

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 22

10th August, 2020

Principal: Mrs. Carmel Barker



IN MY WORDS

- pages 6 - 7

CAREERS

- pages 9 - 11



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*

The following prayer by Laura Kelly Fanucci has a great message for us all as we begin the second period of Remote /Flexible learning. At this time, we pray especially for all who are unwell or struggling at this time. We pray for our students, families and our staff, that they remain safe and emerge from this time knowing they did their best to keep themselves and others safe at a difficult time.

**When this is over, may we never again take for granted
 A handshake with a stranger,
 Full shelves at the shops,
 Conversations with neighbours,
 A crowded theatre.
 Friday night out,
 The sharing of Eucharist,
 A routine check-up,
 The school rush each morning. The roar of the G,
 Each deep breath, A boring Tuesday, Life itself.
 And when this ends,
 May we find that we have become more like the people
 We wanted to be,
 We were called to be,
 We hoped to be.
 And may we stay that way –
 Better for each other because of the worst.**

- Laura Kelly Fanucci
(reprinted from Catholic Education Ballarat notices).

Returning to Remote / Flexible Learning

It is not uncommon to feel some anxiety during times of uncertainty; it is how we evolved to keep ourselves safe. Returning to Remote/Flexible learning again, while disappointing for many of our students, staff and families, there exists some predictability this time - that we have done this once, and well. We have taken the lessons from last time and made some minor adjustments to ensure we continue to meet individual needs at this difficult time.

The exhaustion and heightened stress levels experienced by students, staff and parents during the previous lockdown were significant. Even if a student did not engage well or fall away as the weeks progressed, often the levels of stress did not dissipate. Thinking merely moved onto what was not being achieved. Staff too understand more now about pacing themselves and their students for these six weeks. I share with you now some of our learning and tips for thriving better in this second period of Remote/Flexible learning:

- Please understand our teachers have the greatest respect for what you are doing to support the learning at home. They know parents often have to balance their own work commitments, younger or older children, at the same time as supporting the learning of our secondary students.
- We know everything does not run smoothly all the time, and that is okay. It sounds like a normal household. The focus for our students should remain on new learning and consolidation. Feel at liberty to be creative when difficulties arise. Some of

the most exciting moments to emerge from the last lockdown was seeing the innovation and creative thought of parents and students to achieve a great outcome. Take photos and celebrate these successes. These moments are often worth more because of the difficulties.

- Based on our experience and the feedback from last time, staff have been asked to ensure at least one lesson, per subject, per week is 'offline'. This allows students time to work independently, catch up, and take some control over planning their workloads.

Tips that can help keep students on task

Total freedom over the timetable often does not work well, but especially for students in Years 7-10. The timetable provides a road map and familiar structure that ensures there is an even spread subject across the week, with some downtime for self directed learning.

Students should create a list of tasks and due dates, make this public, and work a little on each across the week.

Break times are important. Try to encourage students to spend some 'away from screen' time in the fresh air.

When motivation wanes, it is time to create a Weekly Planner. I have spoken about the Pomodoro Technique previously. This can assist students set small goals to achieve a series of successes. <https://blogs.partner.microsoft.com/mpn/work-smarter-not-harder-pomodoro-technique/>

Student Wellbeing During this Period

The Black Dog Institute offers some great tips for students experiencing increased stress levels at this time.

- 1. Limit media exposure.** Misinformation is hearing only half the story. What are the joys and positives in their life at this time?
- 2. Challenge negative thoughts and don't give them too much power.** Just because we're thinking something does not make it true. Don't live in fear of what may not eventuate and forget to live in the present. There is still much to enjoy with family at this time.
- 3. Notice when your anxiety increases** - such as talking about issues on social media. Limit these if they have a negative impact on your mood and look for other ways to find balanced conversations in your life.
- 4. Channel your anxiety into action.** Our Student Leaders did this well last time, providing a video to help all students settle into Remote/Flexible learning. How can you connect with friends in different and positive ways?
5. And finally, **avoid the blame game.** Get out of **BED** - **B**lame, **E**xcuse, **D**enial. This achieves little and gives our power away to others. If things are not working, change what you are doing. Teachers will applaud the effort to make things happen.

<https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Tips-to-manage-anxiety-during-times-of-uncertainty.pdf>

Our Wellbeing team is here to support all students to ensure they journey well. If you have any concerns please email your child's Teacher Advisor first, and for more urgent matters Ms Stephanie Saravanja (Head of Wellbeing), Mr Kevin Griffiths (Counsellor) or Mrs Debra Wilson (Counsellor). Staff are here to support families at this time. Please do not hesitate to let us know if you have any concerns with the learning.

Subject Selections - Students in Year 9-12, 2021

Please remember Subject Selections 2021 are due this week. Please see letter forwarded last week and the College website for details.

Have a great week ahead,

Carmel.

FROM YOUR HOUSE LEADER

Wow, things have moved so quickly and I am so thankful that we were able to have some face to face learning prior to our move back to remote! Remote learning comes with many challenges for students, parents and teachers. We have learnt many lessons from our last remote venture and I am sure we all will have improved from the last experience.

I have included this week my top 3 tips for remote learning for a parent that may be able to assist and support your student or students through the coming weeks.

Three Tips for Parents and Carers

1 - **Help your child establish and stick to a routine.** Even though school has gone to an online learning format, treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time everyday, get properly dressed, and eat a healthy breakfast.

2 - **Check in with your child's TA or teachers.** Teachers and TA are more than willing to connect with parents via email. Check in if your child is having difficulty managing the online learning platform or staying on task. Be on the lookout for any communications from teachers indicating that they are having trouble connecting with your child during this time.

3 - **Encourage physical activity and exercise.** Your child will be sitting in front of their computer for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog and get outside for some fresh air if the weather allows. Students need that mental break throughout the day.

I understand for many of our students that this is such a stressful time, I can only emphasise that the staff of Marian College are here to assist as much as possible.

If a student needs support I suggest that you definitely make contact with the TA teacher and then support will likely be offered via the TA or House Leader. Please make contact, nothing is too little or too big for an email!

Finally, I cannot wait to see some of the achievements by students, great resilience has already been demonstrated throughout 2020. I know together we will get through. Stay Safe!

Matt James



NEWS

IN MY WORDS *with Marcus Donnan*

On the 12th of September 2002, a fat baby (by baby standards) named Marcus George Donnan was the first born child of Josipa Donnan and Kelvin Donnan. And for some reason, from that moment on, a lot of people would struggle to spell and pronounce my last name. Honestly, there's six letters and three of them are the same, is it that hard? I still get called "Doonan" after Mr Summers mispronounced it at an assembly (it was a good laugh anyway). A lot of other things happened after my birth of course. My sister Ivana was born in Ararat as well, and I refused to let her have Mum all to herself. I was a bit harsh on her at first, but we are best buds now.

I went to Jack and Jill kindergarten and made some friends straight away. I must have been having such a good time because when I got home I couldn't remember my new best friend's name. After asking him I found out it was Charlie Preston, and we were great mates even into primary school.

When I was younger, I couldn't go five minutes without a dinosaur or a piece of Lego in hand. I would spend hours playing with them, trying my best to pronounce "Pachycephalosaurus".

I went to primary school at Ararat West and had lots of fun there, sometimes a little too much.

But I learnt a lot from the great teachers there who prepared me well for high school. However, primary had me convinced that I was good at maths. It didn't take me long to realise it got a little bit harder. I have very fond memories of primary school. At the time, I was one of the only kids who didn't want to go to high school (not to say I told you so, but it was a lot easier than high school so I was a little bit right).



I was not excited for Year 7. It meant I couldn't be a child anymore, I thought. But it didn't take me long to realise no one was mature. In Year 7 I made friends with Nick McInnes and in Year 8 I made friends with Charlie Wigg and Max Waters. After a few years I had a great group of friends. Along with Nick and Charlie, there's Tim Hartwich, Havana Madex, Alex Fraser, Tomas Dearman and Jameela Day. Also, Jack Cameron who I'm lucky enough to have been friends with since primary school.

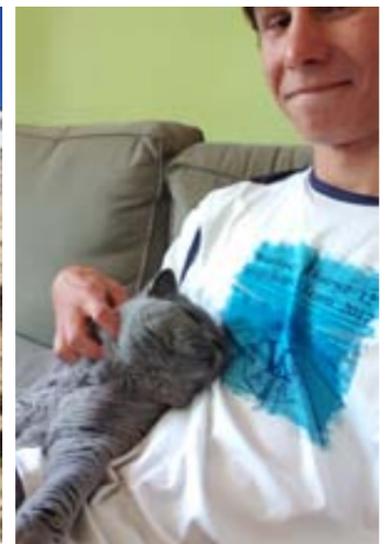
While I was in primary school my sister Billie was born. Ahead of us were many years of having fun together or being at odds over anything and everything. I love sharing my time with her, not many other people would be willing to watch 2001: A Space Odyssey with me and try to figure out what the movie means. Never did figure it out.

I joined the Ararat Swimming Club about 9 years ago, and it's been something I've loved ever since. The friendly competition is something that will stay with me, and it's been great participating in school swimming as well and travelling to zones and regionals with some brilliant swimmers. With my Mum being the coach I also never had an excuse to get out of training. Tae Kwon Do is another sport I have been involved in for a long time. I wasn't that keen on it at first, but I have grown to love it. Although I'm no Bruce Lee it's still a lot of fun, and I've learnt a lot there from Matt Brady and Ian McCready, two brilliant people.

I am grateful for all the things I have been able to experience thanks to my Mum and Dad, I feel very lucky. Travelling overseas to Spain, Croatia and France was the experience of a lifetime. Seeing our extended family in Bosnia

Herzegovina was brilliant fun and the food was even better. I still have PTSD from over-eating all my aunties great cooking. I have loved all the road trips my family and I have been on. Travelling the Gibb River Road in the Kimberly in Western Australia was something I'll never forget, and I doubt I'll ever get all the dust out of my nose.

I am grateful to all these people, along with my family and Imogene Tonks (Marian College's greatest performer, did you see *Chicago*?) who are helping me through Year 12. Also, cheers to my cat Gandalf, he's an excellent distraction. I am grateful to be sharing the experience with a really great cohort, good luck to all the Year 12's. I also have great teachers at the school that make learning heaps easier. Next year makes me nervous, but I know it will be easier thanks to the people around me. Also thanks to the school for putting soap in the boys toilets again.



SCHOOL PHOTO DAY HAS BEEN POSTPONED



School photoday has been postponed and will be rescheduled in Term 4.

Please note the following;

- ❑ If you have placed an order online, that order is valid and your order will be fulfilled on photo day.
- ❑ Online ordering will be closed.
- ❑ It is important to hold on to your photo envelope, if you have it, as you will need this for the rescheduled photo date.
- ❑ Further information will follow nearer to the revised photo day.

Please call MSP Ballarat
on (03) 5333 5577 if you
have any questions

WE'RE HERE
TO HELP!



If you are applying to the following universities for an Undergraduate Degree in Teaching the CASPer test is compulsory:

ACU, Deakin, Federation, LaTrobe, Monash, RMIT, Swinburne & Victoria University.

Please note: there is an \$80 fee to sit the test.

For more information on CASPer, and to register for the test, please go to the following link:

<https://takecasper.com/>

The third, and final, CASPer test is on Friday 11 September @ 7.00pm

What is CASPer?

CASPer is a form of situational judgement test. Situational judgement tests (SJTs) are a type of psychological test which presents the test-taker with realistic, hypothetical scenarios and may ask the individual what they would do in the dilemma and why they would do it.

Situational judgement tests tend to determine behavioral tendencies, assessing how an individual will behave in a certain situation, and knowledge instruction, which evaluates the effectiveness of possible responses.

Deakin University & Federation University Open Day: Sunday 16 August

Please see the links below for further information and registration:

Deakin University: Sunday 16 August, 9am - 4pm
<https://openday.deakin.edu.au/>

Federation University, Sunday 16 August, 10am - 4pm
<https://federation.edu.au/future-students/study-at-federation/open-day>

Andrea Knights, Careers Officer



WEEKLY CAREER NEWS

University applications open

You are now able to apply for university and TAFE courses across Australia. For most courses, you apply via state-based Tertiary Admission Centres. Below are the weblinks for each state:

Victoria: Victoria Tertiary Admissions Centre
www.vtac.edu.au

NSW/ACT: Universities Admissions Centre
www.uac.edu.au

SA/NT: South Australia Tertiary Admissions Centre
www.satac.edu.au

Queensland: Queensland Tertiary Admissions Centre
www.qtac.edu.au

Western Australia: Tertiary Institutions Service Centre
www.tisc.edu.au

Tasmania: apply directly to the University of Tasmania
www.utas.edu.au

You will need access to a computer or smart phone, your student ID number, and a PayPal account or credit/debit card.

You will be able to apply for special consideration, some access and equity scholarships and some early entry/guaranteed programs via the Tertiary Admission Centres.

Get help with the VTAC application process

VTAC will be running a series of online events for year 12 students and their parents. The webinars cover various aspects of the application process and are presented live so that students and parents can ask questions throughout.

There are two main types of sessions, with a variety of start times available for each to suit student and parent schedules:

Applying for tertiary courses (and understanding the ATAR)

Provides an overview of the entire application process, including finding courses, preferences, results and offers. Includes a brief discussion of SEAS and Scholarships.

- Tuesday 4 August, 6.30pm
- Thursday 6 August, 11am
- Monday 10 August, 2pm

Understanding special consideration (SEAS) and scholarships:

Provides detailed information about applying for SEAS and scholarships.

- Wednesday 5 August, 6.30pm
- Friday 7 August, 11am
- Tuesday 11 August, 2pm

For information and to register for any of the above sessions, visit <https://bit.ly/2EIAvKT>

Early admission programs

August closing dates for some early admission programs include:

Australian Catholic University
Community Achievers Program
Melbourne campus
Wednesday 12 August, <http://bit.ly/395WfS9>

University of Wollongong
Early Entry
Friday 14 August, <https://bit.ly/2wvqjJF>

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

La Trobe University
Aspire Program
Monday 31 August, <http://bit.ly/2v9WOLN>

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

Note – early admission applications are now open for

RMIT University
SNAP (selected schools), <https://bit.ly/2QULUKP>

Monash University
Monash Guarantee, <https://bit.ly/2WQfLGX>

Australian Catholic University
ACU Guarantee, <https://bit.ly/38PiLiA>

Schools Recommendation Schemes
12 institutes in NSW and Canberra
<https://bit.ly/34Xldkl>

Virtual open day dates

Dates for the next two weeks are as follows:

Torrens University
Tuesday 11 August, <https://bit.ly/2DrNjLX>

Swinburne University
Wednesday 12 August, <http://bit.ly/2lmxYvr>

CQUniversity
Saturday 15 August, <https://bit.ly/32g5b6U>

Deakin University
Sunday 16 August, <https://bit.ly/33icNpW>

Federation University
Sunday 16 August, <https://bit.ly/31bhBul>



exploration resources

Bullseye posters

You can explore occupations related to your favourite school subjects. After you create an account, click on 'explore career bullseyes' and then click on your favourite subjects, <https://myfuture.edu.au>

Course Seeker

Students can explore university courses for each state in the one website and can research courses, prerequisites, selection criteria and ATAR profiles for the 2021 intake, www.courseseeker.edu.au/

Good Careers Guide

Students can search over 400 different occupations narrowed down by the field or type of work they would like to do in the future. They can also research 'career ladders' and take an aptitude test to assist in narrowing down career ideas, www.goodcareersguide.com.au/

Skillsroad

Students can explore courses, occupations, and industries. They can also undertake a mini career quiz and research occupations based on their favourite subjects. Students will also be able to work through the new Ready to Reset online program, www.skillsroad.com.au

Upcoming virtual events and recorded webinars

Monash University – Online Information Seminars

Monash is running the following online seminars for prospective students:

August

12	Engineering
13	Music
19	Information Technology
20	Science
26	Debate: autonomous cars are better than human drivers
27	Law

Inside Monash Seminars - recorded webinars

You can watch recorded webinars from past seminars at any time at this link <https://bit.ly/2LaE3fA>

Examples include:

- Be the designer the world needs
- Study fine art and art curating
- Shape the future as an architect of change
- Business with a global perspective
- Medicine admissions and biomedical science
- Why study pharmacy or pharmaceutical science?

Australian Catholic University – Talk with Industry series

You can watch recorded webinars at any time focussed on the following course areas:

- Exercise Science and Physiotherapy
- Business and IT
- Law
- Nursing, Midwifery and Paramedicine
- Occupational Therapy and Speech Pathology

You can also watch a talk with Arts graduates on 18 August.

Visit - <https://bit.ly/2XwbkYr>

Careers in engineering webinar

Join Careers with STEM co-founder and journalist Heather Catchpole in an interactive careers webinar as we speed test the latest edition of Careers with STEM: Engineering. Meet engineers working on fascinating challenges and learn about how they got involved in their exciting careers

Date: 21 August 2020, 12pm – 1pm
Info and RSVP: <https://bit.ly/2ZGxpFY>

Federation University – Your Fed Future

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

August

5	Veterinary & Wildlife Science
13	Environmental & Conservation Science

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

You can watch recorded webinars at any time via the above link. Example study areas include:

- Engineering
- Social Work
- Criminal Justice and Criminology
- Teaching
- Sport, Physical and Outdoor Education
- International Sport Management
- Nursing
- Physiotherapy

Visit <https://bit.ly/3fpgYqh>

Tertiary Information Service (TIS)

TIS is running the following online information session for students in July:

29	VTAC applications
----	-------------------

Information and RSVP, <https://bit.ly/2NoSH3W>

The University of Melbourne

Meet Melbourne Live

You can watch recorded webinars at any time focussed on the following course areas:

- Agriculture & Food Science
- Health
- Law
- Architecture, Building, Planning & Design
- Science
- Engineering
- Visual & Performing Arts
- Music
- Education
- Veterinary Medicine
- Commerce
- IT & Computer Science

You can watch the webinars by visiting <http://bit.ly/2TJWmxs>



August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
10	11 SCHOOL PHOTOS POSTPONED	12 YEAR 10 SUBJECT SELECTION TA/ PARENT/STUDENT MEETINGS (VIA PHONE OR ZOOM) CANCELLED	13	14 SUBJECT SELECTION WEB PREFERENCES CLOSE
17	18	19	20	21
24	25	26	27	28
31	SETEPEMBER 1	2	3	