



A message from the Principal....



Return to School

It is safe to say that we are all very excited to be returning to school on Monday (October 12th) after what has felt like a very long time learning remotely. We know some students will be anxious about yet another change in what has been a very turbulent 2020, please remember that students can reach out to their Sub School Coordinator, Sub School Leader, Taylah, Ms Emma Henry or myself.

Communication was posted out to families earlier this week, below is a summary of this information.

Week 1, Term 4 (Monday October 5th – Friday October 9th)

- **Friday October 9th will be a Curriculum Day** – there will be no formal virtual classes running on this day and **onsite attendance will not be available**.

Week 2, Term 4 (Monday October 12th – Friday October 16th)

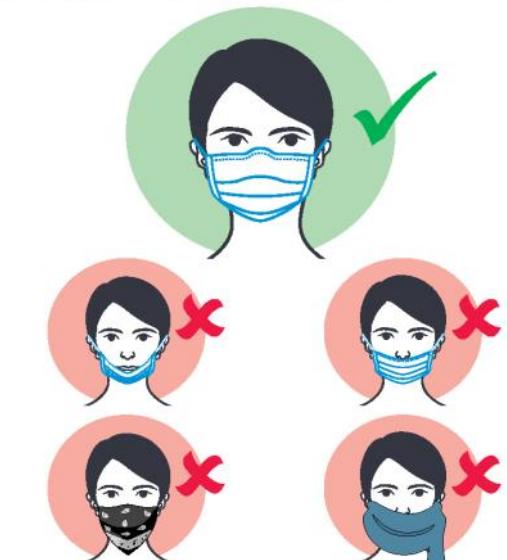
- All students will return to face to face teaching and learning on Monday October 12th.

Face Masks

All students aged 12 years and over will be required to wear a face covering whilst at school or travelling to and from school (this includes travelling on the school bus). If your child falls into one of the exemption categories previously outlined please ensure you have completed the following form <https://forms.gle/p7TMmQo9oE51Nn1e7> or contact the school on 5352 4177.

Whilst I understand that the mandatory use of face masks can be a challenge and uncomfortable, it is essential in order to keep us all safe and to ensure we can continue with teaching and learning in a face to face environment.

Are you wearing your mask correctly?



For detailed information visit:
www.coronavirus.vic.gov.au



Other Safety Measures

- Once classes return, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to on-site schooling, we can no longer support their learning from home.
 - This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.
- Extended and increased cleaning arrangements will continue during Term 4 with progressive cleaning of high touch surfaces throughout the day.
- Hand sanitiser will be placed in every room in the school and students are encouraged to practise good hand hygiene.
- If your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice. If a student reports being unwell at school, families will be notified immediately. Please make sure your contact details are up to date.
- During drop off and pick up we ask that you **remain in your vehicle**. This is to avoid unnecessary congregation of people at the school.
- Buses will run as normal for students.
- Access to the school will be restricted for anyone other than immediate school staff and students.
- Students are also reminded to bring their own water bottle to school as drinking taps will only be available to refill their water bottles.

CORONAVIRUS (COVID-19) RESTRICTIONS REMAIN IN PLACE

Please do not drink directly from drinking fountains.

Students should bring their own water bottle for use at school.
Taps may be used to refill water bottle.



Term 4 Reporting

Our next round of Progress Reports were due to be published on Monday October 26th (Week 4). ***We have made the decision to remove this round of reporting for our Year 7-11 students.*** This will allow our teachers to spend longer working with students in Face to Face Teaching and Learning. This will better inform their judgements for the last Progress Report, which will be published the last week of Term.

Year 12 students will still receive a Progress Report on Monday October 26th (Week 4), as this is their last report for the year and provides important information in the lead up to exams.

As always, if you would like to discuss your child with any of their teachers or Sub School Coordinator/Leader please feel free to contact the school on 5352 4177.

Uniform

After a significant period not needing to wear a school uniform it might be a good idea for students to check their uniform and make sure it is ready to go for next week. If any families need assistance with uniform, please do not hesitate to get in touch.

House Poetry

Last Term we held our annual poetry competition. This is such a great event where our students can highlight and share their talents in relation to poetry. I personally love reading the many varied and reflective items that are submitted. Thank you to Ms Sky who organised and ran the event online this year and a big congratulations to the following winners:

- Year 7 & 8: Audrey Reynolds
 - Year 9 & 10: Jake Millar
 - Year 11 & 12: Ash Evans-Schott



If you would like to have a look at the poems submitted by students click on the following link
<http://araratcollegepoetrycompetition.weebly.com/>.

Thank you again to all families for their continued support and patience in what has been a very interesting 2020. Fingers crossed that Term 4 goes well and we can finish the year off all working onsite and at our school!

Ellie McDougall

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.

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.

A Message From the Wellbeing Team

Feeling anxious about returning to school?

Here are some strategies to assist students and their families when returning to school.

Get back into a routine

- Routines are safe and familiar which can reduce anxious feelings

Focus on what you can control

- This can help with keeping you in the present moment. Try not to get caught up in the 'what if's'?

Explore the positives

- Even if you are worried about returning to school, try and create a list of positives that you can look forward to.

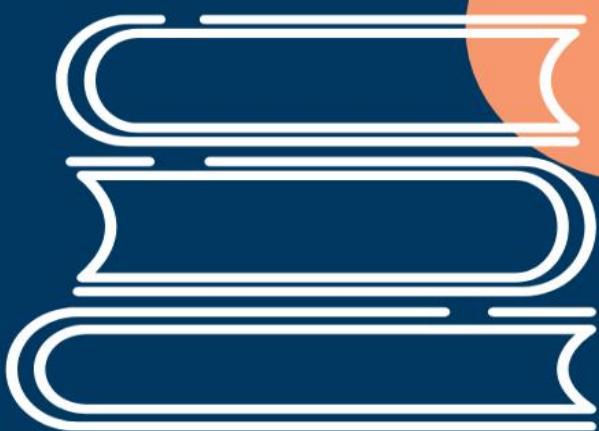
For more information visit
kidshelpline.com.au or email
Taylah Jamieson at
taylah.jamieson@education.vic.gov.au

Create a plan

- Get someone to help you create a plan for the first day or two. This will help reduce the feelings of unknown

It's okay to feel anxious

- Remember that it is okay to be worried about returning to school. Your friends are most likely worried too.



Sunsmart App

Hi all, just wanted to remind everyone about this AWESOME Sunsmart app. It is SO easy to use and you can set your location. It gives you a clear indication of the UV index and weather, so anything above 3 UV index is when we need to be thinking about our protection. If you want to keep your beautiful skin nice and healthy then get this APP. For any further help please feel free to contact me at the school. Take care and stay safe.

Cheers

Leonie Cowey
Adolescent Health Nurse

A promotional graphic for the SunSmart app. At the top, it says "Being SunSmart in Victoria". On the right is the SunSmart logo. Below that, there are two sections: "When UV is 3+" and "When UV is below 3". The "UV is 3+" section lists five ways to protect: Slip on covering clothing, Slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen, Slap on a broad-brimmed hat, Seek shade, and Slide on sunglasses (AS:1067). To the right of this is a green circle containing text about UV rays. The "UV is below 3" section states that sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow. At the bottom, there is an image of a smartphone displaying the app's interface with a UV index of 9 and a slide on sunglasses icon.

Breakfast Club / Food Bank

Throughout 2020, the college Breakfast Club Program has the privilege of being supported by Foodbank Victoria. The College breakfast has been expanded to include a range of cereals, milk and fruit. This expanded range is in addition to our normal popular menu of hot Milo and cheese toasties!! On return to on site learning in Term 4, Breakfast Club will again run on Tuesday, Wednesday and Thursday mornings. Breakfast is held at the Trade Training Centre Kitchen and runs from 8.00 - 8.45am.

The college has also been provided with a range of general grocery supplies. Generously donated in order to support families during the Covid 19 crisis, small packs of groceries consisting of mainly of dry goods and canned food, (fruit, casseroles, soups etc). These packs are available to families on request to the college office staff or the administrative team. Examples of these are currently on display in the school foyer.

We are deeply grateful to Foodbank Victoria for their support across our Government Schools during these unprecedented times and encourage families to access resources if needed.

Julie Anderson

Breakfast Club Coordinator

ENJOY A HEALTHY START AT

SCHOOL BREAKFAST CLUB



All students welcome!



Need help getting your 120 hours?

- between 16 and 21 years of age?**
- hold a current learner's permit?**
- limited access to a vehicle or supervising driver?**



For information on our FREE driver mentor program, please call the L2P Coordinator on 0418 535 478 or visit www.cgllen.org.au

**#beanresilient
RESILIENT
COMMUNITIES...**

SUPPORT LOCAL.

PROMOTE POSITIVE MENTAL HEALTH.

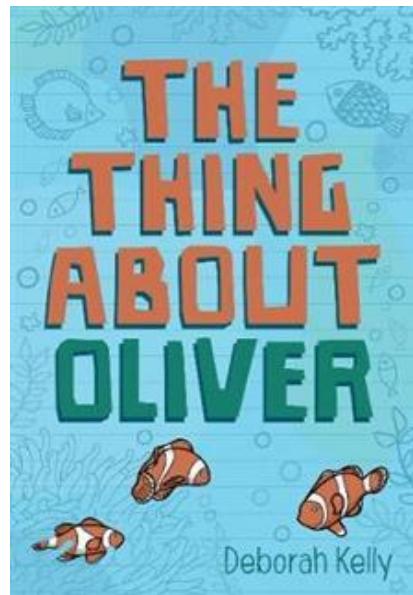
INSPIRE COLLABORATION.

ENCOURAGE KINDNESS.



AC Reads

This year the annual CBCA (Children's Book Council of Australia) Book Week will run from October 17 - 23. The following titles have been shortlisted for the Book of the Year, Younger Readers Category. All of these novels are available for borrowing from the library.

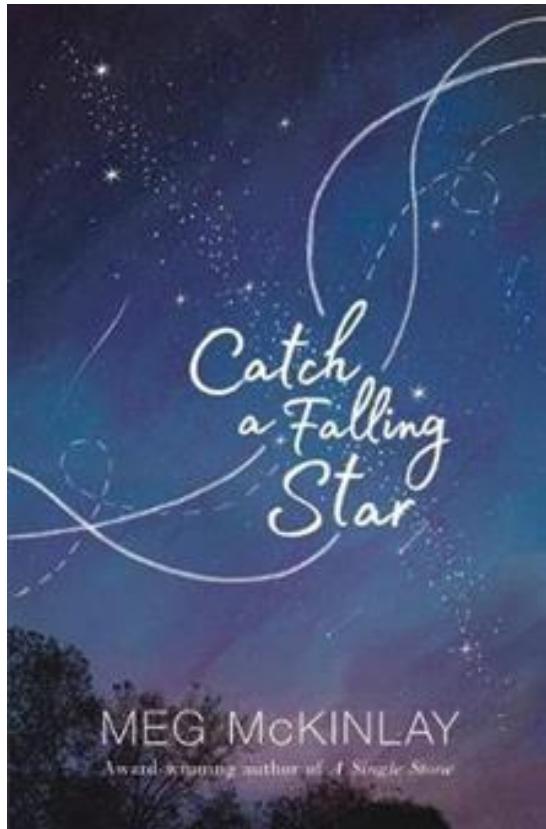


Reef come true? Or will so many changes all at once prove too much for the whole family?

Eleven year old Tilly dreams of becoming a marine scientist, but she doesn't even own a swimsuit. She lives in a drought stricken town with her mum and younger brother Oliver, who is autistic. Oliver's meltdowns are making life unbearable. He can't cope with even the smallest of changes to his routine. On top of that, he needs so many different kinds of therapy that there's never any time or money left over for swimming lessons. When Mum loses her job and decides to move the family to the Queensland coast, Tilly is excited and terrified all at once. Is this her chance to finally learn to swim? Will her dream of snorkelling on the Great Barrier

Magnolia Moon is a character whose irrepressible joy and vivid imagination will remind readers just how much can happen in a year of being nine. Magnolia Moon is nine years old, likes Greek mythology, her best friend Imogen May, wishing trees and talking crows. She knows instinctively that buffadillos are armadillos crossed with buffalos and believes there are walramingos living in her garden. She's also the kind of person who can be entrusted with a great many secrets. In her year of being nine, Magnolia must keep a great secret, cope with her best friend moving and the birth of her little brother Finnegan. She navigates every challenge and secret that comes her way with the kind of authenticity and innocence that comes from being nine years wise.

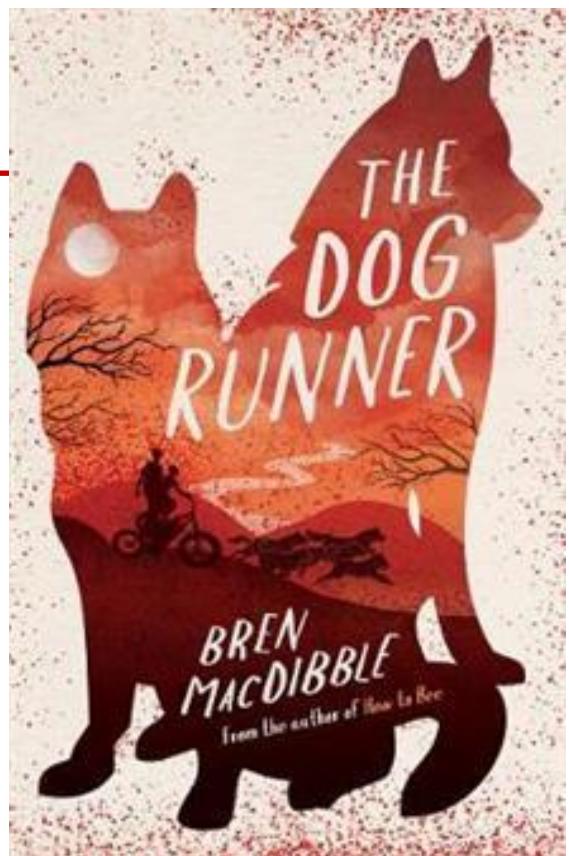




It's 1979 and the sky is falling. Skylab, that is. Somewhere high above Frankie Avery, one of the world's first space stations is tumbling to Earth. And rushing back with it are old memories. Things twelve-year-old Frankie thought she'd forgotten. Things her mum won't talk about, and which her little brother Newt never knew. Only ... did he? Does he? Because as Skylab circles closer, Newt starts acting strangely. And while the world watches the sky, Frankie keeps her own eyes on Newt. Because if anyone's going to keep him safe, it's her. It always has been. But maybe this is something bigger than splinters and spiders and sleepwalking. Maybe a space station isn't the only thing heading straight for calamity.

'We're gonna starve if we stay here,' Emery said. 'If we're gonna go, best go now.' And he said it like going was something easy. Like all we have to do is walk away.

Ella and her brother Emery are alone in a city that's starving to death. If they are going to survive, they must get away, upcountry, to find Emery's mum. But how can two kids travel such big distances across a dry, barren, and dangerous landscape? Well, when you've got five big doggos and a dry-land dogsled, the answer is you go mushing. But when Emery is injured, Ella must find a way to navigate them through rough terrain, and even rougher encounters with desperate people...



MANAGING ILLNESS IN SCHOOLS AND EARLY CHILDHOOD SERVICES DURING THE CORONAVIRUS (COVID-19) PANDEMIC

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know:

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

- If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet \(PDF\)](#) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet \(Word\)](#) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.

This advice has been prepared by the Department of Education and Training,
Safer Care Victoria and the Department of Health and Human Services