, eating plenty of fruits and vegetables (or indulging in a little treat!), crafting or making art, spending time with our pets, exercising and mindful meditation.

The task of creating the quilt involved each student selecting a random "patch" to colour in, not knowing how the surrounding pieces have been coloured.

Mindfulness colouring for just 20 minutes has a number of benefits for our minds, including:

- reducing anxiety and stress levels
 - improving sleep
 - improving focus
 - improving vision and fine motor skills
- (Dr. Nicole Holt, 2025)



For more info on mindfulness colouring, you can visit: <https://blog.stillingmind.co.nz/what-is-mindful-colouring>



A **MASSIVE** shoutout to the students and staff contributed to the quilt:

Emmie, Keira, Mercedes, Spencer, Jarr, Nazri, Gemma, Alex, Finn, Cameron, Mui, Ahi, Mayra, Eremia, Ms. Evans & Kerry!

You have done a **fabulous** job and the quilt is going to look so good once it has found its permanent home in our school.



Jamie Lynch
Student Wellbeing Counsellor
Disability Inclusion at ASC



Alexandra Secondary College

YEAR 11 & 12 Flying Start 2025 BOOKLIST



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Order now for delivery to school on Friday 15th November.

	<u>TOTAL PRICE</u>
<u>English VCE Units 1&2</u>	
WOMEN OF TROY: DON TAYLOR EDITION	\$26.95
INTO THE WILD: PICADOR CLASSICS	\$24.99
** The full list of requirements for each subject will be listed on the complete booklists **	
<u>English Literature VCE Units 1&2</u>	
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THE VISITORS	\$32.99
THE GREAT GATSBY: PENGUIN CLASSICS	\$17.99
** The full list of requirements for each subject will be listed on the complete booklists **	
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WE HAVE ALWAYS LIVED IN THE CASTLE	\$22.99
** The full list of requirements for each subject will be listed on the complete booklists **	
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** The full list of requirements for each subject will be listed on the complete booklists **	

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Lilydale BOOKS 



WEEKEND AT NAN'S

A SHORT FILM

ACHERON HALL - FRI, NOV 15.
DOORS OPEN AT 6:30 - MOVIE AT 7PM.

PLEASE RSVP TO BEV 0428 384 410
(BEVDICK3903@GMAIL.COM)

OR ANITA 0428 360 886
(ARENIE8@BIGPOND.NET.AU)

\$5 ENTRY (SUPPER PROVIDED)
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PEPPERS
MARYSVILLE

