Mrs Hobbs’ Headlines...

How to assist children in coping with distressing news.
In this week’s newsletter I have included some tips that may help families when there is a distressing situation such as the terrorist attacks in France or at other times on a more personal level.
Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.
Most children and young people will experience normal reactions to something that is distressing and with support from trusted adults around them these reactions will subside.
Routines are important when an event like this occurs. School can be very useful to support all children and young people.
Remember sometimes teachers and parents feel like we don’t have the answers. It is helpful to remind children and ourselves that there are people working hard to make the current situation better.

Exposure to television, print media and social media
• Many children are likely to be unsettled by the images on television, in the print media and online media reports about the Paris terrorist attacks.
• It is important to understand what sense a child or young person makes of what they are seeing on television or hearing via the media (this includes social media) and what they are hearing in adult conversations.
• It is important to monitor the amount of news coverage they see and hear. Seeing the event over and over again can cause vicarious trauma to adults and children.
• Children and young people may experience sleeplessness and or nightmares about imagined consequences or images from television or print or social media coverage.

Responding to the concerns of children and young people
• Children and young people may need to talk about what they have seen and heard. It is important that we listen to their concerns.
• Keep information factual and dispel any rumours. Don’t be afraid to tell them that you don’t have all the answers.
• Children and young people may need reassurance about their safety and the safety of those they care about.
• Teachers and parents should listen to the child or young person’s cues as to what they want to know about the terrorist attacks. It is important to be honest with children and young people in an age appropriate way.
• It is not unusual for young children to want to be close to those they love and care about.
• Older children will possibly want to discuss the events, it is advisable to clarify information and dispel rumours as this helps them to process the information more accurately.

‘A wise man will make more opportunities than he finds.’ Francis Bacon
A VERY BIG THANK YOU, FOR ALL THE WONDERFUL HELP FROM OUR AMAZING PARENTS, ON THE ROCKLANDS WALK/ BIKE RIDE DAY.
WE WOULD NOT BE ABLE TO DO IT WITHOUT YOU!!
The students were terrific also, and their walking and bike riding ability very impressive. We will try and time it for 2016 when there are no sheep sales or major activites out at Rocklands!!
Look forward to seeing you all next year.
Thank again.
From the Balmoral Community College Welfare Team.

Wannon Water Poster Prize Winners for 2015!
This competition is held during National Water week and helps highlight the importance of water. The topic this year was "Water Innovation" and approximately 500 students entered across many Barwon South Western schools. BCC entered students in three sections, Foundation (Prep), Yrs 1 & 2 and Yrs 3 & 4. Congratulations to Ryder VanSomeren (2nd, $50, Prep) Digby Smith (1st, $150, Prep)) Charlotte McClure (2nd, $50,Yr 4) and George Austin (3rd, $25, Yr 3) who were the prize winners for their sections.
There was a special mention given to all our students for the quality of their entries. Well done!
Betty Perry ( P-4 ) Art Teacher

Parents and Friends are arranging a working bee for the school garden on Tuesday 24th November to weed and spread mulch on garden beds. We are asking parents if they can either help from 9am to 12.30 or 1pm to 3.30pm.
Lunch provided by parents and friends. Please bring spades, gardening equipment and wheelbarrows to assist on the day.
Any queries please contact Anita Weaver or Ann Vaughan

REMINDER TO PARENTS TO PLEASE REGISTER THEIR CHILDREN FOR TENNIS COACHING IF THEY ARE INTERESTED IN PARTICIPATING. THE DEADLINE FOR THIS IS THE 26TH OF NOVEMBER. THEY MUST EMAIL THE NAME TO TEREASA AT hollywoodhobbs@bigpond.com AND THEN PAYMENT CAN BE ARRANGED.

Booklists 2016
Booklists for all Students have been sent home with the students last Friday. If you intend on ordering through either Slade’s Newagency or Warrnambool Books the completed orders can be returned to the College or these retailers no later than Friday 11th December for Slade’s Newagency or Wednesday 9th December for Warrnambool Books.

BYOD sign up guide.
Any queries or concerns please contact Kate Wardlaw

Kittens, free to a good home
2 tabby males, 1 tabby female and 1 black male. Litter trained. Ready for their new homes.
Contact Emma at school.

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PARENTS & FRIENDS XMAS RAFFLE
Raffle Tickets went Home on Friday. If your Child did not come home with a Book for you to sell can you please contact Maria in the Office. There are spare Books available from the Office if you would like to support our School even more & sell more than 10! Can you please have your Tickets & Prize donation into the Office at least a week before Awards Night, allowing time for the Hampers to be put together. Any queries or concerns please contact Kate Wardlaw

Bring Your Own Device (BYOD).
The Grangeburn Office website is operational for all BYOD enquiries. A letter went home with all students on Friday with the Grangeburn Education BYOD sign up guide.

School Bus Times
Please be at your designated stop on time as buses should not wait beyond the time of pick up or drop off. Being punctual allows for the system to run smoothly and on time without inconveniencing other passengers.
On Sunday 20th December the Balmoral Community will be holding a Christmas Party and Carols. We are looking for interested children who would like to participate in approximately 3-4 songs as part of a school group during this event. There would be some lunchtime practises needed before this event. Please fill out the slip below and return it to the front office if you are interested in participating in this event.

Student’s Name: ___________________________ Year Level: _______
☐ I am interested in performing with a group of school students at the Balmoral Community Christmas Party & Carols.
☐ I understand that I will need to commit to lunchtime practices.

Parent/Guardian Signature: ___________________________
What's on our School Facebook Page that you may be interested in looking at?

- Information about Youth Allowance for farmers from Advanced Accounting Services.
- Flyer about information sessions and enrolments for 2016 TAFE courses. Thursday 3rd December 10am-3pm at PAC Café, Hamilton.
- Kanagulk Christmas Party – Friday 11th December at 6:30pm. Share picnic tea. BYO drinks. Contact Sue 55701361.

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**Term 4 Calendar**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Week 8</strong>&lt;br&gt;23rd-27th November</td>
<td>Outdoor Education Surf Camp</td>
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<td>Kinder Transition</td>
<td>Yr 11 Final Classes</td>
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<td>9am Working Bee</td>
<td>Arts Performance 2pm Asian</td>
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<td>Prep Information Session 12:45pm</td>
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<td>Work Experience Yr 10 &amp; 11</td>
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<td><strong>Week 10</strong>&lt;br&gt;7th-11th December</td>
<td>Tennis Coaching Head Start Week</td>
<td>Tennis Coaching</td>
<td>Tennis Coaching</td>
<td>Tennis Coaching Year 10 Final classes</td>
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<td>Middle Years Information Session 1pm</td>
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<td>Kinder Information Session 9am</td>
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<td>ONE UP DAY</td>
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<td><strong>Week 11</strong>&lt;br&gt;14th-18th December</td>
<td>Awards Night 7pm in the School Hall</td>
<td>Last Day Term 4 3:30 dismissal</td>
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<td>Pupil Free Day Yr 10-12 Formal</td>
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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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**BCC INFORMATION SESSION ATTENDANCE FORM**

Please tick the box to indicate which information session you will be attending:

- Kinder Information Session – 11th December 9am
- Prep Information Session – 4th December 12:45pm
- Middle Years Information Session – 11th December 1pm

Family Name: __________________________________________

Number of people attending: [ ]

Parent/Guardian Signature: __________________________________________