Mrs Hobbs' Headlines
Dear Students, Parents & Staff

Black Tie Dinner
The Black Tie Dinner has been and gone and what a wonderful event to launch the ‘Food for Thought’ festival, congratulations to Mrs Grant and the hospitality students for a delicious meal.

With these events there are always so many people to thank and much of this was done on the evening however, I would like to thank Mrs Anita Weaver for her coordination of the garden working bees and Mrs Alberta Shrive for decorating the hall. There will be more thankyou’s in the weeks to come and I look forward to seeing everyone at the fete.

Athletics
Please note that our Athletics will be held later in the term once the oval has had a chance to dry out. Please keep an eye on the newsletter and our Facebook page as we will keep you informed once the new date is decided.

Congratulations
Congratulations to those students who competed at the regional athletics on Friday and best of luck to Rhys Daffey and Tom Hindhaugh who will now go on to compete at the next level best of luck boys.

SRC Stall
SRC will be selling drinks, carry bags, delicious Gorge Chocolates and Sour Dough bread from Warrnambool at the Food For Thought Festival Fete so come along and support our stall.

Food For Thought Festival
Literary Morning Tea Friday 14th October
Fete Saturday 15th October

2016 School Council Members
Ms Helen Grego – President
Mrs Wendy Hobbs  Mr Mark Kuchel
Mr Sam Roberts  Ms Bev Munro
Mrs Kaye Parker  Mr Daniel Thomson
Mr Luke Rees  Mrs Jackie Grant
Mrs Lisa Cameron  Miss Alice Houlihan
Mrs Kylie McClure  Mrs Maria Merryfull
Mr Justin Weaver  Mrs Kate Wardlaw

Balmoral Community College is committed to Child Safety. We want children to be safe, happy and empowered. We support and respect all children, as well as, staff and volunteers.
Food For Thought Festival
2016 News...
Preparations for the 2016 Food For Thought Festival to be run over the week of Friday 7th October through to Saturday 15th October are well underway.

Friday, 14th October will feature a Literary Morning Tea commencing at 10.15 am. Popular guest authors Bec Kavanagh and Ellie Marney will give presentations about the lead female teenage role models in their respective books and the influence that they have on the youth of today, and then combine to host a discussion panel.

Bec Kavanagh is a writer, reviewer and educator. A YA specialist, she was the founder of “A Thousand Words Festival”, which celebrated young adult fiction. Bec is the Schools Coordinator for the Stella Prize.

Ellie Marney is a teacher and young adult author whose books include “Every Breath”, “Every Word” and “Every Move.” She has been shortlisted for numerous awards, including the Sisters in Crime Davitt Awards.

Bookings are essential for catering purposes.

The Festival culminates on Saturday 15th October with the hosting of the “Food For Thought Festival Fete” & Official Opening of the College’s newly refurbished Home Economics Centre. From 12 noon onwards, food & fun promise to be the order of the day with many attractions including: Jumping Castles, Fairy Grove for the younger children, St Arnaud Pipe Band, Art Show, various Cooking Demonstrations throughout the day, Brendan Bouchier the Butcher and his award winning christmas hams to preorder, Mel the Sweet Baker and her amazing cakes, Competitions, Face Painting, Taste Testings, Plaster fun and a whole lot more.

Stalls include: Chocolates, Crafts, Books, Clothing, Glassware, Coffee, Cakes, Spices, Herbs, Eggs, Gourmet Breads, Flints Wines, Boucher’s Butchery, Jewellery, Popcorn, Ice-creams, Gourmet Sausages, Curries, Mel the Sweet Baker, Plants, Native Flowers plus many more.

Evening music will feature "The Settlement" playing from 6.00pm-7.00pm followed by the Mason Brothers and a comedy act or two from Melbourne. Food stalls will be operating for the evening meal so come join us for a relaxing evening of entertainment.

In case of inclement weather, everything will be located either indoors or undercover

Don’t forget to keep up with our Facebook page and don’t forget to Like and share our page with all of your friends. We will keep posting updates as information about new attractions come to hand.

For further information, tickets and stallholder enquiries, please contact:
Balmoral K-12 Community College 03 5570 1247.

Jumping Castle Wristband Pre Sales....
All pre-purchased wristbands are $15 each and they provide the following...

Child 5 & under:
- Unlimited rides on small jumping castle
- 1 free Helium balloon
- 1 free cheek face painting

Students P-6:
- Unlimited rides on 2 different jumping castles (twin giant slide & Looney Tunes Interactive) & Bungee Run all day

Students Yr7 - Adult:
- Unlimited goes on the Bungee Run
- 1 free hot chocolate/coffee
- Free entry into Mr Middlebrook’s Crazy Competitions

Wristbands are available for Pre-purchase during the first two weeks of term 4. Purchase on the day will be $20 or $4 for a single go on the jumping castles.

Can you help??
Hello Parents we need some market umbrellas for the Fete and I was hoping some of you may be able to help. If you have an umbrella that you could lend us for this event we would be very appreciative. Please let Maria at the school office know if you can help or just drop them off at the school. Many thanks Jackie Grant.
Food For Thought Festival
Black Tie Dinner

The first of our events for the Food for Thought Festival was held last Friday Night and in my opinion it was awesome. The students who were involved: Angus, Mitch, Matt, Lochie, Tara, Hannah, Abbey (all of whom not only served but also cooked much of the food) along with Brandon, Riley, Tom J and a surprise visitor, Paris, need to be congratulated on their skills, patience, efforts and wonderful personalities - all of which made this event so wonderful. The week leading up to the dinner was quite stressful and extremely busy and I cannot thank these students enough. I don’t think I have ever worked with such great kids, and I have worked with many in the past! So thank you to all of you, you should all be extremely proud of your efforts during the past week.

To the staff and parents who have helped to put this event together a huge thank you to all of you, as well: Tom Middlebrook, Bernadette Kirby, Jo McCure, Cheryl Amery, Tristan Frechette for helping in the kitchen, Victor Selway as barman, Maria Merryfull, Adele Brown, Julie Mutch and Bev Munro with ticket sales, accounts and listening to me go on at times a huge thank you. Also to Tania Shalders for her endless work with advertising for this event it has all been amazing. I also need to thank Darcy for all the work in moving furniture around for us.

To the parents who have given their time and skills to get the dinner prepared, served and cleaned up: Helen Grego, Kate Wardlaw, Lisa Cameron and Alberta Shrive for the amazing transformation of the hall, thank you all so much.

A Huge thanks to Deirdre Baum who planned the menu, taught the students and myself so much about the preparation of the food and then took charge on Friday night, allowing me to be able to coordinate the evening. Finally, I want to thank Wendy Hobbs for being the most supportive and encouraging Principal I have ever worked for. She is encouraging of all my ideas, no matter how ‘out there’ they may seem. If not for her confidence in getting these events to happen, her supportive ear and her help in so many ways, this dinner would not have been as successful as it was.

Finally, a huge big thanks to our wonderful builder, Troy Shrive, who has completed the stunning and very workable kitchen on time for all our events to happen.

I am so lucky to work with such friendly, supportive and amazing people at this school. We are a very special Community College and we all should be very proud of it and all those who attend the school as students, staff and parents.

Jackie Grant

**Wanted:** Mr Middlebrook is looking for donations of eggs to assist with his science stall at the Fete. If you have any to spare please drop them into the Office. Thankyou
From the heart of the Western District...

Food For Thought Festival Fete 2016

Program of Events

12 Noon  Fete Opens - Stalls operating all day until at least 5.00pm. Food stalls open until late
1.00pm   Brendan Boucher Butchery, located in the Main Hall. Brendan will demonstrate home butchering skills and have a selection of his award winning products to taste and purchase. His award winning Christmas hams will be available to order on the day. 10% of all ham sales will be donated to the College.
1.00pm   Buskers Corner, come and support our local Buskers.
1.30pm   Official Opening of the newly refurbished Home Economics Centre
2.00pm   Mel the Sweet Baker, located in the Main Hall. Mel will be demonstrating her amazing skills with cake baking and decorating; her cakes are simply unbelievable.
2.30pm   St Amaud Pipe Band, featuring our very own Miss Emma Wallace.
3.00pm   Linda from Gray Street Flowers, located in the Main Hall. Linda will demonstrate her skills with floristry and show you how to create floral arrangements using flowers from your garden.
3.45pm   Shae from Thermomix, located in the Main Hall. Shae will introduce you to and give ideas and tips for using this very popular cooking product.
5.00pm   Comedy Act, Aidan Nicholson, Duff and our very own Mr Tom Middlebrook, located on Main Stage. Come and enjoy these seasoned performers who have all performed at several Melbourne Comedy Festivals.
6.00pm   "The Settlement", located on Main Stage. Relax and enjoy this popular band (formerly Budda in a Chocolate Box).
7.15pm   Comedy Act, Aidan Nicholson, Duff and our very own Mr Tom Middlebrook, located on Main Stage. Come and enjoy these seasoned performers who have all performed at several Melbourne Comedy Festivals.
7.30pm   "The Mason Brothers", located on Main Stage. Relax and enjoy our fantastic local band.

Plus many other stalls and attractions throughout the day including: Jumping Castles (junior & senior), Fairy Grove, Art Show, Face Painting, Plaster Fun, Competitions, Wine Bar, Chocolates, Crafts, Pop Up Book Shop, Clothing, Glassware, Coffee, Cakes, Spices, Herbs, Eggs, Gourmet Breads, Flints Wines, Jewellery, Popcorn, Ice-creams, Gourmet Sausages, Curry Stall, Petting Zoo, Plants, Native Flowers, Christmas Puddings.

Jumping Castle Wristband Pre Sales...

All pre-purchased wristbands are $15 each and they provide the following...
Wristbands are now available for pre-purchase (both junior and senior) during the first two weeks of term 4. Purchase on the day will be $20 or $4 for a single go on the jumping castles. Available from the School Office.
Adults $10.00, Children under 16 Free
All events & stalls will be indoors/undercover if weather inclement

proudly supported by

E & OE
Hockey 7s State Finals 2016

8 girls from the country took the State Finals by storm on Thursday 8th September. In warm, blustery conditions, at Footscray Hockey Centre, our students displayed awesome skills over 3 preliminary round matches and an amazing final.

Round 1 saw us take on Toorak College (Mt Eliza) and soundly defeated them 5-0. Amber scored 2 goals and Phoebe, Holly & Lucy scored 1 each. Blaire and Mel defended stoutly, and Lilly and Kate shared the centre role.

Round 2 saw us take on Cathedral College Wangaratta and again, did not concede a goal and scored 3 for us! Holly scored 2 and Lucy 1. Some great passing to set up opportunities was very pleasing and again, the timing of tackle and defensive strengths were evident across the field.

Round 3 was a vital match against Apollo Parkways PS (Greensborough) who had also won both their matches. Our girls played out a well fought 2-2 draw and goal difference landed us in the final.

Eating, and rehydrating was the mantra of the day, and as the winds grew stronger and more drying, a tired but enthusiastic group prepared for the match up with Lauriston.

The half time score saw Balmoral leading 3-1, with Holly taking full advantage of some marvellous set up plays to put 3 goals in the net. Lauriston fought back and the final whistle found the game locked at 3-3. The match went into extra time, with 2 periods of 5 minutes, and both teams were unable to break the deadlock. The next period of extra time was with 5 players and Lucy, Phoebe, Blaire, Mel and Holly taking the field for us. This was a Golden Goal situation, with the first team to score being the winner.

Neither team could score, although a disallowed goal from a penalty corner did get us very excited – until we saw the umpires signal. Our defensive play again denied Lauriston success and the final whistle blew again.

The girls were exhausted, and the structure saw us drop off another 2 players, to take the field with 3 players - Blaire, Phoebe and Lucy. Lauriston stripped us of the ball early and were able to convert to take the championship.

Our team were amazing! To have set up their place in the State Final and to take that final to the absolute limit is an incredible effort. We had fewer interchange players, 3 players not in Year 6 and netballers and still pushed them all the way. We are very proud of all efforts made and the support our team showed each other throughout the day.

Thanks to Anita Weaver for her great support, Keiren Brennan for all his preparation and training, and our band of supporters.

No shame girls, you were amazing, extremely worthy State Finalists, and it was a pleasure working with you.

Bev Munro

Reminder: SATA Junior Tennis

Please remember that the SATA Junior Tennis starts on Saturday 22nd October. Could anyone who is interested in playing please return their registration forms to the school prior to starting please (not long to go now). Remember that we have a ‘Hot Shots’ program for those who want to learn how to play tennis, as well as the regular Saturday morning competition.

See you on the 22nd
Claire Wettenhall and Jan Rees
Co-ordinators SATA Junior Tennis

Did You Know - Dental Services Are Available at BBNC?

South West Healthcare Dental staff visit BBNC every second Friday.
Public dental services are available free of charge to eligible children.
Services are available to all other clients on a fee for service basis.

Dental services available include: -
- Check-ups
- Fillings
- Extractions
- Root canal treatments
- Fissure Sealants
- Cleaning
- X-rays

For an appointment or more information please call BBNC on 5970 1304 or South West Healthcare on 5551 8347
Out-Door Education

Saving the trees...

As an Outdoor Ed Class we noticed that some drums were stemming the growth of trees around the berm and Kindergarten. Mrs Hobbs approved of our action plan to remove the drums around the trees. With "Brenno" watched over us with the fire extinguisher in case of any spot fires. After hacking into the drums with the grinder, we observed a vast amount of leaf litter, amphibians, also waste from past years. With the removal of the drums this will help the trees grow bigger and wider. We will be thinking of ways to recycle the drums at a later date.

Tom Hair

Beating exam stress

Exams are pretty much always stressful. You can manage stress by planning well, and having realistic expectations. If there’s stuff you’re not strong on, there will be others in the class, and the teacher who can help you. You can also manage stress by staying healthy.

Exams are a hassle

We’re saying it because it’s true. No one likes doing them, and cramming information into your brain over a short period of time is stressful. A bit of stress can get you going, but too much can make you exhausted, angry and annoyed.

Managing stress

You’ll be less stressed if you’ve got an idea of how the lead up to your exams is going to look, so plan what you’re going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It’s probably more boring at the start, but it’s far less stressful. Plan some break times and days off too!

Take the pressure off

Aside from preparing, you can also deal with pressure and expectation by realistically assessing how you think you’ll go, and working to do the best you can. If other people’s expectations are pressuring you, talk to them and try to get them to back off. If you’re putting too much pressure on yourself, try to realise failure isn’t fatal. It’s likely that the worst that can happen is that you take it again, with a massive head–start from the work you’ve already done. Do it together

There are other people studying for the same exam, and they probably don’t like having to lock themselves away to study any more than you do. Get together with them and take the books outside from time to time. If you’re not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain wealth.

If you need help, get it

It’s your teacher, lecturer or tutors job to help you understand the subject, so if you’re not understanding stuff, tell them and they’ll help. If your study load or exams are driving you mad, there are counsellors who are there to help with that as well.

Have options

Don’t put all of your hopes into getting into one course. Have a few options, and realise that if your heart’s set on one thing there are always going to be other paths to it. Go easy on the substances

All of them – caffeine, cigarettes, coffee, no–doz, alcohol, marijuana, Ritalin, Dexamphetamine and any other drugs. Any drug you think will help you study is actually a short–term fix that’ll probably make you feel much worse and cause you to underperform later. What will actually help is sleep, good food and exercise.

This will be useful if: You have to do exams; Exams stress you out; You have trouble planning or concentrating on study; You need help with some stuff you’re studying; You need help planning your time.

Take action: Grab a notebook and start planning study, and activity breaks. Take regular breaks, it actually helps you study better. Work on building better coping skills.
Year 9 Ski Trip
On the 5th of September, the year 9s and Tom left school early Monday morning for a 7 hour drive to Bogong Village. After getting unpacked and meeting students from Murrayville we began to get prepared for cross country skiing the next morning. On the first day of skiing, we learnt basic skills for cross country skiing. It was difficult at first, but after a bit of practise we all got the hang of it pretty fast, and before we knew it we were out on the tracks exploring the environment. We headed back to camp for a delicious meal and we got prepared for downhill skiing for the next morning. Downhill skiing was a lot faster than cross country and the majority of the students preferred it. The first day of downhill skiing was getting used to the new skis and the ski lifts which made getting back up the mountain a lot easier. The third day was free choice and the majority of people chose downhill skiing. After learning the basic skills the day before we were ready to take on the more challenging runs including some that weren’t used by previous schools. Overall it was once in a life time experience and we recommend it to any students who have the opportunity to go. Thankyou to Mr Brennan and Dani Smith for coming on the trip with us.

Don’t forget
Book Club Due Back
17 October 2016

Dates to mark on your calendar:
Wednesday 26th of October, Breakfast Club recommences
Wednesday 2nd of November, Rocklands Bike Ride (Please note change of date from 21st of October)
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<td>Minyip Shoot</td>
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<td>Grade 3 Camp Rocklands</td>
<td>Homework Club</td>
<td>Food For Thought Literary Morning Tea Sat: Fete</td>
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<td>24 - 28 October</td>
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<td>School Council</td>
<td>9/10 Ag Elective Bordertown Breakfast Club VCE English Exam</td>
<td>Homework Club</td>
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<td>31 Oct - 4 Nov</td>
<td>Melbourne Cup Holiday</td>
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<td>4/5 Camp Roses Gap</td>
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<td>Yr 9-11 Exams</td>
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<td>21 - 25 Nov</td>
<td>VCE Headstart</td>
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