



## VM Bird Boxes



Our VM students recently completed bird boxes as part of their environmental studies. These bird boxes will be placed in the school's bush block.

**Ms. Skewes**

**VM Teacher**



# Principal's Report

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## Welcome Back!

I hope everyone had a wonderful break over the holidays and was able to soak up the sunshine! It was great to see students return on Monday ready for a very busy Term 4.

## Greater Western Region Athletics

This week Wilh Mellors, Oliver Reynolds and Abigail Arch represent our school at the Greater Western Region Athletics in Ballarat. This is a fantastic achievement!

A big congratulations to Oliver Reynolds who came 1st in Javelin with a throw of 24.75m! Oliver will now progress to the State Finals in Melbourne, which is held in two weeks' time. Well done Oliver!

## National Gallery of Victoria Visit

Today our Year 7 students have been able to trek to Melbourne and visit the National Gallery. This was an opportunity that was presented as part of their school's support program. A big thank you to Mrs Potter who organised this amazing experience for the students! Also thank you to Mr. Bowles, Ms. Oortwijn, Mrs. Potter and Mr. Briody for supervising.



## Term 4 Curriculum Day

Monday November 6th will be our final Curriculum Day for 2023. Staff will be at school on this day completing curriculum and assessment planning for the remainder of this year. This is a pupil free day.

Ellie McDougall

Principal

# Greater Western Region Athletics



Abigail Arch, Oliver Reynolds and Wilhelm Mellors participated in the Greater Western Region Athletics on Thursday.

A big congratulations to Ollie who came 1st in Javelin with a throw of 24.7 meters. Ollie will go on to represent Ararat College at the State Finals on October the 16th.

Well done to all three students. You should be very proud of your efforts!



# *Sun Aware/SunSmart*

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Welcome back to Term 4. Hopefully everyone got to enjoy some time relaxing and enjoying the great weather we had over the holidays. With the warmer weather coming, below is a little timely reminder to be sun aware and SunSmart as much as we can. Get those unusual spots checked and start checking that SunSmart app (below) for daily weather and UV updates. Let's all enjoy some leisure time outdoors safely.

## **What is vitamin D?**

The sun's UV radiation is both the main cause of skin cancer and the best natural source of vitamin D.

Vitamin D is a hormone that controls calcium levels in the blood. It is needed for strong bones, muscles and overall health.

You can get a small amount of vitamin D from food (about 5–10%). Fish and eggs naturally have some vitamin D, while some brands of margarine and milk have vitamin D added.

Your body can usually store vitamin D for between 30 and 60 days.

## **UV and vitamin D**

Our vitamin D levels naturally fluctuate across the seasons.

It's important to be physically active and spend some time outdoors.

- In summer, spring and autumn in Victoria, when UV levels are typically 3 and above, only a few minutes of sun exposure is required to help maintain healthy vitamin D levels. Most people won't be at risk of low vitamin D using sun protection when the UV is 3 or higher.
- In winter, when UV levels are low (typically from May to mid-August in Victoria), it is more difficult to get the recommended UV exposure so vitamin D levels are typically lower at this time. We recommend getting active outdoors in the middle of the day with some skin exposed to help vitamin D production.

Spending longer in the sun will not increase your vitamin D levels. The body only needs a small amount of UV to make vitamin D. Any extra UV exposure will just add to skin damage, not vitamin D. You can't naturally overdose on vitamin D.

## **When is sun protection needed?**

UV exposure adds up over time and every exposure increases skin cancer risk. When the UV index is 3 or above, we encourage students and staff to use all five forms of [sun protection](#).

In Victoria, this typically occurs from mid-August to the end of April. Use the free [SunSmart Global UV app](#) to determine when UV levels are forecast to reach 3 or above in your location to help plan your school day.

# HELP BEAT BLOOD CANCER!



## **Tyson Cartwright - Year 11**



### **Why I Am Doing It?**

I am cutting my hair because I have been affected by it in the past, not within my family but within very close friends' family.

It gave me an insight on how it can affect a person and those around them. Cancer is something that should be taken very seriously and can have many major impacts on families, and I feel like me donating to the charity and cutting my hair is the least I could do to help with the cause and fund research for cancer.



When - Friday 13th of October

Where - Front of VCE Centre

# HELP BEAT BLOOD CANCER!



## **Jordan Kneale - Year 12**



### **Why I Am Doing It?**

I want to raise awareness for blood cancer and cancer in general. I have close family who have been affected by cancer so raising funds means a lot to me.

I want to inspire the younger year levels to take acts to raise awareness to issues greater than themselves.



When - Friday 13th of October

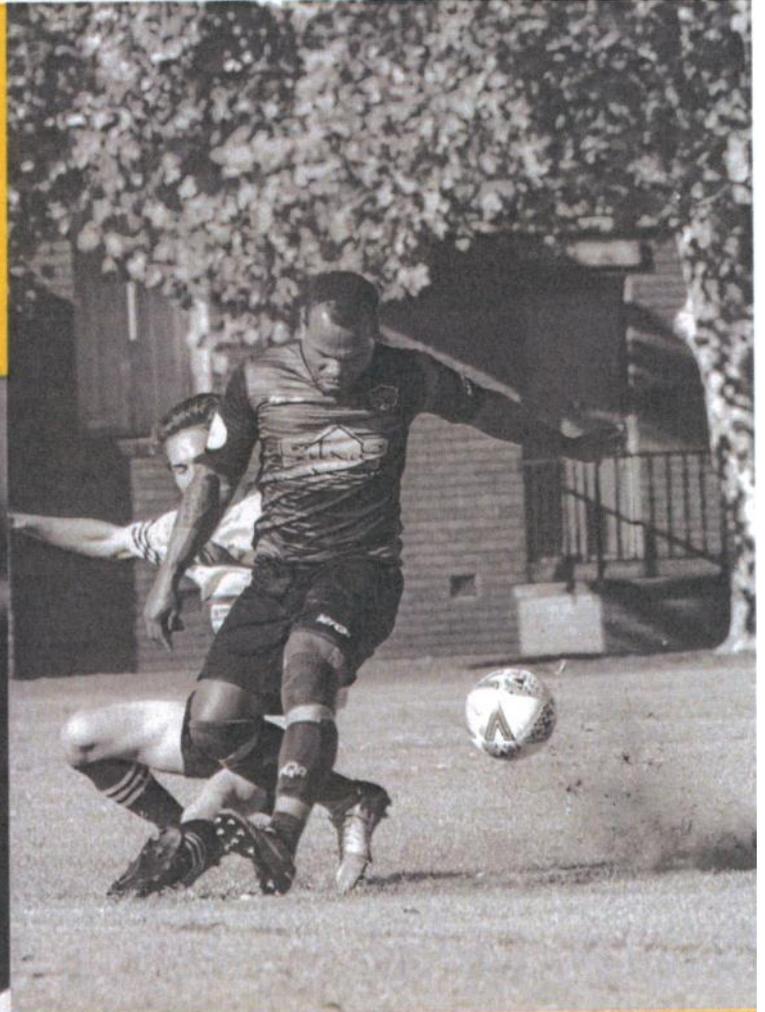
Where - Front of VCE Centre



**STAWELL PIONEERS  
SOCCER CLUB**

**CONTACT ROB: 0419 886 355**

**NORTH PARK  
STAWELL**



**7 U 7 COMPETITION**

**SPRING/ SUMMER COMPETITION**

**THURSDAY EVENINGS**

**No experience necessary. Ages 16  
and above. Open to all genders.**

**Commencing October 2023**

**\$5 per game**

**GO**  
**SEVENS**



**Register as a team or as an individual  
via this link:  
<https://tinyurl.com/StawellSoccer7s>**

# Get out and move this Walktober!



With Spring in the air, what better time is there to get involved in Walktober? This national challenge aims to motivate people to 'Walk your 30' minutes every day during October.

## Ararat Parkrun

Walk or run every Saturday morning at Alexandra Gardens, starting at 8 am.

It's **free**, but please register before you join.

You only need to register with parkrun once (don't forget to bring a printed or screenshot copy of your barcode)

**Register**

<https://www.parkrun.com.au/ararat/>

## Walk to school

VicHealth has developed some great resources to make walking to school fun!

You can keep it simple by **walking, riding, scooting, or skating** to and from school, or you can get adventurous by mapping out an **adventure trail** that takes in more of the sights and sounds of your neighbourhood!



**Download the worksheet**  
[bit.ly/3PlKygh](https://bit.ly/3PlKygh)

## Local walks

Take a walk around the lake at **Alexandra Gardens**, head out to **Green Hill Lake**, or hike up **One Tree Hill**. You can also get some exercise by hiking at the **Ararat Hills Regional Park!**

**Learn more** [bit.ly/3PlKIEp](https://bit.ly/3PlKIEp)

Challenge Yourself  
This  
Walktober

👉 Visit <https://walkingmaps.com.au/discover> to find more walks in our area



## Bush walks

Have you been to the **Grampians National Park, Ferntree Falls** near Buangor, or **Mount Cole?**

**Learn more**  
[bit.ly/3EJlQlb](https://bit.ly/3EJlQlb)

# HELP BEAT BLOOD CANCER!



## **Abbey Bell - Year 11**



### **Why I Am Doing It?**

All my life i have been complimented on my hair, "You are so lucky" and "I wish I had hair like you".

I have always hated my hair and if I could change one thing about me that is what it would be. Instead of cutting it to sit in the hairdresses bin I have decided to donate to someone I know will be grateful for it and see it they way others do.



When - Friday 13th of October

Where - Front of VCE Centre

# HELP BEAT BLOOD CANCER!



## Isabella Fiegert - Year 12



### Why I Am Doing It?

Cancer affects family and friends, not just the person with the disease. Whether it's someone we know personally or have heard of someone who has gone through the battle.

I am raising money with the hope to see better outcomes for cancer in the future.



When - Friday 13th of October

Where - Front of VCE Centre

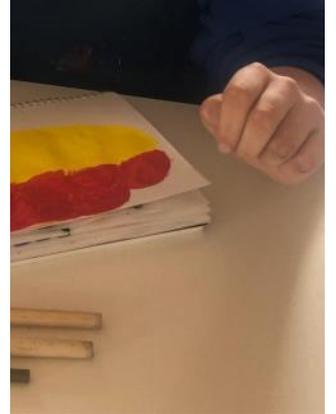
# Year 7 Art



Our Year 7 students have produced some fantastic paintings of apples in their first week of school. Great job Year 7's. Your masterpieces truly are fantastic!

**Ms Potter.**

**Head of Arts**



# Term 4 2023

SCHOOL HOLIDAYS		
Monday	9	
	10	Year 7/8 Boys Cricket
	11	
	12	
	13	
Monday	16	
	17	Year 12's Last Day
	18	Lower Glenelg Camp
	19	Lower Glenelg Camp
	20	Lower Glenelg Camp

introducing...

## grow happiness

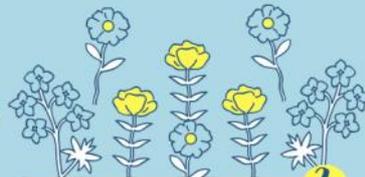
Resilient Ararat

PLANT THE SEEDS FOR POSITIVE MENTAL HEALTH

### Resilient Ararat's latest Mental Health Month campaign!

Students have been sent home with four seeded cards to distribute amongst their family and friends. The aim of the campaign is to start a conversation about positive mental health practices and spread happiness throughout the wider community.

## grow happiness



#### 1. The cards

Seeded card packs have been sent home with students and staff from Resilient Ararat's cluster schools. They are encouraged to share the cards with family, friends and the wider community.

Other schools and local businesses will also have the opportunity to order the free postcards. Limited number available.

#### 2. Card questions

Each of the four card designs feature a question that encourages you to share the things that make you happy.

Best of all, the cards are embedded with different flower seeds - Swan River Daisy, Lemon-Scented Bottlebrush, Chamomile and Mixed Flowers.

#### 3. Joining the conversation

Jump on Facebook or Instagram and answer the question on your postcard. Photos are encouraged! Don't forget to tag @resilientararat.

By sharing our positive mental health practices, we can inspire each other to improve our overall happiness and wellbeing.

#### 4. Growing happiness!

Finished with your postcard? Flip it over and read the planting instructions on the back. You can plant your card in a pot or garden bed and watch happiness grow!

Resilient Ararat

For more details check out Resilient Ararat on Facebook and Instagram