Woolworths Earn and Learn
As you know, our college has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our college. We’re now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our college. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps. Thanks again for all your support!

Sporting Events
Congratulations to the Under 12 Boys and Girls Hockey teams who represented the college at the State Championships. I believe that the teams played very well and both teams won two of their three matches. Thankyou to the coaches, team managers and parents for the support and encouragement that you gave to the teams – well done! Congratulations to the Harrow Balmoral Under 14’s football team (the team is made up of many Balmoral Community College students) who won the premiership last Saturday.

Wimmera Eisteddfod
Congratulations to Mr Hayes and the music students who competed in the Wimmera Eisteddfod: Eliza Jagger 1st, Phoebe Russell 2nd and Blair Penrose an Honourable Mention. Well done girls!

Camps
This week the Yr. 4/5 students are on camp at Cape Bridgewater and Yr. 6 is in Melbourne. Camps are an important component to the college’s extra curricula activities, which are linked to the curriculum of the students.

Long Tan Awards
It is with pleasure that I announce that this year’s recipients of the ADF Long Tan Leadership Awards are Nic Kirby (Yr. 12) and Chloe Shrive (Yr. 10).

College of Crazy Ideas
My Yr.7/8 English class attended a workshop earlier this term called the Crazy Ideas College. At this workshop students learnt how to brainstorm, design and pitch an idea. On our website are a couple of short movies showing the students ideas from this day. To see their ideas please go to our website and if you would like to vote for one of the ideas you can do this by going to:- oursay.org/stgrampians/crazyideas.
One of our teams (Tara, Riley, Matt and Bayden) will receive free movie ticket vouchers for getting over one hundred votes.

Lastly Happy Holidays! Thankyou to all volunteers, staff, parents and especially students for another fantastic term of ‘Learning and Teaching.’

‘Make the most of yourself, for that is all there is of you.’ Ralph Waldo Emerson
Friendly reminder - Any toy orders from Chalk, Parent Direct and Educational Experience are due this Thursday, 17th September.

Catalogues offer toys, books, puzzles, games, educational products and much more, where the College receives vouchers to the value of 20% of the orders placed. Complete orders include the order form, together with your cheque, money order or completed credit card details return it to the school office. You are welcome to complete your order online.

* Please note that cash will not be accepted. *
* Cheques are payable to the toy company, NOT Balmoral Community College. *

Orders will be returned with incorrect payment details.

If you have any queries please contact Jan Rees 5574 3232.

Hockey 7’s
Congratulations to all students who were participating at the State Final of the Hockey 7’s Championship at Footscray last Thursday. Both the boys and girls teams won 2 games and lost 1. The competition was very strong and the students represented our school and district displaying fine sportsmanship and a positive attitude. Thank you to Anita Weaver, James Russell and Mr Brennan for all the lunchtime training sessions and for being our coaches at the different levels of the competition. A huge thank you to all the parents, grandparents and friends who went down to support our team. Well done to both teams.

Athletics Carnival
Next term we will hold our athletic sports -date to be announced.
Our junior primary students will compete at the Little Desert Athletics carnival in Horsham on Tuesday 6th October.
Parents will be required to transport their own child to this event or organise to car pool.
Cheers, Rhonda Merryfull, Sports Co-ordinator

“A plate full of deliciousness!” was a recent comment from Tori Dunstan as she and Thomas Rees were helping to cut and prepare the delicious array of yummy, healthy fruit and vegetables for Fresh Fruit Friday.
Thanks to Chris from Peaches in Horsham for selecting so many varieties of healthy fruit and vegetables each week.

MindMatters
The MindMatters Survey Form was sent out to parents of students in Years 7 to 12 a few weeks ago. If you were unable to complete the survey due to time constraints there is still time to return it to school.
The data will be collated and used to inform the MindMatters Action team as to the things we do well and what is needed to improve student mental health and wellbeing at Balmoral Community College.
Please return your form-your feedback is important!
Bernadette Kirby, Student Welfare Coordinator

Balmoral Op Shop
Year Prep, One and Two students would like to thank the wonderful ladies at the Balmoral Op Shop. The ladies gathered together some fantastic ‘Fathers’ Day’ gifts for the students to buy-there were bargains galore! The students had a great time shopping for a special gift that their dads will treasure for a long time to come. Our thanks go to Beth Smith (grandmother of Charlotte, Lexie and Eliza) for coordinating the activity.
We look forward to some Christmas retail therapy!!!
Bernadette Kirby
Prep-4 Leading Teacher
FE
RSH FACED FRIDAY
Supporting us all to be, body and self-positive.
FRIDAY 18TH SEPTEMBER, 2015
Whole School at BCC

WEAR CASUAL CLOTHES THAT YOU ARE HAPPY IN....and join in on some fun activities at lunch time.

Body image is your attitude towards your body - how you see yourself, how you think and feel about the way you look and how you think others perceive you.

Feeling good about yourself and your body image is important because people who do will generally have a higher level of physical and psychological health, and better personal development, impacting on many other areas of our life such as self-esteem, outlook on life, self-acceptance and relationships.

Fresh Faced Friday’s #freshfacedfriday “Tear It Up” campaign is about making sure the positive gets much more airtime in our minds and conversation than the negative – allowing us to feel comfortable in who we are.

What’s on our School Website that you may be interested in looking at?

- Year 7/8 English College of Crazy Ideas videos.
- Photos and a video from Balmoral Bush Nursing Centre's PAG visit to the Year 2 class.

What’s on our School Facebook Page that you may be interested in looking at?

- Website link to voting page for the Year 7/8 College of Crazy Ideas and link to our website to view the videos.
- Kittens for sale, contact Jane Sullivan for more information.
- Tennis players wanted for Southern Arapiles tennis association. Details on Facebook.
- U14 Balmoral Cricket Team information

Term 3 Calendar

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<td>14th - 18th September</td>
<td>Yr 4/5 Camp</td>
<td>Yr 4/5 Camp</td>
<td>Yr 4/5 Camp</td>
<td>LAST DAY TERM 3</td>
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<td>Yr 6 Melbourne Camp</td>
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<td>Yr 7 Immunisations</td>
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<td>30th Sept – VTAC</td>
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Do you have something you would like the school to advertise?
Please email photos and details to the schools Publicity Officer, Alex Mason, (mason.alexandra.l@edumail.vic.gov.au) and we will publish it in either the School Newsletter, the School Website and/or the School Facebook Page. Thank you.
Inspirations

If I had my child to raise over again:
I’d build self-esteem first and the house later.
I’d finger paint more and paint the finger less.
I would do less correcting and more connecting.
I’d take my eyes off my watch and watch with my eyes.
I would care to know less and know to care more.
I’d take more hikes and fly more kites.
I’d stop playing serious and seriously play.
I would run through more fields and gaze at more stars.
I’d do more messing and less tugging.
I’d see the oak tree in the acorn more often.
I would be firm less often and affirm much more.
I’d model less about the love of power.
And more about the power of love.

Diane Letmans

WORDS OF ENCOURAGEMENT
From Michael Grose

Focus on one statement a day and look for opportunities to use it:
- *You do a fantastic job of...* 
- *You’re really improving in...* 
- *You can help me by...* 
- *You’re really trying super hard...* 
- *I really appreciate the fact that you...* 
- *You won’t know unless you really try.* 
- *I know you can do this. Don’t give up!* 
- *It’s great to see you love doing...* 
- *Super effort. I love that you are trying so hard.* 
- *So you made a mistake. What can you do differently next time?* 
- *I know you can sort this out yourself. You know where I am if you need me.*

For more ideas from Michael Grose to help you raise confident kids...

25 GREAT PARENTING IDEAS
From Michael Grose

Focus on one idea a day to transform your parenting in less than a month:

1. Do more things with kids than for them.
2. If you want happy, resilient kids you go first.
3. Raise your small family with a big family mindset.
4. Make the most of the opportunity years before 12 years.
5. Work on your relationships as they give you leverage.
6. Expect kids to behave well.
7. Catch kids being resilient and persistent.
8. Attend to your kids’ mental health.
9. Don’t be a family that always on the go.
10. Make sure kids help at home without being nagged.
11. Build self-confidence to independence.
12. Reward responsibility with greater freedom.

For more ideas from Michael Grose about raising exceptional kids...