Science Success

Beaufort Secondary College awarded
‘Most Innovative School’ by the Victorian Engineers Association at Federation University Science and Engineering Challenge

On Tuesday 20th May, the year ten students went to the Science and Engineering Challenge at Federation University. We competed against seven other schools; Loreto College, Mount Clear Secondary College, Ballarat Grammar, Damascus College, Phoenix Community College, Bacchus Marsh Secondary College and Ballarat Christian College.

Beaufort Secondary College came Second overall and we were also awarded ‘The most Innovative school’ by the Victorian Engineers Association.

There were eight groups; Purple, Blue, Green, Yellow and Orange who completed 2 activities throughout the day and Red, Pink and Silver groups completed a full day activity.

The Silver group were given the task of building a light and strong bridge that had to carry gold ingots from one side to the other with a limited amount of material.

The day finished with each school showcasing their bridge designs which were tested with a train carriage and weight ingots.

Overall the day was fun and students enjoyed it.

Monique Flenley 10B

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Report Writing Day

Report Writing Day will be held on Friday 6th June
Students will not be required to attend school on this day. Can parents please make appropriate arrangements.

Public Holiday

Queens Birthday Public Holiday is on Monday 9th June
No school on this day. Can parents please make appropriate arrangements.

27th May, 2014

*It’s hard to learn anything if you are absent from school - It’s not OK to be Away.*
From the Principal’s Desk

You will notice ‘parenting ideas’ appear in the newsletter from time to time. There is one in this week’s newsletter on the topic of helping young people to manage their emotions. We subscribe to an organisation called ‘Parenting ideas’ with Michael Grose as a ‘parenting expert’ who has written eight parenting books and regularly produces articles in magazines, newspapers and online. He also has segments on television and radio.

The article featured in this newsletter is particularly interesting and explores the concept of developing emotionally intelligent young people. This links directly with the information about ‘growth mindset’ that our guest speaker, Lorraine Davies, presented to us at our recent Curriculum Day. Our Year 7-10 students are working hard this week with exams every morning. It is important for students to experience the routines, structures and discipline of exams to prepare them for their future. We have high expectations of our students and expect they will be putting in their best effort and striving for excellence.

Karl Schier, Principal

Year 11 & 12 Exams
END OF YEAR EXAMINATION TIMETABLE – 2014
Unit 1 & 3 Internal Exams

<table>
<thead>
<tr>
<th>Date</th>
<th>Periods 1 &amp; 2</th>
<th>Periods 3 &amp; 4</th>
<th>Periods 5 &amp; 6</th>
</tr>
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<tbody>
<tr>
<td>Tuesday 10th June</td>
<td>Psychology 1 Design Tech (Wood/Metal) 1 &amp; 3 VCD 1 &amp; 3 Physics 3 Legal 3</td>
<td>Private Study</td>
<td>English 1 English 3 VCAL Literacy</td>
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<tr>
<td>Thursday 12 June</td>
<td>General Maths 1 Math Methods 1 &amp; 3 Further Maths 3</td>
<td>Private Study</td>
<td>Chemistry 1 English Lit 1 &amp; 3 Tech Fibres 1 &amp; 3 Physical Ed 1 &amp; 3 WRS 1 &amp; 3</td>
</tr>
<tr>
<td>Friday 13 June</td>
<td>Art 1 HHD 1 Physics 1 Information Tech 1 &amp; 3 Psychology 3</td>
<td>Private Study</td>
<td>Specialist Maths 1 Biology 1 &amp; 3 Food 1 &amp; 3 PDU 1 &amp; 3 Business Management 3 Chemistry 3</td>
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Year 7 Camp
The Year 7 Camp will be held next week from Monday 2nd June through until Wednesday 4th June at Cave Hill Creek. This is an important part of the Year 7 curriculum and all students are expected to attend. Any concerns contact Mrs Higgins.

Year 7 - 10 Exams
Students in Year 7, 8, 9 and 10 have been sitting exams in English, Science, Humanities and Maths this week. Students have prepared well which will allow them to achieve their best possible result. Exam results will be included on the semester one reports.

**Work Experience**
Year 10 students are busy organising their work placements for next term. Students are encouraged to find two different areas to work during this time. The dates for work experience are Monday 21st July through until Friday 1st August. Mrs Hinton is the workplace coordinator. All forms need to be signed by the employer, the parent, student and the school, before the end of term.
Mr Crouch is also assisting students in Life Skills. Any concerns regarding work experience contact Mrs Higgins.

**Year 9/10 Netbook Night**
The final information session for parents and Year 9 and 10 students who would like to take advantage of the exclusive use of a netbook for this year will be held in Room 11 on Wednesday 18th June at 7pm. Students cannot be allocated a laptop unless the parent and student attend this session. Any concerns contact Mrs Higgins.

**MWC Cross Country**
The Mid West Complex Cross Country will be held at Lake Bolac on Friday 30th May. All students involved should have received a permission form. Students are asked to bring shorts, white tee-shirts, good running shoes, a towel, lunch, snacks and a drink.
Any concerns contact Mr Collins or Mrs Higgins.

**Welcome Mr Wilson**
Mr Tom Wilson from Federation University will be doing teaching rounds here for the next three weeks. He will be teaching in the area of English and will be working with Mrs Hinton and Mrs Atkinson. We hope he enjoys his time at Beaufort Secondary College.

**Senior Netball**
Last Thursday the 22nd of May, two senior teams represented Beaufort Secondary College at the Eureka Division Netball Competition held in Ballarat. The girls team played seven matches for the day, winning three; against Phoenix A and B squads and Mount Clear. The players were: Natasha Carland, Emily Crowley, Jaymee Crack, Maycee Eastick, Madii Smith, Briana Tiley, Mardi Uwland, Kira Venes, Tayla Ford and Carly Drinkwater.
Best on court for the day were: Kira Venes who provided plenty of drive through the mid court at Wing Attack, Maddi Smith and Jaymee Crack working strongly together in goals, Mardi Uwland and Carly Drinkwater.
A special thanks to Maycee and Tayla for playing as well as helping out and umpiring both the girls and boys matches.

The boys team went down to Mount Clear in their only game for the day. Playing in the boys team were Liam Christian, Lachlan Crick, Matthew Mahony, Wayne Brutty, Lachlan Pfeifer, Kyle Keenan and Caylen Keenan.
DisGUTsting Biology

Currently, the Year 11 Biology students have been investigating how animals obtain life-sustaining substances, such as energy, water, oxygen and nutrients. Thus, our exploration has taken us to the most moist, murky and terribly toxic depths of the digestive system. To be precise, the Year 11 Biology students carried out dissections on big, white rats and big, grey toads in order to get the real picture of the organs and structures which are involved in breaking down and absorbing the nutrients that are so vital.

While the lead up to the dissections was filled with trepidation, there was surprisingly little dry-heaving on the day and all the students got their hands dirty. In fact, by the end of the dirty work, some students had completely overcome their fears and began exploring other organs of the animals, such as brains, eyes, hearts and kidneys.

The information students have gained from these dissections will be used to complete an assessable summary report.

Year 7 Breakfast

Reminder the Breakfast Program will continue to run every Tuesday morning for Term 2.

With only 5 weeks remaining, students are able to enjoy choosing from a variety of foods while catching up with peers before the start of classes. The Year 7 students have been a terrific help, serving and organising the program.

Keep up the great work!
Year 9 Self Defence
Students in Year 9 can feel a little bit safer after taking part in self defence lessons over the past three weeks.

Year 9 students practice their newly learnt self defence techniques

Year 9 Science Exam
Year 9 students sat a practical and a theory exam. The practical exam was conducted in the science lab where students were asked to identify five solutions as either acids or alkalis. The theory exam was conducted in another room and covered the Semester One curriculum.

New Garden Beds
The school grounds are looking very loved with the addition of pot plants and garden beds all established by the Ag Studies students.

Parents and Friends Meeting
9.00am this Friday, 30th May, 2014
in Conference Room
All Welcome

It’s hard to learn anything if you are absent from school - It’s not OK to be Away.
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at…..”? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.


parentingideas.com.au

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Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that’ll we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at ParentingIdeasClub.com.au

Michael Grose
### IMPORTANT DATES
Please check each Newsletter each week for additions/deletions or changes

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<td>Fri. 18</td>
<td>ADVANCE CFA Visit - Periods 3 &amp; 4</td>
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<td>Mon. 21 to Fri. 25</td>
<td>Year 9 Rubicon Camp</td>
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<td>Tues. 22</td>
<td>Eureka Inter. &amp; Senior Basketball</td>
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<td>Fri. 25</td>
<td>Eureka Inter. &amp; Senior Badminton</td>
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**Can you help?**

Second Hand couches and armchairs are required for the Year 12 Common Room.

Any donations would be appreciated.

Contact school office on 5349 2305

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**Beaufort Ranger GUIDES**

Girls aged 14-18 years

Thursday nights 6.00pm - 8.30pm

Beaufort Guide Hall

New Members Welcome

Come along or phone 5349 2905

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**Pyrenees Art Exhibition & Sale**

7th, 8th, 9th June, 2014

Beaufort Shire Hall

**Junior Art & Photography**

Beaufort Beeripmo Centre

Admission $10.00

(Includes both exhibitions & devonshire tea)

Official Opening - 7.30pm Friday 6th June

$20.00 bookings essential Phone - 5349 2168

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Berry Street is currently looking for families like yours who can provide emergency, respite, short term and long term care for vulnerable adolescents across our regions.

If you are interested in becoming a foster carer, call today

Phone: 1800 8 367 837 or enquire online at www.berrystreet.org.au

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