ISSUE 4—TERM 1  Friday 25 March 2011  Editor: Mr John Albiston

DEAR PARENTS, STAFF, STUDENTS & FRIENDS

FRANKSTON HIGH SCHOOL: CONTINUES TO BE A HIGH PERFORMING SCHOOL OF ACADEMIC EXCELLENCE

Data released by the Federal Government on schools across Australia indicates that our school can be justifiably proud of the outstanding reputation we have as a high performing school of academic excellence. In particular, the value adding measures in relation to NAPLAN indicate that over the last three years, students have progressed from Year 7 to Year 9, at a greater rate than similar schools in Reading, Writing and Numeracy. This is a reflection of the exceptional challenging learning experiences our highly talented teachers provide our students. In addition Mrs Carolyn Walsh has provided me with very pleasing news. Of last year’s graduates 98% who applied for tertiary courses have successfully been placed in courses which will allow them to achieve their goals and ultimately their dreams. We expect that this will reach 100% as the year proceeds with the mid-year intake at University. This is a brilliant result and is a reflection of the tireless efforts of Mrs Carolyn Walsh in supporting all students in accessing further learning opportunities after graduating from Year 12.

WILSONS PROMONTORY EXCURSION HOME SAFELY

All students and staff arrived safely home just after 11.00 pm on Wednesday 23 March, from their Wilsons Promontory adventure, full of exciting stories to share. Many thanks to Mr Shane Moffatt, Mrs Adrienne Shepard and Mr Kevin Lylak for their expert care of our young people during such inclement weather conditions. I would also like to acknowledge and thank the parents of these students who put their trust in Emergency Services and the Department of Education and Early Childhood Development to look after their children and bring them home safely. Our parents’ support and understanding during such a difficult time was most appreciated. I am glad our staff and students had the time of their lives with an exciting helicopter ride and spectacular views of the Promontory.

WORKING BEE – STAFF, PARENTS AND STUDENTS MAKE IT A GREAT SUCCESS!

Thank you for the exceptional turn up of staff, parents and students to our recent Working Bee. A great deal of effort resulted in a huge amount of work being attended to and it was wonderful to see the friendship and enthusiasm as everybody made this fantastic, joint contribution to our grounds. Special thanks to Ms Lee Anne Smith, who worked with great energy and enthusiasm to organise this event. Thanks especially to all those new families who attended, which allowed us to complete many tasks.

PLEASE DETACH AND PLACE ON YOUR NOTICE BOARD FOR FUTURE REFERENCE

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<td>Year 12 Legal Studies Loddon Prison Excursion</td>
<td>Education 5.00 pm</td>
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FRANKSTON HIGH SCHOOL STARS AT DISTRICT SWIMMING SPORTS!

Congratulations to Mrs Mary Hunter, Ms Deb Anderson and Ms Kirsty Reaks who led our champion team of elite swimmers to triumph at the District Swimming Sports. This has provided yet another opportunity for us to celebrate our achievements as an exemplary sporting school. The entire school community wishes our team all the best at forthcoming Southern Regional Championships.

STATE CHAMPIONS IN ROWING

Many thanks to our rowing coaches, Mrs Mary Hunter, Mr Glenn Fischmann and Mr Scott Taylor whose unbelievable commitment in coaching our rowing teams enables our students to participate in this great sport. These coaches take our students for training at 6.00 am in the morning when most of us are tucked away in bed and also support our students in entering events during the holidays and weekends to help them develop their skills and fitness to an elite level. Consequently, last Thursday week we competed at the SSV Regatta and the Head of School Girls Regatta on the weekend. This resulted in two double sculls teams at the SSV Regatta gaining state titles which is a phenomenal achievement. The girls competing in the Head of School Girls Regatta made us proud. Our girls beat Geelong Grammar to compete in the semi finals, which is a fantastic achievement considering this is the largest most competitive school event in the Southern Hemisphere. Thanks to our dedicated teachers as we are one of the few government schools able to offer rowing as a sport.

LIFESAVING BOYS WIN GOLD TO BECOME STATE CHAMPIONS!

Congratulations to Marco Kelsall (Year 8) and Jake Kelly (Year 8) who both became state champions recently at the State Lifesaving Championships. Marco became state champion in the U14 board race, and Jake won gold in an incredible five events: beach flags, beach sprint, surf team event, beach relay and the Aqua Cameron event. Jake was then awarded best beach competitor for the championships. Both boys patrol for their surf lifesaving clubs. Marco is a member at Frankston and Jake is a member at Mordialloc Lifesaving Club. We are very fortunate to have students who give of their own time to help their local community.

OSAKA HIGH AND OSAKA SEIKEI GIRLS HIGH SCHOOL ENJOY THEIR STAY

Over the last two weeks, we have had the pleasure of hosting staff and students from Osaka High School and Osaka Seikei Girls’ High School. Thank you to our host families and students for your warm welcome to our valued friends. Our visitors enjoyed their stay due to the wonderful support and friendship offered by our students and their families. I am sure this has once again proven to be an entertaining and educational cultural experience for everyone. This visit hopefully provided some relief to our Japanese friends who are experiencing such devastation and grief in their country at this time. I have written to the Principal at our sister school and Mayor of Susono to send our thoughts on behalf of our school community at this most difficult time. We remain indebted to Mrs Anne Thomson for her excellent coordination of this most successful visit.

INTERIM REPORTS: A BASIS FOR DISCUSSION

Within this mail out you have been provided with your child’s interim report. This report provides you with a guide as to how students are progressing in the early stages of 2011. It is essential you read this report with your child and then book online to attend parent-teacher-student discussions which will be held on Wednesday 6 April. It is important that students attend, to ensure a productive three way discussion to develop plans for ongoing improvement. The online booking system can be accessed via the school website and will be available from 31 March. Alternatively parents who do not have electronic access for booking, can contact office staff who will make bookings on their behalf.

WORLD CHALLENGE STAFF COMPLIMENT OUR STUDENTS

Last weekend our two World Challenge teams together with their teachers (Mrs Manks, Ms Challenger and Mrs Child) undertook a challenging overnight hike in the Bunyip State Forest. World Challenge personnel commented on how impressed they were with our students who supported each other and worked very effectively as a team. I wasn’t surprised at all with such feedback because I constantly admire our students who are always terrific ambassadors, upholding our school values wherever they go.

Looking forward to seeing many families at parent teacher interviews.

John Albiston
Principal

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’
SENIOR CAMPUS NEWS
Ms Helen Wilson - Senior Campus Principal

PARENT TEACHER INTERVIEWS
A reminder that Parent Teacher interviews will be held for all Years 7 - 12 students on Wednesday 6 April. These interviews are extremely important for Year 11 and Year 12 students and will be by appointment only. Appointments are to be made via the on-line booking system.
I encourage all Year 11 and Year 12 students to attend these interviews with their parents so they can gain important feedback at this important time of the year. Interim reports will be posted home prior to the interviews. It is vital for parents to discuss these reports with their children and celebrate achievements, and note areas of concern and devise strategies for continuous improvement.

MID YEAR EXAMINATIONS
All students studying Year 12 Accounting, Biology, Chemistry, Physics and Psychology have formal VCAA mid year examinations. Practice exams will be held prior to these VCAA June exams as follows:
Thursday 2 June    Accounting (3.30 pm – 5.15 pm)
Monday 6 June     Physics (3.30 pm – 5.15 pm)
Tuesday 7 June    Biology (3.30 pm – 5.15 pm)
Wednesday 8 June Psychology (1.30 pm – 3.15 pm)
Thursday 9 June   Chemistry (1.30 pm – 3.15 pm)

Mid Year examinations will occur in all Year 11 studies.

CONGRATULATIONS TO LAURA CORFIELD – YEAR 12
Laura has been selected with seven other Australian students to represent Australia during a prestigious two week program – The London International Youth Science Forum. During these two weeks Laura will work with leading scientists and participate in laboratory visits. In addition, there is a one week extension in France visiting The Cern, a company of scientists who work on the electron collider. This will provide an excellent opportunity for Laura to work in the area of her passion – science, and she has our sincere congratulations and best wishes. I look forward to hearing from Laura of her experiences on her return.

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.

TERM VACATION
I wish all Senior Students and staff a relaxing and safe holiday. Students need to ensure that they are revising their work over the holidays and Year 12 students with mid year examinations should start practising past examination questions.
Examination papers can be viewed on the VCAA website: www.vcaa.vic.edu.au Students should also look at the assessment reports on this website; these are written by the examiners and individual questions are discussed. Generally, if students have performed poorly on a type of question then this question may reappear on future exam papers.
I cannot stress highly enough to students the importance of using part of these holidays for study purposes. The mid year exams are fast approaching when students return in Term 2.

TOP ARTS EXHIBITION
Mrs Debra Child - VCE Art Teacher

Two of our very talented students from our 2010 VCE Studio Arts class were short listed for the Top Arts exhibition. We congratulate Kristian Criggs winner of the schools 2010 acquisitive prize for being short listed and Nick Nolan on being selected to have his work exhibited in the 2011 Top Arts presented at the Ian Potter Centre: NGV Australia, Federation Square.

This year’s Top Arts exhibition will show work created from 53 outstanding VCE Art and Studio Arts students selected from over 1500 applications. Nick Nolan’s exquisite finely detailed works on paper explore the issue of friendship and identity. The exhibition will be formally opened on 30 March by the Honourable Martin Dixon MP, Minister for Education, with the exhibition being open to the public from 31 March until 19 June.

For further information follow the link http://www.ngv.vic.gov.au/whats-on/exhibitions/exhibitions/top-arts-vce-2010
CAREER NEWS
Mrs Carolyn Walsh - Careers Coordinator

One of the most important things a family can do to help their child with making decisions about further study is to attend Open Days and really take time out to have a good look at what is available. It frequently surprises me that many students reach the end of Year 12 and have yet to visit tertiary institutions, even though they clearly wish to continue with their studies post Frankston High School. I always reflect upon how much time I have spent as a parent considering both Primary Schools and Secondary Schools for my own children and remember how visiting and gathering information regarding the options helped me to make the most suitable decisions. The same applies for tertiary choices.

OPEN DAYS
Open Days allow young people and their families to see the variety of courses/industries/vocational pathways that are available to them. They give people the chance to discuss how courses can be structured to meet individual needs – flexibility and individuality being embraced by many of the tertiary providers. Some institutions of further education are particularly large, use online materials for educational delivery and require from students independence beyond that which they may have had to utilize thus far. Other institutions are smaller and more personal, providing students with support networks and offering small group work as well as on-campus lecture experiences.

Frankston High School students need to determine where they are going to be most successful. We have students suited to all types of learning institutions and it is not until they are faced with the options that they discover where they are most comfortable. I often hear students mention their learning environment as being particularly important to their health, wellbeing and education. By visiting on Open Days students can get a feel for the environment that they will be moving in to and they are more likely to make long lasting decisions from this experience.

Listed below are the Open Days for 2011 – please note them down for family outings!

Sunday 17 July: Burnley Gardens Open Day, Burnley Campus, University of Melbourne.
Sunday 26 June: Victoria University
Saturday 6 August: Monash University (Berwick, Gippsland and Peninsula)
Sunday 7 August: La Trobe University (Melbourne), Monash Univeristy (Caulfield, Clayton and Parkville campuses), William Angliss TAFE.
Friday 12 August: La Trobe University (Shepparton)
Sunday 14 August: Australian Catholic University (Melbourne), Deakin University (Warrnambool), La Trobe University (Mildura), RMIT University and TAFE.

Saturday 20 August: Holmesglen Institute
Sunday 21 August: Deakin University (Geelong), La Trobe University (Albury/Wodonga), University of Melbourne, Swinburne University.
Sunday 28 August: Australian Catholic University (Ballarat), Box Hill Institute, Deakin University (Melbourne), La Trobe University (Bendigo).

INTERESTED IN LA TROBE UNIVERSITY?
La Trobe invites students to Talk and Tour on Friday 15 April at La Trobe’s Melbourne Campus. Talk and Tour offers students and their families the opportunity to get to know La Trobe in a friendly and relaxed context, where they can:
- Ask questions about university life, and the transition from secondary school
- Hear from current students about their experiences, and pick up a few tips along the way
- Chat with faculty representatives about courses and pathways
- Take a campus tour, which includes the library, sports and recreation facilities, and much more, as well as their on-campus accommodation

Please note registration is essential; students can register online at www.latrobe.edu.au/talkandtour or by calling the Future Students Centre on 1300 135 045.

INTERESTED IN A CAREER IN HAIRDRESSING?
Pivot Point Academy is running two Day Introductory Courses to help you learn more about hairdressing as a career. Participants will experience hands on styling, drying and long hair techniques, introduction to cutting, introduction to colour; importance of people skills and how to get the job interview skills. These courses are running over the upcoming school holidays.

The two day program cost $99.00 and a certificate of participation will be presented once the course is completed. To be a part of this program contact Pivot Point Academy at info@pivot-point.edu.au or 9670 1200.

TEDDY BEARS’ PICNIC
Mrs Sue McGavin
Year 7 & 8 Tutorial Coordinator

On the last day of Term 1, all Year 7 classes will take part in a Teddy Bears’ Picnic. Each class will work with their tutorial teacher to put together a theme-based class display. As well as a class prize (pizza lunch!) there will be individual prizes in various categories eg Best-Dressed Bear, Largest Bear, Oldest Bear etc. There will also be dance competitions and a chocolate-mousse eating competition.

The Teddy Bears’ Picnic will take place in the Hall. Displays will be set up during Period 4 and judging and competitions will take place during Period 5.

Parents are most welcome to come along and watch the fun!
ROWING - THE STATE REGATTA:  
TWO STATE TITLES IN THE  
DOUBLE SCULLS  
Mrs Mary Hunter - Rowing Coordinator

STATE REGATTA  
On Thursday 17 March there were 16 students who competed at the State Regatta at the Barwon River. The Year 10 Girls competed in fours and did very well in the final. This was in preparation for the HOSG (Head of School Girls) at the weekend. The team was made up of Samantha Little, Laura Kelly, Amy Hill, Meg Ferrier (Year 10) and (cox) Louise Kelly (Year 8). Laura and Sam also completed in the double scull which they won and Amy competed for the first time in the single scull. Samantha Molloy and Emily Patterson also won the double scull in the Year 9 section and Emily also competed in the single scull.

The Year 11 boys quad scull consisted of Nathan Thomson, Luke Walsh, Antony Nikolic Patterson and Lachlan Flakemore (Year 10). The boys had a fantastic race and finished second to one of the best teams in the state. The boys will be competing at Nationals next year. The boys also competed in double sculls and Antony competed in the single scull.

The Year 9 boys had their first competition in the fours and the team consisted of Matthew Biaak, Niall Mehmed, Tylan Mehmed, Ethan Mehmed and (cox) Thomas Albiston. The boys had only rowed three to four times on the water and they looked very strong. These boys have a great future. Matt Biaak also competed in the double scull with Lachlan Flakemore. The day was a great success and a wonderful initiation for the new rowers. Congratulations to Tom and Louise for their competent coxing in the boats and their steady and safe approach in the water. Special thanks to Mr Glenn Fischmann for his fantastic help and coaching of the teams and Douglas Flakemore for his help with bow numbers.

HEAD OF SCHOOL GIRLS  
After the state competition the girls stayed on to compete at HOSG at the Barwon River. This regatta is the biggest school event in the Southern Hemisphere. In the first race the girls lost to Toorak. In the repechage the girls won against Geelong Grammar which enabled them to advance to the semi final (a win by .1 sec). This was the first time that we have won in a section one division. We are up against the best teams from every school which is difficult when they have a pool of 10 rowers. The girls rowed as well in the semi but were unable to advance. Although we are a small team we are getting great results. A special thank you to all the parents for their help at the regatta particularly Geoff Thomson and Jeff Kelly who towed the boat trailer to and from Geelong.

WINTER TRAINING  
All the students are going to do winter ergometer sessions in preparation for the next season. If any student is keen on joining the program please contact me at school or email mhunter@fhs.vic.edu.au

SEEKING HOST FAMILIES FOR OUR  
SOWETO SCHOOL PROGRAM  
Mrs Anne Thomson  
Community Liason 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
BULLYING
Ms Michelle Beirouti
Student Wellbeing Coordinator

We are currently running ‘respecting difference’ workshops with all Year 8 classes. These workshops have been designed to encourage and equip students to take ownership in changing negative attitudes and behaviours around bullying. Whether directly impacted, or as a witness, we can each do our bit to change things and not tolerate bullying. The workshops discuss strategies to:

- take action against bullying situations
- avoid cyber-related bullying incidences and the steps to take if you are hassled online
- take ownership of our own behaviour
- look out for our friends and classmates who may be struggling with bullying
- accept and respect everyone - how dull life would be if we were all the same!

A major issue with young people today is social networking. Social networking describes a variety of services like Youtube, Myspace, LiveJournal, Twitter and online games such as World of Warcraft and runescape. Social networking sites are a great way in touch with your friends and family. You can post information about yourself and display photos, tell everyone what you’ve been up to, play games and basically just hang out.

There are dangers. Bullying, people making inappropriate contact, over-the-top advertising campaigns, identify theft, scams and possible exposure to adult content can make places like these risky, but if you play it smart you can stay safe online.

TIPS FOR STUDENTS

- Keep personal information secret – Make sure you don’t put any personal information on your profile. This includes your phone number, personal email address, home or school addresses, sports teams or the name of your school. Be careful when you post photos that they don’t include any of this information either.

- Check with your parents or guardian if you do decide to give out personal information or put it in your profile.

- It’s public! Remember that you may feel that you are just talking to friends, but the whole world could be tuning in. Keep an eye on what’s being posted and guard your privacy! Don’t post photos that you might not want strangers to see.

- Check out the features – Learn how to make your profile and other content you post public or private. You’re the one in control.

- Think twice! Posts to blogs and profiles can stay there forever. Your parents, future employers (and perhaps your children) may end up seeing it.

- Remember – Not everyone is who they claim to be. Although it’s great to have lots of online friends, including them on your friends list allows people you don’t know to see all about you. This information could be used for a scam, to steal your identity or worse.

- Keep your online friends online – However, if you want to meet someone that you haven’t met so far in person, ask a parent or another adult to go with you and always meet in a public place, preferably during the day.

- Say No! Free offers are usually too good to be true and can end up costing you a heap. Sad to say, not all promises are real.

- Be considerate – be yourself, but play it nice – Only post comments that you would be happy to receive yourself. Don’t post photos of other people without their permission. Remember, when you post photos you might be hurting the privacy of your friends too.

- Tell a trusted adult – Don’t respond if someone sends you a nasty or bullying messages or asks you to do something that makes you feel uncomfortable. Instead, tell your parents or another adult you can trust.

TIPS FOR PARENTS – DO YOU KNOW WHO YOUR CHILDREN ARE TALKING TO?

- Stay involved in your child’s use of new technologies – get them to show you how social networks work. Set up your own account, join your child’s ‘friends’ and see for yourself what they are doing. It can be a fun experience for you too!

- Help your child set up their profile to make sure that they don’t put too much personal information online.

- Work out a plan – Check the privacy settings for each service, and see how to report abuse. Hopefully you will never need to do this but its good to be prepared.

- Talk to your child about what they like about social networking website, what some of the dangers are in using them and teach them ways to stay safe. You may be able to create some house rules together.

- Remember – Social networking can be useful, fun and rewarding if the risks are managed. It can be a great way to stay connected with your family and friends.

- Above all, keep the lines of communication open. Kids need to be confident that they can talk to you about what’s happening, without being afraid that they are automatically going to get into trouble.

UNCLAIMED ITEMS
FROM YEAR 7 CAMP
Mrs Barbara Bradey - First Aid Attendant

We have the following unclaimed items from our Year 7 camps in our Lost Property:

- 2 tee shirt
- 3 pair socks
- 1 shrug
- 2 lunch box
- 1 goggles
- 1 pillow case
- 2 long sleeve tee shirt
- 3 shoe wear
- 1 polar fleece jacket
- 1 drink bottle
- 1 cameras case
- 1 red cape
- 1 short
- 4 caps
- 3 hoodies
- 1flag
- 1 towel

If your child came home without all items from their Year 7 Camp please visit our lost property area before the end of Term 1. Items not collected before that time will be donated to welfare.
HARMONY DAY
Kimi Pellosis - Year 12 SLC

On 21 March the Student Leadership Council (SLC) hosted a Sausage Sizzle for all our International and Exchange students, promoting cultural diversity within the school. Various countries were represented such as China, Japan, Germany, Brazil, Sweden and the Philippines. It was a great event with a large turnout of international, exchange and SLC students from both 7-10 and Senior School in attendance.

All students engaged in fun mini-games and everyone took part in decorating the huge poster to commemorate Harmony Day. The theme was ‘Everyone Belongs’ and that all Australians are a welcome part of our country, regardless of their background. It’s also about community participation, inclusiveness and respect – celebrating the different cultures that make Australia a great place to live.

Many thanks to the International Committee and all the SLC students who helped cook, set and clean up. Also a thank you to everyone who brought delicious Aussie treats such as Tim Tams, lamingtons and ANZAC cookies.

VOLUNTEER PAINTER WANTED
Ms Heather Forbes - Drama Coordinator

The Drama department are urgently needing someone to paint some staging boxes. It is not a difficult task and would take about two hours to complete.

Please contact Heather Forbes on 9783 7955 if you can assist.

ALTERED IMMUNISATION DATES
Mrs Christine Dawe - First Aid Attendant

Please note the following immunisation date change. The immunisations are provided by the Frankston City Council and administered to students on 7-10 Campus.

YEAR 7 STUDENTS

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YEAR 10 STUDENTS

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Frankston High School Chaplaincy Committee

presents an evening with

Campbell Bolwell
designer and manufacturer of the famous ‘Bolwell’ Sports Cars

Former student of Frankston High School

“Fifty years ago I had a dream to design and build sports cars”

Come and hear Campbell’s dream

Wednesday 4 May 2010

$50.00 per person
including a two course meal tea & coffee

The Peninsular Golf Club
Lounge / Members Bar
corner Karingal & Skye Roads, Frankston
6.30 pm for a 7.00 pm start

The dress code of the Peninsula Golf Club does not permit the wearing of denim.

Bookings essential:
Suzanne Caldwell or Barbara Braden
9783-7955 or 0409 522 427

UNIFORM SHOP
Mrs Deb Hester [Manager]
TELEPHONE 9770 0084 (SHOP)

Please Note:
the last day The Uniform Shop will be open for Term 1 will be Thursday 7 April
The Uniform Shop will reopen in Term 2 on Thursday 28 April

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
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...

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) $_______
I would like to order _____ x Geelong, Surf Coast & Ballarat @ $55 each (including GST) $_______
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!

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DADS ‘N’ DAUGHTERS WEEKEND
Saturday 2 April - Sunday 3 April

Experience spending some quality time with dads, granddads and uncles while experiencing the behind the scenes workings at the Phillip Island Nature Parks!! All activities led by female rangers and researchers! It might just show some new career path for the young ladies...

Phillip Island Nature Parks in a not-for-profit organisation so all proceeds go towards research, environment, education and conservation projects to protect the Island’s fauna and flora for generations to come.


Kingsley Park Twilight Family Fun

Kingsley Park Primary School
Franciscaen Avenue
Frankston

Friday 1 April
2.00 pm - 7.00 pm
ALL WELCOME

Fit Tip!

To Burn More Fat Move More!
70% of your daily calories are burnt by general moving!

• Every opportunity to move is an opportunity to spend more energy
• Don’t drive if you can walk
• Don’t walk if you can run.

Just Move More!

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 2 673 4 3