Women’s Leadership Focus Program

Last week ten of our high potential Year 11 female students began the Focus Program which allows them to be mentored by 10 female executives from Price Waterhouse Coopers. They are involved in a series of 3 workshops which include lunch, held at the PWC offices. The Focus program seeks to provide young women with the essential leadership skills they need to engage in a successful, meaningful career. We all know that women are underrepresented in senior roles and leadership positions (and are often paid less than their male counterparts) in virtually all sectors of the paid workforce. Our students will work with female executives who act as role models and mentors to help foster a sense of self-belief that will encourage them to continue to aim high and have confidence in their leadership abilities.

Assistant Principal Appointment

Congratulations to Mr Shaun Doherty on being appointed to the role of Assistant Principal for the next three years. Mr Doherty has already done a wonderful job (overseeing the Senior School as well as the introduction of the Real Time Reporting) in the first semester of his one year contract and we look forward to his continued leadership at McClelland.

Principal Internship

Recently I was invited to take on a principal internship as part of a Department of Education leadership development program and am pleased to announce Mr James Doble will be working here for the first four weeks of Term 4. Below is an open letter he has written to introduce himself to our school community.

Dear McClelland Secondary College and School Community,

My name is James Doble, Assistant Principal, from Berwick College, a large secondary college in the South Eastern growth corridor. As part of my ongoing professional development I have been privileged enough to have secured a position on the Bastow Aspirant Principals Preparation Program in 2016.

As a component of the course I am required to undertake a formal observation of another Principal over the course of a month, of which I have been fortunate enough to have been allocated your Principal, Amadeo Ferra, who comes highly regarded as an exceptional educational leader.
My background as Assistant Principal has included a number of responsibilities including Transition, Assessment and Reporting, Academy programmes – Basketball and Dance, OHS, Data management and Performance & Development.

I look forward to and welcome the opportunities that working alongside the staff and leadership team at McClelland will bring to me, and I am hopeful that I can be of benefit to the staff, school and community throughout my internship.

Yours Sincerely
Mr James Doble
Assistant Principal
Berwick College

### Student Progress Meetings

Student Progress Meetings will be held on **Tuesday the 30th August from 12-8pm**. There will be no classes on this day due to this event. Bookings through Compass for this important event have opened this week.

Further information about the meetings and how to arrange bookings (through Compass) are available under the ‘newsfeed’ when logging onto Compass.

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<td>Thu 20 Oct</td>
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<td>Frankston Arts Centre</td>
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<td>Mon 24 Oct</td>
<td>Presentation Ball Information Evening 6.30 to 8.30pm</td>
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<td>Mon 31 Oct</td>
<td>Year 11 Exams Begin</td>
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<td>Mon 7 Nov</td>
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Activities Week—Sabrina Fischer

Over the past term, the students here at McClelland College have put in an enormous amount of effort, the SLC have recognised this and want to reward everyone with a fun-filled week of activities! This week will give all the students a break from school life and a chance to have fun before the holidays kick in and we prepare ourselves for one last push for the year.

The activities week will take place in the last week of school, from the 12th to the 16th of September, and will occur during lunchtime periods to avoid any interruptions with class time.

The theme is ‘Staff vs. student’, which is a theme that a lot of people will respond to and be attracted to. After all, who doesn’t love a bit of friendly competition?

The activities below are as follows:
- Monday 12th – Dodgeball competition
- Tuesday 13th – Multicultural Day (free dress – not ‘Staff vs. Student’ based)
- Wednesday 14th – Dance off
- Thursday 15th – Throwback Thursday – Primary school games.
- Friday 16th – Footy competition

These activities will be a lot of fun, so we all encourage you to attend and get behind the spirit of activities week (and team students). See you all down there!

We hope that this stand will encourage the creativity of our students here at McClelland College.

World Vision, 40 Hour Famine

The 40 Hour Famine run by World Vision is a charitable event held once a year to raise funds and awareness for world hunger. Staff, Students and McClelland College community members are encouraged to participate in the event. The purpose of the 40 Hour Famine is for participants to give up something that is important to them for the duration of 40 hours. Participants are able to register individually online under the school name and get their family or friends to fund them, to raise money. This year the event is scheduled for the 19th - 21st of August.

All donations are made directly through the website http://www.40hourfamine.com.au/

Young Authors’ Stand—Sabrina Fischer

Within the upcoming weeks our school will be launching a ‘Young Authors’ stand.

The ‘Young Authors’ stand will be located in the library. Its purpose is to give the students of McClelland College the opportunity to display their works to our community.

Students must meet a number of requirements similar to if the student were to publish the book as an individual, these expectations will be available once the stall is ready for use.

We hope that this stand will encourage the creativity of our students here at McClelland College.
Multicultural Day—Braden Newbold

In order to represent the multicultural nature of our school and our nation, the school is organising a multicultural day in the week of activities week! The multicultural day will be run by our SLC team, who are working hard to bring you food, activities and music from countries around the world! This day will be on Tuesday 13th of September, in the week of activities week. The overall aim of this day is to create cultural awareness amongst the community in a way that is interesting and informative, yet fun.

This day is also a free dress day, so you can wear anything that is clothing from other countries or cultures, for a donation of a can of food from beans to tuna, to spaghetti – all of which will be donated to those in need at the Asylum Seekers Resource Centre. This is a huge initiative so we all encourage you to get behind this cause and make a donation.

Year 12 Photo — Braeden Newbold

As every parent will know, a group photo is a great way to remember the days of the old school yard. It is something that is treasured and will always be kept. When we found out that the photo company didn’t give us that chance to keep that piece of history, we were determined to make it happen so the class of 2016 could have a memento to look back on.

So after months of long planning and changing dates, on Tuesday 2nd of August, the year 12 cohort had our group shot taken by year11 student photographer Giulio Catena. The day itself ran very smoothly and coherently, and was also, by chance, enjoyed with a visit from an animal handler who showed us and spoke about a koala. In all day was very successful and enjoyed by the cohort.

The next step from here is planning to extend this success through to the other year levels later this year so they can have the opportunity to have fun and make some memories. The dates and details for the photo day is under intense planning, we’ll keep you posted!
Athletics Day Postponed—Caleb Brown

Unfortunately, on the original day of the athletics day on the 26th of July the weather turned poor resulting in a cancelation of the day. As unfortunate as it was the day has been re-organised and will be held on the 18th of August. We hope that all students still dress up and try their best to participate on this day! We thank everyone for your understanding as the changing of dates was so that everyone on the day can get the best experience we can get out of the day and definitely didn’t want any amazing costumes getting soaked!

We again apologize for the inconvenience of this changing of dates and we hope that everyone is still able to make it to this new date!

Year 12 Valedictory 2016

Valedictory tickets are available through Compass. A reminder that this year there has been a significant change in the proceedings and venue. After careful planning and consultation with parents and students through a survey in November last year, all proceedings (including awards ceremony) for the event is at the Frankston Arts Centre. Parents and other invited guests will be able to experience the awards ceremony and dinner with their Year 12 student.

Please see below for further information and tickets can now be paid at the General Office. Payment plans can be organised until the end of term.

Valedictory Awards Evening & Graduation Dinner for Year 12 students and invited guests is being held at Frankston Arts Centre Function Room on Thursday 20th October 2016. Students will be allocated two guest tickets to purchase.

Cost of ticket is $80 per student/guest
Cost includes 2 courses including canapes on arrival & soft drinks, tea & coffee
Please note: This event is a non-alcoholic event.

There may be an opportunity to purchase more guest tickets once these allocations have been determined for each student. This will be advised in early Term 4 and be based on a first in first serve basis.

Also, in keeping with our McClelland tradition, all Year 12 students will also be invited to attend a Year 12 Sleepover at the College following the evenings proceedings. All students will be transported by school bus from the Frankston Arts Centre back to school.

No student will be allowed to travel independently to the College. Students will be dismissed from school at 7AM the following day. Forms indicating attendance at the sleepover will be distributed in the coming weeks.

Congratulations

Congratulations to Olivia Ahern who has been cast in the Victorian State Schools Choir in this year’s Victorian Schools Spectacular. Her passion and commitment to her singing is a credit to her and we wish her success as she now trains for the big event.
**Edrolo**

Well done to all Year 11 and 12 students who are engaging in the Edrolo program as part of their learning and revision. Edrolo use has significantly increased since last year. Congratulations to Shani Bartlett who had the most usage in Term 1 and won herself a Village movie ticket. Term 2’s winner is Jaime Fedley. Well done girls and I encourage them and others to continue making the most of this fantastic resource.

**Revision Lectures**

It is that time of the year where Unit 3 & 4 students should be planning revision lectures for the coming September period. Most operate during the next school holidays so it is important for all students to consider going to a revision lecture to consolidate their learning and pick up key revision strategies heading into the exam period. All revision lecture information is available in the Senior Lounge area.

**VTAC**

Thank you to all Year 12 students and families who attended the VTAC Information Evening on Tuesday 2nd August. Important VTAC information was given regarding application process, SEAS (Special Entry Access Scheme) and Scholarships. Lunchtime tutorials on Tuesday and Wednesday will be available for any student needing assistance with the application process. All applications must be submitted by 5pm on 29th September. Students requiring statements of support for their SEAS application are required to organise an appointment time with Mrs Bucher ASAP to discuss their application.

**September Practice Exams**

During the next school holidays, we will be running compulsory practice exams from 26th - 29th September. For your planning, please ensure that no holidays are planned for this period to guarantee that students can attend. These dates have been advertised well in advance to students during Head Start and throughout this year, so all students were aware not to plan any holidays for this time. The purpose of these exams is to assist students in achieving their best results in the final VCAA exams, in particular the timing. Data clearly shows the more examination practice undertaken, the better results students are able to achieve in their final exams. Students should prepare and revise adequately for these exams to optimise their results. Feedback will be provided to students as part of their revision weeks in Term 4. Non assessed students are exempt from these exams.

**Ace Your Exams**

All Year 12 students will be provided with their final Elevate Education session ‘Ace Your Exams’ on Wednesday 7th September Period 3. If you attend another MAP you are invited to attend.

**Valedictory**

On the 3rd of August, the Valedictory committee visited the Frankston Art Centre. There we met with the manager who gave us a brief explanation of the space we have to work with. Together as a team we discussed the table arrangements, photo presentations, decorations, entertainment, etc. In other news, tickets are now on sale for students and guests and can be purchased on Compass. The prices for the tickets are $80 per person.
Year 12 Jumper

The final design for the Year 12 jumper has been selected. A number of designs were submitted to the Jumper committee for 2016. Students in Year 11 had the opportunity to vote on the different designs eg rugby top or varsity jacket.

Once the decision was made to go with the varsity jacket, students had the opportunity to submit further designs.

Tara Issa in Yr 11 came up with a design that incorporated stripes to emulate the rugby type jumper as the vote had been quite close. This was in the end the successful design.

Reform clothing then produced a digital image of the design, further voting occurred on whether to go with a dark or light grey a midnight or light teal, a plain number on back or a logo design.

Below is a picture of the final design. Information will be distributed shortly about ordering a jacket for 2017.

VCE unit 3-4 music performance exam preparation

Written by Olivia Ahern

In two months time; myself and my fellow unit 3-4 classmates whom are enrolled in VCE music performance, will be required to perform with our instrument in front of VCAA examiners who will assess our technical ability and musicality, our result will contribute to our ATAR scores.

We have been working all year preparing vocal and guitar pieces varying in styles and genre; genres ranging from pop and rock, to, jazz, soul and gospel. We have also been collaborating with various musicians so they can accompany us is the exam room, this experience maturing our musicality.

All students enrolled in VCE music frequently perform our pieces within in class ‘workshops’ so we can prepare for the exam which is approaching very soon.
Year 10 & 11 end of Year Exam Information:

**Friday 28th October** – last day of 2016 for Unit 2 classes.
**Friday 11th November** - Last day of 2016 for Year 10 classes.
**Monday 31st October to Friday 11th November** – Year 10 (English & Maths) & Unit 2 Exams.
**Monday 14th & 15th November** – Student Free Days in preparation for the New Victorian Curriculum
**Wednesday 16th November** – HEADSTART begins
**Wednesday 7th December** – Last day for Headstart timetable for Year 12 (2017).
**Tuesday 13th December** – Whole school Academic Awards Presentation Night.
**Wednesday 14th December** – Last day for Headstart timetable for Year 11 (2017).

Year 10 students are to attend classes as per normal but will have scheduled English and Maths exams. Year 10 students completing a VCE subject are required to attend the VCE exam in lieu of normal classes. Year 10 students will be required to attend study hall during times when their VCE class would have been scheduled. Further details are provided on the exam timetable.

All current Year 11 students will be allocated new lockers in the senior centre during Headstart. All Year 11 students must have their lockers cleared by **Friday 11th November**. Current Year 10 students will keep their allocated locker for 2017 unless moving to VCAL.

We appreciate your support in providing the best lead up to exams for your child at home. Please encourage them to develop an effective study routine and try to limit distractions with TV, internet and other electronic devices. Students should minimise work commitments over this time but maintain a healthy balance of exercise and diet to promote effective and successful learning.

If you have any questions or concerns, please don’t hesitate in contact Robyn Andrews Year 11 Leader or Marley Richards Year 10 Leader.
McCLELLAND COLLEGE
2017 PRESENTATION BALL

INFORMATION NIGHT: Monday 24th October 2016 – 6.30pm

Information Night in the Information Commons for all parents. Presentees & partners.
NB. Couples must be students from McClelland College. Open to all students in Yr 10 & 11 (2017). Year 12 students may also be involved if they are partnering a year 10 or 11 student or who missed out on being part of the 2015 ball.

BALL DATE:
Presentation Ball Friday 21st April 2017.

VENUE:
The Grand on Cathies Lane, 90 Cathies Lane Wantirna South.

PAYMENT:
A deposit of $100 per couple is required on this night to ensure a placement. Cash or Cheque accepted. Cheques made payable to “Good Look Dance”. THERE WILL BE NO EFTPOS OR CREDIT CARD FACILITY.

TOPICS
- Discussion & questions on dresses, shoes, suits, etc.
- Commitment, practice times & expectations.
- Package deal price & inclusions.

*Information hand out will be distributed with rehearsal times & costs etc.

COST & INCLUSIONS

COST INCLUDES

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WHEN PAYING FOR PACKAGE, PLEASE DEDUCT DEPOSIT FROM THIS AMOUNT.

CONTACT ROBYN ANDREWS – YEAR 11 LEADER FOR FURTHER INFORMATION.
VCAL Vision

Victorian Certificate of Applied Learning

A GREAT START TO SEMESTER 2 IN VCAL!

VCAL students have been working hard to accomplish their goals for their projects. In doing so, they have not only been addressing their required Learning Outcomes, but they have been benefitting the school community and learning new working skills.

Some of their current work includes the Relocation of VCAFE, working on the Kitchen Garden, raising awareness of how the Salvation Army helps the community, organizing fund raising activities, and an orienteering challenge.

The Relocation of the VCAFE

This year, a rather large project to do with the renovation and eventual relocation of the Vcafe started. So many students have been helping out and getting involved with the difficult task of turning an area once known as “The Bear Pit” or the “Caged Area” into a fully working café for the school, as it is a much needed and deserved upgrade from the current Vcafe location. A group of Year 12 students are in charge of making sure everything goes to plan, by helping with the management of the physical work, as well as the majority of the paper work.

One of the key features of the new Vcafe will be the housing of the large nine panel mural, painted by some of our now Year 12 students, last year. This will be a welcome home for the mural and one which will be appreciated by everyone who visits.

We have worked very hard to see that the café is a safe and official section of the school and we hope to see this happen by the end of the year. We are very grateful for all the students who have got involved with the project and they will be recognised for their hard work by the end of the year, as well as when the café is ready to open up to the rest of the school.

By Tayla Brookes
**Kitchen Garden Project**

At the moment, McClelland College students are working together to create a Kitchen Garden, situated at the front of the college. Groups involved in the construction process include Hands On Learning, Year 8 students & VCAL students.

For our project, Dale Collins, Zac Anderson & I are concentrating on the garden beds. We have constructed 8 raised garden beds, in which we will be able to grow a variety of herbs & produce for cooking. Before planting we will help to install an irrigation system. We are currently cementing decorative sleepers for an artistic effect. One of the other VCAL groups has been planting trees, mostly apple trees as well as some peach and truffle trees. They have also planted some snow beans and wild flowers. We hope that all groups can work together to finish the project by the end of year. It’s a worthwhile community project, which not only helps the school community, but also helps us learn and establish new skills in construction and landscaping.

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**VCAL Students Help Raise Awareness of What the Salvos Do to Help the Homeless**

For our project, Carly Penn and I are raising awareness of the issue of HOMELESSNESS and how the SALVOS in particular help out. We have done some research into homelessness and plan to have a soup day, whereby we cook different flavours of soup and sell the cups of soup to students and staff in the college. In doing so, we hope to not only raise awareness, but also provide some donations to the salvos to help them help others.
Intermediate Numeracy – Orienteering

The Year 11 VCAL students have been working on Location and Measurement in their Numeracy classes. Making their way onto the oval in the freezing cold, braving the icy winds and muddy ground, we completed two orienteering courses before returning to the warmth of the classroom where we designed our own short course.

Maddie Evans-Long and Monique Cunningham

Jaidyn Corrin, Steph Crowley and Steve Tapolczay

Cody Ballantyne
Year 9 Achieves at school and abroad!

In year 9, we have many students who are doing exciting things outside of McClelland and most recently Jade Wilson travelled to Hong Kong to play drums with the Australian Youth Band. Below is a snapshot of her experience:

Hi, my name is Jade Wilson, I’m fifteen years old and on the twenty-sixth of June I travelled to Hong Kong with the Australian Youth Band. I play in the percussion section and the drumline (I’m secondary snare). We stayed at the YMCA for seven nights and performed four gigs. On at Ocean Park (an ocean themed amusement park), as well as one of the biggest shopping malls of Hong Kong, and at a small village market place. We also visited Hong Kong Disneyland, the highest peak in Hong Kong and plenty of Chinese restaurants like the Jumbo Floating Restaurant.

I enjoyed my time over there and the experience of playing music for the people of Hong Kong.

We are very proud of her accomplishments, and look forward the future of music at McClelland.

YEAR 7 NEWS

Year 7 Boys Badminton Southern Zone Champions

Congratulations to the Year 7 boys badminton team who have now won the Northern and Southern Peninsula Zone Badminton competition. The boys have played some fantastic games winning 21 games out of a possible 24! The next competition was held at Springers Leisure Centre in Keysborough and we played McKinnon and Keysborough Banksia. Each of the 3 schools finished on 1 win and 1 loss however we missed out on going through to the final by 1 game! Out of the 12 games that we played we won 6. The team that went on to the final we actually beat! The boys were amazing and represented the school impeccably. The team is, Gary Wong, Salesi Lelenoa, Corban Gale, Jai Roebeck and Liam Gyurcsik.

YEAR 8 MAX

Another fabulous month in the Year 8 MAX! We have had enough events and speakers to fill a whole issue of the COG, but we’ve chosen a couple of highlights to share with you.

In Global Literacy, we were lucky enough to have James and Maria (Maori Wardens) make their way across the city to come and teach us the Haka. Aaliyah Venner and Aaliyah Marsters tell us of their thoughts from the day. On the Maths front, a select group of Year 8s had a very enjoyable, team-building Maths Games Day and Mataya Bosmans shares her experiences. Here’s to another busy month of fun and learning!
**Year 7&8 News**

**Year 8 Max**

**Maths Games**

During the Maths Games Day, we were warmly welcomed by the grammar school that was holding the event. We sat at tables with our team ready to start the day. Papers with multiple questions were handed out, and all groups worked extremely hard on the questions as a team. The papers were handed back in and we moved in an anti-clockwise direction to compete against other schools in fun interactive games. The schools were well-prepared, and band performers played many songs during our lunch break. After that, we came back into the hall to work on the extended team questions. We were given a fair amount of time to complete them, which goes faster than you think! Once all the maths games and questions were complete the band came in and we got to answer some quiz questions to win prizes and sing a maths song with the band. Overall, it was a great interactive day which we learnt and bonded with our team and others.

**Maori Wardens**

On the 9th of August two Maori Wardens came to talk to all the Year 8 students about role models, taught us how to do the Haka and some Maori language. James gave us a deeper understand of what the Haka is and the meaning behind the words. We learnt what each action in the Haka meant and how there is many other ways to do the Haka. There is the one for celebrating, challenges and tribes. The story behind the Haka we learnt is about a Chief who was running away from the warriors that were trying to get him. He came across an old lady and she gave him shelter in a pit. The warriors came past looking for him, but the old lady stood over him and he got to live another day. Some of the words that we learnt were: 'Kia Ora' meaning 'hello', 'Taringa' meaning 'ears', 'Kai Keta Ano' meaning 'see you later', 'Ano' meaning 'again' and there were many more. We got a deeper understanding on the New Zealand culture and role models by listening to James and Maria about the film Boy. We asked some of the max what their favourite part of the Maori Wardens visit was: Darien’s favourite part was the Haka, Chelsi’s favourite part was learning more of the language and Jacob’s favourite part was the Haka as well. In fact, most of the Year 8 students’ favourite was learning the Haka. We would like to give a massive thank you to Miss McDermott for organising this event because we all walked away with an understanding and learning things we didn’t know about the culture.
What's happening in the Information Commons

Opening Hours: 8.15 am – 4.30 pm.

Services Available
Laminating $1 A4 + A3
Binding $2

CHILDREN'S BOOK WEEK August 22-26 2016
Celebrate the best of Australian children’s authors shortlisted for the prestigious Children's Book Council of Australia Book Awards.

The Shortlisted books for older readers:
The Flywheel by Erin Gough
Freedom Ride by Sue Lawson
A single Stone by Meg McKinlay
Inbetween Days by Vikki Wakefield
Cloudwish by Fiona Wood

The Shortlisted books for young readers:
Soon by Morris Gleitzmann
Run, Pip, Run by J.C. Jones
Sister Heart by Sally Morgan
Shadow of the Master by Emily Rodda

ROK & ROK ON AWARDS SEMESTER 1
Congratulations to all our medal winners:
Emily Taylor, Vivone Street, Jim Dagellis
Tama Maxwell, Samantha White, Jordyn McKinnon
Zoe Bennett, Stefani Goulas, Michelle Mitchell, Mary Ojo, Codie-Anne Stanfield, Morgandy Walker, Dylan Boland, Dakota Craig, Cate Freeman, Sam Gardner, Alicia Greenbury, Darian Preston, Jerusha Venn.

READS OF THE MONTH
Harry Potter and the Cursed Child parts one and two

Based on an original new story by J.K. Rowling, Jack Thorne and John Tiffany, Harry Potter and the Cursed Child is a new play by Jack Thorne. It is the eighth story in the Harry Potter series and the first official Harry Potter story to be presented on stage.

It was always difficult being Harry Potter and it isn’t much easier now that he is an overworked employee of the ministry of magic, a husband and father of three school-age children. While Harry grapples with a past that refuses to stay where it belongs, his youngest son Albus must struggle with the weight of a family legacy he never wanted. As past and present fuse ominously, both father and son learn the uncomfortable truth: sometimes, darkness comes from unexpected places.
**AMBASSADOR ROLE**

My name is Madeleine Hughes. I believe I am an easy going hard-working student who is proud to be at McClelland. I am excited to be taking on the role of Ambassador for the International Student Program, and believe working with the 2016 international students will not only benefit my success, but their success in a way that will allow us to aspire higher.

Bringing these different cultures and work ethics together will really help each and every person to do better and to be the best that we can, and allow us to experience the cultures, thoughts and beliefs of others.

Thank you, Madeleine Hughes.

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**Bleach**

**Graphic Novels Manga**

Now Ichigo finds himself in a deadly contest with Uryu Ishida, a "Quincy" who hates Soul Reapers - whoever defeats the most Hollows wins! But in no time the neighbourhood of Karakura is swarming with ravenous Hollows!

**Middle School by James Patterson**

Enter a chaotic world of middle school, where you can join trouble-maker Rafe’s hair raising adventures, and funny man Jamie’s quest to win the Funniest Kid Comic Contest! And don’t forget about Sammy’s crazy house full of robots, hilarious heroine Jacky Ha-Ha or the Kidd siblings, on their swashbuckling adventures!

**OLYMPICS 2016 RIO**

Broadcast being shown before school, recess and lunchtime.
Dear Students, Parents and Carers,

In the term 2 holidays I visited Fiji for the first time. We planned to visit local schools & took books, pens, pencils, exercise books & koala souvenir toys over to donate. We stayed on the Coral Coast & a couple of people working in our hotel had kids going to the local school, Sigatoka Andra Primary and Secondary school, so they organised for us to visit.

We spent time with the teachers, principal & visited many classrooms. The staff & students were excited to have us & they were very appreciative of our time & donations. The school had far fewer resources that we do here at McClelland. All classrooms had old fashioned blackboards & there was only 1 computer in the whole school, in the staffroom for staff use.

When we left, the Principal told us that a teacher can become a policeman or a nurse, but a nurse or a policeman cannot become a teacher because a teacher is who you are, it is a gift from God, a calling. I agreed with him wholeheartedly.

I plan to go back to Fiji in the term 2 holidays next year & will definitely visit the school & other schools while we are there & donate goods & our time. It would be great if staff, parents and students at McClelland would like to donate books, stationery, skipping ropes, balls, pens, pencils, times table posters and other wall posters. Stickers for teachers to reward students for high quality work would also be appreciated. I would be happy to take them over with me.

Donations from parents can be dropped at the main office and I will take these home & store them till I can take them over to Fiji next year.

Trudi Renwood.
Global Literacy Teacher.
Benefits of eating fruits and vegetables

The Dietary Guidelines for Australians advises that the key to eating well is to enjoy a variety of nutritious foods from each of the five food groups.

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Fruits and vegetables have many benefits:

- Reduce your risk of getting some cancers
- Maintain a healthy weight
- Keep you regular
- Reduce your risk of cardiovascular conditions
- Lower your blood pressure
- Boost your immune system

Try the following to get more fruit and veg into your diet:

- Eat fruit as a healthy snack
- Add pieces of cut up fruit to your cereal
- Blend different fruits along with a little bit of water and yoghurt to make a fruit smoothie
- Use carrots, celery, capsicum or cucumber with dips instead of crackers
- Add canned lentils to a curry or even a spaghetti sauce
- Have a warm vegetable soup in winter
- Have a refreshing garden salad in summer

For more great ideas on how to get enough fruit and veg, visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au).
Frankston Events
2016–2017

The Mayor’s Family Picnic
Sunday 11 September 2016, 11am–3pm
Monterey Community Park
Monterey Boulevard, Frankston North

Pets’ Day Out
Sunday 9 October 2016, 10am–3pm
Ballam Park, Enter via Naranga Crescent
via Karingal Drive, Frankston

Frankston’s Christmas
Festival of Lights
Saturday 26 November 2016, 5pm–10pm
Davey Street, Frankston

Frankston Waterfront Festival
Saturday 14 January 2017, 11am–10pm
Sunday 15 January 2017, 11am–6pm
Pier Promenade, Frankston

Ventana Street Fiesta
Saturday 11 March 2017, 12pm–8pm
Wells Street, Frankston

Party In The Park
Tuesday 4 April 2017, 10am–2pm
Cruden Farm
Enter via Cranhaven Road, Langwarrin

1300 322 322  frankston.vic.gov.au  frankstonevents
Join the fun and excitement of Little Athletics

New season starting October 8

Registrations open mid August, rego.flac.com.au

Ballam Park Athletics Track
Banane Drive, Ballam Park, Frankston
Saturday mornings from 8.15am

website: www.flac.com.au
email: frankston@lavic.com.au

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Boost your child’s creativity, confidence, communication skills & self-development through drama.
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WANT TO PLAY SOFTBALL?
2016/17 SEASON
FRANKSTON SOFTBALL ASSOCIATION
FREE COME & TRY DAYS / REGISTRATION
3rd SEPTEMBER 10.00AM – 12.00PM &
10th SEPTEMBER 12.30PM – 2.30PM
Robinsons Park, Sports Pavilion
97 Robinsons Road, Frankston – Map 103 BL1
All Equipment Provided
Family Player Discounts
All Welcome Boys & Girls
U12 Mixed, U15 Girls & Boys,
U17 Girls & Boys
Men’s & Women’s Teams
Lots of Fun!
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 Season starts in OCTOBER 2016
*Games Played SATURDAY
Once a day, twice a day, all day!

Protect your teeth and follow these simple steps to set yourself and your family up for good oral health.

1. **Floss every day**
   - Build flossing into your daily routine to protect your mouth from decay.
   - Flossing helps to get food out from between your teeth.

2. **Brush twice a day**
   - Brush your teeth at least twice a day.
   - Help younger children under the age of 8 to brush their teeth. It helps for a better clean and reaches all the tricky areas children may miss.
   - Children only need a pea sized amount of toothpaste.
   - Children under six years old should use low-dose fluoride toothpaste.

3. **Drink tap water all day**
   - Tap water is best for your teeth.
   - Fluoride is added to tap water to help protect your teeth.
   - Drinking tap water regularly will neutralise the acid on your teeth.
   - This will help repair developing cavities.

Annual dental checks are a great way to keep up good oral health habits. To book in your next dental check, visit: [www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)