



A message from the Principal....

Student Attitude to School Survey

Every year our students complete an online survey administered by the Department of Education and this normally happens during class time. This survey aims to gain valuable feedback from students in relation to student engagement, wellbeing, teaching and learning. Overall its purpose is to gain an idea of what our students think about our school and their experience to date.

This year this survey will still be conducted, during remote learning time, commencing at the end of next week (August 27th – September 10th). Due to the current situation with COVID-19, some questions have been added to the survey about student health and wellbeing and student perceptions of COVID-19. The aim being that schools and the Department of Education will capture valuable information that will assist in further supporting students in what has been a very disrupted year.

All families will receive a letter from The Department of Education and Training outlining this information in more detail. This should arrive in the post in the coming days. If you have concerns regarding the survey you can email us before Thursday 27th August at Ararat.sc@education.vic.gov.au and ask for your child to opt out. If you would like more information please feel free to contact us on 5352 4177 or email attitudes.school.survey@education.vic.gov.au.

Progress Reports and Parent/Teacher Interviews

Despite the return to Remote Learning we will still be completing our regular reporting cycles. The next round of reports will be live to families Monday 31st August at 4pm. As with the last two cycles of reports there have been adjustments made to reflect the current learning environment. The aim of these reports is to provide you with a summary of how your child has approached (attitude and effort) and performed (achievement) in each of their classes. A cover letter explaining the adjustments made will be provided with the reports when they are published.

Following on from Progress Reports, we will be providing an opportunity for Student/Parent/Teacher Conversations. Last semester these were held over the phone. More information regarding the structure of these will be sent out next week. If any parents would like to provide feedback or suggestions regarding the possible opportunity to conduct virtual interview's please let me know via ellie.mcdougall@education.vic.gov.au

Subject Selection Interviews

Our subject selection process for 2021 is starting to draw to a close. Thank you to the many families and students who have arranged and completed virtual interviews with a staff member from the Pathways Team. Personally, I have thoroughly enjoyed catching up with students and discussing their future aspirations and the options available to them! If any students or families have any questions at all, please do not hesitate to get in touch by phoning the school or contacting your child's Sub School Leader.

Ellie McDougall

Principal

Managing the Coronacoaster

Tips for building resilient families in the coronavirus era.

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment

further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex

Cost: free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page.](#)



Resilient Ararat

WELLBEING WEBINAR SERIES - VIA ZOOM

Positive mental health during uncertain times

FREE online wellbeing sessions throughout August & September

*mindfulness and meditation
nutrition and mindful eating
resilience
yoga
youth mental health
tai chi
and more!*

Bookings via eventbrite

Scan the QR code for dates and session times or visit <https://rb.gy/adxxd2>

ARARAT COLLEGE PRESENTS

HOUSE POETRY COMPETITION 2020



Must be an original piece of writing.
Poems must be under 250 words.
You may enter up to 5 poems.
Submit on SMT to Ms Sky by 4pm, Monday 14th September.

Senior Prize (11-12)
Middle School Prize (9-10)
Junior Prize (7-8)

Entries will be published on a website.

Poetry Celebration & Awards Zoom
Friday 18th September, 3PM
for the celebration of all entries & announcement of winners.

<https://zoom.us/j/98607781424?pwd=NHFaR09odDh3YWlrWGZjZjdHTnREQT09>

Xuno - Parent Portal

Your Gateway to strong communication!

Parents or guardians who would like assistance in setting up or using the portal are strongly encouraged to contact the college office on 5352 4177. Our friendly staff will be more than happy to assist you in setting up your account and will walk you through how to use this essential communication platform.

The portal is password protected and secure, and gives parents the ability to:

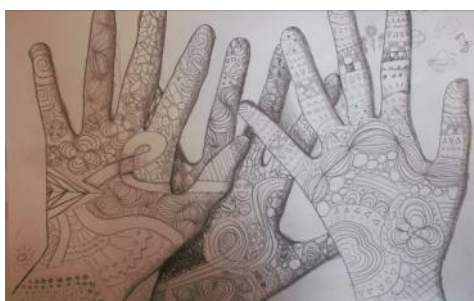
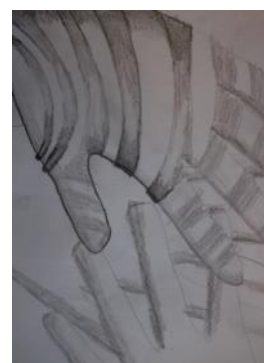
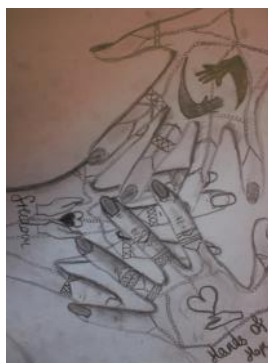
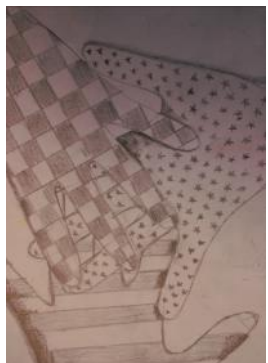
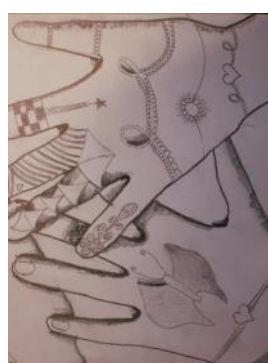
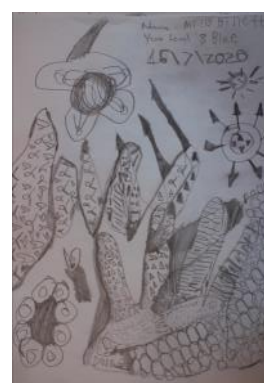
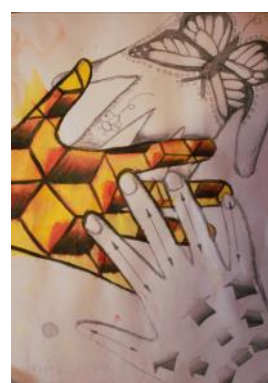
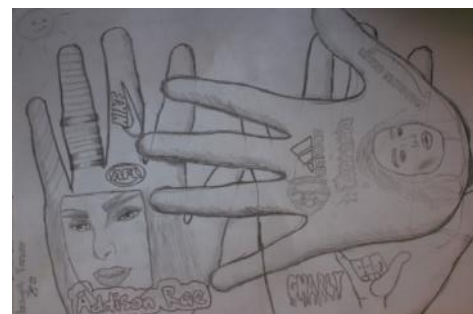
- View attendance and notify the school of a student absence
- Communicate directly with your child's teachers
- Make bookings for student /parent /teacher conferences
- Download and view progress reports
- View homework and assignments
- View student timetables
- Excursion/Camp permission approval
- Receive notifications
- Access school calendar

Accessing The Parent Portal

- by installing the mobile App available free from the App Store or Google Play.
- Via the website <https://smttool.araratcc.vic.edu.au>
- School Code **6hk3a4**

Year 8 Art

Year 8 students have been studying the art element of 'tone'. They have used simple outlines of their hands to frame their creative designs. Students then rendered their decorative designs with the aim of creating the illusion of depth. They also applied 'light source' and used a range of grey lead pencils to complete their work.





Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at headspace.org.au/centres



Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

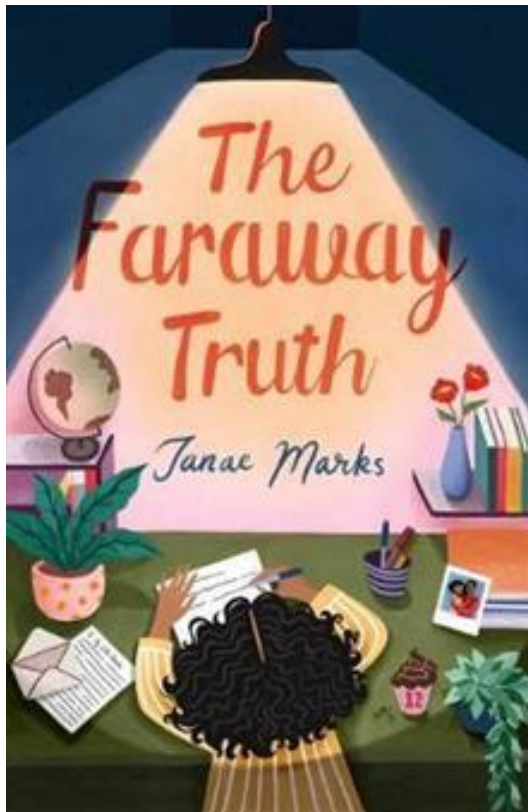
Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

These new arrivals are now available for borrowing from the library.

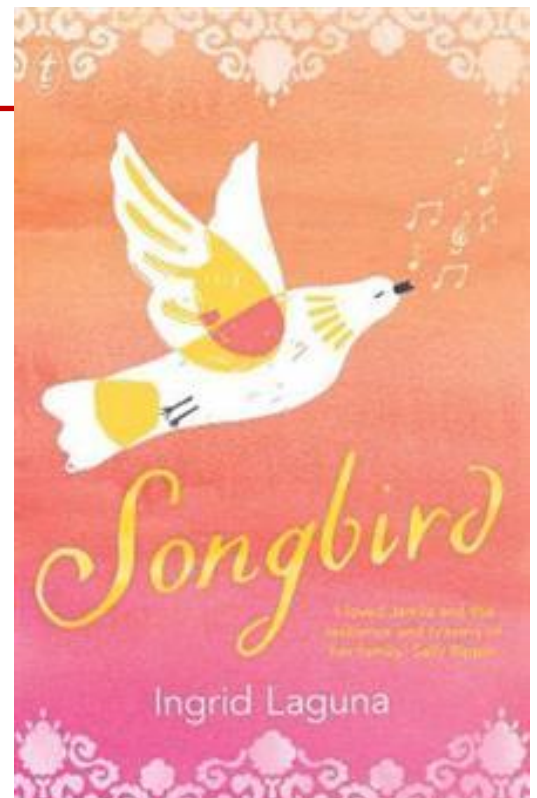


A warm, wise and captivating mystery full of heart, as one girl searches for the truth in the face of great opposition.

Zoe Washington never met her father, who was sent to prison right before she was born. When she receives a letter from him on her twelfth birthday, it's a huge surprise. Zoe's mom always told her that Marcus was a liar, and a monster, but he sounds ... nice. Zoe starts to investigate the crime - and the deeper she digs, the more she doubts the conviction. Is her father innocent? Or is he a liar? Zoe is determined to find out.

Jamila has left her friends, her school and her home in Iraq, and now she has a new home. It's safe in Australia, but Jamila is finding it hard to settle in. She misses her best friend and worries for her dad's safety back in Iraq. It's hard to speak and write in English all day. And Jamila has a secret she wants to keep hidden. When she joins the choir, Jamila begins to feel happy. Singing helps take her worries away. And singing will help her find her place in her new life, a place where she can shine.

Songbird is a tender story about belonging, about the importance of friendship and asking for help, and about the parts of our lives we keep concealed.





ARARAT COLLEGE IS
CELEBRATING WEAR IT
PURPLE DAY

WE ARE THE CHANGE

CELEBRATING 10 YEARS!

28.08.20

Wear it Purple Day is about showing LGBTIQ+ young people that they have a right to be proud of who they are. It is about creating safe spaces in school, universities, workplaces and public spaces to show LGBTIQ+ young people that they are seen and supported.

Join us this Wear it Purple Day by wearing purple remotely.

**WEAR IT
PURPLE**

📷 @WEAR_IT_PURPLE

WWW.WEARITPURPLE.ORG

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.



WHO TO CONTACT IF...



MY CHILD IS HAVING DIFFICULTY WITH THE WORK

Subject Teacher
Sub School Coordinator



I'D LIKE TO SPEAK TO SOMEONE ABOUT MY STUDENTS WELLBEING

Wellbeing Team
Sub School Coordinator
Sub School Leader



MY STUDENT IS HAVING ISSUES WITH TECHNOLOGY

Principal Class
Sub School Coordinator
Sub School Leader
IT Technician at school



I HAVE A QUESTION IN RELATION TO FEES OR MY FAMILY NEEDS SUPPORT

Contact the College Office



MY STUDENT HAS WITNESSED INAPPROPRIATE BEHAVIOUR ONLINE

Classroom Teacher
Sub School Coordinator
Sub School Leader



I JUST HAVE A GENERAL QUESTION

- Contact your Childs Sub School Coordinator or Sub School Leader



staff CONTACTS

PRINCIPAL CLASS

Ellie McDougall - Principal
ellie.mcdougall@education.vic.gov.au

Emma Henry - Acting Assistant Principal
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YEAR 7 & 8

Ben Krol - Sub School Coordinator
Benjamin.Krol@education.vic.gov.au

Angela Ettles - Sub School Leader
Angela.Ettles@education.vic.gov.au

VCE & VCAL

Melissa Murnane - Sub School Leader
Melissa.Murnane@education.vic.gov.au

Andrew Sherwell - Careers Coordinator
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YEAR 9 & 10

Janine Poole - Sub School Coordinator
Janine.Poole@education.vic.gov.au

Kriss Ellis - Sub School Leader
Kriss.Ellis@education.vic.gov.au

WELLBEING TEAM

Taylah Jamieson - Youth Worker
Taylah.Jamieson@education.vic.gov.au

Steph Carroll - Counsellor
Steph.Carroll@education.vic.gov.au

Leo Cowey - School Nurse
cowey.leonie.m1@edumail.vic.gov.au

THE COLLEGE

Front Office
(03) 5352 4177

Kevin Bowles - IT Support
ararat.sc@education.vic.gov.au

