



Year 7 and 8 Basketball

It's absolutely fantastic to see our Year 7 and 8s getting involved in sport! We're very proud to have you all representing our school!

Year 7 Boys

- Game 1: Ararat College (41) vs Marian (18)
- Game 2: Ararat College (41) vs Horsham (17)
- Game 3: Ararat College (26) vs St Brigid's (17)
- Grand final: Ararat College (17) vs Horsham A (26)

Year 8 Girls

- Game 1: Ararat College (10) vs St Brigid's (40)
- Game 2: Ararat College (12) vs Murtoa (14)

The Year 8 Boys

- Game 1: Ararat (14) Vs Marian (21)
- Game 2: Ararat College (8) Vs Horsham A (35)
- Game 3: Ararat College (8) Vs Stawell (7)
- Game 4: Ararat College (10) Vs St Brigids (10)



A big thankyou to Mr. Giovanniello whose encouragement and dedication to these students has been fantastic!



Principal's Report

Student Parent Teacher Conferences

Next week we are holding our Student/Parent/Teacher Conferences. Information regarding bookings went out last week and bookings are still open. These can be made directly through XUNO or by phoning our College office on 5352 4177. Students' last day of classes for this term will be Thursday September 14th. This allows us to run conferences on Friday from 9am – 12:30pm, providing multiple times to hopefully enable families and students to attend.

Principals Meeting

This week our school hosted the Central Highlands North Principal's Network meeting. We had a few members of this group tour our school in the morning to see our Instructional Model in action. Thank you to all students and staff for being so welcoming to these visitors to our school.

Year 7/8 Basketball

This week students in Year 7 & 8 have represented our school in Interschool Basketball. All the students did a fantastic job representing our school and had a lot of fun along the way! A big congratulations to the Year 7 Boys who made it into the Grand Final, versing Horsham College A. This was an excellent team effort, with the team only going down by 9points.

Year 7 Boys

Ararat College (41) vs Marian (18)

Ararat College (41) vs Horsham (17)

Ararat College (26) vs St Brigid's (17)

Ararat College (17) vs Horsham A (26)

Year 8 Girls

Ararat College (10) vs St Brigid's (40)

Ararat College (12) to Murtoa (14)

The Year 8 Boys

Ararat (14) Vs Marian (21)

Ararat College (8) Vs Horsham A (35)

Ararat College(8) Vs Stawell (7)

Ararat College (10) Vs St Brigids (10)

Ellie McDougall

Principal

RU OK? Day

- Face Painting
- Sausage Sizzle
- Band Playing

On Thursday the 14th of September we will be celebrating RU OK Day at school. There will be a FREE sausage sizzle for all, face painting and the school band will be playing.

All of this will be taking place out the front of the Trade Training Centre at lunch time.

It is incredibly important to us, as a school, to recognize RU OK? Day. Whether you are a student, staff member, parent, guardian or community member, we want to emphasize the importance of looking out for one another.

As a community, we can make the biggest difference to once another simply by asking on another, "Are you okay?"



Year 9 Wood and Turning



Year 9 Wood and Turning students constructing cutting boards for their first CAT. It is great to see the respect they are showing for their projects, learning environment and peers.

Mr Singleton



Legacy Centenary Torch Relay

“Ararat Community Day”

Saturday, 9th September

8.30am - 12.30pm

Join us for the start of the Torch Relay at Ararat Legacy House/ AME Systems Carpark with a Lions Club Community Brekkie, check out current and historic Military Vehicles including the Thales Bushmaster Combat Vehicle, take a “Glimpse of Ararat Legacy History” and at 10am cheer on our Torch Bearers as they carry the flame on the journey to Alexandra Gardens for the lighting of the cauldron from 11am onwards.

Let's get involved and celebrate this wonderful milestone for Ararat!



Year 8 Science

This term year 8 students were encouraged to identify a research a question they wanted to investigate and attempt to answer. They then formed a hypothesis, designed and conducted an experiment and then reflected on their results. Questions ranged from 'Does age affect what you see first in an optical illusion?,' 'How do fish breathe?' 'Does the type of fizzy drink affect how high a mentos fountain will rise' and 'Do I concentrate better with different types of music?'



Year 9 Humanities



Year 9G Humanities students are studying Environmental Change & Management. Our focus is on positive solutions to the impact of climate change on our environment. We have been weeding at the school bush block. The weed we are targeting is flax-leaved broom. It looks a bit like rosemary and has a yellow flower. We will continue to visit the bush block during Humanities classes as we love being able to make a difference!

Ms Lidgerwood

Humanities Teacher

The Children's Book Council of Australia has recently announced its Book of the Year award winners.



Book of the Year - Older Readers

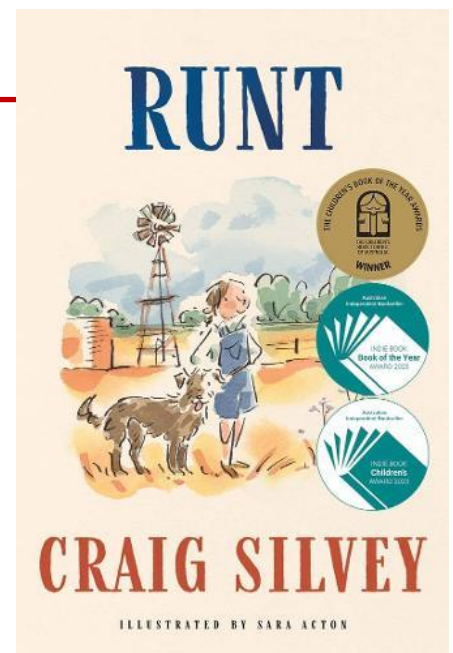
Bee and her fellow runaways are their own found family. So when a stranger named Paco saves her life, Bee invites him to join their crew, thinking he's another lost teen. The truth is Paco's not just a lost teen, he's a Lost Boy from Neverland. And he needs Bee and the others to come back with him. When the group is then spirited away by a foul-mouthed Tinker Bell, they discover that Neverland is not some fun-filled hideaway. It's a war zone under siege by a horde of pirates with a merciless new leader who will stop at nothing to steal the land's magic.

Tink leads a fairy army that barely holds them at bay. Peter Pan is gone. And rest of the Lost Boys have been killed. Paco is all that remains ... but he hopes that this group of teens will become the new Lost Ones. These young runaways may be Neverland's only hope - but they're about to learn that it'll take a lot more than happy thoughts to win a war.

Book of the Year - Younger Readers

Annie Shearer lives in the country town of Upson Downs with her best friend, an adopted stray dog called Runt. The two share a very special bond. After years evading capture, Runt is remarkably fast and agile, perfect for herding runaway sheep. But when a greedy local landowner puts her family's home at risk, Annie directs Runt's extraordinary talents towards a different pursuit - winning the Agility Course Grand Championship at the lucrative Krumpets Dog Show in London.

However, there is a curious catch: Runt will only obey Annie's commands if nobody else is watching. With all eyes on them, Annie and Runt must beat the odds and the fastest dogs in the world to save her farm.



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 two rows of letters M, T, W, T, F. In the first row, the first 'T' is crossed out with a red 'X'. In the second row, the first 'M' and the last 'F' are crossed out with red 'X's. To the right of the first row is a calendar icon with a red square on the 1st. To the right of the second row is a calendar icon with red squares on the 1st and 2nd.

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

A diagram showing two rows of letters M, T, W, T, F. In the first row, the 'W' is crossed out with a red 'X'. In the second row, the 'M' and the last 'F' are crossed out with red 'X's'. To the right of the first row is a calendar icon with a red square on the 1st. To the right of the second row is a calendar icon with red squares on the 1st and 2nd.

Mindful Moments



Conflict and Connection in Adolescent-Parent Relationships

Open & Respectful Communication: Lean into conversations with empathy, acceptance and genuineness.

Active Listening - stop what you are doing & attend to what is being said, avoid interrupting each other.

Use "I" Statements to avoid blame: "I felt frustrated when you didn't clean up after dinner"

Embrace difficult emotions together: Notice and name what you are feeling, "this is frustration", accept the emotion without judgement and know that it will pass, if it's intense find a mindful and safe way to express the emotion like taking a few big, deep breaths or going for a walk.

Setting boundaries: Define rules together. Be open to compromise. Explain your reasoning.

Patience & Understanding: Adolescence is rough! There will be mood swings and occasional rebellion. This is developmentally normal even if it can be challenging.

Look after yourself!: We can't pour from an empty cup! in order for us to effectively take care and support others, we must first take care of ourselves!
Modelling this behaviour sets a great example for young people.

Adolescence is a crucial stage of development marked by significant physical, emotional and psychological change. During this time young people are exploring their identities, personal values and seeking increased independence. This period is typically associated with increased conflict and misunderstandings, whilst this is a natural part of growth and development, it can leave young people and their parents feeling frustrated, disconnected and overwhelmed. By approaching conflict with understanding and empathy, families can emerge from the adolescent years stronger and more connected!

Here are some strategies for approaching challenges and maintaining strong and supportive connections:

Open and Respectful Communication: Encourage open, respectful, and non-judgmental communication. This creates a space where both parties feel safe to express their thoughts and feelings. Together, work on avoiding interrupting or dismissing each other's viewpoints.

Active Listening: Actively listen to one another. Give your full attention and validate each other's emotions. Validation fosters emotional well-being and trust.

We all want to be heard and sometimes this is all it takes to begin to diffuse conflict. Encourage assertive communication and emphasise "I" statements to avoid blaming or accusing. "I felt upset when you went straight to your room last night"

Embrace difficult emotions when they arise: Adolescence is rough! It's essential for parents and young people to recognise, acknowledge and embrace difficult emotions together rather than avoiding or suppressing them. If you yourself mishandle a situation, apologise. Showing humility and acknowledging errors sets a really positive example.

Model managing emotions appropriately: Emotions can be contagious! Encourage family members to manage their emotions and avoid reacting impulsively. Perhaps encourage a short break, go for a walk or take some deep breaths together.

Setting Boundaries: Parents and young people often have differing values and expectations. Defining rules and consequences together makes it more likely they will be followed. Be open to reviewing them in the future, explain your reasoning and be willing to compromise. Encouraging young people to problem-solve if there is conflict around a specific rule can help find a happy medium.

Supporting independence: Recognise and respect the growing need for independence. Taking on responsibility and making some of their own choices gives a sense of control and can also increase self-confidence.

Quality time: Spending quality time together doing shared activities like family dinners, outdoor activities, game nights etc, creates positive memories and strengthens bonds. Showing interest in a young person's hobbies and interests is a great way of showing how much you care.

Respect Their Privacy: Giving space and privacy is crucial for building trust which is an essential ingredient for a strong & connected relationship.

Patience and Understanding: Adolescents go through a wide range of emotions and changes. Sometimes on the daily!! Be patient with mood swings, occasional rebellion, and the challenges they face.

Reach out if you need!: Sometimes conflict during this period can become too overwhelming. Seeking help as a family can be invaluable in working through these challenges and encourages young people to be help seeking. Speaking to your regular doctor is a great place to start.


Navigating conflict and maintaining connections during adolescence takes effort and patience! Taking time to connect and approaching challenges with understand and empathy goes a long way to helping families emerge from this period with stronger and more resilient bonds.

If you need some further guidance or support, please contact the School.

Zannah

Provisional Psychologist

P.S. Please let me know if you would like a topic included in a future newsletter All questions or suggestions will be handled confidentially.



VCE online revision workshops

Want to improve your VCE results? Need help revising?
Are you looking for study tips?

WHAT

Join us for our free online revision workshops. During these workshops, you will be guided through Unit 4 subject specific revision as well as advice for upcoming exams.

Workshops are delivered by highly experienced teachers with an in-depth knowledge of the curriculum. All presentations allow you to ask questions regarding content covered.

FREE ONLINE EVENT

These workshops are available to eligible schools through ACU's Widening Participation initiatives. Teachers are more than welcome to attend as part of their professional development. Registrations are required to attend.

WHEN

English

Monday 18 September: 10am-12pm

English as an Additional Language

Monday 18 September: 1pm-3pm

Physical Education

Monday 18 September:
3.30pm-5.30pm

General Mathematics

Tuesday 19 September: 10am-12pm

Maths Methods

Tuesday 19 September: 1pm-3pm

Biology

Wednesday 20 September:
10am-12pm

Health and Human Development

Wednesday 20 September: 1pm-3pm

Business Management

Thursday 28 September: 10am-12pm

If you have any additional questions, please contact wp.vic@acu.edu.au

To register, visit acu.edu.au/y12workshops

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Disclaimer (August 2023): Information correct at time of printing. The university reserves the right to amend, cancel or otherwise modify the content without notice.



Year 8 Girls Basketball Photos



Even though Spring has arrived we are still seeing some very cold days. 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.

Term 3 2023

September	Monday	11	
		12	
		13	
		14	Parent Student Teacher Interviews
		15	Parent Student Teacher Interviews
			SCHOOL HOLIDAYS
October	Monday	2	First Day of Term 4
		3	
		4	
		5	
		6	

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*
Stroke 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