Generous Grant for World Challenge

The World Challenge team are very grateful to have recently received a $10,000 grant from the Youth Foundation, Beaufort. The Youth Foundation, Beaufort is a partnership between the Beaufort Community Bank Branch, the Beaufort and Skipton Health Services and the Pyrenees Shire. The grant will be used to assist the World Challenge participants to take part in their expedition, have vaccinations and purchase the necessary kit items.

The Beaufort Secondary College is very grateful for the support from the Bendigo Bank towards World Challenge. The group will start their expedition to Thailand on 22nd November 2015.

Pictured above Nicole Petrass from Beaufort Youth Foundation makes the announcement to the World Challenge Team. L-R Natasha, Mrs Higgins, Emily, Caylem, Nicole Petrass, Cody, Emily, Shae, Lauren and Mrs Evans.
Absent - Ned, Ella, Kianie and Ebony
It's hard to learn anything if you are absent from school - It’s not OK to be Away.
Year 10 Work Experience

Year 10 students completed their second week of work experience last week. Feedback from employers about the students from was very positive.

Thank you to Mr Crouch for coordinating the program, staff for making work place visits and to parents for supporting this program.

Laura completed work experience as a primary school teacher at at St Columba's Primary School in Ballarat. She is pictured with past Beaufort Secondary College student and now teacher, Shane Bruy.

Tatum enjoyed her work experience at the Vella Racing Stables

Josh was pleased with his work experience at Maryborough Machinery

Sheepvention

Year Nine and Ten Agriculture students braved the cold start to Monday morning and headed off to the Sheepvention in Hamilton. The days activities included watching the fashion show, with all garments made from wool. There were some really beautiful outfits. We also watched the sheep dog trials and some sheep shearing, and wandered through the pavilion to look at some sheep judging. We visited the animal nursery and looked through all the stalls selling agricultural based products. There was some time for eating jam donuts, and a quick trip to the lolly shop before getting on the bus to head home. An enjoyable day without incidence of rain, and even a bit of sunshine. Thankyou to Mrs Higgins for driving the bus and to the students who behaved very well.

Mrs Powlett
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Student Exchange

Ms Julie Bernane from ‘Student Exchange’ spoke at General Assembly this morning about the opportunities available for student exchanges. Interested students took information and there is a website with further information at www.studentexchange.org.au

There will be an information session for parents and students wanting more information on the program later in the year in Ballarat. Details for this are on the website.

Pictured are Hayley and Brayden with Ms Bernane

VCE Food & Technology

This week the Year 12 VCE Food and Technology students started the production for their food portfolios. After a busy morning in the kitchen Alysha Lilley produced her Savoury Cheese Tarts with Berries meeting her chosen criteria to use berries in a savoury dish. Anyone lucky enough to have a taste test agreed they were delicious.

Danielle Gore’s Honey Chicken and Apricot Chutney proved a challenging production, especially the creation of her noodle basket in the deep fryer. Her apricot chutney was sensational with strong chilli and garlic flavours. Danielle’s criteria is ‘excellent presentation’ that can be used to promote the new menu in an Asian restaurant.

The Year 11 students were also busy honing their pastry making skills with their production of Cornish pastries.

Mrs Liston

Savory Cheese Tartlets with Mixed Berries

Ingredients:

Cream Cheese Dough
1 cup flour
Pinch Salt
7 tblsp unsalted butter
3 ounces cream cheese

Method:

1) Cream Cheese Dough
Combine flour and salt in food processor. Add butter and cream cheese. Gather and shape into thick disk, wrap in plastic wrap and chill for 2 hours.

2) Baking the Dough
Preheat over to 350°. Butter two 12-cup mini muffin pans. Divide dough into 24 pieces and press firmly into muffin pans pressing up sides, making a shell in each.

Ingredients:

Filling
5 ounces rindless goats cheese
3 ounces cream cheese
1 large egg
1 tsp minced fresh thyme
1/4 tsp salt
1/4 tsp pepper
2 tblsp honey
1 1/3 cups raspberries
1 1/3 cups blackberries
Fresh thyme to garnish

Method:

3) Filling
Mash goat cheese and cream cheese together until smooth. Add egg, yolk, thyme, salt and pepper and whisk. Spoon into pastry shells.

4) Assembly
Bake tartlets until crust is golden brown and filling is puffed (25 minutes) Cool in tins for 10 minutes. Brush tops with honey, place on berries, and thyme leaves

Pictured below are the Savory Cheese Tartlets with Mixed Berries which Alysha made, along with the recipe.

Danielle with her honey chicken and apricot chutney in birds nest.

Tegan’s Cornish Pasties

Pictured are Hayley and Brayden with Ms Bernane
**Australian Maths Competition**

On Thursday the 30th and Tuesday the 4th, 30 students from years 7 to 12 nominated to sit the Australian Mathematics Competition. This year sees the return of Beaufort Secondary College student’s involvement in the AMC after a few years of not competing. The Mathematics Domain sponsored this year’s students and the AMC will now become a permanent fixture on the schools calendar. The aim for 2016 will be to involve more students from all year levels.

The paper consists of 30 questions starting with more familiar maths and moving onto more challenging questions. Students are asked to attempt as many questions as they can. All students who sat the AMC will receive at minimum a participation certificate, however there are other awards available to those who do exceptionally well. Congratulations to all the students who participated in the AMC this year.

**Year 7 Food Technology**

Come along and have your own say to what special events you’d like to have in FReeZA in the Pyrenees. Plenty of opportunities are involved in FReeZA.

We run events such as pool parties, dance parties, youth festivals, DJ dance events and also theatre productions.

Being a part of a FReeZA committee will build your self-confidence, create and develop professional relationships, and provide opportunities to explore various education and employment pathways in the music industry.

*Nibbles and drinks provided*

**Meeting Information for Beaufort**

- **Day:** Wednesday 5th of August
- **Time:** 4.00 pm - 5.30pm
- **Where:** Beaufort Library
  - Beaufort Community Resource Centre

**Meeting Information for Avoca**

- **Day:** Monday 10th of August
- **Time:** 4.00 pm - 5.30pm
- **Where:** Avoca Library
  - Avoca Information Centre

For transport home: Facebook (Pyrenees Youth Community) Text 0438 077 183 or email maria.loriente@pyrenees.vic.gov.au

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It's hard to learn anything if you are absent from school. It's not OK to be away.

Why this brochure has been produced

The need to detect scoliosis early is to look for signs of the condition in the early stages. This is the basis for screening since in the early stages, it is easier to prevent, the earlier the treatment, the better the lifelong prognosis during the growth period. Three girls per 1,000 will become pregnant during the growth stage and have scoliosis. There is a 10% risk of girls having a spine which is either a normal or no spinal curvature at birth. Why is early detection important?

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

- Family doctor
- You may notice the condition, please consult your
- If after reading this brochure, you or your parents think

WHAT IS SCOLIOSIS?

- Adolescent scoliosis

The National Self-Detection Program

Child Health Division of the Royal Australian
Child Health Division of the Royal Australian

Information for schoolgirls in Years 7 and 9
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What will happen if scoliosis is not treated?

Scoliosis of the spine progresses with other curves, which increases the risk of back pain, physical signs of other diseases, and may cause emotional problems. In severe cases, bracing and surgery may be needed to correct the curve may increase dramatically during the time.

Is Treatment Successful?

Spinal curves may be reduced or stopped with the use of bracing. The end result may still be some degree of scoliosis.

How do you detect scoliosis?

The Forward Bend Test:

1. Stand with your feet hip-width apart (about 20 cm) and arms relaxed at your sides.
2. Bend forward at the hip joints, allowing your fingertips to touch the floor. If your back curves more than 30 degrees, you may have scoliosis.

The Risks of Scoliosis:

Scoliosis can lead to a variety of complications, including:

- Respiratory problems
- Bone density loss
- Cardiovascular issues
- Psychological effects

Visiting our website:

www.scoliosis-australia.org

View our website:

Australia scoliosis

It only takes 30 seconds. Simply look for it.

How do you detect scoliosis?
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Start collecting for your school today!
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