Mrs Hobbs' Headlines

Dear Students, Parents & Staff

Thankyou for your generosity.

To all staff, students and parents thankyou for your generosity over the last week. The College Open Day coinciding with the Biggest Morning Tea has raised $480:40 for the Cancer Council. Book Fair was hugely successful again with over $750.00 going to the College to assist Tania to continue to stock the library with new books. To finish the week we had a very enjoyable walk to school morning and a delicious breakfast supplied by the welfare team.

Once again thankyou and congratulations to all staff who contributed to the success of these events.

Well done.

To the Balmoral Angling Club thankyou for putting on a wonderful afternoon last Friday for our students in years 3 & 4, sadly no fish were caught but students had a wonderful time.

The Food for Thought Festival

The planning of this event running from the 7th Oct until the 15th Oct is progressing and we are now finalising our sponsors. Please see the sponsorship information in this newsletter if you would like to join the list of sponsors for this event.

A huge thank you to parents, students and staff for participating in the Biggest Morning Tea last Thursday morning.

The donation of delicious foods was amazing and I am sure that everyone enjoyed the cuppa, cake and chat!

I would like to thank Jackie Grant and her students for setting up the morning tea and making scrumptious coffees, teas and hot chocolates.

Congratulations to all for a very lovely morning.

Bernadette Kirby
On behalf of the Welfare Team

Green Thumbs Garden

Vroom Vroom!! Beep Beep!! Here come Bunnings!! Yay!! Now we’ll have some shade for our garden.

On Wednesday 18th of May, Sarah and Campbell from Bunnings Horsham came to our school. Mrs Shewry wrote them a letter asking them to help improve our garden area and they were very happy to present the P-4 Green Thumbs Garden with a gazebo, 20 chairs and a table.

All the students were very excited about the visit and were very willing to lend a hand to help put the gazebo together. They are looking forward to using the new equipment and growing lots of tasty vegetables.

So now the garden looks very smart and we have a teaching area that we all can all share. Thankyou Bunnings!

By Joel McClure & George Austin, Year 4

Coaches required

We are seeking some parents to assist with the coaching of our school netball teams. We are requiring 2 coaches for Tuesday 31st May for the Primary Netball (Grades 4/5/6) being played in Horsham. Our 7/8 Netball team require 1 coach for their competition being played in Edenhope on Friday 3rd June.

If you can assist us please email me on brennan.keiren.j@edumail.vic.gov.au or contact the school on 55701247.
In Memory of Jenny Duncan

It is with much sadness that I inform you of the passing of Jenny Duncan, who passed away two weeks ago. Jenny was a highly valued and respected member of the Balmoral Consolidated School staff and community for 35 years until her retirement in 2009. Jenny took immense pride in keeping the school buildings immaculately clean, great satisfaction in being able to fix many small maintenance issues and real pleasure in tending the gardens and supplying amazing floral arrangements to the front office. When faced with Acute Myeloid Leukaemia not long into her retirement to Yarrawonga, Jenny inspired many with her strength in fighting her disease and her determination to live life as she had always done, pursuing her many passions and devoting her time to her family and friends. Jenny will be missed by many and fondly remembered by all who knew her.

Betty Perry

Food For Thought Festival

We are seeking sponsorship to assist with the promotion of the ‘Food for Thought Festival’. The $500 sponsorship package will include:-
- 2 free tickets to the 3 course dinner - cooked by Deirdre and Senior Students, wine supplied by Norton Estate to be held on the 7th Oct.
- 2 free tickets to the Literary High Tea – 14th Oct.
Free entry to the festival x 2.
Your logo or sign on the front fence of the college for the week of the festival.
Your logo on any of our promotional material.
Please contact the College on Ph 55701247 if you would like to become a sponsor.

2016 School Council Members
Mrs Helen Grego – President
Mrs Wendy Hobbs
Mr Mark Kuchel
Mr Sam Roberts
Ms Bev Munro
Mrs Kaye Parker
Mr Daniel Thomson
Mr Luke Rees
Mrs Jackie Grant
Mrs Lisa Cameron
Miss Alice Houlihan
Mrs Kylie McClure
Mrs Maria Merryfull
Mr Justin Weaver

Wanted - Plastic lids!

The Science department is planning a recycling project using unwanted plastic lids! Please help us by saving these. A drop box will be placed in the office for term two. Thank you! Mrs Julie Lyons

Heated Lunces

Reminder to families that heated lunches will be available on Mondays and Wednesdays throughout Term 2.

Please send your child’s heated lunches:
Food must be defrosted, Wrapped in foil, not plastic. Foil wrapped food in a brown paper bag that is clearly labelled with your child’s name and year level. Marker pen rubs off the foil due to condensation.

Monday, 23rd May  Sarah Laidlaw
Wednesday, 25th May  Kylie McClure
Monday, 30th May  Karen Rees
Wednesday, 1st June  Ainslee Daffey

Camps Sports Excursion Funding

The Camps Sport Excursion Funding (CSEF) applications are coming to a close for 2016. Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. Payments are made directly to the school and are tied to the student. Applications were sent out at the start of the year but if you have not completed or believe you are now eligible please contact the College and we will send home an application form. The school cannot accept CSEF applications after Friday 3rd June 2016.

Conveyance Allowance

Many families have completed Conveyance Allowance applications for 2016 and do not need to do so again for this year unless their circumstances change. If your circumstances have changed or you believe you may be eligible for conveyance allowance and would like to apply please contact the College and we will send home an application form. Applications close for Term 2 on Friday 3rd June.
**Australian War Memorial’s Soundscape Project**

Ten year six students had the opportunity to travel to the ABC radio station in Horsham to be a part of the AWM’s Soundscape Project. This project involves students Australia wide recording the names of those who died during WWI. The recordings are being played at the Roll of Honour over the 100 year commemoration of the war. An ABC producer, Amber, set the students up and explained how the station worked. Although we were limited with how many students we could take to Horsham, the others were still able to record names through a special app right here at school. The wonders of technology!

*The Soundscape Project was great because we got to see how the radio station worked.* Joel

*I was amazed at how the producer helps ask questions when they interview someone by typing on to a screen.* Tanner

*We learnt about how it is important to ask open questions to build up an interview.* Amber

*I liked seeing the control panel and learning how they changed the sounds.* Montana

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**Wanted - Old Rimless Tyres**

The Senior Art Room and Home Eco Centre would appreciate the donation of any spare old tyres. We will make them into Cafe seating and planter boxes. Many thanks.

Balmoral’s Biggest Morning Tea
Preventing and dealing with stress

Andrew Fuller

If you have ever looked at a test or exam paper and thought, “I know what I know this but I can’t remember anything”, if you have ever stayed awake in the middle of the night worrying about a test the next day, if you have ever felt butterflies in your stomach or a headache whenever you think of an upcoming test, the ideas in this paper are for you. Everybody gets stressed. Everyone gets stressed during tests and exams, even the people who say that they don’t. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed. That means everyone has to learn how to cope with these feelings. It is not just you! Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache—these aren’t nice feelings to have.

Get stressed

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain. Stress feels yucky but it is actually your body’s way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow down— you are ready to take on the world. So stress might feel unpleasant but realising that it is your body’s way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Write out your worries

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, “What would happen if I fail this test?” Then write out an answer to the next question, “If I did fail what would happen then?” Read your written answers aloud to yourself. Even if doing well on this test or exam is really, really important to you, knowing your fears will calm you. Answering the question, “If I did fail, what would happen then?” helps you to make a back up plan.

Chew something

Ok you’ve done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal. Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can’t completely control. Eating or chewing on something sends a signal to your body that says, “Well, if I’m chewing something I can’t be in total danger, so relax a bit.”

Focus on now

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future. The past is no longer with you and the future hasn’t happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong. Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, “What do I need to do right now?”

Build momentum

Answer a question that feels easy first off in a test or exam to build up your confidence. Breathe out - S L O W L Y

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, “one thousand, two thousand, three thousand”, you will start to feel calmer. Stand tall walk proud Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity’s latest upgrade- the most intelligent brain in all of history. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones. Remember the 5 Ps There is an old saying, “Perfect preparation predicts powerful performance”. The best way to prepare for a test or exam is to: -study the whole area you have learned; -test yourself; sort the areas into those that you answered correctly and those you did not; -re-study the areas you answered incorrectly; -re-test yourself; re-study until you are getting close to 100% right; test yourself on the entire topic.

Look after yourself

Breakfast- eat “brain food” the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink water - water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration. Sleep well - try to get a good night’s sleep the night before a test or exam. If you are feeling really worried, set an alarm so you can wake up early and do some revision.

Make yourself smarter

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety. If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep calm and carry on

You have many, many skills that will NOT be assessed by this test. Tests and exams are important, but they are not the big predictors of life success. Do your best and prepare as well as you can but don’t make the mistake of thinking that your score on a test is a measure of your intelligence or predicts your future.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015)
One On One with Mrs Hobbs

This week I had the pleasure of chatting with Chloe Laidlaw (CL) and Heidi Robinson (HR) from Yr. 1

How is grade 1 going?

CL: It’s going well we love our teacher Mrs Kirby. We love learning about interesting things.

HR: I like grade 1 very much and all the interesting things that we do.

What does interesting things mean? Tell me something that you love learning.

CL: In maths we are learning about data and in writing we are writing information reports.

HR: We are learning lots of really interesting words in our reading.

You said you really like Mrs Kirby, what does she do to make your day engaging?

CL: Oh! She has all these really funny sayings that make us giggle. Like “Pull your socks up”, when we need to work harder and “That looks a bit dodgy” when we do not do our best writing.

Is there anything else that you like about the College?

HR: We really like our classroom and all the students, some of them are our cousins and that is nice.

CL: We have lovely gardens and lots of nature around us. I love lunchtime and recess when I get to play with all of my friends.

Can you think of ways that we can improve the College?

CL: Have more parent days and we can teach our parents about what we do.

HR: Yes, that would be good and we could have some theme weeks – when we can choose an animal to learn about.

CL: We like our buddies and when a buddy leaves we should get a new one.

HR: Our buddies help us and are kind.

CL: We shouldn’t miss out on ‘Show and Tell.’

Do you have special jobs in your classroom?

CL & HR: Yes; chooks, white board, ipads, day charts, book monitors and taking the roll to the office.

Is there anything else to add girls?

CL: I love getting off the bus and seeing the teachers and all my friends.

HR: I have lovely friends at school.
Herald Sun Country Cup
On Monday 9th of May 2016, 10 of Balmoral Community Colleges senior Boys attended the Herald Sun Country Cup School Boys Football, accompanied by Mr Brennan. We merged with Good Shepherd College to form a formidable team. In the competition, there were 6 teams altogether, although each team would only play 4 games plus a bye. In our first match-up, we played Hamilton and Alexandra college, (who went on to win the day) and only went down by 6 points. In the second game we played Casterton secondary college and won by 13 points. Then we played Hawkesdale College and were defeated by 21 points, the 4th and final games scores weren’t recorded against Bayview College. At the end of the day, an award was given to a player from each school who was noted as a valuable player, and for Balmoral, Patrick Sullivan took out this award. It was a competitive, and amusing day, with all of our boys standing up and playing great footy, Well done boys.

The Pigeon Ponds Sports and Social Club invite you to join us for a cuppa on
Monday 30th May 2016 at 10am
At the Pigeon Ponds Hall
Entry by Gold Coin donation
Stalls of goodies on display
For enquiries phone Claire on 03 55797226
All proceeds raised will go to the Cancer Council to help fund world class cancer research, prevention programs and support services for cancer patients and their families.
Healthy Mini muffins...

**Balmoral’s Sweet mini muffins...**
- 1 cup SR flour
- ½ cup w/m SR flour
- ¼ cup sugar
- pinch baking powder
- 1 apple diced (with skin on)
- ½ cup blueberries
- ¼ cup oats
- 1 egg
- 125g melted butter
- ½ cup milk

**Method.**
1. Place all dry ingredients into bowl
2. Add chopped apple, blueberries, oats and mix together
3. Melt butter and add to dry ingredients with the milk and beaten egg.
4. Gently combine all ingredients and place into patty pans
5. Bake in moderate oven 15-20 mins or until golden.

**Balmoral’s Savoury mini muffins...**
- 1 cup SR flour
- ½ cup w/m SR flour
- pinch baking powder
- 1 carrot grated
- ½ cup grated cheese
- Chopped basil and spinach (or any herbs you like)
- 1 egg
- 125g melted butter
- ¾ cup milk

**Method.**
1. Place all dry ingredients into bowl
2. Add grated carrot, cheese and herbs and mix together
3. Melt butter and add to dry ingredients with the milk and beaten egg.
4. Gently combine all ingredients and place into patty pans
5. Bake in moderate oven 15-20 mins or until golden.

Registrations still open
Please see Tania in the Library for details
### 2016 Term 2 Planner

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<th>Monday</th>
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<td><strong>Week Seven</strong>&lt;br&gt;23 - 27 May</td>
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<td>Year 5 &amp; 6 Harrow &quot;War Years Experience&quot;</td>
<td>Homework Club</td>
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<td>Yr 4-6 Golf Clinic</td>
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<td><strong>Week Eight</strong>&lt;br&gt;30 May - 3 June</td>
<td>School Council Meeting&lt;br&gt;Primary Netball</td>
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<td>Homework Club&lt;br&gt;Crazy World of Science P-8&lt;br&gt;9/10/OE 11 Bush Walk</td>
<td>7/8 Netball&lt;br&gt;9/10/OE 11 Bush Walk</td>
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<td><strong>Week Nine</strong>&lt;br&gt;6 - 10 June</td>
<td>Greater Western Cross Country&lt;br&gt;@ Warrnambool</td>
<td>Year 12 GAT Exams</td>
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<td><strong>Week Ten</strong>&lt;br&gt;13 - 17 June</td>
<td>Queen's Birthday&lt;br&gt;Public Holiday</td>
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<td><strong>Week Eleven</strong>&lt;br&gt;20 - 24 June</td>
<td>Year 9 Gilmore Girls visit to Balmoral&lt;br&gt;11-12 Exams</td>
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<td>11-12 Exams&lt;br&gt;Last Day&lt;br&gt;Term 2&lt;br&gt;Dismissal 2.30pm</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
- Fissure Sealants
- Cleaning
- Fillings
- X-rays
- Extractions
- Root canal treatments

**Next available appointments - 3rd June 2016**

For an appointment or more information please call BBNC on 5570 1304 or South West Healthcare on 5551 8347