Mrs Hobbs’ Headlines…

Rocklands Ride
Well done to all students who participated in the Rocklands Ride/Walk. Many students were very proud to have achieved a personal best in riding or walking for longer than last year. Thankyou to all parents and staff for your assistance on the day, your help was much appreciated. Congratulations to the welfare team for organizing the day.

Tips for communicating
There are a number of different styles of communication, from aggressive to assertive and passive. In addition to the way we communicate verbally, we also have to take notice of our body language. By learning how to have effective conversations, we can also learn how to have difficult conversations.

This can help with:
- Talking to people
- Getting stuff off your chest
- Solving arguments
- Making yourself understood
- Making friends

Body language
The way you speak - including the volume and tone of your voice, your physical gestures, and facial expressions, all have an important impact on how your message will be received. For example, if you fold your arms in front of your chest, have a stern expression on your face or speak in an accusing tone, the other person is likely to feel defensive even before they have heard what you have to say.

On the other hand, an open posture, a calm voice, and relaxed body language helps the other person to feel at ease, and your message is delivered in a non-threatening way.

Here’s an acronym that might help you remember good body language:
S - Face the person squarely
O - Open posture, no crossed arms or fidgeting
L - Lean towards the person, not too much but just enough to show interest
E - Maintain eye contact, without staring
R - Be relaxed, don't fidget and be comfortable

For more tips on communicating and to learn about the different styles of communication and how to have difficult conversations, go to http://au.reachout.com/tips-for-communicating.

‘Whatever you are, be a good one.’ Abraham Lincoln
STAR WARS MOVIE NIGHT
(New Hope – original Star Wars movie)
4th December at 7pm.
$3 per ticket or $8 per family. All money donated to charity.
Dress up in your favourite Star Wars costume. There will be cupcakes, lollies, popcorn and drinks available.
Hosted by Nathan Agnew and Jamie McCabe.
**May the force be with you as you watch Star Wars.**

School Uniform.
The last Uniform order purchase for 2015 will be completed Friday 20th November, the next purchase will be in late February 2016. If you require any uniform please complete an order with payment and send into the Office by Friday 20th November. If you require another uniform order form they can be found on the school website or we can either send one home or email, please contact the College.

South West Dental Service
- consulting fortnightly from BBNC
- from 20th November 2015
Services include:
- general examination, clean, fillings, extractions, dentures, x-ray, mouthguards, referrals as required
Please call BBNC for an appointment on 5570 1304

The Hearing Van will be visiting the school on Friday 13th November at 9.00am.
If you have any concerns regarding your child’s hearing please obtain a consent form to sign and return from the Administration Office and your child’s hearing will be tested on the day. A gold coin donation to the service would be greatly appreciated.
If any parents or community members would like to have their hearing checked, the Hearing Van will be at the Bush Nursing Centre from 10.30am onwards. Bernadette Kirby
Student Welfare Coordinator

PARENTS & FRIENDS XMAS RAFFLE
It’s that time of year again & the end of our final Term for 2015 is fast approaching! We kindly ask each Family of Balmoral Community College for donations of any kind, big or small & to no more than the value of $10. Donations can be dropped into Maria at the School Office from now. Raffle Tickets will be coming home this week with more information. If you have any questions or concerns please contact Kate Wardlaw 0427205591.

Zooper Doopers are being sold for $1 for charity. They are being sold on the fake grass at the junior end on Thursdays. (Students can by one at a time.)

Do you need care for your 0-5 year old children in 2016?
The Balmoral Early Learning Centre would you like to hear from you.

It’s looking as though we may still be fully booked next year; so we are now looking for expressions of interest for running a third day next year. If you are interested in using our service next year, I encourage you to pop into our centre on a Monday or Wednesday, or call in to the BBNC and fill out an expression of interest form to tell us your childcare needs.

Annual General Meeting
Friday 13th November 2015
7.30pm
Balmoral Recreation Reserve
All members invited to attend.
President, Mark Caulfield
Secretary, Jane Sullivan

Balmoral Community Christmas Party and Carols
Sunday 20th December 2015
Seymour Park, Balmoral
5pm start
Free BBQ available
Santa will make a visit
# Term 4 Calendar

## Week 6 9th - 13th November
- **Monday**: Yr 12 Agriculture & Horticultural, and Specialist Maths Exams
- **Tuesday**: Yr 12 Chemistry Exams
- **Wednesday**: Yr 12 Visual Communication and Physics Exams
- **Thursday**: Yr 12 Food Technology Exam
- **Friday**: BBNC Health Talk Prep-Yr6 Emergency Services Hearing Van Kinder Transition Year 12 Graduation Dinner 7pm

## Week 7 16th - 20th November
- **Monday**: Year 9-11 Exams
- **Tuesday**: Year 9-11 Exams
- **Wednesday**: Year 9-11 Exams
- **Thursday**: Year 9-11 Exams
- **Friday**: Year 9-11 Exams Kinder Transition

## Week 8 23rd - 27th November
- **Monday**: Outdoor Education Surf Camp
- **Tuesday**: Outdoor Education Surf Camp Arts Performance 2pm Asian
- **Wednesday**: Yr 11 Final Classes
- **Thursday**: Year 12 Formal Year 10 Final classes ONE UP DAY
- **Friday**: Kinder Transition

## Week 9 30th - 4th December
- **Monday**: Gilmore Girls Visit Work Experience Yr 10 & 11
- **Tuesday**: Gilmore Girls Visit Work Experience Yr 10 & 11
- **Wednesday**: Gilmore Girls Visit Work Experience Yr 10 & 11
- **Thursday**: Gilmore Girls Visit Work Experience Yr 10 & 11
- **Friday**: Kinder Transition

## Week 10 7th - 11th December
- **Monday**: Tennis Coaching Head Start Week
- **Tuesday**: Tennis Coaching
- **Wednesday**: Tennis Coaching
- **Thursday**: Tennis Coaching
- **Friday**: Tennis Coaching Year 10-12 Formal

## Week 11 14th - 18th December
- **Monday**: Awards Night 7pm in the School Hall
- **Tuesday**: Last Day Term 4 3:30 dismissal
- **Wednesday**: Pupil Free Day
- **Thursday**: Yr 10-12 Formal

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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.

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**Living Beyond Cancer**

We all know someone with cancer or chronic illness, or we have experienced it ourselves. The battle they fight on a daily basis and the changes these diseases bring to the body and soul. Charleston Keen (not her real name) is no different from the rest of us; she and her family are touched by cancer. What makes her shine through is her wonderful way of sharing her family’s story and her inspiring work within the beauty industry raising women’s self-esteem.

Cheryl and her two sisters, Veronica and Eliza, inherited the BRCA gene mutation and were forced to make the decision about preventative mastectomies and hysterectomies. The sisters embraced their opportunity to highlight women’s health and self-esteem, sharing their story on Sixty Minutes, the Today Show and A&N News.

While her older sisters underwent the radical surgery, Eliza being only 30, wanted to have more children and thought she would have more time. Four years later Eliza became dangerously ill with aggressive ovarian cancer, and sadly lost her fight with the disease.

Whilst Charleston is in amongst holding her Wendy’s Cancer Workshops, she will share her story and that of her sisters in an inspirational talk about life, strength and courage, health and cancer, and advanced care planning, confidence and beauty.

**When:** Friday 20th November, 2015 - 7pm onwards
**Where:** Harrow Bush Nursing Centre, Blair Street, Harrow
**Cost:** $10 per person includes light supper. Drinks available for purchase.

BOOKINGS ESSENTIAL @ Harrow Bush Nursing Centre 5588 2000

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

- Living Beyond Cancer Community Heath Evening at Harrow. Friday 20th November. See flyer on Facebook for more information.
- 4 Male Lop Ear Rabbits for sale at $30 each. They are Black, 8 weeks old and ready to go! More details on Facebook. Contact Kate on 0427205591.

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

- Kinder Halloween Fun Photos and Story.