DEAR PARENTS, STAFF, STUDENTS & FRIENDS

This is the end of the only week I will be spending at Frankston High School this term. During the first week of term and throughout the school holidays I attended a Global Connections Principals’ Conference in South Africa. This afforded me the wonderful opportunity of visiting some of the wealthiest schools in the world whilst also visiting some of the most disadvantaged. I visited our sister school in South Africa (Letsibogo Girls High School) where I met the newly appointed Principal: Mrs Ellen Mathopo and was most privileged to celebrate a reunion with the girls who have attended Frankston High School since 1999 on our scholarship program. These girls have successfully graduated from their struggling school to attend university and forge ahead with impressive careers. They are indebted to our school for supporting them in achieving their dreams. Thanks especially to the many families who have hosted these students over the years because you have made a great difference to their lives.

Next week I will undertake a Leadership Course at the University of Melbourne with Principals from across Australia. This will help me to improve as a leader and allow me to continue working with everyone to enable our school to continue growing from strength to strength.

At the conclusion of this course I will be taking long service leave until the end of Term 3, travelling along the east coast to enjoy some tropical weather in Far North Queensland. Whilst I will miss the Frankston High School community I look forward to some special time with my family. I leave you in very capable hands with Mrs Cathy Hogg as Acting Principal and Mrs Helen Page as Year 7-10 Campus Principal.

ASSISTING STUDENTS WITH THEIR FUTURES
Mrs Carolyn Walsh, our Careers Advisor and Ms Helen Wilson, Senior School Campus Principal, organised a very useful information evening last week, particularly for Year 10 students and Year 9 students who wish to undertake a VCE, subject next year. It included a brilliant subject expo. Students and their parents could get advice directly from the teachers of Year 11 subjects. Parents said that this was extremely useful in understanding the expectations in VCE and assisting with subject selection. The parent information session hosted by Mrs Maree Granger and Carolyn supplied vital information on VCE, VCAL and VET and provided a forum where parent questions could be addressed.

A “Meet Your Future” session with 11 representatives of tertiary institutions, providing information to students and parents on post-secondary courses, was also provided for current Years 11 and 12 students as they plan for their futures. This was also very well received by the students.

A special thank you to the VCAL students who did a marvellous job taking parents on tours, liaising with department heads and tertiary providers and freely answering parent and student questions.

SENIOR STUDENT/PARENT INTERVIEWS
Attendance of parents and students at our Senior Student/Parent/Teacher Interviews last week was excellent. I am confident that our students and parents will use the feedback from such discussions very productively to ensure that goals can be achieved by the end of the year. I hope that our Senior Students did spend some time relaxing during the holiday break whilst still studying throughout the holiday period.
WORK EXPERIENCE: AN AUTHENTIC LEARNING EXPERIENCE FOR YEAR 10 STUDENTS

Thank you for the hard work of Ms Carolyn Walsh, Mr Tom Whipp, Mrs Lorelle Molloy and Mrs Dana Lamb for organising Work Experience for our Year 10 students. This was a mammoth logistical exercise but is an opportunity for students to have an experience in the workforce.

HEALTH WEEK: A RESOUNDING SUCCESS!

During the last week of Term 2 all Year 9 students were involved in a diverse range of learning activities in relation to Health and Wellbeing. These activities were enjoyed by all and provided students with the opportunity to reflect upon their own lifestyle to consider actions they may need to adopt to ensure they are leading a healthy lifestyle. Many thanks to Mrs Kerryn Eirick, Mrs Adrienne Shepard and Mrs Sue Manks for organising a most productive Health Week. Thanks to the many staff who provided a range of engaging learning experiences for these students.

CONGRATULATIONS TO ALLA GRIFFITHS

Alla Griffiths (Year 7) recently competed in the Victorian Inter-School National Qualifiers for Equestrian against the best young riders in the State. She had a very successful experience and came third in the showmanship class which means she will be competing for Frankston High School at the National Competition during the next school holidays. She is also the reserve for the eventing and the dressage. Congratulations Alla and all the best at the Nationals!

Certainly over the first two weeks of Term 3, I have been most impressed with our students’ continuing enthusiasm for their learning. Wishing everyone a successful Term 3.

John Albiston
Principal

SENIOR CAMPUS NEWS

Ms Helen Wilson
Senior Campus Principal

WELCOME BACK

Welcome back to all students and staff, I hope you had a pleasant and productive holiday and had a chance to ‘recharge the batteries’ ready for what will be a very important term.

PARENT TEACHER INTERVIEWS

Thank you to all parents and students who attended the Senior School Parent Teacher Interviews. The feedback was very positive on the night and students appreciate being supported by both the school and their families at this critical stage in their education. End of semester reports were distributed to Senior School students on Thursday 30 June. It is important for parents to read through and discuss the report with their child and devise and implement strategies together to further improve student learning outcomes.

SENIOR SCHOOL MINI EXPO AND PARENT INFORMATION NIGHT

A comprehensive program was held on Tuesday 19 July from 2.30 pm – 7.00 pm to assist students and parents in course selections and mapping a future learning pathway. A mini expo was held where department heads and representatives showcased their Senior School classes and answered student and parent enquiries. In addition 11 tertiary providers were at the school to assist students and parents with questions concerning tertiary courses. The night concluded with a Parent Information forum where Mrs Maree Granger, Mr Pat Keane, Mr Matt Parker and the Senior School Coordination team presented a summary of VCE, VCAL and VET studies.

I would like to thank the parents and students who attended this program. In addition I would like to thank the department heads and the Senior School Coordination Team headed by Mrs Maree Granger for providing invaluable information and assistance on the night. I would also like to thank Mrs Carolyn Walsh for her planning and organising of the night, and overseeing all activities to ensure its success.

This program highlighted the success of our VCAL students, with many students undertaking projects and assisting with presentations and workshops on the night. Their communication and leadership skills were outstanding, and I would like to thank these students and the VCAL staff on their excellent performance.

CONGRATULATIONS DANIEL TREGURTHA

Daniel recently represented Australia in Queensland playing Gridiron in a competition called The Down Under Bowl. The competition was tough, and the Australian team played against visiting American teams. Unfortunately the team lost both games but the scores were very close and the best performance and results Australia has had in this competition. Daniel will continue

CENTRAL AUSTRALIA PARENT INFORMATION NIGHT

Mrs Anne Thomson
Community Liaison Coordinator

A Parent Information night for students attending the Central Australia Trip this year will be held on Wednesday 10 August at 7.30 pm in the Senior Resource Centre.

All students are expected to attend along with at least one adult. Important documentation will be distributed on the evening so please contact Anne Thomson on 0409 835 541 if you are unable to attend.

CONGRATULATIONS DANIEL TREGURTHA

Daniel recently represented Australia in Queensland playing Gridiron in a competition called The Down Under Bowl. The competition was tough, and the Australian team played against visiting American teams. Unfortunately the team lost both games but the scores were very close and the best performance and results Australia has had in this competition. Daniel will continue
training and hopes to be selected in the Australian team to play against the American Samoan team for the World Cup qualifier in 2012.

**CONGRATULATIONS BEN LEYLAND**

Year 12 student Ben Leyland recently returned from a trip to Kenya, Africa filming a promotional package and TV campaign for volunteer organisation, World Youth International. Ben spent seven days living and working in Odele village. In Kenya 80% of the rural population live below the poverty line, struggling from day to day to feed themselves and look after their families. Non Government Organisations such as World Youth International are working tirelessly toward ensuring that these people in extreme poverty have basics such as clean unpolluted drinking water, enough food to eat and basic medical care.

Ben’s film is hoping to be aired as a public service announcement on SBS and ABC television as well as being used as a promotion material on World Youth International’s website. World Youth International is committed to restoring hope in the hearts of Africans, implementing sustainable projects and improving the quality of life for thousands of people. Ben is to be commended for his commitment and passion to this project, devoting his school holidays to his travel and filming.

**YEAR 11 AND YEAR 12 COURSE SELECTION 2012**

Year 10 and Year 11 students have been provided with information concerning 2012 course selections. This can be a daunting yet exciting process where students begin to make decisions that will help steer their future pathway.

Year 10 students have attended preliminary information sessions and group counselling sessions over the past few weeks. They have met with their course counsellor and their parents to finalise their Year 11 courses. These interview times were held over 3 days: Thursday 21 July, Tuesday 26 July or Wednesday 27 July 2011.

Year 11 students will receive their course selection information during their iSupport session. If students or parents have any enquiries, you are most welcome to contact the Year 11 Coordinators (Mr Neratzoglou and Ms Toovey), the Year 12 Coordinators (Mrs Granger and Ms Challenger) or the Careers Coordinator (Mrs Walsh).

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**IMPORTANT DATES**

**AUGUST**

- **Mon 8**
  - Year 12 June Exam Results and Studio Art SAT Results Available

- **Tue 9**
  - Years 8 and 9 Course Counselling
  - Winter Music Concert 7.30 pm

- **Thu 11**
  - Years 8 and 9 Course Counselling

- **Tue 16**
  - Year 8 High Resolves Program
  - Athletics Challenge Day

- **Mon 22**
  - Years 7 and 8 Motivational Media

- **Wed 24**
  - Year 7 History Incursion
  - State All Schools Knockout

- **Fri 26**
  - Year 8 Accelerated Mathematics Exam

- **Mon 29**
  - Intermediate Round Robin - Basketball, Table tennis and Boys Hockey

- **Wed 31**
  - Intermediate Round Robin - Girls Hockey

**SEPTEMBER**

- **Wed 7**
  - Reports Distributed

- **Fri 9**
  - NPD Athletics

- **Sun 11**
  - Working Bee 8.00 am - 12.00 pm

- **Tue 13**
  - Year 7 Round Robin

- **Wed 14**
  - Years 7 - 12 Parent/Teacher Interviews

- **Thu 15**
  - Year 8 Round Robin
  - Year 11 Central Australia Departure

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**MEETINGS**

**AUGUST**

- **Tue 2**
  - Education 5.00 pm

- **Tue 9**
  - Finance 7.30 am
  - Sponsorship and Marketing 8.00 am
  - PFA 7.30 pm

- **Mon 15**
  - Former Staff and Students 2.00 pm

- **Tue 16**
  - Facility and Grounds 7.00 pm
  - School Council 7.30 pm

**SEPTEMBER**

- **Mon 5**
  - Chaplaincy 5.00pm

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*continued overleaf*
SENIOR CAMPUS NEWS CONTINUED

VTAC SELECTIONS 2012
This term Year 12 students begin the important process of preparing their Victorian Tertiary Admission Centre (VTAC) selections for next year. Information, guidance and assistance will be available in iSupport sessions over the next few weeks and from the Careers Coordinator, Mrs Carolyn Walsh.

YEAR 12 VCAA JUNE EXAM AND STUDIO ARTS SAT 1 RESULTS
Results for the Year 12 VCAA June exams and Studio Arts SAT 1 will arrive in the school on Monday 8 August and will be distributed to students on this day. I wish students all the best with these results, and I would like to remind any students who are concerned with their results to please see the Year 12 Coordinators, the Chaplain (Mr Matt Parker) or myself for assistance.

TEENAGERS ROAD ACCIDENT GROUP (TRAG)
This week all Year 12 students attended a session organised by TRAG volunteers. The volunteers consisted of Ambulance and Police Officers, and those who have first-hand experience with road trauma. This program raised the awareness of young people to the dangers of modern driving. Whilst the presentation was very powerful, I am sure its impact will have a positive effect in saving the lives of our young people.

ELEVATE EDUCATION STUDY SKILLS SEMINAR – YEAR 12 STUDENTS
On Thursday 28 July all Year 12 students attended a Study Skills seminar presented by Elevate Education – titled Study Sensei.

The program addresses the question "What is Study?". The seminar breaks down the study process of high achieving students, providing students with a road-map for what work they need to be doing throughout the year and how to do it.

Key learning outcomes for students included:
- Dynamic reading – how to read a text and extract the key points, not just summarise every sentence
- Note taking – how to get those ideas the students have extracted from their reading into an organised set of notes that will facilitate effective learning
- Conceptual learning skills – teaching students how to break the information apart into its relevant parts as opposed to simply rote-learning the material
- Independent learning – what this means and how to get it done
- Standing out on assessment – how to distinguish themselves from the thousands of other students who are all taught the same material

The feedback from the presenters and our students was excellent. Elevate Education will be holding a Parent Information Night to assist parents in supporting their children with study skills and techniques later in the year.

YEAR 12 PRACTICE EXAMS – SEPTEMBER HOLIDAYS
As outlined in a previous letter to Parents of students undertaking a Unit 3 and 4 study, Frankston High School is conducting Year 12 practice exams during the September holidays. The exams will commence on Friday 30 September and will conclude on Friday 7 October.

The advantages of this practice are clear including:
- ensuring students utilise their September holidays for revision
- opportunities for our students to maximise their success/results
- maximising class revision time in Term 4 where teachers can address areas of concern in student performance and exam technique and
- it provides opportunities for students to hone exam techniques and practices.

It is our expectation that Year 12 students would devote the third term holiday period to revision and study in preparation for the practice examinations and the final VCAA examinations. These practice examinations will be conducted under VCAA and Frankston High School guidelines. Final examination timetables will be distributed in the next few weeks.

I hope this initiative of practice examinations and the provision of teacher feedback will significantly enhance your child's performance in the exams, allowing them to achieve their best.

LIONS YOUTH OF THE YEAR QUEST
The Lions Youth of the Year Quest is a project of the combined Lions Clubs of Australia and Papua New Guinea, to select an outstanding youth to be an ambassador for his/her country, and travel overseas under the auspices of Lions Club International. The Youth of the Year Quest is designed to encourage, foster and develop leadership in conjunction with other citizenship qualities in our youth. The qualities sought after, apart from academic achievement, are those of leadership, personality, sportsmanship, public speaking and good citizenship.

If you are interested in this exciting opportunity, please see myself or Mr Neratzoglou for further details.

STUDENTS DRIVING TO SCHOOL
Students who drive to school are reminded that they must complete a consent form (which is available from the Senior School Office) and attach a photocopy of their driver's licence.

Students are not permitted to park in the school grounds and hence, must ensure that they follow local parking restrictions on nearby roads. Students should also be aware that they must not park too close to the pedestrian crossings or driveways, particularly the entrance and exit to the Senior Campus.
CAREER NEWS
Mrs Carolyn Walsh - Careers Coordinator

A BIG WEEK IN CAREERS
First week back of Term 3 and there has been so much happening: the Tertiary Expo, the Subject Expo, the Senior School Presentation, Senior School Course Selection and Parent/Teacher Interviews – to name the key items.

I would like to thank the following people for the assistance they have offered in preparation and support through the week: Ms Helen Wilson and her excellent Senior Administration Team, Mrs Dana Lamb, Mrs Janene Strange, Mr Craig Richardson and Mr Daniel Anderson for the online support given to the subject selection program, Mr Toby Law for supporting technological issues as they arise, Mr Patrick Keane and the Senior Resource Staff, the Year 12 VCAL students and those from the Year 11 VCAL class that also assisted, the VCAL Teaching Staff, the Senior Course Counsellors, the Staff and Students who represented their subjects at the Subject Expo, the esteemed Tertiary Guests who were amazed at the standard of questions our students were asking in regards to their future, the parents and students who made the most of these opportunities, the teaching staff of Frankston High School who say kind things when it seems energy is depleted.

FOCUS ON CHISHOLM!
Key points regarding Chisholm Institute:
- The Diploma of Nursing course is open for application on 1 August 2011
- The new Bachelor of Engineering Technology is worthy of your attention
- Chisholm are holding presentations to assist the community in learning about what they offer

Bachelor of Engineering Technology
Attendance On Campus
Location Dandenong
Duration Three years full time/six years part time
Intakes Contact Chisholm
Enrol Apply direct to Chisholm
Fees $13,500 per year
Career Pathway:
Technical Supervisor, Production Manager, Systems Engineer, Maintenance Engineer, Project Engineer, Technical Team Leader, Commissioning Engineer, Plant Engineer. There is considerable unmet demand in Australia for highly skilled engineering technologists. Opportunities are fundamentally driven by the technologist’s broad knowledge of engineering theory and practice, their ability to troubleshoot, test, commission and maintain complex engineering and manufacturing systems, and engage with emergent technologies and innovative practice to design and improve existing systems across a number of sectors.

These sectors include: Manufacturing, Production Engineering Mining, Processing Plants, Testing Laboratories, Biomedical, Automotive Manufacturing, Renewable Energy, Transportation, Precision Manufacturing, Energy Generation and Refineries.

Requirements:
Successful completion of VCE including prerequisites Units 1, 2, 3 and 4 Further Mathematics, Mathematical Methods, or Specialist Mathematics with a minimum study score of 20 and a minimum study score of at least 20 in English. Applicants will also be required to attend an interview.
The alternative pathway for VCE students is via an Advanced Diploma. The recommended ones are: Advanced Diploma of Engineering Technology (Mechanical Design) or (Robotics and Mechatronics). They could gain more than one year of advanced standing credits from these two year programs.

INTUNE IS BACK IN SEMESTER 2!
Mrs Sally Bredin - Choir Coordinator
Frankston High School’s vocal ensemble rehearsals are held on Mondays from 3.30 pm - 4.30 pm.

We welcome new members of all year levels who enjoy singing.

If you have any enquiries please see Mrs Sally Bredin, Mrs Amy Sapwell or Ms Kristie Vidotto.

HOMEWORK CLUB FOR SEMESTER 2
Ms Viv Bond - Homework Coordinator
Homework Club begins again this Monday 1 August.

Please note the change of days for this semester. Every Monday and Thursday the Homework Club will run from 3.30 pm - 4.30 pm in the Junior Resource Centre.

All are welcome.
HANDS ON LEARNING
Mr Roger Fisher
Hands on Learning Coordinator

MOUNT MARTHA BILLY CART DERBY

During the last week of term the Frankston High School ‘Hands on Learning’ (HOL) students participated in the annual Hands on Learning Billy Cart day that was held at Joseph Harris Scout Camp Mt Martha. Teams from Frankston High School competed against other metropolitan three categories. Frankston High won two of the three awards for the day:
- Most Exciting Billy Cart Design
- Most Cooperative Team

Tuesdays’ group competed in a traditional handmade timber billy cart. Wednesday’s group however competed in a steel framed billycart housing an armchair for the driver’s seat. Our team nicknamed the ‘Couch Potatoes’ set a new benchmark in billycart design for future competition.

The HOL Team would like to thank all staff who contributed to the success of the HOL Billy Cart Team in particular Mr Cam Henke for his hours of dedication and his ability to lead from the couch.

Well done team.

GENEROUS DONATIONS
The Frankston High School Hands on Learning Program would like to thank:
- Blue Ribbon Appliances for donating a second hand fridge to the program
- Ultimate Tiles (Frankston) for donating tiles
- Feature Glass (Dandenong) for generously donating a mirror.
- Nigel Gillett at Body Shop Paint Supplies (Seaford) for the industrial paint which will be used to repaint the birdcage in the Middle School Quadrangle.

WE ARE CURRENTLY SEEKING
Donations of the following would be gratefully received:
- brickies sand
- concrete tile adhesive
- grout
- chicken wire for a creative project

If you can help out please contact Ms Georgie Stein on 9783 7955 or gstein@fhs.vic.edu.au

CHAPLAINCY CHAT
Mrs Barbara Brady - Chaplaincy President

BREAKFAST CLUB
In order to give the students the very best start to the school day, the Chaplains run a Breakfast Club. Every Monday and Friday morning in Room 16, from 8.00 am, those who (for whatever reason) come to school without eating breakfast first can join this ‘club’. During winter, toasted cheese sandwiches are made and as bread is donated, we often have a selection of muffins, fruit loaves, iced buns to offer hungry students. The cost of the cheese and fruit juice is covered by a generous, personal donation. In the summer months, Linda makes up smoothies on a Monday morning.

Everyone is welcome to come in and warm up on chilly mornings, sit by the heater and chat to either Linda Hughes or Matt Parker, listen to the radio and grab a bite to eat before Period 1.

SOLO EFFORT
Mr Graham Kill - Aviation Teacher

Jason Page of Year 11 will have to wait until he turns 18 to drive a car by himself. The rules in aviation are somewhat different. On turning 16 you may sit for your GFPT (General Flying Progress Test) and if successful, regulations allow you to fly in command with passengers within the training area of the flying school.

Jason has been undertaking flying lessons with Peninsula Aero Club at Tyabb and is well on his way to achieving his GFPT. Recently, Jason experienced the thrill of flying solo. This is a wonderful achievement, for it requires a disciplined approach towards the many hours of theoretical study, as well as having to demonstrate to his instructor outstanding airmanship and aircraft handling skills.

In the years to come Jason will look back on his solo effort with pride and I now look forward to him obtaining his GFPT so that he can take his former aviation studies teacher for a flight around the Mornington Peninsula.

There is lots of hard work ahead for Jason with his VCE studies and his ongoing flying lessons. I know he will do his best.
MUSIC NOTES
Mr Peter Sharp
Instrumental Music Coordinator

We have a very busy term ahead of us with a number of important events.

WINTER CONCERT
Our winter concert will be held in the school hall on the evening of Tuesday 9 August commencing at 7.30 pm. This concert will feature all our major ensembles and is a preview of Melbourne Bands Festival pieces. Most importantly the concert will feature the debut performance of our Training Concert Band who are sounding fabulous. Entry is free.

MELBOURNE BANDS FESTIVAL
The Melbourne Schools Bands Festival is the biggest schools music event in Australia with over 10,000 students performing over a two week period. The festival will be held in the Robert Blackwood Hall, Monash University, Clayton. Our music students have been working hard for their performances and I am sure they will do well.

Dates and times for our bands appearances at the festival are as follows:

Training Concert Band:
Sunday 21 August 3.30 pm - 5.35 pm

Junior Concert Band:
Sunday 21 August 9.10 am - 10.45 am

Senior Concert Band:
Friday 26 August 7.25 pm - 10.05 pm

Senior Stage Band:
Saturday 20 August 8.05 pm - 10.30 pm

FRANKSTON AMATEUR WINE MAKERS GUILD PICNIC
The Senior Stage Band will be performing at the Frankston Amateur wine makers guild picnic, which will be held at The Briars, Mornington on Sunday 27 August. The band will be performing from 10.30 am - 11.20 am.

SMR BAND FESTIVAL
Frankston High School will be hosting the Southern Metropolitan Region of Schools Intermediate Band Festival on Thursday 15 August. This will involve a number of our Junior and Middle School Band members.

CABARET NIGHT
Our famous Cabaret Night is on again and will be held in the 'Purple Pit Night Club' (aka the Music Centre) on Friday 16 September. This will feature performances from our stage bands, small groups and solo artists. A great nights entertainment.!! More details later in the term.

ABODA STATE HONOURS BAND
Congratulations to Marion Daly-Andrusiak, Antony Nikolic-Paterson, Jacob Drewery and Scott Stephens who gave up part of their holidays to rehearse and perform with the ABODA State Honours Band. The band consisted of students from 31 schools around the state who rehearsed over three days to prepare an exciting program of music which they performed at the closing of "Sounds Great", a national music education conference held at Melbourne High School. I was there myself and thoroughly enjoyed the program and was very proud to see our music students at such an important event. Marion, Antony, Jake and Scott had a great time and an excellent learning experience.

Frankston High School
Annual Fundraising Raffle 2011

RAFFLE WINNERS
Anne Thomson - Raffle Coordinator

A big thank you to the Frankston High School families who supported our major fundraising raffle for 2011. The raffle raised $3162.00 which will aid towards resources and equipment for the classrooms.

The lucky winners were:
1st Prize: Stephanie Cook winner of Toshiba notebook PC (generously donated by Toshiba)
2nd Prize: Ian Murrells
3rd Prize: Rita Luxton
4th Prize: Kevin Burke
5th Prize: Grandpa Crisford

Please support the following businesses who kindly donated to our major fundraising Raffle:
- Toshiba
- Bay Hotel/Social - Mornington
- Core Health Club - Frankston
- Fuji
- Coles
- Tyrepower - Frankston
- Kon Thai - Frankston
- Color Collections - Frankston
- Nail Collections - Frankston
- Miss Velvet Shoes - Frankston
- Frankston Taxis
- Camerons Blinds and Awnings
- Lingwah Chinese Restaurant - Frankston
- Dan Murphys - Frankston
- LaPorchetta - Frankston
- AMF Bowling - Karingal
- Skateworld - Carrum Downs
- Peninsula Drycleaning - Seaford
- Hairhouse Warehouse - Frankston
- Frankston High School Uniform Shop
- Eliza Flowers - Frankston
- Sanity
- Ace Printing - Seaford
**AUSTRALIAN MATHS COMPETITION**
Mr Andrew Watson - Maths Coordinator

The Australian Maths Competition is on again this term, with students across the school competing in this annual event on Thursday 4 August.

All Years 7 and 8 students will be involved on the day, with the majority sitting the formal competition paper, while some have elected to attempt a slightly easier problem solving activity developed in-house at Frankston High School.

The Years 9 and 10 students from the Accelerated Maths classes will also all compete in the Intermediate division, and we are asking for nominations from any other students in Years 9 - 12 to contact their Maths teacher if they wish to be involved on the day. Other students who wish to be involved need to complete an entry form provided by your Maths teacher or myself, Mr Watson, and return this form along with the competition entry fee of $5.00 by Monday 1 August.

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**Fit Tip!**

**How much Cardio Exercise do you need to do?**

That depends on your goals.

*For health* the World Health Organisation recommends

- 100 minutes per week of mildly puffing exercise per week.
- 2 x 50 minutes, 4 x 25 minutes, 10 x 10 minutes or 20 x 5 minutes all produce the same results

*For weight loss:*

- Short sessions more often rather than long sessions less often!
- Any activity is better than none matter how long or short easy or hard.

Ask at the Finance Office about our special Frankston High School membership 1 month for just $15.00 for students, teachers, family and friends

*Conditions apply for the use of the weight room*

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**UNIFORM SHOP**
Mrs Karen Talbot-Walsh [Manager]

**TELEPHONE 9770 0084 (SHOP)**

**TRADING HOURS**

Thursday 12.30 pm - 1.30 pm
3.00 pm - 4.00 pm

Saturday 10.00 am - 12.00 noon

**PLEASE NOTE:**
The Uniform Shop will be closed on a Thursday evening for Term 3.

Thursday evening trading will resume 13 October (first week of Term 4)