



Engage Inspire Enjoy



House Cross Country



At the end of last term our students competed in the house cross country. The course was a lap of the school block where more energetic students could run multiple laps in the time that others chose a more leisurely pace to complete the course.

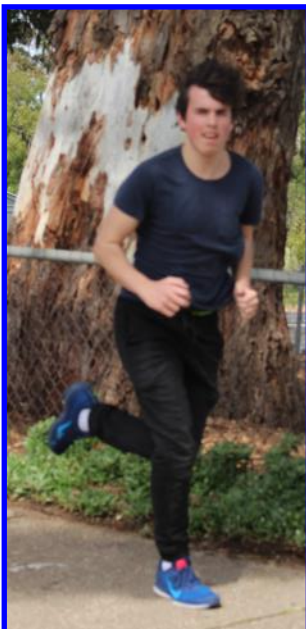
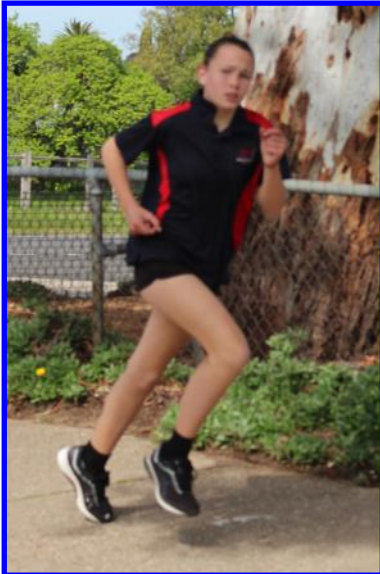
Results:

Girls: 1st Pyrenees, 2nd Grampians, 3rd Hopkins

Boys: 1st Grampians, 2nd Hopkins, 3rd Pyrenees

Aggregate: 1st Pyrenees, 2nd Grampians, 3rd Hopkins

House Cross Country



A Message from our Principal ...

September Positive Behaviour Awards

Congratulations to the following students who received Positive Behaviour Awards for the month of September!

Junior School

Hannah Hedger
Milly Keilar

Middle School

Caitlin O'Brien
Hannah Burns

Senior School

Brenten Coleman
Damon Hopton



I would also like to congratulate and acknowledge the many students who received nominations for these awards for the month of September.

School of Student Leadership Interviews

Interviews for the 2020 School of Student Leadership have begun early this term. As a school we will be sending six representatives away for Term One to the Alpine campus. I would like to thank Maurice Billi from SFYS for being available to be a member of our panel and assisting us with this process. The application process in itself is a great experience for our students to put themselves outside their comfort zone and be exposed to a formal application and interview process. All students who have applied and are completing interviews should be congratulated and be very proud of their efforts.

School Social

Next week we are hosting our Term Four school social. This will be the final one for our graduating class of 2019. The event will be held in our school gym, commencing at 7pm and finishing at 9pm for Years 7-11. Year 12 students will then be able to stay until 9:30pm. There will be no entry after 7:30pm unless organised with Year Level Coordinators. Parents and Guardians will also need to collect students from the door if they are picking them up before the finishing time.

Ellie McDougall

Acting Principal

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.

This Week in ... Year 7 Food

Ms Murnane's Year 7 Food Technology class has been busy baking scones.



Year 7 Food



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

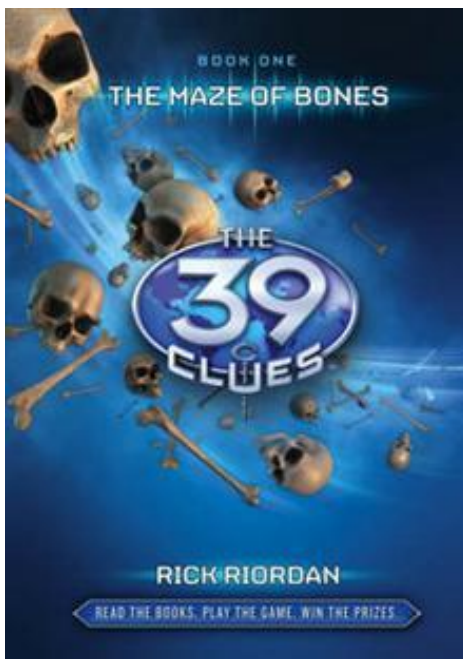
LOG ON TO headspace.org.au FOR ONLINE SUPPORT AND COUNSELLING



Department of Education and Early Childhood Development

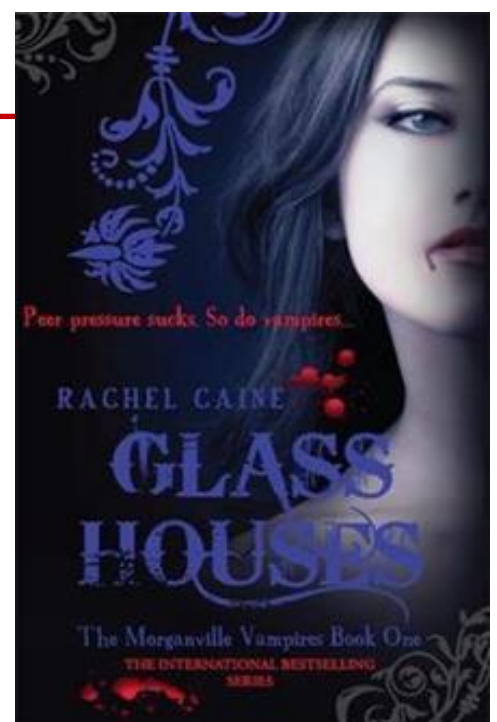
AC Reads

These new series have been requested by students as part of the Illuminate program , and are now available for borrowing in the library.




What would happen if you discovered that your family was one of the most powerful in human history? What if you were told that the source of the family's power was hidden around the world in the form of 39 clues? What if you were given a choice - take a million dollars and walk away...or get the first clue and begin the search? At the reading of their grandmother's will, Dan and Amy are given this choice - and they take the clue. Immediately, they are caught in a dangerous race against their own family members. The hunt is on...

College freshman Claire Danvers has had enough of her nightmarish dorm situation, where the popular girls never let her forget just where she ranks in the school's social scene: somewhere less than zero. When Claire heads off campus, the imposing old house where she finds a room may not be much better. Her new roommates don't show many signs of life, but they come out fighting when the town's deepest secrets come crawling out, hungry for fresh blood...



Calendar Term 4

(Week 2)	Monday	14	
October	Tuesday	15	
	Wednesday	16	
	Thursday	17	School Social
	Friday	18	State Athletics Final - Melbourne Good luck Chloe and Ella ! 
(Week 3)	Monday	21	
	Tuesday	22	Year 12 - last day of classes
	Wednesday	23	Year 12 Breakfast and final assembly
	Thursday	24	Immunisations - Year 7
	Friday	25	
(Week 4)	Monday	28	
	Tuesday	29	
	Wednesday	30	Year 12 Exams commence
	Thursday	31	Year 12 Exams
November	Friday	1	Year 12 Exams
(Week 5)	Monday	4	Year 12 Exams
	Tuesday	5	MELBOURNE CUP DAY - PUBLIC HOLIDAY
	Wednesday	6	Year 12 Exams
	Thursday	7	Year 12 Exams Year 11 Oaks Day Luncheon
	Friday	8	Year 12 Exams

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.