



Year 8 Visual Arts

Students in Year 8 Visual Art explored the medium of watercolour and created artworks of various birds. Although students have not quite finished their masterpieces, there are some very promising pieces underway!

Ms Oortwijn



A Message from the Principal

NAPLAN Commences

This week our Year 7 and Year 9 students commenced NAPLAN. At Ararat College the focus of NAPLAN is on personal growth and developing strategies for testing environments, that students can use in their senior years and further education pathways. All students have worked exceptionally well throughout the tests this week!

Acting Assistant Principal Senior School Term 2

Congratulations to Mrs Mel Murnane who will be Acting Assistant Principal of the Senior School

School Athletics

Next Friday March 24th is our School Athletics Carnival which will be held at Alexander Oval. Students should arrive by 8:45am at the oval with events starting shortly after. Bus travelers will be transported to and from the oval. A big thank you to Mr Giovanniello for his work in organising this day! Our students have also been working hard in their vertical mentor groups getting into the house spirit making pom poms and coming up with house chants that can be used to support competitors on the day. This day is a great day for students to represent their Houses and support their peers. Parents are welcome to attend on the day to watch the events. There are many events for students to participate in as well as opportunities for them to assist on the day. Students will be dismissed from the oval at the end of the day.

Baby News

Congratulations to Katy Jewel and husband Josh on the arrival of Digby William Price on Thursday March 9th. Digby is a little brother for Penny and Harry!

Greater Western Region Swimming

Congratulations Alyssa Townsend! Alyssa came 2nd in the Greater Western Region Swimming Competition with a personal best time! This is a fantastic achievement for Alyssa! Keep up the great work!

School Uniform Recycling. Donations Needed!

Schools are always in need of second hand uniform.

If you have items of uniform that your child no longer requires and you would like to donate, we would be most grateful to receive them. Any uniform that is still in good wearable condition will be happily accepted.

If you would like to make a donation please send them to school with your child to deliver to the college office. If you would like to donate items anonymously, please contact the college office 5352 4177 and we will make arrangements for their delivery.

Year 7 Information Night

Our Open Night for families interested in enrolling their children into Year 7 in 2024 is fast approaching. We usually hold this night later in the year, but we decided to take advantage of the last of daylight savings and warm weather!

Families are invited to attend on the **29th March at 6:30pm**. The event will be in our **Open Learning Centre!**

We will be conducting tours of the school and give you the opportunity to meet our staff and even some our students.

If you have any questions about our Open Night please call the college office on 5352 4177.



YEAR 7 2024 OPEN NIGHT

29th March 2023

6:30 PM - 7:45 PM



**Open Learning
Centre**



Future families are invited to join us to gain an insight into our college.

DEAKIN CAMPUS TOURS

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EXPLORE YOUR FUTURE CAMPUS

Get a first-hand look at our facilities, guided by our knowledgeable and friendly student ambassadors, and have all your study questions answered. Register today.

deakin.edu.au/campustours



NAPLAN 2023

Our Year 7 and Year 9 students began NAPLAN this week! NAPLAN is the only nation wide assessment program that assesses students literacy and numeracy skills. This is a great opportunity for all our students to get experience in exam conditions, which will come in handy for their future VCE or VM studies. NAPLAN will continue next week and we wish all out students the best of luck!



Congratulations Alyssa Townsend!

We would like to wish a big congratulations to Alyssa Townsend who finished 2nd in her backstroke event at the **Greater Western Region Swimming Competition**. Alyssa recorded a personal best time and we are very proud of her efforts! Alyssa's hard work has upheld our school value of excellence at an interschool competition!

Mr. Giovanniello

Head of Health and P.E.





BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND
HEALTHY RELATIONSHIPS WITH FOOD AND
EXERCISE IN YOUNG PEOPLE**

TUESDAY 21ST MARCH 2023

7.00PM – 8.15PM

**VIA ZOOM – Time-limited recording
available**



AUDIENCE
Parents &
Community



SESSION LENGTH
1hr 15mins



COST
\$15

BOOK NOW



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention.

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." **Parent WA**

Contact:

E: education@butterfly.org.au

T: 02 8456 3928

www.butterfly.org.au





Discover ACU

St Brigid Health Sciences Building
 Ballarat Campus
 Thursday 20 April, 2023

TIME	EVENT
9.45–10.00am	Registration and morning tea St Brigid Health Sciences Building Foyer
10.00am	Acknowledgement of Country and welcome Jem Olsen Future Students Lead, BAL Sisters of Mercy Lecture Theatre 109.G.01
10.05am	About ACU Ballarat Jem & Ballarat Student Ambassador Team Sisters of Mercy Lecture Theatre 109.G.01
10.30-11.30am	Workshop 1 Session Options: Paramedicine Activity / Physiotherapy Activity / Health Sciences Lab Activity
11.30am-12.30pm	Workshop 2 Session Options: Nursing Activity / Paramedicine Activity / Health Sciences Lab Activity / Teaching (Virtual Reality in the Classroom) Activity
12.30-12:55pm	Lunch & ACU Services Expo Forbes Centre & Quad
1:00-1.35pm	Current student and Alumni Session Sisters of Mercy Lecture Theatre 109.G.01
1.35-2.00pm	Optional Campus Tour
2.00pm	Event concludes

School Athletics Day—24th March

Our Athletic Sports will take place at Alexandra Oval on Friday the 24th of March. This is a sports day for all students and we look forward to seeing all of our students taking part.

- Bus travellers will be transported down to the oval after they get to school and will go back to school at the conclusion of the sports to get on their bus home.
- City students should go straight to Alexandra oval at 8.30am so rolls can be marked and students can get ready for the start of the program at 9.00am.
- Our students will be at Alexandra Oval for the day and there will be a canteen operating, or a packed lunch can be brought from home. No students will be permitted to leave the oval to get food elsewhere.
- Students should ensure they have a filled water bottle with them for the day and be Sunsmart.
- Students will be dismissed from the oval at the completion of the sports.
- Students will not be permitted to leave the sports early unless parent approval has been provided.

Parents are welcome to attend and watch students compete in events.

This will be a great day for all students to enjoy, as seen in the range of photos from last years House Athletics Day.

As this is a normal school day it is expected all students should be in attendance.



Year 12 Students, Ararat College Athletics 2022



Daemon Savoia, Ararat College Athletics 2022



Holly Cameron, Ararat College Athletics 2022



Jake Brady, Ararat College Athletics 2022



Riley Keith, Ararat College Athletics 2022



WORLD SLEEP DAY



Friday 17th March

We know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

[Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation

[Why sleep is so important](#), from the Kids Helpline's

[Sleep explained](#), from the Better Health Channel.

Roadmap To Success

February 2023 Edition

**Sign
ups**



Declan Woodfine
Cert III in Carpentry
Started 7/11/2022
Resbuld Construction
Group

Head Start would like to congratulate these students on successfully getting a School Based Apprenticeship/Traineeship

Joshua Hope
Cert III in Electro-
Technology Electrician
Started 8/02/23
Tristan Ritchie Electrical

Upcoming Events
Trades Fit - Young Women
in Trades & Tech Expo
May 10 & 11
Melbourne Convention
Centre

**Book an
appointment with
HeadStart**
Danielle is at
Ararat College
every second
Monday

If you or your child would like to learn more about HeadStart, please contact Danielle Freckleton Coordinator
0427 316 423 or E: danielle.freckleton@education.vic.gov.au

ACC
Sign ups

5

JUNIOR GIRLS

FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun Junior Girls is all about giving girls (turning 9-14 years old in 2023) the opportunity to experience football in a fun and safe environment through fun activities and modified game.

WHERE:

Ararat Alexandra Oval

WHEN:

Wednesday March 22
from 4:30pm-5:30pm.



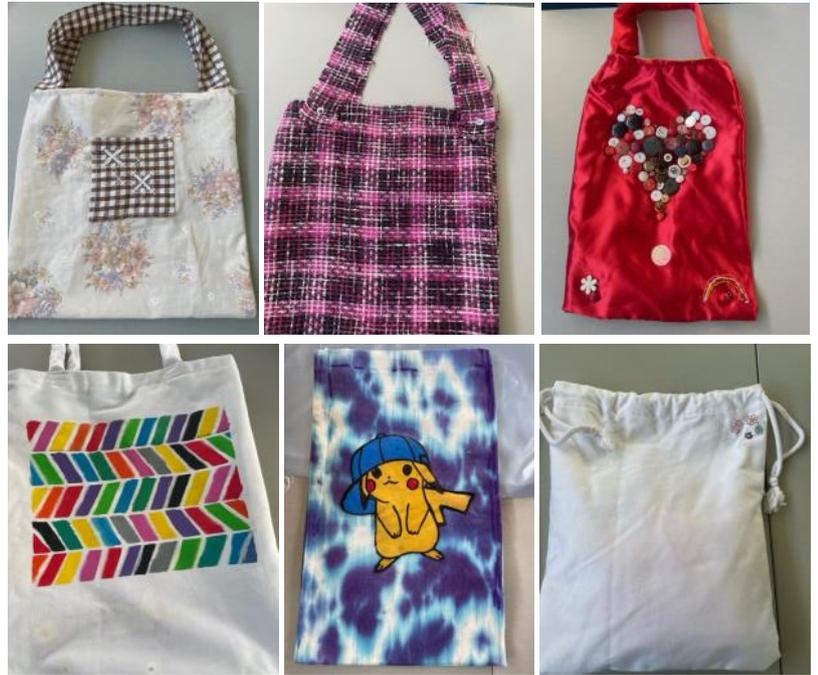
REGISTER HERE!

Year 9 Fun with Fabrics

Students in Fun with Fabrics have been designing and producing bags, suitable for carrying their books and any equipment required for class. Part of their design brief was producing a bag that was personalised and with at least one handle.

Mrs McAdie

Textiles

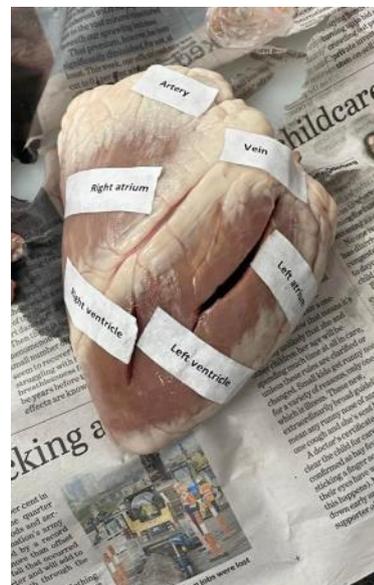


Year 8 Science



Year 8 students completed heart dissections in science this week! Students used sheep hearts for this exercise and were asked to correctly label each part of the heart with artery, right atrium, vein, left atrium, right ventricle and left ventricle.

Mr Barrie



Term 1 2023

March	Monday	20	NAPLAN Testing
	Tuesday	21	Year 7 Hearing Tests + NAPLAN Testing
	Wednesday	22	NAPLAN Testing
	Thursday	23	NAPLAN Testing
	Friday	24	School Athletics Day
	Monday	27	Immunisation Catch Up
	Tuesday	28	VM Excursion to Stawell Goldmines
	Wednesday	29	2024 Year 7 Info Night
	Thursday	30	Melbourne Holocaust Excursion
	Friday	31	
April	Monday	3	
	Tuesday	4	
	Wednesday	5	Student/Parent/Teacher Interviews
	Thursday	6	Last Day of Term
	Friday	7	Public Holiday—Good Friday
	Monday	11	SCHOOL HOLIDAYS
	Tuesday	12	SCHOOL HOLIDAYS

Food Bank

In order to support families during these difficult times, small packs of groceries consisting of mainly dry goods and canned food, (fruit, casseroles, soups etc.) are now available to families 'on request' to the front office or the administrative team. Please do not hesitate to make contact if you require assistance, or if you know of a family who may benefit from a little extra help. Please be assured that all enquiries are treated with complete confidentiality.

We are deeply grateful to Foodbank Victoria for their support across our Government Schools during these 'unprecedented' times and encourage families to access resources if needed.

