History is made at Mid Western Complex Swimming

After 24 years Beaufort Secondary College has finally won the Mid Western Complex Interschool Swimming Sports. Last Wednesday Beaufort Secondary College hosted the Mid Western Complex Swimming Carnival at the local pool. Beaufort students had a terrific day winning the overall event for the first time since 1991. The points were close, with Hawkesdale 2nd, Mortlake 3rd, followed by Lake Bolac and Derrinallum. Beaufort Secondary College has been close on a number of occasions but has not been successful. The last 20 years has been dominated by Lake Bolac, with Mortlake College becoming more successful over the last few years. Well done to all competitors and students who attended the carnival and represented the school in an excellent manner.

Beaufort started the day strongly winning many of the freestyle events and followed this up with success in the breast stroke event. The relays were a real highlight with Beaufort winning many of the age group and medley relays. The top awards for overall male and female champions were won by Ned Watkins and Linley Eastick. Congratulations to all competitors and award winners.

Thank you to Miss Fuller who selected the team and organised the carnival, staff who acted as officials, student helpers, Friends of the Pool who provided a BBQ lunch and to parents and friends who came and supported our swimmers.

Beaufort Age group champions were as follows:
- 13yr male winner - Jeremy Broadbent
- 14yr male runner up - Joe Watkins
- 14yr female winner - Linley Eastick
- 15yr male winner - Bailey Thompson
- 15yr female runner up - Hayley Crowley
- 16yr male winner - Abraham Johnson-Knight
- 16yr female runner up - Bianca Butcher
- 17yr male winner - Ned Watkins
- 17yr female winner - Tegan Avery

Pictured Right L-R Are Age Group Champions from Beaufort Secondary College. Bailey Thompson, Ned Watkins, Abraham Johnson-Knight, Jeremy Broadbent, Tegan Avery and Linley Eastick

Pictured Above are School Sports Captains Maycee Eastick and Kyle Keenan with the Mid Western Complex Swimming Carnival 2015 winning shield.

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

Congratulations to our swimming team for their fantastic effort at the Mid Western Complex meeting last Wednesday. We were able to take home the Mid Western Complex Interschool Swimming Grand Aggregate on the day and achieved age group champion at almost every age level. I was really impressed with the enthusiastic participation and the 'drive' to achieve their best, as well as the way our team supported and encouraged each other throughout the day. Thanks once again to Ms Fuller for organising the day - a big job when you are hosting other schools!

Eureka Swimming
This Wednesday our swimming team travels to Ballarat to compete against the Ballarat schools. Good luck to all our competitors, we look forward to a full report next week.

MWC Triathlon
On Thursday our triathlon teams will travel to Lake Bolac to compete in the interschool triathlon. A team of three will compete. One member will complete a 500 metre swim, another will do a 12 km bike ride followed by the third team member who will complete a 4km run. There are junior and senior boys and girls teams. This year some students can complete each stage of the triathlon. If any family has a lightweight racing bike they would be prepared to lend to the school for Thursdays event, please contact Mr Cunningham or Mrs Higgins.

School Photos
David Torrington and his team from MSP Photography came on Monday to take our school class and individual photos. I must commend the students on their presentation. All students were in full school uniform. Girls were allowed to wear their hair out for the occasion. It was pleasing to hear from the photographer positive remarks in regard to the students presentation and behaviour. Parents who did not return their envelopes to the school can order online up until this Friday.

Congratulations to Bianca Gerrard and Emily Crowley for their participation and achievement in the Skipton Lions Youth of the Year Public Speaking Competition. Bianca won the overall award on the night and Emily won the 'five minute presentation' section. The girls were required to prepare and present a five minute speech, respond to two impromptu questions and sit an interview in front of a panel - quite a rigorous process. It's very pleasing to see our continual progress and success as a school in public speaking.

Karl Schier
Principal

Term One Reports
Term One Interim reports will be sent home to parents on Friday 20th March. Parents are asked to complete the teacher interview request form and return it to the school on Monday 23rd March. Interview times can then be allocated.

Parent Teacher Interviews
These will be held on Thursday 26th March from 3.30 - 6.30pm. This is a wonderful opportunity to meet all your child’s class teachers and discuss their progress. Any concerns or questions about reports or parent teacher interviews, contact Mrs Higgins.

Athletics Trials
Athletics trials will be held on Wednesday 11th March at Beaufort Secondary College, during Periods 5 and 6 on the Beaufort Secondary College Oval. Students are asked to bring an appropriate change of clothes, shoes, hat and drink. Any concerns contact Mrs Higgins.

Labor Day Holiday
Monday 9th March is the Labor Day Public Holiday. There will be no school on this day. Parents please make appropriate arrangements.

School will resume on Tuesday 10th March

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Generous Donation

Last Friday Beaufort Secondary College received a very generous donation from the Beaufort and District Opportunity Shop of $1,500.00. This included $500.00 for the Chaplaincy Program, $500.00 for the Breakfast Program and $500.00 for student welfare.

We are very grateful to this organisation for their ongoing support of our students and school.

Lions Youth of the Year

Last Thursday night, School Captain Emily Crowley and Year 11 student Bianca Gerrard successfully took part in Skipton Lions Club Youth of the Year Competition.

The girls participated in interviews during the afternoon followed by two impromptu speeches that evening where the girls were asked to respond to two questions, one asking what attributes make a good leader and the other asking the consequences of importing items into Australia.

Later in the evening Bianca delivered a prepared speech on the importance of Girl Guides in Building Strong Women. Bianca described some of the significant contributions of Girl Guides worldwide and related her personal experiences as a guide. Emily then spoke on the destructiveness of misconceptions of body image.

Both students were commended for the quality of their impromptu speeches and their prepared presentations.

Emily received the award for the best public speaking for the evening, and Bianca was judged the overall winner. Bianca will compete at the next round on 15th March at Willaura.

Well done to both girls and thank you to their supportive families.

Mrs Hinton

Grade 6 ‘Come and Try Day’

On Friday 20th March all Grade 6 students from surrounding Primary Schools are invited to attend our ‘Come and Try Day.’

Please advise anyone who may be interested in coming to Beaufort Secondary College in Year 7, in 2016 of this date.

All students are most welcome. For further information, please contact Mrs Higgins.

Grade 6 Parent Information Night

Monday 23rd March at 7.00pm

This is for all parents and children who are thinking of attending Beaufort Secondary College in 2016.

All families are most welcome. For further information, please contact Mrs Higgins.

Year 9/10 Netbook Night

Monday 16th March at 6.30pm.

All Year 9 and 10 students who would like to take advantage of the offer to borrow a netbook from the school, must attend the Parent Information Evening with your child.

Year 10 students who have attended last year’s information session need only to complete a new agreement form. These forms can be collected by students from Mr Higgins.

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Welcome to 2015!

Be prepared for an Asthma Spike

What is the February asthma spike?

‘Spikes’ are significant increases in asthma presentations to hospitals and emergency departments.

For children and adolescents with asthma these ‘spikes’ occur soon after the return to school and other education settings following the long holiday break.

Therefore, a significant ‘spike’ in asthma presentations and admissions to hospital for children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Why does the spike occur?

While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming back into contact with asthma triggers in and around their school environment, that they have had time away from during the holidays. Forgetting to take their medication, (because their asthma feels better during the summer) and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.

Triggers that can be encountered are:

- Respiratory viruses, such as cold and flu viruses.
- Anxiety and stress due to returning to school.
- Cleaning products that leave behind strong smells, aerosols or airborne dust.
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms.

What can we do to avoid asthma exacerbations in our school?

- Ensure your school has a sufficient amount of Asthma Emergency Kits. A minimum of 2 and at least one per every 300 Students.

- Ensure that each kit contains in-date reliever medication (*e.g. Ventolin, Asmol or Airomir*), 2 spacers, reliever record sheet and instructions detailing the emergency procedure.

- Ensure student Asthma Care Plans are updated on an annual basis and returned to school.

- Ensure staff education and training is up to date.

- Ensure your school’s Asthma Policy is current.

- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored.

- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school.
It's hard to learn anything if you are absent from school - It's not OK to be Away.

National Young People and Asthma Survey

On 20 January, Asthma Australia launched the findings of our National Young People and Asthma survey at the Sydney Trapeze School. The survey was conducted in May-July 2014 in conjunction with researchers at Young and Well CRC in Melbourne. 533 young people aged 12 -25 years across Australia completed the survey.

Key findings include,
- Despite 80% believing their asthma to be well controlled, a standard test indicated that 63% have poorly controlled asthma
- 52% were likely to have a mild to severe mental health issue
- 91% experienced shortness of breath at least once a week
- 56% said asthma limits their enjoyment of life
- 42% have missed school, work or social events due to asthma
- 15% have interrupted sleep four or more times a week

86% are using their reliever medication to treat symptoms, while less than 60% are using their preventer medication daily (as prescribed) to help control their asthma.

Another aspect of the survey was to ask what young people want to help support them with their management of asthma,
- 59% want an asthma app
- 52% want a website specific to young people with asthma
- 40% want resources that help friends to understand about asthma
- 27% want an online forum

Initiatives resulting from the survey findings will be provided to Secondary Schools as they become available.

Asthma Kids

A new resource for primary aged students will be available in Term 1. Asthma Kids takes children on a trail with the character Chester. They collect blue balloons as they answer questions and complete tasks. The 2 videos in the package are aimed at children under 9 and those 9 and over.

Asthma Kids is aimed at all children, with key messages for children with asthma and for others who may have family or friends with asthma or just want to know more about this common condition (1 in 10 children in Australia).

Check out the Asthma Australia website for the release of Asthma Kids in March.
It’s hard to learn anything if you are absent from school - It’s not OK to be Away.

### Important Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March</td>
<td>5</td>
<td>MWC Triathlon</td>
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<td>Mon 9</td>
<td>Labour Day Public Holiday</td>
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<td>Tues 10</td>
<td>Year 12 Biology excursion to Ecolinc</td>
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<td>Wed 11</td>
<td>Year 7 &amp; Year 10 Immunisations</td>
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<tr>
<td>Wed 25</td>
<td>Period 5&amp;6 House Athletic Trials</td>
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<td>Fri 27</td>
<td>House Athletic Sports (Llanberis)</td>
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<td>Thurs 5</td>
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<td>Fri 3</td>
<td>Good Friday Public Holiday</td>
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<td>Mon 13</td>
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<td>Fri 17</td>
<td>Eureka Athletics (Llanberis)</td>
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<td>W-Th 22-23</td>
<td>World Challenge Training Camp</td>
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<td>Sat 25</td>
<td>ANZAC Day</td>
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<td>Tues 28</td>
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<tr>
<td>Wed 29</td>
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<td>April</td>
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<td>Ssmart Ask for Year 9 Health</td>
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<td>Fri 8</td>
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<td>Wed 20</td>
<td>MWC Cross Country</td>
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<td>Wed 27</td>
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<td>June</td>
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<td>June</td>
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<td>Fri 26</td>
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<td>M 20 - F 24</td>
<td>Year 9 Ski / Outdoor Camp - Rubicon</td>
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<td>Mon26 - 30</td>
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<td>November</td>
<td>24 - 27TBC</td>
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<td>Year 8 Surf Camp - Anglesea</td>
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<td>Tues 15</td>
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<td>Fri 18</td>
<td>Last Day Term 4</td>
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**Beaufort to Thailand**

Beaufort Recreational Oval
7,000km Walk/Run
March 27th, 2015.

*Please come and show your support*
Register your interest in attending via email to: evans.bellinda.a@edumall.vic.gov.au or ring the BSC on 53 492 305

**Beaufort Ranger Guides**
- OPEN NIGHT -

**Come and Try**

Thursday night 5th March
6.30 - 8.30

At Beaufort Guide Hall, Jackson St Beaufort

For more info contact
Angela on 53492905

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