



## Meet School Vice-captain - Amy Clarke

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I have lived in Ararat since the day I was born, and attended Ararat 800 before coming to Ararat College. As some of you may know, I have been around horses for all my life, and it is still one of my most significant hobbies. I have 2 horses of my own, who I take to Pony club and show regularly. I have trained my 5 year old horse by myself, which has been a goal of mine for a long time, and I am so happy with how he is progressing. Another passion of mine is swimming, and I have been reasonably successful competing around the district.

I really enjoy learning new things, and my favourite subjects at school are physics and PE. I love learning about how our universe works, and why objects behave the way they do. PE is another favourite as I have been very active since I was young, and learning about the science behind movement and the factors influencing movement are very interesting to me.

I don't know what my plans are after I leave school yet, but I'm okay with that. I'm sure I will find the right career path when I'm ready. Currently I work at McDonald's, which has given me many different leadership skills and helped me become more confident in leading a group. As school captain I will promote an inclusive and welcoming environment for all of our students, and will encourage other students to do the same.

Like the rest of the leadership team, I am always open for a chat. Don't be afraid to ask questions, it's what we're here for.



**Amy Clarke**

# ***A Message from the Principal***

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## **School Visitors**

Last Friday afternoon we welcomed the Deputy Secretary David Howes, Regional Director Chris Thompson and Area Director Jen McCrabb into our school. This was a great opportunity for our school to showcase the many great things happening both inside and outside of our classrooms!

This week we have also had the Member for Ripon, Louise Staley MP, visit our school and meet some of our students. It was great to talk with Louise about our school and discuss some ideas for the future.

## **School Athletics**

Next Friday April 8<sup>th</sup>, we are holding our School Athletics Carnival at Alexander Oval. Students should arrive by 8.30am for roll marking with events starting at 9.00am. This is a great day for students to represent their Houses and support their peers. 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 2:30pm. Bus travellers will be transported to and from the oval. 'Frothies and Froffies' (coffee vendors) will also be at the carnival to meet everyone's coffee needs!

## **End of Term Approaching**

Next week marks the end of Term 1. It is hard to believe that this has been the longest chunk of uninterrupted time we have had in the classroom since 2019! Thank you to all parents and students for your understanding and support in following any required COVID guidelines, which has assisted in minimising disruption to our school operations. I would also like to thank all our staff, particularly our Daily Organiser Alison Jacobs and Assistant Principal of the Junior School Nick Healey, who have both ensured the smooth running of the school despite COVID leave requirements. On top of this we have still been able to provide students with many camp and extra-curricular activities.

**Ellie McDougall**

**Principal**

## ***Rapid Antigen Tests ( RAT's)***

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Free Rapid Antigen Tests have been made available by the Victorian Government to all school students during term 1. 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.

## ***Athletic sports - Friday 8th April***

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Our Athletic Sports will take place at Alexandra Oval on Friday the 8<sup>th</sup>, the last day of term . 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 to begin their holidays at 2.30pm.
- Students will not be permitted to leave the sports early unless parent approval has been provided.

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

## ***Hearing Tests - Reminder***

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**On Tuesday 5<sup>th</sup> April 2022, the “Hearing Australia”** van will be visiting the school to test the hearing of all year 7 and 8 students.

Parent / guardian permission is required to test a child’s hearing and for the school to receive a report if a problem is detected. Parents will receive a written copy of these results in the post.

Could permission forms please be returned to the College office by **Monday 4th April**

If you have any queries, please contact the school.

**Leonie Cowey**

**Adolescent Health Nurse**

**Mobile: 0477318504**

## **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.

Thank you to those families who have been donating their surplus uniform, your support is greatly appreciated.

# *Walkers Swamp Excursion*

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In Animal Studies we have been looking at the influence of humans on ecosystems and how it may change the animal biodiversity such as animal type and number. We have been focusing our studies on an area near Glenthompson called 'Walkers Swamp' which has undergone significant human influences since the 1950s. This parcel of land is currently managed by Nature Glenelg Trust, a not for profit group that have rehabilitated a number of water systems in South West of Victoria and South East South Australia.

A brief Walkers Swamp History:

1950's drainage lines were deepened to open up more grazing land for farmers. Walkers Swamp a permanent water source became open grazing land.

2000's Land was purchased by the Macquarie Bank and planted to plantation Bluegums with a 10-year harvest timeline. This created a monoculture which non-endemic species to the area moved into and increased the number of kangaroos (macro pods) throwing out the balance of the ecosystem.

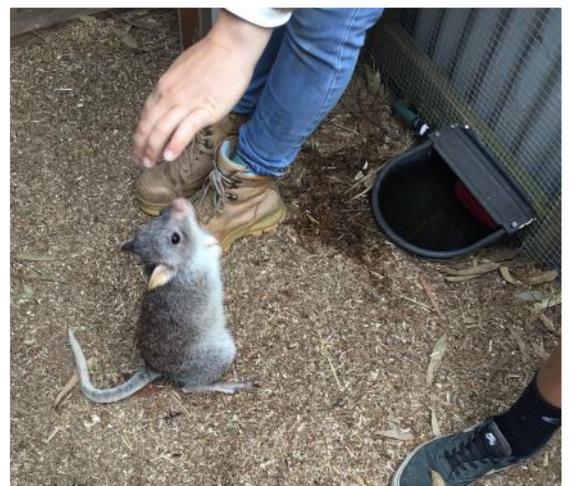
At Walkers Swamp, we were able to witness first hand the work of Nature Glenelg Trust and their rehabilitation of an ecosystem. We were able to compare against areas not rehabilitated and see the birdlife and other animal species that have now returned including vulnerable and endangered species.

Our next stop was to see the amazing work of Dunkeld Pastoral Company who run a conservation program for animals that are extinct or at risk of becoming extinct in the Grampians. We were able to meet and learn more about Fat Tailed Dunnarts, Eastern Quolls, Squirrel Gliders, Brush tailed wallabies, Potoroos and Southern Brown Bandicoots. We all loved meeting 'Bruce' the Bettong who has a very outgoing personality (beware he bites) and seeing the brush tailed wallaby climb a tree...she was amazing! Students all now have an appreciation for the wonderful native animals that reside in our own back yard and the importance of conservation work in preserving species for future generations.

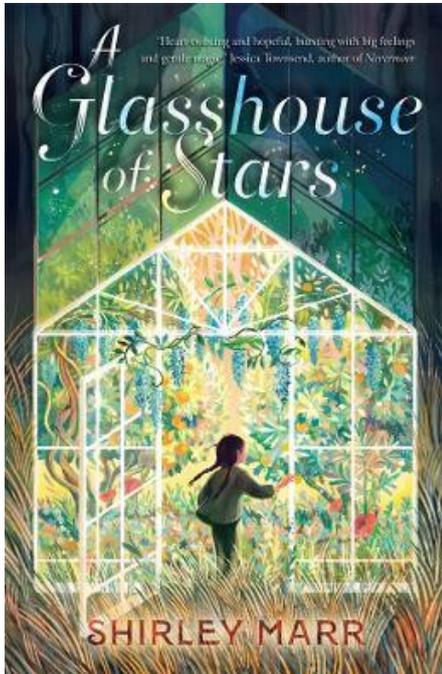
Many thanks to Miss Fairly for joining us on our excursion and the crew from Dunkeld Pastoral for welcoming us at their amazing operation.

**Year 9 Animal Studies.**





These novels have just been shortlisted for the Children's Book Council Book of the Year Awards in the Younger Readers category.

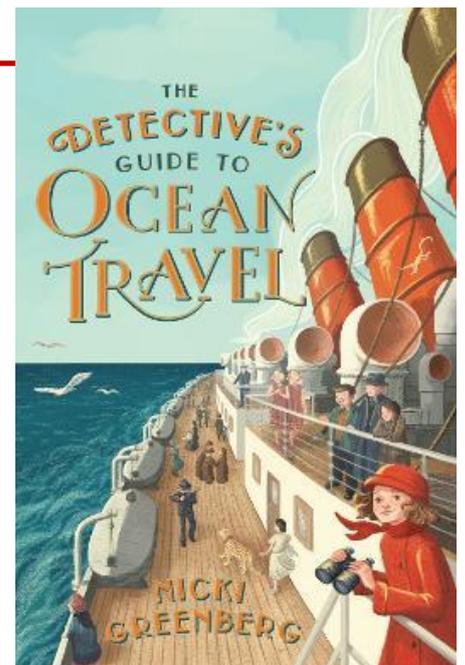


Meixing Lim and her family have arrived at the New House in the New Land. Everything is vast and unknown to Meixing and not in a good way, including the house she has dubbed Big Scary. She is embarrassed by the second-hand shoes given to her by the kind neighbours, has trouble understanding the language at school, and with fitting in and making new friends. Her solace is a glasshouse in the garden that inexplicably holds the sun and the moon and all the secrets of her memory and imagination.

When her fragile universe is rocked by tragedy, Meixing finds herself trapped within the shrinking walls of Big Scary. Her parents said this would be a better life for them all, but it feels like the worst and most heart-breaking experience of Meixing's entire existence. Surviving will take all the resilience and inner belief of this brave girl to turn their world around.

For as long as she can remember, Pepper Stark has wanted one thing: to join her father, the Captain, aboard the magnificent RMS Aquitania on a voyage to New York. She has never been allowed to set foot on her father's ship - until now. From the decadent food to the star-studded passenger list, travelling on the Aquitania is every bit as glamorous as Pepper had imagined. Most dazzling of all is American stage sensation Perdita West, wearing the world-famous Saffron Diamond around her neck.

When the priceless jewel disappears mid-voyage, Pepper unexpectedly finds herself entangled in the crime. With the Captain's reputation at stake, Pepper and her friends set out to solve the mystery. But finding a missing diamond isn't so easy on the Aquitania, where everyone has something to hide ...



SHINE A LIGHT ON ROAD SAFETY

# WALK

Shine a Light on Road Safety



Road Trauma Support Services Victoria  
Albert Park Lake

1m



8888 likes

#shinealightonroadsafety #nrsw #communitywalk #albertparklake  
#roadsafety #savelives #roadtraumasupportservicesvictoria



**JOIN US** in Melbourne at 11am on Sunday 1 May 2022  
for a BBQ and community walk at Albert Park Lake

1300 367 797  
[www.rtssv.org.au](http://www.rtssv.org.au)



# E-cigarette **fact sheet** for **parents** and **teachers**



## **E-cigarettes pose serious health risks to teens.**

In 2019, 18.6% of Australian teens and young adults aged 15-24, who are current tobacco smokers, used e-cigarettes, **an increase from 6.6% in 2016**. A Royal Children's Hospital 'Child Health Poll' found 57% of parents have never discussed e-cigarettes with their teen. Social media is being used extensively by tobacco and e-cigarette companies to **market e-cigarettes to teens and young adults**.

### **About e-cigarettes**

E-cigarettes, also known as **'vapes'**, are **battery operated devices** that work by heating a liquid (or 'juice') until it becomes an aerosol that users inhale.

Some people mistakenly believe the **'cloud'** from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**. Using an e-cigarette is commonly called **'vaping'**.



# Fast facts

## 1 | Legality of e-cigarettes

- Buying and selling an e-cigarette device or any liquid that contains nicotine without a doctor's prescription is **illegal** in Australia
- In Victoria, it is illegal to sell an e-cigarette device or a liquid intended to be used in an e-cigarette device (even if it does not contain nicotine) to a **person under 18 years**

## 2 | Safety

- Most e-cigarettes and e-liquids that are labelled nicotine-free and available for sale in Australia **do, in fact, contain nicotine**
- There are **no quality or safety standards** for e-cigarette devices nor nicotine-free liquids, meaning their manufacture, contents and labelling are unregulated
- E-cigarette devices can **explode** or catch fire



## 3 | Detecting e-cigarette use

- E-cigarettes come in all shapes and sizes, and can look like a **pen, highlighter or USB**. Some can be **disposable** and some are small enough to fit into a pocket or a pencil case. An e-cigarette device can be identified by taking the 'cap' off a suspected item to see if it has a mouthpiece
- Not all e-cigarettes emit visible aerosol. The easiest way to detect e-cigarette use is if there is an **unexplained scent in the air** from e-cigarette flavouring. Teens tend to use fruit or confectionery flavours, so this scent is usually quite sweet



## 4 | Harms of e-cigarettes

- Nicotine **harms adolescent brain development**, impacting memory and concentration
- Teens are particularly susceptible to **nicotine addiction**, and those who use e-cigarettes are more likely to take up smoking cigarettes
- The short-term side effects of e-cigarette use can include vomiting and nausea
- The long term effects are not yet known, but it is clear that the inhalation of chemicals **damage the lung and heart**
- Even e-cigarettes without nicotine cause harm





ACCO COVID VACCINE VAN IN

# HALLS GAP STAWELL & ARARAT

**TUE 5 APR, 11AM - 4PM**

BUDJA BUDJA MEDICAL CLINIC  
20 - 22 GRAMPIANS RD, HALLS GAP

**WED 6 APR, 12NOON - 5PM**

CATO PARK, STAWELL

**THU 7 APR, 12NOON - 5PM**

ALEXANDER GARDENS, ARARAT



proudly partnering with

**cohealth**  
care for all



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**RITCHIES**  
Where the Community Benefits



Our friendly team have a reputation for high quality products and excellent customer service. We are currently seeking enthusiastic Retail Assistants. The successful candidates will have a passion for the delivery of excellent customer service, great communication, a 'hands on' style and the ability to handle the daily operations of a busy grocery store. We are seeking candidates who will take ownership and be dedicated to the ongoing growth and culture of the store. Previous experience is not necessarily required, however the willingness to learn is essential. We require the following positions to be filled:

Retail Assistants – 15 Years or older

The successful applicants must possess the following attributes and major duties to include:

- Strong customer service skills and passion to provide an exceptional shopping experience
- Must be honest, reliable, and punctual
- Stock rotation
- You will be hard working with an energetic personality
- Meticulous in presentation and maintain a high level of cleanliness
- High attention to detail
- Good time management skills, with the ability to multi-task

Friendly, approachable and a positive team player

Applicants must be available to work a variety of shifts over a 7-day period, which may include afternoon and/or weekend and public holiday work.

IGA Ritchies Ararat offers excellent working conditions, career advancement opportunities, friendly, dynamic working environment, and a positive team culture. Please submit your Resume and Cover Letter in Person attention Prue Store Manager.

We thank all applicants in advance for their interest in this position and advise that only shortlisted candidates will be contacted.

9-2pm Easter Saturday  
**April 16, 2022**

# Moyston Easter Market

At the Moyston Oval  
Ararat-Halls Gap Rd, Moyston



- Longest Football Kicking Comp for men, women & kids - starts 11.30am
- Live Music by Ararat Duo SOFT
- Raffle - WIN a tandem trailer of wood
- Market Stalls: arts & crafts by local artists, homemade goodies, pre-loved treasures looking for new homes and more!
- Devonshire Tea & Gourmet BBQ
- Vintage Car Display
- Easter Egg Trail



Stall bookings and enquiries: 0419 382 315  
Email: [mpamoyston@gmail.com](mailto:mpamoyston@gmail.com)

## Term 1 2022

<b>Week 10</b>	<b>Monday</b>	<b>4</b>	
	<b>Tuesday</b>	<b>5</b>	Year 7 and 8 Hearing Tests
	<b>Wednesday</b>	<b>6</b>	
	<b>Thursday</b>	<b>7</b>	
	<b>Friday</b>	<b>8</b>	Last Day of Term 1 School Athletics Sports

## Term 2 2022

<b>Week 1</b>	<b>Monday</b>	<b>25</b>	ANZAC Day Public holiday
<b>April</b>	<b>Tuesday</b>	<b>26</b>	First day of Term 2
	<b>Wednesday</b>	<b>27</b>	
	<b>Thursday</b>	<b>28</b>	
	<b>Friday</b>	<b>29</b>	
<b>Week 2</b>	<b>Monday</b>	<b>2</b>	
<b>May</b>	<b>Tuesday</b>	<b>3</b>	
	<b>Wednesday</b>	<b>4</b>	
	<b>Thursday</b>	<b>5</b>	
	<b>Friday</b>	<b>6</b>	State School Spec Rehearsal
<b>Week 3</b>	<b>Monday</b>	<b>9</b>	
	<b>Tuesday</b>	<b>10</b>	
	<b>Wednesday</b>	<b>11</b>	
	<b>Thursday</b>	<b>12</b>	
	<b>Friday</b>	<b>13</b>	
<b>Week 4</b>	<b>Monday</b>	<b>16</b>	National Careers Week
	<b>Tuesday</b>	<b>17</b>	
	<b>Wednesday</b>	<b>18</b>	
	<b>Thursday</b>	<b>19</b>	
	<b>Friday</b>	<b>20</b>	

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.*