



Butterfly Foundation Fun Day Fundraiser

On the 20th of May a group of Year 11 students ran a fundraiser in support of the Butterfly Foundation as part of the VCAL course requirements. The Butterfly Foundation supports those with eating disorders and body image issues, as well as their families. They are an amazing foundation and I'm glad we choose to support them through our fundraiser. We raised \$284.35 in total by organising a casual dress day with a gold coin donation, having a lolly jar guessing game, a sliding coin game that we ran at lunch and selling Cadbury chocolates. Our sliding coin game went very well and we had heaps of students having a go. It was great to see some of the Year 12 boys supporting the younger students as they played. Overall it was a great day and ran very smoothly. A big thank you to Miss Skewes for helping Bella Tulloch, Sky Ralph and Laeticia Taylor to run our fundraiser and a big thank you to everyone for donating to a good cause.

By Bella Tulloch



A Message from the Principal

Reconciliation Week and National Sorry Day

Wednesday May 26th our school acknowledged National Sorry Day. This day marks the anniversary of the tabling of the Bringing Them Home report in the Australian Parliament in 1997. This day enables us to reflect on the tragedy of stolen lives and cultures of those taken, it is a day for us to remember and never forget what happened to these families, communities and cultures and the great loss experienced by Aboriginal people. A display of foot tracks has been set up in our quadrangle that represents both the tracks left by people, trucks, trains, camels and cars involved in forcibly taking children from their families as well as the 'journey home' or 'journey of healing' that Stolen Generations survivors embark on. Thank you to Ms Skewes for putting this important display together and for organising a time for our whole school to reflect on National Sorry Day.

Reconciliation Week commences today – with a theme of “Be Brave. Make Change.” This is a challenge for everyone to tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians. Over this week Ms Skewes has organised a number of activities that support our students to learn more about our shared histories, cultures, and achievements whilst also exploring how each of us can contribute to achieving reconciliation in Australia.



Year 7 Information Evening

Just a reminder that our Year 7 Information Evening for prospective enrolments in 2023 and 2024 is Wednesday June 8th. The night will commence at 6:30pm, in our Open Learning Centre. It is the perfect opportunity for our local community to hear about our student-centred approach, the vast and varied educational opportunities and inclusive wellbeing model. Families will then be taken on a tour of our school.

Education State Principals Conference

Next Monday and Tuesday I will be in Melbourne for the Education State Principals Conference. This year the focus of the conference is Stronger Together. Thank you to Mr Healey who will be the Acting Principal on these days.

Berry Street Curriculum Day

One last reminder that next Friday June 3rd is a curriculum day – no students are required at school on this day. All staff are participating in the first day of the Berry Street Education Model training. This model provides strategies for teaching and learning that enables teachers to increase engagement of students who may have more complex learning needs. We are very much looking forward to starting this training and are excited about the impact it will have on the learning of all of our students.

Ellie McDougall
Principal

GTAC Excursion

On Tuesday, students from Ararat College had the opportunity to travel down to Melbourne to attend a GTAC program, building student knowledge of forensic science. GTAC is located in the University High School, which backs onto multiple biological research centres and the University of Melbourne campus.

At the start of the program, students were presented with a 'who-done-it', being asked to solve a forensic crime. Students interacted with DNA models and were able to engage with genetic technologies like micro-pipettes and e-gel electrophoresis which helped them solve the crime. A big thanks to the staff at GTAC who ran the program and gave the students great guidance throughout the day! Many thanks to Tricia Ruthven and Geoff Sawyer for the early start and helping the students throughout the day!

Paddy O'Sullivan



‘This Way North’

Leisha Jungalwalla and Cat Leahy from the band ‘This Way North’, as well as solo artist Mark Lang (Skipping Girl Vinegar) visited our music room and blew us away with their music performances and industry information. The music workshop covered song writing, women in music, music industry insights and live performance.

We also welcomed the music students and their teacher from Marian College to collaborate for this one-off opportunity.

All students gained valuable insight into the music industry and thoroughly enjoyed the performances by This Way North. This was made possible by a Creative Victoria grant which covered all costs.

Their passion to help continue to support the next generation of regional Victorian artists was most welcomed and beneficial to all students.

Nicole Potter



Resilience Art Trail

Year 10 Studio Art are currently working on a mural with artist Alyshia McKinnis as part of the Resilience Project. The students worked collaboratively to brainstorm ideas for the mural – our theme is ‘Being Grateful For Creativity’. Once completed, the mural will be displayed in the school grounds.

Many other schools in the local area are also making murals and they will become part of the Resilience Art Trail.

Stay tuned for more to come!

Nicole Potter - Coordinator



Rapid Antigen Tests (RAT's)

Free Rapid Antigen Tests have been made available by the Victorian Government to all school students for the remainder of Term 2. Parents are welcome to call into the college office during office hours 8.15am to 4.30pm to collect the fortnightly allocation for their children.

Ararat Musical Comedy Society



1st
First Performances in Regional Victoria

Presents

LADIES IN BLACK

Book by Carolyn Burrows Music & Lyrics by
Tim Finn

Adapted from the book
THE WOMEN IN BLACK
by Madeleine St John

June 17th-26th 2022

Tickets: Ararat Town Hall: <https://www.ararattownhall.com.au/event/ladies-in-black/>
In person: Ararat Visitor Information Centre (Gallery entrance next to Foragers Café)

Phone: 1800 657 158

By arrangement with David Spicer Productions

www.davidspicer.com.au

From the Wellbeing Team

This week in Health Year 9 we have been taking a closer look at smoking and vaping impacts on our health.

Whilst smoking has been around for a long time and most people have some ideas about the general impacts on the body. The list is long, as it effects every single vessel in your body.

Cigarettes contain a product called nicotine. ***Within 10 seconds of your first puff, there are over 7000 toxic chemicals in tobacco smoke that reach your brain, heart and other organs.***

Smoking harms almost every part of your body and increases your risk of many diseases. Smoking also affects how you look and feel, your finances and the people close to you.

Vaping- it is the new rebranded smoking. It's toxic to lungs and illegal (without a prescription) They have been deemed illegal due to their unclear labeling and toxic levels of nicotine.

- Vapes can contain many harmful chemicals - they just don't put it on the pack.
- *Vape aerosol is not water vapour. It's a chemical liquid that is vapourised, releasing nicotine along with a variety of other chemicals into the lungs.*
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray
- Vapes can leave young people at increased risk of depression and anxiety
- The nicotine in 1 vape can = 50 cigarettes. Depending on the size of the vape and nicotine strength, it can be much higher
- Young people who vape are 3 times as likely to take up smoking cigarettes
- Vapes can cause long-lasting damaging effects on the brain and physical development (we don't know enough about what is in them and long-term impacts.)
- For further information please check out below resources or contact Health team or Leo (Adolescent Health Nurse) through the school. Remember we are all in this together.

[E-cigarettes and young people: what you need to know \(quit.org.au\)](http://quit.org.au)

[The facts about vaping - Tobacco and smoking \(nsw.gov.au\)](http://nsw.gov.au)

QUIT:

Counsellors are available to answer any questions about vapes on 13 7848 (13 QUIT). Quitline is a telephone-based service, offering information and advice. Quitline counsellors provide tips and strategies, and help to plan your child's quit attempts, based on their own needs and preferences. They can also help you think of ways to approach a conversation with your child or loved one about vaping.

National Reconciliation Week

Students keep an eye on SMT to be apart of some exciting events we have coming up. We have included some information below to help us all move forward together. Also check out information from the library about books and movies available around this.

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

For further information please feel free to contact Tahni Skewes, Leonie Cowey (Adolescent health Nurse)

National Reconciliation Week—held every year from 27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

What's the significance of 27 May and 3 June?

27 May marks the anniversary of the 1967 referendum when Australians voted to remove clauses in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander peoples.

3 June marks the historic 1992 Mabo decision in which the High Court of Australia recognised native title—the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation.

The day before National Reconciliation Week, 26 May, is National Sorry Day, which was first held in Sydney in 1998 and is now commemorated nationally to remember and honour the Stolen Generations.

What is reconciliation in relation to Aboriginal and Torres Strait Islander peoples?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

For Aboriginal and Torres Strait Islander peoples, Australia's colonial history is characterised by devastating land dispossession, violence, and racism. Over the last half-century, however, many significant steps towards reconciliation have been taken.

Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.

Why is National Reconciliation Week important?

National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia

National Reconciliation Week is an ideal time for organisations, schools, universities, community groups and workplaces to advance understanding of reconciliation within their own places and their own lives. National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia

It began as a Week of Prayer for Reconciliation in 1993, supported by Australia's major religious groups. Three years later it evolved into National Reconciliation Week under the guidance of the Council for Aboriginal Reconciliation (now Reconciliation Australia).

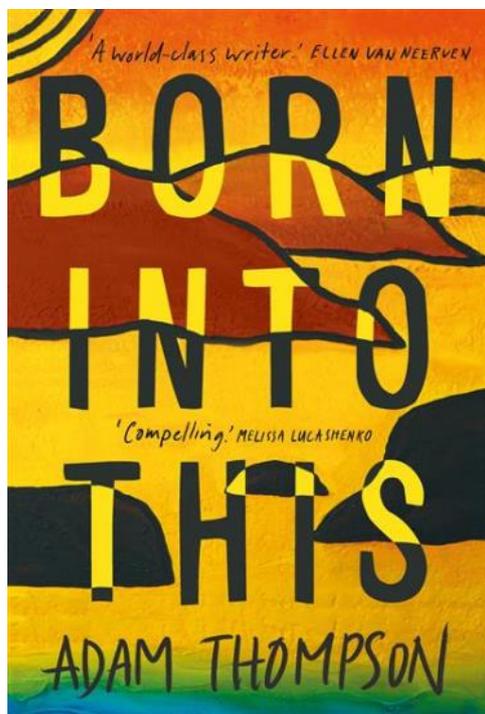
[Reconciliation.org.au](https://reconciliation.org.au)





National Reconciliation Week starts today.

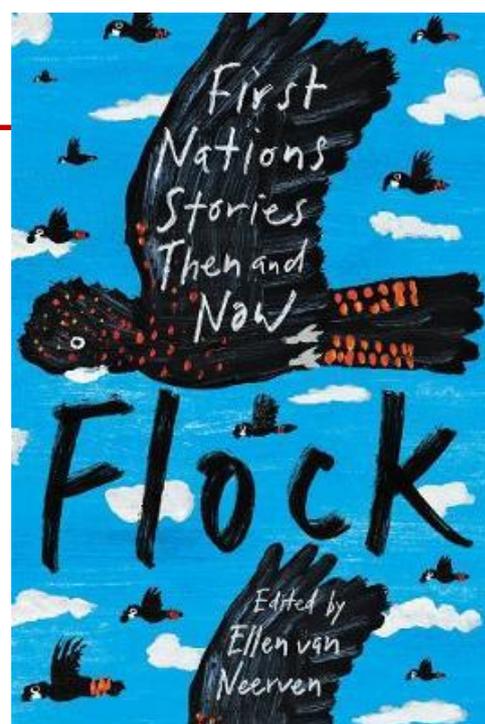
These anthologies feature short stories all written by First Nations authors.



The stories in *Born Into This* throw light on a world of unique cultural practice and perspective, from Indigenous rangers trying to instil some pride in wayward urban teens on the harsh islands off the coast of Tasmania, to those scraping by on the margins of white society railroaded into complex and compromised decisions.

To this mix Adam Thompson manages to bring humour, pathos and occasionally a sly twist as his characters confront racism, untimely funerals, classroom politics and, overhanging all like a discomfiting, burgeoning awareness for both white and black Australia, the inexorable damage and disappearance of the remnant natural world.

This wide-ranging and captivating anthology showcases both the power of First Nations writing and the satisfaction of a good short story. Curated by award-winning author Ellen van Neerven, *Flock* roams the landscape of Aboriginal and Torres Strait Islander storytelling, bringing together voices from across the generations. Featuring established authors such as Tony Birch and Melissa Lucashenko, and rising stars such as Adam Thompson and Mykaela Saunders, *Flock* confirms the ongoing resonance and originality of First Nations stories.



Push Up Challenge

We're getting involved in The Push-Up Challenge this June and we'd love to have you involved.

The Push-Up Challenge has participants completing 3,139 push-ups over 24 days to raise awareness and funds for mental health.

It all kicks off on June 1st.

Sounds like too many push-ups? No probs, alternatives to push-ups are allowed and many people take on 25%, 50% or 75% of the target instead of the full 3,139. It's free to take part and there's a sweet app where you can check on how myself and others are progressing during the event.

There is also an option for teams amongst our community. If you would like to create a team, allocate a team leader and the leader can create a team in our community.

To get involved, create or join a Team through our Community page via <https://www.thepushupchallenge.com.au/fundraisers/araratcollege2022>

Students under the age of 18 participating, a consent form must be signed by a parent/guardian and return to the front office.



ARARAT COLLEGE
Open
NIGHT

WEDNESDAY JUNE 8, 2022
6:30 PM TO 7:45PM | OPEN LEARNING CENTRE
BARKLY STREET, ARARAT



All future families are welcome to join us to gain an insight into our college.

School Tours will be conducted following an information session.



Term 2 2022

Week 6	Monday	30	
	Tuesday	31	
June	Wednesday	1	
	Thursday	2	
	Friday	3	Curriculum Day - Student Free Day
Week 7	Monday	6	
	Tuesday	7	
	Wednesday	8	Year 7 Information and Expo Night
	Thursday	9	Curriculum Day - Student Free Day
	Friday	10	
Week 8	Monday	13	Queen's Birthday Public Holiday
	Tuesday	14	
	Wednesday	15	
	Thursday	16	
	Friday	17	
Week 9	Monday	20	
	Tuesday	21	
	Wednesday	22	
	Thursday	23	
	Friday	24	Last Day of Term 2



With the cold weather about to descend on us, we would like to remind parents and students that hoodies are unacceptable attire and are not permitted to be worn at school unless it is a specified 'out of uniform day'.

Any student who is wearing a hoodie will be asked to remove it and will be issued with a school polar fleece to wear for the day.

If you need assistance to provide your child with the correct uniform, or you are experiencing financial difficulties, please do not hesitate to contact the College Office who will happily assist you.

Ararat College is committed to child safety (Ministerial Order No. 870) and takes all reasonable steps to ensure that the safety of our students is paramount.

Ararat College acknowledges the Traditional Owners of the country throughout Victoria. We pay our respects to them, their culture and their Elders past, present and emerging.