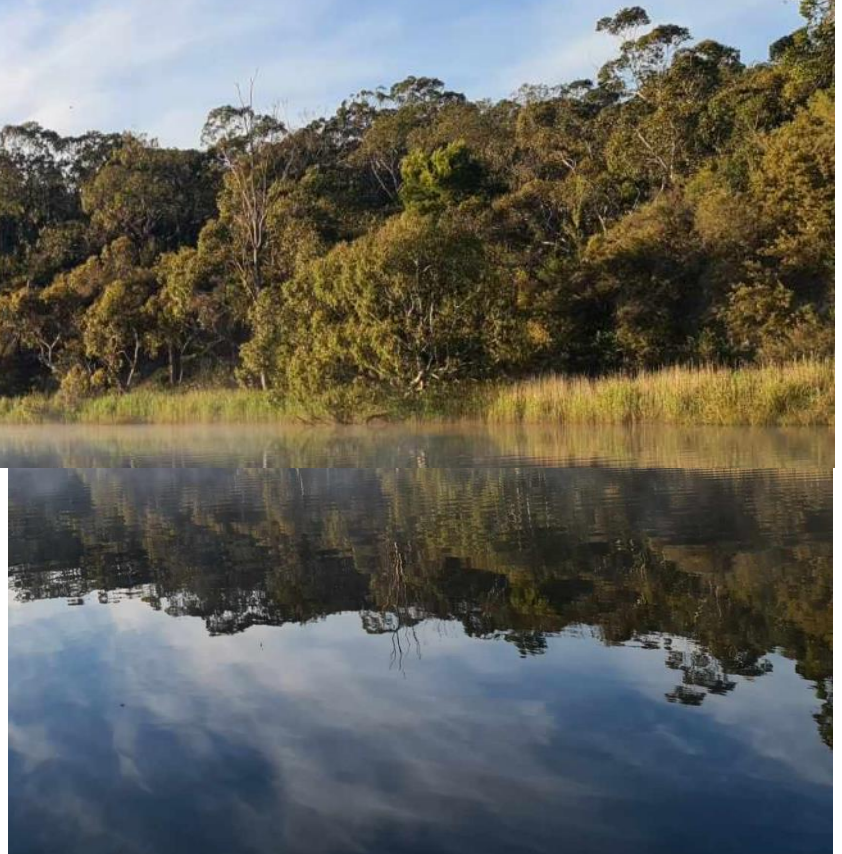




## Year 10 Outdoor Education Camp

Our Year 10 students recently attended their Outdoor Education camp to Glenelg. They spent a couple of days rowing along the Glenelg River, and when the students returned they were very tired.

A big thank you to Ms. Skewes and Mr. Ellis for taking students on this camp. These trips will likely be one of the many highlights of their time at Ararat College and it gives them a great opportunity to make memories with their friends.



# ***Principal's Report***

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## **Year 8 Queensland Camp**

This week our Year 8 students headed off on their Queensland camp. I was lucky enough to be able to join the students and witness them make lifelong memories with their friends! It was an excellent experience for our students and an opportunity for them to see more of Australia. They were able to visit Wet N Wild, Movie World, Dreamworld and Sea World. This will likely be an experience that they look back on fondly for the rest of their lives. Thank you so much to Mr Bowles and Mr. Kimber for their organisation of the camp and to Ms Stapleton and Ms Barnott for accompanying me on this excursion.

## **Year 9 Cyber Safety Talk**

Our Year 9 students attended a Cyber Safety talk on Wednesday with expert Susan McLean. It was an informative session where students had the opportunity to learn about the positive benefits of technology as well as what they need to look out for. This covered topics such as cyberbullying, potential dangers of internet use, safety tips and problematic use of the internet. A big thank you to Susan McLean for coming and talking to our students about this incredibly important issue. Safe and positive use of technology is essential for the overall health and wellbeing of our students and teenagers more generally! Now is a great time to have a conversation with your child about what they are up to online and support them in developing healthy boundaries. If you would like any resources or support in relation to this please get in touch with our Wellbeing Team.

## **Year 12 Exams**

Our Year 12 students sat down to begin their exams on Tuesday. We wish them the very best of luck! This can be a very stressful time for our students, so I encourage them to do their very best and make sure they reach out to their teachers and the Senior School Team who will be able to support them through the final part of their secondary schooling. I am sure their hard work over the year will pay off for them.

## **Year 12 Graduation Dinner**

With the school year coming to a close for our Year 12 students; the Graduation Dinner is just around the corner. This year it will be held at the RSL on Tuesday the 14th of November. Tickets can be purchased from the front office. We look forward to seeing all Year 12 students and their guests there to celebrate the fantastic achievement of finishing Year 12.

**Ellie McDougall**

**Principal**



# Year 8 Camp Photos





# e-cigarettes (vapes)

## Get to know the facts



Young people might feel like *everyone's* vaping and feel pressure from their peer group to give vaping a go. But do they know that only one third of young people have actually tried vaping? Not everyone has tried vaping.

### It's just steam...

Many people believe that the cloud from an e-cigarette or vape is just vapour (like steam)

The cloud is really an **aerosol**, a fine **spray of chemicals** that enters the body via the lungs, and small particles that can lodge in the lung



### Can't you just vape nicotine free?

**Labels on e-cigarettes are frequently wrong.**

Most e-cigarettes on the market in Australia contain nicotine, even those that claim that they don't.

E-cigarettes are unregulated. This means there are no consequences for a manufacturer who doesn't label their product accurately.

**Even nicotine-free e-cigarettes are harmful to your health.**



### Guidance for parents and caregivers

'Get the facts on vaping' is a new online hub where parents of young people, carers, and influential adults can find out all they need to know about vaping and e-cigarettes – the health harms, safety considerations and more. The hub contains guidance on how to have conversations with young people about vaping, and what to do if a young person is vaping.

[www.vapingfacts.org.au](http://www.vapingfacts.org.au)



Get the **facts**  
on vaping



# 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 calendar grid showing two weeks. The first week has days M, T, W, T, F. The second week has days T, W, T, F. The first 'T' in the second week is crossed out with a red 'X', indicating a missed day.

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

A calendar grid showing two weeks. The first week has days M, T, W, T, F. The second week has days M, T, W, T, F. The 'W' in the first week and the 'T' in the second week are crossed out with a red 'X', indicating missed days.



# Mindful Moments

## How did you sleep last night?



A restful night's sleep helps us to feel fresh, focused and balanced during the day. We all know how it can feel after a rough night's sleep! As well as feeling lousy, lack of sleep can affect our physical and mental health, learning, memory and concentration, motivation to engage in activities, emotions and relationships.

Do you nap often during the day or feel like you need to? Are you irritable and more easily annoyed than usual? Find it hard to concentrate or remember things? Feeling less energetic? You might not be getting enough sleep.



Prioritising sleep and rest is essential for maintaining good mental and physical health. Getting a good night's sleep can be influenced by several external factors – sometimes these are out of our control, but the good news is there are habits that you can include in your day to improve your nightly rest.

## Things that help with a good night's sleep

Screen time - Two or more hours of screen time in the evening can seriously disrupt sleep. Consider turning off all electronic devices at least two hours before sleep and commence your nighttime routine.



Establish a calming nighttime routine – going to bed around the same time each night isn't just for young children. Regular sleep time trains our brains to anticipate sleep and wake times. Try reading a book, listening to relaxing music, taking a warm shower or bath before bed, this helps us relax and feel sleepy



Physical activity during the day – being active during the day helps improve our mood and sets us up for a good night's rest



Warm drink of milk or herbal teas – Milk contains amino acids that can make us drowsy, herbal teas can help us relax and feel ready for sleep

Associating bed with sleep – only use your bed for sleeping & try to avoid watching tv/doing homework in bed

## Things that can prevent a good night's sleep



Caffeine – coffee, cola, tea all contains caffeine which is a stimulant and can hang around in our system and make it difficult to go to sleep. Limit caffeine in the afternoons and evenings

Nicotine & alcohol – tobacco is a stimulant and can interfere with sleep. Alcohol is a depressant and whilst it may make you drowsy it results in disrupted sleep meaning you will likely wake up feeling lous



Napping during the day – this can mess up your body clock and make it harder to sleep at night. If you do nap, only do so when feeling tired and try and keep it to 30 minutes max

Stress – relaxation strategies like meditation, writing worries down, talking things over with someone you trust can clear our minds before bed making it easier to sleep soundly



Thinking & worrying about sleep – If after 30 minutes you can't get to sleep, that's ok. Get up & try something like reading a book. Return to bed once you feel more relaxed. Lying awake thinking that you should be asleep only makes things worse.

Zannah

P.S. is there a wellbeing topic that you are interested in? Do you have a question for the wellbeing team? All enquiries will be treated confidentially. Please get in touch via the college office on 5352 4177.

# Term 4 2023

	Monday	30	
		31	
November		1	
		2	
		3	
	Monday	6	
		7	Year 11 Exams Begin
		8	Oaks Day
		9	Remembrance Ceremony
		10	
	Monday	13	
		14	
		15	Year 11 Camp // Year Exams Begin
		16	
		17	

## Year 9 Creative Writing

Students in Year 9 Creative Writing created characters that they will later write about. Students used costumes to help them better understand these characters; who they might be, what their jobs are, what their experiences of the world are.

This experience will help students develop an understanding of their characters and allow them to write about them more in depth.

### Mrs. Potter

