



2016 ISSUE 6 Monday 14th November



Principal's message

Exciting plans underway

The \$5.8m budget announcement earlier in the year has now made its way to the design phase. Late last term after a government tender process, the architectural firm K2LD were appointed and have been engaging with students, staff and parent representatives through our College Council. We are still at the master plan stage and as soon as we have made a decision around this we will begin sharing preliminary designs with the school community.

Planning of another kind is also occurring, and that is around what the community would like the school focus to be for the next five years. 2017 marks the end of the current four year strategic plan so we now begin to reflect on what we have achieved and then begin planning for the following four years. Last Tuesday night, the first of three brainstorming sessions took place with current staff, parents, ex-students, selected current students and other community members such as Experian staff, participated in discussion and viewing a documentary entitled "Most Likely To Succeed".

The film certainly proved inspirational but also affirmed the direction and approach we take to education of "One size does not fit all". As I said to the participants on the night, this project (Embracing Innovation Together) is all about us living our values. Inviting the Community in to take Ownership of the Growth of our College means that we take our values seriously and don't just 'talk the talk'.

Finally, I would like to acknowledge the many years of service Julie Birt, our Business Manager has provided us and wish her all the best in her retirement. Melinda Dunston will be replacing her in that role and we welcome her to the McClelland Community.

Principal Team: Amadeo Ferra (Principal) Karin Miller (Assistant Principal) Todd Slater (Assistant Principal) Shaun Doherty (Assistant Principal)

Business Manager: Julie Birt **Facilities Manager:** Gary Hofert

Address: Belar Avenue, Frankston, 3199 **Phone:** 9789 4544 **Fax:** 9776 5211 **Uniform Shop:** 0433 420 518 **Absent Notification:** 9788 2035

Mon 14 Nov	STUDENT FREE DAY
Tue 15 Nov	STUDENT FREE DAY
Wed 16 Nov	Start of HEADSTART Cadet Celebration Dinner
Wed 23 Nov	Year 10 Science Excursion—all day
Thu 24 Nov	Year 5 EPP Day—all day Semester 2 Senior Solo & Ensemble Recital
Fri 25 Nov	Band Christmas Performance Karingal HUB Pds 3 & 4
Fri 2Dec	Healesville Sanctuary Excursion –all day
Tue 6 Dec	End of Year Music Department Concert Last Day HEADSTART for Years 11 & 12
Tues 13 Dec	Last day HEADSTART for Years 8, 9 & 10
Mon 12 to Fri 16 Dec	Surf Camp
Tues 20 Dec	LAST DAY of Term 4

Presentation Ball

On October 24th a presentation ball information evening was held for all interested students.

If any students were unable to attend the evening, they can see Mrs Richards or Mrs Andrews for further information, it is not too late to sign up. There are three girls who are really interested but have not yet secured a partner.

College Captains 2017

Applications for College captain positions closed on Friday. Thank you for all students who submitted their resumes and responses to the selection criteria.

Interviews begin on Wednesday 9th and Thursday 10th. Once the College Captain and Vice-Captain positions are determined, interviews for other captain roles will be conducted.

Awards assembly – Unit 2 academic and personal learning awards will be presented at an assembly on 30th November.

Year 12 – 2017 - Information

From Headstart Mrs Andrews will be the Year 12 Leader, Mrs Bucher will be Year 7 Leader, we welcome Mr Harms on board as Year 11 Leader.

Mr Holt will take up the role of VCE Co-ordinator. From the 21st November Mrs Andrews will be on long service leave for 2 weeks, returning on the 5th December. If you have any concerns in relation to year 12 issues please direct to Mr Holt.



Save the dates

February 28th 2017 there will be an opportunity for parents/guardians of Year 12 students to meet informally with Mr Doherty - Assistant Principal, Mrs Andrews - Year 12 leader 2017, Mr Holt - VCE Co-ordinator 2017, Mrs Fox- Senior school administrator. The evening begins at 6.00pm Throughout the evening there will be a short workshop on special provision and Non assessed VCE pathway for any-one interested.

June 5th – 9th – Year 10, Unit 1 and 3 exams.

June 14th – GAT – General achievement Test for all students studying Unit 3 / 4 subjects

October 2nd – 5th – Compulsory practice exams (during Term break) for all students studying Unit 3 / 4 subjects.

October 25th Valedictory evening – Final day 2017. Formal VCAA exams begin on 1st November and extend through to 24th November

RAINBOW COLOURS DAY

Tuesday October 25th

McClelland Pride Squad would like to thank staff and students for all their support for the rainbow colours day on Tuesday to launch the squad, celebrate Queer Youth in Schools and LGBTQI+ history month.

Many staff and students dressed up for the day and at lunch time a BBQ was held where members of the squad sold LGBT (Lettuce, glitter, bacon and tomato) sliders. The sliders were enjoyed by many staff and students.

A total of \$664.70 was raised. This money will be spent on resources that will support the whole school community including a badge maker that can be used for special events.

A raffle for a rainbow cake was drawn at lunchtime by Nicci Reid from Peninsula Pride and the winner was Kyle Fabiyanic from Year 9.

Some of the quotes about the day from the squad members included:

'It was so good to see so much support'

'The day was so good, I felt so comfortable'

'I was amazed at how many people asked us questions on the day'

'I felt the day went so well, I am so excited'

'For the first time, I felt really supported for who I am'

So what's next:

Matt Parsons from Safe Schools Coalition will be visiting the squad on Tuesday 8th

November to present the students with our Safe Schools certificate.

The next focus is to spend some time designing what the squad room will look like to make it more welcoming and less formal.

I would also like to acknowledge how in 2016 we have celebrated diversity in a range of ways, we have celebrated a multicultural day to represent different cultures, a footy colours day to acknowledge we all barrack for different teams and now a LGBTQI+ day.

I am thinking that may be our next celebration will be focussed on the indigenous community in connection with Harmony day,

Schools Access Monash Mentoring Program

Congratulations to Kara Galea, Shani Bartlett, Tate Bosmans, Emma Tadday, Caitlin Anderson and Justin Cardy for participating in the Schools Access Monash Mentoring Program. This program has provided an



invaluable link to Monash University through providing a mentor to each student. Throughout the year, each student has met regularly with their mentor and has been able to develop key skills in pathway planning, guidance and support in tackling VCE and even tutoring help. On 5th October, students were invited to the Graduation Ceremony at the Sandhurst Club and Shani Bartlett represented Year 12 students graduating whilst Caitlin Anderson and Justin Cardy also attended. I would encourage any 2017 Yr 11 or 12 to apply to this program to further support their VCE experience.



Year 12 Valedictory 2016

A fantastic night was had by all celebrating the achievements of Year 12 students at Frankston Arts Centre on Thursday 20th October. The day kicked off calmly and with a wonderfully catered breakfast hosted by staff and a very organised and entertaining celebration assembly carefully coordinated by the Valedictory Day student committee.

The following students received awards on the night.

Justin Groves Leadership Award – Braden Newbold and Sabrina Fischer
 Bill Post Award – Olivia Ahern
 Lindsay Dack Award – Jacob Adams
 McClelland Gallery Award – Tanya Borg
 Sock & Buskin Award – Gabrielle Rando
 Colin Bowes Sports Award – Rhys Whiteside
 Australian Defence Force Long Tan Leadership Award – Madison Pym
 Caltex All Rounder Award – Cara Hudson
 Filis
 VCE Valedictorian – Kara Galea
 sponsored by Tic Tax Accounting



Well done and good luck to all Year 12 students in their final weeks of exams and receiving results in December.

Jim Jamison Excellence Awards	Academic
VCE Unit 4 Physical Education	Caleb Douglas
VCE Unit 4 Studio Art	Cara Hutson Filis
Year 12 SES Cadets	Kyanna Fry
VCE Unit 4 Media	Lovin Shakoori
VCE Unit 4 Product Design Technology	Madison Pym
VCE Unit 4 Drama	Olivia Ahern
VCE Unit 4 Legal Studies	Prajwal Ajampur
VCE Unit 4 Business Management	Tanya Borg
VCE Unit 4 Ancient History & VCE Unit 4 Food and Technology	Chelsea Jewell
VCE Unit 4 Biology & VCE Unit 4 Systems Engineering	Chelsea Oliver
VCE Unit 4 English & VCE Unit 4 Health and Human Development	Kara Galea
VCE Unit 4 Lote - Japanese Second Language & VCE Unit 4 Philosophy	Tate Bosmans
VCE Unit 4 Chemistry, VCE Unit 4 English (EAL), VCE Unit 4 Mathematical Methods & VCE Unit 4 Physics	Alex Zhang
Ivan Light Endeavour/Personal Learning Awards	Personal Learning
VCE Unit 4 Media	Benjamin Swaine
VCE Unit 4 Further Mathematics	Ebony Corbett
VCE Unit 4 Drama	Gabrielle Rando
VCE Unit 4 Further Mathematics	Gareth Reid
VCE Unit 4 Legal Studies	Jaime Fedley
VCE Unit 4 Business Management	Kaitlyn Drew
VCE Unit 4 Studio Art	Kayla Plane
VCE Unit 4 English	Keenan Hatch
VCE Unit 4 Product Design Technology	Kirsten Tucker
Year 12 SES Cadets	Madison Cochrane
VCE Unit 4 English	Madison Pym
VCAL Personal Development Skills Year 12	Megan Hart
VCAL Literacy Year 12	Raymond Jones
VCE Unit 4 Health and Human Development	Rhys Whiteside
VCE Unit 4 Drama	Sabrina Fischer
VCE Unit 4 Product Design Technology	Sara Nasralla
VCE Unit 4 Health and Human Development	Shani Bartlett
VCE Unit 4 Ancient History	Tanya Borg
VCE Unit 4 Business Management & VCE Unit 4 English	Chelsea Jewell
VCE Unit 4 English & VCE Unit 4 Visual Communication Design	Mikayla Anderson- Brooking
VCE Unit 4 Food and Technology & VCE Unit 4 Ancient History	Olivia Scott
VCE Unit 4 English & VCE Unit 4 Lote - Japanese Second Language	Prajwal Ajampur
VCE Unit 4 English & VCE Unit 4 Psychology	Tate Bosmans
VCE Unit 4 Physical Education & VCE Unit 4 Physics	Tommy Radunkovic
VCE Unit 4 Biology, VCE Unit 4 Chemistry & VCE Unit 4 Mathematical Methods	Braden Newbold
VCE Unit 4 Business Management, VCE Unit 4 Chemistry & VCE Unit 4 Physics	Dylan Kibblewhite
VCE Unit 4 Biology, VCE Unit 4 Further Mathematics & VCE Unit 4 Media	Emma Tadday
VCE Unit 4 Business Management, VCE Unit 4 English & VCE Unit 4 Psychology	Lovin Shakoori
VCE Unit 4 English, VCE Unit 4 Food and Technology & VCE Unit 4 Physical Education	Sussan Jawansher



Justin Groves Leadership Award – Braden Newbold and Sabrina Fischer

Bill Post Award – Olivia Ahern

Lindsay Dack Award – Jacob Adams

McClelland Gallery Award – Tanya Borg

Sock & Buskin Award – Gabrielle Rando

Colin Bowes Sports Award – Rhys Whiteside

Australian Defence Force Long Tan Leadership Award – Madison Pym

Caltex All Rounder Award – Cara Hudson Filis

VCAL Community Award – Brayden Farthing

VCAL Enterprise Award – James Linton

VCAL Industry Award – Nic James & Hayden Nowill

VCE Valedictorian – Kara Galea sponsored by Tic Tax Accounting

VCAL Valedictorian – Kayla Tipping



VCAL Vision

Victorian Certificate of Applied Learning
FRANKSTON AND

MORNINGTON PENINSULA VCAL AWARDS
2016

VCAL YEAR 12 CELEBRATIONS



Students and staff began celebrating the end of their VCAL year with a student run assembly in the VCAL Max.

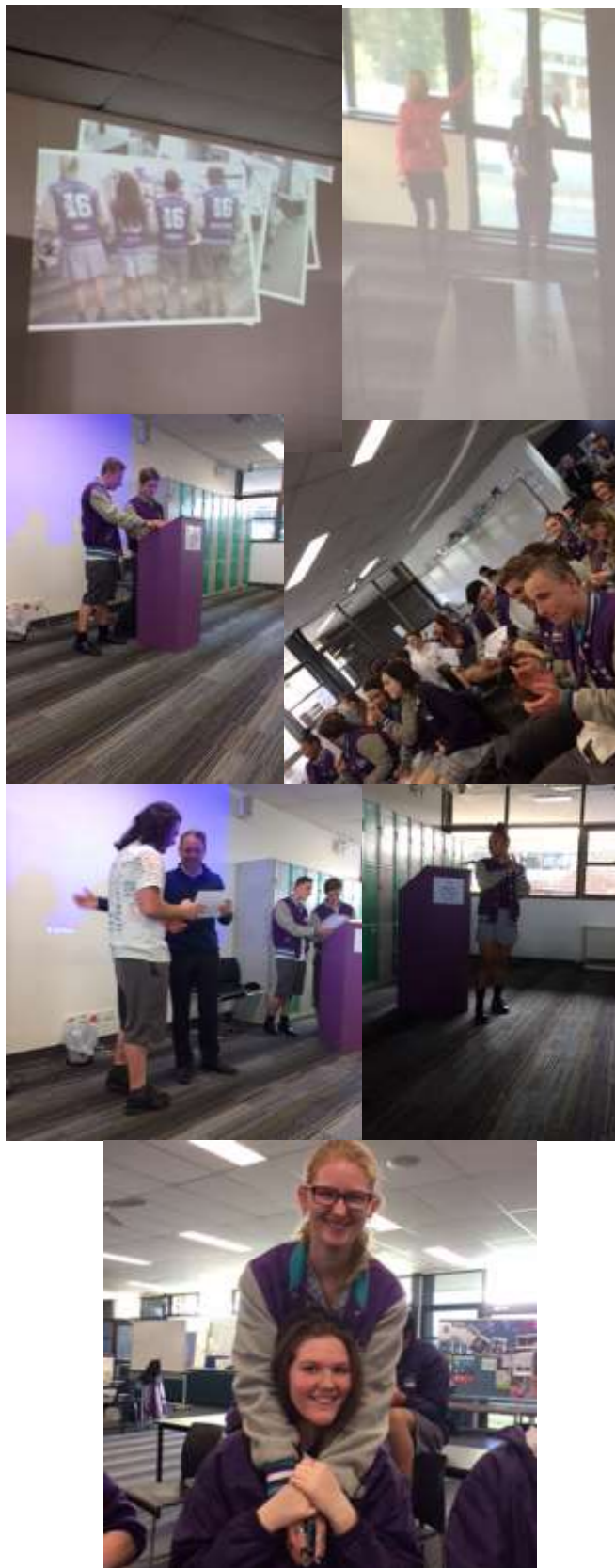
Hayden Nowill and Nic James led the fun by presenting a slide show of our students. This was followed by a beautiful Adele song performed by Grace Savea. What a treat! We watched Mrs Kenny and Miss Letty trying to dance to "Watch me Nay Nay" on video, presented certificates for every student, depicting what he/she will be remembered for and finished up with pizza.

A week later saw us further celebrate Valedictory with the rest of the Year 12 students in the college. Muck up Day was fun as well as being respectful; the Valedictory dinner was a classy affair – our students, in particular looked very elegant in their formal clothes.

The VCAL staff wish all students well as they finish their school years. It has been a pleasure and privilege to follow your growth over your time at McClelland College.

Jim Jamieson Excellence Award	
VCAL Personal Development Skills Year 12	Blake Keller
VCAL VET Award	Holly Dove
VCAL Personal Development Skills Year 12	James Linton
VCAL Literacy Year 12 & VCAL Numeracy Year 12	Kayla Tipping
VCAL Work Related Skills Year 12	Lewis McKnight

Ivan Light Endeavour/Personal	
VCAL VET Award	Brayden Farthing
VCAL Work Related Skills Year 12	Dale Collins
VCAL Numeracy Year 12	Hayden Nowill
VCAL Numeracy Year 12	Lewis McKnight
VCAL Personal Development Skills Year 12	Megan Hart
VCAL Literacy Year 12	Raymond Jones
VCAL Work Related Skills Year 12	Tyler Carson
VCAL Work Related Skills Year 12	Zac Anderson
VCAL Literacy Year 12 & VCAL	Louise Crompton
VCAL Personal Development Skills	Natalie Macintyre



Peninsula VCAL Association Award Winners!

Brayden Farthing (Senior VCAL) last night received a VCAL award from the Peninsula VCAL Association and was accompanied on behalf of the school by Lisa Carroll. Brayden had to nominate two guests to accompany him to the awards dinner and in the absence of any willingness from members of his family he chose to take another senior VCAL student who, for a range of reasons, could not attend the valedictory dinner. He was also accompanied by his former teacher Derek Kirk who accepted the invitation without hesitation.

Curtis Moana (Intermediate VCAL) was also a worthy recipient of a Peninsula VCAL Association Award for his excellent work in VCAL and the wider school community. You may not notice Curtis when he is going about his business in and around the school but the quality and volume of his work is impressive.

Well done to both of our award recipients.





VCAL Personal Development Skills Foundation

Gambling unit

McClelland College was asked to trial a Gambling unit for its suitability in the VCAL curriculum. Staff and students have been researching into the causes and effects that gambling has on young people, in the hope that this education will deter them from gambling excessively in the future.

At the end of the unit, students were asked to **write an article aimed at raising parents' awareness of gambling issues, and how gambling is promoted to young adolescents through games.**

Here are two of the students' responses to the potential influences of gambling on young people:

Gambling

Gambling describes games and activities that have an unpredictable outcome and that require players to make bets in the hope of winning something of value.

People who gamble can win and also lose money, people put money on chance to try win money back and gain more money than what they started with. I think gambling's bad because people are losing money because the chance of losing your money is greater than winning. People are getting addicted and it is also affecting their family and friends relationships.

People who gamble can get very addicted and can lose a lot of money. People gamble everyday on their phones, online, at the pokies, on the radio and at the pub. People gamble all the time to gain money back. It can seriously affect them and their family and friends relationships. It's very easy to gamble you just have to be over the age of 18.

Gambling can affect your friends and families relationships. You can lose money very easily and this can affect your family by not being able to provide for them because you often lose your savings. Gambling can affect your friend's relationships because you may be tempted to spend all your money. Gambling can be very addictive and can lose a lot of money I think people shouldn't gamble because it can affect other people and yourself.

Tarni Clark





Games that look like Gambling

Gambling describes games and activities that have an unpredictable outcomes and that requires players to make bets in the hope of winning something of value. Other words for gambling include having a punt, betting and playing. One of the definitions for gaming is 'play games of chance for money.' That definition is not something that you want your kids growing up doing and knowing about gambling games.

Different types of games that involve gambling are on apps that your children can get on their phones, tablets, iPads and on computers. Some of the top games online are roulette, poker and blackjack. However, there are also a lot of games that are easier to access than games on the internet. There are games that you can access on the Play Store on an android phone and on an Apple product it is call an App Store. The top games that look like gambling are Hearts of Vegas - Slots Casino at number 1 and Slotomania Casino Free Slots at number 4.

Gambling affects so many young people these days and not in a good way. However, nobody wants to get addicted to gambling but if they are playing gambling games at such a young age, it will start to happen. The reasons that it will happen are because it shows them winning, and how the games sucks you in to playing. It can also be a relief from boredom or a game to escape from problems or negative emotions.

Social Casino games are games that look, play and sound like real gambling games, **but don't pay out any real money.** This encourages players to use online networks through social. It has been said that children who spend time playing online games have a more addictive personality and are more likely to gamble in the future.

This is why you should be watching what your children do while being online and when buying games on their phones or tablets. It leads to addiction and that affects people badly, so please just check what your kids have been downloading online.

Felicity Macintyre





Race against time excursion

For our Personal Development Skills project we decided to plan a VCAL excursion "Race against time". The students were given a few hours to find certain places in the city using a map that we supplied in a booklet with activities that had to be completed. The excursion was a success, everyone was able to find their way around the city. Each group had to supply photographic evidence of the landmarks visited in the booklet provided.

The group with the most photographic evidence won Gold Class tickets.

The winners were Emily Bencic and Kaleb Doyle.

Kayla Wilson and Hayley Weaver



Girls Relay Team

This year, two girls from Year 7; Josephine Treklis and Trinity Smith, and another two Year 8 girls; Izabela Cetkovic and Carys Waetford came together to form a 100 x 400m 12-13-year-old girls relay team.

Zone was our first competition which was held at Ballam Park Athletics. In this event Tahnesha Bassarak ran instead of Josephine as she was away. We placed first in zone leading us to compete at SMR regionals held at Casey Fields Athletics Centre. Us girls sure were nervous but our three training sessions payed off as we were now SMR regional champions. We were already excited and shocked that we had reached regionals, so knowing we were going to state was extremely exciting!

State was held at Albert Park Athletics Track. On the day we were nervous but confident, our goal was to place in the top three, and as a matter of fact we placed 3rd as a team. 3rd in the State was a great achievement for all of us. Most importantly the experience and support was amazing. We can't wait for next year!

By Izabela Cetkovic

International cultural day

As an important part of McClelland Community, international student group is able to display their own traditions and cultures in multicultural day. As an international captain, I led our group to organise the special activity, this is, making classical Chinese hot pot to serve staff and students on campus.

In order to facilitate and prepare well for this activity, our Chinese students bought a wide variety of Chinese food, such as dumplings, noodles and meatballs at Asian shop on the day before the activity. Although the shop is far away from our school, with love and sincerity, we brought these material to school and we were willing to share our experience and lifestyle to local students. On Tuesday, we started to prepare hot pot in period 2. During this course, we encountered some troubles, for example, we had to organise electricity and tables for hot pot. However, these troubles are in minute to what we are going to achieve. I am proud of which our group exhibited valuable traits, co-operation and unity, without these, we couldn't achieve what we expected. Specifically, every student had different jobs, some are responsible for cleaning vegetables and meat; some are ready for the base soup of the hot pot.

After all these, we started to sell hot pot at school! Everybody is excited and we had whole lot of audience while we are **selling**. They feel surprised what we did and also surprised for the unique Chinese culture. At this moment I realised our Chinese group contributes to the school community and enriches cultures at McClelland.

Words: Alex Zhang Photos: Jess Costa





Go for 2 and 5!

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat 2 serves of fruit and 5 serves of vegetables every day (a serve is roughly a handful of fruit or veg).

Here are some handy tips for getting more fruit and veg into your day:

Add leftover vegies to an omelette for a healthy and filling breakfast

Bananas, strawberries or tinned fruits can be blended along with milk, yoghurt or juice for a delicious fruit smoothie

English muffins topped with diced vegies and cheese can be turned into a quick mini pizza: a great idea for the lunchbox!

Have low fat dips with carrot and celery sticks instead of crackers

Add lots of vegies to stir-fry, casseroles and curries

Beans or lentils taste great when added into soups

Chop different fruits and mix them with natural yoghurt for a sweet and healthy dessert

More great ideas can be found at www.gofor2and5.com.au



Mindfulness apps

In a world full of busy, fast-paced environments with little time for a break, Mindfulness provides an opportunity to slow down, rest and recuperate, even when you are on the move.

Mindfulness meditation has been used in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.



Mindfulness Apps can help both beginners and advanced practitioners alike.

Apps like "Smiling Mind" (free and available for both iPhone & Android), "Calm" (free, available for iPhone & Android) and "Mindfulness Training App" (free, only on Android) are readily available across a number of devices.

These apps aim to be a quick and efficient way to introduce wellbeing, de-stress and breathing strategies and exercises into your life.

They can also be used for children of all ages.

Smiling Mind is a great app to get you started. It was developed by a team of psychologists with expertise in youth, adolescent and adult therapy, and is recommended by Beyond Blue, Inspire Foundation and The Resilience Project.

Check out mindfulness apps in your app store. You've got nothing to lose but stress!



JOIN US IN THE SPOTLIGHT
AUDITIONS NOW OPEN

Fun, inspiring classes in drama and musical theatre for kids!
From novice to advanced.

- Develop successful life skills like confidence, communication and teamwork.
- Great value - all weekly classes, workshops and costumes included. No registration fee.
- Perform on stage twice a year.
- 30 years of success.
- Highly qualified, experienced teachers.

CALL 8199 1644
to book a free, no obligation audition session.

It's so easy to get involved!

Convenient classes located in Frankston!
+ 17 locations across metro Melbourne.

YOUTH THEATRE youththeatre.com.au
YBC broadwaychoices.com.au
Brimmings Circus brimmingscircus.com.au



Present this coupon and get **10% OFF**

- Kids Program
- Teen Program
- School Holiday Program
- Lessons
- Bush Trail Rides
- Beach Trail Rides

GUNNAMATTA TRAIL RIDES
The best place for kids & teen activities all year round!
Cnr Trueman's Rd & Sandy Rd, Fingal (Rye) VIC 3939
03 5988 6755 | www.gunnamatta.com.au



FRANKSTON Y.C.W.
CRICKET CLUB Inc.
STONECATSCC.COM
Ray Matthews 0413 751 923

Let's talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression. The University of Melbourne, with funding from beyondblue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child

- Establish family rules and consequences

- Encourage good health habits: diet, exercise, screen time and sleep

- Minimise conflict in the home

- Help your child to manage emotions

- Help them to set goals and solve problems

- Provide support when something is bothering them

- Encourage professional help when needed

More information about the guidelines and other tips can be found at www.parentingstrategies.net/depression or www.beyondblue.org.au.



Peninsula
Health

Building a **Healthy**
Community, in Partnership

Are you getting enough physical activity?

Physical activity should be an important part of every day and can take many different forms and occur in many different places.

Being active can happen at home, at school, at work and in the community, as part of leisure time, travel, active play, organised or non-organised sports, and games or during P.E.

The Australian Physical Activity and Sedentary Guidelines have the following age-specific recommendations for children:

Birth – 1 year: daily supervised floor-based play
“tummy or floor time”

1-5 years: at least 3 hours spread throughout the day
(low to vigorous)

5-17 years: at least 1 hour of moderate to vigorous
physical activity every day

Adults are recommended to be as active as possible
and should aim for at least:

2½ to 5 hours moderate physical activity weekly

1 ¼ to 2 ½ hours vigorous intense physical activity
weekly

Muscle strengthening activities at least 2x per week.

All exercise is good exercise and increasing your physical activity level is good for your health.

More information about the guidelines can be found at <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>.



Low intensity	Moderate intensity	Vigorous intensity
Light walking	Brisk Walking	Race walking, jogging, running
Slow swimming	Water aerobics	Swimming laps
Tai-chi	Tennis (doubles)	Tennis (singles)
Stretching	Bicycling (slower than 16km/hr)	Bicycling (faster than 16km/hr)
Basic Yoga	Slow/ballroom dancing	Aerobic dancing
Roller skating	Walking the dog	Jumping rope
Pilates	Team sports	Hiking up steep mountain



Quit for the kids

If you have children in your life, whether you like it or not, you are probably a role model to them.

Quitting smoking sets a great example for your children, reducing the chance that they will take up smoking themselves.

Talking with your children about how hard quitting is will make them think twice about taking up smoking themselves. As a non-smoker you'll also have more energy and more money to spend too.

Smoking kills one in four smokers in middle age. This is the time when kids really need their parents. Quitting now will increase your chances of being there as your children become adults and have children of their own.

The decision to quit smoking is a personal one but it is important to remember that your smoking also affects those around you.

We now know that children's delicate airways are sensitive to smoke on clothes, hair and skin after you've smoked. It can be hard for parents to fully protect them from the harmful effects of smoking.

The number one way to improve your own health and ensure the health of your family is to quit.

For further information call Quitline on 137 848 or Peninsula Health Quit Smoking Support Services on 1300 665 781.



Avocare Community Connect is a charity based, not-for-profit organisation based in the greater Dandenong area. On Thursday 8th of December we will be hosting a Christmas Twilight Market at Harmony Square, 225 Lonsdale Street, Dandenong (outside council offices). This market will run from 4pm until 9pm. We will have mouth-watering food and fun activities such as face-painting, pony rides and a jumping castle for the children. There will also be plenty of stalls with a large variety of wares and gift ideas.



Dietitian services

Eating the right foods can help you stay healthy.

Peninsula Health has dietitian services in Frankston, Mornington, Hastings and Rosebud. Dietitians give advice about your diet. They help you understand what foods and diet is best for you.

You can see a dietitian for support around:

- Weight management
- Diabetes
- High cholesterol or blood pressure
- Coeliac Disease
- Food allergies and intolerances
- Osteoporosis
- Low levels of Iron, Vitamin B12 or Vitamin D
- Eating disorders
- Fussy eating in children



Peninsula Health dietitians provide individual consultations as well as group support around:

- healthy eating information
- reading food labels
- choosing the best food when shopping or eating out
- healthy ways to prepare and cook food
- low cost meals

Anyone can make an appointment to see the dietitian. For more information or to make a booking, contact ACCESS on 1300 665 781.



Peninsula
Health

Building a **Healthy**
Community, in Partnership

FRANKSTON'S Christmas Festival of Lights 2016

CREATE A MAGICAL FAMILY MEMORY

Saturday 26 November 2016 5-10pm • Davey Street, Frankston

Bring the family together in festive feeling memories. Enjoying entertainment and activities including Santa's Grand Arrival and the traditional lighting of the Christmas tree.

- Share your Christmas wish list with Santa Claus at Santa's House
- Enjoy the sounds of Christmas at the Entertainment Stage
- Visit the Theatre - Ben and Holly's Little Kingdom
- Meet and Greet Ben and Holly's Little Kingdom
- Start your Christmas shopping at Rudolph's Market Place
- Head on over to the North Pole Children's Activity Centre
- Free Lighting Ceremony and Fireworks Display at 9.30pm
- Keep your eye on the night and purchase a \$5 raffle to meet and greet Santa along the parade
- The Frankston Library have extended their opening hours for the event, from opening until 8pm. Christmas story time will take place at 4.30pm, there will be a craft activity, book printing and the music to the library members.

1 Frankston's Christmas Festival of Lights



Santa's Grand Arrival

From 5-10pm Davey Street to the Entertainment Stage (see venue)
Presented by Ash Market Realty

Our Santa Claus comes to town! Join the parade as Santa and the elves officially open the Festival of Lights. Santa will follow a new path, travelling on Davey Street to capture all the action. Visit the Ash Market Realty stand (Davey Street) at the event to get your photo taken in Christmas the photo booth.



Rudolph's Market Place

Our Market, corner of Davey Street and Young Street, with over 20 stallholders offering any Christmas, gift ideas, handmade jewellery, cakes, shoes and more, the Christmas shopper will be spoilt for choice!

Live at the Theatre Ben and Holly's Little Kingdom

Frankston Arts Centre Theatre, Davey Street
Presented by FRAC

Come into the Frankston Arts Centre where local members from the BQ and Holly the fairy will meet the brightest together.

Free (20 minute shows start at 4.30pm)
+ 5.30pm + 6.30pm
+ 7.30pm + 8.30pm

All shows are free, but cannot be booked in advance. Attendance will be on a 'first in, first served' basis. With the magic show (in the Frankston Arts Centre) at the event to enjoy a letter to Santa writing activity.



Beauty Park Big Screen

Corner High Street and Young Street
Presented by Springfree

Bring a picnic rug and watch all the Entertainment Stage action on the Beauty Park Big Screen. Kids can jump on the Springfree trampolines and meet Santa's Christmas Elves. Free softserve open from 5-10pm. The park also offers a great view of the fireworks!



North Pole Children's Activity Centre

5-8.30pm • Frankston Arts Centre, Davey Street
Presented by the HMAS Shed

Kids can have fun and get involved in hands-on Christmas arts and crafts activities with the HMAS Shed. Get your photo taken in the reality scene provided by a collaboration of local businesses.

Entertainment Stage

Presented by Frankston
Presented by FRAC

Enjoy the sounds of Christmas on the Entertainment Stage with local bands and artists. Performances to be announced. The Frankston Library Choir singing our favourite Christmas Carols and featuring Ash Market Realty.

4.00	Angela Young
4.30pm	The 4th Floor
5.00pm	Santa's Grand Arrival
5.30pm	Angela Young
6.00pm	The House of Frankston Merridy Smith
6.30pm	Angela Young
7.00pm	Angela Young
7.30pm	Between the Signs Merridy Smith
8.00pm	PLS: Festival Productions - Musical
8.30pm	Vegetarian Ladies Club
9.00pm	Merridy Smith
9.30pm	Free 1 singing (University And Merridy Smith) (at the Merridy Smith show)

