

DARANNEWS



21 March 2025

WEBSITE

DARANET



Athletics Carnival 2025

Upcoming events

26 March

5:30pm Cricket Presentation
6:30pm Rowing Presentation

28 March

Year 9 Reflection Day

3 April

College Open Evening

9 April

4:00pm - 6:30pm Parent Teacher
Student Online Meetings

10 April

Try Dara Day

11 April

12:30 Holy Week Liturgy
Daranews Published
End of Term 1

18 April

Good Friday

20 April

Easter Sunday

21 April

Easter Monday

From the Principal



*Dear Parents/
Carers, Staff and
Students,*

We are now three quarters of the way through the term, and it has been wonderful to see the community spirit and energy that has accompanied the start of the year. The term has certainly been a whirlwind of activity and events. I would like to especially acknowledge our College Student Leadership team, who, in just a few short weeks, have already been able to bring together our community. I would also like to thank the House Captains for all of their enthusiasm and hard work to make all three of our carnivals the successes that they were. It would seem that the less than ideal conditions we experienced at the Swimming Carnival inspired them to bring even more spirit to the carnivals to make up for the weather! Today we held the third and final of our carnivals, the House Cross Country. I would

like to congratulate all of the students who signed up and took part in the event at Stromlo. In addition to our carnivals and camps there have been many opportunities for our students to enrich their learning outside of the classroom. I would like to acknowledge and thank the staff who have organised and supervised the many excursions, incursions, guest speakers and presentations that have accompanied and complemented our academic and pastoral programs. As you will see as you read through this edition of Daranews, there certainly has been a myriad of activities and opportunities for our students to embrace throughout the term so far.

2026 Enrolments and Open Evening

Enrolments for Year 7 and 11 2026 opened this week and will close on **Friday 30 May**. All information relating to enrolments, including the online enrolment form, can be found on the [College website](#). Information for our current Year 10 students will be distributed early next term. There is no need to complete a new enrolment application for Year 11.

From the Principal

On **Thursday 3 April** we will hold our annual Open Evening. This event provides an opportunity for prospective families and students to see our facilities and to hear what Daramalan College offers students. Tours of the College will begin at 4:45pm and the final tour will depart at 6:30pm. It is an evening when many of our students assist with displays, taking tours or performing in various groups to highlight some of our offerings. Thank you in advance to all the parents who will assist by picking up students at the end of the Open Evening. The best place to do this is on Morphett Street, not near Reception as this area is traditionally very busy. There will be no training or co-curricular activities on this evening unless they form part of a specific Open Evening display as the oval and Sports Centre will be used on the night.

Try Dara Day for students currently in Year 6 this year will be held, Thursday 10 April from 9:30am-2:30pm. Bookings for this day are limited and essential, even for our current families, and can be made through the booking link on the College website. Families will need to arrange their own transport of their student to and from the College on the day.

All of the details regarding the enrolment process, Open Evening and the Try Dara Day can be found on our [College website](#).

Lent

As we move through the Lenten Season, we continue to pray for Pope Francis as he recovers from ill health in Gemelli Hospital in Rome. As a College we launched our Lenten Appeal for Caritas and Project Compassion as part of our Ash Wednesday Liturgies. The Liturgies were held in House groups and were facilitated by our House Captains,

PT and Pastoral Staff. I would like to thank all of the families who have already supported our Lenten Appeal. There is still time to donate to our flagship event, Jugs for Justice, which has replaced our annual Coin Weigh. I would like to acknowledge the leadership of our Social Justice Captain, **Sophie Neighbour**, in bringing this event to fruition, which not only raises much needed funds for Caritas, but also raises awareness regarding clean water projects. I am sure that there will be a great deal of enthusiasm and friendly House rivalry next Thursday when the water challenge takes place on the oval. Congratulations to each of our Houses for their contribution to the overall total amount raised so far. I would like to acknowledge the work of the Social Justice Group who have been very active in raising awareness as well as holding a range of activities over the past few weeks.

We will be holding our Holy Week Liturgy on the final day of this term, **Friday 11 April**. I would like to thank in advance **Ms Cheryl Hamill**, our Mission Captain **Natalie Gordon** and the Liturgy Committee for their work in bringing together such a significant Liturgy for us as a Catholic community. In his Lenten message conveyed from his hospital room, Pope Francis encouraged us to continue in this Jubilee year to "journey together in hope". The Holy Father challenges us "to examine whether in our lives, in our families, in the spaces where we work and spend time, we are capable of walking together with others, listening to them, resisting temptation to become self-absorbed and to think only of our own needs. Let us ask ourselves in the presence of the Lord whether....we show ourselves welcoming, with concrete gestures, to those near and far". Pope Francis' words link perfectly with our liturgical theme for 2025 of Hospitality. My hope as we journey throughout the remaining weeks of this term before Easter, and for the remainder of this year, is that each member of our community experiences 'concrete gestures' of welcome, belonging and hope.



Athletics Carnival



Ash Wednesday



Athletics Carnival



Ash Wednesday

From the Principal

NAPLAN

Year 7 and 9 have been sitting the NAPLAN tests over the past week. I would like to thank the students for the manner in which they have approached and completed the tests. I would also like to acknowledge the work undertaken by **Ms Heike Craig** in overseeing the testing and the logistics required to ensure that the tests run smoothly.

Parent-Teacher-Student Conferences

Parent-Teacher-Student conferences are scheduled to be held on **Wednesday 9 April**. These interviews will be held **online via Teams**. Information about the booking process and how to login to the meetings will be sent in the coming weeks by **Mr Nic Whatman**, Assistant Principal Teaching and Learning.

Parking and Road Safety around the College

The roads around the College are extremely busy at all times of the day, especially with the continued construction works in the areas adjacent to the College. The safety of our students, staff and families are our priority. To keep our students safe when making their way to and from school, please ensure you drive and park safely and legally around our school. Unsafe and illegal parking can reduce visibility for our students and motorists, creating a significant hazard when students cross the road. Please remember not to park across pedestrian crossings, in No Stopping zones, on corners, verges or double parking.

We also ask that people who are dropping off their students in the morning, and/or picking up students in the afternoon do not park on the nature strips of houses near the College or across driveway entrances. We wish to maintain positive relationships with our neighbours so we ask that you assist by respecting their space.

P and F

Thank you to those parents who attended the AGM and general meeting of the P&F Association held this week.

At the AGM, the 2025 P&F Committee were elected:

President - **Guy Dimmock**
 Vice President - **Jada Abbey**
 Treasurer - **Georgie Ovin**
 Assistant Treasurer - **Nick Watson**
 Secretary - **Felicity Toohey**
 Assistant Secretary - **Natalie Pooley**

I would like to thank the outgoing P&F Committee members, Rachael Axford, Amanda Curran, Charlie Stephenson, Sandra Fisher and Stephen Dunkerley for their contributions over many years to the College P&F Association. It has been wonderful to have been able to work alongside a group of parents who are so committed to our College.

There is an email address for P and F correspondence. It is pandf@daramalan.act.edu.au should you wish to contact the Committee with any matter.

Financial Assistance

Families who are experiencing changed financial circumstances are encouraged to contact the Deputy Principal Capacity and Strategy, **Mr James Keeley**, to make an appointment to discuss support that may be available to you. He can be contacted via email on james.keeley@daramalan.act.edu.au.

Winter Uniform

From the start of Term 2, **Tuesday 29 April**, students need to have their full Winter uniform. I encourage parents to start planning this soon rather than leaving this to the last days of the April holidays. Opening hours for the Uniform Shop

Winners of the House
Cup and Spirit Plate,
Goolagong



From the Principal

are on the College website. As the mornings have turned cooler, I would like to remind families that hoodies, including Daramalan sports hoodies, and 'puffer' jackets do not form part of the Daramalan uniform and should not be worn to school, at school or from school.

Families are reminded that as per the College calendar, **Monday 28 April** is a pupil free day for all students. There will be no supervision of students on that day as our staff will be engaging in professional learning activities.

Student Successes

Congratulations to:

Ruby Gifford (Year 12) and **Jasper Harris** (Year 11) who have been selected as members of the ACTBSSS Student Forum. This forum meets several times over the year to discuss and consider a range of issues. It is comprised of students from across all ACT Colleges.



Jackson MacDonald (Year 9) and **Sara Buerger** (Year 12) who are competing next week at the National Track Cycling Championships.



Tom Covey (Year 10) who will be competing as a member of the ACT Squad at the National Hockey Championships later this month.



Klaudia Swiderski (Year 9) who will be competing as a member of the ACT Team at the Youth National Archery Championships over the Easter weekend.



Mitchell Power (Year 8) who has been selected as a member of the ACT U15s Cricket team who will compete in Adelaide at the National Championships.



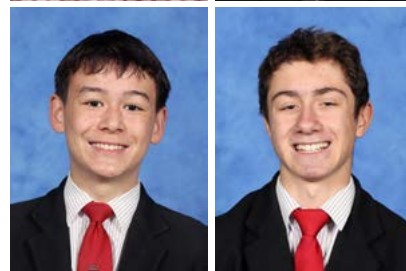
Joey Pratt (Year 7) who will be travelling to Sweden and Norway at the end of this month to train and compete in a number of Ski Racing competitions.



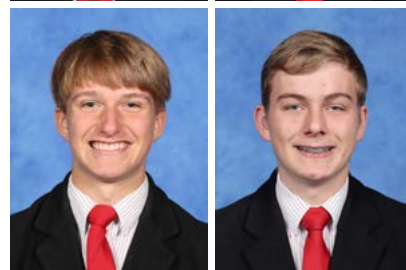
Sebastian Ryan (Year 8), **Jillian Ryan** (Year 10), **Macie Wilson** (Year 7) and **Elijah Wilson** (Year 12) who will all be competing as members of the ACT team at the National Athletics Championships in Perth at the end of this term. We wish them much success in their respective events.



Sean Loney, **Tristian Tierney**, **Roy Halliday** and **Thomas Neighbour** (Year 11) who have progressed to the National Round of the OzClo (Australian Computational Linguistics Olympiad) competition to be held at the ANU next week.



Best wishes for the remainder of this term. Looking at the College calendar it will be a very busy and hectic few weeks as we make our way towards the holiday break.



Best Wishes

Rachel Davies
Principal



School News

Term 1 School Fees are now overdue.

If you have not already paid and are not on a payment plan, kindly ensure payment is made by **Wednesday 26 March** to avoid incurring a late fee. If you set up a payment plan at the beginning of the year, please check your bank account or credit card statements to make sure that payments are being deducted as scheduled. If no deductions have been made, please contact the Fees Office at fees@daramalan.act.edu.au as there may be a problem with your payment plan.

Hi, my name is **Andrea Rose Thomas** and I am the Youth Minister for Daramalan this year. I'm working part-time, primarily on Thursdays across Years 7 to 12 in Religious Education. I'm very excited to be connecting with the students in their spiritual life and hopefully being a mentor for their personal growth.

I can be seen in classrooms, giving sessions on various faith-based topics and out on the yard at lunch engaging with the students. Students are more than welcome to approach me with questions in person or via email. I will also be starting a lunchtime Youth Group for students to partake in. This will include games, a small form of input such as a video or a talk, and then time for discussion. All students from all faith backgrounds and year levels are welcome!

It is a privilege to be working with the students at such a pivotal time in their life. Being a recent High School graduate myself, I know the particular struggles that teenagers face in relation to their identity and their place in this world. I hope through prayer and commitment, I can be a vessel for the students to grow in their relationship with God, and to know that they are loved by Him.

Please keep me in your prayers as I undergo this role of being a Youth Minister.

Andrea Rose Thomas
Daramalan College Youth Minister



DARAMALAN COLLEGE



OPEN EVENING 3 APRIL 2025

The first tour departs at 4:45pm,
with the last tour leaving at 6:30pm

TRY DARA DAY 10 APRIL 2025
CLICK TO BOOK

A School with Heart

2026 ENROLMENTS NOW OPEN

For information about enrolments in other years, visit our website or contact the Enrolments Office on the details below.

enrolments@daramalan.act.edu.au or (02) 6245 6348
Reception 6245 6300 | 121 Cowper St Dickson
www.daramalan.act.edu.au

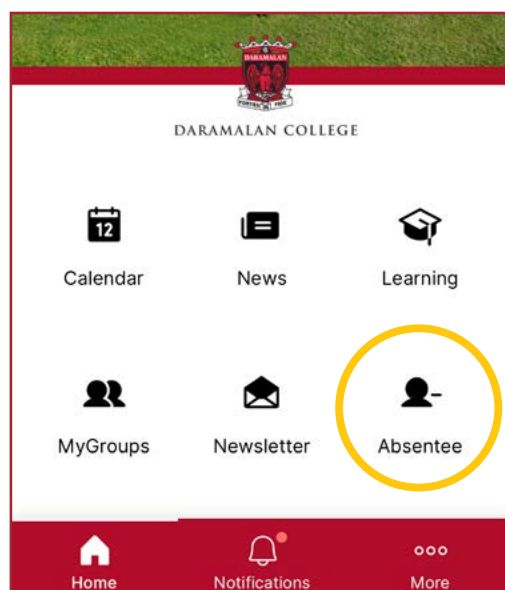


Advising Student Absences

The two preferred methods of explaining absences are

1. Daramalan College App (see below)
2. SMS Reply

Your login details for the App are the same as your login for Daranet.



Full Day Absences

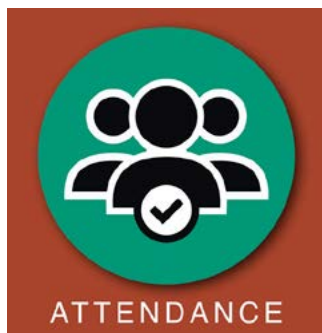
- Log in to the App and access the “Absentee” Module, as shown.

Your details and your children’s details are automatically completed. If you have more than one child at Daramalan College, please select the correct child.

- Enter the Absence Type
- Is this for today only?
- Is this an all day absence? Yes
- Phone number
- Relationship to child
- Reason and Comments (if applicable)
- Submit

Please review the submission prior to clicking on Submit.

***Absences for 5 consecutive days or more require prior approval from the Principal.**



You can access your child’s attendance history via the Student Attendance tile on Daranet.

Please contact your child’s Pastoral Leader for assistance if required.

Partial Day Absences

- Log in to the App and access the “Absentee” Module, as above.

Your details and your children’s details are automatically completed. If you have more than one child at Daramalan College, please select the correct child.

- Enter the Absence Type
- Is this for today only?
- Is this an all-day absence – ensure “No” is selected
- Add - Expected IN or Expected OUT time
- Phone number
- Relationship to child
- Reason and Comments (if applicable)
- Submit

Please review the submission, in particular “Will the child be” - “arriving late”, “leaving early” or “leaving early but will be returning”.

***Please note that students arriving late or leaving early must report to the Student Office.**

Counsellors Hub

A Spotlight on Sleep

How to Develop Good Sleep Hygiene by Ti Wang

In today's fast-paced world, where schoolwork, social media and co-curricular activities constantly demand our attention, it's easy to overlook one of the most vital aspects of our health - SLEEP! But quality sleep is essential for our overall wellbeing, especially for teenagers. Understanding its importance and practising good sleep hygiene can significantly improve our mental and physical health, as well as our academic success.

Sleep is a time for our bodies and minds to recharge. It allows our bodies to repair and grow, strengthens our immune system, and supports brain functions like memory and learning. For teenagers, getting enough sleep is even more crucial because our brains are still developing. The National Sleep Foundation recommends 8-10 hours of sleep per night for teens, but studies show that many teens don't get enough rest. Lack of sleep can lead to mood swings, difficulty concentrating and weakened immunity, increasing the risk of illness and mental health issues like depression and anxiety. Sleep deprivation also affects academic performance, as it impairs memory and focus.

Sleep hygiene refers to healthy habits and practices that promote better sleep. Here are some essential sleep hygiene tips:

1. **Be regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
2. **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
3. **Avoid caffeine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate and some medications) for at least 4-6 hours before going to bed.
4. **Bed is for sleeping.** Try not to use your bed for anything other than sleeping, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, and other things, your body will not learn this connection.
5. **No clock or phone watching.** Many people who struggle with sleep tend to watch the time too much. Frequently checking the phone during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "It's so early, I have only slept for 5 hours, this is terrible".
6. **Exercise and a healthy diet.** Regular exercise is a good idea to help with good sleep, and a healthy, balanced diet will help you to sleep well.

Sleep is not a luxury but a necessity. By embracing good

sleep hygiene, we can improve our health, mood and academic success. In a world filled with distractions, remember that quality sleep is one of the best ways to recharge and set yourself up for success, both inside and outside the classroom.

More tips can be found here: <https://headspace.org.au/assets/Factsheets/HSP225-Sleep-Fact-Sheet-DP3.pdf>

So what can you do if you just can't fall asleep??

Here are some techniques to try:

1) Peaceful Music

A noisy setting can make it difficult to quickly achieve restful sleep. In addition to reducing any unnecessary or bothersome sounds, you may find that listening to soothing music helps you relax and block out external noises.

Consider preparing a playlist that aligns with an ideal 15 to 20 minute sleep latency window and listen each night to create a routine for yourself. If you find music too distracting, some people also tout the benefits of white noise for sleep.

2) The Military Method

Members of the military often have inconsistent schedules and less-than-optimal sleeping conditions, which can affect their sleep patterns. The military method is a technique developed to help soldiers achieve sleep in two minutes. This process includes the following steps:

- a. Assume a comfortable position and relax each part of your face.
- b. Allow your arms to rest at your sides, dropping your shoulders first.
- c. Begin taking deep breaths to relax your chest and the rest of your torso.
- d. Start relaxing your lower half, working your way from your hips down through each part of your leg to your feet.
- e. Visualize a peaceful setting to set your mind at ease, such as beautiful countryside. If you experience any intrusive thoughts, recognise them and try to move beyond them.

3) Progressive Muscle Relaxation

Progressive muscle relaxation uses breathing techniques combined with muscle contraction and release to alleviate bodily stress. By gradually working through all the major muscle groups, progressive muscle relaxation aims to promote relaxation. This process includes the following steps:

- a. Lie in bed, close your eyes, and begin slowly inhaling and exhaling deep breaths.
- b. Tense your face muscles for 10 seconds. Release the tension and take several deep breaths.
- c. Next, tense your shoulder muscles for 10 seconds before releasing. Inhale and exhale deeply.
- d. Repeat these steps for other muscle groups throughout your body, starting with your shoulders and continuing through to your feet. Omit any areas where you feel pain.

Counsellors Hub Cont...

4) Meditation

Practicing meditation techniques for restful sleep may help you drift off faster. Mindfulness meditation in particular has shown promising results for improving sleep. The core tenets of mindfulness meditation include bringing about relaxation by focusing on the present and letting go of judgment. When practiced at bedtime, mindfulness may help reduce anxiety and make it easier to let go of negative emotions in preparation for sleep. When initially beginning meditation methods, you may find it takes longer to reach a state of relaxation. As you become more familiar with the process, you can begin to relax more quickly and fall asleep. Talk to your doctor before starting meditation if you have a history of trauma, or if you find that meditation brings up painful or difficult thoughts.

Sleep Stories or Sleepcasts are a great guided meditation to try.

5) Counting Backwards

One of the best hacks for unwinding the mind is to count backward from 100 OR 1,000. You can mentally count or visualize the numbers, counting down from 999, 998, 997, and so on. The number becomes the object of focus for the mind and, without effort, the repetitive, steady, slow counting backwards is a great unwinding exercise.

Gift of Life Walk

In Australia there are approximately 1,800 people on the waitlist for an organ or tissue transplant, and a further 14,000 of whom a transplant is not crucial but would be beneficial. Unfortunately, despite the ease of becoming a donor, there are only a small number of people registered to actually help.

Gift of Life is a not-for-profit association that aims to promote awareness of the importance of organ and tissue donation and transplantation. Intending to open conversation about donation with family and friends, the annual Gift of Life Walk is one way we can show support for people in our community struggling with a life-threatening illness. If you or a family member is interested in registering as, or finding out more about being a donor, please visit <https://www.donatelife.gov.au/register-donor-today>.

Last Tuesday, 22 students and 2 teachers walked 5 kilometres around Lake Burley Griffin before school in support of this association. We would like to thank **Mr Ben McGee** for organising us, and **Ms Cheryl Hamill** and **Ms Amy Connellan** for joining us on the walk.



And if the mind tries to think, return to picking up the counting.

6) Cognitive Shuffle

Dr Luc Beaudoin, a Cognitive Scientist, developed this technique while researching how the brain transitions to sleep. His findings revealed that as we're about to doze off, our thoughts naturally become less structured and more random. After he found this out, he came up with this method to help speed up this process by nudging our brains into that disorganized, dreamy state earlier.

Here's how to try cognitive shuffling yourself:

1. Start off by picking a simple word like "door" or "lamp."
2. Next, break it down by focusing on each letter of that word and thinking of other words that start with that letter. If you choose the word "lamp", you could think of "lemon", "ladder", "laptop", etc. Once you can't think of any other "l" words, move onto "a" words, then "m" words, and then "p" words.
3. Keep going until the randomness of this mental exercise gradually makes you lose focus.

Sources:

<https://www.sleepfoundation.org/sleep-hygiene/how-to-fall-asleep-fast> <https://www.headspace.com/sleep/trouble-falling-asleep> <https://www.calm.com/blog/cognitive-shuffling>



Social Justice

JUGS4JUSTICE - Clean Water for All

We live in a world where access to clean drinking water remains inequitable, with millions of people struggling to find safe water for their daily needs. At Daramalan, we are committed to making a difference, and JUGS4JUSTICE is how we're going to do it.

The Water Crisis

- 1 in 3 people globally lack access to safe drinking water.
- In Cambodia, over 3 million people—especially in rural areas—struggle with limited access to clean water.
- Contaminated water leads to serious health issues, including cholera, dysentery and typhoid.

How You Can Help

On **Thursday 27 March** (Week 8), we'll be hosting an awareness event on the oval, demonstrating the real-world impact of our donations in providing clean water to those in need. Each House will raise funds, and for every \$50 raised, they will earn a water jug to use in our House water activity.

How It Works

1. Raise Funds – Donate through the Qkr! app under your House dropdown.
2. Earn Jugs – Every \$50 raised = 1 water jug for your House.
3. Race to Move Water – Each House will use their jugs to transfer water from one bin to another. The more jugs your House earns, the faster you can move water—just like the more funds we raise, the more communities we can help!



**CARITAS
JUGS FOR JUSTICE**
27th March

1. raise funds
2. earn jugs
3. race to move water
4. claim victory

MAKE A DIFFERENCE AND DONATE NOW
see your house captain or check out Qkr to donate

4. Earn House Points – Points will be awarded for fundraising and participation.

Why It Matters

Your contributions directly support clean water projects, ensuring that families in need gain access to safe drinking water, improved sanitation and healthier lives. By coming together, we can make a real difference.

Start donating today and let's fill those jugs for justice!

March On Challenge

Ethan Armstrong (Year 11) will be participating in the March On Challenge in 2025.

Did you know the leading cause of death in ex-serving males under 30 is suicide. To raise funds and awareness for this issue over the month of March, Ethan will be running 192km to support Soldier On's mental health services and programs to help prevent veteran suicide and improve the lives of the soldiers that have served Australia.

https://www.marchonchallenge.org.au/fundraisers/ethanarmstrong35276/virtual25?utm_source=mobileapp

The World's Greatest Shave

Do you want to join our World's Greatest Shave team in 2025?

Coming off the back of a huge year where we raised over \$11,000, this year we're aiming to go bigger, better and have an even greater impact on research for leukaemia.

Every day, 53 Australians are diagnosed with blood cancer. By participating, you can help provide critical support and fund life-saving research. Shave your head, cut your hair or colour it... Let's make the world a better place for those in need.

<https://www.worldsgreatestshave.com/join/daramalancollege>



**WORLD'S
GREATEST
SHAVE**

**WORLD'S
GREATEST
SHAVE**

join the team
log in
create an account and
join Daramalan College

Shave happens in term 4

Merrick House

Merrick House Supporting Roundabout Canberra

Students and staff in Merrick House are proud to continue our support for our House charity, Roundabout Canberra, an organisation dedicated to providing essential items to families in need. Roundabout Canberra ensures that children and their caregivers have access to quality clothing, toys and baby equipment, easing the burden on vulnerable families in our community.

One of Roundabout Canberra's key fundraising initiatives is its annual LEGO Sale, which will be returning in May 2025. This sale is the charity's sole fundraising event for the year, and its success relies heavily on the dedication and effort of volunteers. With only a few weeks remaining until the sale, Roundabout Canberra has enlisted the help of Merrick House to sort thousands of pieces of LEGO in preparation for the event.

During PT time, Merrick students have been sorting tubs of LEGO. In particular, they have been removing all non-LEGO items and rubbish, separating mini-figures and Bionicles, and colour-sorting pieces.

This sorting effort will ensure that the LEGO Sale runs smoothly, providing high-quality, well-organised LEGO sets for buyers. Proceeds from the sale will enable Roundabout Canberra to continue delivering vital support to families in need, ensuring they have access to everyday necessities and comfort items for their children.



Journey to the Heart



In Week 3, we had the privilege of attending the Journey to the Heart Staff Retreat, at the spiritual home of the MSC's, St Mary's Towers, Douglas Park. This retreat was facilitated by the Chevalier Institutes', **Ms Anne McAtomney** and our own AP Mission, **Ms Cheryl Hamill**. During this four day retreat we had the opportunity to deeply reflect on the MSC charism, Spirituality of the Heart, in a peaceful and beautiful setting. The retreat provided a much-needed break from the usual demands of teaching and life, allowing us to relax and gain perspective. We were also given the unique chance to meet staff from the other MSC Colleges. We got to share experiences, discover what we have in common and build connections with one another.

During the retreat we participated in a variety of sessions focused on embracing God's love in all aspects of our life. The sessions prompted us to focus on our own spiritual journey. One of the highlights of the retreat was a pilgrimage walk around some significant places on the property. This walk gave us an overview of the land, its history and included the stories of MSCs that locations around the property are named after. During the pilgrimage there were times to stop and reflect. Overall, the retreat left us feeling rejuvenated, spiritually nourished and more connected to the MSC community. We would like to thank the College and the Chevalier Institute for providing us with this valuable opportunity.

Mr Matthew Creswell and Ms Jane Waddleton

HOUSE WATER BOTTLES

\$10



**PURCHASE IN THE UNIFORM SHOP
OR ON THE QKR APP**

Year 7 Camp

Year 7 Camp at Pambula Beach

Earlier this term, Year 7 students embarked on an unforgettable camp at Pambula Beach, enjoying a range of exciting outdoor activities under spectacular weather. The trip was filled with adventure, teamwork and new experiences, making it a highlight of the school year.

The beach setting provided the perfect environment for water-based activities. Students eagerly took part in surfing, learning to catch waves and improve their balance under the guidance of experienced instructors. Kayaking was another favourite, as students paddled through the crystal-clear waters, testing their strength and coordination. Snorkelling gave them the chance to explore the vibrant marine life beneath the surface, while rafting challenged their teamwork skills as they worked together to navigate the water.

Beyond the beach, students also embraced the great outdoors with bushwalking, trekking through scenic trails and discovering the beauty of the local landscape. They learned important survival skills through shelter building, working in groups to construct sturdy structures using natural materials. Another hands-on activity was damper making, where students kneaded dough and cooked it over an open fire, enjoying the reward of their hard work.

Throughout the camp, students supported each other, stepped out of their comfort zones, and created lasting friendships. The combination of adventure and teamwork made the experience truly special.

As the camp came to an end, students returned home with wonderful memories, new skills, and a deeper appreciation for the outdoors. Year 7 Camp at Pambula Beach was undoubtedly a success, leaving everyone excited for the remainder of 2025.



Year 7 Orientation Program

Year 7 Orientation Program: A Great Start to High School!

During Week 4, all Year 7 students participated in an exciting two-day orientation program designed to help them transition smoothly into High School. The program was based on the ACARA version 9.0 General Capabilities, focusing on literacy, digital literacy, personal and social skills, critical and creative thinking, and ethical understanding.

The orientation included a variety of engaging activities such as digital readiness skills, team-building sports and exercises, study skills workshops, a counsellor's presentation on transitioning to High School, Information Centre skills for completing assessment tasks and printing at the College, the Daramalan reading routine, understanding college learning expectations to become future ready learners and a captivating performance of "Romeo and Juliet" by the Daramalan Theatre Company.

Students were highly engaged and found the workshops incredibly beneficial for adapting to High School life with their own computer devices. One student shared, "I gained knowledge on how to organise myself through the Daramalan Study Planner and how to navigate my computer, especially using Email, One Drive and Daranet for my learning and assessment."

For any Year 7 students who missed the orientation, orientation resources are available on the Year 7 Camp Daranet page.

We look forward to seeing our Year 7 students thrive this year in their new High School learning environment at Daramalan College.

Ms Lucy Cronan
AP Curriculum Years 7-10

Mr Nic Whatman
AP Teaching and Learning



Year 9 Camp

Amelia Matchett- Year 9 Camp was an unforgettable time, filled with lots of fun adventures and challenges. Each day was packed with a new and exciting activity, whether it was canoeing on Lake Jindabyne or bonding with my House group. My personal favourite was water sledding on the river, although I did get stuck a few too many times. Aside from the activities the part that I really enjoyed the most was making new connections and getting to bond with people I wouldn't usually think to. The memories I have with people on camp are ones that I will cherish forever. Through having fun, learning new things and spending time with everyone; camp was an extremely beneficial experience.

Sammy O'Neill- Year 9 Camp was an exciting boundary pushing experience with many fun things to do and many different ways to push your limits. During camp my peers

and I participated in a range of activities that included mountain biking, canoeing, hiking and team initiative skills. Some of the activities were challenging to me but I decided to give them a go and I ended up having fun and taking away a better mindset. Before camp I stayed in my close circle of friends in my House group but during the activities and other gatherings, I got to know the people around me more and I had so much fun talking to everyone and making more friends. Camp was such a fun and memorable experience, and I would strongly recommend the Year 8's this year to go next year and enjoy such a great opportunity.

Amelia Matchett and Sammy O'Neill - All in all, camp was such an amazing experience. We had so many great things to take away from the adventure. Everyone learnt a new skill and walked away with loads of great memories. From all of Year 9, we would like to thank our PT teachers, House Coordinators, camp staff and everyone else involved in making our camp such an enjoyable experience.





DARAMALAN COLLEGE HOMEWORK CLUB

3:30pm-4:30pm
Monday - Friday

INFORMATION CENTRE

Please take the opportunity to try, join or visit
Daramalan College's Homework Club!!!!

Business and Government

Visit to the High Court of Australia

On Monday 3 March, Year 9 Entrepreneurship and Law students from **Ms Eve Fitzpatrick** and **Ms Sophie Peacock's** classes had the exciting opportunity to visit the High Court of Australia.

Students explored the role of the High Court in interpreting and applying the law, and gained insights into how some of Australia's landmark cases have shaped

the world we live in today. They also observed the environment in which some of Australia's most influential legal minds work and make important decisions to maintain a fair judicial system.

This excursion provided valuable connections to topics students have been studying in class, such as the Australian Constitution and types of law. It enabled students to gain a greater personal insight into Australia's legal framework and inner workings of the judicial system, inspiring a curiosity and continued interest in law and business.

Ms Fitzpatrick's class hearing about one of Australia's most famous appeals cases



HASS

Geography Excursion to the South Coast

Year 9 and 10 Geography students recently travelled to the South Coast to explore coastal management and erosion, focusing on the Tomakin Spit. As part of their fieldwork, they examined erosion impacts and evaluated strategies used to protect the coastline. A highlight of the trip was kayaking along the Tomaga River, where students observed natural coastal processes in action, explored the mangroves and participated in kayaking games. This hands-on experience helped bring their classroom studies to life, deepening their understanding of how human and environmental factors shape our coastlines. It was an engaging and insightful excursion for all involved.



Languages

Year 7 Japanese students started learning 46 Hiragana alphabets and vocabulary and sentences related to self-introduction. They are busy preparing for their first Japanese speaking assessment, making a role-play script to ask each other's name, age, telephone number and where they live while bowing politely. They also enjoy various cultural activities such as origami. We made ninja stars and had a ninja star throwing competition in McMahon Quad. There are some excellent ninjas in class!

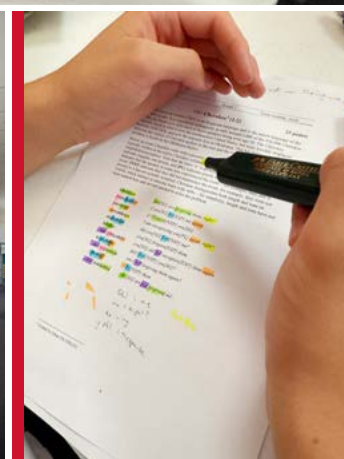
Senior Japanese class continue to work hard in class. They are studying the unit called The Individual, talking about themselves including hobbies, family and friend relationships and identity. They enjoyed one of the speaking activities called Speed-Dating, where they go around and change their speaking partner every 5 minutes and talk as much as possible to get their information. とてもたのしいですね! (So much fun!)

OZCLO

This year, forty-four students from our Years 9 to 12 Languages classes took part in the Australian Computational Linguistics Olympiad (OzClo) competition. We had an amazing turnout, with eleven teams participating in total.

The competition challenges students to develop their own strategies to decode languages. They work carefully in groups of four to use the skills they develop in their language classes to figure out puzzles in languages they have never studied previously. Students have remarked how exciting it is to use knowledge of grammar structures to figure out the meaning to something they have never seen before. In Round 1, we had to decode Wanyi (Indigenous language in Northwest Queensland), Devanagari (one of the official languages of India), Minoan Crete (ancient European language spoken around 8000 years ago) and Cherokee (Native American).

This year, one of Daramalan College's teams made it through to Round 2 (National). Congratulations to our Year 11 team: **Sean Loney, Tristian Tierney, Roy Halliday** and **Thomas Neighbour!** They will be competing against teams from other states and territories between 3:45pm - 6:15pm next Wednesday. Good luck!



Maths

She's done it again! **Natalie Gordon** (Year 12) has won our annual Pi Day competition. Not only did she recite the most digits of Pi, but she also surpassed the 2021 school record of 900 digits—beating it by one. The previous record holder, **Siobhan Dooley**, a fellow Merrick alumnus, has sent her congratulations to Natalie.

Once again, we had a fantastic turnout, with 208 students participating across all Houses. Goolagong had the highest number of competitors, with 36 students taking part, followed by Lyons and Merrick House, each with 33 participants. **Cindy Lucic** (Year 11) competed against herself but was unable to break her personal speed record from last year—61 digits in 7.4 seconds, an impressive rate of 8.2 digits per second.

For the third consecutive year, O'Brien House submitted a creative House act, earning them additional House points. Well done to all who took part in this exciting event!

A huge thank you to all the Maths staff, without whom this event could not have happened, and of course, to the Canteen staff for baking our pies!



Pi to 901 decimal places.

3.14159265358979323846264338327950288419716939937510582097494459230781640628620899862803482534211706798214808651328230664709384460955058223172535940812848117450284102701938521105559644622948954930381964428810975665933446128475648233786783165271201909145648566923460348610454326648213393607260249141273724587006606315588174881520920962829254091715364367892590360011330530548820466521384146951941511609433057270365759591953092186117381932611793105118548074462379962749567351885752724891227938183011949129833673362440656643086021394946395224737190702179860943702770539217176293176752384674818467669405132000568127145263560827785771342757789609173637178721468440901224953430146549585371050792279689258923542019956112129021960864034418159813629774771309960518707211349999983729780499510597317328160963185950244594553469083026425223082533446850352619311881710100031378387528865875332083814206171776691473035

Actuarial Studies Career's Visit

On Monday 24 February ANU Associate **Professor Adam Butt** visited Daramalan College to inform Year 12 students in Mathematics about possible career paths through studying Actuarial Science which is a field that applies mathematical, statistical and financial principles to assess and manage risks, primarily in the Insurance, Pension and Finance industries. Actuaries use probability, economic models and data analysis to evaluate the likelihood of future events, such as mortality rates, illness, accidents or financial market fluctuations, and develop strategies to minimise financial losses.



Year 7 Enrichment

On Friday 21 February, ANU Associate **Professor Joan Licata** led an enrichment session in Mathematics for Year 7 students. She introduced her research in low-dimensional topology and contact geometry in an engaging and accessible way, ensuring the concepts were understandable at their level. The students had great fun and were highly engaged as they played noughts and crosses in 2D on paper, explored the effects of bending the plane to form a cylindrical surface, and even discussed strategies for playing the game on a torus.



Science

Year 10 Evolution

Year 10 students have been learning about evolution and natural selection. To deepen their understanding, they performed a chicken wing dissection, focusing on the pentadactyl limb. This structure, characterised by five digits, is a common feature in many vertebrates and serves as compelling evidence of evolutionary relationships.

During the dissection, students carefully examined the bones, muscles and tendons of the chicken wing, comparing them to the human arm and other vertebrate limbs. This hands-on activity highlighted the similarities in limb structure across different species, reinforcing the concept of common ancestry and evolutionary adaptation. By observing the pentadactyl limb, students gained insights into how species have evolved over time to adapt to their environments.

Why did the chicken excel in natural selection? Because it was an egg-cellent example of evolution!



Year 11 Biology Insect

Year 11 Biology students were given the task of studying insect structures and using identification keys to classify them. By examining physical characteristics such as wing patterns, antennae shapes and body segmentation, students can accurately identify various insect species.

This hands-on approach not only enhances students' understanding of insect diversity but also sharpens their observational and analytical skills. When it comes to biology, it's always good to be curious!



Year 11 Biology Excursion

Year 11 students recently visited Mulligans Flat, a nature reserve known for its rich biodiversity and efforts in species preservation. During their visit, students conducted a quadrat study to compare different zones within the park. By examining various plots, they observed the diversity of plant and animal species and noted how these ecosystems are interconnected.

The quadrat study involved marking off small, square areas and cataloguing the species found within each plot. This was a great opportunity to practice data collection skills for our next excursion to Bass Point where we will collect data from a coastal rock platform to analyse for our next assessment task.



Year 12 Chemistry

Year 12 Chemistry students are investigating chemical indicators to determine the pH of solutions. Using indicators, they can identify various chemicals based on the colour changes that occur. For instance, when adding a few drops of universal indicator to different solutions, students might observe a spectrum of colours: red for strong acids, green for neutral solutions, and purple for strong bases.

These experiments not only teach students about the properties of acids and bases but also add a splash of fun to their learning. After all, who knew chemistry could be so pHun?

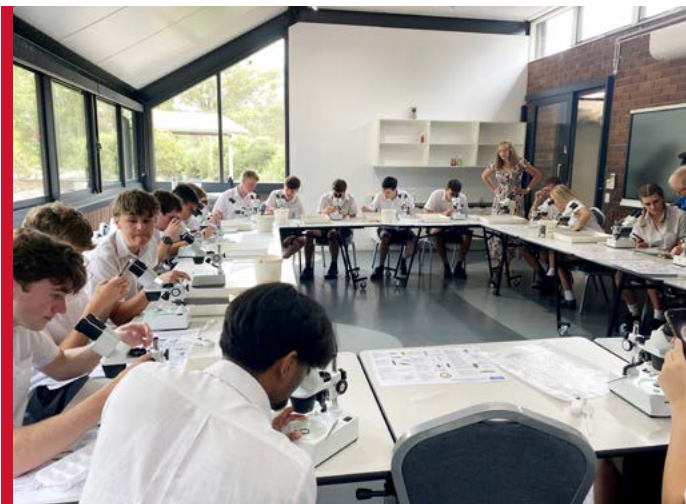
Science Competitions

Please remind your students to keep an eye on the daily notices for upcoming registration dates for Science competitions. Participating in these competitions is a fantastic opportunity to deepen their understanding of scientific concepts and develop critical thinking skills.

Science Cont...

Botanic Gardens Excursion

Year 11 and 12 Earth and Environmental Science students recently had an amazing experience at the National Botanic Gardens, where they sampled aquatic environments and identified macroinvertebrates using microscopes. By examining the species present, students assessed water quality and gained insights into the health of the ecosystem. This hands-on activity allowed them to apply classroom knowledge to real-world scenarios, deepening their understanding of biodiversity and environmental science.



Functional Art - Combining Beauty with Usefulness

While we often think of fine art as objects to look at, many artists enjoy making works that are functional too. Year 9 students are currently working on a project in which they are tasked with designing a collection of "Art Pots" that showcase both their creativity and technical skill.

Visual Arts



Performing Arts

ROMEO AND JULIET

Get your tickets now for ROMEO AND JULIET:

<https://events.humanitix.com/romeo-and-juliet-sqee8xcu>

Saturday 26 April to Saturday 3 May
Daramalan Theatre Company



Athletics Carnival

Recently Daramalan College hit the track for our 2025 Athletics Carnival. With the sun shining, students fled to Dickson Oval to take home the House Cup. The day had plenty of competitive spirit with records broken, friendly rivalries and House competition. Whether it was sprinting down the straight, heaving Shot Puts or leaping into the sand, it was excellent to see everyone taking advantage of the day.

It was super exciting to see so much participation in not just the competitive events but the novelties as well. With events like the three-legged race, tug of war, year group relays and sack race, the race for the Spirit Plate was even more intense. But ultimately Goolagong had the strongest showing, sweeping both the House Cup and Spirit Plate. Congratulations to House Captains **Jesse Browne** and **Emily Olive**, with an honourable mention to **Mr Promise Igba** on the gong, for leading their House to victory on the day.

Overall, the day was a tremendous success and a fantastic day full of friendly competition, smiles, laughter and some appearances from the Daramalan Eagle. Thank you to all the students and staff who made the day possible and congratulations to all the athletes who achieved remarkable results.

Jacob Eaton – Sport Captain



Spirit Plate Results	Points
1st: Goolagong	1628
2nd: Lyons	1364
3rd: O'Brien	1341
4th: Merrick	1337
5th: Lawson	1273
6th: Farrer	1184
7th: Cuthbert	1119
8th: Phillip	1096

House Cup Results:	Points
1st: Goolagong	1688
2nd: O'Brien	1490
3rd: Lawson	1444
4th: Farrer	1442
5th: Lyons	1432
6th: Merrick	1303
7th: Cuthbert	1270
8th: Phillip	1068



Athletics Cont...



Basketball

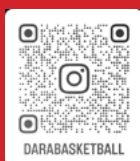
Summer Season

Best of luck to all our Summer teams playing in the Grand Final this weekend!

DATE	TEAM	TIME	TEAM 1	TEAM 2
22/03/2025	U16 Boys Division 3A	17:05	Daramalan College	Weston Creek Woden Dodgers
22/03/2025	U16 Boys Division 4A	15:50	Daramalan College White	Ginninderra Creek Rats
22/03/2025	U16 Boys Division 4B	12:35	Norths Basketball Club White	Daramalan College Black
23/03/2025	U14 Boys Division 2B	8:00	Weston Creek Woden Dodgers	Daramalan College
23/03/2025	U14 Boys Division 3B	11:40	Daramalan College	Weston Creek Woden Dodgers White
23/03/2025	U14 Boys Division 5B	8:15	Daramalan College White	Canberra City Stallions Creed
23/03/2025	U14 Girls Division 5	9:20	Daramalan College	Ginninderra Rats
23/03/2025	U19 Boys Division 3B	16:00	Daramalan College White	Weston Creek Woden Dodgers Red
23/03/2025	U19 Boys Division 3C	17:05	Daramalan College Black	Radford Eagles
23/03/2025	U19 Boys Division 4B	13:40	Ginninderra Burley Rats	Daramalan College Red

Daramalan Basketball Instagram Page

Please make sure you follow the Daramalan Basketball Instagram page for heaps of exciting videos, photos and important information throughout the season.



Winter Season

Congratulations to students selected in our U19 JPL teams and best of luck for the start of your season next weekend. All other teams will commence in Term 2 with teams released early April.

Flag Football

On the first weekend of March, the inaugural Flag Football National Championships took place at the AIS, with WA, NSW, Queensland, Victoria and the ACT all competing across two days. Each state had teams in the U15 and U17s Boys and Girls. The ACT performed well across all teams, after training for 6 weeks every Sunday, with the U17 Boys finishing third after 2 wins and 2 losses, with a narrow loss to New South Wales in the Semi Final. **Eroni Camaivuna**, **Charlie Ravouvou** (Year 10), **Blake Eggerton** and **Jasper Harris** (Year 11) all played pivotal roles within the offensive and defence alike, but unfortunately **Cooper Power** (Year 11) and **Angus Sheldrick** were injured for the weekend. Overall, well done boys!

Riley Power (Year 10) held the fort in the U15 Boys, with a narrow loss to Victoria in the Semi Final, after having a few convincing wins. **Charlotte Power** (Year 8) represented the U15 Girls, and after a hard fight and a good couple of wins, missed out on Finals. Congratulations to these athletes!



Mountain Biking

Mountain Biking Team Shines at NICA Race

Congratulations to our Mountain Biking team who participated in the NICA race on Saturday 22 February at Stromlo. Daramalan College had an impressive showing, with several students finishing in the top 5 and earning medals. **Grace York** placed 4th in the Year 9/10 Girls category, **Shaye Soininen-Anderson** secured 5th in the same category, **Blake Meadley** achieved 2nd place in the Year 7/8 Boys category, **Lachlan Sloan** secured 5th in the same category and **Sam Keeley** finished 5th in the Year 9/10 Boys category.

In addition to these individual successes, Daramalan won the overall Team award, showcasing the strength and dedication of our riders. A special thank you to **Mr Sebastian Bourghs**, **Mr Ben Stein** and **Ms Ellen Canfield** for their assistance with the event.

Well done to all participants.

Mr James Keeley



Lachlan Eastburn



Hayden Armstrong



Nathaniel Keeley and James Stein



Grace York and Shaye Soininen-Anderson



Lachlan Sloan

Oztag



Oztag Summer 2024/25

The 2024/25 Oztag season wrapped up on Monday 3 March, after some rescheduling due to Year 7 Camp the week before. Of our seven Year 7 teams, four qualified for finals and three made it through to the decider. Unfortunately, the Dara Ospreys had to forfeit their Grand Final as their opposition were unable to reschedule the game.

The Dara Hawks took on Radford in their Final, with scores level after extra time, the game went down to a 'drop off' where each team plays with reduced numbers, our girls eventually went down in a tightly fought battle.

The Dara Condors took on the Tiger Taggerz in another close game. With scores level at full time our boys managed to seal the game in extra time, winning 5-4. The game capped off a big week for Coach **Mitch McGrory** (Year 11), who played in the State Championship winning U17 ACT Cougars team in Coffs Harbour.

A huge thank you to our student Coaches, who guided our newest Daramalan students through the season; **Cooper Power, Mitch McGrory, Riley Wyeth, Heidi Tongue, Molly MacPhail, Rose Weeks** (Year 11), **Emily Reid** and **Hayley Reardon** (Year 10).

As well as the wonderful staff Managers: **Ms Mel Bradham, Ms Carolyn Hall, Mr James Hollis, Ms Tarni Magyar, Ms Bernie Ross, Mr James Ross** and **Mr Ben Stein**.

We are looking forward to welcoming another cohort of Year 6 students and another big season of Oztag starting in Term 4.

SnowSports

Winter is Coming: Daramalan College Snowsports Co-Curricular Program for 2025

As the cooler months approach, Daramalan College is excited for the upcoming Snowsports Co-Curricular Program for the 2025 snow season. This is a fantastic opportunity for students to get outdoors, take a break from screens, and participate in a fun and engaging activity.

Students who are interested in being a part of this program are encouraged to reach out to **Mr Dean Parkes** at dean.parkes@daramalan.act.edu.au or **Ms Sophie Peacock** at sophie.peacock@daramalan.act.edu.au for more details and to express their interest.

Additionally, we will be hosting an Information Session for parents and students in Week 12, **Wednesday 7 May** at 5:30pm in the Garratt Building. This session will provide an overview of how the program operates and also give participants the chance to ask questions about the upcoming 2026 Japan Tour.

Don't miss this opportunity to get involved in an exciting adventure and learn more about what's on offer for the 2025 snow season! We look forward to seeing you there!

The Dara Snowsports Crew



Rowing

Rowing has had a tremendous season with many finals and podium placings for nearly all students, crews, coaches and supporters. As a club, we are only as strong as those who support the program. We at Daramalan Rowing have a fantastic support network that ranges from multiple years of commitment from students and families to the new students and families who we welcomed for their first season.

Head of the River and Head of the Lake were our final school events, and we are beyond proud to say that every crew and every rower obtained a personal best when fighting down the Olympic Rowing course.

We would like to extend our thanks to all coaches and families for their time, support and encouragement this season and look forward to next season. Well done to you all and enjoy the later starts in the morning.



Patrick Curran



Rugby

We have started a bit earlier than usual with the Brumbies Summer 7's being played in Weeks 2 to 6. That has now concluded, with some excellent Rugby being played. Six Daramalan teams took to each Friday afternoon with a positive attitude and a willingness to become better. With my rose-tinted glasses on, I must give a shout out to the U14 Girls who started the competition with 6 players and ended it with 15, many of whom played Rugby for the first time. We hope to see all those who played Rugby in the Summer 7's stick around for the 2025 season.

Registrations are OPEN and filling fast. Make sure you register for the 2025 season so we can nominate teams and divisions. Register on RugbyX

South Coast 7's

Daramalan Rugby will be heading to Ulladulla on **Saturday 22 March** to play in the South Coast 7's. Teams from all over the ACT and NSW will compete in the two-day carnival. Daramalan will be sending the U14 and U16 Boys teams, along with the U16 and U18 Girls. Best of luck to all the players and a thank you to all the families out there supporting this event.

St Augustine's Trial Match

The Daramalan Boy's teams will be travelling up to Manly on **Saturday 29 March**. Information will be presented at training and passed on by coaches/managers. If you would like to secure seats on the bus, tickets can be purchased on the Qkr! app.

Barker College Trip

The Boy's senior playing group played a three-way trial against Barker College and Marist College in Sydney over the weekend. It was one of the hottest days on record and in our first hit out of the season, it was encouraging to see everyone walk away with a smile and a good footy story. This has now kicked off the season for the senior group and it looks like it is going to be a great year of Rugby. A big thankyou to Barker College and Marist College for a wonderful day of Rugby.

Want to stay informed about all thing's Rugby? Follow us on our Instagram and Facebook pages.



Touch Football

ASC Touch Football Gala Day

Years 7-8 Girls

The Years 7-8 Girls Touch team won their division with an outstanding performance. After confidently winning their round games, they entered the finals with strong momentum. The girls dominated their Semi Final, securing a spot in the Grand Final against St Mary McKillop. With the score tied and just two minutes remaining, they scored the final try to claim victory. Congratulations to the entire Years 7-8 team for their incredible effort, and a special congratulations to **Maddison Bartle** (Year 8) for being named Player of the Match in the Grand Final!

Years 7-8 Boys

The 7-8 Boys Touch team were highly competitive in all their games, defeating Burgmann and St Mary Mackillop and narrowly being beaten by both Marist College and St Edmunds College. The team made it through to the Semi Finals and played St Edmunds College who narrowly beat our team by a small margin. All boys played with great spirits and sportsmanship and demonstrated excellent skill throughout the day.

Years 9-10 Girls

The Daramalan Years 9-10 Girls Touch Football team displayed exceptional skill and determination throughout their round games, looking strong every step of the way. In the Grand Final, they faced Canberra Girls Grammar and won convincingly with a 7-0 scoreline. Congratulations to the team for their outstanding performance and sportsmanship—an amazing effort all around! A special mention to **Neve Luckie** (Year 10) for receiving the Player of the Finals – Years 9-10 Girls.

Years 9-10 Boys

The most impressive thing about this team was their ability to connect with each other, and learn and develop over the day. From the early morning warm up, the team discussed strategies, play style and combinations that would best suite their team for the day. With the majority being in Year 10, there was plenty of experience for the Year 9's to draw from. Winning all the games on the day and scoring 25 tries, the team only conceded 3 tries. A wonderful performance that was only trumped by their positive play and attitude towards representing the school. MVP for Grand Final: **Tray Souter** (Year 10).

Years 11-12 Girls

The pressure was on for the combined Years 11 and 12 team to defend their title. Captain **Lily Quigley** led the charge, supported by **Jasmine Reid**, with strong performances from **Tara Howarth**, **Abby Jones** and **Mini White** in the middle. **Liana Alves** and **Makenna Ravouvou** sparked the attack, while **Sara Small** proved unpredictable and fast. Year 11 players **Grace Kobak**, **Kate Kobak** and **Elise Sotiropoulos** excelled in defence and attack. **Isabel Breiner** was always a reliable option. After a tough start in the Grand Final, down by two tries, the team rallied to win 6-4, securing the 2025 title with determination, respect and unity. MVP of the Grand Final: **Sara Small** (Year 12).

Years 11-12 Boys

The Years 11-12 Boys team faced the ASC in Touch Football, starting with a 3-3 draw against Marist College. They then beat Canberra Grammar 5-0 and St Mary Mackillop 5-3, finishing top of the ladder. In the Semi Finals, they dominated Grammar 7-0. The Final against Mackillop was a tense 4-4 draw, leading to a drop-off. **Denzel Veikune**, **Luke Grocott**, **Sam Murray** and **Aidan Wunsch** gave their all, with **Luke Grocott** scoring the winning try after a brilliant dummy pass. The team celebrated wildly as they claimed victory! MVP: **Luke Grocott** (Year 12).





UNIVERSITY OF
CANBERRA

FACULTY OF HEALTH

Student-led
Physiotherapy

CLINIC

Improve your health and well-being through UC's student-led physiotherapy clinic. At our clinic, final year physiotherapy students provide affordable one-on-one appointments under the supervision of qualified physiotherapists. We can treat adults and children over the age of 10 for all sports and musculoskeletal injuries, as well as post-operative rehabilitation

Our Physiotherapy services include the treatment of a wide range of health and wellness issues, including:

- ✓ arthritis
- ✓ back and neck pain
- ✓ sports injuries
- ✓ sprains and strains
- ✓ overuse and chronic injuries
- ✓ post-surgical recovery and rehabilitation.

Contact us today and start your journey to a pain-free and active lifestyle with our student-led Physiotherapy Clinic.



02) 6201 5843



Corner Ginninderra Drive and,
Allawoona Street, Bruce ACT



www.canberra.edu.au/health-clinics



Careers News

DARAMALAN CAREERS WEBSITE

Please contact **Annette Brady** on 6245 6394 or careers@daramalan.act.edu.au

Book an Appointment with the Careers Advisor

Students can now book a meeting time online through the Daramalan Careers website. If parents or guardians would like to attend for appointments before or after school, please email careers@daramalan.act.edu.au

Work Experience

Students in Years 10 to 12 can undertake work experience placements with the approval of the College. Finding an employer is the responsibility of the student and there must be a meeting with **Ms Annette Brady** to discuss the timing, legal requirements and documentation. Students may only attend work experience for one week during the semester. The completed 4-Way Agreement must be received by the College at least 7 days prior to the placement commencing. Contact careers@daramalan.act.edu.au for more information.

Upcoming Events

Wednesday 26 March	Information Session – Sancta Sophia College, Seminar Room – 1pm
Thursday 27 March	Provide First Aid course – FULL (new course dates TBA)
Saturday 29 March	ANU Open Day
Monday/Tuesday 31 March/1 April	Construction Induction courses (White Card, Asbestos Awareness, Silica Exposure Prevention) – places still available
Wednesday 2 April	RSA course – FULL (new course dates TBC)
Thursday 15 May	ANU Direct Applications close
Monday 19 May	UC Early Offer applications open
Tuesday 20 May	UC Explore day for Year 12 students

Sancta Sophia College, Sydney – visit to Daramalan

For Year 11 and 12 students - learn more about studying and living on-campus in Sydney.

Sancta is a women's residential college on-campus at The University of Sydney (USYD), providing accommodation for students studying at USYD and other nearby universities such as UTS and Notre Dame.

ANU Direct Applications for Study in 2026

ANU direct applications opened on Monday 3 March and close on **Thursday 15 May**. Direct applications are free and allow students to apply for admission, scholarships and accommodation in one application. Please contact Ms

Year 12 students were given the opportunity to visit the ANU to go on a campus tour and explore the courses and opportunities available. This photo is of the group standing in front of the UNA sculpture by Artist Wolfgang Buttress, who paired a Science degree and an interest in Astronomy with a Visual Arts degree.



Careers News Cont...

Annette Brady in the Careers Hub if you have any questions or if you need any assistance with the process. Please note, those who intend on applying for the Tuckwell Scholarship should be aware of the different application deadline. [Click here for more information on applying to the ANU.](#)

Charles Sturt Advantage (Early Offer) Applications Now Open

Round 1 - Early bird applications close **Thursday 31 July** and offers will be made from **Monday 1 September**.
Round 2 - Applications close **Sunday 31 August** and offers will be made from **Friday 19 September**.

[Students Apply Here](#)

Virtual Information session to help students understand how early offers work and get tips on writing their application- **Tuesday 6 May**, 5:30pm - [Register here](#)

UAC 2026 Applications

UAC applications for 2026 university entry will open on **Wednesday 2 April**. Students will receive their UAC PIN via email on this day. Students will need to keep this number in a safe place as they will need it to apply through UAC. Not all course offerings will be listed on Wednesday 2 April, so students can apply with one preference and update their choices as more courses become available. All courses will be available for selection by mid-August.

University of Melbourne – UniMelb 101 for ACT and NSW Students

This webinar series is designed specifically for students from the ACT and NSW. The UniMelb 101 for ACT and NSW Students is a live Q&A designed for students to ask their burning questions about study at Melbourne, entry requirements specific to your High School curriculum and the exciting student life and community that awaits. The webinar is on **Wednesday 2 April**, 6pm – 6.45pm.

Students need to [book their place now](#) to gain exclusive access to pre-recorded sessions where they'll be introduced to:

- The Melbourne curriculum.
- Our Special Entry Access Scheme (SEAS), Access Melbourne.
- Student accommodation options and student life initiatives to support them in making Melbourne their new home.
- Concurrent diplomas, work-integrated learning and internships, exchange programs and peer mentoring.

Work Experience at the Canberra Theatre Centre 2025

Applications for the 2025 Creative Immersion Work Experience Program at the Canberra Theatre Centre are now open. Please [CLICK HERE](#) to find the updated information you will need to apply, as well as a link to the JOTFORM application.

EducationUSA Australia Webinar series General Information Session: Exploring U.S. university and student-athlete pathways Thursday 3 April, 6.45pm – 8.15pm

The virtual sessions are designed to guide students exploring the U.S. college pathway and to assist those who support them. All sessions will be posted on the [EducationUSA Australia Facebook page](#) under the [Events tab](#).
[Register here](#)

SFC Pilot Academy Open Day – Tamworth – Sunday 25 May

Experience the rare opportunity of free flights, simulator sessions, facility tours and chat with student pilots to hear about their experiences firsthand. Contact **Ms Annette Brady** for more information.

MedEntry

Students interested in pursuing Medicine and Dentistry need to sit the UCAT test in July/August 2025. MedEntry is a government-accredited registered training organisation specialising in UCAT preparation. For more information, please visit <https://www.medentry.edu.au/>

Free UCAT Bootcamp

For parents and aspiring Medical students. Dr Ray, Gastroenterologist at Monash Health offers UCAT mini test, discusses medical interviews, admission process, life as a medical student and career as a Doctor. Watch this two-hour Bootcamp from the comfort, convenience and security of your home at any time. <https://www.medentry.edu.au/resources/free-resources#free-bootcamp>.

News from Work Study Grow

[What's the difference between a reference and a referee?](#)

Want to know exactly what the difference is between a reference and referee? Take a look at our blog to find out.

[7 mental wellbeing apps teens need to know about](#)

Looking after your mental health is important, so we've found some apps that can help teens take care of their mental wellbeing.

[Early entry FAQs](#)

What is early entry? What are the benefits? How do I apply? Find answers to all your early entry FAQs (and more) in this blog.

[Career opportunities in medicine beyond being a doctor](#)

There are heaps more career options in Medicine than just becoming a Doctor - learn about all your opportunities in this blog.

[Discover career pathways in Counselling](#)

A career pathway in Counselling can let you make a meaningful difference in people's lives - learn about your options in this blog.

Free Money

Explore ways to fund your life and study plans:

[Frank Hall-Bentick Education Fund](#)

The Frank Hall-Bentick Education Fund (formerly the Australian Disability and Indigenous Peoples' Education Fund) has been established to assist people with disabilities from both Indigenous and non-Indigenous backgrounds to participate in both formal and informal education programs through small financial grants.

[Harmony Day Poster Competition 2025](#)

The Harmony Day Poster Competition is open to school students in all schools in Australia. Entries are based on the student's school year for 2025. The theme for 2025 is "Harmony – We all have a Role to Play".

[Young ICT Explorers](#)

Young ICT Explorers (YICTE) is a non-profit competition founded by SAP and supported by The Smith Family and industry and university partners across Australia.

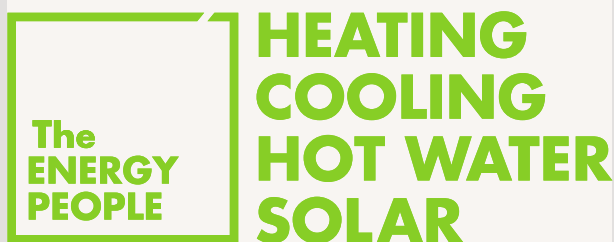
COMMUNITY BUSINESS DIRECTORY

The College invites members of the Daramalan family to use this Business Directory to locate businesses and services provided by the Daramalan College Community, including former students, Alumni, former staff and other supporters.

If you are in business, and would like to advertise in our Directory, please contact arina.yakovtseva@daramalan.act.edu.au or phone 6163 6523 for more information. Your small fee will go a long way to supporting our Scholarship Fund and your business will be promoted to the wider Daramalan College Community.

This week we are delighted to present the following businesses. [To search all advertisers, please use this link.](#)

Thank you for supporting our community!



The Energy People

Whether you're looking to go green with your energy supply or switch to a more energy-efficient solution, The Energy People is here to help. The Energy People has been serving Canberra homes for 25 years, and we offer energy-efficient heating, cooling, hot water and solar systems in Canberra.

100 Gladstone St, Fyshwick, ACT, 2609

T: 62800994

E: esales@energypeople.com.au

W: www.energypeople.com.au

C: Alex Morrison

F: [Facebook](#)

I: [Instagram](#)



Feisty Fox Security

Feisty Fox Security offers comprehensive cybersecurity solutions tailored to your business needs, from penetration testing to incident response, ensuring your data remains safe and your systems are secure.

T: 0461 336 377

E: info@feistyfoxsecurity.com

W: www.feistyfoxsecurity.com

F: [Facebook](#)

I: [Instagram](#)



OAUM Securities

We pride ourselves in providing trustworthy and accurate finance and investment advice to Government, Private Sector and Individuals. We also provide excellent financial/mortgage brokerage services to our clients.

C05/25 Challis St, Dickson, ACT, 2602

T: 02 61837068

E: info@oaum.com.au

W: www.oaum.com.au

C: Obieze (Obi) Moneke

F: [Facebook](#)

I: [Instagram](#)

COMMUNITY BUSINESS DIRECTORY CONT...

ACT Cabs	Hamza	www.actcabs.com.au
All IT Solution	Anthony Cataldo	www.allit.au
AllClass Carpet & Upholstery Care	Peter Nassar	www.allclasscarpetcare.com.au
Australian National Character Check	Hamza	www.australiannationalcharactercheck.com.au
CBR Recruitment	Adam Kowalski	www.cbrrecruitment.com.au
Cedar Husk Café	Nathan	https://www.instagram.com/cedarhusk/
Corver and Co Chartered Accountants	Trevor Corver	www.corverandco.com.au
Element Building Projects	Dennis and Aldona Stravopodis	www.elementbuildingprojects.com.au
Feisty Fox Security	Anna	www.feistyfoxsecurity.com
Griffin Legal	Claire Carton	www.griffinlegal.com.au
Holly Komorowski – home.byholly	Holly Komorowski	www.homebyholly.com.au
Kevin's Auto Repairs	Liesl Hussey	Phone: 6280 6994
Live Better Nutrition	Jeanette Ryan	www.livebetternutrition.com.au
OAUM Securities	Obieze (Obi) Moneke	www.oaum.com.au
Orthodontics Canberra	Vicki Boyd	www.ortho.net.au
Pacific Facilities Maintenance	Justin Hyland	www.pacificfm.com.au
Pinnacle Driving School	Lisa Murphy	www.Pinnacledrivingschool.com.au
Q1 Dental Care	Dr Susan Leonera-Salazar	www.q1dentalcare.com.au
Ray White Canberra		www.raywhitecanberra.com.au
Ray White Rural Canberra-Yass	Simon or George Southwell	www.raywhiteruralyasscanberra.com.au
Red Shed	Sonja Balic	www.redshed.org.au
Sentinel Security & Technology Group	Ellena	www.sstg.com.au
Snowdrop Social Media	Genevieve	www.snowdropsocialmedia.com.au
The Athlete's Foot	Ashleigh Hogan	www.theathletesfoot.com.au
The Energy People	Alex Morrison	www.energypeople.com.au

Do you own a business and want to support the local community?

Consider advertising your services to the larger Daramalan community.

We are excited to announce our Term 1 Special! For just \$70, your business will be featured on the school and Alumni website until the end of the financial year. Additionally, your business will be highlighted in Daranews, the school's monthly newsletter, and on our Alumni social media platforms, which have over 5,000 followers.

All funds raised from annual subscriptions will be donated to the Daramalan College Scholarship Fund to support eligible families whose situation would exclude them from giving their child an MSC education.

Contact **Ms Arina Yakovtseva** for more information arina.yakovtseva@daramalan.act.edu.au and our website <https://www.daramalan.act.edu.au/our-school/community/community-business-directory/>