Principal team report
As we walk through MAC, we constantly observe significant positive learning with students following their passions, having fun, while being challenged. Over the past few weeks, students undertook the Attitudes to School survey. Feedback from students via the survey helps to confirm what is working well and where additional support is required. Later in the year, the Parent and Staff Opinion Survey will be undertaken. For some students Term 2 means NAPLAN and for others exams. We all must remember that such assessment is not about comparing one student with another, but rather assess where a student is with their learning and learning growth.

Mr Kyriakou is currently on long service leave. We welcome Mr Josh Ye, who is replacing Mr Kyriakou until the end of term.

A new master plan for MAC
We are pleased to announce the state government have announced money for a MAC Masterplan in their annual budget. This is much needed money with a tripling in Entry Level (Year 7) enrolments over the past three years; we are expected to be at capacity next year. We need to plan for these increased student numbers.

MAC in the media
MAC recently featured in The Age and on ABC radio’s Drive Program regarding our structures and programs at MAC. This was in relation to the recent recommendation handed down as part of the Goskni 2.0. Goskni 2.0 recommends personalising learning. It suggests students should be grouped according to their learning needs, rather than simply by age. MAC is leading the way in our approach to learning. Many of the recommendations outlined in Goskni 2.0 have already been implemented.

Sad news
Last week was a sad and challenging week for members of the MAC community with the sudden tragic death of one of our students as a result of a vehicle accident. Aivy commenced her studies at MAC last year and, although her time at MAC was short, her impact at the school was significant. She had a beautiful soul and was often seen smiling with her friends.

Aivy had a passion for the creative arts and this year selected two art subjects, Project Runway Fashion and Painting and Drawing. MAC values of Community, Engagement, Excellence, Integrity and Respect were embraced and we were incredibly proud of the warmth and support shown by our students, parents and staff to Aivy, her family and towards each other. Our students have put together a tribute box containing letters, cards and photos and this will be presented to Aivy’s family. Our student leaders are planning a permanent memorial for Aivy at MAC. A reminder that ongoing support for students is available.

Aivy Nguyen at the swimming carnival this year

Aivy had a passion for the creative arts and this year selected two art subjects, Project Runway Fashion and Painting and Drawing. MAC values of Community, Engagement, Excellence, Integrity and Respect were embraced and we were incredibly proud of the warmth and support shown by our students, parents and staff to Aivy, her family and towards each other. Our students have put together a tribute box containing letters, cards and photos and this will be presented to Aivy’s family. Our student leaders are planning a permanent memorial for Aivy at MAC. A reminder that ongoing support for students is available. Please contact Carmel, our Student Wellbeing Coordinator.

Curriculum Day
As previously advertised, Tuesday 12 June, following the Queen’s Birthday long weekend, we are having one of our scheduled Curriculum Days. Please note that this is a student free day and staff will work collaboratively on curriculum planning.

Visitors to MAC
As mentioned last news, we recently undertook our School Review with our challenge partners (Allana Bryant, Richard Frazer, Stephen Warner, Andrew Hamnett and Professor Andrea Chester). The process was reaffirming of our work and of the significant improvements over the past few years, but also of the work ahead of us. Thank you to the students, parents and staff for your contributions to the focus group discussions. Once we receive the report, work will commence on our new strategic plan.

Last week, Professor Yong Zhao and members of the Future School Alliance assembled at MAC, to share ideas and practices about ‘doing school differently,’ in order to enhance learning. We live in a rapidly changing world. Schools should reflect this in the programs and learning opportunities offered to students.

Professor Yong writes: "What you are doing is not only to create better education for the children in your schools, but also a powerful example for the rest of the world. Thank you for having me there."

Essential and Elective fees
A reminder to families that we sent home a notice in the last week about the payment of essential and elective fees. Payment of these fees assists with covering material cost, enables the purchase of additional resources to assist our learning programs, and supports the continual improvements at our school.

Gold Coast camp
On June 27, thirty-eight students and four senior staff members head into sunnier weather as they make
**Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam Week</td>
<td>4–8 June</td>
</tr>
<tr>
<td>MAC Parents &amp; Friends Meeting</td>
<td>Monday 4 June</td>
</tr>
<tr>
<td>Monthly Community Meeting</td>
<td>Tuesday 5 June</td>
</tr>
<tr>
<td>Queens Birthday Holiday</td>
<td>Monday 11 June</td>
</tr>
<tr>
<td>Curriculum Day</td>
<td>Tuesday 12 June</td>
</tr>
<tr>
<td>Entry Showcase</td>
<td>Thursday 21 June</td>
</tr>
<tr>
<td>MAC’s Got Talent</td>
<td>Friday 22 June</td>
</tr>
<tr>
<td>Work Experience</td>
<td>25-29 June</td>
</tr>
<tr>
<td>Gold Coast Trip</td>
<td>27-29 June</td>
</tr>
<tr>
<td>End of Term</td>
<td>Friday 29 June</td>
</tr>
<tr>
<td>Curriculum Day</td>
<td>Monday 16 July</td>
</tr>
<tr>
<td>Students start Term 3</td>
<td>Tuesday 17 July</td>
</tr>
</tbody>
</table>

Please check the Events page on the website for more dates.

---

**Principal’s message continued...**

Empowering students May 2018

Our Entry and Above Entry students had some serious data collection going on. In the midst of it all we have been learnt and many successes have been had. In the midst of all we have had some serious data collection going on. Our Entry and Above Entry students participated in the NAPLAN tests; five tests over 3 days takes its toll and we would like to thank students for their excellent behaviour and for doing their best on the national benchmark testing. If your child sat the assessments then you will be receiving the results later in the year. Don’t forget that the NAPLAN results are merely a snapshot of what your child is capable of on a given day, under difficult circumstances and should only ever be used in conjunction with all other indicators of your child’s learning and achievement.

In addition to the NAPLAN assessments, we have also been conducting the Attitude to School Survey. This survey is conducted by all state schools in Victoria and gives students an opportunity to rate how well they feel the school and their teachers are meeting their needs. The information we gather from this survey influences decision making at the school and we thank the students and staff who gave up their time to complete the survey.

**Staff Wellbeing Toolkit**

Teaching is an incredibly rewarding profession, but it is not without its challenges. This year all staff at MAC have been given the opportunity to take part in the Staff Wellbeing Toolkit, a course designed to help staff better cope with the demands of our complex jobs and allow us to be the very best teachers and support for our young people. During our professional development afternoons, teachers have been exploring ways to minimise their anxiety, deal with stressful situations and look after their mental health. Many issues that we help our students with on a daily basis but sometimes forget to attend to ourselves. Our most recent session was on building resilience and managing our response to difficult situations. If you are interested in finding out more about the toolkit you can visit the website [www.nesli.org](http://www.nesli.org).

**Semester 2 subject selection**

At MAC we empower students to make their own pathway through their learning and as we move into Semester 2 many students will be moving into new electives. Subject selection forms will be coming home over the next week and we would encourage parents and students to sit together and discuss which subjects are the best fit for them and their learning goals. Many students have picked their electives already but due to our increased numbers and some changes to staff, we are offering some new and additional electives for Semester 2. See what is on offer and make sure you get your selection forms in on time.

From the Principal Team:
Wayne Haworth, Meg Rawlins & Adam Cribbes
On Monday 21 May it was with heavy hearts that the MAC community farewelled Aivy Nguyen. In the passing week many of Aivy’s friends and her teachers have shared precious stories with me of their friend and student. These stories varied from heartfelt and humorous to stories of how Aivy gave friends a sense of belonging and security within our school community. In the midst of trauma, loss and grief I have seen students show remarkable courage and resilience. Our thoughts are with Aivy’s family. We farewell Aivy but she will not be forgotten.

Researchers have found that resilience in the face of adversity is more common than uncommon. Examples of resiliency are all around us. Athletes who lost limbs but went on to compete again. Survivors of 9/11 who rebuilt from the rubble. Holocaust victims who are living out long, fulfilling lives. Look to your own community for inspiration. You are likely know someone who once dealt with something terrible but has found joy again.

What does it mean to be resilient? “Resilience is a measurement of one’s capacity to recover fully from an adversity,” says Charles Figley, PhD, director of the Tulane Traumatology Institute in New Orleans, where he studies traumatic stress resilience.

Resilience can be learned—it’s not something we either have or don’t have. Consider the following steps to strengthen your resilience.

- Optimism, is the single biggest factor in recovering from adversity. It’s what makes some of us seek out solutions to our troubles instead of pulling the covers over our heads (Zilkha).
- Social support is among the ‘protective factors’ that increase our odds of having high resilience when faced with daunting adversity,” Figley adds. “It enables processing of the experience to focus on solutions.”
- Getting a break from negative thoughts can be restorative and healing, and keeping yourself busy can give you some much-needed distance from your troubles.
- Feeling grateful—something we can actively work on—improves our overall wellbeing and helps us cope with our troubles.

(source Jessica Cassity Happily & Schools and trauma | Australian Child & Adolescent Trauma, Loss & Grief Network)

Carmel Neilsen, Student Wellbeing Coordinator

MAC Parents & Friends Association

MAC PFA have been busy organising some fundraising activities (a BBQ and the Entertainment Book) to raise funds for the continued garden improvements and amenities. Some of the improvements needed are downball court markings, additional outdoor seating and new asphalt. Please show your support to the support by contributing to the fundraising and/or assisting.

The BBQ fundraiser will be at Maribyrnong Bunnings on Saturday 16 June. The MAC PFA need people to assist with the cooking and the sales. Please email Bron mac.parents.friends@gmail.com or give her a call 0432 609 856 to see how you can help.

The Entertainment Book is a fabulous fundraiser as it provides you with some wonderful discounts that will cover the expense of buying the book in no time. It is cost only $60-70 (depending on the location selected) for an annual membership, which can be a physical book with rip out vouchers, or a convenient digital subscription with an app on your phone. There is a copy of the book at the General Office. Let your friends and family know as they may be interested in purchasing a membership and reaping the benefits too.

Purchase your membership now www.entbook.com.au/1m95928
Second-Hand Uniform Shop

The Uniform Shop is now open every Wednesday morning before school. Students and parents are welcome to drop into the shop, have a browse and try on items.

Where: Room G020
When: Every Wednesday morning from 8 - 8.45am
What: An assortment of second-hand uniform items, in a range of sizes - dresses, skirts, pants, jumpers, etc. All are in good condition.
Prices: $7 - $50, depending on the item.
Payment: Cash only. No credit cards, no layby available.
Queries: mac.parents.friends@gmail.com

Parents: if you’d like to know if we have a particular item in stock and how much it will cost, feel free to email us at: mac.parents.friends@gmail.com. We can then put the item aside for payment and collection by your child.

Donating Items: If you have uniform items that you have outgrown or no longer need, please feel free to donate these to us during the Uniform Shop’s operating hours. There is a tub outside the door of G020 in which items can be left.

Profits from the Uniform Shop will be used to fund PFA activities.

Congratulations

Meg Dunley, one of our parents who also works at MAC, was recently awarded the Judy Duffy Award for outstanding achievement and contribution to the RMIT Professional Writing and Editing Associate Degree. Meg commenced her studies in a full time capacity before shifting to study part-time, while working at MAC. Meg’s achievement is even more significant as she has earned this award while overcoming adversity. Meg is a great example that we are all lifelong learners.

Well done, we are all very proud of you!

Nepalese fundraiser

During the summer, Science teacher Ms Dobson volunteered at a small public school in Nepal. With limited housing, heating, resourcing and opportunity, she was humbled to find the students still enthusiastic and eager to learn. One family she met had turned their lives around, coming from the slums to the city and asking only for work. With such a change in lifestyle, this family needs support.

On Monday 28 May at lunchtime, the language centre students and the student-run business ‘Chop it Like it’s Hot’ prepared and sold traditional Nepalese food to raise funds for the family. If you miss the opportunity to come at lunchtime, you can still donate to the cause by seeing Ms Dobson.

Thriving Minds

Parents are invited to an information session about the Thriving Minds project next week, 4 June during the MAC Parents & Friends meeting (6pm in the Social Staffroom).

Thriving Minds is a mental health positive prevention program utilising Mental Health First Aid (MHFA) training to build capacity of students, teachers and parents and carers to identify mental health problems and refer young people to early support. The program will use training to upskill students and those who work with them, as well as to strengthen referral pathways and availability with local youth service providers. The project will be piloted for Year 10 students at Mount Alexander College. Youth Mental Health First Aid will be available for parents to recognise and respond to mental health problems and refer a young person to professional help if needed and provide ongoing support without taking on the role of a counsellor.

Moonee Valley City Councils Valley Youth team will deliver the session. Please contact Ilz Aslan from the council on 8325 1876 or ilaslan@mvcc.vic.gov.au for more information.
Chess success

On 10 May the MAC chess team travelled to Brunswick Secondary College to participate in the tournament to qualify for the State Finals, which will be held in November at Brighton Grammar. Two of our team, Billy and Isaac, fought their games well enough to qualify for the State Final. Next term we play at Suzanne Cory Secondary College in Hoppers Crossing and hope to get our other team members to qualify.

Well done team!

Mr Ward

Full time apprenticeship

We would like to congratulate our Year 11 VCAL student Mohamed Ismail. He started his VCAL program earlier this year and was quick in securing a VCAL placement with a local panel beater. After impressing the employer with his attitude to work and willingness to learn, he was offered a full-time apprenticeship as a spray painter effective immediately. This offer is a great recognition for Mohamed and we are all very proud of him. Good luck for your future ahead Mohamed.

Jens Boernemeyer, Careers and Pathways

The value of a TAFE qualification

The recently published budget by the state government has put TAFE qualifications at the centre of attention. There will be a significant investment to allow people to access high quality education through TAFE. A summary of the key investments are as follows:

- $172 million to create 30 free priority TAFE courses
- $120 million to modernize and upgrade TAFE facilities in regional Victoria
- $304 million to train more Victorians.

The government has decided to make these investments as skilled workers are in high demand. To exemplify this, there are quite a significant number of infrastructure projects taking place in Victoria. Workers are needed to complete those project, hence the Certificate III in Civil Construction has been identified as one of the priority courses. In addition, the aging population requires well trained nurses who are able to assist people when they are unwell. This resulted in the Diploma of Nursing being also selected as priority course. What does this mean for MAC students? In 2019, students that would like to undertake any of the priority courses, will not be faced with the financial burden of commencing further education. Further, a TAFE course can also allow a student to enter the workforce quicker. A TAFE course can also allow a student to continue studying an undergraduate degree, often with credit towards the some or all of the first year of the Bachelor course. Lastly, a TAFE qualification means great career opportunities and remuneration. With all this in mind, there is now even more to like about attending TAFE.

Jens Boernemeyer

Work placement

Hi, I’m Meseta Teklu, I’m currently studying at RMIT doing the Certificate IV in Education Support, as a pathway into the Bachelor of Education. As part of my course I’ve had the privilege of taking part as an ES at a primary school working with Preps from August-December 2017 and started working here at MAC early March until June this year.

My role at MAC as an Education Support person was to keep students focused on task and assisting the students. Throughout my time on placement I’ve learnt new skills and gained experience.

I am thankful for the opportunity to work as an ES here as I’ve been able to do placement at both primary, and high school and I had the chance to work with various different age groups, which has helped me decide where I wanted to continue my future studies.

Meseta working with Betelihem Brhane and Rahma Mohamed
During Term 2, Amanda Lecaude from Organising Students is conducting workshops for Year 10 and Entry level students.

The Year 10 workshops focus on:
- goal setting and why goals are important to have
- the learning/study cycle with a focus on students testing themselves regularly to find out what they do and don’t know
- the importance of planning and using a diary - it’s about studying smarter not harder
- review of note taking approaches and how students’ notes can and should assist with the revision process.

The Entry level workshops include discussions around:
- the importance of organisation, time management & planning for students
- ensuring students are now taking responsibility for their learning
- how students can and should use their diaries effectively
- ensuring students know how to organise their lockers
- ensuring students have an effective study area/or several places where they can do their school work.

To learn more about what Amanda and the one-on-one work she does with students you can visit her website: www.organisingstudents.com.au

Subject selection forms handed out Friday 1 June during an extended mentoring session (8.45-9.00am). This will include the Semester 2 subject grid, change of subject form and a description of new electives on offer.

Students are required to return forms no later than Friday 8 June. Please place in the drop box in the HOH office.

Course counselling - Students must see the Assistant Principals in regards to subject changes. Mr Cribbes (Entry, and Above Entry—Years 8 and 9) or Miss Rawlins Above Entry (Year 10) and Year 11. The appropriate form must be filled in and signed by a parent. Changes in regards to Maths and English will need approval of the Key Learning Area Leader, classroom teacher and parent. Subsequent fee changes for electives will be updated by the Business Manager and statements will be reissued. This will be the last chance for students to change their preferences for Semester 2.

Did you know that 20 million tons of rubbish go into landfill each year in Australia? You can help fix this problem! We are running a competition for the MAC community to join in on where every household tallies up how many rubbish bags they fill in 2 weeks. The winners will be the family who produces the least amount of non-recyclable trash. The winning family will receive 30 house points for their kids!

All you need to do is:
- Send us photographic evidence for every rubbish bag filled, via email
- Try and reduce your waste as much as you can

If you and your family are interested in competing, contact us at fer0001@mountalexandercollege.vic.edu.au or mor0010@mountalexandercollege.vic.edu.au

Have fun!

The preVCE Physics class has been lucky enough to have Dalton Nugent as a visitor to the class once a week. Dalton is studying physics at Melbourne University. He is also a volunteer mentor with In2science, which was set up to increase interest in science and studying at university. His speciality has allowed the students to become more aware of astrophysics. Between Dalton and us, we are arranging an excursion to the Physics department of Melbourne University for Week 10 of this term.

It was a very bad 10 weeks for the stock market during the schools sharemarket game which finished recently. Nationally the best syndicate was one from Sydney Boys High who turned their virtual $50,000 into $59,704. We had three syndicates. The best performing one was $50,000 but it doesn’t count because there were no purchases of shares made. There has to be a message there, not sure exactly what. The aim of the game is to help students gain an understanding of the sharemarket: capital values, dividends, how to buy and sell shares over the internet, among other things so that they are able to consider share investing as a way of putting their money to work when they start earning. There will be another game later in the year. There is a game open to the public which is also closed but there will be another later in the year.

Mr Graeme Morgan, Teacher of Senior Maths
Term 2 has been a busy one for Athena! We were lucky to experience a lovely day for Cross Country, with the friendly competition evident between Poseidon, Apollo, and Artemis house. We cheered others on, ran, walked, and danced our way to second place! Archie Frazer, Eleanor Morea and Darcy Morton then continued to represent us in the interschool Cross Country.

The debating competition took place with Elia Klassen, Jacinta Klassen and Marcella Martin representing us. Marcella was awarded the best speaker in the second round of the debate.

A congratulations to Tim Vines-Dreier for guessing the correct amount of snakes (103 to be exact), and thank you to everyone who had a go! Be sure to keep an eye out throughout this term as our students will be baking to continue to raise money for our charity, Doctors without Borders. Although it has been a busy term, Athena House continues to be full of energy and enthusiasm!

Athena House

On the last day of school, 29 March, Towheed and I organised a fundraiser. We baked cookies for the students and teachers to enjoy and they did. We sold around 200 cookies in just 30 minutes. Students kept on returning for more cookies. We raised $52.25 and the money raised went to the Refugee Migrant Children’s Centre. A huge thanks to Mr Dalforno for helping us with the kitchen and supervising. The cookies were made by Towheed and I. We will be doing another fundraiser soon during Refugee Week and the money will go to the same charity as there are currently 30 children off the waiting list to be taken into a new family.

Apollo Athletics

On 8 March this year, the school held the athletics carnival. Everyone set a cracking pace at the start but soon Apollo followed. The day was filled with fun and excitement, everyone was out and about having a great time. The scorching heat couldn’t stop us. Before we knew it, everyone was showing of their sky-blue ribbons. Everyone was trying their hearts out. The cheer squads cheering everyone on from start to finish. Beating the odds Apollo swept up a 2nd place finish.

Good job to the whole of Apollo.

Apollo Cross Country

On the 1st of May we had our house cross country event, each house competed in the cross country event to earn points for their houses. We all walked down to Essendon Hockey field and then started the race in year levels. Apollo house won with 400 points including Tug of War. After running OR walking the 3km we all celebrated with some fruit and an icy pole! Everyone who participated was given 5 points for their house. Thank you to all of the students who participated and to the teachers who made this event possible and fun!!

Aziza and Towheed (Apollo)

Apollo House

On the last day of school, 29 March, Towheed and I organised a fundraiser. We baked cookies for the students and teachers to enjoy and they did. We sold around 200 cookies in just 30 minutes. Students kept on returning for more cookies. We raised $52.25 and the money raised went to the Refugee Migrant Children’s Centre. A huge thanks to Mr Dalforno for helping us with the kitchen and supervising. The cookies were made by Towheed and I. We will be doing another fundraiser soon during Refugee Week and the money will go to the same charity as there are currently 30 children off the waiting list to be taken into a new family.

Apollo Athletics

On 8 March this year, the school held the athletics carnival. Everyone set a cracking pace at the start but soon Apollo followed. The day was filled with fun and excitement, everyone was out and about having a great time. The scorching heat couldn’t stop us. Before we knew it, everyone was showing of their sky-blue ribbons. Everyone was trying their hearts out. The cheer squads cheering everyone on from start to finish. Beating the odds Apollo swept up a 2nd place finish.

Good job to the whole of Apollo.

Apollo Cross Country

On the 1st of May we had our house cross country event, each house competed in the cross country event to earn points for their houses. We all walked down to Essendon Hockey field and then started the race in year levels. Apollo house won with 400 points including Tug of War. After running OR walking the 3km we all celebrated with some fruit and an icy pole! Everyone who participated was given 5 points for their house. Thank you to all of the students who participated and to the teachers who made this event possible and fun!!

Aziza and Towheed (Apollo)

Apollo House

On the last day of school, 29 March, Towheed and I organised a fundraiser. We baked cookies for the students and teachers to enjoy and they did. We sold around 200 cookies in just 30 minutes. Students kept on returning for more cookies. We raised $52.25 and the money raised went to the Refugee Migrant Children’s Centre. A huge thanks to Mr Dalforno for helping us with the kitchen and supervising. The cookies were made by Towheed and I. We will be doing another fundraiser soon during Refugee Week and the money will go to the same charity as there are currently 30 children off the waiting list to be taken into a new family.

Apollo Athletics

On 8 March this year, the school held the athletics carnival. Everyone set a cracking pace at the start but soon Apollo followed. The day was filled with fun and excitement, everyone was out and about having a great time. The scorching heat couldn’t stop us. Before we knew it, everyone was showing of their sky-blue ribbons. Everyone was trying their hearts out. The cheer squads cheering everyone on from start to finish. Beating the odds Apollo swept up a 2nd place finish.

Good job to the whole of Apollo.

Apollo Cross Country

On the 1st of May we had our house cross country event, each house competed in the cross country event to earn points for their houses. We all walked down to Essendon Hockey field and then started the race in year levels. Apollo house won with 400 points including Tug of War. After running OR walking the 3km we all celebrated with some fruit and an icy pole! Everyone who participated was given 5 points for their house. Thank you to all of the students who participated and to the teachers who made this event possible and fun!!

Aziza and Towheed (Apollo)

Apollo House

On the last day of school, 29 March, Towheed and I organised a fundraiser. We baked cookies for the students and teachers to enjoy and they did. We sold around 200 cookies in just 30 minutes. Students kept on returning for more cookies. We raised $52.25 and the money raised went to the Refugee Migrant Children’s Centre. A huge thanks to Mr Dalforno for helping us with the kitchen and supervising. The cookies were made by Towheed and I. We will be doing another fundraiser soon during Refugee Week and the money will go to the same charity as there are currently 30 children off the waiting list to be taken into a new family.

Apollo Athletics

On 8 March this year, the school held the athletics carnival. Everyone set a cracking pace at the start but soon Apollo followed. The day was filled with fun and excitement, everyone was out and about having a great time. The scorching heat couldn’t stop us. Before we knew it, everyone was showing of their sky-blue ribbons. Everyone was trying their hearts out. The cheer squads cheering everyone on from start to finish. Beating the odds Apollo swept up a 2nd place finish.

Good job to the whole of Apollo.

Apollo Cross Country

On the 1st of May we had our house cross country event, each house competed in the cross country event to earn points for their houses. We all walked down to Essendon Hockey field and then started the race in year levels. Apollo house won with 400 points including Tug of War. After running OR walking the 3km we all celebrated with some fruit and an icy pole! Everyone who participated was given 5 points for their house. Thank you to all of the students who participated and to the teachers who made this event possible and fun!!

Aziza and Towheed (Apollo)
On Tuesday 1 May, we had our cross country run at the Essendon hockey centre. We ran 2.5 kilometres and had a tug of war game against the teachers. Unfortunately, the teachers won the tug of war but we had just ran cross country, which none of the teachers took part in, so they definitely had an advantage!

Many students chose to run, jog or walk with a friend, which I believe helps to make the experience more enjoyable. I personally chose to run with my headphones, which gave me a rhythm to jog to, this helped me stay relaxed and focused.

I also enjoyed the cross country more than I thought I would because it was quite a refreshing run.

When we ran, we each had to get a stamp from the three stations so that we could later collect our house points and an icy pole or piece of fruit.

Eva Luna, Entry Level 7

IDAHOBIT Day

On Thursday 17 May Mount Alexander College celebrated IDAHOBIT Day, the International Day Against Homophobia, Biphobia, Intersexism and Transphobia. A rainbow pride flag was raised in the morning. Students were encouraged to wear pride colours to school. The LGBTQIA+ group baked cupcakes and cookies for the students and teachers to enjoying. The funds raised from the day will go towards a pride artwork to be displayed around the school.

April Marshall
Parents are often worried about hosting teenage parties. Most teenagers need guidance and many look to their parents for help in planning a safe party. Teenagers from Year 8 to Year 10, in particular, benefit from the support and direction of their parents. Establishing agreed parameters for safe parties is an important role for parents.

Naomi Oakley, Managing Director of U-name Security and Founder of Safe Partying Australia, has developed an ebook that will provide parents of students with information to ensure they are well equipped to handle most situations. As well as providing input on invitation details, communication of the party, guest lists, informing police, control of teen behaviour, access to alcohol, Naomi will also provide other important tips to ensure your party runs as smoothly and safely as possible.

“I can’t stress enough the importance of having a safe venue and an Alcohol Management Plan.”

Naomi Oakley has worked with the Victorian Police for 13 years and has an additional 13 years experience in private teenage party security. She has planned and worked at over 1500 teenage parties and is leading the way in party safety and security nationally.

Download the free ebook from the U-name Security website, or by emailing Naomi u-name@bigpond.com

Further enquiries: contact Naomi on: mobile 041736374, email u-name@bigpond.com or through her website www.u-namesecurity.com.au
Support Mount Alexander College and you will be rewarded!

We are raising funds for our school and you can help. Order the NEW 2018 | 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting Mount Alexander College. PLUS, order now to receive over $100 of bonus Early Bird Offers (hurry, these sell out quickly). Early bird offers finish on 1 June 2018.

SUPPORT US NOW

“There is great value for such a low price. There are a lot of savings I get back instantly. It more than outweighs the original price. There is something for everyone casual, fine dining, adventure and family. I couldn’t live without it.” – Susan L

Mount Alexander College
(03) 9376 2527
mount.alexander.712@edumail.vic.gov.au

THANK YOU FOR YOUR SUPPORT!

Stay Connected

email: mount.alexander.712@edumail.vic.gov.au phone: 9376 1622