



Last Friday the AC News Team celebrated their second anniversary with the launch of their new website. A fantastic example of a student driven initiative which has gone from strength to strength at Ararat College. Congratulations to all of the students involved, and thank you to Ms Adams, Ms Sky and Ms Murnane for their ongoing support.

A Message from our Principal ...



I would like to take this opportunity to introduce myself to parents and families who are new to the school since 2018. I have previously worked at Ararat College in a variety of teaching and leadership positions over the last ten years. I feel very honoured to be back at Ararat College as the Acting Principal whilst Geoff is on leave for the remainder of this term. Whilst I have spent the last six months working as an Education Improvement Leader in the DET regional office, it is great to be back working in the school environment.

I am passionate about the education of young people in our community, and look forward to working with staff, students and parents to ensure that we are continuing to provide all of our students with every opportunity to reach their full potential.

Victorian State Schools Spectacular

This week our State Schools Spec students headed off to Ballarat for their first rehearsal of the year. This is a great opportunity for our students to be involved in a large scale performance where they get to meet and interact with students from all areas across the state. Thank you to Ms Anne Henry and Mr Bowles for accompanying our students to this rehearsal.



Black Ranges Swimming Warracknabeal

Congratulations to all students who went to Warracknabeal on Tuesday to represent our school at the Black Ranges Swimming. Special mention to Jodan Grant, who walked away with three 1st places and will now move forward to the next level of competition. Other place getters on the day were Summer Merrick - 3rd in backstroke, Emma Lavery - 3rd in butterfly, and Dylan O'Brien - 3rd in backstroke. Thank you to Ms Jacobs and Mr Young for taking our swimmers to Warracknabeal, and to Mr Spalding for his organisation.





Wimmera Field Days

A group of our VCAL students attended the Wimmera Field Days in Horsham on Wednesday where they were able to see first-hand the latest developments in farming practice, machinery, equipment, technology and services. Thank you to Mr Andy Reynolds and Ms Anne Henry for organising and accompanying our students to this event.

International Women's Day

Today Amy Clarke, Emily Lewis and Jack Ward, accompanied by Ms Murnane, attended the International Women's Day event organised by Ararat Community Enterprise. This event is being hosted by ABC State-wide Drive's Senior Producer. No doubt full coverage of this event will be available on AC news.

Parent/Student/Teacher Progress Conversations

As we move quickly through the term we approach our first round of Progress Reports. These reports contain information about each student's academic achievement, as well as their attitude and effort towards learning. There are six progress reports throughout the year, which are then supported by Parent/Student/Teacher conversations. By reporting more frequently, and providing regular feedback to students and parents, we believe we are creating a more constructive and positive learning environment. The first Progress Report will be live on our Parent Portal Monday March 18th at 4pm. Information on how to book a time with your child's teacher at our Parent/Student/Teacher Conversations will be sent home shortly to families.

Labour Day Long Weekend

Monday March 11th is a public holiday due to Labour Day. I wish all families a safe and relaxing long weekend.

Ellie McDougall

Acting Principal

*It's hard to learn anything if you are absent from school
It's not OK to be Away.*

AC News Website Launch

March 3rd, two years ago, marked the day that AC News was launched. Since then, they have been reliably reporting the news.

On March 1st, to celebrate the second anniversary of AC News, the team worked hard to launch an all new, sleek website for the swift publication of high quality articles and video segments.



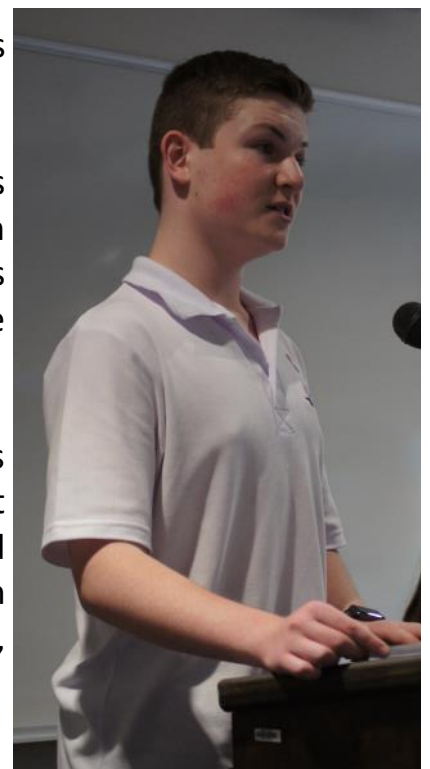
The Year 9/10 Café Productions class catered for the event, making delicious cheesecakes and rocky road, and AC News team members served coffee and tea.

After a short while, all seats in the Trade Training Centre were filled up with students, teachers and parents and other supporters, including Councillor Jo Armstrong and AC News' greatest benefactor, Janine Adams, whose pivotal role in developing AC News was highlighted in the speeches. Many had to scramble for whatever seats were left.

Then the team began their speeches, beginning with AC News founder and producer, Jack Ward.

"Today we are here not only to celebrate two years of news gathering and reporting, but to launch something that has been in the pipeline for a while. We're extremely excited to share this project with you and we hope it allows for further news to be covered in a way that can reach more people", Jack said.

"I am so proud of our team. Every one of our members understands that a school news team is a major asset to have at Ararat College. I thank the team for their dedication, support and commitment - even though you don't see them physically, you can notice the incredible work they do through their filming, editing, writing and photography", he said.



Over the years, AC News has had multiple achievements, one being 450 followers and growing on their Instagram, another being that their segments have been seen by over 54,000 people. The team have been remarkable at their jobs, ensuring that high quality is the standard.

Producer, Jack Ward, highlighted the team effort that goes into it all. Other speakers included journalist Claire Leggett, Assistant Producer Emily Lewis, writer Tash Ferguson, and photographer Amy Clarke.



Finally, the blue veil on the television screen was whipped away to reveal their sleek, modern website.



Website - www.acnews.cf

Instagram - @acnews_

Facebook - [@acnewsararat](https://www.facebook.com/acnewsararat)

Written by Wyatt St Jack, Year 10

Ararat College Art Exhibition at Willaura Market

Student art work from a range of year levels was on display at the Willaura Market last weekend, a great way to showcase our many talented student artists. Congratulations to all students whose work was exhibited, and thank you to Mrs Lugg and Mrs Murnane for their work setting up and looking after the display.





This Week in ... Year 7 Food



Mrs Murnane's Year 7 Food class made chocolate chip biscuits. The results, according to students and staff, were delicious !



Year 7 Food



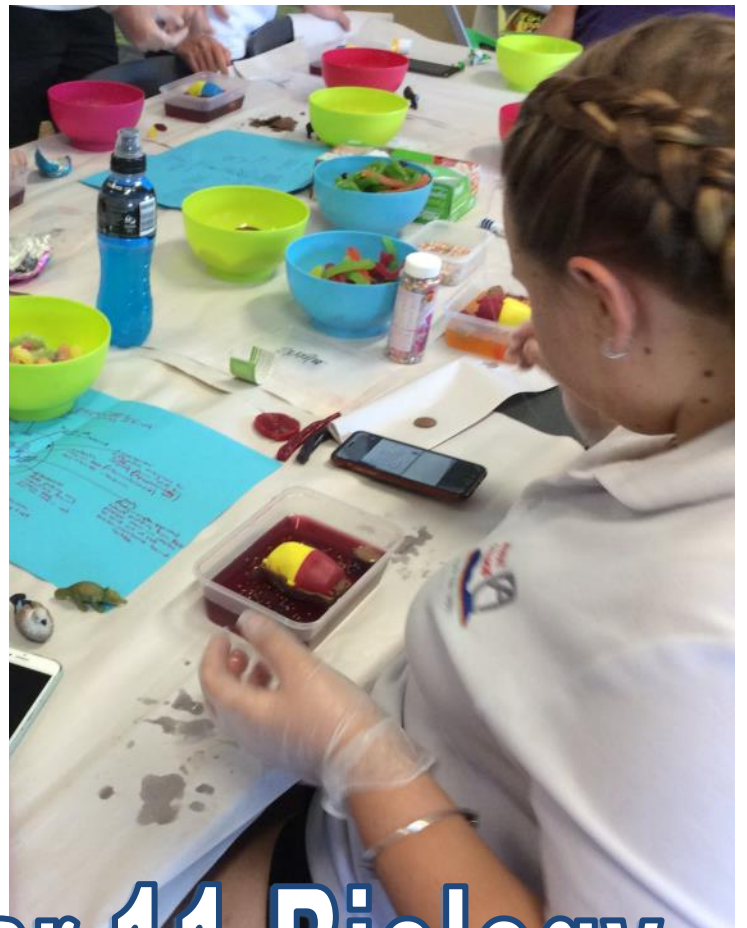
This Week in ... Year 11 Biology

Jelly Cells Revision Task

Unit 1 Biology starts at the cellular level. As a revision task students were given a choice of different lollies to represent the different organelles. After putting together their cells they prepared a report explaining their choices and what each organelle does. Discovering what you've learn can be sweet !

Ms Ettles





Year 11 Biology



Ararat College Wellbeing Team

WHAT EFFECT DO DEVICES HAVE ON SLEEP?

Nowadays, kids spend a huge percentage of their lives in front of a screen. Of course, responsible and necessary use of devices accounts for a large portion of this time. More often than not, classroom activities and homework require a computer of some form or another. There are plenty of completely safe, enjoyable ways to use a device to play, relax and unwind.



DEVICES BEFORE BED

Staring at a screen too close to bedtime can have a serious effect on our sleeping patterns. Using a device before bed does a few things. For a start, it damages your circadian rhythm. Your 'body clock' is a complex equation of hormones, and the short-wavelength, artificial blue light that's emitted by smartphones, TVs, laptops, tablets and other devices can throw this equation out of order. Blue light, thanks to its short waveform, is easily picked up by our retinas, making our brains think it's daytime. The brain responds by suppressing the release of melatonin – a sleep-inducing hormone – to keep us awake, making hay while the sun shines. This means, the more screen time in the evening, the harder it is to fall, or stay, asleep.

Suppression of melatonin also plays with your REM sleep. This is when our most vivid dreaming happens. It's important for everyone – but most important for children. REM sleep stimulates the brain regions we use for learning, which some believe explains why infants spend much more time in an REM state than adults. Using devices reduces the total amount of REM sleep we get in a night, which leaves users sluggish and tired in the morning, and makes it harder to concentrate throughout the day. Over time, this can add up to a significant sleep deficiency.

The fact of the matter is, kids need sleep. A lack of sleep can affect their schooling, mood, appetite and more. A screenless pre-bed routine is a small price to pay for a healthy, happy mind.

SETTING RULES AROUND DEVICES

The most important thing for all parents and guardians to do to combat these issues is to set healthy and realistic expectations around when it is and isn't okay to use an electronic device. As a general rule, an hour without any screen time before bed is the best way to encourage a good night's sleep.

Charge electronic devices outside of the bedroom. It's extremely common to charge our phones and tablets on our bedside tables. After all, many of us use them as alarm clocks. This is a great habit to break. Charging electronic devices in the kitchen or another room is a great way to ensure you won't be tempted to scroll through your social accounts or play games before bed, stops app notifications, calls or texts from waking us up in the night, and helps keep kids safe from predators who may want to develop secret relationships.

Use a tool like Family Zone to turn off the WiFi at night. Tools such as Family Zone are a great way to set time limits on your home WiFi. As well as blocking inappropriate content and websites, it's easy to set an Internet cut off time to reduce temptations to pick up the phone for one last scroll. Parents and kids alike will sleep better!

For more information <https://www.internetsafeeducation.com/>



ARARAT COLLEGE WELLBEING TEAM



Meet 'Don't Run With Scissors'

By Aria Davies Harrison

'Don't Run With Scissors' is Ararat College's school competition band.

The band has been running for many years and has a range of instruments and members. In June and July the senior band from 'Don't Run With Scissors' will be attending Rockfest in Templestowe.

Rockfest is a competition including school bands, solo artists and many different groups.

I asked a couple of the band members about their position in the band.

Vocal Section - Caitlin

-How long have you been in the band? 1 Year

-How long have you been singing? 2-3 Years

-Favourite song to perform? "Stand By Me"

Guitar Section - Jake

-How long have you been in the band? 1 Year

-How long have you been playing? 3 Years

-Favourite song to perform? "Big Jet Plane"

Brass Section-Lachie

-How long have you been in the band? 4 years

-How long have you been playing? 6 years

-Favourite song to perform? "Little Talks"

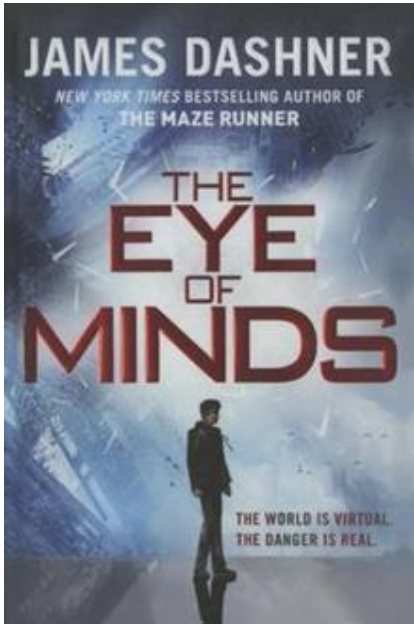
The band has practices at lunch on Wednesdays, Thursdays and Fridays. Currently 'Don't Run With Scissors' are practising their 3 songs for Rockfest: "Rhiannon", "Crazy Little Thing Called Love" and "Blame It On The Boogie".



Thanks for reading!

AC Reads

New series - now available in the library



From James Dashner, the author of the bestselling Maze Runner series, comes an all-new, edge-of-your seat adventure. The Eye of Minds is the first novel in the Mortality Doctrine series set in a world of hyperadvanced technology, cyberterrorists, and gaming beyond your wildest dreams . . . and your worst nightmares. Michael is a gamer. And like most gamers, he almost spends more time on the VirtNet than in the actual world. The VirtNet offers total mind and body immersion, and the more hacking skills you have, the more fun. Why bother following the rules when most of them are dumb, anyway? But some rules were made for a reason. Some technology is too dangerous to fool with. And one gamer has been doing exactly that, with murderous results. The government

knows that to catch a hacker, you need a hacker. And they've been watching Michael. If he accepts their challenge, Michael will need to go off the VirtNet grid to the back alleys and corners of the system human eyes have never seen, and there is the possibility that the line between game and reality will be blurred forever.

MORTAL ENGINES launches Philip Reeve's brilliantly imagined creation, the world of the Traction Era, where mobile cities fight for survival in a post-apocalyptic future. The first instalment introduces young apprentice Tom Natsworthy and the murderous Hester Shaw, flung from the fast-moving city of London into heart-stopping adventures in the wastelands of the Great Hunting Ground. Emerging from its hiding place in the hills, the great Traction City is chasing a terrified little town across the wastelands. Soon London will feed. In the attack, Tom is flung from the speeding city with a murderous scar-faced girl. They must run for their lives through the wreckage and face a terrifying new weapon that threatens the future of the world. This big, brave, brilliant book combines a thrilling adventure story with endless moral conundrums.



Ararat College VCAL 2018 Shiraz



\$15 per bottle

Limit 6 per customer

Available strictly from **February 18 – March 29**

Purchase at Ararat College

Pre Orders to reynolds.andrew.l@edumail.vic.gov.au

From the 18th of February to the 29th of March (6 weeks only), the wine which the VCAL students and teachers have put a lot of time and dedication into will finally be for sale. It will be available from the front office. The price per bottle will be \$15 and each person may purchase up to six bottles.

GET INVOLVED IN FOOTBALL & NETBALL!

Ararat Eagles would like to invite anyone who is interested in getting involved in both football and netball this season to come to a training session and try it out!

FOOTBALL TRAINING:
MONDAY & WEDNESDAY NIGHTS
SENIORS & JUNIORS 6.30PM

**COME
AND
TRY**

NETBALL TRAINING:
WEDNESDAY NIGHTS
JUNIORS 4:30PM
SENIORS 6-7PM

@ALEXANDRA OVAL

For more information/enquiries contact:
Netball - Emma on 0400 053 660
Football - Mark on 0488 727 476



ARARAT EAGLES FNC

ARARAT
**TOWN
HALL**

PRESENTS

**Tuesday
2nd April
7.30pm**

Tickets

\$29 full

\$19 concession

\$12 children 12 and under

Info and bookings

www.ararattownhall.com.au

Phone: 5355 0900

By a Thread

**Seven acrobats and
30 metres of rope.**



CREATIVE VICTORIA

106.9 BWM
MIXX FM
WEEKLY ADVERTISER

REGIONAL
ARTS
VICTORIA

ONE
FELL
SWOOP
CIRCUS



**EGHS MURRAY TO MOYNE CYCLE RELAY
TEAMS PRESENT**

TRIVIA NIGHT

Wizards, Witches, Goths and Ghouls

FRIDAY MARCH 15 | 7PM FOR 7.15PM START
NURSING EDUCATION STUDENT TRAINING ROOM – NEST
(REAR OF PATRICIA HINCHEY CENTRE)

Tables of 8 – \$20 per head
BYO Drinks and Nibbles – Supper provided

Best dressed individual and table | Prizes | Buy an answer |
Raffle

Table bookings to Jodie Holwell by Monday March 11
5352 9387 or jodie.holwell@eghs.net.au

Proceeds to EGHS Dialysis Unit treatment chair replacement
project.



Calendar Term 1

(Week 7)	Monday	11	PUBLIC HOLIDAY
March	Tuesday	12	
	Wednesday	13	School of Student Leadership - Information Evening
	Thursday	14	9/10 Forensic Science Excursion - GTAC
	Friday	15	Year 7 Immunisation
(Week 8)	Monday	18	
	Tuesday	19	
	Wednesday	20	Year 9/10 Outdoor Ed Camp
	Thursday	21	Year 9/10 Outdoor Ed Camp Parent / Student / Teacher Conversations Evening
	Friday	22	Year 9/10 Outdoor Ed Camp Parent / Student / Teacher Conversations Morning
(Week 9)	Monday	25	
	Tuesday	26	
	Wednesday	27	
	Thursday	28	School Social
	Friday	29	Maria Island Hike
(Week 10)	Monday	1	Maria Island Hike
April	Tuesday	2	
	Wednesday	3	
	Thursday	4	
	Friday	5	House Athletics END OF TERM ONE

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.