



Photography Challenge - Week 3

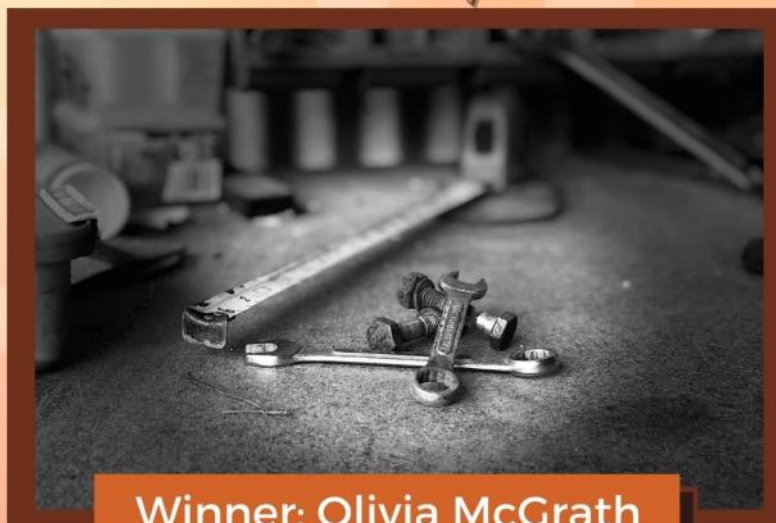
For the third week of the Year 9/10 photography challenge, students were given the topic of 'still life'. Students had to highlight inanimate commonplace items as the subjects of their finished photo.

Congratulations to the winners of this week's challenge.

Melissa Murnane
Year 9/10
Design and Photography
Teacher

DESIGN & PHOTOGRAPHY PHOTOGRAPHY CHALLENGE

Week 3 Topic:
"Still life"



Winner: Olivia McGrath



Honourable mentions:
Bailey Pennycad, Holly McAdie & Caitlin O'Brien

Congrats!

A message from the Principal....

Assistant Principal Position

This week we have been able to finalise the appointment of our substantive Assistant Principal position commencing in 2021. Congratulations to Emma Henry who was the successful applicant! Emma is highly passionate about our school and the students within our community. She will continue to work hard to ensure we are continuously providing the opportunities for our students to thrive and be empowered.



Emma has acted in the position for some time now and has experience in the role, as well as an in depth understanding of our school, our values and the wider Ararat community. Her focus is, and always will be on the student, which is essential for what we believe in at Ararat College. Well done Emma!

Roadmap to Returning

Last weekend the Premier announced a plan for the return to onsite learning for students in Regional Victoria – no doubt this is something that we are all very much looking forward to! We will continue in Remote Learning for the remainder of this term and the first week of Term 4. Once we have received further clarification from the Department of Education and Training, we will provide families with the specific date that students will return in week 2 of Term 4 along with all the relevant details needed. This will be communicated to families next week.

Whilst we all acknowledge how hard this new type of learning, living and working has been, all families should celebrate everything they have been able to achieve during this time. As a community, we have continued to adapt and support each other and I am extremely thankful and proud of this.

As always, if you feel like you need further assistance or not quite sure of any details, please reach out as we are more than happy to help however we can! There is one week to go before we can all have a rest, recharge and look forward to a more normal Term 4.

Ellie McDougall
Principal



This week we have celebrated R U OK Day? in what has possibly been a very challenging year for many!

AS PART OF OUR WORK WITH THE RESILIENCE PROJECT THIS YEAR WE TALK A LOT ABOUT THE PRINCIPLES OF GRATITUDE, EMPATHY AND MINDFULNESS

Maybe this week your family could have the following GEM chat that focuses on empathy..

- 1. WHO IS SOMEONE YOU KNOW THAT MAY BE EXPERIENCING SOME DIFFICULTY CURRENTLY? WHAT COULD WE DO FOR THEM AS A FAMILY?**
- 2. REMEMBER SOMEONE WHO HAS DONE SOMETHING KIND FOR YOU RECENTLY. WHAT DID THEY DO?**
- 3. SAY SOMETHING KIND TO SOMEONE IN YOUR HOME.**

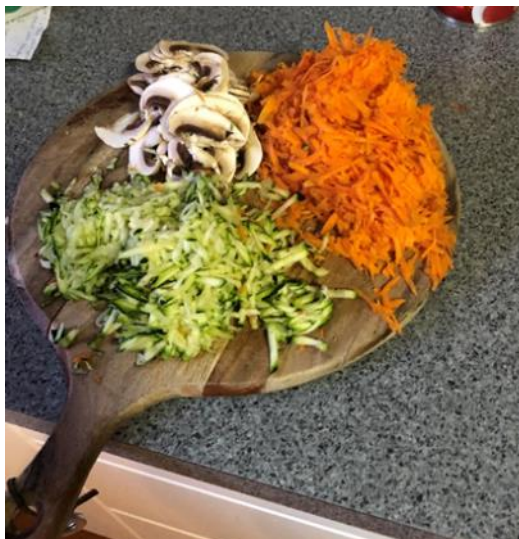
There are a number of great resources on The Resilience Project TRP@HOME page visit here <https://theresilienceproject.com.au/at-home/>



Remote Learning - Global Food

Once again our Global Food Class has been busy creating some amazing dishes. Remote Learning has given these budding chefs the chance to put their cooking skills to work at home. Some of our students have shared photos of the meals they have produced for their families. Well done and keep up the good work!

Anne Henry
Food Teacher



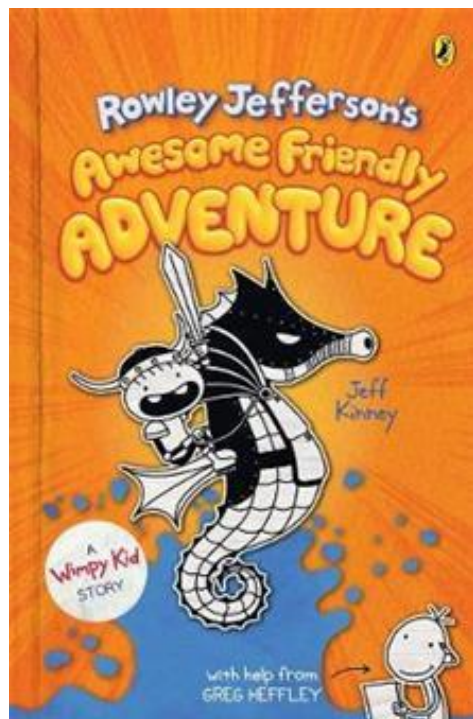
Oscar Horvath: Spaghetti Bolognaise, step by step.

Chloe Brasser: Butter Chicken with coconut steamed rice, Greek yogurt and homemade cheese and chive roti bread.

Zaviour Quarrell: Thai Green Chicken Curry



These new volumes of two very popular easy reading series are now available for borrowing from the library.



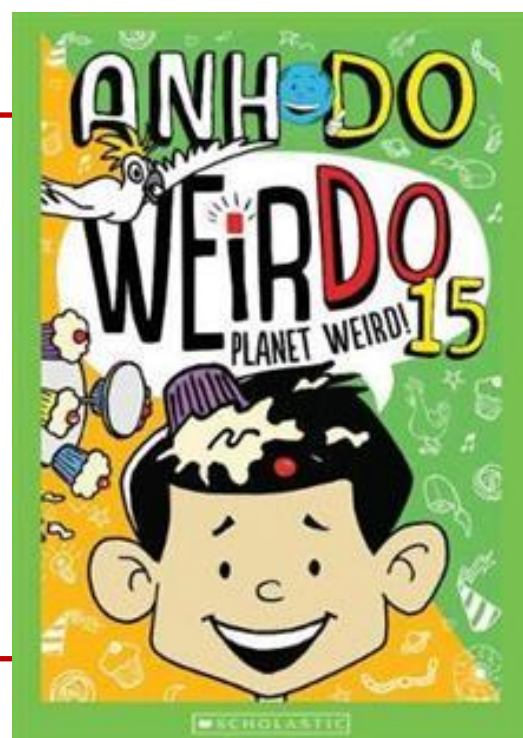
A new novel in the 'Diary of a Wimpy Kid' series.

Adventure awaits! From the imagination of Rowley Jefferson, with a little help from Greg Heffley, comes an adventure of epic proportions. Join Roland and his best friend, Garg the Barbarian, as they leave the safety of their village and embark on a quest to save Roland's mom from the White Warlock. Will our heroes survive? Find out in Rowley Jefferson's Awesome Friendly Adventure!

The latest hilarious instalment in the award winning series from best selling author Anh Do.

HAPPY BIRTHDAY TO MEEEEEE! Not only is it PLANET DAY, its also Weir Do's BIRTHDAY! And his party's going to be so HUGE you'll see it from space!

It wont be easy... but it will be FUNNY!



APPLICATION FOR ATTENDING ONSITE

A reminder that application for onsite attendance due to parent employment arrangements needs to be submitted by 9am on the Friday before each week commences, please [click here](#) to access the form. For families who require more information about this please contact our office on 5352 4177 or email us at Ararat.sc@education.vic.gov.au.

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



Need help getting your 120 hours?

- ☒ **between 16 and 21 years of age?**
- ☒ **hold a current learner's permit?**
- ☒ **limited access to a vehicle or supervising driver?**



For information on our FREE driver mentor program, please call the L2P Coordinator on 0418 535 478 or visit www.cgllen.org.au



Resilient Ararat

WELLBEING WEBINAR SERIES - VIA ZOOM

Positive mental health during uncertain times

FREE online wellbeing sessions throughout August & September

mindfulness and meditation

nutrition and mindful eating

resilience

yoga

youth mental health

tai chi

and more!

Bookings via
eventbrite

Scan the QR code for dates and session times or visit <https://rb.gy/adxxd2>

MANAGING ILLNESS IN SCHOOLS AND EARLY CHILDHOOD SERVICES DURING THE CORONAVIRUS (COVID-19) PANDEMIC

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know:

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

- If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet](#) (PDF) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet \(Word\)](#) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.



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

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VCE & VCAL

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

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

THE COLLEGE

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(03) 5352 4177

Kevin Bowles - IT Support
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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.