DEAR PARENTS, STAFF, STUDENTS & FRIENDS

VISION AND VALUES ALIVE AT FRANKSTON HIGH SCHOOL
As you are aware, we have a Motto, Vision and Values which are as follows:

Motto: Optima Semper: Best Always
Vision: Together we become purposeful learners
Values: Empathy, Integrity, Optimism, Persistence, Respect and Responsibility

As I have been walking around the school over the last few weeks it is clear that the above are not just merely words in a student diary. Our students are using our Motto, Vision and Values, to guide them successfully through life. In classrooms I see our students doing their very best and showing great persistence when they are faced with a learning challenge. Also when I talk with students I am impressed with their optimistic outlook, how they believe they will have a successful year. Certainly, their teachers and I believe, that all our students are capable of great success. Each and every student has the potential to shine but in order to do so they need to work very hard and give their best. Sometimes students will compare themselves with others and say they are not as talented. However, it is not talent alone that guarantees success. Believe me, with ordinary talent and extraordinary persistence our students are capable of achieving great things.

I must also compliment our students on the respect they show towards others. I frequently receive feedback from teachers, parents and members of the public about how friendly, courteous and helpful our students are. I see this everyday as they support other students and behave respectfully with all members of our community. This allows our school to remain safe and friendly where students feel comfortable to take risks in their learning.

PLEASE DETACH AND PLACE ON YOUR NOTICE BOARD FOR FUTURE REFERENCE

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<td>Twilight Working Bee</td>
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<td>Year 7 Music Information and Recruitment Night 7.30 pm</td>
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<td>Former Staff &amp; Students 2.00 pm</td>
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Last weekend I went shopping in Frankston and I was a proud of Principal. I ran into a number of students and former students who were also shopping and some who were working. They were all friendly and the students who were working were incredibly polite and efficient. I do know that employers in Frankston are eager to employ Frankton High School students because of their reputation as hard working, respectful young people.

All such examples clearly show that our students are becoming purposeful learners. I congratulate our students on their endeavours to live and learn by our Motto, Vision and Values, and thank our parent community for their devotion to raising such fine young men and women.

MOTIVATION DAY: A GREAT SUCCESS!
A huge thank you to Mrs Maree Granger and Ms Clare Challenger for their organisation and smooth running of a very successful Year 12 Motivation Day. Feedback from the students was that it was a most inspirational day. This provided our students with the opportunity to reflect upon the goals they would like to achieve by the end of the year and to also put the necessary strategies in place for them to be achieved. There is a real sense of purposeful learning in the Senior Campus with students off to a fantastic start, enthusiastically committing themselves to their studies.

FEDERAL FUNDS HELPING US DEVELOP EVEN BETTER SUSTAINABLE PRACTICES
Our school has been successful in obtaining $100,000.00 in funding from the Australian Government’s National Solar Schools Program. Such funding will be used to install infrastructure to further improve our sustainability practices. Over 2000 schools submitted an application in the 2010-11 funding round and approximately 1200 schools were successful. Applications were competitively assessed against three criteria: value for money, environmental benefit and educational benefit. The grant will give our school a head start in tackling climate change and conserving Australia’s precious non-renewable resources. I will keep you posted in relation to how we utilise this funding.

OUTDOOR EDUCATION EVENING: SHOWCASES OUR EXCEPTIONAL OUTDOOR EDUCATION PROGRAM
Thanks to Mr Rowan Cameron and his Outdoor Education team for providing a most informative evening for parents and students regarding our top class Outdoor Education Program. The provision of such a diverse range of outdoor activities enables our students to develop a love of the outdoors whilst also developing an awareness and desire to preserve our magnificent environment. Thanks to these teachers and others who give of their own personal time to ensure our students have such unique experiences.

DANIEL TREGURTHA YEAR 12 REPRESENTING THE STATE
Congratulations to Daniel Tregurtha who has been selected to play for Victoria in April at the American Football National Championships. We wish Daniel all the best.

I look forward to meeting parents of our new Year 7 students at our Wine and Cheese Evening next Tuesday evening.

John Albiston
Principal

URGENTLY SEEKING HOST FAMILIES
Mrs Anne Thomson
Community Liaison Coordinator

There Are Only Three Weeks Left To Find 22 More Host Families
Japanese students will be visiting from:
12 March - 20 March 2011 (9 days): Osaka High School
or
23 March – 2 April 2011 (10 days): Osaka Seikei High School

This is our annual visit from Osaka High School and Osaka Seikei High School. We are seeking 22 families from Frankston High School to host female Japanese students. Altogether there are 50 girls and 6 boys who are 16 years old. They do not need their own room and past host families have found the experience rewarding and enjoyable. Your child does not have to study Japanese to host a student. A fee of approximately $20.00 per day will be paid to each family to cover guest expenses.

You can collect an application form from the General Office, 7 - 10 Campus or download application forms from the website and hand them into the Office. Alternatively complete and submit forms to Anne Thomson online. For further information please contact Anne on 0409 835 541 or email athomso@fhs.vic.edu.au

SCHOOL PHOTO DAY

Our school photo day will be on Tuesday 1 March this year. Students will receive an information package and a timetable of when their class photo will be taken.

Photo money is not to be sent to school until the day the school photos are being taken.

On this date all students are required to be in full summer uniform and have neat hair.
SENIOR CAMPUS NEWS
Ms Helen Wilson - Senior Campus Principal

YEAR 12 MOTIVATION DAY
A very successful Motivation Day was held on Wednesday 16 February at Monash University, Peninsula Campus. The guest speaker was Dr Marcus Robertson. Marcus was raised in the Frankston area and became an elite swimmer, training at the Victorian Institute of Sport. He has completed two degrees and is now a Medical Practitioner specializing in Obstetrics. Marcus discussed goal setting, role models, targets and perseverance. He was both inspirational and entertaining. We will be looking at follow-up activities with Marcus during the peak stress and critical times for our Year 12 students during the year - he was brilliant and presented students with valuable strategies to implement throughout the year.

We also heard from a panel of 2010 Year 12 students Adam Balogh, Ferne Smythe, Michael Cheverly, Lizzie Scott, Laura Bird, Sheriff Mehanni and Andrew Thomson. These students spoke about successful strategies they used during Year 12 to maximize learning outcomes. I was incredibly proud of the Year 12 students from 2010 and their tips for succeeding in Year 12 - they all made mention of the fantastic teachers and opportunities at this school, and they were genuine and sincere as they relayed their experiences with their teachers over their time at Frankston High School.

Thank you to the main speakers on the day who provided invaluable advice to our students: Mr John Albiston for his motivational speech to commence the day, Ms Bianca Jones and Mrs Natalie Lyons for their presentation on learning styles and tips for surviving Year 12, and Mrs Carolyn Walsh for a very entertaining presentation on Careers.

I would like to thank Mrs Maree Granger and Ms Clare Challenger for organizing this day and Mrs Annette Wallace and her team of parent volunteers who provided a delicious, healthy morning tea of fruit and fruit juice.

The organisation of the day and the presentations made by staff required a huge amount of time and effort, and I would like to thank all the staff involved. I am sure the students found the day to be beneficial as a whole of information was provided to assist students to reach their goals and maximise their learning opportunities.

SENIOR SCHOOL PARENT INFORMATION NIGHT
Thank you to all parents who attended the information night on Monday 21 February. The feedback we received was very positive. There is no doubt Year 11 and Year 12 are critical years and family support is vital.

Thank you to Mrs Granger, Ms Challenger, Mr Neratzoglou, Ms Toovey, Mrs Walsh, Mr Parker and Mr Keane for their presentations and assistance on the night. A special thanks to Lizzie Scott and Adam Balogh for speaking from a student’s perspective and providing invaluable advice.

THE SENIOR SCHOOL CROSSING
It is important that parents do not drop students off both before and after school near the crossing. This poses a very dangerous situation for both students and motorists. I would like to remind students to be very careful when getting out of cars near the crossing.

It is essential that all students use the designated school crossings when travelling between campuses.

USE OF STUDY PERIODS
It is pleasing to see so many of our students using their time to an advantage in study periods. However, some students need to manage their time more effectively. Our past students have spoken of the importance of utilising study periods to discuss work with friends, meet with teachers, complete homework and revise for assessment tasks. All students are required to be in a designated study area during their study periods.

YEAR 7 TRAINING CONCERT BAND
Mr Peter Sharp
Director of Instrumental Music

INFORMATION AND RECRUITMENT NIGHT
FRANKSTON HIGH SCHOOL MUSIC CENTRE
THURSDAY 10 MARCH 7.30 PM
Year 7 students interested in joining our exciting band program are invited to attend our information and recruitment night which will be held in the Music Centre on Wednesday 10 March, commencing at 7.30 pm.

Our Training Concert Band is for students who have had little or no musical experience and we are offering tuition on flute, oboe, clarinet, saxophone, trumpet, trombone, euphonium and percussion.

On the night we will provide information on how our program works, and give a recommendation on which is the best choice of instrument for your child. We will also have a performance from our Junior Concert Band.

Please note that it is imperative that all interested students must be accompanied by an adult.

HOMEWORK CLUB
Mrs Tonia Hast - Homework Coordinator

Homework Club will be held every Wednesday and Thursday for Semester One from 3.30 pm - 4.30 pm in the Junior Resource Centre.

This is a great opportunity for students to complete homework tasks with the assistance and support of teaching staff. A snack is also provided!
CAREER NEWS
Mrs Carolyn Walsh - Careers Coordinator

ON THE CAREER FRONT
Interested in a Career in Sports Medicine?
Sandringham Sports Medicine is offering FREE Careers Sessions! Careers covered include Sports Physiotherapy, Sports Nutrition, Podiatry, Remedial Massage. You will be allocated to three workshops which run for 15 minutes each. Workshops are for observation purposes only and do not require students to participate in manual techniques.
Venue: Sandringham Sports Medicine
Register: online at www.sportsphysio.com.au
Date: Saturday 5 March

ON THE WORK EXPERIENCE FRONT
Please keep handing in your completed Arrangement Forms. The cut off date for Year 10 Work Experience forms to be submitted to the Middle School Office is 11 March.

ON THE VET FRONT
If you have begun your study in a VET subject please ensure that you have placed your teacher’s name and contact details into your diary so that you can send a message should you need to miss a class due to illness. Also, if you are in Year 12 and studying the second year of your VET program, please let your teacher know if you wish to be ‘scored’ for your assessments in 2011.

ON THE VCAL FRONT
Our VCAL students are spectacular! Hard workers, mature young people, interested in furthering their resumes with brilliant educational experiences and certification. After the start of our school year I can only report absolute pleasure in the role of coordinating this fantastic group of young people.

TOOLS REQUIRED:
Could families please check their garden sheds for any unwanted gardening tools and equipment. Our VCAL students have great plans for increasing the productivity of the Junior School Garden, increasing the functionality of the Senior School Garden and learning about the world of horticulture. Any items that you are able to donate would be greatly appreciated. If you would like to drop these items off to the Senior School Office during School Hours that would be great. If you have items that would be useful to us for working in the gardens but you are unable to deliver, please email cwalsh@fhs.vic.edu.au to arrange a pick up time.

GOGGLES FOR SALE
Lisa Jaensch - Pool Coordinator
$13.00 A PAIR
Great colours to choose from.
Available from Lisa at the pool

WORK EXPERIENCE
Mr Tom Whipp
Assistant Work Experience Coordinator

All Year 10 students are required to complete one week of work experience at the end of Semester 1. The dates for the completion of work experience are June 27 - 1 July. All students need to have work experience arranged and the necessary forms completed and returned to the Middle School Office before 11 March. This is to allow enough time for us to organise students to complete the industry specific occupational health and safety certificates. If your son/daughter has elected to complete work experience for example, in the construction industry or to work with animals, special training needs to be organised so they can participate in that work experience. If the required paperwork is not completed by 11 March they may miss out on the opportunity to complete work experience in the occupation of their choice.

If students need any assistance making their work experience arrangements they should see Mr Whipp who can be found in the staff room on the 7 - 10 Campus.

rowing 2011
Mrs Mary Hunter - Rowing Coordinator

The Senior Boys will be representing the school at Nagambie this weekend for the State Championships. The team consists of Antony Nikolic-Paterson, Luke Walsh, Lachlan Flakemore, Nathan Thomson, Tom Walsh (coxswain), with Neville Smith as coach.

All other teams have been practicing on Tuesday mornings at Patterson River. The Year 10 Girls Team will be competing at Head of School Girls in March. There will also be the SSV (School Sport Victoria) Regatta in March where the Year 11 Boys, Year 10 Girls, Year 9 Boys and maybe some new Year 8 girls will row.

Mornington Peninsula Hockey Club

Hockey Players Wanted
Minkeys: Juniors from ages 5 years
U9, U11, U13, U15, U17
Girls and Boys Teams
Senior Men and Women

Enquiries: Call 9766 7478
Email mom_pen_hockey@optusnet.com.au
**YEAR 7 WINE AND CHEESE NIGHT**
The Frankston School Council invites All Year 7 Parents to our Annual Wine & Cheese Night to welcome you to our school and to give you the chance to meet the parents of other Year 7 students.

We will let you know of our plans for 2011 and the opportunities for you to be involved with our school. Year 7 Tutorial teachers will be present.

**Tuesday 1 March 2011**
7.00 pm
in the School Hall

Looking forward to seeing you there

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**FIt Tip!**
Eat Less Processed Food!

- · Antioxidants and phyto-chemicals.
- This means you will be healthier, have more energy and have less chance of the yucky killer diseases.

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**VICTORIAN SCHOOL OF LANGUAGES 2011**

Languages Program Centre Classes for students in Years 1 - 12

Albanian, Amharic, Arabic, Bengali, Bosnian, Bulgarian, Chin (Hakka), Chinese (Cantonese), Chinese (Mandarin), Croatian, Dari, Dinka, Dutch, Filipino (Tagalog), French, German, Greek, Hebrew, Hindi, Hungarian, Indonesian, Italian, Japanese, Karen, Khmer, Korean, Latin, Lithuanian, Macedonian, Maltese, Persian, Polish, Portuguese, Punjabi, Pushho, Romanian, Russian, Serbian, Sinhala, Spanish, Swahili, Syrian, Tigrinya, Turkish, Vietnamese.

For further information please contact:
- Victorian School of Languages
- Phone: 9474 0500
- Email: vsl@vsl.vic.edu.au
- www.vsl.vic.edu.au
- or contact Ms Mazlo at Frankston High School

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**PART TIME SALES CONSULTANT BOUTIQUE JEWELLERY STORE**

2 - 3 DAYS PER WEEK

Exciting position available for person to work in a beautiful jewellery store, close to home.

Must have positive attitude, flexibility to work hours and love interacting with people.

CALL MERI 9781 4916

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**MUSIC NOTES**
Mr Peter Sharp
Director of Instrumental Music

Instrumental music lessons have now commenced and all band rehearsals are in full swing.

**Coming up:**
**YEAR 7 RECRUITMENT NIGHT**
Our Year 7 Training Band Recruitment Night will be held in the Music Centre on Thursday 10 March commencing at 7.30 pm. All Year 7 students who are interested in learning a musical instrument are invited to attend. The Junior Concert Band will be required to play on this night.

**SECOND HAND INSTRUMENTS**
If you have an instrument that you might like to offer for sale on the evening please contact Mr Sharp or Mr De Bruin to discuss this.

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**core HEALTH CLUB**

**fitness inside out**

**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, antioxidants and phyto-chemicals.
- This means you will be healthier, have more energy and have less chance of the yucky killer diseases.

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.

**Ph: 1300 Core Health**

1300 267343

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**UNIFORM SHOP**
Mrs Deb Hester [Manager]

TELEPHONE 9770 0084 (SHOP)

**PLEASE NOTE: Saturday 12 March - Uniform Shop will be closed for long weekend.**

**TRADING HOURS**

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<td>Thursday</td>
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<td>3.00 pm - 4.00 pm</td>
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<td>7.30 pm - 8.30 pm</td>
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<td>Saturday</td>
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Twilight Working Bee!

Thursday 10 March 4.00 pm - 7.00 pm
Your help is needed please!

On Thursday 10 March the Grounds Committee is holding the twilight working bee from 4.00 pm to 7.00 pm. We are requesting that, if possible, parents, students and staff assist in the completion of a number of grounds and maintenance tasks around the school.

This time has been suggested to allow parents and staff who have commitments on the traditional Sunday morning time to be able to attend.

The evening will be well organised and the donation of your time will not be wasted as there will be a variety of tasks to be completed.

We are quite dependent on our working bees to help maintain our lovely grounds. It is also a good opportunity to meet other members of our school community.

The school has some gardening tools but it is always helpful if working bee members can bring their own as well. We will be mulching and planting as well as general cleaning up so wheel barrows, shovels, secateurs and clippers would be particularly useful. We are also replacing some of the plaster sheet on the 7 - 10 Campus, painting several areas as well as repairing metal garden furniture.

We meet at the Year 7 - 10 Campus car park.

At the end of the working bee there will be a thank you sausage sizzle provided for all the people who have donated their time to assist in this activity.

If you would like some more information I can be contacted at school on 9783 7955.

Lee Anne Smith

Working Bee Return Slip - please complete and return the slip below, via the General Office, or email office@fhs.vic.edu.au by Tuesday 8 March 2011.

___________________________________________________________

WORKING BEE RETURN SLIP:

Yes, I / we (please circle) ____________________________
will be able to attend the working bee on Thursday 10 March 2011.

Yes / no, (please circle)
I / we would like to attend the BBQ after assisting at the working bee.