SAVE THE DATE!

APRIL
29th Working Bee 9am
30th Cross Country
MAY
4th Yr 9/10 Football in Hamilton
4th Secondary Athletics in Nhill
5th Yr 9/10 Free Cinema Viewing in Horsham "That Sugar Film"
5th Preparing & Serving Food Safely Training 6:30pm School Kitchen
6th Kowree Cross Country
12-14th NAPLAN
13th Healthy Scrumptious Lunch
17-23rd Education Week
18th Entries close for ICAS (International Competitions & Assessment for Schools)
19th Little Desert Cross Country
20th Open Day at BCC & Arts Performance and Book Fair
25th RFDS & Dental Van
25th Dress Up Day – Medical theme
JUNE
2nd Little Desert Winter Sports (Prim)
8th Queens Birthday Holiday
12th Report Writing Day

Balmoral K-12 Community College

NEWSLETTER

‘Engaging Every Student, Every Lesson, Every Day.’

Mrs Hobbs’ Headlines...

Chaplaincy Program
There has been a Department of Education change to the way that chaplaincy service can be offered to students in schools. The new consent form does not prohibit Mrs Amery from still running Breakfast Club and Fresh Fruit Friday and having general interaction with students. This form is to consent to Mrs Amery having more private conversations with students if they seek her out as someone that they may wish to discuss an issue with. It is very important that schools have staff that students can identify as ‘go to’ adults if they feel that they need to talk. Teaching staff are already covered by the Department of Education Act and understand their duty of care to students.

We are lucky to have Mrs Jo McCure (school nurse) and Mrs Cherryl Amery (chaplain) who can also offer assistance to students. Please read and complete the consent form if you consent to Mrs Cherryl Amery possibly working with your child if the need arises.

Best Wishes to Mrs Mutch
Mrs Deb Mutch is currently unwell and will not be teaching this term. Best wishes Mrs Mutch we hope that you have a speedy recovery and are back teaching in term 3.

Mrs Jane Francis will be replacing Mrs Mutch for the remainder of term 2.

Homework
As a school we generally do not set homework on a Thursday night, as we know that this is a busy night for sport training. However, ‘sporting commitments’ on the weekend is not an acceptable excuse for late or non-completion of homework. Senior students do need to negotiate with their teacher prior to the due date if homework is an issue.

ANZAC DAY
Congratulations to Mr Hayes and the Balmoral Community College band for their wonderful playing on ANZAC Day. Also I would like to mention the flag bearers Liam Parker, Evan Grego and Daniel Grego, well done as it is not an easy task to carry the weight of the flags and to stand still for so long. One of the duties of the College Captains is to speak at the ANZAC commemoration - well done to Nic Kirby and Sonia Gaussen you up held the traditional admirably. As it is every year it is an honor for the college to be of service to Balmoral RSL and we hope that this partnership will continue for many years to come.
**News Items**

**Immunisation Week** Victorians are being urged to assess their own immunisation needs, as well as the needs of those they care for, this Immunisation Week 24 - 30 April.

“Immunisations are required throughout life, not just in childhood,” said Victoria’s Acting Chief Health Officer, Professor Michael Ackland.

“Health, age, lifestyle and occupation, sometimes referred to by the acronym of HALO, are the four key factors that determine an individual’s immunisation needs.”

Find out what immunisations you should discuss with your doctor or immunisation provider by:

- picking up an “Immunisation for Life” brochure at your local medical centre.

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**Parents & Friends Working Bee** will be on Wednesday 29th of April commencing at 9am.

We are planning to prune, replace bark chips and tidy mainly the East side of the school to prepare for planting of new plants. We need parents to bring secateurs, chainsaws, spades, rakes, wheelbarrows and Utes to assist with pruning and replacing of bark chips. Morning tea and lunch will be provided. We would appreciate any help on the day. For further information contact Ann Vaughan and Anita Weaver.

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**AUSKICK** 33 eager children attended Auskick last Monday. Week 1 Award Winners were Charlie Jarvis, Ryder VanSomeren and Rhys Daffey. A big shout out to the Balmoral Community Store for donating fruit for the snack. Thankyou!

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**Hot Chocolates are Back!** Still only $2

Available at Recess on Tuesday & Wednesday During term two & three.

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**Whats on Facebook?**

- Information on Junior Golf Lessons being offered at Toolondo Gold Club on Tuesday at 4:15pm.

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**Contact Us!**

Principal: Mrs Wendy Hobbs  
School Council President: Mrs Lisa Hutchins

Harrow Road, Balmore 3407  
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F: 03 5570 1419  
E: balmoral.k12.cc@edumail.vic.gov.au  
W: [www.balmoralcommunitycollege.vic.edu.au](http://www.balmoralcommunitycollege.vic.edu.au)  
F: [https://www.facebook.com/BalmoralK12](https://www.facebook.com/BalmoralK12)

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**World Immunisation Week**

**24 - 30 April 2015**

Are your vaccines up to date?  
Take the online test >>

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**New Day...New Time...New Location!**

**Shake Rattle & Read**

A fun program of songs, dances rhymes and stories for children aged 0 - 4 years.

2015 Term 2 Dates:
- Tuesday 21 April
- Tuesday 28 April
- Tuesday 5 May
- Tuesday 12 May
- Tuesday 19 May
- Tuesday 26 May
- Tuesday 2 June
- Tuesday 9 June
- Tuesday 16 June
- Tuesday 23 June

11.40am in the Library
1. The RFDS are coming to the school on Monday 25th of May. Education for children involves history of the RFDS, what they do, simulator discovery and oral health education. Free dental checks will be held on this day and consent forms will be coming out this week for parents/guardians to sign. Two Dentists will be checking teeth on this day. Prep to year 12 dental checks. Kindergarten students may have the opportunity to be involved with dental checks too.

SRC WILL BE HOLDING A DRESS UP DAY ON THIS DAY- STUDENTS TO WEAR SOMETHING MEDICAL (GOLD COIN DONATION) AND ORGANISING A SAUSAGE SIZZLE FOR LUNCH. PROCEEDS OF THE DAY WILL BE DONATED TO THE RFDS. SAUSAGES WILL BE $2- (WITH OR WITHOUT ONION/ COLESLAW)

2. HEALTHY SCRUMPTIOUS LUNCHES ARE GOING TO BE AVAILABLE TO ALL STUDENTS, AT A MINIMAL COST, STARTING ON WEDNESDAY 13TH MAY.

We are seeking parent volunteers to:
- Come in on the 12th of May from 1.30 to 3.30 pm to help prepare food for the lunches, which will be frozen and used on the dates chosen, Two Wednesdays per term. Please let Maria know if you are available.
- To bring along, soup pots for soup preparation and spare ice cream containers to store food.
- If any parents have eggs to donate to the kitchen, we would love them.

THE FIRST HEALTHY SCRUMPTIOUS LUNCH WILL BE HELD ON THE 13TH OF MAY
PUMPKIN SOUP $2.50
FRITTATA $3.50

A note will come home and students who are interested in purchasing will need to bring back to school with money, helping with preparation and quantities.

3. STAY TUNED FOR "NUDE FOOD DAY" CHALLENGE IN ASSOCIATION WITH LUNCH BOX BLITZ PROGRAM. WHOLE SCHOOL ACTIVITY this term.

4. YEAR 9 AND 10 WILL BE INVOLVED IN A FREE CINEMA VIEWING OF ‘THAT SUGAR FILM’ IN HORSHAM ON THE 5TH OF MAY. Damon Gameau embarks on a unique experiment to document the effects of a high sugar diet on a healthy body.

5. PLANNING UNDER WAY FOR ‘BATFORCE’ – Barwon Adolescent Taskforce to come to BCC and facilitate a Parent Information Evening. Towards the end of first term, start of second term.

This is an interactive session, aimed at finding strategies and solutions for everyday families including: creating conversations with your children, tech proofing kids, risk taking behaviours, sexual health and resilience building.

Jo McCure- Adolescent Health Nurse

SPORT
Welcome back to Term 2
This term will involve many Cross Country events starting with our school event on Thursday 30th May. Please make sure you read the newsletter so you know what is happening on Thursday. Also on Monday 4th May the Yr 9/10 boys will be playing in the Bob Templeton Football Shield combining with Good Shepherd for this event.
Some of our senior student’s will also be competing in the Little Desert Athletics Carnival at Kaniva on the same day Monday 4th May. Stay tuned for further information.
Rhonda Merryfull
Sports Co-ordinator
News from the Home Economics Department..

NUDE FOOD...
This term the year 9/10 Home Economics class is doing a Food Design Challenge which focuses on Nude Food. As this also ties in with the primary Lunch Box Blitz program students are going to be teaching the younger classes what nude food is and how they can bring healthy, rubbish free lunches to school and maybe help their parents to make their lunch. Over the next few weeks we will have lots of ideas and recipes for healthy nude food lunches in preparation for our big Nude Food Lunch day to be held later this term.

Nude Food Info for Families
For a nude food lunchbox try to pack...
- Healthy fresh foods
- Snacks in reusable containers
- Drinks in reusable containers
- Resuable utensils
- Use a resuable lunchbox with an insulation sleeve if possible

Try to avoid........
- Lunches packed in plastic bags or cling wrap,foil, wax paper
- Single use drink boxes, pouches,cans,cartons & bottles
- Single use plastic forks & spoons
- Pre packaged single serve snack items
- Processed foods

Stay tuned for more exciting information on Nude Food over the next few weeks.

Information night: Providing Safe Food for Fundraising Events
Pauline Porter, the Environmental Health Coordinator for Southern Grampians Shire Council, will be coming to Balmoral Community College to conduct a ‘Preparing and Serving food safely’ training night on Tuesday 5th May at 6.30pm in The School Kitchen.
The topics she will cover will be:
- Safe food handling,
- Records and
- ‘Streatrader’
We would like to invite all Community Members who are interested (and especially those who are involved in preparing food for their organisations) to come along and gain valuable information.
If you wish to attend, please let the school know by Friday 1st May, so we can ensure we have enough handouts for all participants.

Beanies and Scarves
Balmoral Community College is going to placing an order for Navy Beanies and Navy Scarves.

So if you would like to order a Navy Beanie or Navy Scarf to wear to school during the cold winter months, please complete below order form and return to the College with payment no later than Friday 1st May 2015.

Student/Family Name........................................................................................................................................

I would like to order ........................ Navy Beanies @ $14 each

And ......................... Navy Scarves @ $18 each

Total Payment Included ........................................