



Marian College

A Kildare Education Ministries School in the Brigidine tradition

304 Barkly Street, ARARAT VIC 3377

Phone (03) 5352 3861

Email: principal@mcararat.catholic.edu.au

Web: www.mcararat.catholic.edu.au



Issue 25
31st August, 2020

Principal: Mrs. Carmel Barker

*Pavlova
Emily Start
Year 9*





From the Principal's Office



Dear Parents, Carers, Friends and Students of Marian College,

❖ *We encourage excellence and perseverance in learning,*

❖ *We strive for continuous improvement*

This week the winter chill is beginning to fade and new buds are appearing on the trees around the college. Spring is definitely in the air. It remains quiet on site with only a small number of students and a few staff to frequent the empty room and corridors. We look forward to the time when soon we can emerge again from remote learning and enjoy the lively chatter of students returning to face-to-face learning.

It has been a difficult year for many families as we all navigate through new territory. Our students have adjusted well to the many changes, the cancellations, new protocols and new technologies in a very short space of time. Enjoying the sunshine over the weekend, I was reminded of how much spring is a metaphor for renewal in our lives, especially at this time.

A Metaphor for Change

Spring is a metaphor for change. Some changes we eagerly await, and some we abhor. Some changes we plan and others arrive uninvited. To all these changes we ask the gift of Your perspective beckoning us to expectation, hope, and rebirth.

May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too.

Open our eyes and lives to the needed changes in our lives this Spring. Awaken us to new life and perspective, for we pray in Jesus' name.

- Author Unknown (From Xavier University)

With just three weeks remaining until the term break, it is not uncommon for students to be feeling some level of fatigue. To ensure they remain healthy and energized to the end, it is important they take steps to nurture their body, mind and heart. We encourage all students to consider their eating and sleeping patterns and routines, and to find some joy in their life at this time.

This coming Friday is a day for students to plan something away from the books and screens, and to enjoy time outside or engaged with family. With Father's day just around the corner, it might be nice to plan or make something special for dad, or stepdad, grandad or another individual in our life who continually supports or nurtures us. On Sunday 6th September we remember and thank our fathers, those who are no longer with us, and those who support and guide us still. Happy Father's Day to all dads in our community.

Elevate Education

It's quite common to find that by week 3 or 4, students are losing the initial surge of motivation found at the start of the year, suggests Elevate Education. Arguably, the same applies to the start of remote learning. This week is Week 4.

When it comes to motivation, there are 3 kinds of students:

1. Fully Motivated Students
2. Somewhat Motivated Students
3. Unmotivated Students (Elevate)

Over the last few months Elevate Education (as have many other educational organisations) have been offering free webinars for parents, students and staff. These have been useful in assisting students to apply strategies to combat fatigue and procrastination as the weeks progress. You may have found other very useful resources, Elevate is simply one that I have found easy to manage and readily accessible.

Elevate Education suggest: If your child is **fully motivated** to work, '...your key challenge is ensuring they do not burn out through the course of the year. High school is a marathon, not a sprint. Simple questions like "how are you finding the workload at the moment" particularly around exam time will give you a great deal of insight into how they are coping'.

If they are **somewhat motivated**, 'these students require goal clarification. As they already tend to have broad or poorly defined goals, you have something to work with. Options include getting students to read through university handbooks (available online at all university websites). Or have them research local industries, apprenticeship opportunities or further training options.

The third group Elevate describe as the **Unmotivated students**. These students tend to lack direction for their careers after high school. They generally don't know what they want to do when they graduate, whether it be going to university, TAFE, or work placement. For younger students, it is about encouraging them to keep their options open and start simply by exploring many pathways.

Talking to friends who work in a particular trade or other career pathway, may help them spark an interest to explore more about the required training and subjects. '...having the two sit down and discuss what it is like to work in the industry will potentially sow the seeds of a more specific and defined goal'.

All the very best to all our students for the next three week as we head to Third Term break. You have done well and should be proud of your efforts. Let's just ensure that we finish as strong as we started and put in the effort for the three weeks remaining.

Take care, Carmel



From the Head of Organisation & Student Pathways



Prayer for Winter's end

Heavenly Father,

We breathe new air, no longer cold with seeming death.

The flowers respond to the strengthening Sun, Your light.

So may our hearts respond to Your love and grace.

The birds break into song and call us to Your praise.

So may our hearts give praise in all aspects of our lives.

The frozen earth and water melt to new life:

So may our hardened hearts be softened To gentleness and love.

We are overwhelmed with images, symbols, confirmations of your resurrecting, Your enlivening.

Thank you for the renewed earth, for renewed strength and renewed opportunities to find You in the midst of it all.

May we emerge renewed in You.

Amen



It is the end of Winter! The first day of Spring is always a welcome sight. The days are getting longer and the sun starts to emerge more during the day giving us warmth and light and renewed energy. It is great to see the buds on the trees and the flowers beginning to bloom. My own daffodils are starting to bloom already. It is such a lovely sight. I hope you are enjoying the change in weather as well.

We are into the fourth week of our second round of remote learning and all of us are feeling the strain of being away from what is 'normal' and 'usual' and looked forward to. This year we have been able to find some of the joys in the smallest things. We can find ourselves grateful for being able to still go grocery shopping. We would usually take such things for granted. The normality of going to school and complaining about it has given way to being grateful for the time that we have been able to spend together in classrooms at school. We look forward to shaking hands with people again. We look forward to not having to wear masks out in public. We look forward to being together again, free to enjoy each other's company. These are such simple things that we have taken for granted in the past. We didn't even notice them they were so 'usual' and 'normal'.

Some things don't change though. We are having our school photographs taken on our first day back of Term 4, Tuesday 6th October. We are looking forward to having photographs of our lovely Year 7 students! All students are expected to wear their full school uniform.

The GAT is going to be held on the second day back at school, Wednesday 7th October from 10 am to 1.15 pm.

There will be no Year 12 classes that day. Any student who is undertaking a Unit 3 and 4 subject must sit this exam. It is a compulsory requirement for all VCE students in Year 12. A separate letter will be provided to parents and students affected by this exam. Look out for it!

On Friday 4th September we have scheduled a screen-free day. If your student is up to date with all their school work then we would like to encourage them to use this time to stay away from their screens! If they are behind in their classwork, then I would like to encourage them to use this day to catch up with any work that they are behind in.

Have a great week!

Lucy Edwards

IN MY WORDS *with Amani Abbass*

Sometime in the morning on September 2nd, 2002 in Williamstown, Melbourne a blue-eyed, black-haired girl was born. Amani Sherrodon Abbass. I am Angela Walker's first and only daughter, whereas I am Steve Abbass' fifth child (his third daughter). I have two older sisters and one older brother (the other brother died years ago). I also have two nephews. My Dad's side is Arabic (Dad is from Lebanon).

After I was born, Mum and Dad moved to Altona Meadows (near Melbourne), then Queensland, then Rockbank, then Speed with my grandparents (which is near Mildura).



In 2007 my grandparents and I were in a car accident which caused them to be bankrupt and sell the house in Speed. Once I was out of the hospital, we moved to Ararat to live which will continue until I possibly move to Ballarat next year.

I started kindergarten in Speed but it was in Ararat I started Primary School. First, it was St Mary's Primary School (Prep to Grade 2). This school is where I first met my first best friend (basically a sister) Elyssa Bendelle. For personal reasons I left and went to Ararat West Primary School (Grade 3-Grade 6) where I met another best friend (another sister) Melissa Connarty. We graduated and moved on to high school

(Marian College) where we still are as strong as sisters. My family moved houses a lot in Ararat, from primary to high school. It was between staying with my grandparents to staying with just mum. I also have a cat, his name is Justin.

I have tons of memorable memories with my friends and family. One is going to a Federation University tour with the rest of my year level and Melissa, Elyssa and I went to the Midwife section. That was so much fun! And having a choir in Ararat West, attending and performing these songs was a thrill and then being able to be a part of the Boite Choir; I wish I was still a part of that. Also, having gatherings with my family in Melton on Christmas. In school, I enjoy the funny interactions the year level has with teachers. Another memory I have is earning an award for being a part of volunteering for a charity.

I would like to thank everyone that I have known: teachers that I haven't talked to since I've left primary school, "thank you for being there for me and teaching me". Teachers that I have now, "thank you for the laughs and also teaching me".



For the year level, "It's been a crazy 6 years, even more, but I wish nothing but the best for ALL of you". To my family, "thank you for everything".

And lastly, to everyone associated with Marian College: please stay safe.



FROM YOUR HOUSE LEADER

When home is school. And work. And home.

For all our parents/guardians turned at-home teachers and all our teachers with at-home learners...

There is a lot happening at home right now. My workplace has become my house. That might be alright if everything was calm and peaceful... but my kids are at home as well! I can't imagine having them bouncing around my office and the classroom while I try to teach at school, yet that's pretty much what is happening at home during remote learning.

This week, as I've reflected on the 'education via the home' situation we are all in, I've begun to see the often annoying, definitely distracting, but somewhat humorous side of it all.

My daughter is in Grade 5, and my son is a pre-schooler attending Kinder two days a week. A day for us at home in remote learning 2.0 goes a little bit like this:

One child inexplicably will not get out of bed. The other wakes up with pre-teenaged attitude strong enough to make me terrified of the actual teenage years. Yikes.

My son eats breakfast, but mostly just spills cereal and milk all over himself and the floor. Can't wait to clean that up. My daughter makes two slices of toast and coats them with layers of spreads. Then she eats 3 bites and wanders off.

I give them strict instructions to be dressed before I get out of the shower and lay clothes out for them. I have a shower and come out to find that neither of them have gotten dressed. They appear confused and startled by the concept. I explain daily routine (again) and remind them of the time. They look at me like I'm speaking Latin. I tell them to brush their teeth.

I rush to boil the kettle and get a cuppa ready before P1 starts, check emails, and make sure the rolls and Zoom have been set up for my classes.

I'm focused and actually getting things done, until my daughter comes in and asks for help with her school work. Sure thing, what part don't you understand? Of course it's math. And of course there are no instructions for parents explaining that the way we learned equations (back in the day) is nothing like the way they are now taught. And the way they are now taught isn't there either. Try to explain using my old-fashioned, mostly forgotten strategies. She freaks out because that's not

the way they do it (but can't show me how they do do it...). She cries and yells at me for "helping her wrong" and "not listening".

Just refocusing... and my son appears. Nude. Still not dressed. It's 10:34am. Why aren't you dressed? He wants me to put his sock on. Not sure why the other clothes had to wait until the sock goes on. Are his teeth brushed? No. He's hungry. Cries at the suggestion he brush his teeth before we discuss snacks. This is the first of 16 times today he will tell me he is hungry, even immediately after finishing a meal (I actually counted one day). Sometimes there are as few as 7 minutes between requests for food. The daughter child is also hungry. Hmmmm, maybe she should have eaten the giant breakfast she prepared for herself.

I have a Zoom and tell my kids. Two minutes in and there is squealing and squawking from outside my study door. I think one of them may be throwing the other into the door. Trying to concentrate on what I'm saying on Zoom. The door slowly opens and both of my kids are there. They announce that they're hungry. Big surprise. I make angry go away faces at them. They will not leave until I indicate that, yes, they can have a snack (another snack).

My daughter wants to show me her writing task. This is a trick. If I (even gently) point out a spelling error she will flip out and not show me her work again for the rest of remote learning (it happened the first time around). So, I don't point out the spelling errors or the fact that EVERY sentence ends with an exclamation mark. As an English teacher, it takes much willpower.

The kids want lunch, but it's still P4 for me. I discover there have been (school-assigned) science experiments happening while I was on Zoom. Involving food colouring. Just great. Quickly make the kids something to eat while checking emails for student questions. Feels like I only just cleaned up breakfast. And all the snacks.

I ask my daughter what subject she has after lunch. It's creative time. Perfect! Her brother can paint as well. Our table has been converted to a craft centre anyway, what's a few more layers of paint and glue?

P5 and P6 always go pretty fast (and one eye is on the clock). Probably time for one last cup of tea (averaging 5 a day). Low attendance on one of the Zooms - not great. Some really good questions coming in from students (restoring my faith in their work ethic). Nearly done. Planning on a bush walk with the kids at 3:30pm. I hear a voice calling... "Mum, I'm hungry!"

Erica McConachy
Barron House Leader

B
A
R
R
O
N

NEWS

B
A
R
R
O
N

NEWS

Food Studies

During remote learning the Food Studies department have tried to keep to the scheduled productions the same as if we were onsite. It has been amazing to see what some students have achieved at home.

Normally in the HE room the students would produce food with a partner, to feed two. At home most have worked solo to produce food for their entire family. They have had to use their mathematical skills (Sr. John would be impressed) to alter the recipe and estimate how much more they require to feed their family. Not always a straight doubling of the set recipe.

Year 7s have produced; pancakes, pumpkin soup, zucchini burgers and mini quiches.

Year 8s have produced; cheese and bacon risotto, raspberry and white choc muffins, tacos and fried rice.

Year 9 Multicultural Cooking; chicken curry with coconut pancakes, matricina with garlic bread, mint lamb kebabs and wattleseed pav's.

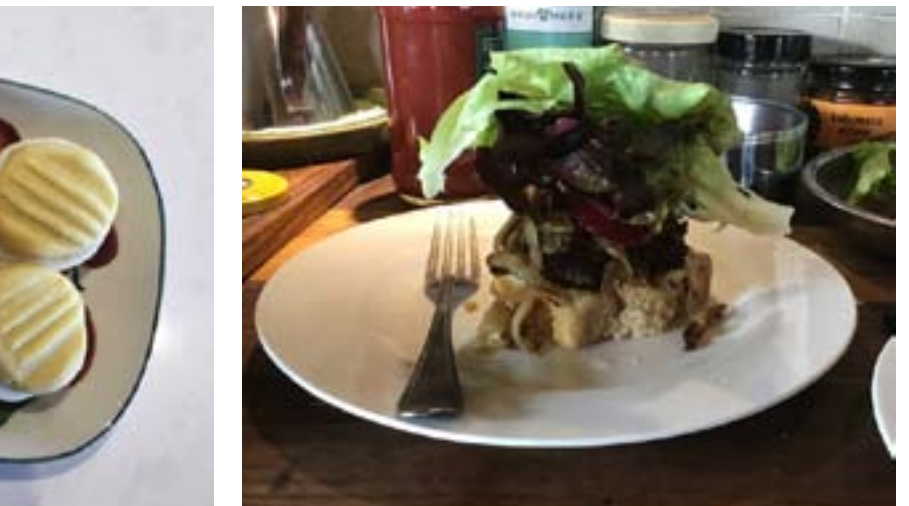
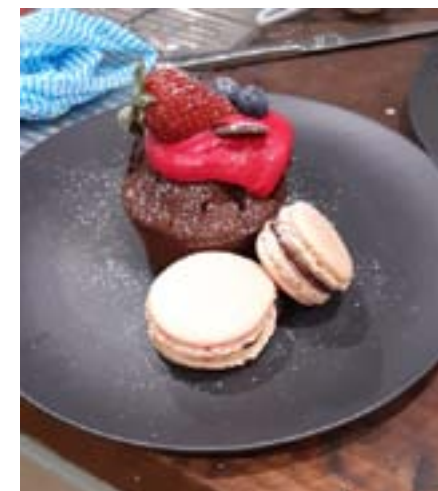
Year 9 Celebration; chicken balls, sausage rolls and yoyo's (Robin Gibson's famous recipe still a big hit with students).

Year 10 Survival cooking; apple cake, chicken combo and (my favourite) Thai chicken burgers.

Each week I have been blown away by the standard of food produced by these young cooks.

To all parent(s) and guardians, thank-you for allowing your child to cook at home. Hopefully you have appreciated the time, effort and mess it has taken for your child to produce food at such a high standard. Honestly, cooking for others improves their confidence in the kitchen, more so than if they were only cooking at school. In the long run you will benefit by their efforts and hopefully they will continue to cook on a regular basis for their family. I suggest at least once a week.

Keep up the good cooking.
Mrs. Spalding





WEEKLY CAREER NEWS

Wednesday 27 August 2020

The Hotel School

The Hotel School has campuses at Melbourne and Sydney and offers courses in Hotel Management and International Hotel Management.

To find out about courses, early entry programs, scholarships, and how to apply for courses, go to <https://bit.ly/3gnrnPD>

Interested in engineering?

Charles Sturt University (CSU) offers an innovative civil and structural engineering program like no other in Australia or the world.

Forget studying semester-long subjects, taking exams, or listening to long lectures. Through the CSU 'Topic Tree' model, students study bite-sized content, and skills and knowledge on demand.

Secondary school students are able to complete some of these units online for free.

Just go to <https://bit.ly/34xyfbo> and choose from the topics available in areas such as:

- Introductory Engineering
- Water Engineering
- Materials Engineering
- Geotechnical Engineering

The engineering program is offered at the Bathurst campus and students complete four-years of paid work placement and graduate with a Bachelor and Master level qualification.

Students applying for nursing/midwifery courses

Year 12 students applying for nursing or midwifery should be mindful of the following entry requirements:

VTAC

Applicants applying for nursing or midwifery courses via the Victorian Tertiary Admission Centre (VTAC) will need to complete the 'Nursing and Midwifery Declaration Form' within their VTAC account.

Victoria University

Bachelor of Nursing applicants will need to register for and sit the CASPer test. Note – applicants who are also applying for Initial Teacher Education courses will need to pay and sit for two separate CASPer tests, <https://takecasper.com/>

UAC

Applicants applying for nursing or midwifery courses via the Universities Admissions Centre (UAC) will need to complete an 'English Proficiency Declaration' within their UAC account.



Missed the ADFA Open Day?

Students who missed the Australian Defence Force Academy (ADFA) virtual open day can watch the recorded QnA and a virtual campus tour via Facebook Watch, <https://bit.ly/2FOEfBO>

At ADFA, students will:

- Undertake officer training
- Study a fully funded degree from UNSW such as Engineering, Arts, Business, Science, or Aviation
- Train in a role such as pilot, intelligence officer, or maritime warfare officer
- Earn a salary of \$40,910 per year plus super
- Live on campus

For information, visit <https://bit.ly/31tkfNH>

Interested in studying human behaviour?

Would you like to become a psychologist?

You will need to start your education by studying a Bachelor degree with an Australian Psychology Accreditation Council (APAC) approved major in psychology. Not all psychology majors are approved by APAC, so you will need to contact the institution you would like to study at to double check. For more information, go to <http://bit.ly/2xqsTeQ>

Careers in Psychology: Deakin University has developed an excellent website showcasing different careers in Psychology. Go to <http://bit.ly/2wLNAof>

La Trobe University Sports Stadium

You are invited to join La Trobe Sport in this exclusive online showcase of Australia's first state-of-the-art recreation, exercise and sport science teaching and research facility – the La Trobe Sports Stadium – on Tuesday August 25.

The La Trobe Sport Stadium is home to a comprehensive suite of high-performance athlete, education and community sport offerings. As well as touring the facilities, you will learn how you can gain access to the La Trobe Sports Park's crown jewel. To register for the virtual event, visit <https://bit.ly/3htnc6r>



Apprenticeships

Viva Energy

Viva Energy are advertising Electrical Instrumentation and Fitter apprenticeships. For information, visit <https://bit.ly/3jargc6>

Transdev Apprenticeship Program

Applications for heavy vehicle mechanic apprenticeships will open on the 1st of September, www.transdev.com.au

Students can register for an information webinar running on Monday 31 August, <https://bit.ly/3oLSy2j>

Early admission programs

August closing dates for some early admission programs include:

Swinburne University

Early Entry Program
28 August (Round 1), <https://bit.ly/2WiPub5>

La Trobe University

Aspire Program
Monday 31 August, <http://bit.ly/2vgWOLN>

Charles Sturt University

Charles Sturt Advantage
Monday 31 August, <https://bit.ly/2UmOlqT>

Virtual open day dates

The following are upcoming dates for several Victorian based institutes.

Deakin University
Wednesday 26 August, <https://bit.ly/33icNpW>
(for those who missed the open day on the 16th)

Kangan Institute
Wednesday 26 August, <https://bit.ly/328FzHs>

Victoria University
Saturday 29 August, <http://bit.ly/2l4uehl>

Collarts
Saturday 29 August, <https://bit.ly/2Ee4UqQ>

Monash University
29 – 31 August, <http://bit.ly/386QjH8>

SAE Qantm
Sunday 30 August, <https://bit.ly/3h5oKDv>

RMIT University
The recordings from the recent open day are available on demand until the 31st of August, <https://bit.ly/2CCP4Wp>



Upcoming virtual events

UCAT ANZ

National Institute of Education is running online medical interview and effective communication skills workshops for students who have sat the UCAT ANZ. For information, dates and to register your place, visit <https://bit.ly/34yQuga>

Macleay College

Macleay College is located at Melbourne and Sydney and offers a variety of courses.

Students interested in studying advertising or business at Macleay College in the future can undertake live demo classes.

Study Digital Media and Advertising
When: Wednesday 2 September, 2.30pm
Register: <https://bit.ly/32p29LL>

Study Business Demo Class
When: Thursday 3 September, 2.30pm
Register: <https://bit.ly/3jasuUK>

Course information, <https://bit.ly/3loskv5>

Upcoming virtual events

Federation University – Your Fed Future

Federation University is running the following online webinar for prospective students:

August

26	Bachelor of Geoscience
----	------------------------

Information and RSVP - <https://bit.ly/2WfWfLo>

Monash University – Online Information Seminars

Monash is running the following online seminar for prospective students:

August

27	Law
----	-----

Year13 - Future of Work Expo

Year13 are running another amazing expo for students! The theme for this expo is 'Future of Work'.

You can go into the running to win huge prizes by participating in webinars and there is an impressive line-up of guest speakers. This is an event not to be missed!

Dates: Tuesday 25 – Thursday 27 August
Information and RSVP: <https://bit.ly/3oQbDQZ>



RMIT: Discover What's Next Series

RMIT University is running 17 online webinars for students exploring a variety of topics such as:

- transitioning to university and TAFE pathways
- selection tasks for courses such as architecture, landscape architecture, photography, textiles, gaming

For information and to register for sessions, visit <https://bit.ly/3h8pSgk>

say cheese!



School Photo Day First Day of Term 4
Have your child's school memories captured forever
on Tuesday 6th October 2020

IMPORTANT: ONLINING ORDERING WILL RE-OPEN ON 14TH SEPTEMBER 2020

Remember these helpful points: **ENVELOPES TO BE RETURNED TO SCHOOL OFFICE**
(Due to COVID not to be handed to photographer)

- Read all relevant instructions for your preferred payment method. All payments are due on photo day.
- You may pay **online** using your credit card. Each child will have an individual 'shootkey' listed on their envelope. This will help identify your child's order.
- You may pay by cash using the individual envelope provided. **Please enclose correct money as no change will be given.**
- *Sibling photo envelopes are available at the school office upon request. THESE PHOTOS WILL BE TAKEN DURING SCHOOL, ON PHOTO DAY AT LUNCH TIME.*
 - Please instruct siblings to attend the photo studio during this time. Photographers are unable to search for students who do not attend.
- Do not seal envelopes inside each other. You may include payment for all children in one envelope, however, please indicate on this envelope the names of all the children you are paying for.
- All students should wear their **correct school uniform.**

NO SPORTS UNIFORM TO BE WORN FOR PHOTOGRAPHS

Year 12 students should wear the Year 12 Rugby Jumper
Year 7 and 8 students should wear the new school summer uniform
Years 9 - 11 should wear their summer uniform
Clean black leather shoes with white or grey socks
Long hair must be tied back
Boys must be clean shaven

For any enquiries, please feel free to contact

MSP Photography

P: 03 5333 5577

e : ballarat@msp.com.au



NEWS



**THE CANTEEN NOW HAS
EFTPOS FACILITIES**

ADVANCE NOTICE

PLEASE NOTE THAT THE CANTEEN
WILL BE CLOSED ON
WEDNESDAY 7TH OCTOBER, 2020
DUE TO GAT EXAMINATION



September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31 August	1	2	3	4 OFFLINE/ CATCHUP DAY
7	8	9	10	11
14	15	16	17	18 END OF TERM 3

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
5 STAFF INSERVICE DAY - PUPIL FREE	6 STUDENTS RETURN COMMENCE TERM 4 SCHOOL PHOTOS	7 VCE GAT EXAMINATION CANTEEN CLOSED	8	9