



Photography Challenge - Week 2

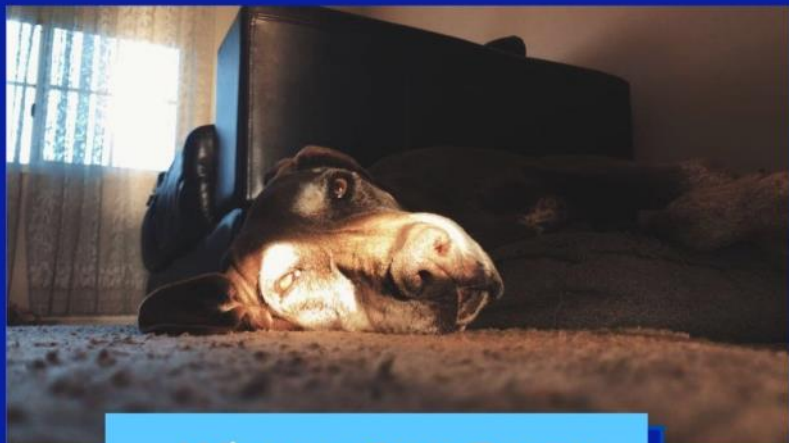
For the second week of the Year 9/10 photography challenge, students were given the task of producing an animal portrait. It's nice to see there are some very cooperative pets out there who have enabled our students to capture some really nice 'feel good' photos.

Congratulations to the winners of this week's challenge.



Melissa Murnane
Year 9/10
Design and Photography
Teacher

**DESIGN & PHOTOGRAPHY
PHOTOGRAPHY CHALLENGE**

*Week 2 Topic:
"Animal Portrait"*



Winner: Jess Burns



**Honourable mentions:
Tash Ferguson & Jake Ferguson**

Congrats!

A message from the Principal....

Positive Behaviour Nominations and Awards

This week we have celebrated our positive behaviour nominations and awards for August. It has been fantastic to see the large number of students working hard in remote learning and taking responsibility for their learning. Congratulations to everyone that has received a nomination this month despite the challenges posed when working and learning in a different environment.

Our award winners each month are selected via a raffle – the more nominations students are awarded the more entries they have in the award raffle! Well done to our winners for August!

Respect

COOPER Kaiden	8	PROPHET Allie	8	WILL Indianna	8
EVANS Ruby	8	SHEFFIELD Mia	8	BOND Bree	9
GRAHAM Olivia	8	SHERWELL Monique	8	COOPER Logan	10
JENNINGS Jim	8	SHERWELL Olivia	8	MCADIE Holly	10
MERRICK Summer	8	TONER Hugh	8		

Responsibility

BARRIE Connor	7	KEILAR Milly	8	DAY Taneka	10
BILLETT Ruby	7	LOW David	8	DIDOMENICO Ari	10
BOND Chloe	7	MAXWELL Sevahn	8	HOPE Cain	10
CLEARY Dylan	7	MERRICK Summer	8	HYLAND Jackson	10
CLEARY Logan	7	O'CONNOR Michael	8	JENNINGS Joseph	10
COOPER Sophie	7	POWELL Jake	8	JONES Cara	10
DAY Kieren	7	PROPHET Allie	8	KEILAR Ada	10
FERGUSON Madison	7	SCOTT COCHRANE Kaiti	8	LOW Kiauna	10
MANGELSDORF A'Leaha	7	SHEFFIELD Mia	8	MCLOUGHLIN Ella	10
REYNOLDS Audrey	7	SHERWELL Monique	8	MCNAUGHTON Joel	10
SIMPSON Rhyder	7	SHERWELL Olivia	8	MILLAR Jake	10
TONER Patrick	7	STACPOOLE Austin	8	NICHOLS Cameron	10
WARD Jesse	7	TONER Hugh	8	NICOLACI Caleb	10
AITKEN Darcy	8	TOWNSEND Sophie	8	QUARRELL Zaviour	10
BOND Chelsea	8	WALLIS Tylah	8	CAMILLERI Alyssa	11
CARTER Zoe	8	BOND Bree	9	CARTER Bianca	11
COOPER Kaiden	8	BRASSER Chloe	9	DOWLING Ebony	11
COOPER Rahni	8	BROWN Dean	9	LANCASTER Seth	11
DEBONO Jayla	8	FERGUSON Zac	9	LEGGETT Daniel	11
DOWLING Hayden	8	GORANOVIC Gorica	9	MAKOVEC Tyson	11
DOWSETT Wilson	8	KUZMICH Jyelan	9	PRICE Nathan	11
EVANS Ruby	8	LAVERY Emma	9	SELLON Kate	11
GRAHAM Olivia	8	MARR Jenae	9	SHEFFIELD Emily	11
HARRIS Jackson	8	ROBERTSON Alanna	9	BARRIE Declan	12
HAUSER Harry	8	BAKKER Gracie	10	DUNNE Grace Simpson	12
HEDGER Hannah	8	BARRIE Dakota	10	FERGUSON Jordan	12
JENNINGS Jim	8	BELL Leroy	10	KELLY Taryn	12
JONES Ashlyn	8	BURNS Jessica	10	MORALE Jackson	12
KAHLE-PHILLIPS Ava	8	COOPER Logan	10	SPORTON Carly	12

Excellence

BELCHER Harry	7	JENNINGS Jim	8	ROBERTSON Alanna	9
CLARKE Summer	7	KAHLE-PHILLIPS Ava	8	BAKKER Gracie	10
COLEMAN Chloe	7	LOW David	8	BELL Leroy	10
DAY Marcus	7	MAXWELL Sevahn	8	CLARKE Amy	10
FERGUSON Madison	7	MERRICK Summer	8	DAY Taneka	10
GOODEY Clara	7	O'CONNOR Michael	8	DIDOMENICO Ari	10
HANCOCK Gabrielle	7	PROPHET Allie	8	FERGUSON Tash	10
HEWITT Saxon	7	SCOTT COCHRANE Kaiti	8	HOPE Cain	10
JACKSON Lane	7	SHEFFIELD Mia	8	HYLAND Jackson	10
MANGELSDORF A'Leaha	7	SHERWELL Monique	8	LOW Kiauna	10
TONER Patrick	7	SHERWELL Olivia	8	MCADIE Holly	10
WALTER Shylah	7	STACPOOLE Austin	8	MCGRATH Olivia	10
WARD Jesse	7	TONER Hugh	8	MILLAR Jake	10
AITKEN Darcy	8	TOWNSEND Sophie	8	NICOLACI Caleb	10
BOND Chelsea	8	WILL Indianna	8	O'BRIEN Caitlin	10
BRADY Jake	8	WOOLLEY Cody	8	DOWLING Ebony	11
CARTER Zoe	8	BOND Bree	9	LAWS Ethan	11
CAVANAGH Arie	8	BROWN Dean	9	SAUNDERS Zane	11
COOPER Kaiden	8	CHACE Mia	9	SHEFFIELD Emily	11
DEBONO Jayla	8	FERGUSON Zac	9	WARD Jack	11
DOWSETT Wilson	8	GORANOVIC Gorica	9	DUNNE Grace Simpson	12
EVANS Ruby	8	KUZMICH Jyelan	9	SPORTON Carly	12
GRAHAM Olivia	8	LAVERY Emma	9		
HEDGER Hannah	8	MARR Jenae	9		

August Award Winners

Junior School

A'Leaha Mangelsdorf
Summer Merrick

Middle School

Ari Didomenico
Jake Millar

Senior School

Taryn Kelly
Tyson Makovec

Progress Reports and Student/Parent/Teacher Conferences

This week our fourth round of progress reports went live on Xuno Parent and student Portal. If you were not able to access these, please contact our office staff on 5352 4177 and they will happily assist you in gaining access. We were also able to hold our Student/Parent/Teacher Conferences virtually which has been a new experience for us all! I hope families were able to catch up with teachers to discuss the learning of their children. If you were unable to get in touch with any teacher and would like to do so, please feel free to contact them via XUNO or the college office.

Father's Day

This weekend we have the opportunity to celebrate all the men in our families with Father's Day. Happy Father's Day to everyone, I hope that you are all able to have a relaxing and enjoyable day!

Ellie McDougall
Principal



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

APPLICATION FOR ATTENDING ONSITE

A reminder that application for onsite attendance due to parent employment arrangements needs to be submitted by 9am on the Friday before each week commences, please [click here](#) to access the form. For families who require more information about this please contact our office on 5352 4177 or email us at Ararat.sc@education.vic.gov.au.

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=NHFsR09odDh3YWlrWGFzZjdhTnREQT09>



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>

Asthma Week

It is Asthma week and a timely reminder for us all to take a breather and check a few things off the list. Please feel free to contact me if you require any further information about asthma and your management. Take care and stay safe.

Leonie- school nurse Ph: 0477318504

TAKE A BREATHER THIS ASTHMA WEEK



This Asthma Week is about YOU – putting your health and wellbeing at the forefront, even for just a few minutes each day.

Follow our **Take a Breather Checklist** to be better in body and mind whilst also helping to get your asthma well controlled.



1 GET SOME SUN

A rich source of Vitamin D comes from the sun, and there is growing interest and research into the potential role of Vitamin D in asthma management. There is currently not enough evidence to recommend Vitamin D supplementation as part of usual asthma care¹, however being outdoors is great for your immune system and overall health and wellbeing. So today, knock off 30 minutes early for a walk or if you are at home take time, enjoy your outdoor space and bask in the glorious sunshine. Just remember to be SunSmart.



2 MAKE A CHANGE

Take this opportunity to kick bad habits to the kerb, like smoking, to improve your asthma and overall health. Most people know smoking is not good for them but are unaware of the negative impact it can have on their asthma or the asthma of loved ones. Take time to read our guide on asthma and smoking to improve how you feel and help you live well with your asthma.



3 HAVE A CHAT

Book in a time to speak with our Asthma Educators about your asthma. Our Asthma Educators are here to answer your asthma questions, provide support for not only people with asthma but their carers, and are trained to help you with Australian best-practice asthma management and evidence-based information. So, give them a call on **1800 ASTHMA (1800 278 462)** and get back to living freely.



4 DE-STRESS

Symptoms of anxiety or depression may arise at any time of the year, but we know that 2020 has and continues to be, a big year for people with asthma. Download our guide on mental health and asthma, to better understand how it could be a trigger for your asthma and take a step towards improving your mental wellbeing.



5 HAVE A LAUGH

There's nothing like a good laugh to make you feel better, and it's great for your overall health! Although laughter can be a trigger for some people with asthma, laughter should not necessarily be avoided. If you find laughter makes your asthma symptoms worse, make an appointment with your doctor for an asthma review. Moral of the story: take some time to catch up with friends and loved ones either face to face or digitally, and get those belly laughs going.



6 GET COOKING

We know that healthy eating and a diet of fresh foods and vegetables is an important part of asthma management.^{2,3} Healthy eating also has a great impact on your general health and wellbeing. Aim for five serves of vegetables and two serves of fruit every day and try to limit take-away and processed foods. So, get cooking and explore your culinary talents.



7 REACH OUT

Book in to see your doctor for an asthma review. An asthma review is a chance for you to talk with your doctor about your asthma. A chance to talk about any symptoms you may be experiencing, any concerns you may have, and perhaps discuss ways to better manage your asthma.



To learn more about how your improved health and wellbeing can help your asthma, call **1800 ASTHMA (1800 278 462)** or visit asthma.org.au/asthma-week

1. National Asthma Council Australia. Healthy eating for asthma. Australian Asthma Handbook 2.0. Melbourne: NAC. Accessed online <https://www.asthmahandbook.org.au/clinical-issues/food/>

2. Wood, L.G., Garg, M.L., Gibson, P.G. A high-fat challenge increases airway inflammation and impairs bronchodilator recovery in asthma. *J Allergy Clin Immunol*. 2011; 127: 1123-1130.

3. Wood, L.G., Garg, M.L., Sears, J.M., et al. Manipulating antioxidant intake in asthma: a randomized controlled trial. *Am J Clin Nutr*. 2012; 96: 536-543.

SANOFI  AstraZeneca 

Sanofi and AstraZeneca proudly support Asthma Australia during Asthma week with independent grants. Neither have been involved in the development of this resource.

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

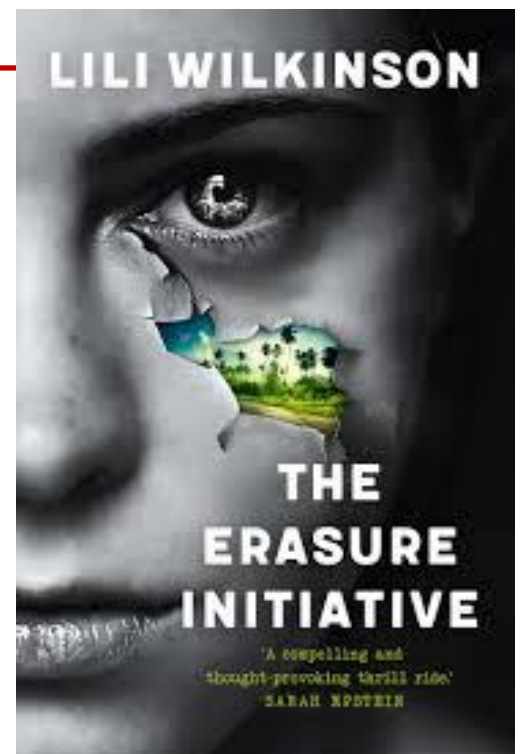


Meet Tariq Nader, leader of 'The Wolf Pack' at Punchbowl High, who has been commanded by the new principal to join a football competition with his mates in order to rehabilitate the public image of their school. When the team is formed, Tariq learns there's a major catch - half of the team is made up of white boys from Cronulla, aka enemy territory - and he must compete with their strongest player for captaincy of the team. At school Tariq thinks he has life all figured out until he falls for a new girl called Jamila, who challenges everything he thought he knew. At home, his outspoken ways have brought him into conflict with his family. Now, with complications on all fronts, he has to dig deep to control his anger, and find what it takes to be a leader. In confronting and often hilarious situations,

Tariq's relationships with his extended Lebanese family and his friends are tested like never before, and he comes to learn that his choices can have serious consequences.

A timely novel about the intensity and unpredictability of human behaviour under pressure.

I wake up, and for a few precious seconds I don't realise there's anything wrong. The rumble of tyres on bitumen, and the hiss of air conditioning. The murmur of voices. The smell of air freshener. The cool vibration of glass against my forehead. A girl wakes up on a self-driving bus. She has no memory of how she got there or who she is. Her nametag reads CECILY. The six other people on the bus are just like her: no memories, only nametags. A series of tests begin, with simulations projected onto the front window of the bus. The passengers must each choose an outcome; majority wins. But as the testing progresses, deadly secrets are revealed, and the stakes get higher and higher. Soon Cecily is no longer just fighting for her freedom - she's fighting for her life.



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.



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

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THE COLLEGE

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(03) 5352 4177

Kevin Bowles - IT Support
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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.