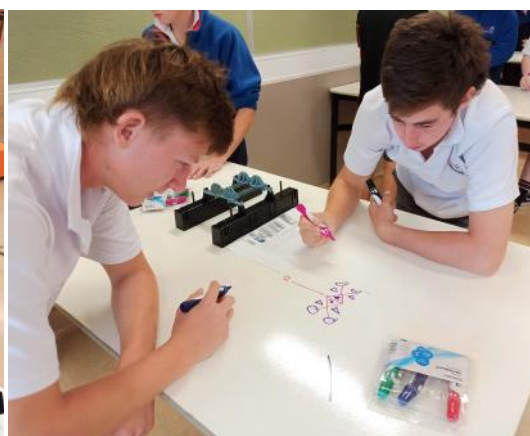
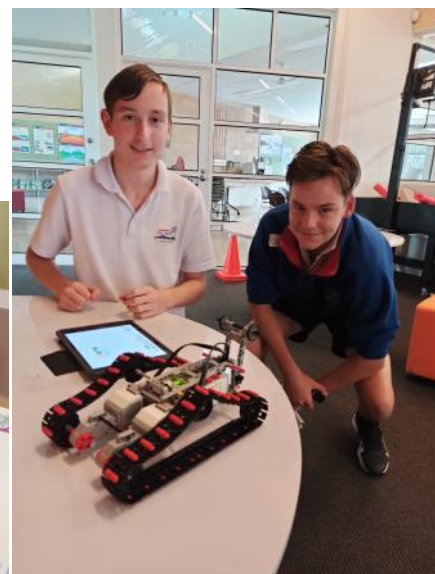




Year 10 Earth Ed

The Year 10 students went to Earth Ed on Wednesday to look at Seismic Engineering and how to recover and predict for earthquakes. They built and budgeted their own buildings and measured them on the shake scale to see if they would survive an Earthquake. Our winning team was Jess and Ben with their spaceship-inspired construction which moved less than 5mm. The second session was building and coding special recovery robots for when destruction happens. Our most successful robot was the product of Angus and Jake who used an impressive three wheel system providing a low centre of gravity and good traction. This excursion has allowed us to get a head-start on our next area of study which will focus on Earth and Environmental Science.

Ms Gaylard, Ms Ettles and Mrs Lavery



A message from the Principal.....

It is fair to say that we are living in unprecedented times at the minute. Whilst this has meant we have seen some changes to our day to day lives, it has also given us an opportunity to reflect and be grateful of the many things we can access in our society. This week has made me exceptionally proud of our school community, especially the students and staff for the manner in which they are managing the current situation. Despite the uncertainty, we are working together to ensure students can continue to learn and are feeling as safe and supported as possible. Our school values of Respect, Responsibility and Excellence are guiding these actions and reminding us all to take care of each other!

Please make sure you are up to date with all of the information being sent out to parents. This can be accessed via the following link <http://www.araratcc.vic.edu.au/coronavirus>, our social media accounts and the XUNO – parent portal. It is essential if you have not already set up your access to the parent portal please do so as soon as possible. If you need assistance please visit the link above for a ‘how to guide’ or contact the office on 5352 4177.

Provision of Online Learning

As a school we have already begun implementing Google Classrooms across the school. Most students have accessed these and are aware of how they can view work and contact their teacher. We will continue to further develop the content in these classes and as well as ways we can connect with students and parents should we move into a school closure. We are creating a page on our website which will provide outlines to parents of what work students are needing to complete to ensure information is available across the entire school community. Stay tuned as we continue to advance our provision of online learning!

All students will be going home at the end of every day with their laptops and chargers (this includes library laptops), Illuminate reading books, English novels and Resilience Project Journal.

Families that have informed us they do not have access to internet will still be supported so that there is continuity of learning for all students.

We have also reminded our students of their responsibility when working in this space and how they should be managing their time. This would include setting up a working space and following their current timetable.

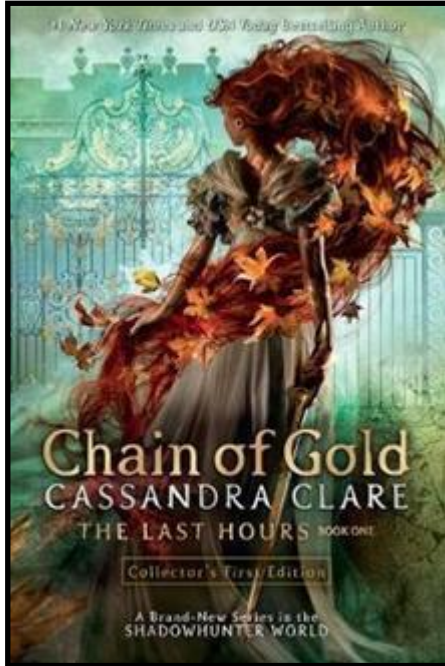
Maria Island Camp

Last weekend, before restrictions came into place, four of our students (Amy Clarke, Tash Ferguson, Holly McAdie and Dakota Barrie) and Ms Skewes took part in the Hike to Higher Education at Maria Island. All students had a wonderful time participating in this amazing experience. A massive thank you to Ms Skewes for her organisation of the camp and accompanying our students! I would also like to acknowledge and thank Anglicare and the work that they do as the major supporter of providing this opportunity to our students.

Ellie McDougall
Acting Principal

AC Reads

These new novels by popular authors Cassandra Clare and Sarah J. Maas are now available to borrow from the library.

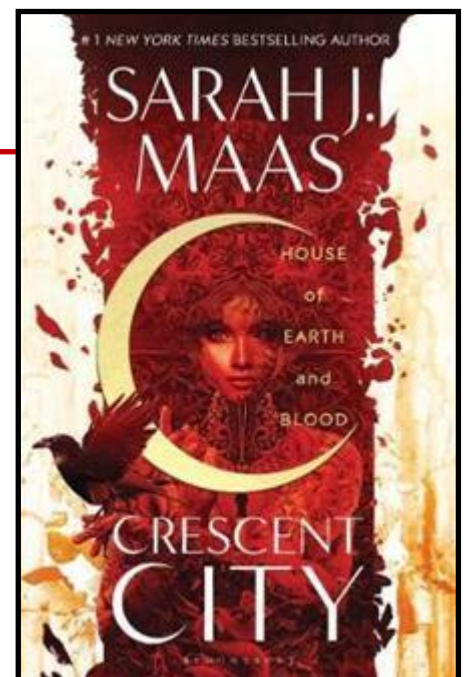


Cordelia Carstairs is a Shadowhunter, a warrior trained since childhood to battle demons. But Cordelia's new life is blown apart when a shocking series of demon attacks devastate London. These monsters are nothing like those Shadowhunters have fought before – these demons walk in daylight, strike down the unwary with incurable poison, and seem impossible to kill. London is immediately quarantined. Trapped in the city, Cordelia and her friends discover that their own connection to an dark legacy has gifted them with incredible powers – and force a brutal choice that will reveal the true cruel price of being a hero.

Bryce Quinlan used to light up Crescent City, partying all night in the clubs where the strict classes of angel, shifter, human and Fae merge into a sea of beautiful bodies.

Then a demon murdered her closest friends.

Two years later, when the supposed killer is behind bars but the crimes start up again, the city's leaders command Bryce to help investigate. They assign an enslaved fallen angel, Hunt Athalar, to make sure she does. But as Bryce fights to uncover the truth - and resist her attraction to the brooding angel who shadows her every step - she finds herself following a trail that leads deep into her own dark past.



"ARARAT STORM is proud to support women and girls to get active. We continue to see fantastic growth in Womens Football participation, and we are excited to continue to showcase football as an accessible participation option for all women and girls.

THIS GIRL CAN Victoria celebrates real women giving it a go and getting active no matter how well they do it, how they look or how sweaty they get.

ARARAT STORM is proud to give women and girls the opportunity to play, get active and have fun. So come down to our wonderful little club and give it a try you never know you might love it that much and join and you are more than welcome to"



COME JOIN IN THE FUN OF OUR GREAT CLUB

TAC L2P Program

The TAC L2P program is free for eligible young people aged 16-21 years. The young learners are matched with fully licensed volunteer mentors and have access to a sponsored vehicle, which they can use to get their 120-hour supervised driving experience.

For more information please call the L2P coordinator on 5352 3266





This information is for young people affected by stress related to Novel Coronavirus (COVID-19).

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently. You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

The following information outlines things that might be helpful to manage any changes to daily life as a result of containment measures for COVID-19.

Tips to maintain a healthy headspace during this time:

- Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not.
- It can help to talk with a trusted adult if it all feels a bit much.

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

For more information and supports please visit www.headspace.org.au or call eheadspace on 1800 650 89

Coronavirus disease (COVID-19)

Factsheet for the Victorian public

Last updated: 03 March 2020

If you think you may have coronavirus disease, please call the dedicated hotline on 1800 675 389. This hotline is serviced by Nurse-on-Call. Please keep Triple Zero (000) for emergencies.

What is coronavirus disease?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle Eastern Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

This coronavirus disease is a new strain that has not been previously identified in humans.

Am I at risk?

At this time, anyone who has been in Iran or mainland China or mainland China (excluding Hong Kong SAR, Macau and Taiwan) in the past 14 days or is a close or casual contact of a confirmed case of COVID-19 is at the highest risk of infection.

Visit dhhs.vic.gov.au/coronavirus for the current information on risks.

Who is most vulnerable?

Experience tells us that people with compromised immune systems, the very old and young and those with diagnosed heart and lung conditions are most at risk of developing complications if they contract an infection like coronavirus infection.

What should I do if I am at risk?

If you are in one of the two risk groups listed above:

- Stay at home (self-quarantine)
- Avoid public settings - this means you should not attend work, school, childcare or university or go to other public places such as restaurants, cinemas or shopping centres and should not use public transport or taxis

Do this for 14 days after leaving mainland China, or when coming into close contact with a person that has coronavirus disease (other than when seeking medical care).

What are the symptoms of coronavirus disease?

People with coronavirus disease are most likely to have a fever, and may have respiratory symptoms like a sore throat, runny nose, cough or shortness of breath. Not all people with the disease will have a fever.

How does coronavirus disease spread?

Health authorities around the world believe the virus is spread through close contact with people carrying the virus. There is evidence that people are infectious before they begin to show symptoms of the virus, however they are likely to be most infectious for the first few days of illness.

What is the Victorian Government doing about this problem?

Victoria has a world-class hospital system that is well-prepared and ready to deal with cases of infection.

The Victorian Department of Health and Human Services is working with health authorities across Australia and the world to monitor and track the situation. Work is underway to adapt pandemic plans and to develop responses to this infection should there be an escalation in infections seen in Australia.

What should I do if I think I might have been infected with coronavirus disease?

If you are ill and have travelled to mainland China, including Hubei Province, in the 14 days before becoming sick, you should phone your doctor before attending a clinic.

If there is a risk of infection, your doctor will perform a test to determine if you have coronavirus disease.

Can my child go to school?

Advice for attendance at schools, early childhood education services and TAFEs and training providers is available from the Department of Education at [education.vic.gov.au/about/department/Pages/coronavirus.aspx](https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx).

How do I protect myself and my family?

The best way to protect yourself and your family is to pay attention to good hand and respiratory hygiene.

Cover your mouth and nose when coughing and sneezing with a tissue, or cough into your elbow, dispose of the tissue into a bin and then wash your hands afterwards. Wash your hands regularly, after using the toilet and before eating.

If you have concerns about your health, please see your doctor.

Healthcare workers are advised to use appropriate infection prevention control measures when looking after patients.

Do I need to wear a face mask?

Face masks are not recommended for use by members of the public in Victoria for the prevention of infections like coronavirus disease.

Where can I find current travel advice?

Check the Smart Traveller website for current travel restrictions and advice: smartraveller.gov.au

Where can I find out more information?

For Victorian updates to the current incident, go to: dhhs.vic.gov.au/novelcoronavirus

For national updates: health.gov.au/news/latest-information-about-novel-coronavirus

For international updates: who.int/westernpacific/emergencies/novel-coronavirus

WHO resources who.int/health-topics/coronavirus

March 2020

Week 9	Monday	23	
	Tuesday	24	
	Wednesday	25	
	Thursday	26	
	Friday	27	School Athletics Day - Last Day Term 1

April 2020

Week 1	Monday	13	Easter Monday Public Holiday
	Tuesday	14	Term 2 begins
	Wednesday	15	
	Thursday	16	
	Friday	17	
Week 2	Monday	20	
	Tuesday	21	
	Wednesday	22	
	Thursday	23	
	Friday	24	
Week 3	Monday	27	
	Tuesday	28	
	Wednesday	29	
	Thursday	30	

May 2020

May	Friday	1	
Week 4	Monday	4	
	Tuesday	5	
	Wednesday	6	
	Thursday	7	
	Friday	8	

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.