DEAR PARENTS, STAFF, STUDENTS AND FRIENDS

MESSAGE FROM THE PRINCIPAL
As a member of the “Revised Superannuation Scheme” I have been advised that there are significant financial benefits to resign from my position just before turning 55 years of age. Consequently, I need to put the interests of my family first and make the decision to resign as Principal of Frankston High School. It is with some trepidation that I take this option because it has been an absolute privilege to have led such a wonderful school community. It is common practice for Principals to take this option and then reapply for the position that they have vacated. I intend to reapply for the position and hope I will return in 2013 to lead our great school. No matter who is the Principal of Frankston High School from 2013 onwards, I have every confidence that it will continue to prosper. If there is one thing I know, it is the high quality people who comprise our school community (wonderful students, dedicated staff, parents who inspire their children to make the best of their learning opportunities, and supportive friends) that make our school such a special place to be.

ELLIE COLE BRINGS HOME GOLD AT PARALYMPICS
Ellie Cole graduated from Frankston High School in 2009. Ellie made her debut as the youngest member on the Australian Paralympics team in 2008. As one of the most promising swimmers in the Australian 2012 squad, she has not let Australia down in her second Paralympics. Ellie has triumphed in the pool, achieving 4 Gold and 2 Bronze medals. Due to cancer Ellie had her right leg amputated when she was just three years old. Ellie has faced and overcome incredible challenges in life and is an inspiration to us all. Ellie certainly gives of her best always and has shown great persistence and dedication to achieve her dreams. I hope all our students believe in themselves as Ellie has in order for each and everyone to excel in whatever they choose to do. Ellie is currently based at the Australian Institute of Sport, studying Exercise Science at university. She would like to eventually be a teacher and hopes to teach at Frankston High School.

FRANKSTON HIGH SCHOOL MAKES EXTRAORDINARY MUSIC!
Bands Have Judges In Awe At Melbourne Bands Festival
Over the last few weeks, our bands have performed at the Melbourne Bands Festival. The Melbourne Bands Festival involves top private and government Music schools from across Australia. Frankston High School’s performances were nothing less than sensational, with judges commenting on the exceptional talents of our students and teachers. Consequently, our Senior and Junior Concert Bands were awarded Gold, whilst the Intermediate Concert Band received a Silver Award and the Senior Stage Band accomplished a Bronze. It can be definitely said that our school bands remain up there with the best of school bands in the country. This is a great tribute to our passionate, very talented Music staff who develop our students’ talents to such an exceptional level.
Cabaret Night Gets Us All Jiving To Jazz
Parents, students and friends who attended Cabaret Night on Friday 7 September, greatly enjoyed outstanding jazz performances of our stage bands, guitar and clarinet ensembles accompanied by incredible vocal and instrumental soloists. A great night was had by all as we celebrated the remarkable musical talents of our students and teachers.

Joel Hands-Otte and Marion Daly-Andrusiak: Music Prodigies
Also in Music this year we have celebrated the incredible achievements of some very talented music students. Congratulations to Joel Hands-Otte (Year 10) who entertained tens of thousands last weekend, performing on the clarinet as a member of the orchestra for the 2012 Victorian State Schools Spectacular. This is the second year in a row that Joel has been involved. He joined the most talented students in the State to provide an absolutely sensational performance at Hisense Arena.
We are also very proud of Marion Daly-Andrusiak (Year 12) who has received a first round offer to study with the prestigious Generations in Jazz Academy for 2013 as part of the Bachelor of Music degree. Students from all over Australia are vying to be accepted into the Academy.

THIRD TERM HAS FRANKSTON HIGH SCHOOL EXCELLING AT SPORT
Coach Extraordinaire: Mr Con Neratzoglou Does It Again!!
Mr Con Neratzoglou has coached another Senior Football Team to become State Champions!! These boys were also State Champions in Years 7 and 8 thanks to Mr Rob Mace’s brilliant coaching. It is great to have staff who put in that extra effort to provide our students with incredible experiences. The best news was provided by an official from Sports Victoria who informed me that I could take great pride in the players as they represented the school extremely well. He said they were clearly the best team on the day and they played their matches in an excellent spirit.

State Knockout Athletics Competition Provides A Huge Challenge For Our Elite Athletes!
To qualify for the State Knockout Athletics Competition is a great achievement in itself. Frankston High School had five teams competing against the best of private schools across the State. Our teams were consistently placed in the top four with the Intermediate Girls Team achieving first place. Now the girls will go on to represent Frankston High School at the Australia All School Knockout Championships in Tasmania. We wish them all the very best.

Frankston High School: District Athletics Champions!!
Congratulations to the 130 students who represented Frankston High School at the District Athletics Carnival last week. Such a huge team enthusiastically competing with great sportsmanship allowed our school to triumph convincingly as District Champions.

It is because sport helps our students acquire skills and qualities which they will use now and in the future to lead very successful lives. Firstly our students learn the importance of leading fit and healthy lifestyles. Our students also acquire the skills of being a great team player and this is essential since they will be members of teams for the rest of their lives. They also learn how to lose, how to show good sportsmanship and how to recover from disappointment. Such skills and values transfer back into the learning environment, with our sporting students helping us to maintain and constantly improve our exceptional school spirit and culture.

PARENT, TEACHER STUDENT INTERVIEWS WERE APPRECIATED BY PARENTS
Over 3000 interviews were conducted at our recent parent, teacher student interviews. Parents and students found these discussions helpful in planning for the future.

A parent took the time to provide feedback after the interviews with this comment summarising how I and many parents feel about the brilliant staff we are so fortunate to have at Frankston High School: ‘After meeting most of ????’s teachers yesterday I felt compelled to write to you and compliment you on your staff. Their enthusiasm for teaching shines through and is infectious, and has really inspired ???? to learn, and more importantly to think. The staff and the learning environment you provide are first rate and something to be proud of. We couldn’t be happier with Frankston High School’.

MANY HANDS MAKE LIGHT WORK AT WORKING BEE!
Many parents, students and staff attended our working bee on Sunday 9 October, and much was achieved.

Mulching on the Senior Campus occurred and furniture was removed from many classrooms in preparation for painting. Our grounds remain magnificent due to the efforts of all these volunteers, who we greatly appreciate.

BON VOYAGE TO OVER 120 STUDENTS AND STAFF
Over the past week we have had over 120 students and staff embarking on exciting trips. Trips are proceeding to Japan, France and Central Australia. These trips provide fantastic learning experiences for our students. As usual I know they will be excellent ambassadors for our school. We wish them safe and happy travels.

As I have been writing about the events of the last few weeks I can not help but marvel about the amazing school we are all very fortunate to be a part of. I wish everyone a very happy, relaxing holiday break, apart from our Year 12 students who I know will be studying relentlessly for their exams. All the very best to our Year 12 students; do as many practice exams as possible and seek feedback from your teachers. Have a great Term 4 everyone!

John Albiston
Principal
SENIOR CAMPUS NEWS
Ms Helen Wilson
Senior Campus Principal

CONGRATULATIONS TO JACOB CHEVERLEY (YEAR 12)
Jacob was recently awarded “The Spirit of Football Award” from the Victoria Police. This is a prestigious award voted on by umpires. Jacob received this award due to his leadership skills and sportsmanship whilst representing Frankston YCW Club in football. This is a notable sporting and citizenship award. Congratulations Jacob.

PERFORMANCE AND ORAL EXAMINATIONS
Students in studies with a performance or oral component have been given a timetable for these examinations. Any student who has not received a timetable should see Mrs Maree Granger immediately. The examination period begins on Monday 8 October and ends on Sunday 4 November. Students should arrive at their examination half an hour before the scheduled start time and must have photo identification with them.

Good luck to all students involved.

PRACTICE YEAR 12 EXAMINATIONS - SEPTEMBER HOLIDAYS
A reminder to parents and students that practice Year 12 exams will take place during these school holidays. Attendance is compulsory and each Year 12 study will have an exam. The examinations commence on Friday 28 September and conclude on Friday 5 October. This is an invaluable initiative to provide feedback to students on their examination performance and devise strategies for improvement in preparation for the official VCAA Year 12 examination period commencing on Thursday 1 November.

FIT TO DRIVE PROGRAM – YEAR 11 STUDENTS
On Tuesday 16 October all Year 11 students will be participating in a Fit to Drive Program. This half-day program will assist students to understand what is required to be a safe driver and identify the risk-taking behaviours that lead to accidents. The program consists of practical workshops and group presentations and aims to reduce the horrifying road toll and trauma among younger drivers.

CENTRAL AUSTRALIA/DARWIN TOUR
I would like to wish all the best to the 80 Year 11 students who have embarked on the Central Australia/Darwin tour on Thursday 13 September for a fantastic trip. I am sure they will have a wonderful time and will have life-long memories of this adventure. A special thank you to Mrs Anne Thomson who has overseen the organisation of this tour and Mr Greg Heale and all staff attending the trip for their excellent work in ensuring the trip is an outstanding success.

YEAR 12 VALEDICTORY DINNER
The Year 12 Valedictory Dinner will be held on Friday 26 October (Week 3 of Term 4) at The Sebel, Albert Park from 7.00 pm to midnight. Students should have finalised their tickets and tables as catering numbers need to be confirmed. I would like to thank Mrs Maree Granger and Ms Sarah Toovey for their excellent organisation of this night. I look forward to seeing Year 12 parents and students at this important event.

KEEP YOURSELF SAFE WHEN WALKING TO AND FROM SCHOOL
All students are encouraged to walk to and from school in pairs or groups for their safety. If a stranger approaches students in an inappropriate manner, they should immediately walk away and if they have a phone make a report to police using 000. Note registration details of cars when appropriate. Students need to report such incidents to Coordinators, Principal Class personnel and parents as soon as possible.
DAVID BURGESS FOUNDATION
The foundation aims to assist young people from State Secondary Colleges, who have had to struggle to overcome adversity, who have shown commitment to their goals and those of the community and so, with some help, will achieve those goals.

The foundations will make annual awards to Year 12 students who gain entry to tertiary courses at Victorian Universities or TAFE Institutes. Under this scheme each award winner may be eligible to receive up to $3000 each year towards the cost of his/her course, as well as support and guidance from mentors and assistance with finding part-time jobs.

The foundation aims to help financially disadvantaged students, with little or no support system of their own, to make the transition from a supportive school environment to a tertiary educational setting.

If you are interested in applying, please see me. Closing date for applications is 15 October 2012.

DOXA HOLLINGWORTH CADETSHIP PROGRAM
This program is designed to provide disadvantaged youth who have satisfactorily completed their Year 12 studies, with the opportunity to pursue university education and gain future employment.


The Doxa Cadetship provides:
- Financial assistance
- Work experience with a corporate organisation
- A mentor
- Book allowance
- Professional and personal development

If you are interested in applying, please see me.

KWONG LEE DOW YOUNG SCHOLARS (KLDYS) PROGRAM AT THE UNIVERSITY OF MELBOURNE
The KLDYS Program is aimed at giving talented students an insight into life at The University of Melbourne and to motivate and encourage them into considering going to university. Nominations from current Year 10 or Year 11 students will be called for by early Term 4 for inclusion in the 2013 Program.

In addition to the KLDYS Program there are a range of scholarships available for international and local students who intend on studying at The University of Melbourne. Please see me for more information. You can seek information about such scholarships at www.unimelb.edu.au/scholarships.

I wish all students and parents a relaxing holiday break. I have the privilege of attending the school trip to France from 19 September to 9 October; I am looking forward to accompanying our 25 students and embracing the French culture and visiting our sister school – Lycee Jean Zay.

It is important that Year 12 students use these two weeks to revise thoroughly for their upcoming examinations. I would like to take this opportunity to thank our senior school teachers who have made themselves available to hold revision lectures during these holidays, and to mark and provide feedback to Year 12 students on their practice exams. I would also like to thank our Principal, Mr John Albiston who will be overseeing the practice exam program over the holidays.

THE CHANGES IN TERTIARY STUDY
With a significant number of Government (both State and Federal) policy changes impacting directly upon the Tertiary Education sector it is really important that our students seek advice and do their research very carefully when creating their Career Action Plan. Students need to be comfortable to ring or speak directly to staff at Tertiary Institutions so that they can get the facts surrounding their future course aspirations and stay ‘in the loop’ as to the changes that are occurring.

There are a number of Vocational Education Training courses that currently exist in the TAFE sector which are now under question as to whether they shall be offered beyond 2012. There are also fee increases for many of these courses. Victorian Government information regarding these changes is available online at: http://www.education.vic.gov.au/about/directions/refocusingvet.htm. Our students need to be prepared to actively pursue information if they wish to be successful. Students should call institutions after creating a small list of questions that they have developed.

With the lifting of ‘capping’ on university places it is important that our students be capable of researching employment prospects for the careers that they are considering. A website such as http://www.deewr.gov.au/Employment/LMI/SkillShortages/Pages/Overview.aspx may help in this task.

INFORMATION FOR YEAR 12 STUDENTS
All Year 12 students have now attended presentations focusing on the application procedures for Tertiary Study in 2013 and beyond. They have been encouraged to create their career plan and to apply via VTAC (Victorian Tertiary Admissions Centre) for a place in an institution of their choice.

I would like to thank the many parents and students who attended the Parent VTAC Information Session on 30 August. Your willingness to support your child through this period of time and to become fully informed of the opportunities and processes involved in future further education success is admirable.

All Year 12 students applying for Tertiary studies for 2013 or indeed, those who wish to have a GAP Year and then return to a suitable course for them, need to have registered and applied for a Tertiary position by 28 September. Students must be extra vigilant in checking for ‘extra requirements’ that are required for some courses that they may choose to place in their application. Examples of such requirements would be attendance at information sessions, VTAC Personal History Forms, Folio submissions and Interviews. To discover if a course on your application list has an ‘extra requirement’ students should use the ‘Coursesearch’ function of the VTAC website and check each course to which they are applying.

DAVIS BURGESS FOUNDATION
Mrs Carolyn Walsh—Careers Coordinator

CAREER NEWS

WWW.UNIMELB.EDU.AU/SCHOLARSHIPS
Many Frankston High School students shall be applying for consideration under the SEAS program. Students have had education supplied on how to put this application together, and should now be diligent in gathering their resources and abiding by the due dates so that their submission is accepted by VTAC. The same applies for scholarship applications.

**IN YEAR 12 AND CONSIDERING SWINBURNE UNIVERSITY?**
The following University Information Sessions may be of value to you –
Communication Design – 26 September at the Prahran Campus
Digital Media Design – 25 or 26 September at the Prahran Campus
Film and Television – 25 September at the Prahran Campus
Health Science – 27 September at the Hawthorn Campus
Industrial Design – 27 September at the Prahran Campus
Interior Design – 27 September at the Prahran Campus
Product Design Engineering – 27 September at the Prahran Campus.

For more information call 1300 275 794.

**INFORMATION FOR YEARS 10, 11 AND 12 STUDENTS**
**Missed Holmesglen Institutes Open Day?**
Wednesday 19 September, Wednesday 17 October, Wednesday 21 November – Open Wednesdays! Visit their website to find out more.

**In Need Of A Folio Preparation Or Short Course?**
RMIT are running folio preparation and career discovery days for VCE students during the school holidays. These practical and intensive courses give participants experience in the study environment they are interested in with the guidance of expert design teachers.

For more information and to enrol contact: Short Courses, 9925 8111, [www.shortcourses.rmit.edu.au](http://www.shortcourses.rmit.edu.au)

**Interested in Criminology and Psychology?**
RMIT has a new course for the 2013 Semester 1 intake, Bachelor of Arts (Criminology and Psychology). The program is offered at their City Campus and the VTAC code is 33651. For more information visit [www.rmit.edu.au/programs/bp295](http://www.rmit.edu.au/programs/bp295).

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**HOMEWORK CLUB**
**Ms Viv Bond**
**Homework Club Coordinator**

Homework Club is happening again in Term 4.

It is held every **Monday** and **Thursday** from 3:30 pm to 4:30 pm in the Junior Resource Centre.

All welcome.

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**HANDS ON LEARNING AND THE COMMUNITY**
**Mr Roger Fisher — Hands on Learning Coordinator**

The ‘Hands on Learning’ (HOL) program has, over many years, prided itself on its contribution to the local community.

In recent months the students and staff from HOL have worked with the Frankston South Youth Hub and designed and constructed an outdoor setting from donated materials, paved the external entrance to the hub and created two mosaics for The Hub’s internal walls.

Currently students from HOL are building a chook pen and run from recycled materials for the Focus Organisation that provide a local facility for the intellectually disabled. In addition students will prepare and concrete the floor of their aviary and repair a perimeter fence.

Using HOL’s high pressure cleaner, students have removed graffiti from neighbouring fencing and painted the affected surfaces.

This term students are developing skills in the construction of earth bag walls and will soon be assisting in the construction of professionally designed vegetable gardens for the Frankston ‘Joy of the Earth’ Community Garden. HOL students will not only be assisting in the building of these gardens, but also teaching local enthusiasts the art of earth bag wall construction so that local residents may independently complete the gardens.

HOL continues to provide a valuable resource to our school, the wider community and the students who participate in the program.
SUSTAINABILITY NEWS:
SUSTAINABILITY AT FRANKSTON HIGH SCHOOL SO FAR...

Mr Brendan McKinnon
Sustainability Coordinator

Frankston High School is well on the path to becoming more sustainable. We have a rain water tank that feeds into some of our toilet systems, a student environmental committee that is proactive in raising sustainability awareness and conducts environmental impact checks, a sensor system that turns lights and fans off automatically, LED lighting that significantly reduces energy consumption and an emerging recycling program. These are some among a list of many other initiatives.

However, it is through educating our students, staff and the wider community, as to why sustainability is so important that our efforts will be truly realised. Without understanding there will be little to no sustainability.

The future can sometimes appear bleak; many tropical rainforests are predicted to all but disappear from the planet by 2050 (Frankston High School uses FSC approved paper sources), temperatures are increasing globally, populations are peaking, pollution is increasing and there are signs it is contaminating human food and water supplies. However it does not need to be so dire.

With appropriate education in schools we are investing in the future through our students. Ways in which to manage the future for the better and to make a difference will be decided by them. With the right education they will make the right choices; some of which will no doubt be extremely tough. With a concerted effort from all members of the school community we truly can (yes, it’s a cliché but still as true as the day it was coined) make a difference. At Frankston High School we want to educate our students, but this requires investment from all involved with our students.

Some food for thought.

SUSTAINABILITY NEWS:

CONGRATULATIONS TO THE FRANKSTON HIGH SCHOOL SLC!

At the recent VicSRC Congress, Frankston High School were State runners up in The Connect Award for Integration, recognising SRCs that are strongly connected to the school’s decision-making processes, that are strongly responsive to student needs and voices, and that are linked strongly with the School Council/Board and its committees.

Frankston High School teacher Mrs Jessica Bambridge won the State wide VISTA Award for Outstanding Teacher Adviser which seeks to recognise and highlight the support that teachers provide to student councils.

CASUAL DRESS DAY

The gold coin donations collected on the day raised $1950.65 for the Portsea Camp—thank you for the donations.

The Athlete’s Foot

Shop 136, Bayside Shopping Centre
Frankston, 3199
9781 5557

Each time a Frankston High School student, family members or friends comes into The Athletes Foot in Frankston, mentions the school’s name and makes a purchase we will donate $5.00 to Frankston High School.
BREAKFAST CLUB 2012
Ms Linda Hughes - Chaplain

Our Chaplaincy - run Breakfast Club is on both the 7 - 10 and Senior Campuses. Junior Breakfast Club runs before school from 8.00 am on Monday and Friday in Room 16. Senior Breakfast Club runs from 8.00 am on Tuesday and Thursday mornings...keep an eye out for Matt and his team who’ll be handing out brekky around the quadrangle area.

Our lunchtime program also runs weekly. Students: if you are ever looking for a place to chill at lunchtimes, visit room 50 for table tennis, Wii games, Foose ball…just some of the things we’ve got going on!

As part of the Wellbeing Team we are always on the lookout for contributions to assist in the running of our programs.

If you are aware of any organisations or businesses that are in a position to donate supplies to our Breakfast Club please contact either Linda Hughes or Matt Parker at the school or, alternatively, you can make a donation towards the Breakfast Club by completing the slip below and returning it to the Finance Office.

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DONATION TO BREAKFAST CLUB - METHOD OF PAYMENT

Enclosed is my CASH/CHEQUE/CARD NO: Payable to Frankston High School, for:$________

Card Number: _____ _____ _____ / _____ _____ _____ / _____ _____ _____ / _____

Mastercard Visa Expiry Date: ____ / ____

Cardholder's Name:________

Signature:________

Contact Phone Number:________

[Date]
PARALYMPIC BADMINTON
Cassandra Cain and Riley Pirotta (Year 7)

On Friday 31 August, Frankston High School’s Sports Committee held a Paralympic Badminton tournament.

There were 14 teams that competed, consisting of 13 Year 7 teams and one Year 12 team. There were four rounds including the grand-final and semi-finals.

To get into the spirit of Paralympic experience, teams played three minutes on their non-preferred hand and two minutes on their preferred hand. This made it more challenging and more exciting to spectate. It was also funny to watch the teams play with their non-preferred hand and see the difference.

The winners were Rick Sakamoto (7E) and Emmanuel Brima (7E) of Year 7, defeating Kai Nugent (7F) and Connor Ramm (7F) of Year 7 in the final. They also defeated the Year 12 team Lucy Williams and Thilak Manohar in the first round.

WORLD CHALLENGE 2013

The next meeting of all participants is being held on:
Wednesday 31 October
3.30 pm – 6.30 pm
Junior School Library

All groups will be choosing their itinerary so it important for all students to attend.
Parents are to attend between 6:00 pm – 6:30 p.m.

FRANKSTON HIGH SCHOOL STUDENT REPRESENTS VICTORIA IN THE 2012 NATIONAL INTER-SCHOOL EQUESTRIAN TEAM
Mrs Jan Barrington—Equestrian Team

Year 8 student, Alyssa Griffiths, will ride with pride when she competes in the 2012 National, Inter-school Equestrian Championships, to be held in Toowoomba, Queensland, in the school holidays, (1– 5 October).

Alyssa won her way into the Victorian Team by competing in the inter-school state-titles held recently at Werribee Equestrian Centre, where more than 300 riders and 400 horses competed. Alyssa has been selected as a Victorian team member for both the Dressage and Eventing (show jumping, cross-country and dressage) Teams.

Alyssa also won the overall dressage championship, representing Frankston High School, at the Interschool Dressage Competition, held recently at Hillcrest College.

The Frankston High School community congratulates Alyssa on her equestrian achievements, and wishes her well for the Inter-school National Competition at Toowoomba. Good-luck!

YEAR 7 IMMUNISATIONS
Mrs Barbara Bradey—First Aid Attendant

If your student has missed any of their immunisations, Frankston City Council offers an afternoon immunisation session on the third Monday of each month at 3.30 pm - 4.30 pm or 5.30 pm - 6.30 pm. The next date is 15 October.

These sessions are held at the Civic Centre (corner of Davey and Young Street, Frankston) Phone 9768 1654.

If you have any queries please contact Christine Dawe or Barbara Bradey on 9783 7955.
LOOKING FOR A FAMILY BASED ACTIVITY DURING THE HOLIDAYS?
Ms Deb Child—Artfest Coordinator

Read on....... In celebration of 20 years of Frankston Highs School’s ‘Artfest’ student exhibition, the ‘Artfest Sustainability Award’ is being launched.

This community based award provides families with the exciting opportunity to work together in a challenging and creative manner to produce a sculpture constructed from recycled materials.

The sculptures are to be exhibited in the school grounds during the week of the Artfest exhibition. One of the sculptures will be selected as the award winner and will remain on display in the school.

Requirements:
• The sculpture needs to be made from waterproof materials so it can be displayed outside.
• The family’s or student’s name needs to accompany the artwork.
• Only the winning sculpture will be retained by the school.
• The sculpture will need to be delivered to the school on Monday 12 November.

For further information please contact Deb Child dchild@fhs.vic.edu.au

HOLIDAY/JUNIOR SOCCER PROGRAM
Multi Sports Holiday Program being run at the Frankston Indoor Sports Centre during the school holidays, 25, 26, and 27 September and 2, 3 and 4 October. Cost is $15.00 per child includes a can of soft drink. All sessions fully supervised and canteen will be operating with lunch orders available. Times are from 10:00 am to 2:00 pm Tuesday, Wednesday and Thursdays. So get the kids out of the house over the holidays for a great time playing a variety of sports.

Bookings essential as limited; spaces suit ages 7 to 13 girls and boys.

Phone 97860466
Email: admin@frankstonindoorsports.com.au www.frankstonindoorsports.com.au

Commencing Term 4 new Junior Indoor Soccer and Cricket Competitions Wednesday and Friday afternoons. Contact the centre for more details. Get a group of your mates together and join in the fun. Mums and Dads new season commencing 1 October four a side indoor soccer and five a side indoor soccer double court so get some mates together and join in the fun. Check the web site for more details.

Kids Market for Kari
Sunday 14th October, 10am-2pm
Derinya Primary School Hall

In February 2012 Kari Wilkins lost her battle with cancer. Her legacy lives on in her children – Derinya Primary students Asha (Gr 5) and Liam (Gr 5).

A group have formed ‘Team Kari’ and will be riding in the Peter MacCallum Ride to Conquer Cancer on 27th & 28th October, raising money for the Institute and celebrating what would have been Kari’s 38th birthday.

Join us in our fundraising!
Book your stall for just $50, with 100% of these funds going to ‘Team Kari’.

There will be food and drinks available for purchase including a sausage sizzle, tea, coffee and cakes. Musos and live performances by the students plus face painting will keep you and the kids entertained!

BOOK YOUR STALL NOW! DON’T MISS OUT AS NUMBERS ARE LIMITED!

Don’t want to book a stall but would like to donate your quality children’s clothes and toys?

We will be holding a ‘Team Kari’ stall where donated items will be sold for much needed funds for cancer research. Please contact Angela to arrange for her to collect your donated items.

Contact: Angela Curtis – 0411 098 466 or angela@littlemoo.com.au

ON SALE NOW
DVD $10.00

The Wiz
FHS2012
**Fit Tip!**

**Eat Less Processed Food!**

Aim to have your food to look like it has come out of the ground. You will be eating less fat, more fibre and getting lots of vitamins, and phyto-minerals, anti-oxidants and phyto-chemicals.

This means you will be healthier, have more energy and have less chance of the yucky killer diseases.

Ask Reception about our Special Frankston High School Membership
1 month for just $15.00 for students, teachers, family and friends.

**Please Note:**
- Membership is for 13 years and over
- You will require to undertake a program if you have not used a gym before
- Conditions apply for the use of the weight room

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**ELECTRONIC COPY OF NEWSLETTER**

An electronic copy of the school newsletter is the preferred choice due to cost, the environment and sustainability.

If you would like to stop your hardcopy mail out and opt for an electronic copy, please notify the General Office at generaloffice@fhs.vic.edu.au then log on to our website at www.fhs.vic.edu.au and subscribe to have the newsletter emailed to you. Thank you.