Variety Night
This Friday night is Variety Night and we look forward to seeing everyone there. This is a terrific way to celebrate the college music program. Students have been working hard on the items and look forward to showcasing their many talents. In consideration of the students performing we do ask that parents with preschool children take responsibility for their child and not allow them to wander around and distract the performers. Thank you in anticipation and enjoy the evening.

Thankyou
So many people and thankyou’s to be acknowledged for the wonderful efforts by all on Athletics Sports Day.
Firstly, to Lisa Cameron and Melissa Matthews for organising the P&F catering, and to all the helpers on the day; a fantastic job ladies and gentlemen.
To all of the staff including Mr Kuchel, his team and parents who contributed prior to and on the day—thank you for your support and enthusiasm at all the events.
The day showcased the sporting talents, the participation efforts and the entrepreneurial skills of students who ran mini stalls.

Good Luck
To all our VCE students who are sitting their exams over the next few weeks, stay calm you have put in the hard work and good luck.

Good luck to Jasper Bowman who is competing in the Australian Bull Riding Championships this Friday and Saturday in Dalby Queensland.

‘We are what we repeatedly do.’ Aristotle
ROCKLANDS DAY
FRIDAY 6TH OF NOVEMBER, 2015

WHOLE SCHOOL ROCKLANDS PHYSICAL ACTIVITY DAY
BIKE RIDE FOR GRADE 3 TO YEAR 10
WALK FOR PREP TO 2-BALMORAL HOTEL TO GOLF CLUB.
BBQ LUNCH
FUN ACTIVITIES OUT AT ROCKLANDS
PARENTS/ GUARDIANS INVITED TO COME FOR THE DAY SOON.

If you are able to help with trailers and transport on the day, please phone the school.

2015 ICAS English, Spelling, Writing and Mathematics competition success

Students from Balmoral K-12 Community College achieved some outstanding results when they participated in the Mathematics, Spelling, English, and Writing ICAS (International Competitions and Assessments for Schools) this year. The following students were rewarded with Certificates of Credit and/or Distinction.

Matthew Blaik – Distinction (English)
Sean Parker - Distinction (Mathematics)
Tara Sullivan – Distinction (Writing) and Credit (Writing)
Eliza Jagger – Credit (Writing)

Congratulations to all students who participated in this year's competition! Today, each participating student has been given their certificate and a break-down of their results.

Maryanne Wilson, ICAS Coordinator

Infectious Diseases School Exclusion Table

Below is a list of minimum period of exclusions from primary schools and children’s services centres for Infectious Diseases Cases.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Exclusion of individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickenpox</td>
<td>Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children.</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Exclude until discharge from eyes has ceased.</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>Exclude until there has not been a loose bowel motion for 24 hours.</td>
</tr>
<tr>
<td>Hand, Foot &amp; Mouth disease</td>
<td>Exclude until all blisters have dried.</td>
</tr>
<tr>
<td>Herpes (“cold sores”)</td>
<td>Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing, where possible.</td>
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<tr>
<td>Impetigo (School Sores)</td>
<td>Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing.</td>
</tr>
<tr>
<td>Influenza and influenza like illness</td>
<td>Exclude until well.</td>
</tr>
</tbody>
</table>

For more information please visit the following website, [http://ideas.health.vic.gov.au/guidelines/school-exclusion-table.asp](http://ideas.health.vic.gov.au/guidelines/school-exclusion-table.asp), or contact the Balmoral Bush Nursing Centre.

Congratulations to Hayden Shalders who came second at the Minyp Shoot.
Where has this year gone…. quickly I know that much! 
Once again, we have managed to cover quite a lot of health education across the middle and senior years. 
Our main health priority areas of mental health/ body image and self-esteem, sexual health, alcohol and other drugs and healthy eating and physical activity have once again provided the students with knowledge and skills to help ensure they make healthy life style choices. 
Some of the programs we have planned for this term and some have already been completed:

- **BLOOD DONATION.** The VCAL boys and Nic Kirby were involved with a trip to Ballarat, to donate blood and visit Headspace. Unfortunately Headspace had a last minute closure on the day we were there so were unable to visit. Lunch was great and then we headed to the Red Cross Centre for blood donation. Sam and Nic managed to get through all the interviews and health checks and were given the thumbs up for their first ever blood donation. Great work guys and hopefully they will remain donors for the future and continue to help save lives.

- Year 7 and 8 “Guys and Girls on the Go” Program. We have had a great day up in the Grampians bush walking. We conquered Mt Sturgeon and some walked Picinniny as well. About 9.2 k’s all up, so very impressive. No major catastrophes, accept we did have an issue with finding a BBQ, so it was a very quick sausage sizzle in Dunkeld and then back to school. Some comments from the students: Hard, adventurous, invigorating, fun, amazing views.

We have celebrated “Fresh Faced Friday” which was a whole school health promotion activity, run by the Years 7 and 8. The day was promoting positive body image and the students came to school dressed in clothes that made them feel good about themselves. 
In the next few weeks we will be having a session with Stephen Hol, based around self-defence and Karate. To bring an end to the program we are going to go Rock Climbing up at Mt Arapalies, on the 7th of December with the Natimuk Climbing Company, as part of the trust and confidence component of the program.

- Whole school bike riding activity/ walk out to Rocklands is fast approaching. Get those bikes out and repaired ready for the 6th of November.

- Jackie Grant and myself attended a forum called GENR8- making the healthy choice an easy choice, in Hamilton. There has been a large research project performed by Deakin University, looking into Childhood Obesity. Balmoral was one of the 62 school involved in the project. 1902 students from across the South West region had weight and height measurements taken plus answered a small questionnaire. The focus is on the 5 to 12 year age group. The results were presented to us at the forum with alarming statistics. There is now a working party with the focus being on 12 key action areas and the need for the whole community to come together to promote a healthier life, especially for our children.

**If you are interested in learning more/ being involved, please call Jo 0428185759,** as we would love more input from parents. The next Community Forum is on Wednesday 28th October at the PAC in Hamilton from 1-3pm.
What's on our School Website that you may be interested in looking at?
- Last day Term 3 the Kinder students enjoyed a Footy Themed Day. Have a look on the website for a report and photos.
- Year 7-10 got a visit from Canberra Questacon Science Museum in Term 3. Have a look on the website for the report and photos.

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

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### Term 4 Calendar

<table>
<thead>
<tr>
<th>Week 4 26th-30th October</th>
<th>Week 5 2nd-6th November</th>
<th>Week 6 9th-13th November</th>
<th>Week 7 16th-20th November</th>
<th>Week 8 23rd-27th November</th>
<th>Week 9 30th-4th December</th>
<th>Week 10 7th-11th December</th>
<th>Week 11 14th-18th December</th>
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</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
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<tr>
<td>Yr 12 English Exam</td>
<td>Yr 12 London Exam</td>
<td>Yr 12 Chemistry Exams</td>
<td>Year 9-11 Exams</td>
<td>Year 9-11 Exams</td>
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<td>Melbourne Cup Holiday</td>
<td>Yr 12 Maths Methods, Product, Design &amp; Technology and Health and Human Development Exams</td>
<td>Yr 12 Visual Communication and Physics Exams</td>
<td>Year 9-11 Exams</td>
<td>Year 9-11 Exams</td>
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<tr>
<td>Yr 12 Further Maths Exam</td>
<td>Year 9-11 Exams</td>
<td>Year 9-11 Exams</td>
<td>Year 11 Final Classes</td>
<td>Kinder Transition</td>
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<tr>
<td>Outdoor Education Surf Camp</td>
<td>Outdoor Education Surf Camp</td>
<td>Arts Performance at 2pm Asian</td>
<td>Kinder Transition</td>
<td>Kinder Transition</td>
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<tr>
<td>Tennis Coaching &amp; Head Start Week</td>
<td>Tennis Coaching</td>
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<tr>
<td>Awards Night 7pm in the School Hall</td>
<td>Last Day Term 4 3:30 dismissal</td>
<td>Pupil Free Day</td>
<td>Yr 10-12 Formal</td>
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</tbody>
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Do you have something you would like the school to advertise? Please email photos and details to the school’s 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.