



ARARAT COLLEGE

18th October 2019

Term 4

Week 2

Volume 29



School for Student Leadership

Our students arrived at the Gnurad-Gundidj campus on Sunday ahead of what should be an amazing nine weeks.



A Message from our Principal ...

School of Student Leadership (SSL) 2019



This week six of our Year 9 students (Kiauna Low, Ella McLoughlin, Ada Keilar, Jackson Hyland, Seb Blencowe and James Mullin) have started their journey at SSL, Noorat campus. These students will create many new relationships, learn about themselves and their capabilities whilst also developing a project that they will deliver within our community once they return. This is a great experience for these students and we look forward to celebrating and hearing about their progress once they return.

Year 12 Classes

Our Year 12 students are well and truly into the business end of the year, with their formal classes finishing next Tuesday October 22nd. This represents a busy time for these students and I strongly encourage that they make the most of their remaining time in class and during their 'SWOT VAC' period. Teachers will continue to be available once classes have finalised, and will be keen to provide further assistance and support to our students.

School of Student Leadership 2020

This week we have finalised the positions for students attending the School of Student Leadership in 2020. Our students will be attending the Dinner Plains Campus during Term 1. I would like to congratulate all students who applied to attend. Thank you to Maurice Billi from Grampians Community Health and Alex Pagett who gave up their time to be a part of the interview panel. Congratulations to the students who were successful: Aiden Flavell, Regan Low, Tylah Moana, Bella Fiegert, Clare Clarke and Alanna Robertson.

School Social

This week we held our Term 4 social. Thank you to all staff that supervised and students who assisted with jobs on the night. I would also like to thank CGLLEN for providing the DJ for this event. It was great to see students enjoying themselves and having a great night!

Ellie McDougall
Acting Principal

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.

attendance **MATTERS**

Did you receive an attendance certificate for term 3?

Did you receive a random prize for your attendance for term 3?

WHY ????

At the end of each term, students who achieve 98% - 100% attendance and those students who have shown most IMPROVED attendance will receive a certificate and go into a draw to win random prizes. The prizes are donated by local business and Ararat College.

CONGRATULATIONS TO THOSE STUDENTS!

On behalf of Ararat College I would like to thank those business that have so kindly donated to assist with prizes for our students. It is greatly appreciated by the school, our community and the students.



DEFYING THE DRIFT!



Year 10 student Liam Solomons recently participated in Rotary's Defy the Drift program. He delivered the speech below to Rotary District 9780 following his experience.

Hello every one, as you might or might not know, my name is Liam Solomons and I would like to just thank you for having me here tonight.

It was a privilege to be a part of the Defying the Drift program which shows students my age all the careers and options in agriculture that are in our rural area. The Defying the Drift program was held at Longerenong College.

For those who don't know about Longerenong College (Longy for short), it is an Agricultural College in Western Victoria near the city of Horsham. On the campus they study agronomy, rural merchandise management, wool classing, agricultural education, farm management and a whole lot more. When we were there, they talked a lot about the diversity of agriculture and all the ins and outs of it.

The way I found the Defying the Drift program was when I told my careers advisor, Mr Sherwell, I wanted to work on a farm; that's when he got in contact with Peter Oddie and he told me all about this program and how it will help me in my career.

The Defying the Drift program went for three days and on the second day of the program, we went around to five different farms around the area. The two that stood out to me the most would have to be Green Eggs on the outskirts of Great Western, and The Eagles cropping and wool farm.

At the Green Eggs farm we got a tour around the shipping part of the farm where they clean and box the eggs which then get loaded on trucks. The owner of Green Eggs spoke about the struggles on his farm and told us how he pushed through it all. He told all of us to dream big and to try our best, which really opened my eyes and made me feel like I could really do whatever I wanted in my future.

On The Eagles farm they talked about all the different things they do there, cropping rotations, and the struggles of having the farm being passed down through generations.

This whole experience has taught me to have goals and to do everything I can to accomplish them, and I will use everything I have learnt to hopefully start my own cropping farm in the future.

One last thing I want to say is thank you to all the people who helped with planning and setting up the Defying the Drift program and Longerenong College for letting us stay there. And thank you to Rotary for sponsoring me and letting me have this incredible opportunity. Thanks for listening.

To find out more go to <https://www.defyingthedrift.org/about-rural-support/>

This Week in ... Year 12 Art

Students have completed their final folios.

Jodie Treacy





Lauren Bowles



Tyra Flavell

Declan Champneys



Toneya Hurst

MENTAL HEALTH CARE DURING EXAMS

WAYS TO DECREASE STRESS

ASK Notice how you feel. If you or someone you know are feeling low or stressed ask for help. You are not alone

BREATHE Looking after yourself is the best way to reduce stress. Breathing techniques can help you do this

CONNECT To improve wellbeing stay connected. Stay involved with things that are meaningful to you; family, friends, school, sport and other activities

STRATEGIES for STUDENTS

PHYSICAL EXERCISE TO HELP INCREASE YOUR MOOD

↳ Studies have suggested that any activity, from walking to cycling to yoga can help relieve stress. Fresh Air may also help.

POSITIVE SELF TALK

↳ Self-talk is any thought you have or anything you say to yourself. Making these thoughts positive can lift confidence and which overall reduces stress and anxiety.

USE RELAXATION TECHNIQUES TO MANAGE STRESS

↳ When you find things are getting a bit much just remember to breathe. Breathe in through your nose for 5 sec and out through your mouth for 5 sec. This will help relax you. There are many more techniques online.

GET A GOOD NIGHT'S SLEEP

↳ A good night's sleep is vital for our mental and emotional wellbeing. Try to maintain a regular sleeping pattern. If you're having trouble sleeping try some relaxation techniques right before bed.

EAT A BALANCED DIET

↳ A good balanced diet will ensure you have the essential nutrients for your brain to function well. It's easy to get tired while studying, but eating junk food and drinking caffeine will actually make it harder to concentrate.

CONNECT WITH OTHERS

↳ We are social creatures and our relationships with others are really important to our general wellbeing. Keep your social relations strong while you're stressed out, overwhelmed or depressed, as your friends and family might be able to help through these times.

HELP SEEKING

↳ If you are feeling overly stressed and it is affecting your study don't be afraid to ask for help. Talk to your family, friends and teachers.

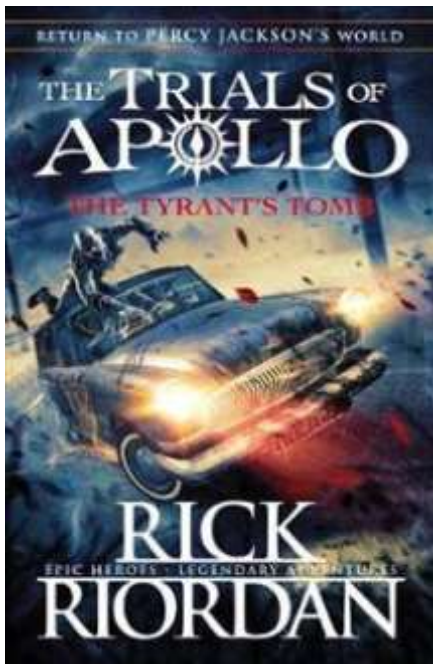
IF YOU ARE IN NEED OF HELP, VISIT headspace.org.au

LOG ON TO headspace.org.au FOR ONLINE SUPPORT AND COUNSELLING



AC Reads

New instalments of two very popular series have been released this week and are available in the library.



You will get to the Tiber alive. You will start to live. I am Apollo I will remember The former God Apollo, cast out by his father, Zeus, is having a pretty rough time of it. Well, for one thing, he's called Lester. But being an awkward mortal teenager is the least of his worries. Though he and his friends (some of them) have emerged from the Burning Maze, rescued the Oracle and lived to fight another day, they can't escape the tragedy that has befallen them, or the terrible trials still to face. So, with heavy heart, Apollo (OK, Lester) and Meg have a triumvirate still to defeat, oracles to rescue, and prophecies to decipher, so that the world may be saved, and Lester may ascend into the heavens to become Apollo once again. But, right now, Caligula is sailing to San Francisco to deal with Camp Jupiter personally, and they have to get their first. Or risk its destruction ...

The Herons are home in Skandia - but the usually peaceful country is in danger. The Temujai have never given up on their ambition to claim Skandia for their own. The ruthless warriors from the Eastern Steppes waited a number of years after the Skandians thwarted them last time with the help of the legendary Rangers of Araluen - a tale told in Ranger's Apprentice Book 4 - but now they're on the move. The Skandians are concentrating their defences on the one pass through the mountains, and they're ready for battle - but what if the Temujai can find another way down to the coast? Erak sends Hal and his crew to investigate. And stop the Temujai - whatever it takes.



EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is....	over 13 years of schooling. that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



Did you know your child's best learning time
is the start of the school day?

That's when every minute
counts the most!






The Olive Branch Church
Garage Sale

All money raised will be donated to the
Ararat College Welfare Fund

Free Sausage sizzle
Free Cuppa

Sat 19th Oct 8am - 1pm
23 Palmerston Street, Ararat

Calendar Term 4

(Week 3)	Monday	21	
October	Tuesday	22	Year 12 - last day of classes
	Wednesday	23	Year 12 Breakfast and final assembly
	Thursday	24	Immunisations - Year 7
	Friday	25	
(Week 4)	Monday	28	
	Tuesday	29	
	Wednesday	30	Year 12 Exams commence
	Thursday	31	Year 12 Exams
November	Friday	1	Year 12 Exams House Art Show
			
(Week 5)	Monday	4	Year 12 Exams
	Tuesday	5	MELBOURNE CUP DAY - PUBLIC HOLIDAY
	Wednesday	6	Year 12 Exams
	Thursday	7	Year 12 Exams Year 11 Oaks Day Luncheon
	Friday	8	Year 12 Exams
(Week 6)	Monday	11	Year 12 Exams Year 11 Exams
	Tuesday	12	Year 12 Exams Year 11 Exams
	Wednesday	13	Year 12 Exams Year 11 Exams
	Thursday	14	Year 12 Exams Year 11 Exams
	Friday	15	Year 12 Exams Year 11 Exams

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.