Mrs Hobbs' Headlines
Dear Students, Parents & Staff

ANZAC Day
Congratulations to all Balmoral Community College students who participated in the ANZAC Day commemoration service. A special thankyou to Mr. Glenn Hayes and the band, our school captains Liam Parker & Patrick Sullivan and the flag bearers Daniel Grego, Evan Grego and Joel Rees. Balmoral Community College is very proud of the partnership that we have with the Balmoral RSL.

Lions Club Youth of the year
Last Friday it was my privilege to sit and listen to the Yr 6 students compete in the first stage of the Lions Club Young Youth of the Year speeches. They were all terrific and each student spoke with expression about one of their passions. Good luck to the six finalists: Grace Hobbs, Lucy Roberts, Amber McClure, Cambell Craig, John Gaussen & Holly Cooling who are competing tonight to represent Balmoral at the district level.

New Staff
We welcome Miss Maddie Goddard to the staff for term 2. Maddie will teach Grade 6 in conjunction with Mrs Smith whilst Mrs Merryfull is on leave. Welcome Maddie.

Reminder bus passes and absence notes
Please send in a bus pass or a note if your child or children will be changing their bus travel arrangements for the day. Please clearly state the day and what they will be doing. Please only ring the school in an emergency and please remember that emailed or faxed bus passes may be missed. Bus pass notes sent in with your children gives them responsibility and they know what they will be doing at the end of the day. Late phone calls to the school changing bus arrangements can be very confusing and concerning for your child; in the past weeks we have had many of these. Ongoing bus passes can be written but please remember to cancel or send in a note when these arrangements change.

When your child or children have been away from school or are planning to be away please send in a note explaining their absence. The Victoria State Government Education and Training website states that “Parents are required to ensure their child attends school and to provide an explanation for their child’s absence from school, and the principal must record in writing the reason (if any) given by the parent. The principal must be able to determine from the records if the excuse given was reasonable in terms of the parent meeting their legal obligations”. 
College Uniform News

The large size school bags have been ordered and will be in stock again in the next few weeks. Due to a price increase these larger school bags will now be $65 per bag.

If you would like an up to date uniform order please contact the Office.

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Last year we had available from the College navy beanies and navy scarves for use in the colder winter months. We need your help. We will be placing an order of beanies and scarves but we just need to know how many people would be interested in purchasing them.

If you would like to order a navy beanie or a navy scarf or both please complete below order form and get it to the Office by Friday 6th May 2016.

Student/Family Name

I would like to order ............ navy beanies @ $14 each
I would like to order ........... navy scarves @ $18 each
Total payment included .................

Heated Lunches

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.

Wednesday, 27th April    Lisa Cameron
Monday, 2nd May         Suse McClure
Wednesday, 4th May      Helen Grego
Monday, 9th May         Sally Jarvis
Wednesday, 11th May    Bobbie McLean

Thank you to everyone who has volunteered their time. The children really look forward to it and appreciate these lunch days.

Responsible Serving of Alcohol (RSA) Course

Where: Balmoral Community College
When: 2nd May 2016  6-10pm
Facilitated by: Tony “Gilly” MacGillivray, Hamilton District Skills Centre.
Cost: $80 per person
Finger food will be provided.
RSVP by 27th April, 2016. Limited places.

Overview
If you are seeking employment in a licensed venue or applying for a liquor license in Victoria, a Victorian Responsible Service of Alcohol (RSA) certificate is essential. This short course provides all the training required to obtain an RSA certificate from the Victorian Commission for Gambling & Liquor Regulation (VCGLR).

Specific Objectives
Upon satisfactory completion of this course, you will understand the legal requirements of the sale and service of alcohol and the major problems associated with excessive consumption of alcohol, under-age drinking, drinking and driving and serving alcohol outside of legal hours. A certificate from the Victorian Commission for Gambling & Liquor Regulation will be issued upon successful completion.

Content
- Employer/Employee responsibilities
- Drink driving
- Defining standard drinks
- Intoxication
- Underage drinking
- Customer responsibilities

Wanted - Picture Frames

The Senior Art Room would appreciate the donation of any picture frames that are no longer required to display their artwork.

Thankyou! Mr Daniel Thomson
Don’t threaten, bribe or deal – breathe and act instead

By Michael Grose

Five great discipline habits to add to your parenting repertoire.

Getting kids to cooperate is tricky. One method doesn’t necessarily fit all kids so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less then perfect or you want more cooperative behaviour.

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn’t generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

Bad discipline habits

Unfortunately, it’s easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as “I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car”, rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you’re driving. Well, it may seem that way! However, it’s easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, “What’s in this for me?” Soon kids learn to wheel and deal to get better terms so today’s ‘quick 10 minutes on an iPad’ becomes tomorrow’s shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale.

Good discipline habits

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

1. Avoid the first impulse so you don’t overreact

A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children’s poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can’t follow through with.

2. Step away and take a breath to gain control

When you feel annoyed, angry or hurt by a child’s misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3. Lower your voice to be heard

Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4. Move toward them to be noticed

Moving into children’s space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

5. Use a consequence to teach

Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children’s misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words. Good habits are best developed in low or no stress situations so if you’d like to add any of these ideas to your parenting repertoire start putting them into practice in everyday interactions with your children, so that they become second nature when you really need some cooperation from your kids.

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

Parents & Friends

The next Parents and Friends meeting is to be held on Monday 2nd May in the admin building at 7pm. All welcome.
# 2016 Term 2 Planner

## Monday

**Week Three**
- **25 - 29 Apr**
  - Anzac Day
  - Public Holiday

**Week Four**
- **2 - 6 May**
  - RSA Course 6-10pm
  - Little Desert Aths @ Nhill
  - Parents & Friends Meeting 7pm

**Week Five**
- **9 - 13 May**
  - NAPLAN

**Week Six**
- **16 - 20 May**
  - Education Week
  - Book Fair

**Week Seven**
- **23 - 27 May**
  - NAPLAN
  - Homework Club

## Tuesday

**Week Three**
- **25 - 29 Apr**
  - Book Club due
  - School Council
  - Lions Club Dinner
  - Year 6 speeches

**Week Four**
- **2 - 6 May**
  - BCC Cross Country
  - Midday Lunch
  - X Country 1.00pm Start

**Week Five**
- **9 - 13 May**
  - NAPLAN

**Week Six**
- **16 - 20 May**
  - Little Desert X Country @ Kaniva
  - Book Fair

**Week Seven**
- **23 - 27 May**
  - Book Fair

## Wednesday

**Week Three**
- **25 - 29 Apr**
  - BCC Cross Country
  - Midday Lunch

**Week Four**
- **2 - 6 May**
  - Kowree X Country @ Balmoral

**Week Five**
- **9 - 13 May**
  - NAPLAN

**Week Six**
- **16 - 20 May**
  - Book Fair

## Thursday

**Week Three**
- **25 - 29 Apr**
  - Homework Club

**Week Four**
- **2 - 6 May**
  - Homework Club

**Week Five**
- **9 - 13 May**
  - Homework Club

**Week Six**
- **16 - 20 May**
  - Final Day for May
  - Uniform Orders

**Week Seven**
- **23 - 27 May**
  - Homework Club
  - Yr 4-6 Golf Clinic

## Friday

**Week Three**
- **25 - 29 Apr**
  - Homework Club

**Week Four**
- **2 - 6 May**
  - Homework Club

**Week Five**
- **9 - 13 May**
  - Homework Club

**Week Six**
- **16 - 20 May**
  - Final Day for May
  - Uniform Orders

**Week Seven**
- **23 - 27 May**
  - Homework Club

## Notes

- **Week Eleven**
  - **20 - 24 June**
  - Last Day
  - Term 2

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**Balmoral Community College**