



Engage Inspire Enjoy



# Year 7 Camp

A big thank you to Year 7 Coordinator Mr Krol and to all other staff who attended last week's Year 7 camp at Dunkeld. Our Year 7 students had a fabulous time making new friends and getting to know each other better. They also had the opportunity to get to know many of their new teachers outside of the classroom. The students participated in a wide range of fun and challenging activities and returned home Friday afternoon tired but happy.





## ***A Message from our Principal ...***

### **VCE English Excursion**

Today Mr Healey accompanied our Year 12 VCE English students to Horsham to attend a 'Meet the Examiner' presentation. The day provided the opportunity for our students to gain a close insight into their Year 12 English course of study and how it will be assessed. Chief examiner Ross Huggard was able to explain exactly what markers of the end of year English Exam would be looking for, and provided many handy hints regarding how our students could improve their results. Our current Year 12 VCE students have been given the challenge of improving our school's average study score for English, and if they are successful this will also undoubtedly help their results in other subjects.

### **Student Attendance**

Unfortunately there are already far too many student absences being recorded. All absences are being followed up closely and we are seeking strong parent support to ensure that students do not absent themselves from school without a genuine reason. The Department of Education and Training (DET) is cracking down on student attendance of school and the Regional Office and Central Office of the DET may become involved with the families of students once our school has exhausted its strategies to encourage students to attend school. Students cannot expect to achieve their best possible educational outcomes if they do not attend school regularly. This can result in them placing themselves at great disadvantage in their senior years of secondary schooling and upon trying to enter the workforce in their preferred field once they leave school.



### **Zero Tolerance of Bullying and Zero Tolerance of Physical Assaults**



Parents are reminded that our school has zero tolerance of bullying and/or physical assaults. Our students are very aware of this and of the severe consequences that follow for students engaging in these behaviours. All students have the right to feel safe at school and do not have to endure any disruption of their learning by students behaving inappropriately. Our school's positive culture exists based around what we are willing to accept and what we are not willing to accept. Our students know this and I would hope to have the support of all parents when this needs to be enforced.

## **School Council Elections**

Nominations for parent representative positions on our School Council close on Monday. 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 within committees is required. We encourage parents who may not have previously considered nominating to do so for 2018. Nomination forms can be collected from the general office.

**Geoff Sawyer**  
**Principal**

# Ararat College Bell Times

Warning bell 8.50am

8:55 – 9:10 – Illuminate – only students Years 7, 8, 9 and 10

9:10 – 10:00 – Period 1 – Years 7 to 12 start Period 1

10:00 – 10:50 – Period 2

10:50 – 11:15 – Recess

Warning Bell 11.10am

11:15 – 12:05 – Period 3

12:05 – 12:55 – Period 4

12:55 – 1:45 – Lunch

Warning Bell 1.40am

1:45 – 2:35 – Period 5

2:35 – 3:25 – Period 6





# Year 7 Camp

On Wednesday 13th of February, 9:30am, the bus heading to Dunkeld departed with an excited crowd of year 7s. The bus ride was one hour long, and quite noisy. As we arrived, we were greeted by the park owners, Dennis and Maree. They told us the basic rules and boundaries before we were informed who was in the cabins. There was one cabin of twelve, and the other cabins ranged from 4-10. After setting up our beds, we all met up near the dining hall, and were told our activity groups. They were called the Rosellas, Currawongs, Kangaroos and Wallabies. We then got with our teachers and headed off to the first activity. Depending on which group you were in the activities you did varied. The activities were Group Initiatives, Low Ropes, Flying Fox, Giant Swing, Hiking up Piccanniny or free time, Canoeing, Rock Climbing and Abseiling and a night walk.

*Rahni Cooper - 7 Green*





Thursday: for breakfast we had cereal, toast and scrambled eggs. Then we went off to do our group activities. The activities were, low ropes, flying fox, and more. After a heap of fun activities it was lunch time. For lunch we had wraps. Three more hours of fun activities lead everyone back into the dining room for dinner. For dinner there was a roast lamb with veggies and ice-cream.

*Ashlyn Jones - 7 Green*



We also got the chance to go abseiling rock-climbing low ropes and the giant swing. (That was my favourite) I enjoyed it so much ! I would like to thank Mr Krol, Mrs Ettles, Taylah Bonnie, Harlow, Miss Barnett ,Mrs Rees and Lauren Bowles. would also like to thank Dennis, Marie and the cooking ladies as well for the amazing food.

*Olivia Graham - 7 Green*







# Year 7 Camp





# This Week in ... Year 9/10 Art



Ada Keilar

Students in Mrs Lugg's Year 9/10 Art class have completed artworks based on the theme of 'Fantasy'



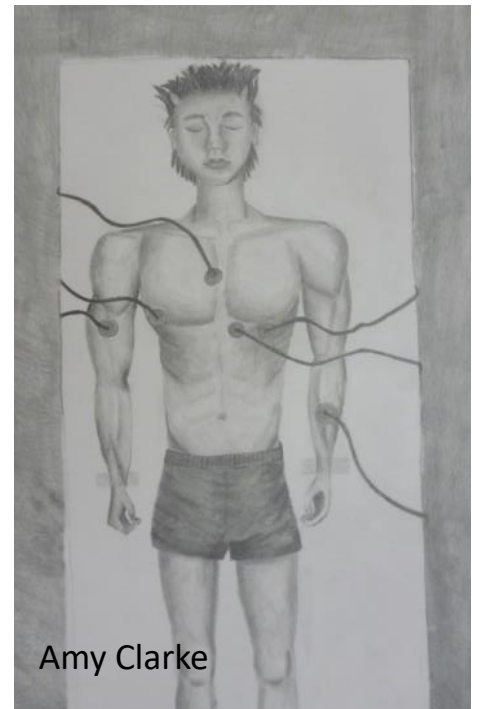
Aria Davies-Harrison



Tara Charlesworth



Monica Nguyen



Amy Clarke

# rethinksugarydrink.org.au

*Have you seen this campaign? Thirsty?*

Thirsty aims to encourage Aussies to think twice before consuming sugary drinks, prompt them to realise they really aren't worth losing your teeth over, and to go for water instead.

Sugary drinks contribute the most added sugar to Australians' diets. Many young males aged 12-24 are hooked on sugary drinks, with some consuming a whopping 1.5 litres of soft drinks, sports drinks or energy drinks a day.

This is no surprise when considering today's overwhelming availability of sugary drinks. Their presence, particularly in venues frequented by young people such as sports centres, sporting clubs, train stations and events is ubiquitous, making messages about healthier options more difficult to hear.

Using gritty and graphic images Thirsty tackles sugary drink brands head on, cheekily mocking the supposed 'sweet' deal they are pushing on young Aussies and exposing what these brands neglect to share - the real damage regularly consuming these drinks can have on your teeth.

The campaign will run for four weeks, will be seen across digital platforms and shared widely on social media by health and community organisations. Please join us in encouraging Aussies to think twice before consuming sugary drinks by prompting them to realise they really aren't worth losing teeth over.

## **What is a sugary drink?**

'Sugary drinks' refer to all non-alcoholic beverages with added sugar, including sugar-sweetened soft drinks, energy drinks, fruit drinks, sports drinks and cordial. This term does not include unflavoured milk-based products, 100% fruit juice or non-sugar sweetened drinks (i.e. artificial, non-nutritive or intensely sweetened). While unflavoured milks are not technically considered sugary drinks, many can have large amounts of added sugar.

## **What is the aim of the campaign?**

To expose the serious damage regular sugary drink consumption does to teeth

To encourage people to cut back on sugary drinks or remove them entirely from their diet

## **Who is the campaign targeting?**

Young male adults aged 14-24, the biggest consumers of sugary drinks.



## What are the key messages?

Rethink Sugary Drink is launching a hard-hitting new campaign, Thirsty, to expose the serious damage regular sugary drink consumption does to teeth.

The *Thirsty* campaign uses gritty and graphic images of grotesquely rotten smiles to expose what sugary drink brands don't advertise - the serious damage these drinks can cause to your teeth.

Every day, young Aussies are bombarded with a huge amount of sugary drink marketing and the supposed 'sweet' deal big beverage brands are selling.

Sugary drinks contribute the most added sugar to Australians' diets, with males aged 12-24 the biggest consumers of sugary drinks. Some consume as much as 1.5 litres of soft drinks, sports drinks or energy drinks a day.

In the long run sugary drinks can also lead to overweight and obesity, which increases the risk of serious health problems such as type 2 diabetes, heart and kidney disease, stroke and thirteen types of cancer

Australians' teeth will be much stronger and healthier if they simply cut back on sugary drinks or remove them entirely from their diet.



If you require any further information, please contact Leonie, Adolescent health nurse at the College (Monday & Tuesday),

Cheers from the Wellbeing Team  
Bonnie, Taylah, Harlow and Leo

## Bus Passes

If you wish to travel on a country bus you must use the approved PTV AD-Hoc travel request and it must be submitted prior to lunch on the day of travel to Mr Bowles for approval. A note from a parent cannot be accepted. The application form can be found on SMT.

If you wish to use the bus for sports training this request can be approved for the particular days for a maximum of one term.

If you wish to use the town bus you must purchase a ticket from the driver.

*Mr Bowles - Bus Coordinator*



# Think U Know Sessions

This week the local Police Prevention Unit came in to speak to all of our year 7-10 students on the topic of cyber safety and bullying. The key messages that we learnt were:

1. Social media is an important connection point for teenagers.
2. If its not a picture of you then ask before you post.
3. If you choose to share an image (of any nature) of yourself then be aware that it could be shared by others and there may be social repercussions.
4. If you receive a 'naughty' pic of another person and then share it you can be charged with the handling of pornography. This can result in fines up to \$75 000, 15 years jail and listing on the sex offenders list. If you are listed here then you will not be able to work in many fields (child care, education, nursing homes, disability care to name a few) and you may have restrictions placed upon the contact you have with your own children in the future.

Overall, students have indicated that they were surprised by the social, moral and legal consequences they were presented with. Hopefully, students will be able to discuss these key messages at home with their families.

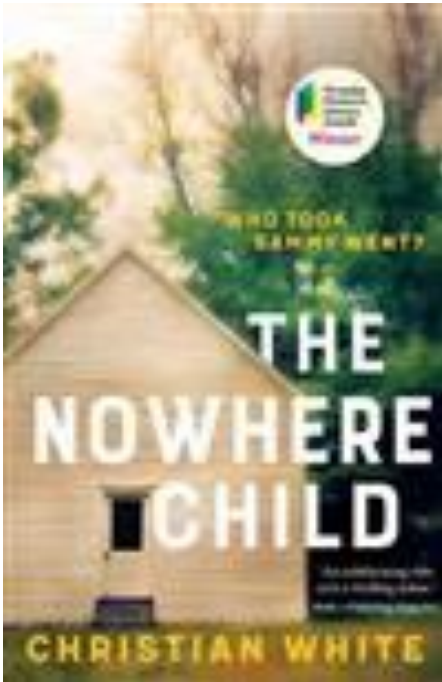
*Ms Ettles - Junior School Coordinator*





# AC Reads

## Staff Book Reviews



The Nowhere Child is about a girl named Sammy Went, who was a two-year old girl who vanished from her home in Manson, Kentucky. It also speaks about Kimberly, who is a photographer who lives in Melbourne. An American accountant who contacts Kim is convinced she was that child (Sammy Went), kidnapped just after her birthday. She cannot believe the woman who raised her, a loving social worker who died of cancer four years ago, crossed international lines to steal a toddler.

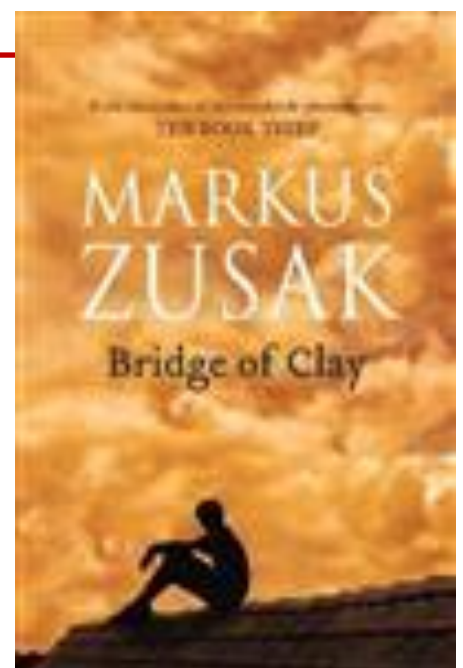
The story follows Kim on her journey to America to discover if in fact, she could possibly be Sammy Went and re-write her own history

Emma Henry - Acting Assistant Principal

The Dunbar boys bring each other up in a house run by their own rules. A family of ramshackle tragedy – their mother is dead, their father has fled – they love and fight, and learn to reckon with the adult world. It is Clay, the quiet one, who will build a bridge; for his family, for his past, for his sins. Markus Zusak, author of The Book Thief, makes his long-awaited return with a profoundly heartfelt and inventive novel about a family held together by stories, and a young life caught in the current: a boy in search of greatness, as a cure for a painful past.

I loved this novel, but keep the tissues handy !

Alison Jacobs - Librarian





# Ararat College VCAL 2018 Shiraz



**\$15 per bottle**

Limit 6 per customer

Available strictly from **February 18 – March 29**

**Purchase at Ararat College**

Pre Orders to [reynolds.andrew.l@edumail.vic.gov.au](mailto:reynolds.andrew.l@edumail.vic.gov.au)

From the 18<sup>th</sup> of February to the 29<sup>th</sup> of March (6 weeks only), the wine which the VCAL students and teachers have put a lot of time and dedication into will finally be for sale. It will be available from the front office. The price per bottle will be \$15 and each person may purchase up to six bottles.



## **SCHOOL PHOTOS -** **Thursday 28<sup>th</sup> February 2019**



The studio taking the photos this year is:

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

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

Students need to have their envelope with them on **Thursday 28<sup>th</sup> February**. Please note that the 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**.

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**.

### **Attention - VCAL Students**

You will need to come to school in **full school uniform**. Please bring a change of clothes for farm activities that will commence after the photos have been taken.

# 2019 Community Clean Up Australia Day Grampians National Park



This year for Clean Up Australia Day, we are seeking helpful volunteers and groups to assist with removing windblown rubbish from Grampians National Park and surrounding reserves.

Are you a community member or visitor of Grampians National Park? Would you like to volunteer this Clean Up Australia Day to help remove rubbish from the National Park? Parks Victoria along with community groups FOGGs, Cliff Care and Wimmera 4WD, will be hosting the community Clean Up Australia Day and invite you to join us on the day!

**When: Sunday March 3<sup>rd</sup> 2019**

**Meet:** Halls Gap Park (near the pool)

**Time:** 8:30am – 1pm Followed by a free BBQ lunch to say thank you!

**Things to bring:** Gardening gloves, hat, water bottle and weather appropriate clothing. Some safety gear will be provided

**Register:** Visit the ParkConnect website below and search 'Clean Up Australia Day' in Grampians National Park or follow the QR code. [www.parkconnect.vic.gov.au/](http://www.parkconnect.vic.gov.au/)

Contact Hannah Auld at Parks Victoria for more information (03) 8427 2787 or one of the volunteer groups



Healthy Parks  
Healthy People





# HOST FAMILY REQUIRED

**ARARAT ROTARY EXCHANGE HAVE  
AN INTERNATIONAL EXCHANGE  
STUDENT COMING TO ARARAT  
COLLEGE IN MAY, 2019 AND NEED  
YOUR HELP!**

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**PLEASE CONTACT EMMA HENRY FOR  
MORE DETAILS ON 5352 4177  
[HENRY.EMMA.J@EDUMAIL.VIC.GOV.AU](mailto:HENRY.EMMA.J@EDUMAIL.VIC.GOV.AU)**



**95% = 47 LESSONS MISSED EACH YEAR**  
8 days in total or 1 week and 3 days

**90% = 95 LESSONS MISSED EACH YEAR**  
16 days in total or 3 weeks and 1 day

**85% = 142 LESSONS MISSED EACH YEAR**  
24 days in total or 4 weeks and 4 days

**80% = 190 LESSONS MISSED EACH YEAR**  
32 days in total or 6 weeks and 2 days

# **ATTENDANCE MATTERS**

**WHAT DO YOUR  
ATTENDANCE  
FIGURES  
ACTUALLY MEAN?**

## **BE SMART BE THERE!**

Percentages based on 190 academic days

**GO Tennis Academy**

**Ararat Tennis Club**

**Mobile - 0417528502**



Friday nights after School

5 to 12 year olds

Free Racquet & Hotshots T-Shirt

Limited Vacancies



## **A G M**

**Wednesday 27th  
February**

**6:00pm**

**Richardson Oval**



# Willaura Health Care

## OUTDOOR MARKET



East Grampians  
Health Service

Sunday 3rd March 2019

10am - 2pm

Willaura Hospital Grounds



- Local Producers
- Children's toys
- Homewares
- Cards
- Local artists
- Jewellery
- Giftware
- Condiments
- Art & craft
- Goatmilk Soaps & Skincare
- Olive oil
- Clothing
- Plants
- Handmade Chocolate
- Wool products
- Fresh Fruit Icecream
- Soy candles
- Metal Art Display
- **Coffee & cakes**
- Lions Club BBQ
- Children's activities
- Bamboozle Circus Acts
- Music
- Variety of food vendors & more



Immerse yourself in handmade regional produce from artisans in the gardens of the Willaura Hospital.

Charity event – All money raised goes to the Willaura Auxiliary East Grampians Health Service

Willaura, surrounded by fertile farmland, lies about 34 kilometres south of Ararat on the south-eastern edge of the Grampians in Victoria's Western district

[willauramarket.com](http://willauramarket.com)

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



We thank our following sponsors and supporters of the market





# ARE YOU KEEN TO PLAY NETBALL?

Ararat Eagles have spots available for  
Junior and Senior netballers

Come along on Wednesday nights for an  
informal training session and game play



# COME AND TRY

**WEDNESDAY NIGHTS**  
**JUNIORS 4:30PM**  
**SENIORS 6-7PM**

**AT THE ARARAT NETBALL COURTS**  
**(ALEXANDRA OVAL)**



For more information/enquiries  
Contact Emma on 0400 053 660



# ARARAT EAGLES FNC





**EGHS MURRAY TO MOYNE CYCLE RELAY  
TEAMS PRESENT**

# **TRIVIA NIGHT**

Wizards, Witches, Goths and Ghouls

**FRIDAY MARCH 15 | 7PM FOR 7.15PM START**  
**NURSING EDUCATION STUDENT TRAINING ROOM – NEST**  
**(REAR OF PATRICIA HINCHEY CENTRE)**

Tables of 8 – \$20 per head  
BYO Drinks and Nibbles – Supper provided

Best dressed individual and table | Prizes | Buy an answer |  
Raffle

Table bookings to Jodie Holwell by Monday March 11  
5352 9387 or [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au)

Proceeds to EGHS Dialysis Unit treatment chair replacement  
project.



# Calendar Term 1

<b>(Week 5)</b>	Monday	25	
<b>February</b>	Tuesday	26	
	Wednesday	27	
	Thursday	28	School photos
<b>March</b>	Friday	1	
<b>(Week 6)</b>	Monday	4	
	Tuesday	5	School Spec Rehearsal Ballarat Black Ranges Swimming - Warracknabeal
	Wednesday	6	
	Thursday	7	
	Friday	8	
<b>(Week 7)</b>	Monday	11	
	Tuesday	12	
	Wednesday	13	
	Thursday	14	
	Friday	15	Year 7 Immunisation
<b>(Week 8)</b>	Monday	18	
	Tuesday	19	
	Wednesday	20	Year 9/10 Outdoor Ed Camp
	Thursday	21	Year 9/10 Outdoor Ed Camp
	Friday	22	Year 9/10 Outdoor Ed Camp

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.