



## ***Year 12 Camp 2020***

On Monday the 3<sup>rd</sup> of February, fifteen of our year twelve students accompanied by Mr Reynolds and Mrs Murnane headed off to Melbourne to experience a taste of independent city living.

Our trip began with an early morning departure from the Ararat Train station. Upon arrival in Melbourne we toured the William Angliss TAFE which provides training in the boom industries of Hospitality and Tourism. After making our way out to our Parkville accommodation with all of our luggage in tow, we checked into our rooms. Each student had their own room which consisted of a double bed, desk, sink and a very unusual shower/toilet room. After the students had settled in, we all participated in a goal setting and motivation seminar which opened the student's eyes up to the opportunities that they can create for themselves if they focus and set goals.





Other highlights for the trip were completing a scavenger hunt around the city with students having to work out public transport and google maps to find certain locations. We enjoyed ten pin bowling and laser tag in Melbourne Central.

VCE students took part in an English seminar on Tuesday which was organised by Mr Healey and presented by renowned English Teacher Mr. Ross Huggard. This seminar explained the work requirements to the students and how to best to approach their English studies. Meanwhile VCAL students toured 'The Big Issue' headquarters which provided some excellent examples of real-life situations and resilience.



All students were a bit worn out on Tuesday afternoon after a big day. We travelled on public transport to the Docklands precinct and enjoyed a sit-down meal together and went ice-skating. Everyone gave it a go. Jess, Brody, Ash, Kirsty and Mrs Murnane glided around the rink with ease whilst Shaylee, Bri, Zoe and Mr Healey, let's just say struggled a bit but gave it a go! We topped the night off with a spin on the Melbourne Star which was lovely to see the night lights and great that Dylan conquered his fear! Ice-creams on the way home before making our way back to the dorm rooms on public transport.







We were up super early on Wednesday, but still managed to miss our train to Ballarat thanks to Melbourne's peak hour traffic. When we arrived in Ballarat we were picked up by a bus organised by Federation University which took us to the SMB campus to tour the Trade facilities, followed by the Mt Helen campus where we toured the University building and residence. Lastly we were taken to the ACU campus which specialises in nursing and teaching. It was a very busy day with lots of steps walked but it was great to see the facilities of the campuses and the opportunities available to the students.

Overall, a great experience was had by all. I really enjoyed getting to know the students and what their interests are outside of the school setting. I hope they will embrace the opportunities available to them with both hands. A big thank you to the lovely office staff at Ararat College that helped to organise the excursion and also to Mr Reynolds, Mr Healey and Mr Sherwell for their help with organisation and attending the camp.

**Melissa Murnane**  
Senior school leader

# ***A message from the Principal.....***

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## **Acting Assistant Principal**

On Tuesday February 4<sup>th</sup> Mrs Erhardt and her husband Darcy welcomed 'Rocket Reg' into the world. A big congratulations to them both. We are all looking forward to seeing many photos and meeting Rocket. As a result Mr Ellis will be the Acting Assistant Principal until Mrs Emma Henry returns from family leave on March 2<sup>nd</sup>.

## **School Council Elections**

A reminder that the opportunity still exists for parents and students to either self-nominate, or to be nominated for, a position on our College Council. The College Council meets regularly, usually on the third Thursday of every month, where many of the organisational aspects of the College are discussed and important decisions are made. No prior experience is required. We encourage parents who may not have previously considered nominating to do so for 2020. Nomination forms can be collected from the general office and the closing date for nominations is Monday February 17<sup>th</sup> 2020.

## **Year 7 Family Evening**

Next week on Monday February 17<sup>th</sup> we are hosting a Year 7 Family Evening in our Trade Training Centre. This is an opportunity for our Year 7 students and their families to come and meet their child's teachers and have a bite to eat. We will also be available to assist parents with setting up their access to our parent portal. The evening begins at 5:30pm and concludes at 6:30pm.

## **Year 7 Camp**

Our Year 7 students are starting to get very excited about their upcoming camp. The students head off on Wednesday February 19<sup>th</sup> and return on Friday February 21<sup>st</sup>. Thank you to Mr Kroll and Ms Ettles for their organisation of the camp and to the staff that will be attending with the students.

## **The Resilience Project**

The time is drawing very near for the kick off of the first major event of the Resilient Ararat working group. The Resilience Project will be visiting Ararat from Monday February 24<sup>th</sup> until Wednesday February 26<sup>th</sup>. Our school has already begun implementing the curriculum that relates to this program in classes with a very positive response from staff and students. The community session will be on Monday February 24<sup>th</sup> from 7pm – 8:30pm and I would encourage all parents to go to the following website to secure your tickets! This is a free event <https://www.eventbrite.com.au/e/the-resilience-project-ararat-community-session-tickets-88591111399>

Our staff will be completing their own session with The Resilience Project earlier that day and students will be involved in workshops on Wednesday February 26<sup>th</sup>.

**Ellie McDougall**

**Acting Principal**

# ***School Photos - Monday 24<sup>th</sup> February 2020***

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All students have been given their photo order form to bring home.

Please ensure students are in **full correct school uniform** on this day.

The studio taking the photos this year will be :

**MSP Photography**  
**1<sup>st</sup> Floor, 426 Sturt Street,**  
**Ballarat 3350 Phone 5333 5577**

Students need to have their envelope with them on **Monday 24<sup>th</sup> February**. Please note that envelopes and money do not need to be sent back to the school until the day of the photos. Students give their envelopes **directly to the photographers**.

If you order and pay for your photos on line, students must still bring their envelope to give to the photographers.

The cost of photos **cannot** be included on school payment plans or added to school accounts as you are dealing directly with the photographers and we do not collect payment on their behalf.

If you are paying by cash please have correct money as the College will not be able to provide change on the day. If your child does not have their envelope with them on the day they will still have their photos taken but you will need to contact the photographer to arrange payment. You may also organise a family photo (only available to students attending our school). Envelopes are available from the Office.

Please do not hesitate to contact the photographers on the above number if you have any concerns.

## **Attention - Year 12 Students**

Your photos will be taken **before** school on this day. Please make sure you are here by **8.45am at the latest**.

## ***Year 9 Extension Program***

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As part of our mission at Ararat College to improve educational outcomes for all students, this year we are piloting an extension literacy program for selected Year 9 students in Semester One. These students have been identified as performing above their expected age standard academically. This week students began setting learning goals to achieve over the next few months. This program complements our existing intervention programs at the College. We are very excited to be running extension programs for our students to further support their learning growth.

**Nick Healey**  
**Learning Specialist**



# Staying Hydrated

You might think you're all muscle but about two-thirds of your body is made up of water. Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes. You lose water from your body through sweating, breathing, urine and faeces.

Being properly hydrated helps your body function at its best. Dehydration – not having enough fluid in your body – can cause headaches, fatigue, crankiness and poor concentration. It also affects your sports performance. To stay properly hydrated, you need to give your body a certain amount of fluids every day. This includes water, milk and other drinks.



## Recommended daily intake of water:

Age	Males	Females
9 - 13	1.6L/day = 6 glasses	1.4L/day = 5 to 6 glasses
14 - 18	1.9L/day = 7 glasses	1.6L/day = 6 glasses
Adults	2.6L/day = 10 glasses	2.1L/day = 8 glasses

You need to drink more on hot days or if you're exercising. Make sure you drink plenty of water before, during and after physical activity to put back what you lose through sweat. We often don't feel thirsty even when we're dehydrated, so it's a good idea to drink water regularly even if you aren't thirsty.

Water and low fat milk are the best drinks for you. They quench your thirst without giving you all the sugar and additives found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

Here's a fact: a 250ml glass of apple juice or cola contains the equivalent of six teaspoons of sugar. Drinking just one can of soft drink every day adds up to 18 kilograms of sugar in a year!

Drinking water also helps rinse your mouth and prevent tooth decay. Most tap water contains fluoride which helps develop strong teeth. On top of that, tap water is inexpensive compared to all other drinks.

**Sugar sweetened drinks are not a necessary part of a healthy diet. They should only be consumed sometimes – not every day.**

**A great tip to staying hydrated is to use a large drink bottle that you like. If you carry this with you all day you will be more likely to drink from it and that way you will be able to track how much you are drinking per day.**

<https://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx>

**Ararat College Wellbeing Team**  
Taylah, Steph and Leo

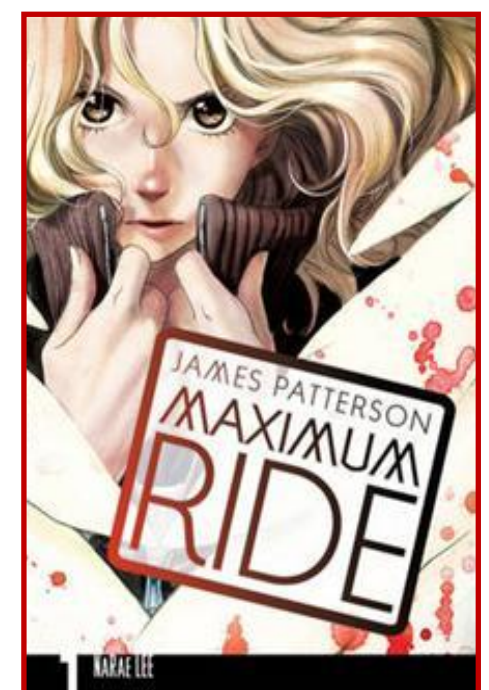
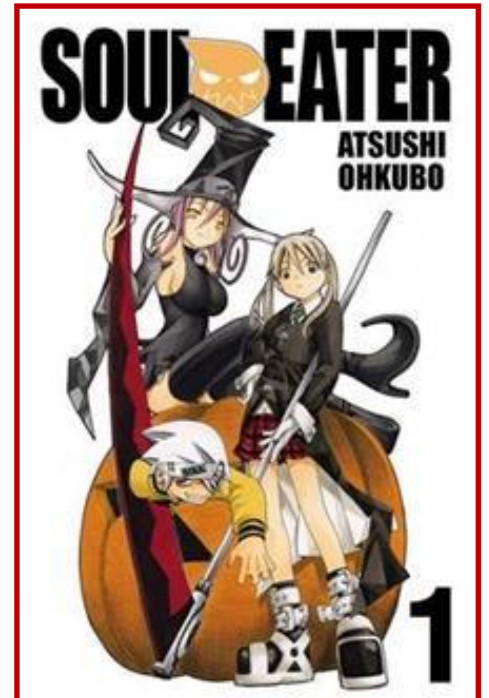
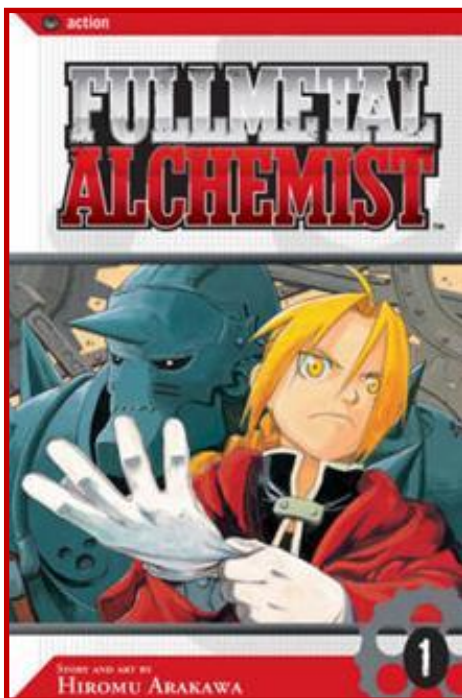


# AC Reads

These new novels are now available for borrowing in the library.

*Manga* novels requested by students have been a popular addition to our school library in the last year. These are some of the series now available.

Remember that you can always request new titles for the library using the forms in the Illuminate cupboard, or by speaking to Miss Jacobs.





# Resilient Ararat

PARTICIPATING IN THE RESILIENCE PROJECT  
FEBRUARY 2020

PRESENTS

## THE RESILIENCE PROJECT **ARARAT COMMUNITY SESSION**

THE  
**RESILIENCE  
PROJECT**

**MONDAY 24 FEBRUARY 2020**

ARARAT TOWN HALL

7.00PM TO 8.30PM

Book your FREE tickets online at *eventbrite*:  
**[resilienceprojectararat.eventbrite.com.au](https://resilienceprojectararat.eventbrite.com.au)**



@ResilientArarat





**ARARAT EAGLES**  
FOOTBALL NETBALL CLUB



**ARE CURRENTLY SEEKING:**



# JUNIOR PLAYERS FOR ALL TEAMS

**Junior Football Age Groups:**



Under 16.5  
Under 12

Junior Football training  
begins Wednesday 19th  
February @ 5pm Alexandra Oval  
Contact: Laurie Moyle or  
Ned Hutchinson on messenger

**Junior Netball Age Groups:**

13 and Under  
15 and Under  
17 and Under



Junior netball training and  
try-outs begin Wednesday  
4th of March @ 4.30pm  
Contact: Melissa Murnane on  
messenger



Follow us on Facebook @ Ararat Eagles Football Netball Club  
for training times and updates.

## WE NEED YOU!

### **BEAUFORT FOOTBALL & NETBALL CLUB POOL PARTY**

Friday the 21<sup>st</sup> of February @ 4:30pm  
Sausage sizzle and drinks available

If you would like to play, volunteer or simply just want to join  
in the fun of being involved in a family friendly environment  
please come along, sign up and become a Crow!!

NET SET GO & AUSKICK ages 5-8  
JUNIOR FOOTBALL & NETBALL ages 8-17  
SENIOR FOOTBALL & NETBALL ages 18+



## ARARAT RSL RAT'S FNC



### **SENIOR & JUNIOR NETBALL TRYOUTS!**

TIME: JUNIORS 4.15PM  
SENIORS 6PM

DATES:

MONDAY 24TH OF FEB  
THURSDAY 27TH OF FEB  
MONDAY 2ND OF MARCH

PLEASE CONTACT STACEYDALE123@YAHOO.COM.AU  
IF YOU CANNOT MAKE ANY OF THE FOLLOWING DATES

**ALL WELCOME!**





# WILLAURA HEALTHCARE OUTDOOR MARKET

**Sunday March 1 2020, 10am-2pm**

Grounds adjacent to Willaura Healthcare, Delacombe Way



The Willaura Market is a charity event run by the Willaura Healthcare Auxiliary, with funds raised going towards improving the lives of residents and patients at Willaura Healthcare, East Grampians Health Service.

This boutique country market offers goods from local and regional artisans and is set in Willaura, surrounded by fertile farmland, which lies 34 kilometres south of Ararat on the south-eastern edge of the Grampians in Victoria's Western District.

#### Local producers and local artisans:

- Homewares
- Cards
- Jewellery
- Giftware
- Condiments
- Art and craft
- Soaps and skincare
- Olive oil
- Clothing
- Plants
- Handmade chocolates
- Candles
- Metal art

#### Variety of food vendors including:

- Gourmet food vendors
- Willaura Auxiliary Tea House
- Lions barbecue
- Coffee
- Icecream

**+** Musical entertainment and children's activities including jumping castle, mini golf and trackless train.

For more information: [willauramarket.com](http://willauramarket.com)



Visit: [facebook.com/willauraoutdoormarket](https://facebook.com/willauraoutdoormarket)

We thank the following sponsors of the market:







**Beaufort & Skipton**  
Health Service

**Prizes  
Raffles**

*Beaufort and Skipton Health Service*

# TRIVIA NIGHT

Friday March 13th | 6.30 pm

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All funds raised going to  
local CFA Brigades

## WHERE

Beaufort Community Bank Complex  
Park Road, Beaufort

## TICKETS AVAILABLE

Tahlia 5349 1600  
[tahlial@bshs.org.au](mailto:tahlial@bshs.org.au)

\$15 per player - tables of 10 - cash bar - BYO snacks

**YOU'RE INVITED**

## February 2020

Week 4	Monday	17	Year 7 Family Evening
	Tuesday	18	
	Wednesday	19	Year 7 Camp
	Thursday	20	Year 7 Camp
	Friday	21	Year 7 Camp
Week 5	Monday	24	School Photos Resilience Project - Community Session Ararat Town Hall
	Tuesday	25	State School Spectacular Rehearsal Ballarat
	Wednesday	26	
	Thursday	27	
	Friday	28	

## March 2020

Week 6	Monday	2	Black Ranges Swimming
	Tuesday	3	
	Wednesday	4	
	Thursday	5	
	Friday	6	
Week 7	Monday	9	Labour Day Public Holiday
	Tuesday	10	Student Leadership Team Camp 10/3 to 12/3
	Wednesday	11	Year 7 Hearing Tests
	Thursday	12	
	Friday	13	Maria Island Camp 13/3 to 16/3
Week 8	Monday	16	Student Reports
	Tuesday	17	
	Wednesday	18	Music/Drama Night
	Thursday	19	Student / Parent / Teacher progress meetings - Evening session
	Friday	20	Student / Parent / Teacher progress meetings - Morning session

**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.***