Mrs Hobbs' Headlines
Dear Students, Parents & Staff

PE Sessions for Yr. 5 to 12
Please refer to the student handbook which outlines that students in Yr. 5 to 12 must wear the school sports uniform for PE sessions. Students are required to wear school uniform to and from school and are given time to change into their PE gear at the beginning of the session.
If for some reason the sports uniform cannot be worn please provide T-shirts and shorts which are similar in colour, eg, navy and white. Fluoro colours are not part of the uniform.
Thankyou for your cooperation in providing the correct uniform and encouraging your child to adhere to the uniform policy and take pride in wearing the Balmoral Community College uniform.

Lions Club Awards
At Monday's Assembly we had a number of presentations from the Lions Club to our students, which included the Peace Poster Award and the Lions Youth Public Speaking Award. Congratulations to Liam Daffey and Rachel Duggan who were the recipients of these awards in 2015.
Balmoral Community College would like to acknowledge the wonderful partnership which we have with the Balmoral Lions Club and thank them for their continued support of the College.

Sporting Competitions
Good luck to all competitors this week who either are competing at swimming carnivals or tennis in Ballarat. The weather forecast is looking a little challenging; please refer to the information in this newsletter from Goroke for the Kowree Carnival. Information will go home Wednesday if there is any change to this event.
Our senior swimmers have a chance to swim against the best swimmers in the Little Desert region.
We have a representative team of 36 students from Yr. 3 to 6 going to the Kowree Swimming Carnival in Goroke. This small schools event allows for more BCC students to have the opportunity to represent the College and experience interschool competition at a local level.
The Intermediate Boys' Tennis Team will represent the College in Ballarat on Wednesday.

If you are ordering any uniform please use the correct uniform order form. It will be the 2016 version of the order form as it has the up to date prices on it. The order forms were included in the Student packs at the start of the year or can be found on our school website.

Happy Easter
Booklets for the Easter Raffle went home with the youngest member of your family yesterday, Monday 8th March. Please support the Parents & Friends by filling in and returning your booklet in a sealed envelope to school by Wednesday the 23rd of March. If you would like an extra booklet sent home please contact Maria at the school Office.

Show Bag's
Once again the P&F are organising Show Bags to sell at the Balmoral Show on 19th March. We are looking for helpers to pack these show bags on Thursday 17th March at the big shed (rec reserve) from 9.30am.
Kowree Swimming Sports
Please note the following important information regarding Thursday’s Swimming Sports at Goroke:

Extreme Weather Contingency Plan:
I am proposing that we have a plan should we experience extreme weather on Thursday (based on advice from my Principal).

Previous forecasts have suggested that the temperature could reach 38 degrees and the current forecast is for 33 degrees. Even though the forecast has been reduced, I propose that we put the following plan into action:

1. If the forecast for Thursday is over 40 degrees, at 12 noon on Wednesday, we postpone the sports until Friday (any later will impact the students attending Somers Camp).
2. If the forecast for Thursday is over 35 degrees, at 12 noon on Wednesday, we start the sports at 10.00am, aiming to finish at 1.00pm, with the following considerations:
   - Drinking water to be supplied.
   - Sunscreen to be supplied.
   - Goroke has three shade tents, if schools could also bring their own to provide extra shade.
3. If the forecast for Thursday is under 35 degrees, at 12 noon on Wednesday, we continue the sports as planned (11.25am start, 2.30pm finish), with the following considerations:
   - Drinking water to be supplied.
   - Sunscreen to be supplied.
   - Goroke has three shade tents, if schools could also bring their own to provide extra shade.

It now appears that forecast will allow us to continue as planned, but it is important to have a contingency plan. A decision will be made at 12 noon Wednesday as to how we will proceed.

David Keating
Goroke P-12 College
Greater Western Region Coordinator (SSV)

Good luck to all Balmoral students who are taking part in this event!!

Can you help?
I am collecting picture/photo frames that are no longer being used in homes around the community and I would really appreciate your help. Any colour, size, shape, made from whatever (wooden, metal, plastic) would be fantastic!

Thanks! Betty Perry (Junior Art Teacher)

Tech Thursday @ Balmoral
We are running information sessions at school around any questions you have on IT at school. If you have any questions in regards to this, whether it is to do with iPads or laptops, family sharing or how to get the best use, every Thursday at lunchtime (12.45pm) in the Middle School we will be ready and willing to answer your questions. Please sign in at the office before coming over to the Middle School.

If you have any questions, please contact the school.

Harrow Balmoral Football Netball Club
Junior Football Training
Starts Wednesday 16th March at 5.30pm at Harrow

Junior Football Parent Information Night and Training
Tuesday 22 March at 5.30pm at Balmoral

All parents please attend this night.

2016 Coaches
Under 14s Craig Grant 0427704227
Under 17s Ryan McClure 0422274446

Junior Co-Ordinator Derek Brody 55756220

Thankyou!!
A BIG thanks to those that have donated wood to the Tech Shed. We have some fantastic wood planter boxes under construction whilst also learning about recycling! Mr Selway
CAREERS!
We are already receiving information about Open University Days. Many families now decide when their students are in Year 10 or in Year 11 to visit some Open University Days. This saves a frantic set of weekends through the middle of the year in Year 12 whilst also trying to meet study and sporting commitments. Have a conversation with your child about some of their ideas for after school. We will be talking to your students again about career paths so we can best assist your child and you with up to date information!
Cheers Mr Selway and Ms Munro

HELPFUL TIPS ON TUNA FOR LUNCHBOXES
If your child is in the junior end of the school and they like bringing tuna tins for lunch, it may be easier to place tuna in a plastic container, because the tins can sometimes be tricky to open.

Try making tuna into a yummy salad, an example of one is below.

Tuna and salmon are super foods. Not only are they great source of lean protein and packed to the gills with B vitamins, they also taste great and can be made into dozens of dishes.

High in omega-3 fatty acids. Omega-3s have lately been associated with all kinds of health benefits from warding off depression and cognitive decline to reducing inflammation and the risk of heart disease. It is recommended that we eat fish rich in omega-3 fatty acids -like tuna and salmon - twice a week.

Tuna and avocado salad

Ingredients
315g can tuna in spring water, drained
300g can cannellini or butter beans, drained
1 tomato, chopped
1 avocado, skin and pip removed and chopped

Dressing
Juice of ½ lemon
1 teaspoon grated lemon rind
1 tablespoon chopped basil
2 tablespoons low fat natural yoghurt
Freshly ground or cracked black pepper, to taste

Method
In a bowl lightly fold tuna, beans, tomato and avocado. In a small bowl mix all dressing ingredients together

Serving suggestion
Stuff the mixture into pita bread pockets; serve in a wholemeal roll; or pile on top of a baked jacket potato or toasted Turkish bread.

Jo McCure

WANTED
Cuttings or pups of small Succulents and small Ferns for VCE Ag project. Any other small plant varieties that will be suitable for a terrarium. If they could be brought into the school on a Monday or Friday.
Thank you for your help. Ebony Latty

SRC News
Last day of each term will be a casual dress day.
Term 1 Casual Dress Day - Easter Theme, gold coin donation to the Royal Children’s Hospital.

Look out for us at the Balmoral Show, we will be selling soft drinks.

DON’T FORGET...
Book Club Orders are due WEDNESDAY 9th MARCH!!
Area 1,2,& 3 Balmoral Show Catering Money due ASAP!!!
### 2016 Term 1 Planner

#### Monday | Tuesday | Wednesday | Thursday | Friday
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**Week Seven**
7-11 Mar
- Year 7 Immunisations
- Book Club Due
- Homework Club Year 9-12

**Week Eight**
14-18 Mar
- Labour Day Public Holiday
- Homework Club Year 9-12
- P&F Pack Showbags 9.30am
- Final Day for March Uniform Orders

**Week Nine**
21-24 Mar
- 7.00pm Public Meeting & AGM School Council
- No Homework Club
- Whole School Assembly SRC Casual Dress Day Easter Theme Term 1 Ends
- Good Friday Happy Easter

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### Term 2

#### Week One
11 - 15 Apr
- Homework Club

#### Week Two
18 - 22 Apr
- Final Day for April Uniform Orders
- Homework Club

#### Week Three
25 - 29 Apr
- Anzac Day
- School Council
- Homework Club

#### Week Four
2 - 6 May
- Homework Club

#### Week Five
9 - 13 May
- Homework Club

#### Week Six
16 - 20 May
- Homework Club
- Final Day for May Uniform Orders