DEAR PARENTS, STAFF, STUDENTS & FRIENDS

There has been so much happening over the last few weeks, show casing our great school and providing a huge range of quality teaching and learning experiences for our community.

I LOVE FRANKSTON: FRANKSTON HIGH SCHOOL STUDENTS TELL THE WORLD ON CHANNEL 7 NEWS

Our talented dedicated teachers Ms Jess Rasdell and Mrs Sue McGavin together with the magnificent 8L volunteered to work with the Frankston City Council to help them launch a youtube competition promoting what a wonderful city we live in. This provided a wealth of authentic learning experiences for this delightful class of students who were involved in writing news scripts, planning speeches and developing filming skills. Last Friday was an exciting day for us all when Peter Mitchell, renowned Channel 7 newsreader, visited the school with our local federal and state members of Parliament: the Honourable Bruce Billson and Geoff Shaw with an audience of many Council dignitaries. The students filmed a news broadcast with Peter Mitchell launching this exciting initiative. A glimpse of this great film was featured on the Channel 7 news, with the final product being available soon on our website, the City Council website and youtube. This is a great promotion which is a joint celebration of living in the premier city by the bay as well attending an exceptional school.

SWIMMING CARNIVAL ENJOYED BY ALL

I was extremely pleased to see the high level of student participation in representing their House in our swimming carnival last Tuesday. I was very proud of those students who struggled to complete their race but did so with the crowd cheering them on. This encouragement, together with every student determined to do their personal best, epitomises our motto, Optima Semper – Best Always.

Please detach and place on your notice board for future reference.

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<th>IMPORTANT DATES</th>
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<td>Osaka Homestay Visit</td>
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<td>Middle School Environmental Geography Excursion</td>
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<td>Middle School Wilson Promontory Outdoor Education Camp</td>
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I was desperately seeking a defibrillator after my attempt in the staff relay. I am not as young as I used to be!

Thanks to all staff who worked hard behind the scenes to make this event such a success. In particular, a special thank you to Ms Debra Anderson and Ms Kirsty Reaks, House teachers and student officials who worked throughout the day to ensure it was enjoyed by everyone.

YEAR 7 CAMPS – MAKING NEW FRIENDS
Over the last few weeks all Year 7 students have attended a camp. These camps have provided our students with a great opportunity to form new friendships and build stronger teacher/student relationships. As usual the camp owner was very impressed with our students who demonstrated excellent behaviour. However from memory I do have concerns about 7G who expressed great delight in hauling me up on the Giant Swing to the maximum height and then letting me go. They were very cruel to be laughing at their Principal whilst he was flying through the air in a state of panic!

SLC CAMP – YOUNG LEADERS – EXCEPTIONAL ROLE MODELS FOR EVERYONE IN 2011
Last week I visited our Student Leaders as they participated in the SLC Camp at Phillip Island. This impressive team of students have many plans for leading our community in helping our school to become a better place to be, as well as aiming to address issues of concern in the wider community. Congratulations and thanks to Mrs Jessica Bambridge our extraordinary recently appointed Director of Student Leadership Council and other staff who attended this camp. They motivated our student captains to show exceptional leadership in running engaging activities which have certainly ensured a great start to building the leadership capacity of our leaders.

PARENT WINE AND CHEESE EVENINGS – A HUGE SUCCESS
It was pleasing to meet a large number of parents who attended our wine and cheese evenings over the last few weeks, with such numbers reflecting the quality of our 2011 Year 7 cohort, and new students enrolled from Years 8 to 12. These evenings provided time for parents to meet with other parents as well as meeting school staff. Thank you to Mrs Sue McGavin, who provided a warm welcome to our parents and organised the Year 7 evening. Also thanks to Mrs Lee Anne Smith for organising a most successful evening, welcoming families of children new to our school from Years 8 to 12.

SENIOR SCHOOL INFORMATION NIGHT: PROVIDING PARENTS WITH MANY GREAT TIPS!!
Thank you to Mrs Maree Granger and Ms Clare Challenger for organising an information packed evening equipping our Senior School parents with knowledge and skills to support their children studying in the demanding Senior years. It was great to meet the many parents who took time out of their busy lives to seek tips for best supporting their children during these years.

BOYS TEAM TRIUMPH AT PENINSULA SURF LEAGUE CHAMPIONSHIPS
We are currently celebrating our boys surf lifesaving team winning the 2011 title as Peninsula Surf League Champions. This is a fantastic achievement since they were victorious against all Peninsula Private Schools. The girls’ team were placed sixth which was also a fine achievement since this is a very young team showing lots of promise. Thanks to Mr Rowan Cameron who is the head coach and spends his weekends inspiring our surf champions to be great representatives of our school. We wish the boys every success in the up and coming state surf league championships.

BRIDGET PROMM: ZONE/REGIONAL CHAMPION PUBLIC SPEAKING
Last year as many of you will remember, Bridget Promm (Year 12) won the Frankston Lions Youth of the Year award. This year Bridget competed in the Regional/Zone finals and won the public speaking award. Bridget is yet another example of the outstanding student leaders we are producing at Frankston High School.

The grounds are looking beautiful as we enjoy the change in seasons. Keep embracing those learning challenges and making the most out of life. Have a great long weekend.

John Albiston
Principal

NEW EMAIL SUBSCRIPTION SERVICE
Daniel Anderson
ICT Technical Coordinator

We have launched a new email subscription service for 2011. We will be using this service to distribute our newsletter, important information and upcoming events. If you have already subscribed for the newsletter or returned the form that was sent home last year you should have received an email asking you to confirm that you want to receive this additional information. Please confirm that your information is correct by following the instructions in your email.

If you have not received an email regarding this service, or have not previously subscribed please visit the website (www.fhs.vic.edu.au) and under the "Stay updated via email" heading place your name and email address in the boxes provided.

This is a new service that we are providing to parents so that you can stay informed about events and activities at Frankston High School.

You can also follow us on:
Twitter - twitter.com/frankstonhigh
Facebook - facebook.com/frankstonhs
SENIOR CAMPUS NEWS
Ms Helen Wilson - Senior Campus Principal

VCE ACHIEVER AWARDS
Students may wish to nominate for the 2011 VCE Achiever Awards. These awards recognize the many outstanding achievements of VCE students who, on top of a hectic work year, commit themselves to a range of community service work including sporting, artistic, charity and voluntary activities.
To qualify students should be studying at least two Unit 3 & 4 studies and:
• Demonstrate a high degree of leadership in school and the community
• Be involved in extracurricular activities
• Be self directed and demonstrate initiative
• Demonstrate an emphasis on helping others
• Be seen by the school as cooperative and committed to making a difference.

If you are interested in nominating yourself or another student, please see me as soon as possible.

STUDY SKILLS
Students should now have developed regular study habits. In the Senior Student diary there are great hints on where and how to study, motivation, goal setting, note taking skills, essay writing, research strategies, memory skills and stress management.
I encourage all students to have a look at this valuable resource and discuss how they can use these techniques to develop better study skills, which are vital for Years 11 and 12.

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 license. 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.

SLC CAMP
Thank you to Mrs Jessica Bambridge for her organization of a very successful Student Leadership Council camp. Through various activities, the students demonstrated strong leadership skills and we look forward to working with the SLC and the school captains and deputy captains this year.

PARENT TEACHER INTERVIEWS
A reminder to parents that a parent teacher evening will be held on Wednesday 6 April 2011. Term 1 interim reports will be distributed prior to the interviews. Please note the interviews are by appointment only and are to be made via our online booking process available through the Frankston High School website. It is important for senior school students to attend these interviews with their parents in order to improve their learning strategies and outcomes.

NEW PARENT EVENING
Thank you to Ms Lee Anne Smith who organized a very successful new parents evening on Tuesday 22 February. It was an excellent opportunity to meet with the new parents of the school and address any questions or enquiries they have.
If parents would like to discuss their child’s progress at school, they are most welcome to contact the relevant Year Level Coordinators.

CAREER NEWS
Mrs Carolyn Walsh - Careers Coordinator

Over the past fortnight I have begun meetings with Year 12 students regarding their career goals and aspirations. I am pleased to say that yet again we have another Year 12 cohort of mature and impressive individuals. They are all such lovely young people to communicate with and it is always such a pleasure to hear what they are considering and meet with such great students. I shall continue to meet with all Year 12 students throughout the year, working through the alphabet until I have met all and identified the key needs of individuals.

Our VCAL students are progressing through their term well and some are beginning to find work placement. I am most keen to encourage Frankston High School parents who are self-employed, or who own businesses, or who have influence in their workplace to consider taking one of our students on as a Structured Workplace Student. This means that the student works for the designated employer for one or two days per week (as negotiated by the student and employer) and they gain experience and an understanding of the industry that they are placed in whilst the employer offers a safe and secure workplace where they can share their skills and inspire young people to follow in their footsteps! I have included some of the key commitments that employers must make when taking on a student and would appreciate it if any potential employer could call Frankston High School or email jstrange@fhs.vic.edu.au

CONTRACTUAL UNDERTAKINGS FOR EMPLOYERS
By completing the SWL (Structured Workplace Learning) Arrangement the employer certifies to the Principal that he/she:
• understands and complies with occupational health and safety requirements
• will identify hazards and assess and control relevant risks wherever reasonably practicable, and where any risk can not be controlled, will inform the school prior to the
• placement commencing
• has read and understood DEECD guidelines for employers and will ensure that sufficient planning, induction, supervision and safe systems of work are provided at all times
• will consider and take into account the competency, maturity and physical capabilities of the student, and will plan and arrange the student’s activities with this in mind
• will nominate a supervisor to ensure that employer obligations are carried out
• will provide appropriate information, training, instruction and supervision in relation to occupational health and safety, and will provide appropriate equipment and clothing for the student where required
• will ensure that the placement is undertaken in a non-discriminatory and harassment free environment
• will permit the Principal or representative to access the workplace or contact the student at any reasonable time during the placement
• will ensure that the arrangement is not used as a substitute for employment of employees and/or payment of appropriate wages
• will ensure that the maximum number of SWL students at the place of work does not exceed one student for every three full-time employees (or part thereof)
• will notify the teacher in charge of structured workplace learning as soon as is possible if the student is absent, injured or becomes ill during he placement will consult with the Principal and the teacher in charge of structured workplace learning if they consider it necessary to terminate the arrangement before the specified time
• undertakes to pay the student a minimum of $5.00 per day

URGENTLY REQUIRED –
Frankston High School families involved in the make-up/beauty/hairdressing industry to consider offering structured workplace learning to our wonderful students. Some of our students are already accredited with the certificate III in beauty services and would be an absolute asset to your business. Please contact Janene Strange at Frankston High School (preferably on a Tuesday or Thursday) to find out more and offer your assistance.

SEEKING HOST FAMILIES FOR OUR SOWETO SCHOOL PROGRAM
Mrs Anne Thomson
Community Liaison Coordinator

Each year Frankston High School sponsors a student from our sister school, Letsibogo Girls High School and provides her with an opportunity of experiencing a life and learning in a privileged environment that offers opportunities they may otherwise never experience. The student is selected according to their potential to graduate from school and progress with further tertiary learning.

We are asking Frankston High School families to consider hosting our 2011 student, Pertunia Magabane, for a period of 4 - 6 weeks commencing early June. We would be relying on the generosity of host families to provide accommodation and food.

Please contact Anne Thomson on 0409 835 541 for further information or email Anne at athomso@fhs.vic.edu.au

YEAR 7 CAMP LOST PROPERTY
Mrs Kate Taylor - Year 7 Coordinator

If your child is missing an item from their Year 7 camp we have articles of clothing, hats, towels and other miscellaneous items that were not claimed at the end of each camp. These items can now be located in the school lost property area.

Please contact our First Aid attendant and check if any items belong to you.

NAPLAN 2011
Ms Suzanne Caldwell - Assistant Principal

The National Assessment Program - Literacy and Numeracy (NAPLAN) tests for Years 3, 5, 7 and 9 students will be held on Tuesday 10 May 2011, Wednesday 11 May 2011 and Thursday 12 May 2011. The NAPLAN tests are conducted by the Victorian Curriculum and Assessment Authority (VCAA) on behalf of the Australian Curriculum, Assessment and Reporting Authority (ACARA).

The results of the tests provide diagnostic information for parents and teachers about a child’s performance in literacy and numeracy. This information can be used to support teaching and learning programs and improve student achievement.

Later in the year, you will receive your child’s personal report. The report will describe your child’s particular skills in reading, writing, language conventions and numeracy. The report will also show how your child performed in relation to national minimum standards. These describe minimum acceptable standards for students across Australia.

The information you receive as a result of your child’s participation in the NAPLAN tests will be valuable in helping you to assess your child’s progress in literacy and numeracy.

For more information about the tests, please visit the VCAA website at www.vcaa.vic.edu.au or the NAPLAN website at www.naplan.edu.au

2012 ENROLMENT INFORMATION AND SCHOOL TOURS

Frankston High School has an outstanding reputation as a high performing school, particularly in the areas of academic achievement, music and sport. Prospective parents are encouraged to attend an information session and tour of the school on the following dates:

• Thursday 28 April 9.15 am - 11.00 am
• Friday 29 April 9.15 am - 11.00 am
• Tuesday 3 May 9.15 am - 11.00 am
• Wednesday 4 May 9.15 am - 11.00 am
• Thursday 5 May 9.15 am - 11.00 am
• Monday 9 May 9.15 am - 11.00 am

For parents unable to attend during the day, an information evening (without a tour) will be held on Wednesday 11 May from 7.00 pm - 8.00 pm.

As places are limited, bookings are required. Please book via our website at www.fhs.vic.edu.au or phone the General Office on 9783 7955.

‘A learning culture that money can’t buy’
YEY 7 CAMP
Mrs Sue McGavin - Junior Tutorial Coordinator

This Year 7 students went to Golden Valleys Camp in Main Ridge. It is a beautiful setting, near Green’s Bush, with kangaroos grazing serenely in the twilight. Students undertook a range of activities: the Giant Swing was a great favourite (what did 7G do to the Principal?); there were team building activities, complete with a ‘body’ to rescue, mountain biking, and a ropes course, as well as the pool to chill out in, and an Olympic size trampoline. Night hikes through the bush proved to be highly entertaining to onlookers (Mrs. Taylor was bemused, watching students wandering backwards and forwards by torchlight for several hours, under the ‘guidance’ of a certain male teacher). Other evening activities included Red Faces and a trivia night. A trip down to Balmarring Beach and another to Safety Beach on the way back to school, rounded off the camp.

All staff members involved, commented on how lovely the students were. Grateful thanks go to Mrs Kate Taylor, Mr Ray Owens and Mrs Leanne Wood for the huge amount of work involved in organizing and running the four camps.

SLC CAMP
Rachel Walsh and Madeline Kaio
Year 12 SLC Students

From 2 March until 4 March something amazing happened, ‘A Movement’ was created. The next generation of leaders came together at Phillip Island to share their ideas and not just become the best SLC team ever, but a family.

The Student Leaders of Frankston High School 2011 are our best yet, and they proved this over the three day camp. Combining a group of 60 students is difficult because before this camp most of them had never met before, some were new students to the school, but it only took a matter of minutes before the camaraderie began. Soon after, the students were split into six different colour groups, and then the real competition began. Over the three days there were various activities that the colour teams competed in for the glory of calling themselves the winners. What really made them all winners was the sense of family that flourished.

As well as many fun activities such as raft making, the giant swing and the circrotron, the students also had presentations on what the SLC does and what initiatives come under its banner including the Environment Committee, vGen and the International Committee. Charities for this year’s free dress days were nominated but no decision has been made as yet. There was also a session where junior students had to present a short speech to work on their public speaking skills. Interviews were held for students who wanted to become year level leaders. The following were chosen:

Year 8 Captains: Zoe Crouch and Taylor Angelton
Year 9 Captains: James Savage and Jordan Hay
Year 10 Captains: Carly Jones and Will Burnham
Year 11 Captains: Hannah Vale and Nick Bremner
Year 11 Deputy Captains: Tim Eric and Hannah Green

The students would like to thank all the teachers who came along to look after us (Ms Challenger, Mr Hunt, Ms Pieropan, Mrs Robinson and Mr Russell), The Phillip Island Adventure Resort, for the great accommodation and fantastic food, also to the colour group leaders who did a wonderful job organising activities and bringing humour all round. Last but certainly not least to Mrs Bambridge for organising the whole camp and coming along as well.
FACEBOOK: A DANGER ZONE?
Mr Greg Heale - Director of eLearning

Parents and teachers hear a lot of negative things about Facebook and other social networking websites. It is important to remember though, that it is not necessarily the sites themselves that are the problem; it is the way they are being used.

SOME BACKGROUND INFORMATION
If you have not heard already, Facebook is an enormously popular free social networking site with over 500 million active registered users. If Facebook was a country, it would have the third largest population in the world and your child would most likely be a citizen. The way teenagers communicate today is nothing like we ever experienced as youngsters. Teenagers are rarely ‘unplugged’. That computer they are using for homework probably has MSN chat or Facebook open in the background. That mobile of theirs; chances are they have checked Facebook on it today - numerous times and they probably will again after you think they have gone to sleep.

I AM A LITTLE BEHIND WITH THESE THINGS – CAN YOU EXPLAIN FACEBOOK SOME MORE?
Facebook begins with a member creating a profile page with personal details, interests, photos, likes and dislikes on display. The member then adds ‘friends’, where a request is sent to another member who accepts or declines the invitation (the average Facebook user has 130 friends, but it is not uncommon for members i.e. teenagers, to have up to and over 1000). Members write ‘status updates’ that tell others what they are thinking, doing and even where they are. They create and join ‘groups’ including social, environmental and political causes they are interested in, as well as ‘just for fun’ groups like ‘I like my music LOUD’. Members play games, provide and link to different types of web content, chat with other users and comment on their posts and comments. It can be a lot of fun!

SO IS FACEBOOK DANGEROUS?
Like anything on the internet (and in real life) there are inherent dangers. Yes - it is possible that ‘strangers’ may try to add your child as a friend. Yes – your child may come across ‘inappropriate content’ (Facebook does have strict policies regarding this though) and yes – your child may be exposed to some of the most appalling and cringe-worthy language, spelling and grammatical errors known to man. But you would not let your child catch the train to the city by themselves, before you felt they were responsible and put in place clear safety precautions and procedures. The same goes for Facebook and social networking.

SO WHAT CAN I DO?
A lot of pressure is placed on young people to use Facebook and other social networking sites at a very young age. If your child is not currently a member of a social networking site, chances are they will want to be at some point. When this happens (and for most it probably already has) it is essential that you, as a parent, can openly and honestly talk through this step and take an active role in assisting your child to positively use, navigate and interact in these social environments.

One thing that has not changed over the years is the need for open and honest communication between children and parents. Your child needs to feel comfortable enough to be able to come to you if they’re having a problem (on or offline) and to know that you’re not going to ‘fly off the wall’. One of the things young people fear most is that you will take away their technology if they are having problems with it – so they do not tell you.

Below are ten steps parents can take to open up the communication with their children about Facebook (or similar websites) and become active and positive digital role models:

• **Create Your Own Page:** One of the best ways of opening up communication is asking your teenager to sit down with you to help you set up your own Facebook. You may have no interest in social networking, but in order to know what your child is working with, you need to immerse yourself in their world – it is not that hard and you might have some fun!

• **‘Friend’ Your Child:** Adding your child as a ‘friend’ allows you to keep an eye on what they are posting and what others are posting to or about them.  

  **Caution** - Many teenagers may balk at the idea of having their parent as a friend on Facebook. **Talk to them first** - It is not an unreasonable expectation, but be sensitive. Do not comment and post on their profile excessively and be conscious of being an ‘embarrassing parent’ when you do post. Also, do not ‘friend’ your child’s ‘friends’ – that is embarrassing.

• **Check How Many ‘Friends’ Your Child Has And Talk To Them About Them:** You’ll be able to see how many ‘friends’ your child has on their Facebook profile on the left of screen. Your child should personally know each and every one of them. Ask your child how they know each one and when was the last time they spoke to them was. If you are uncomfortable with any of them, talk to your child about the potential issues / dangers of adding ‘randoms’ as friends. To many teenagers, ‘friends’ on Facebook is simply a numbers game; the more ‘friends’ the higher the social status.

• **Age Appropriate:** To join Facebook a user must be 13 years of age or older. Young people get around this easily by entering a false year of birth, violating the terms of service. This can be problematic if your child does come across issues and you seek help. This also poses potential problems with people of an older age trying to ‘Friend’ your child, thinking they are 16 or 18. Please do not allow your child to sign up until they are at least 13 and when you do, insist on having their username and password so you can monitor use.

• **Encourage Your Child To Self-reflect Before Posting:** Teenagers, given their age do not often realise they are leaving behind a permanent digital footprint that can have ramifications down the track. Given their impulsivity, sometimes they post things they should not without thinking. Do not over react, but use it as an opportunity to discuss self-reflection before posting. You might even want to use someone
else’s status update as an example e.g. “I cannot believe what so and so wrote on Facebook today. Do not you think that is silly? Don’t they realise others can see what they wrote? What do you think?”

- **Talk To Your Child About Privacy Settings:** Once you are a little familiar with Facebook, you should look into your own privacy settings and then talk to your child about their own. Facebook by default usually leaves profile information open to the general public until you change the permissions. Young people should definitely have their entire profile set to ‘friends only’ – meaning only approved ‘friends’ can see their content. **Note** - Watch that your child does not set permissions for you. If they do, talk to them about why they do not want you to see their Facebook – they might not be using it appropriately.

- **Talk To Your Child About The Information They Give Out:** This does not just apply to their profile details (young people should definitely **not** post their email addresses, mobile number, address or school on their page). When they agree to allow applications like games and groups to access their personal information it cannot always be avoided, but it should be considered and minimised.

- **Disable Location Services:** Your teenager can ‘sign in’ to locations (like a friend’s house, home, Quayside – anywhere they like) and Google Maps will show a map pointing to their location using GPS data. This should definitely be disabled in privacy settings.

- **Be A Good Online Role Model:** Remember your child will also see everything you post on your profile.

- **Be Sensible And Sensitive:** You will see the best and worst of teenagers on Facebook. If you see or read something that is not right – Facebook is not the tool to solve it. There is nothing worse than seeing a public spat between a teenager and an adult on Facebook. Your efforts at educating the youngster of their wrong-doing will probably end up on another website that people visit for a laugh. This could become an eternal embarrassment for your child and could make things worse.

**IF YOUR CHILD IS BEING BULLIED ONLINE**

- Stay calm and level headed.
- Focus on your child, talk to them and reassure them.
- Report any abuse using the ‘Report Abuse’ function (on Facebook). This is anonymous.
- Where possible keep copies of the abuse (print or save).
- Do not respond to any abuse.
- Block and delete the abusive ‘Friend (s)’
- Do not contact the bully’s parents (this is often the first impulse of parents, but more often than not makes things worse).
- Contact your child’s year level coordinators at school and ask for assistance.
- If matters do not get better, you have every right to contact Victoria Police to seek their assistance.

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**LAUNCH OF THE FRANKSTONTV YOUTUBE COMPETITION**

Students of 8L

On Friday 4 March, Frankston High School hosted the launch of the FrankstonTV youtube competition. 8L students prepared for the event over two weeks; each of us had a job which we applied for with a letter of application. The event included guests from the Frankston City Council and Channel Seven News. This was a great project for 8L to get involved with because it was a good opportunity to work with the community. Our special guest was **Peter Mitchell** who came out to promote FrankstonTV. He performed the script that we had written and **Jahron Ostrom** represented our school as a newsreader. It was so successful that we ended up on the Channel Seven news on Friday night. We had a great morning and everything ran smoothly.

A special thanks to **Mr Albiston, Mrs McGavin, Mr Sargent and Ms Rasdell** for helping us and organising this event. We would also like to make special mention of **Renee Bibby** from 8L who worked exceptionally hard on this project.

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**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.
SURF LEAGUE
Mr Kevin Lylak - AFL Trainee

Congratulations to the boys and girls who competed in Surf League down at Point Leo on 24 February. The teams, which consisted of three junior competitors, three intermediate competitors and three senior competitors, competed in several events including a Run Swim Run, Beach Sprint, Beach Relay, Beach Flags, Board Rescue, Board Relay, Aqua Cameron Relay and Wade Relay.

The Girls team was made up by Georgia Hosking, Monique Burt, Renee Fox, Tarryn Elvish, Shona Sbogar, Emily Daniels, Lara Smith, Samantha Molloy, Eleanor Hodgson, Meg Ferrier, Brooke Van Soest, and Georgia Barry. The boys team included Luke Jaeger, Jake Kelly, Marco Kelsall, Christian Creed, Michael Debenham, Luke Daniels, Jack Nugent, Josh Rowbotham, Charles Patterson, and James Cameron.

The girls had tough competition but fought hard in each event to claim 6th place overall. Shona Sbogar swimming an amazing race to finish 1st in the Run Swim Run.

The boy’s team arm wrestled with The Peninsula School all day before finally defeating them in the last event. Congratulations to James Cameron, Luke Daniels and Jake Kelly for winning their beach flag events with Jake Kelly also winning his beach sprint. A mention to Marco Kelso for his superb board paddling skills. Luke Jaeger and Josh Rowbotham also did exceptionally well to finish 2nd in the run swim run for their age groups. The Wade Relay was one of the epic battles with Frankston High School making their move in the 3rd of 6th legs. Jack Nugent (3rd wader) dragged the team back to equal 1st before his legs gave way. He struggled to his feet twice before stumbling over the line to tag Michael Debenham. Michael ran the wade of his life to give the last two waders a handy lead. Charles Patterson burst away giving James Cameron a very handy lead. Frankston High School won by almost half a lap over The Peninsula School. The boy’s team have qualified for the State Finals at Point Leo on 22 March and it would be great to see parents down supporting these young athletes. State Finals will be exciting as this is one the best teams Frankston High School has fielded.

A special thanks to Mr Rowan Cameron and Mrs Mary Hunter for coming along and organising the teams. They could have never done it without the help of them. The best of luck for the boys going to State and show Frankston High School proud.

VISUAL DIARY COLLECTION
Ms Rosey Wilson - Visual Arts Coordinator

This is a final reminder to any students that studied Visual Arts with April Hinton, Renee Gatt or Rosey Wilson in 2010. If you have not collected your visual diary from Room 15 please do so by 18 March.

All visual diaries that are not collected by this date will be recycled.
MUSIC NOTES
Mr Peter Sharp
Director of Instrumental Music

Training Band Recruitment Night
Congratulations to the Junior Band on their fine performance at last night’s Year 7 Music Information and Recruitment Night. The band sounded terrific and will be an inspiration to our new training band members.

Year 7 students who would like to join the training band but were unable to attend last night’s information session may still join provided that they see Mr Sharp early next week.

Coming up: Cruden Farm
Frankston High School will be performing at the Twilight Jazz festival held at Cruden Farm on Saturday 26 March from 4.00 pm - 5.00 pm. This year’s band will be a combination of past and present students. Bring a picnic and enjoy an afternoon of great jazz.

HOSTING INTERNATIONAL STUDENTS
Ms Donna Harding - International Student Coordinator
Caring host families are needed for International Students enrolled at Frankston High School.

If you would like to participate in paid hosting please contact Donna Harding on 9783 7955

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
Thursday 12.30 pm - 1.30 pm
3.00 pm - 4.00 pm
7.30 pm - 8.30 pm
Saturday 10.00 am - 12.00 noon

Fit Tip!
The Best Exercise to Prevent Osteoporosis
...Strength Training!!

Strength training is the only interaction that will stop osteoporosis and even increase bone mineral density
1 in 3 women and
1 in 8 men will suffer from osteoporosis
Walking is not enough!

Strength training is the only way to replace lost muscle tissue
Permanently increase your metabolism and burn more fat day and night

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

The Anglican Parish of Mt Eliza
FETE
Saturday 2 April 2011
At The Peninsula School
Wooralla Drive Mt Eliza
9.30am - 1.30 pm

WANT TO PLAY HOCKEY?
Become A Stingray Today!
Frankston Hockey Club needs players for all age groups.
For more information please contact:
Joe Hill 0409 166 105
Or visit our website www.frankstonhockeyclub.com
The new 2011 | 2012 Entertainment™ Book... discover why it’s the best deal of all!

Purchase your new 2011 | 2012 Entertainment™ Book now for just $65 and you’ll receive over $15,000 in valuable offers you can use all year. Choose what you want to do and when you want to do it with valuable 50% off, 25% off and 2-for-1 offers, valid from now until June 1st, 2012.

Entertainment™ Books feature the best restaurants, attractions, cinemas, sports, hotel accommodation and much more. Purchase a Book and at the same time, you will also be helping community fund-raising!

The new Greater Melbourne Entertainment™ Book features many of the most popular businesses in the area like...

Fine and Contemporary Dining
- The Point
- The Palace by Luke Mangan
- Taxi Dining Room
- Nobu
- Mezzo Bar and Grill
- Saint Peter’s
- Richmond Hill Café and Larder
- Red Spice Road
- Koko
- Church St Fusion
- Estivo
- Mercers
- Sarti
- Sapore
- Paladarr Thai Issan
- Comme Kitchen
- and many more...

Casual Restaurant and Family Dining
- The Groove Train
- Wagamama
- TGI Fridays
- Taco Bill
- The Pancake Parlour
- Café Sienna
- Beachcomber
- La Camera
- Time Out
- Hofbräuhaus
- Smokin’ Joes
- Veggie Bar
- The Blackburn Hotel
- The Convent Bakery
- Joey’s Place
- The Temperance Hotel
- and many more...

Informal Dining and Takeaway
- KFC
- McDonald’s
- Grill’d
- Nando’s
- Laurent
- Mrs Fields Cookies
- Red Rooster
- Souvlaki Hut
- Brumby’s
- McCafé
- Hudson’s Coffee
- Wendy’s
- Schnitz
- Sushi Sushi
- Pie Face
- Fritz Gelato
- and many more...

Arts, Sports and Attractions
- Zoo Victoria
- Hoyts
- Luna Park
- AFL
- Falls Creek
- The Australian Ballet
- Village Cinemas
- Melbourne Theatre Company
- Melbourne Aquarium
- and many more...

Retail, Travel, Leisure and Accommodation
- Hayman
- Hamilton Island
- Rydges Hotels and Resorts
- Crown Towers
- Dreamworld
- Warner Bros. Movie World
- Gourmet Traveller
- Fantasia Cruises
- and many more...

To purchase your new Entertainment™ Book, please contact:
Frankston High School Chaplaincy
Address: Towerhill Road, Frankston, Vic, 3199
Contact: Sue – 9770 0642, suefab@hotmail.com or Beth 5978 0718, bmates@bigpond.com
Name: ____________________________ Phone: ____________________________ Mobile: ____________________________
Address: ____________________________ State: ____________________________ Postcode: ____________________________
I would like to order _____ x Greater Melbourne @ $65 each (including GST) $_______
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TOTAL ENCLOSED $_______

Payment type:  □ CASH  □ VISA  □ MASTERCARD  □ CHEQUE (Make cheques payable to Frankston High School)
Credit Card number: _______ _______ _______ _______ / _______ _______ _______ _______ Expiry date: _______ / _______
Cardholder’s name: ____________________________ Signature: ____________________________

Thank you for supporting our Chaplains. Each book sold contributes $13 to our Chaplaincy program.
Order your Book before 6th April 2011 and you will receive BONUS OFFERS worth $150 that you can use straight away!