Mrs Hobbs’ Headlines

Dear Students, Parents & Staff

Thankyou

Thankyou to all parents, students and staff who helped out in any way over the course of the swimming program, your assistance is, as always, greatly appreciated.

Food Festival (fete)

In October the College is planning a Food Festival /fete (we need a name!) as a way of celebrating and fund raising for the refurbishment of the Home Economics centre. The Home Economics centre still has the original layout and cabinets and is past its use by date. The centre is used by all students in the College. We need to form a committee with staff, parents and community members. If you would like to be on this committee please contact the College. This is a great way to be involved in a College project without a long term commitment.

Badge Presentation Ceremony

Congratulations to all students who were acknowledged at the Badge Presentation Ceremony there is a list of students and their leadership positions later in this bulletin.

Congratulations to Nic Kirby (2015 School Captain) who received the Greg Rogers Further Education Scholarship for 2016. Nic is furthering his education at RMIT Melbourne doing Automotive Engineering. Once again we thank the generosity of Mr Greg Rogers in setting up this scholarship for the college.

Student use of deodorant

The recommendation of the college is that students do not bring aerosol spray deodorant to school. Please provide your child with a low scented roll on variety if they do need to use deodorant after a PE session. Spray on deodorants can trigger asthma attacks and when used excessively are unpleasant in the classroom. Thankyou for your cooperation on this matter.

Home Work Club

The college is offering senior students the chance to stay after school on a football/netball training night and have access to teachers to assist with the completion of homework. Homework club will start this Wednesday for students in Yr. 9 to 12. When training swaps to a Thursday it will be offered on Thursday nights in term two to students in Yr. 7 to 12. We hope that parents will be happy to car pool when training is in Harrow so that students have a weekly homework club opportunity. Please refer to dates on the college calendar.
**Wanted Stump Stools**
The Home economics centre is setting up a 'Cafe' outside on the veranda and we would love someone who is chopping down some trees if they could cut us some 'stump stools' they would need to be large enough for a bottom to sit on comfortably and about 40cm high. The year 7's will then make some cushions for the tops in Textiles. We are converting some old tables and making new 'pallet' tops so it should all look great and cost very little. We would need about 10-12 stumps if possible.

Any enquiries to Jackie Grant, thanks.
Wanted
If anyone has any spare wood or offcuts that they no longer require, the Tech Shed would love to hear from you. Please contact Mr Selway at the College.

Balmoral K-12 Community College Newsletter

Adolescent Health News - Term 1
The year has started in full force and the children all look happy and excited about being at school!
My days of work this year are the same, Mondays and Wednesdays and our School Chaplain, Cherryl Amery is here Wednesdays and Fridays. There will be a few exceptions to this throughout the year.
Health Education specific to my role has started in Years 5 to 8. In years 9 to 12, the planning is under way. In years 5 and 6 we are focusing on healthy eating and all up the up to date information is gathered from www.eatforhealth.gov.au. We are going to show the children “That Sugar Film” and afterwards facilitating some class room activities that come with the resources that are age appropriate.
Years 7 and 8 are leaning about Alcohol and other drugs and the resource used for this is called “Get Ready”, a research based program brought out by the Education Dept. in 2013. The children are encouraged to have conversations at home about what they are learning and Parents may also be asked questions, so prepare yourselves!!
Adolescent Health Nurses develop a health promotion plan every year which is specific to the schools they work in. This plan is discussed with the Welfare Team and School Principal.
The priority areas which are focussed on with health promotion and health education are based on information that comes from the Victorian Government, Health Department.
They are as follows:
- Healthier eating and active living
- Tobacco-free living
- Reducing harmful alcohol and drug use
- Improving mental health
- Preventing violence and injury
- Improving sexual and reproductive health
At Balmoral Community College we are focusing on Mental Health, Alcohol and other Drugs and Sexual Health/ Building Respectful Relationships.
Please feel free to ring me at the school if you have any questions or suggestions which are related to health and student wellbeing.
Jo McCure

Fresh Fruit Friday is commencing this Friday the 26th of February. I am looking forward to working with the grade 4 students who will help to cut up and arrange the fruit on trays and then deliver them to students during 2nd period. This is a wonderful privilege for our students to sample many varieties of fresh fruit and vegetables, carefully selected for us by Peaches in Horsham. Cherryl Amery/School Chaplain

Paint the Park and Skate Park Grand Final Festival: Youth input needed!
These school holidays, we are looking for local young people to help us plan and deliver a great finale to the South West Skate Series.
If you are between the ages of 11-25 and have an interest in art, skating or event planning, this is a great opportunity for you! We are looking for young people’s input and ideas for the following events:

Events:
- Saturday March 26th – SWS Skate Final Festival
  Street art/ graffiti demonstrations
  Photo Booth and DJ
  Zombie Face Painting
  Food trucks
  Rock Climbing Wall
  And of course, the SWRS Skating Grand Final!

Monday 28th March – Friday 1st April – Paint the Park Project
We will have one or more street artists come to assist local young people like you to brighten up our skate park by covering it in spray paint!

If you have any ideas that could help, any design suggestions, or if you would just like to be a part of this project, we’d love to hear from you, so please get in contact with us!
Belinda Payne on 55518459 or Belinda.Payne@wdhs.net
Nellie Patterson on 55518450 or Nellie.Patterson@wdhs.net

Benefits of Drinking Lemon Water Each Day
- Helps shed toxins from the body
- Acts as a liver tonic
- Improves skin tone and quality
- Works as a natural diuretic
- Helps dissolve gallstones
- Breaks down phlegm
- Relieves nausea
- Relieves constipation
- Is a digestive aid
- Alkalizes the body
- Improves immunity
### 2016 Term 1 Planner

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week Five</td>
<td>Kindergarten 8.45-1.45 (Bus Travel)</td>
<td>Kindergarten 8.45-1.45 (Bus Travel)</td>
<td>Prep Rest Day Homework Club Year 9-12</td>
<td>Kindergarten 8.45-1.45 (Bus Travel)</td>
<td>Kinder Working Bee 1.45 start</td>
</tr>
<tr>
<td>22-26 Feb</td>
<td>BCC Meet &amp; Greet 3.45pm</td>
<td>School Council Nominations due</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week Six</td>
<td>Breakfast Club commences Homework Club Year 9-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Feb - 4 Mar</td>
<td>Year 7 Immunisations Homework Club Year 9-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week Seven</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-11 Mar</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week Eight</td>
<td>Labour Day Public Holiday</td>
<td>Homework Club Year 9-12</td>
<td></td>
<td>Final Day for March Uniform Orders</td>
<td></td>
</tr>
<tr>
<td>14-18 Mar</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week Nine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21-24 Mar</td>
<td>7.00pm Public Meeting &amp; AGM School Council</td>
<td>No Homework Club</td>
<td>SRC Casual Dress Day Easter Theme Term 1 Ends Enjoy the Holidays</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### The many faces of independence

By Michael Grose

Adults are the gatekeepers for children’s independence. And of course, independence takes many guises including:

1. **Self-helps skills**

   The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. **Autonomy to make choices and mistakes**

   Without realising it, as parents we frequently make choices on our children’s behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices. This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents’ wishes. In small families parents often know so much about minutiae of children’s lives that inevitably we tend to impose greater well-intentioned control over children’s decisions.

3. **Freedom to explore the neighbourhood**

   On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today’s parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4. **Freedom to explore unpredictable and potentially risky environments**

   Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5. **Taking responsibility for your own problems and actions**

   There’s no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat. In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids’ independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.