

Engage Inspire Enjoy



Muso Night



This week I had the pleasure of watching (and listening to) some of our talented musicians at our first 'Muso Night' for 2019. There was a range of performances from vocals to the ukulele, showcasing a diverse range of skills. Some of our students were performing for the very first time which made it even more impressive! Thanks to Mr Mullin and Snorkel for their work in organising the night, and to all the friends and family who came along to support our students.

Jess Erhardt – Acting Assistant Principal

A Message from our Principal ...

Blue Ribbon Ball

Last Friday night we had a number of students volunteer their time to waitress at the Blue Ribbon Ball which was held at the Town Hall. Thank you to the following students who did an amazing job representing our school at this very worthwhile fundraiser! Jess Burns, Dakota Back, Tash Ferguson, Ella McLoughlin, Olivia McGrath and Ada Keilar.



Paul Nolan Visit

On Tuesday we had Paul Nolan our Senior Education Improvement Leader visit our school and go into our classrooms. It was great to have Paul in the school meeting students and teachers whilst also seeing classes in action! It also provided a great opportunity to reflect on our current AIP (Annual Implementation Plan) and the progress we have been making towards this.

Principal Conference

I have spent the last couple of days attending the State Education Leadership conference in Melbourne. The workshops that I have been to have provided some great learnings and resources for the work that we are currently doing at our school to provide the best possible learning opportunities to our students.



Year 11 Exams

Reminder that next week we have our Year 11 VCE students completing their exams. These exams will be happening on site at school.

GAT and Year 12 English Practice Exam

Next week our Year 12 students will be completing the GAT (General Achievement Test) on Wednesday at the Anglican Church. For some this will be their first experience with Year 12 Exams. The GAT is an important part of VCE and students need to ensure they approach this exam with a positive mindset, ready to attempt all questions and do their best.

Following the GAT Year 12 students will then come back to school to complete a practice English exam. This is a great opportunity for students to gain some valuable feedback and practise their exam strategies and skills.

Muso Night

Congratulations to all staff and students involved in Wednesday night's performances, we have some very talented student musicians.



Public Holiday

Families are reminded that Monday is a public holiday due to the Queen's Birthday.

Pupil Free Day

Wednesday June 12th is a pupil free day – students are not required at school on this day. Staff will be completing a whole school professional development day on the explicit teaching of writing, which is one of the main focuses of our School Strategic Plan and 2019 Annual Implementation Plan.

Senior School Formal

Next week we will be finishing off the week with our Senior School Formal which will be held at J Ward. Thank you to Mr Reynolds and his helpers for organising this event. I am looking forward to this night as it is a great way for students to spend some time with their peers and teachers and enjoy having a dance or two!

Ellie McDougall
Acting Principal

Sports News

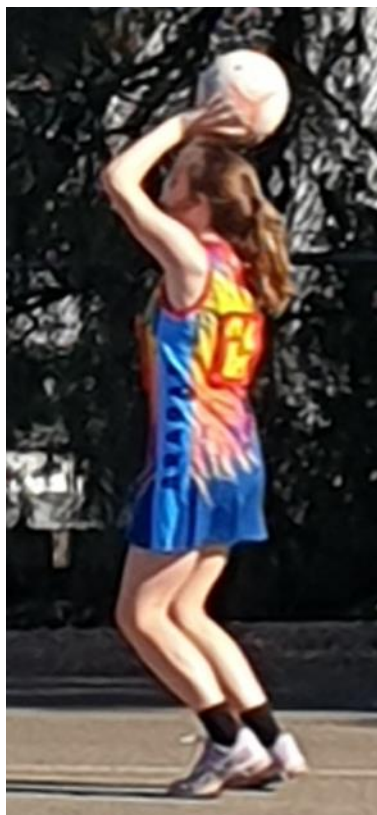
Senior Netball

On Thursday 23rd May, our Senior Girls travelled to Stawell to compete in the Wimmera Inter-Schools Netball Competition. It was a long day of netball, with the girls having to play nine matches in a row with only a four minute break between games.

We finished the day with four wins, the highlight of the day was having a win over our closest rivals Marian College. The girls displayed great sportsmanship throughout the day and were a pleasure to umpire.

The Senior Squad consisted of Taryn Kelly, Kirsty Skubnik, Soph Graham, Chloe Graham, Ella Wood, Mikaela Moorfoot, Ashlyn Seeary, Gemma Millington, Ebony Dowling and Bella Salmi.

Mrs Murnane



Cross Country

Congratulations to Danah Burton for competing at the Greater Western Region Cross Country in Warrnambool on Monday. After a top 10 finish at the Black Ranges Cross Country, Danah finished 34th out of 79 runners. I'm sure Danah would like to thank her Mum for taking her to the event.

Mr Spalding



We are proud and excited to have some of our students participating in the *2019 Victorian State Schools Spectacular: Made of Stars*

The Spectacular brings together government school communities from across Victoria. Fittingly, this year's theme, *Made of Stars*, will feature a galaxy of out-of-this-world performances showing that these students are made of star stuff.

The three hour live show – involving music, dance, skateboarding and circus arts – will be performed to an audience of around 12,000 people at Melbourne Arena on Saturday 14 September over two shows at 1pm and 6:30pm.

Talented Victorian students will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure tickets when they go on sale at **9am Wednesday 12 June** via www.ticketek.com.au/spectacular

Adult:	\$40
Child Under 15:	\$20
Concession:	\$30

Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on **1300 364 001**.

The best sections to book to see the Ararat College Students are 8,9,10,32 and 33



Our students rehearsing with participants from other schools in Ballarat this week.

This Week in ... 9/10 Art



Mrs Lugg's Year 9/10 Art students have completed some colourful name studies.



EVERY DAY COUNTS ...

A day here or there doesn't seem like much but ...

When your child misses just	that equals...	which is....	and therefore, from Prep to Year 12, that is ...	This means the best your child can achieve is ...
1 day a fortnight	20 days a year	4 weeks of school	Nearly 1½ years of school	Equal to finishing Year 11
1 day a week	40 days a year	8 weeks of school	Over 2½ years of school	Equal to finishing Year 10
2 days a week	80 days a year	16 weeks of school	Over 5 years of learning of learning	Equal to finishing Year 7
3 days a week	120 days a year	24 weeks of school	Over 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed ...



MENTAL HEALTH CARE DURING EXAMS

WAYS TO DECREASE STRESS

ASK

Notice how you feel. If you or someone you know are feeling low or stressed ask for help. You are not alone

BREATHE

Looking after yourself is the best way to reduce stress. Breathing techniques can help you do this

CONNECT

To improve wellbeing stay connected. Stay involved with things that are meaningful to you; family, friends, school, sport and other activities

STRATEGIES *for* STUDENTS

PHYSICAL EXERCISE TO HELP INCREASE YOUR MOOD

↳ Studies have suggested that any activity, from walking to cycling to yoga can help relieve stress. Fresh Air may also help.

POSITIVE SELF TALK

↳ Self-talk is any thought you have or anything you say to yourself. Making these thoughts positive can lift confidence and which overall reduces stress and anxiety.

USE RELAXATION TECHNIQUES TO MANAGE STRESS

↳ When you find things are getting a bit much just remember to breathe. Breathe in through your nose for 5 sec and out through your mouth for 5 sec. This will help relax you. There are many more techniques online.

GET A GOOD NIGHT'S SLEEP

↳ A good night's sleep is vital for our mental and emotional wellbeing. Try to maintain a regular sleeping pattern. If you're having trouble sleeping try some relaxation techniques right before bed.

EAT A BALANCED DIET

↳ A good balanced diet will ensure you have the essential nutrients for your brain to function well. It's easy to get tired while studying, but eating junk food and drinking caffeine will actually make it harder to concentrate.

CONNECT WITH OTHERS

↳ We are social creatures and our relationships with others are really important to our general wellbeing. Keep your social relations strong while you're stressed out, overwhelmed or depressed, as your friends and family might be able to help through these times.

HELP SEEKING

↳ If you are feeling overly stressed and it is affecting your study don't be afraid to ask for help. Talk to your family, friends and teachers.

IF YOU ARE IN NEED OF HELP, VISIT headspace.org.au

LOG ON TO headspace.org.au FOR ONLINE SUPPORT AND COUNSELLING

Year 11 Exam Timetable

June 11 - June 14

Tuesday		Wednesday		Thursday	Friday
Session 1	English 9:15 – 9:25 Reading Time 9:25 – 11:25 Writing	No School GAT DAY 10:00 – 1:15	Session 1 9:15 – 10:50	History Psychology Outdoor Ed	Health Human Development Physical Education
Session 2 11:15 – 12:55		All students studying a Unit 3 subject must sit the GAT.	Session 2 11:15 – 12:55		Catch Up
Session 3 1:45 – 3:25	General Maths Media		Session 3 1:45 – 3:25	Art Biology	Catch Up

All students undertaking a Unit 3 subject will be required to sit the GAT at 10am on Wednesday 12th June. The GAT is held in the Anglican Church Hall. Students should arrive a minimum of 15 minutes prior to the GAT.

Any questions please see Mr Reynolds

Exam Information

- Students are responsible for bringing pens, pencils, rulers, erasers, calculators and any other necessary equipment to the exams.
- Students will be required to hand in any electronic devices before the exam begins. Students who do not wish to do this should leave their phones in their lockers.
- Students will be required to remain in the exam room for the full length of the exam.
- Any students not in a scheduled exam are expected to be completing private study.
- Make-up exams can be completed during any scheduled exam time.
- Students completing a year 12 subject will be expected to attend their Year 12 class. They will need to complete any clashing exams during another scheduled exam. Teachers must be notified.

Any questions please see Mr Reynolds

Canteen Volunteers Needed

AC Canteen is hoping to gain some new volunteers !

You can volunteer for as many or as few shifts as you would like during the year. Volunteer times are between 10.00 and 2.00. Shifts can be as short as a couple of hours or as long as 4, it is up to you how much time you have to spare.

It is a great way to see the range of food on offer in the canteen and say hi to your kids at recess and/or lunch (and maybe see them in action in the school grounds)

Volunteering at our school is easy! Your duties for the day will be: - Making simple healthy canteen lunches – Meeting and serving students at recess and/or lunch - Having a good laugh, lots of fun and a chat - Option to bring along a friend or two!



MANY HANDS MAKE LIGHT WORK

You must have a current Working With Children Check
(free for volunteers)

Please contact:

Canteen Manager Jodie Simpson 0438523070 or
Assistant Melissa Hurstfield 0419957077 or
AC Office 0353524177



It's Winter Soup Time



Now that the weather has turned cold, the canteen will be selling homemade soup each day.

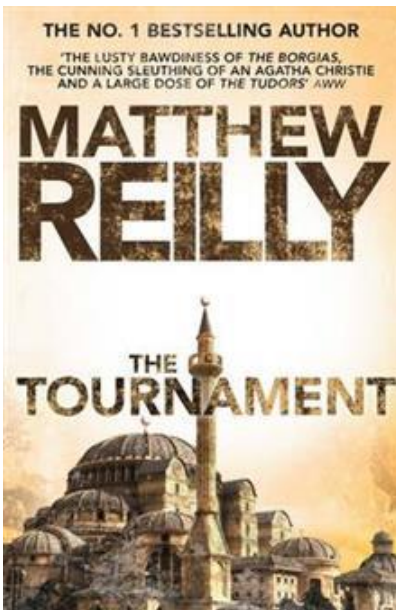
On the menu next week is potato, leek and bacon, with a secret Jodie twist!

\$2.00 small cup

\$3.00 mug

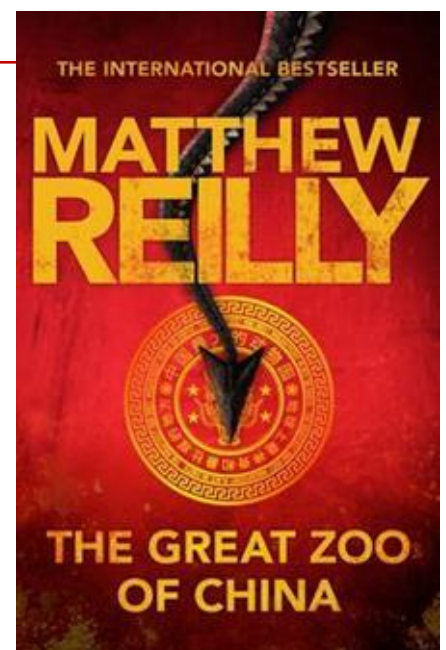
AC Reads

These two novels by popular author Matthew Reilly are new in the library this week.



THE EVENT: In the year 1546, Suleiman the Magnificent, the feared Sultan of the Ottoman Empire, invites every king in Europe to send a champion to compete in a grand chess tournament. **THE COMPETITORS:** The English delegation, led by esteemed scholar Roger Ascham and accompanied by his pupil, Bess, journeys to the glittering city of Constantinople. **THE IMPACT ON A YOUNG GIRL:** It is not a battle of wits that unfolds before Bess' eyes, but barbaric deaths, unimaginable depravity and diplomatic treachery - a terrifying sequence of events that will forever determine how she will perform her future role...as Queen Elizabeth I. **EVEN A PAWN CAN BECOME A QUEEN.**

AN IMPOSSIBLE DISCOVERY: It is a secret the Chinese government has been keeping for forty years. They have found a species of animal no one believed even existed. **THE WORLD'S GREATEST ATTRACTION:** The Chinese are ready to unveil their fabulous creatures in the greatest zoo ever constructed. VIPs and journalists, including reptile expert Dr Cassandra Jane 'CJ' Cameron, are invited to see the beasts for the first time. **ONE FALSE PROMISE:** The visitors are assured by their Chinese hosts that they are perfectly safe, that nothing can go wrong. Of course it can't ...



THE VICTORIAN STATE SCHOOLS

SPECTACULAR

MADE OF STARS



SATURDAY 14 SEP 2019

MELBOURNE ARENA 1PM & 6.30PM

BOOK NOW [TICKETEK.COM.AU/SPECTACULAR](https://www.ticketek.com.au/spectacular) OR CALL 132 849



The best sections to book to see the Ararat College Students
are 8,9,10,32 and 33



ARARAT MUSICAL COMEDY SOCIETY

presents

a new production of
BOUBLIL and SCHÖNBERG'S

Les Misérables

Licensed exclusively by Music Theatre International
(Australasia) and CAMERON MACKINTOSH LTD
All performance materials supplied by Hal Leonard Australia

ARARAT TOWN HALL

(Barkly Street, Ararat)

~ JUNE 2019 ~

Saturday 15th - 7:30pm

Sunday 16th - 1:30pm

Friday 21st - 7:30pm

Saturday 22nd - 7:30pm

Sunday 23rd - 1:30pm

Friday 28th - 7:30pm

Saturday 29th - 7:30pm

Sunday 30th - 1:30pm

TICKETS

Online:

www.stagecenta.com

Phone:

StageCenta (02) 6253 1454

Box Office:

At the door, each show, if not sold out

www.araratmusicalcomedysociety.com



**AME
SYSTEMS**



ACE RADIO

Calendar Term 2

(Week 8)	Monday	10	QUEEN'S BIRTHDAY PUBLIC HOLIDAY
	Tuesday	11	Year 11 Exams
	Wednesday	12	STUDENT FREE DAY - STAFF PD GAT Exam - for all students undertaking a Unit 3/4 subject
	Thursday	13	Year 11 Exams Play rehearsal - after school
	Friday	14	Year 11 Exams Senior Formal
(Week 9)	Monday	17	
	Tuesday	18	Project Rocket Digital Ambassador Event
	Wednesday	19	Play rehearsal - after school
	Thursday	20	Play rehearsal - after school School Council
	Friday	21	
(Week 10)	Monday	24	
	Tuesday	25	
	Wednesday	26	Play rehearsal - after school
	Thursday	27	Play rehearsal - after school
	Friday	28	TAC Road to Zero launch LAST DAY TERM TWO

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.

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.