



Year 10 Rock Climbing and Abseiling



The Year 10 Outdoor Education class went rock climbing and abseiling in Halls Gap on Monday. Thank you to Mr. Ellis for making this experience possible for our Year 10s. It was excellent to get outside in the sunshine and make memories that these students will have forever! Well done to all the students who attended, conquered their fears and had a go!



Principal's Report

RUOK? Day

Today our VCE VM students organised celebrations for RUOK? Day. The students, Ms Albrecht and Ms Jamieson, did an amazing job organising a BBQ for all students, face painting and cupcakes. Our school band also treated us to some amazing performances, thank you to Mr Riley Mason! It was a great way to spend lunch on our last day of term and remind us that everyone has the power to connect in a meaningful way with those around us. Don't underestimate the power of starting a conversation! It can change a life, just by asking someone if they are ok, listening, encouraging action and checking in. <https://www.ruok.org.au/>

Girls in STEM

Thank you to Mr. Barrie for organising for some of our students to be involved in the Girls in STEM event again! This gave the girls an opportunity to visit the Victorian Space Science Education Centre. They even participated in the immersive hands on Mission to Mars program.



They also competed in a 2 Day Design Challenge to create a useful product from industrial fabric waste. This was an excellent opportunity for them and it's great to see our students involved in such great activities!

Positive behaviour awards

Last week we held our Whole School Assembly for the month. Well done to all students who received nomination for displaying our school values of Respect, Responsibility and Excellence. Congratulations to the following students who were drawn out as the winners for the Junior, Middle and Senior Sub School, resulting in a voucher to the Astor Cinema.

Lane Jackson	Jake Brady
Harry Belcher	Molly Dawson
Harlow Armstrong	



Happy Holidays

I would like to wish all families a wonderful break over the school holidays. I hope that everyone enjoys the increased sunshine and longer days and look forward to seeing everyone back for the start of Term 4!

Ellie McDougall

Principal

RU OK? Day



Ararat Show Junior Competition Categories

The Ararat Show is just around the corner! This year it will be held on **October the 29th**. Entries for various craft and baking competitions are available to students. Entry forms are available via the Ararat Show Facebook page and website.

Junior Craft

16 Years and under

- Fashion Item making the most of recycling
- Any other craft

14 Years and under

- Item of hand knitting
- Any other craft

Junior Cookery

16 Years and under

- Four plain scones (5cm cutter)
- Iced packet cake (not decorated)

13 Years and under

- Iced packet cake (not decorated)
- Four decorated patty cakes

Mindful Moments

Relaxation and Stress Reduction During School Holidays

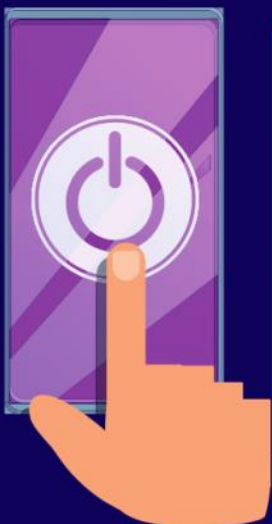
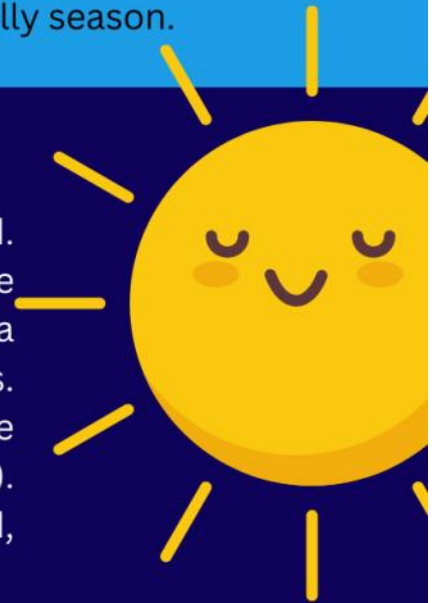


Hello Mindful Moments Readers,

School holidays are almost here! It's time for students and staff to take a well-deserved break, and recharge before a busy Term 4. September brings the promise of warmer days and blossoming gardens, making it an ideal time to rest and rejuvenate. Today we explore some tips for individuals and families to manage stress and avoid burnout as we head into the silly season.

Hello Sunshine!

This region offers wonderful access to the natural world. School holidays are an ideal time to take advantage of the stunning landscapes that surround us. Consider going on a family hike, having a picnic or bike ride in the great outdoors. Keep in mind, it doesn't have to be strenuous to be beneficial (it can be for those competitive folks out there!). Spending time outdoors can reduce stress, improve mood, and boost overall wellbeing.



Disconnect to Reconnect

It's easy to feel overwhelmed by screens, notifications and apps. Allocate some time to taking opportunities to unplug from technology. Encourage family members to put devices aside, even for just a few hours a day. Reduced time on devices frees up time to connect with others. Feeling connection reduces stress and aids wellbeing.

Healthy Habits

Maintaining a healthy lifestyle can significantly impact stress levels. Encourage regular exercise, perhaps a family walk after dinner. Encourage healthy sleep habits like reducing screen time in the evening to promote deeper and more restorative sleep.



Mindfulness and Relaxation Techniques

Consider introducing mindfulness practices into your daily routine. Guided meditation, deep breathing exercises, and mindful exercise like walking can all help reduce stress and improve mental health. Enjoying a guided meditation together as a family can be a great way to wind down in the evening. 'Smiling Mind' is my favourite mindfulness app. I would highly recommend it!

Open Communication

Check in with each other regularly to see how everyone is feeling. Holidays can be stressful at times for several reasons. Our routines change, we might be feeling exhausted and in need of a break and increased time together at home can lead to more arguments and stress. Discuss any concerns or worries that may be causing stress. By sharing your feelings openly, you can provide mutual support and reassurance.



Finally, remind yourself school holidays don't need to be perfect. It's ok to have lazy slow days or occasionally deviate from your plans. Try and let go of unrealistic expectations and don't compare your holiday experiences to others. Focus on what works best for you and your family.

Enjoy this opportunity for relaxation and stress reduction before the final push of Term 4. Take time in nature if you can, rest, and connect with loved ones!

Zannah

P.S. I would love to see your pictures of enjoying nature time!

Attend Today ACHIEVE TOMORROW

Ararat College Alumni (2009)
Dr. Beck Hodgetts
Scientific Researcher



Ararat College Alumni (2012)
Mr. Josh Barrie
Maths/Science Teacher



Ararat College Alumni (2022)
Amy Clarke
Bachelor of Prosthetics
and Orthotics



WHY ATTENDANCE MATTERS



When you're child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

DAYS MISSED = YEARS LOST

A day here and there doesn't seem like much, but...

WHEN YOUR CHILD MISSES JUST....

THEY MISS WEEKS PER YEAR

AND YEARS OVER THEIR SCHOOL LIFE

1 DAY PER FORTNIGHT = **4** WEEKS = OVER **1** YEAR MISSED

A diagram showing a week layout with days M, T, W, T, F, T, W, T, F. The first T is crossed out with a red X. To the right is a calendar icon. To the right of the equals sign is another calendar icon.

1 DAY PER WEEK = **8** WEEKS = OVER **2.5** YEARS MISSED

A diagram showing a week layout with days M, T, W, T, F, M, T, W, T, F. The T and F are crossed out with red X's. To the right is a calendar icon. To the right of the equals sign is another calendar icon.

Term 4 2023

SCHOOL HOLIDAYS			
October	Monday	2	First Day of Term 4
		3	Year 7/8 Black Ranges Cricket
		4	
		5	Outdoor Ed Swim Test // Greater Wester Region Athletics // Cultural Community Day Out
		6	
	Monday	9	
		10	
		11	
		12	
		13	

Spring! SCHOOL HOLIDAY PROGRAMS

MON 18 SEPT
2.00pm: Movie Monday - Ararat Library
Stroke Technique Workshops - Ararat Fitness Centre*

TUES 19 SEPT
10.30am: Baby Rhyme Time - Ararat Library
Stroke Technique Workshops - Ararat Fitness Centre*
5.00pm: Pool Party - Ararat Fitness Centre

WED 20 SEPT
Stroke Technique Workshops - Ararat Fitness Centre*

THURS 21 SEPT
10.30am: Preschool Story Time - Ararat Library
Stroke Technique Workshops - Ararat Fitness Centre*
3.00pm: Extended Lego Free Play - Ararat Library

FRI 22 SEPT
2.00pm: Arts & Crafts Fun - Ararat Library*
Stoke Technique Workshops - Ararat Fitness Centre*

MON 25 SEPT
2.00pm: Movie Monday - Ararat Library

TUES 26 SEPT
10.30am: Baby Rhyme Time - Ararat Library
1.00pm: Paint What You Hear workshop - Pomonal Hall*

WED 27 SEPT
1.00pm: Paint What You Hear workshop - Willaura Hall*
2.00pm: Arts & Crafts Fun - Ararat Library*

THURS 28 SEPT
10.00am: Paint What You Hear workshop - Ararat Town Hall*
10.30am: Preschool Story Time - Ararat Library
1.00pm: Paint What You Hear workshop - Ararat Town Hall*
3.00pm: Extended Lego Free Play - Ararat Library

FRI 29 SEPT
PUBLIC HOLIDAY Grand Final Day

*Bookings required.
Please visit www.ararat.vic.gov.au/visitor/events for more information and booking links