Mrs Hobbs’ Headlines
Dear Students, Parents & Staff

NAPLAN Testing
Next week the NAPLAN tests are held for students in Yr. 3, 5, 7 & 9. These testing results assist the college to assess the programs that it runs in literacy and numeracy and helps us to consider trends in these areas. For the individual student we use this information as only one source of data to report on student progress. Some students can find NAPLAN testing stressful, as parents you have the opportunity to make a considered decision as to whether you would like your child to sit these tests. If you feel that you do not want your child to participate then please contact the college to sign an exemption form.

Heated Lunches
Reminder to families that heated lunches will be available on Mondays and Wednesdays throughout Term 2. 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, 4th May Helen Grego
Monday, 9th May Sally Jarvis
Wednesday, 11th May Bobbie McLean
Monday, 16th May Narelle Evans
Wednesday, 18th May Renee Shrive

Cross Country
Congratulations to Henty who won the Cross Country House Shield and well done to all the competitors for competing. Thank you to staff and parents who assisted on the day. The students are to be congratulated for running in such trying weather conditions.

Henty House Captains Daniel Grego and Poppy Austin proudly display the Cross Country Shield for 2016.

Balmoral Community College will be hosting ‘Australia’s Biggest Morning Tea’ on Thursday 19th May (BCC Open Day) from 10.30 to 11.00am.

Australia’s Biggest Morning Tea is an opportunity for friends, family, students and staff to come together, share a cuppa and some delicious food, and help those affected by cancer.

The funds raised from this event will help the Cancer Council save lives through the prevention, early detection and treatment of cancer.

You are cordially invited to our event to help raise funds for Cancer research and support services. After the Morning Tea feel free to wander around the school and view our wonderful students in action in their classes.

Bernadette Kirby
Student Welfare Coordinator

Biggest Morning Tea

Principal: Mrs Wendy Hobbs     School CouncilPresident: Mrs Helen Grego
Harrow Road, Balmoral 3407 Phone: 03 5570 1247 Fax: 03 5570 1419 Email: balmoral.k12.cc@edumail.vic.gov.au
Cross Country

Congratulations to the students who have qualified for the Kowree Cross Country on Wednesday 4th May which is held at the Balmoral Rec Reserve between 11am and 1.30pm. Parent helpers are required for this event as we host it, so please fill out the form attached below if you are able to assist.

Results from BCC Cross Country:

Age Champions
6 yo: Angus Cameron and Camilla Dunstan
7yo: Charlie Jarvis and Adelyn Penny
8yo: Archer Cameron and Sacha Laidlaw
9yo: Max Hindhaugh and Arabella Dunstan
10yo: Rhys Daffey and Ruby Wardlaw
11yo: Jack Austin and Phoebe Russell
12yo: Thomas Rees and Poppy Austin
13yo: Bronte Shrive and Indeya Talay
14yo: Harry Robertson and Febey McClure
15yo: Matt Jones and Tara Sullivan
16yo: Angus Atchison

House Points
1st Henty – 601
2nd Glenelg – 575
3rd Mitchell – 546

Students who have qualified for Kowree Cross Country at Balmoral on 4th May:

Arabella Dunstan, Felicity McClure, Ruby Wardlaw, Lily Weaver, Max Hindhaugh, Harry Austin, Jakob Shrive, Henry Wardlaw, Rhys Daffey, Joshua Grant, Alex Rees, Jack Jarvis, Phoebe Russell, Lilly Appleton, Jack Austin, Kaeden Talay, Jet Appleton, Tom Hindhaugh, Poppy Austin, Holly Cooling, Tyler Hateley, Thomas Rees, Ewan Weaver.

Kowree Cross Country Wednesday 4th May

Name: ____________________________________________

I am / am not available to assist between 11am and 1.30pm

College Uniform News

With coach James away, we welcomed the expertise of coach Mark Jarvis. The older group got to experience an under 14’s training session and some awesome specky’s with the guidance of helpers Tyler Hatley and Joel Rees. It was also awesome to see husband and wife combo Andrew and Lisa Cameron take charge of the “little” auskickers. Thankyou all for your time. Week 2 award winners were Max Wright, Ryder Van Someren and Alex Rees.

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 ..................
Preparing for NAPLAN by Andrew Fuller

Let’s start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don’t effect if you pass the year or not. I could tell you as a psychologist that your results on NAPLAN aren’t worth worrying about, but I’m not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, 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 queasyummy, 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?” (Even though you can’t fail NAPLAN). 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 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 nervous. 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.

Look after yourself Breakfast - eat “brain food” the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink 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. If you are feeling really worried, set an alarm so you can wake up early and feel awake and ready.

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 NAPLAN. 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 NAPLAN is a measure of your intelligence or predicts your future.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015)

Registrations still open
Please see Tania in the Library for details

Missing Jumpers
Could all parents please check to see if their child has mistakenly taken home a new size six school jumper with the label Charlie Hindhaugh. It is a large white label. Charlie is in Prep and is missing two of his school jumpers and with the cold winter approaching, Mum and Charlie are very keen to try and locate them. Thank you for your help.

Thankyou Shelley Hindhaugh
## 2016 Term 2 Planner

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<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Week Four</td>
<td>RSA Course 6-10pm</td>
<td>Kowree X Country</td>
<td>Homework Club</td>
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<td>2 - 6 May</td>
<td>Little Desert Athletics @ Nhills</td>
<td>@ Balmoral</td>
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<td>Parents &amp; Friends Meeting 7pm</td>
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<td>Week Five</td>
<td>NAPLAN</td>
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<td>Homework Club</td>
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<td>9 - 13 May</td>
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<td>Week Six</td>
<td>Education Week</td>
<td>Little Desert</td>
<td>Book Fair</td>
<td>BCC OPEN DAY</td>
<td>Final Day for May Uniform Orders</td>
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<td>16 - 20 May</td>
<td>Book Fair</td>
<td>X Country @ Kaniva</td>
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<td>Book Fair all day</td>
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<td>Book Fair</td>
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<td>Homework Club</td>
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<td>Week Seven</td>
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<td>30 May - 3 June</td>
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<td>Week Nine</td>
<td>Greater Western Cross Country @ Warrnambool</td>
<td>Year 12 GAT Exams</td>
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<td>6 - 10 June</td>
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<td>20 - 24 June</td>
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<td>Last Day Term 2</td>
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### 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

### 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.