



Online Play Rehearsals

This year's school play is Alice in Wonderland. Rehearsals have been going really well online and we have been through the entire play once! It took a bit of adjustment, but the Zoom rehearsals are lots of fun with all the characters developing their personalities extremely well. Students are staying in touch and enjoying the 'mad' antics of their characters as we read through the script together.

Janine Poole

College Production Coordinator



Student Attendance

A reminder to all that students need to log into their mentor groups each day for their attendance to be marked as present. Students who do this will have their attendance counted towards the term 2 attendance raffle and prizes.

A message from the Principal.....

Progress Reports

Our next round of Progress Reports will be published on Monday and be live to parents from 4pm. Adjustments have been made to these reports so that they are reflective of our current learning environment. These include:

Year 7 & 8 (Junior School)

- Students will only receive reports for English, Maths, Science, PE and Mentor Group. For PE students will only be given a score for their attitude and effort.
- The top of the graphs for English and Maths will now indicate the Victorian Curriculum level your child is working at. The achievement score then awarded will indicate their progress at that curriculum level.

Year 9 & 10 (Middle School)

- Students will receive a report for every subject, however PE and elective subjects will only report on attitude and effort.
- The top of the graphs for English and Maths will now indicate the Victorian Curriculum level your child is working at. The achievement score then awarded will indicate their progress at that curriculum level.

Year 11 & 12 (Senior School)

- These reports will be completed as normal.

The guide that teachers will be using for attitude and effort scores is listed below. As a school, we want to acknowledge the hard work that students have been doing in remote learning however, we are also mindful that working in this new environment is challenging for both students and their families. To help balance this, teachers will be awarding an NA in both the achievement and attitude and effort components when they feel they don't have enough information to make a fair and on balanced judgement of students.

100%	Exemplary effort and practice towards remote learning
90%	Working extremely well in remote learning, completing required tasks and seeking assistance when required.
80%	Working very well in remote learning, completing nearly all required tasks and seeking assistance when required.
70%	Working well in remote, complete most of the required tasks and has sought some assistance when required.
60%	Is attempting to work within the remote learning environment and has completed some of the required tasks. Would like to this student seek assistance more regularly.
NA	At this stage there has not been enough engagement in remote learning for a fair and balanced judgement to be made. Please contact your teacher to get assistance with your remote learning program. We are here to help .

April Positive Behaviour Awards

It has been fantastic to see and hear about some of the wonderful things our students have been doing so far throughout this term through teacher nominations for Positive Behaviour Awards. We have had a number of students demonstrate a combination of our values; Respect, Responsibility and Excellence. Congratulations to these students! Well done to our award winners for April, you will receive your movie voucher in the mail. I look forward to hearing more about the positive actions of our students throughout Term 2.

Ellie McDougall

Acting Principal

Year 7

ASHLEY Ashley
BARRIE Connor
BELCHER Harry
BOND Chloe
BOYD Auston
BURGER Liam
CHARTER Eboni
CLEARY Dylan
CLEARY Logan
COLEMAN Chloe
COOPER Sophie
CRAWFORD Aston
DAY Kieren
DAY Marcus
ETTLES Jacinta
FENN Cohan
FERGUSON Madison
GOODEY Clara
HEWITT Saxon
JACKSON Lane
JENSEN Brodie
MANGELSDORF A'Leaha
MCADIE Ryan
MCKINNIS Gio
MCKINNON Ethan
REYNOLDS Audrey
RIDD Hayley
SIMPSON Rhyder
SLOPER Lily
TOWNSEND Caleb
VERMEEND Caleb
WARD Jesse

Year 8

AITKEN Darcy
BELL Abbey
BRADY Jake
CARTER Zoe
CAVANAGH Arie
COOPER Kaiden
COOPER Rahni
DEANE Makayla
DEBONO Jayla
EVANS Ruby
GRAHAM Olivia
HOPE Joshua
JENNINGS Jim
KEATING Nartarshka
KEILAR Milly
KETTLE Sonny
KOBELT Jayden
LOW David
MAXWELL Sevahn
MCDONALD Olivia
MERRICK Summer
NAAWI Darnell
O'CONNOR Michael
POWELL Jake
PRICE Dylan
PROPHET Allie
SHEFFIELD Mia
SHERWELL Monique
SHERWELL Olivia
SORENSEN Matt
STACPOOLE Austin
TONER Hugh
TOWNSEND Sophie
TURNER Izaiyah
WILL Indianna
WOOLLEY Tyler

Year 9

BAKER Jackson
BOND Bree
FENN Ethan
FLAVELL Aiden
GOODE James
GORANOVIC Gorica
JERRAM Marcus
KUZMICH Jyelan
LOW Regan
MARR Jenae
MONCRIEFF Jed
ROBERTSON Alanna
SHAY Abby
TATE Molly-Ann
WALTER Tayib

Year 10

CLARKE Amy
DAY Taneka
DICKSON William
DIDOMENICO Ari
GRAHAM Ashley
HOPE Cain
JONES Cara
LOW Kiauna
MCADIE Holly
MILLAR Jake
MILSOME Kiera
NICOLACI Caleb
O'BRIEN Caitlin
THOMAS Jake
TURNER Bailee

Year 11

CARTER Bianca
DOWLING Ebony
SHEFFIELD Emily
WALKER Livy
WARD Jack

Year 12

ALBERT Max
DUNNE Grace Simpson
EDWARDS Shaylee
FERGUSON Jordan
FLAVELL Tyra
HUGHES Bri
KELLY Taryn
KETTLE Reece
LOW Jessica
SPORTON Carly
WILLIAMS Billilee

April Award Winners

Yr 7 & 8 (Junior School)

**Connor Barrie
Ashley Ashley**

Yr 9 & 10 (Middle School)

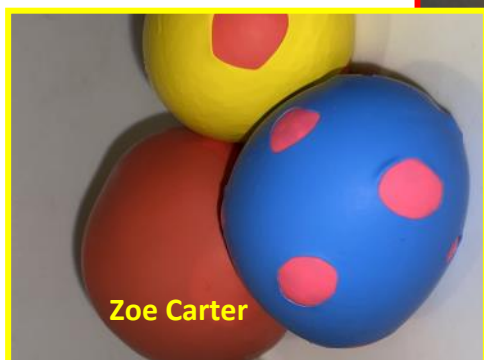
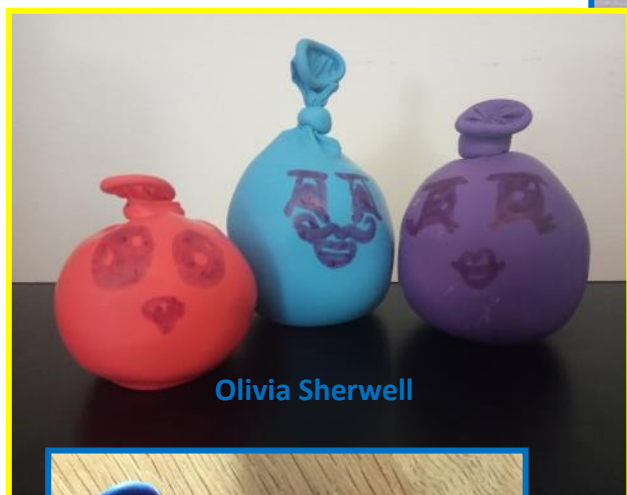
**Ethan Fenn
Caitlin O'Brien**

Yr 11 & 12 (Senior School)

**Reece Kettle
Tyra Flavell**

Year 8 - Positive Mental Health

Year 8 health classes have been making stress balls as part of their positive mental health assignment. Here are a few examples of the balls they have created. We have also included the instructions if you want to give it a go!



How to Make a Stress Ball

STRESS CAN COME ABOUT BY ANY SITUATION OR THOUGHT THAT MAKES YOU FEEL FRUSTRATED, ANGRY, EXCITED, NERVOUS OR ANXIOUS.

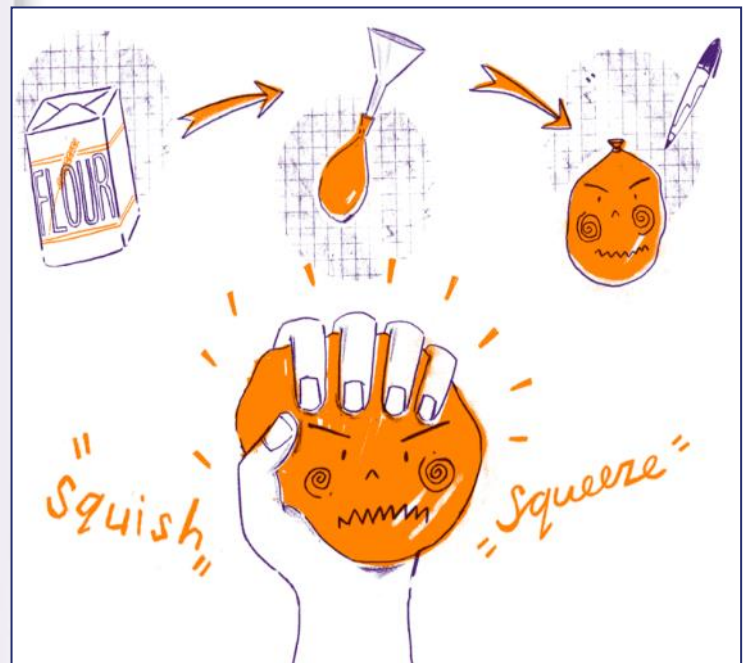
When you are stressed your body reacts in many ways. Your heart rate, breathing rate and metabolism all increase, because of the release of adrenalin and cortisol into the bloodstream. Your mental and emotional state can also change – you might not be able to relax, your appetite can change, and you can lose your enthusiasm and sense of humour. Stress can also change your normal behaviour and cause you to act differently.



How to make a stress ball

You'll need two balloons, flour, spoon, funnel (use the neck of a plastic soft drink bottle) and a pencil.

1. Put the bottom of the funnel into the mouth of one balloon and begin putting the flour inside using the spoon. Make sure the end of the funnel is snugged tightly inside the balloon because as you add the flour it just might slip off. Don't fill up the funnel all the way to the top. If the funnel becomes clogged, use the pencil to unclog it. The entire process will take longer than you think but it's worth it – in fact it's an exercise in focusing and relieving stress!
2. When the balloon is about the size of your cupped hand, carefully squeeze out as much air as possible or it will be more likely to pop or go saggy. Roll the neck of the balloon down and carefully push it into the centre of the balloon.
3. Cut the neck off the second balloon. Place the centre of it over the spot where you have pushed in the neck of the first balloon. Stretch the second balloon over the first balloon and you're done.
4. Decorate the stress ball if you like. Draw a face on it with markers then happy squeezing!



Year 11 Art - Portraiture

Year 11 Art students have been studying Portraiture this term. Students, while producing their artwork, have been concentrating on their technique, the medium, and an emphasis on skill refinement.



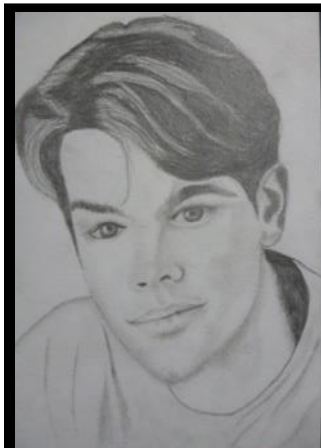
Alyssa Camilleri - 'Uma Thurman'
(rendered graphite)



Tahlia Cartwright - 'Heathers' (rendered graphite)



Emily Lewis -
'Media Influencers'
(Water soluble oil stick)



Mia Wood - 'Hollywood' (rendered Graphite)



Maddie Hewitt - "influencers"
(rendered graphite experimenting with shape & colour)

Year 8 English

Ms Naylor asked her Year 8 English class to each write a little poem. Ruby Evans has happily agreed to share with us her fantastic effort! I'm sure many of us can relate to her sentiments. Well said Ruby!

Isolation is a bore

I hope it doesn't last much more

Lockdown sucks I miss my friends

My family's driving me around the bend

Memories of the court Netball games so hard we fought

I miss the game, the rush, the roar I can't wait to be there once more

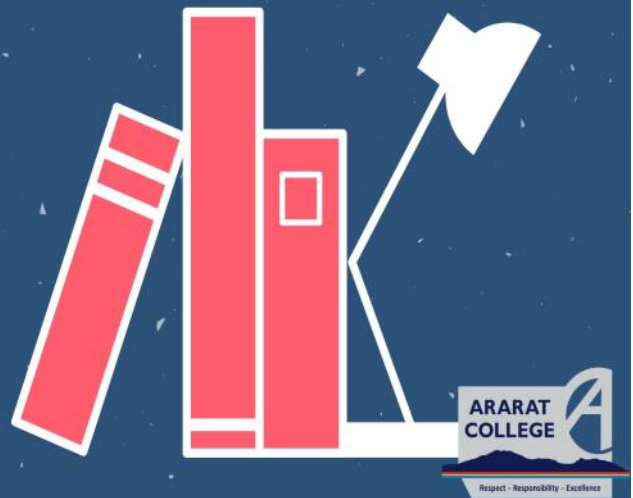
Even though it isn't cool I have to say that I miss school

Isolation is a bore I hope it doesn't last much more

LIBRARY ACCESS

IS BY APPOINTMENT ONLY

We know that many of our keen readers are ready for a change of books ... so the library will now be open by appointment only for one student (or family) at a time. Please email Alison.Jacobse@education.vic.gov.au with your preferred day and time, which will be confirmed with you by return email. Or, if you already know the title of the book you'd like to borrow, you can email that and collect it from the front office."



Pyrenees House Presents

Photography Competition

Junior Section Year 7 - 9

Senior Section Year 10 - 12

(A4 size please)

**Please send photos to Mrs McAdie:
melissam@araratcc.vic.edu.au**

Categories

Landscapes and Nature

Portrait

Black and white

Good luck !

Closing Date:

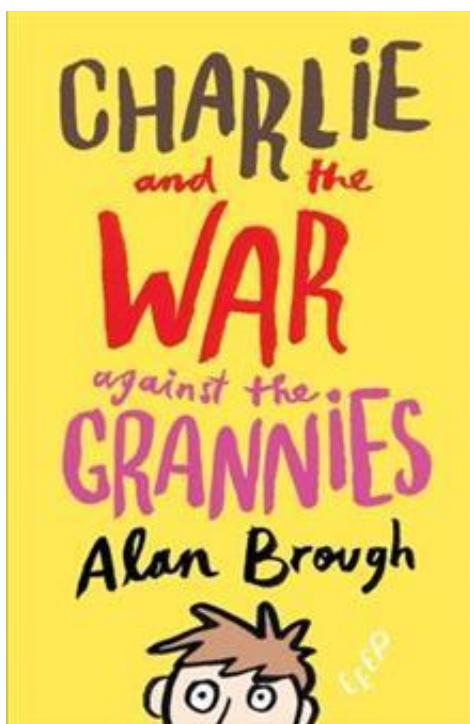
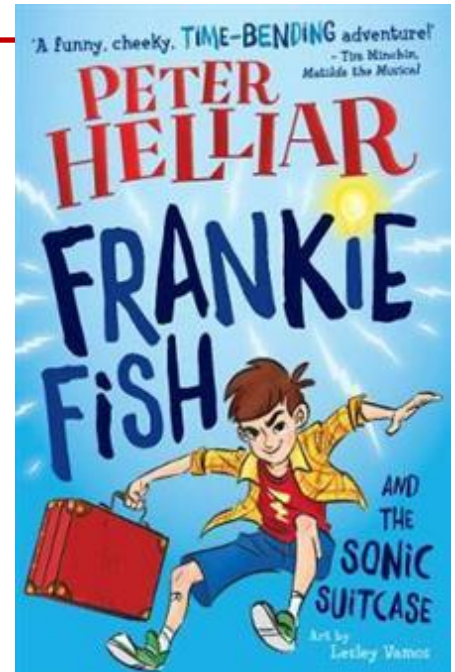
15th May 2020

AC Reads

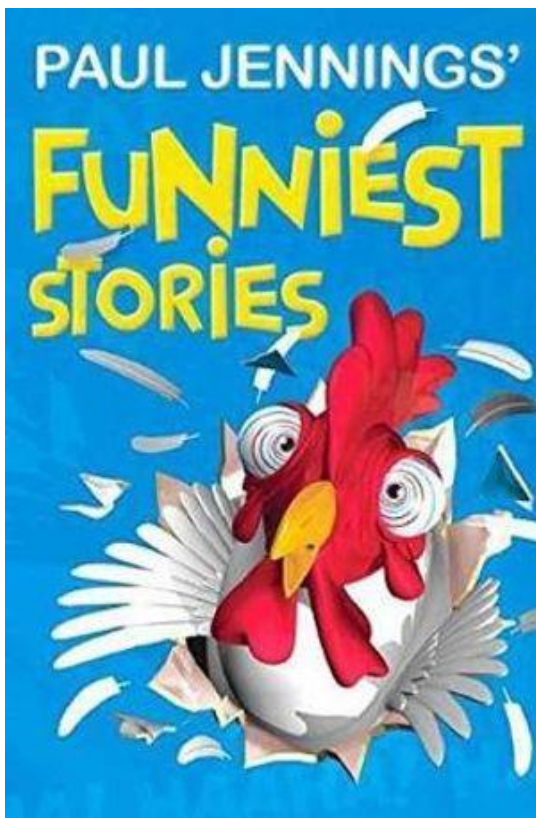
In need of a laugh ?

These novels by popular authors are available for borrowing in the library, and are sure to bring a smile to your face.

Twelve-year-old Frankie Fish hates visiting his grandparents. Grandad Fish is cranky, and yells a lot, and has a creepy hook for a hand - plus he NEVER lets Frankie go inside his shed. But after a teensy tiny prank goes wrong at school, Frankie is packed off to Old-People Jail for the whole holidays. What Frankie doesn't know is that Grandad has been building a home-made TIME MACHINE in the Forbidden Shed, and the old man has big plans to get his missing hand back. But when Grandad goes back in time, he changes history and accidentally wipes out Frankie's entire family - Nanna, Mum, Dad, even his annoying sister Saint Lou. Somehow, everyone is gone but Frankie and Grandad! And it's only a matter of time until Frankie disappears too...As the last Fish men standing, Frankie and Granddad must race back in time to undo this terrible mistake.



My name is Charlie Ian Duncan. I have written this history of my war with the grannies because I need everyone to know that I didn't mean for Mrs Cyclopolos to blow up. The grannies started it when I asked them about a paper round and they sprayed me in the face with rooster brand chilli sauce and made me think that I was dead. I decided to go to war with them but then I discovered one of the grannies had a glass eye and I wasn't sure if it was okay to go to war against someone with a glass eye but then I discovered that the granny with the glass eye could pinch bricks in half, turn her snot-covered hankies into deadly throwing weapons and possessed a truly terrible device called the Gnashing Gnet. It's all true. Especially the bit about me not wanting anyone to blow up.

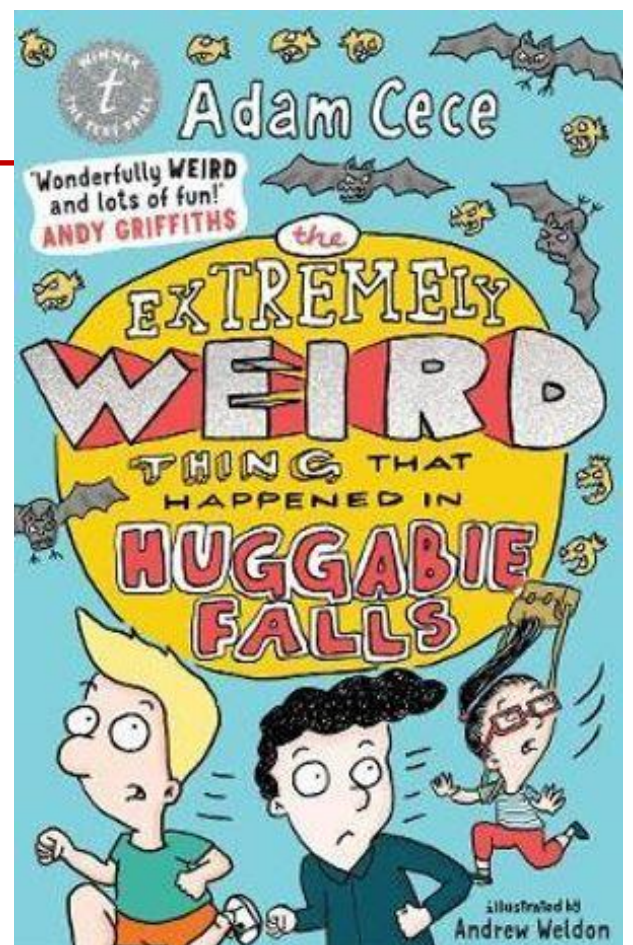


Since his first publication in 1985, Paul Jennings has written over one hundred stories and sold more than seven million copies of his books. This is a collection of twenty-five hilarious stories hand-picked by Paul, from his series of 'UN' books.

These stories are sure to have you laughing out loud.

Kipp Kindle and his friends Tobias Treachery and Cymphony Chan live in Huggabie Falls, the weirdest town on Earth. Weird things happen all the time - that's normal. But when an extremely weird thing happens Kipp and his friends know that something is wrong. They embark on a fast-paced, action-packed, hilarious adventure to find out what is making everything turn normal, and to return the weirdness to Huggabie Falls.

With an evil villain, Felonious Dark, a creepy scientist and a fierce wand-wielding teacher, who has turned Cymphony into a baby hippopotamus, to contend with, not to mention killer vampire bats, vegetarian piranhas and a Portuguese-speaking lab rat called Ralf, Kipp, Tobias and Cymphony have quite a task ahead of them.



RESOURCE GUIDE

Mental Health Information



Headspace

headspace.org.au/covid-19/



Beyond Blue

coronavirus.beyondblue.org.au/

Online / Phone Counselling



eHeadspace

headspace.org.au/eheadspace/



Kids Helpline

kidshelpline.com.au/
or call 1800 55 1800



Parentline

Search Parentline into google
or call 13 22 89



Lifeline

lifeline.org.au or call 13 11 14

Local Supports



Ararat Community Relief Centre

For help or advice call 5355 0980



Private Rental Assistance Program

For information call 1800 825 955

For more information, further support or assistance in accessing these services please contact Taylah Jamieson on 5352 4177 or email taylah.jamieson@education.vic.gov.au

Have your circumstances changed?

In light of the recent events related to the Covid 19 pandemic, there may be families who have applied for Centrelink benefits and may now be eligible for the Camps, Sports and Excursions Fund (CSEF). If you now have a healthcare card that is valid from the **14th April 2020**, you may be able to apply.

CSEF payment

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

If you believe you are eligible to apply for this funding or need further information please do not hesitate to contact the college office 53524177.

Please note that CSEF program for 2020 closes on **26th June 2020**. Applications must have been processed by this date.

Emergency Relief for Families

The government has granted emergency relief money to help families who have lost jobs due to corona virus regulations. Some families will be supported with Jobseeker and Jobkeeper, but some groups slip through the net.

Families can apply for Vouchers for food, help with accommodation, rent, travel for medical reasons and pharmaceuticals.

The five churches listed below will operate from their own premises on a roster system with clients being able to seek help Monday to Friday, 1 00pm to 2 00pm. Rosters are posted at each centre.

The roster for the next 5 weeks is:

- Uniting Church:** May 4 to 8.
- Anglican Church:** May 11 to 15.
- Salvation Army:** May 18 to 22.
- Church of Christ:** May 25 to 29.
- St Vinnies:** June 1 to 5.

At present, each centre has a phone number written on the entrance. Vouchers are being delivered after 2.00pm by staff from the Ararat City. Please contact the rostered church if you require any further information.

Having trouble sleeping during isolation?

We are facing a stressful change so it is normal to have trouble sleeping. Sleep is so important for many reasons so here are some strategies for you to try and get a better nights sleep

- Be mindful of the sugar and caffeine you're consuming in the afternoon/evening
- Try to stay active. Our bodies are used to being more active so try to burn some of that energy during the day
- If you're having trouble getting to sleep, try journaling. Writing down our thoughts and worries can help our brain relax. This will help stop our brains from overthinking at bed time.
- Limit your screen time before bed. Screens stimulate our brain, making it harder to wind down
- Make time to unwind. Spend some time relaxing before bed to relax your body and mind.

For more information, visit sleephealthfoundation.org.au or email taylah.jamieson@education.vic.gov.au



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

PRINCIPAL CLASS

Ellie McDougall - Acting Principal
ellie.mcdougall@education.vic.gov.au

Emma Henry - Acting Assistant Principal
emma.henry@education.vic.gov.au

YEAR 7 & 8

Ben Krol - Sub School Coordinator
Benjamin.Krol@education.vic.gov.au

Angela Ettles - Sub School Leader
Angela.Ettles@education.vic.gov.au

VCE & VCAL

Melissa Murnane - Sub School Leader
Melissa.Murnane@education.vic.gov.au

Andrew Sherwell - Careers Coordinator
Andrew.Sherwell@education.vic.gov.au

YEAR 9 & 10

Janine Poole - Sub School Coordinator
Janine.Poole@education.vic.gov.au

Kriss Ellis - Sub School Leader
Kriss.Ellis@education.vic.gov.au

WELLBEING TEAM

Taylah Jamieson - Youth Worker
Taylah.Jamieson@education.vic.gov.au

Steph Carroll - Counsellor
Steph.Carroll@education.vic.gov.au

Leo Cowey - School Nurse
cowey.leonie.m1@edumail.vic.gov.au

THE COLLEGE

Front Office
(03) 5352 4177

Kevin Bowles - IT Support
ararat.sc@education.vic.gov.au



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.