Mrs Hobbs’ Headlines
Dear Students, Parents & Staff

Legal Aid Talk
Thankyou to Jo McCure for organizing Julia Barling from Legal Aid to come and speak to students from Yr. 9 to 12 and staff on a number of issues relevant to teenagers. The teenage years are always a challenge and the more information teenagers receive so that they can make considered choices as they enter adulthood the better equipped our teenagers will be to make the right choice. This talk was open to parents as well and unfortunately no one took up the opportunity, hopefully parents of students who heard the talks have had a chance to discuss the issues raised with their children.

Thankyou RSL Club
Thankyou to the RSL Club for offering their kitchen to the College so that Mrs Grant and hospitality students can continue to get the most out of the curriculum, whilst our Home Economics room is being renovated. Mrs Grant has informed students and parents of when they will be working out of the Balmoral RSL Club. The College appreciates the strong community partnerships that we have – thankyou RSL Club!

Pupil Free Day
Please note the calendar change for the College Pupil Free Day which is now on Friday August 19th. This change has been necessary to accommodate our guest presenter for the day. Joanne Casey (from Hawker Brownlow) will work with staff to unpack what are ‘essential learnings, need to know and nice to know learnings,’ from the curriculum content. The overcrowded curriculum can at times muddy the waters for essential learning, Joanne will be working with the maths faculty in particular on designing and teaching an essential maths curriculum. Also on this day a number of staff will be looking at the Kids Matters, Mind Matters and Child Safe policies and programs for ensuring the optimal engagement and wellbeing of students.

Camps & Excursions
You will notice that the end of this term is a very busy time for camps, excursions and work experience. Our camps program is linked to the curriculum and students are expected to participate in these activities as part of their learning, forming social connections, developing their life skills in looking after themselves and their belongings and at times being independent and at other times working as a team in an unfamiliar environment. Students also try new experiences with the support of staff. As parents you can assist with the preparation by talking about where your child is going and what they might see and do. These conversation help to create the pre-trip excitement and anticipation for what is to come and of course the after trip experience of hearing all that your child has seen and participated in.

Congratulations
Congratulations to the Year 7/8 Girls Badminton team of Olivia Brody, Jorja Jones, Iman Shrive, Indeya Talay and Rachel Duggan who won the Western Region Division and will now play in the state finals. Fantastic effort girls and well done to Mr. Brennan for training and coaching the girls in this new sport for the College. Good luck and enjoy your state finals experience.

One of the most enjoyable parts of my job is when students visit me to show their work. Well done Rori Mason (Year 3), what a fantastic poster about ‘Whales’. You now know a lot about whales and your poster presentation was outstanding.

Balmoral Community College
No. 23    27 July 2016
Engaging Every Student, Every Lesson, Every Day
Net Set Go 2016

What a great year for Net Set Go! We have 22 enthusiastic girls this year, and the weeks have flown by. We had a few who are new to netball, and they have come a long way since the beginning. We had a change to the program this year, and each week we learnt a new position. Starting at GS and working through to GK, with everyone having a basic idea of the role each spot plays. The girls are really good at squashing frogs, leaping and big trees, and each week now when we play a game, there are goals scored.

I need to thank the people who help me each week. To Dana Smith and Carla Brody, who are 3rd year helpers, and Melissa Mathews, for her first year, Thank You. You make the program run smoothly and iron out all the bits that need attention, and I could not do it without you.

Hannah Vaughn and Tara Sullivan, Thank You. You have done everything I have asked of you, and although things seem a little crazy at times (and they are crazy) you have shown leadership with your direction and help.

Many thanks to Wendy and the school for allowing us to use the courts, and the gym. We are very thankful for the use of gym, it has been a little cold. Mr Brennan, Thank you for setting up the court for us each week.

Suse McClure

Found
One Nappy Bag left after last term’s assembly. Please contact the Office to collect it.

2016 School Council Members
Ms Helen Grego – President
Mrs Wendy Hobbs
Mr Sam Roberts
Mrs Kaye Parker
Mr Luke Rees
Mrs Lisa Cameron
Mrs Kylie McClure
Mr Justin Weaver

Mr Mark Kuchel
Ms Bev Munro
Mr Daniel Thomson
Mrs Jackie Grant
Miss Alice Houlihan
Mrs Maria Merryfull
Mrs Kate Wardlaw

Heated Lunches
Reminder to families that heated lunches will be available on Mondays and Wednesdays throughout Term 3.
Monday, 25th July - Shelley Hindhaugh
Wednesday, 27th July - Lisa Cameron
Monday, 1st August - Suse McClure
Wednesday, 3rd August - Kate Smith

The Art Dept. is seeking donations of Cereal boxes which will be used to make masks. Please leave any donations at the office. Thanlou!

The Library is seeking donations of saleable second hand novels, children's, general interest books etc., to stock a book stall at the "Food For Thought" Festival in October. Please leave any donations with the Office. A great way to clear out your shelves for some new books!!! Thankyou!
National School’s Tree Day
This Friday 29th July Kinder to year 4 will take part in School’s Tree Day.
We will have a visit from Brett McDonald, a local grower of native trees, who will speak to the students about different varieties of native plants and how to grow them. Brett is bringing some trees for the students to plant in our school grounds.
This will be a great opportunity to increase student’s awareness of their environment and to learn more about the important part that trees play in the world. It will be a chance for students to gain important skills and give them a chance to get their hands dirty and help improve their school grounds at the same time.
If you would like to join us, we will be in the year 4 room from 11.05 am, and from there, move outside beyond the east wing (junior) playground.
Lyndal Shewry & Tom Middlebrook

Around the Classrooms...
Grade four students teaching the grade one students how to use a drawing program on the Ipads. A special thanks to all grade four students for sharing their knowledge.

Please drop your completed forms into the Library once you have finished reading!!

Year 7 Girls through to State Finals
On Wednesday 20th and Thursday 21st July Balmoral Community College sent their first Badminton teams to the Greater Western Region Schools Badminton competition in Ballarat.
With our experience being limited to PE classes and lunchtime sessions, being our first competition in Badminton we were not sure what to expect at the event.
We entered teams into the Year 7 Girls, Year 8 Boys, Year 9/10 Girls and 9/10 Boys.
Our Year 7 Girls team of Olivia Rees, Indeya Talay, Jorja Jones, Iman Shrive and Rachel Duggan dominated their division, winning 22 matches out of a possible 24 matches for the day in their 5 team round robin.
Our Year 8 Boys team of Mitch Grant, Jayden Harvey, Liam Daffey and Bronte Shrive were unlucky not to make the cross over finals of their division, after winning their first round and narrowly losing their second. They played a third round against Horsham College, and came out winners.
The Year 9/10 Boys team of Angus Atchison, Matt Jones, Jamie McCabe and Nathan Agnew and 9/10 Girls team of Tara Sullivan, Hannah Vaughan, Febe McCulure and Abbey Hobbs fought hard in all their matches and came away better players from their experience.

Careers - Uni Open Days
ACU - Melbourne 14 August 10-4, Ballarat 28 August 10-3
Deakin - Warrnambool 7 August, Geelong & Waterfront 21 August, Burwood 28 August
Fed Uni - Ballarat & Gippsland 28 August 10-3
LaTrobe - Melbourne 7 August, Bendigo 14 August
Monash Uni - Parkville 21 August
RMIT - 14 August
Melbourne Uni - 21 August Parkville 10-4
Has your child gone Pokemon wild?
Submitted by: Michael Grose
Pokemon Go! What a craze! Beats just about any fad I’ve seen including yo yo’s, swap cards and the original Pokemon Gameboy way back in the old days – remember the 90’s. While Pokemon Go is geared toward adults and teenagers it’s taken off among primary aged children – even some pre school kids – as well. Both genders are playing the game, but a rough count among colleagues and friends indicates that it’s boys more than girls that are hooked on the game.
Pokemon Go has plenty of psychological hooks to make boys love it. The roam and search nature of the game appeals to the hunter-gatherer that exists in most boys. There are plenty of things to collect which appeals to a boy’s fundamental need to put order and control in his world. And the competitive element embedded in the game makes it almost irresistible to many boys who love nothing better than to better someone else. How can we approach this craze?
Many parents have asked me how they should approach the Pokemon Go craze, particularly when their children are besotted by it. Start by accepting that Pokemon Go, like all fads, has captured your child’s interest. It’s hard to fight against or even stop your child from being involved in games that ‘everyone is playing’. That leads to two parenting requirements. First, find out all you can about the game so you know what you are up against. Ask your child to explain what it’s all about. Figure out which parts of the game are age-appropriate and which parts are going to present you with headaches. Once kids are old enough to have their own phones and transportation, they’re certainly old enough to play the game without help. Pokemon Go gives users plenty of chances to spend real money, so you probably will want to limit in-game purchases. Lures, an aspect of the game, can present tricky situations for parents. A player can set out a lure to attract pokémon, but because these lures can be seen by any nearby player, you’re not sure who they are attracting. Revisit those Stranger Danger lessons with your kids. Second, you need to meld your existing family technology rules with the expectations and opportunities that Pokemon Go presents. These include, how much time children are allowed to spend on technology; consider what activities Pokemon Go takes kids away from (including homework); and be aware that’s is not healthy for your child to be hooked on one activity at the expense of everything else. Keep your Pokemon Go player safe
Pokemon Go gets kids outside roaming and exploring their neighbourhoods, which on the surface, is a good thing. However as one mum told me her son’s Pokemon Go experience was leading them to a local quarry, which had some obvious risks attached. So if your kids are old enough to wander unsupervised some quick reminders of safety rules maybe in order, such as crossing a street with a phone in their pocket and only playing the game with kids their own age. If you join in the craze then be prepared to drive your players around as many Pokemon stops are in interesting places such as parks, historical markers and other gathering spots. Different places have different Pokemon things to collect…..yes, it can get complicated, which is the intrinsic value of the craze. So my advice for parents is to approach Pokemon Go positively and intelligently. Discover about it as much as your time, your current circumstances and your kids will allow. Join them if possible. Remember, it’s a lot of fun; it does get kids exercising more than their thumbs and there are some great learnings (maths, nature and even history) built in to the game. On the other hand, ensure that kids keep a balance in their activities so that a fun craze doesn’t become an absolute, all or nothing obsession - which can so easily happen with boys.
VCAL Community Program

Riley, Tom and Nick have done a small community project for the Balmoral Cemetery Trust. Making a sign using the plasma cutter, the sign has been attached to the entrance of the cemetery. Working with Di McLean and David Appleton, the students helped with the design and then produced the sign. Cheers Victor Selway

10 golden rules of ‘sleep hygiene’.

1. **Be consistent** – Train your body to sleep by going to bed and getting up at the same time (even weekends). You can develop your own sleep rituals, such as stretches, breathing exercises, meditation, or sitting calmly with a cup of caffeine-free tea.

2. **Sleep when sleepy** – Don’t spend too much time lying awake in bed, only go to bed when you feel tired.

3. **Get up and try again** – If you haven’t fallen asleep within half an hour, get up and do something calm until you feel sleepy. Sit with the lights dimmed and read something boring (preferably in print not on a screen), or if you use your tech, reduce the noise and 100% brightness. Try to avoid anything overly interesting or stimulating; as this could wake you up even more.

4. **Avoid caffeine, nicotine, and alcohol** – It is best to avoid consuming these substances at least 4-6 hours before bed. They can act as stimulants and that late night snack, smoke or drink can keep you awake and disturb the quality of your sleep.

5. **Bed is for sleeping** – Only use your bed for what it’s intended, so your body associates bed with sleep. If you watch TV, eat, read, or work on your laptop, your body may not learn this connection. Leave your phone outside the bedroom too, or if you must have your phone ensure you go to bed when you are sleepy and avoid phone use in bed.

6. **No naps** – Avoid naps during the day to ensure you are tired at bedtime. If you can’t make it through the day, ensure your nap is for less than an hour and before 3pm.

7. **Bath time** – Having a bath 1-2 hours before bedtime can help. The bath raises your body temperature, and you begin to feel sleepy as your temperature drops.

8. **No clock-watching, or phone checking** – It’s natural, but try not to watch the clock. Checking the time wakes you up and reinforces negative thoughts such as ‘oh no it’s so late, I’ll never get to sleep’. A good practice is to turn your phone onto sleep mode at night so that notifications do not disturb you as you’re falling asleep.

9. **Use a sleep diary or app** – This is a valuable way to track your sleep patterns. If you have sleeping difficulties, a GP or psychologist can use this information.

10. **Exercise** – Regular exercise is also good when it comes to sleep. Burning energy during the day can help to ensure you don’t feel restless in the evening. Try not to do strenuous exercise in the 4 hours before bedtime.

**Final Tip:** Lead by example and reduce your own bedtime IT use!

SANE helps all Australians affected by mental illness lead a better life.

SANE Helpline: Talk to a mental health professional on 1800 18 7263 (Mon-Fri, 9am-5pm AEST), or visit our online peer support forums.
Gastro: Some important tips for Parents/ Guardians:

- DO NOT send your child back to school/ kindergarten/ child care until the symptoms of vomiting and diarrhoea have been gone for at least 24 hours
- Be super diligent with hand washing

Please read attached information sheet

Mrs Jo McCure
Adolescent Health Nurse

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**Gastroenteritis**

*Emergency department factsheets*

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**What is gastroenteritis?**

Gastroenteritis (often called "gastro") is a common infection of the bowel that can cause diarrhoea (runny faeces or poo), vomiting, or both.

Gastroenteritis can cause dehydration (loss of water), which sometimes results in a loss of sugar and salts that the body needs to work normally.

Gastroenteritis often settles without treatment. It is more common in winter and affects people of all ages.

**What causes gastroenteritis?**

Viruses are the most common cause of gastro. There are many kinds of viruses, so gastroenteritis can occur more than once.

Viruses that cause gastroenteritis are found in human faeces.

Bacteria and parasites can also cause gastroenteritis, and are usually found in contaminated food or water (food poisoning).

Food poisoning usually occurs six to 12 hours after eating spoiled food.

**How is it spread?**

Viral gastro is spread easily from person to person. When a person vomits or has diarrhoea, small droplets containing the virus can contaminate surfaces such as taps, toilet flush handles, children’s toys and nappies. People with gastroenteritis can spread the virus up to 48 hours after their symptoms have stopped.

Bacterial gastroenteritis is spread through poor hygiene (especially not washing your hands after going to the toilet or after cleaning vomit or dirty nappies), spoiled food, polluted water supplies and handling pets and animals.

**What are the signs and symptoms?**

Gastro may cause some or all of the following symptoms:

- nausea and vomiting that may last a day or two
- diarrhoea which usually lasts one to three days, but can last up to 10 days
- stomach cramps and pain
- fever (temperature over 37.5°C in adults and over 38°C in children)

In bacterial gastro, the symptoms are similar but the fever is often higher, stomach cramps are worse and diarrhoea can have blood and mucus in it.

Symptoms of more severe gastro include failing to keep down any fluids at all, not passing much urine and feeling faint while standing up. If you have any of these symptoms you should seek urgent medical care.

Diarrhoea that is black is not gastroenteritis – it can indicate bleeding in the large intestine (bowel) and requires urgent medical treatment.

**Treatment**

Gastro is often mild and treatment will depend on the type of gastro.

- Solutions such as Gastrolyte or Hydralyte help replace the water and salts lost by vomiting and diarrhoea. They also come in joy-poles, which entice children to keep their fluids up. Follow the instructions on the packet.
- For mild diarrhoea your doctor may advise taking an agent such as Imodium or Lomotil. Follow the instructions on the packet. These medications are not suitable for children.
- For moderate to severe diarrhoea avoid anti-diarrhoea agents as they may make the diarrhoea worse.
- Anti-nausea medication may be prescribed for nausea and vomiting.
- Antibiotics are only needed if the gastro is caused by bacteria or parasites. A sample of your diarrhoea may be tested for this.
- Some people may need intravenous (into the vein) fluids if they are very dehydrated.

**Home care**

- Drink small amounts (sips) of clear fluids such as water often (every five to ten minutes). The fluids will not stop the vomiting and diarrhoea but will stop you getting dehydrated.
- Eat if you feel hungry. Start with bland foods such as crackers, rice, bananas or dry toast. You should be back on normal fluids and diet in 48–72 hours, even if diarrhoea continues.
- Get plenty of rest.
- You should return to your doctor or hospital if you are unable to keep down enough fluids, feel dizzy on standing or have a significant worsening of symptoms.

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Department of Health

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Victoria
Stopping the spread of gastro

There are many ways to reduce the spread of gastro:

- Do not share your towels, face washer, toothbrush, drinks or cutlery with others.
- Wash your hands well (for at least 10 seconds) with warm soapy water after using the toilet, changing nappies, cleaning up vomit and before eating or cooking meals.
- Handle, store and prepare raw and cooked foods apart. Cook all raw foods well.
- People who have gastro should not prepare or handle food for others.
- Stay at home and away from others while you are unwell.
- If you plan to travel, drink only bottled water or boil water for 10 minutes. If you cannot boil it, cook it or boil it, do not eat it.
- Clean bathrooms and toilets often.
- Take care when handling animals and their faeces or urine.
- If you think the source of your illness may have been food, report it to your local council health department right away. Keep any leftover food for testing.

Return to childcare, school or work – guidelines vary between childcare centres and schools and according to the place where you work. Hospital, health care and food handling staff should not return to work until 48 hours after the diarrhoea has settled. Check with your childcare centre/school/work about their requirements.

Notes:

Seeking help

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).

See your local doctor or health care professional if you have:

- stomach pain that is getting worse
- frequent vomiting or diarrhoea or both
- blood or mucus in your faeces (diarrhoea)
- passed little or no urine, or your urine is dark or smelly.

For health advice from a Registered Nurse you can call NURSE-ON-CALL 24 hours a day on 1300 60 60 24 for the cost of a local call from anywhere in Victoria.

NURSE-ON-CALL provides access to interpreting services for callers not confident with English. Call 1300 60 60 24.

*Calls from mobile calls may be charged at a higher rate

Want to know more?

- Ask your local doctor or health care professional.
- Visit the Better Health Channel
  www.betterhealth.vic.gov.au

If you would like to receive this publication in an accessible format, please phone 9096 0578 or email edfactsheets@health.vic.gov.au

December 2010. Also available online at www.health.vic.gov.au/edfactsheets

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.
# 2016 Term 3 Planner

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<td>Week Three</td>
<td>Parents &amp; Friends 7.00pm</td>
<td>School Council</td>
<td>Arts Performance P-6 2.30pm</td>
<td>Homework Club 2/3 Woolly Fest Storyteller Parent Surveys Due Back</td>
<td>Tree Planting Day</td>
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<td>Week Five</td>
<td>Year 6 PAG Visit</td>
<td>7/8 Football</td>
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<td>Week Six</td>
<td>Keys Please 10.00am</td>
<td>ICAS Maths Test</td>
<td>Last Day for August Uniform Orders</td>
<td>PUPIL FREE DAY</td>
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<td>15 - 19 Aug</td>
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<td>Week Seven</td>
<td>11/12 Blood Donation Ballarat</td>
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<td>22 - 26 Aug</td>
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<td>Week Eight</td>
<td>School Council School Production The adventures of six</td>
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<td>Homework Club Student Led Discussions</td>
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<td>29 Aug - 2 Sept</td>
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<td>Week Nine</td>
<td>Year 9 Ski Camp Yr 10/11 Work Exp Year 6 Camp Melb</td>
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<td>Week 10</td>
<td>Year 4/5 Camp Roses Gap State Badminton Year 7 Girls</td>
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<td>Year 4/5 Camp Roses Gap Last Day for Sep Uniform Orders</td>
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<td>Last Day term 3 Dismissal at 2.30pm</td>
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<td>12 - 16 Sept</td>
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**DID YOU KNOW - DENTAL SERVICES ARE AVAILABLE AT BBNC?**

South West Healthcare dental staff visit BBNC every second Friday. Public dental services are available free of charge to eligible children. Services are available to all other clients on a fee for service basis.

Dental services available include:
- Check-ups
- X-rays
- Fillings
- Root canal treatments
- Extractions
- Cleanings

For an appointment or more information please call BBNC on 5570 1304 or South West Healthcare on 5561 8347

**Parent Opinion Surveys**

These were sent home last week.

If you received a Parent Survey please complete and return by Thursday 28th July

Thanks