On the 1st of August 16 students from Jonan Gakuen High School (Girls only College) in Osaka participated in Western Port Secondary College’s annual “home stay” program. These students ranged from the ages of 15 to 17 and stayed with families from the College for two weeks.

This invaluable experience gave the Japanese students a chance to experience College and home life in Australia and benefitted our students who were able to learn about the wonderfully colourful Japanese culture.

While they were with us they went on trips with their host students which included Phillip Island to build penguin boxes, ACMI where they made a commercial and Television Program, Peninsula Tour and Big Day out trip which took them to businesses over the Peninsula like BlueScope and Frankston Hospital.

The highlight for all students was the ACMI center at Federation Square. They all made a commercial (much like the current IPOD one showing) and a news program. They dressed up and learned a lot about how television programs are made. Everyone had a great time acting and working on the floor of a television studio.

The families who were hosting had a weekend to take their new “daughter” to see some of Victoria. Moonlit Sanctuary was a big hit amongst the Japanese students and our own, Wilsons Prom, Point Nepean, Southland and Chadstone shopping centre’s were also big hits. Some took their student to Mount Baw Baw and others visited the Royal Australian Gardens in Cranbourne.

The students went home to Osaka on the very somber morning of the 12th of Aug and will be missed by all, lots of tissues were needed for the goodbye! Most of the host families and host students will keep in contact with their new Japanese sisters and perhaps in the future they will meet again.

A big thank you goes to Thuy Ta and Tim Ward who's tireless work has paid off, everyone had a fantastic time. The students from Western Port Secondary are already volunteering to host a Japanese student next year!
Hello to the Western Port Secondary College community. We are now nearing the middle of Semester Two and students need to focus on completing the year well in order to progress and meet their learning goals that will lead to their pathway. This is very pertinent with the recent announcement of job losses at Bluescope Steel. While this is disappointing for the local community it highlights the need for qualifications and training that increase employability. The College will continue to work with and support families during this time who are affected by these changes.

Recently the College held its annual Expo Night using a new format. Parents and students visited various classes that showed the differences between various course offerings in the VCE, VCAL and VET studies. Along with this College has spent much time developing a new range of program options under five themes. These programs are designed to more clearly show the links between particular areas of work, the careers that lead to these and the recommended subject combinations that will support this pathway. The programs are under these five areas,

**Lifestyle**: Health and wellbeing  
**Culture**: Community and the arts  
**Environment**: Natural and constructed environment  
**Place**: Peninsula and beyond  
**Practice**: Vocational training pathways and apprenticeships

In designing these programs we have looked at various skill shortages and career pathways that will be sustainable into the future and therefore provide secure employment. An example of this is the “Lifestyle program” which has an emphasis on the health sector and the various pathways within this. This will be a growing industry for many years to come and in particular on the Mornington Peninsula. There are also many training options that are reasonably local that lead to this pathway. We encourage all students and their families to start considering these options from Year 9 onwards and the program information is designed around this. Please be aware students can still choose subjects combinations from more than one program.

Further information can be found at these links:  

Last week we said goodbye to our Japanese Exchange students from Jonan Gakuen High School who visited the College for ten days as part of an immersion program. It was wonderful for our students to gain this cultural experience and in particular the host families that gave up time to be involved in this program. I would like to thank Tim Ward and Thuy Ta for their efforts in coordinating the program on behalf of the school.

The College wishes to congratulate Sam Hodic from 9C who was recently selected in the Australian Team for the Winter Youth Olympic Games in Innsbruck, Austria. Sam performed superbly at the Global Skills Challenge in Finland to secure a place in the ice hockey team. We wish Sam the best of luck next January.

Last week I attended the Esso community dinner. Esso has been a long term supporter of the College and has donated funds to support the maths and science curriculum. During the afternoon David Anderson, Meath Hammond and Leigh Newman visited a maths class to see our Quizdom devices in use which were funded by an Esso grant in 2010. We would like to thank Esso for their ongoing support of the College and the wider community.

Recently Greg Hunt MP visited the College to talk to student about his walk for autism. Mr Hunt met with students informally before visiting two Year 7 classes to discuss the purpose of his visit and the walk that he was completing over nineteen days. We wish to thank Mr Hunt for taking time to talk to our students.

Andrew Nicholls  
Principal
We are very excited about the prospect of finally moving into our new gym and Food Technology Facility. It is out with the old and in with the new! Staff will be busy relocating equipment and setting up the new rooms so that teaching can commence in the new buildings as soon as possible. The new canteen and staffroom are also near completion and hard landscaping works will be finalised over the next few weeks. Staff and students have been very patient with the endless red mud and have endured many months of having to tramp long distances around the College while usual access routes and areas have been fenced off. The new buildings will give the school a whole new ‘interface’ and move the centre of the school to the new ‘student common’ which is surrounded but the new facilities and the art / tech wing. Groups of students are busy working on a range of arts projects to be installed around the school and we have a student work crew working with John Eldridge to build new seating areas for students. The WET team are attending a conference next week and will be coming back with ideas to address our litter problem. They will also be involved in planting out the new gardens. The Student Action Group meet next week to start mapping progress on the recommendations they made to staff last year for teaching and learning ‘essentials’. It is an exciting time to be at Western Port Secondary College.

Hannah Lewis
Assistant Principal

In the Senior School we have been spending a lot of time recently with students selecting their subjects for next year, considering the best pathway for them, what tertiary education options could be available and performing some general career counselling. Whilst this goes on at school in the broader world around us, our economy is consistently at the forefront of daily news as it continues to experience high volatility on a number of fronts – often on a global scale - and this in turn affects the local job and employment markets that in the very near future our students will go into. Many in the community are experiencing this first hand, particularly in light of the recent announcements made by BlueScope Steel. It is difficult to predict how this rapidly changing job market will look in a couple of year’s time. What we can be certain of however, is that skilled employees with a reasonable standard of education will have a significantly higher chance of being employed than those who do not have this. These days a Year 10 pass is no longer considered a reasonable standard of education and both the government and schools aim for every student to at least complete Year 12 and preferably some further training or education. Lots of opportunities exist for students to complete vocational courses and tertiary level certificates through the VET in schools program, and students are encouraged to consider including these options in their senior studies. As part of the course counselling process these options should have been presented to students. In order to achieve the most out of their time in the senior years students need to consider carefully and thoroughly their various options for subjects and programs. If further advice or assistance beyond the regular course counselling is needed by any student or parent, please do not hesitate to contact myself or one of the senior school team of staff, particularly Mr Hall or Ms Tsousis.

Michael Devine
Assistant Principal
Big Day Out

Year 9 Beacon ‘BIG DAY OUT’

An important part of the careers component of the Year 9 students program is the Big Day Out Careers Tours. These tours are selected by the students and are designed to provide a snapshot of the careers and day to day tasks involved within some specific career pathways. This is a great opportunity for the students to gain firsthand experience of different careers and is run as a precursor to the important process of Year 10 subject selections.

‘TOURISM ON THE PENINSULA’ INDUSTRY TOUR

Our bus went to Lindenderry Winery and the Peninsula Hot Springs as part of Tourism on the Peninsula. At the winery we met an extraordinary woman who built up one of the most successful businesses against all odds. We learnt many things, but what I found the most interesting was that commitment is essential for a job in the hospitality industry.

Following the winery, we visited the Peninsula Hot Springs where they harvest the heat from the Earth’s crust to heat the water with it. This was a unique and successful business on the Peninsula. We all enjoyed the opportunity to learn about careers in tourism on the peninsula and especially the time we spent bathing in the hot springs at the end of the day.

LOCAL BUSINESS INDUSTRY AND DEFENCE FORCE’ TOUR

The tour of Blue Scope was great, it was far bigger than I thought. The Hot Strip Mill was not working but the heat from the gas burners could be felt from a distance. We were told about the commitment that was needed if we wanted an apprenticeship, the qualities needed and how to apply. We then went to HMAS Cerberus which was good because I had not been there before. I was surprised at how well the recruits were treated, and after a tour of the base we were shown the Arms Simulator. I am interested in joining the army and becoming a qualified electrician. The day was an interesting experience and really valuable for me.

‘CITY FITNESS AND RECREATION’ INDUSTRY TOUR

Our bus travelled to the city to find out more about the fitness industry and the possible careers available. We were given a tour of Rod Laver Arena including the Australian Open outside courts, the change rooms and inside the arena itself.

We got the chance to walk on the actual courts, and once you are on there you realize that the courts are actually a lot smaller than they seem on Television. We were told there are thousands of staff working there during the Australian Open and the diversity of jobs was amazing.

We also had a tour of the Melbourne Sports and Aquatic Centre where there are a huge number of jobs available there and heaps of different sports have their headquarters at MSAC. We really enjoyed the swim at the end.

‘MORNINGTON PENINSULA HEALTH INDUSTRY’ TOUR

The Health bus went to the Fitness Centre at Pelican Park, Peninsula Community Health Centre, Beleura Solutions and Tiny Totts Child Care Centre. At Pelican Park we were shown what a fitness trainer does and who they might work with including people injured in car accidents, with sporting teams and in schools. Peninsula Community Health explained and discussed the different services available such as dental, speech pathology and maternal health. Beleura Solutions explained the role of Physiotherapists and the many areas that you can work in. The Child Care Centre Tiny Totts gave us an insight into how infants are grouped and how the rooms are set up for their development.

The entire Health Bus tour gave us an idea about the Health Industry and the large variety of jobs and areas that are available.
**Speed Careering**

The Year 9 Speed Careering Beacon Program ran on Tuesday 9\textsuperscript{th} August. The students were given 10 minute presentations from representatives from local businesses. The year 9 students were fully engaged for every 10 minute session with our business guests and many commented on the large amount that they had learnt about the varied pathways from the sessions.

A big thank you to our Beacon Student Ambassadors and in particular Casey McDonnell and Georgia Horton who took the responsibility of helping to organise this Beacon event.

**Sport**

**Ice Hockey Champion**

Sam Hodic 14, currently studying Year 9 at Western Port Secondary College, has recently returned from Finland and Austria where he made ice hockey history. Sam along with 14 others, made it into the Australian Youth Olympic Winter Team.

Sam injured himself, accidently cutting his finger when wiping his blade to get the snow off, but overcame his injury to make it 12\textsuperscript{th} in the competition.

We all knew Sam would do a great job. And we all wish him luck for the future.

**Japan Trip**

“Japan, Japan, Japan. Parents & students please note that the Japanese Cultural Study Tour is on again (postponed from September). We are seeking new (as well as existing) participants to tour Japan from March 23\textsuperscript{rd} – April 4\textsuperscript{th} 2012. We will be visiting Osaka, Nara, Hiroshima & Kyoto as well as the magical Mount Fuji. As well as those already mentioned, highlights include a visit to the world famous Osaka Aquarium (checking out the Whale Shark) and Universal Studios (rides & film sets) as well as sneaking across the Nightingale Floor at Nijo Castle in Kyoto.

We would encourage all those interested in attending to come to an “Information Session” on Monday, September 5\textsuperscript{th} in the Community Meeting Room between 3.30 – 4.30 pm. Due to the postponement our timeline is fairly tight so deposits (for new attendees) will be due shortly after.

If you have any questions feel free to contact Tim Ward or Thuy Ta at the college.
Smoke-Free School Policy

The Department of Education & Early Childhood Development guidelines state that:

- Schools should be smoke-free environments
- All school activities should be smoke-free
- Students, staff and parents should refrain from smoking in school premises, on the school grounds (including the car park), or at school functions and activities
- An ongoing communication strategy should be designed to inform the whole school community of the reasons for a smoke-free policy

All members of the school community should be aware of their role in implementing a smoke-free environment.

Our school supports this and believes we should make every effort to set a positive example for young people with respect to health issues.

Tobacco smoking continues to be a significant health issue for Victorians. It is responsible for 90% of drug caused deaths in Australia. In 2005, 8% of students who were twelve years of age had smoked in the past year, increasing to thirty seven per cent among students who were 17 years. In absolute figures these percentages equate to around 140,359 students. If they all became smokers 70,180 would die prematurely. On a more positive note, the smoking rates among current smokers (smoked in past week) aged 16 and 17 almost halved between 1999 and 2005 (source QUIT Victoria 2009).

Western Port Secondary College is a Smoke-Free school. Students found smoking, in the company of smokers, in possession of cigarettes or supplying cigarettes to other students while at school, in school uniform, or at a sponsored school activity will be liable to a range of sanctions.

The emphasis of the College procedure is to put the health and wellbeing of students first.

First Incident: -
Parents will be contacted by the Team Leaders. Students will be referred to the Adolescent Health Nurse, whereby a risk reduction agreement will be negotiated with the student. Students will also have to attend a community service.

Second Incident: -
College policy for non-compliance with the College policies is invoked. This may involve an after school detention and possibly a review meeting with parents. The risk reduction agreement is reviewed with the Adolescent Health Nurse.

We encourage all parents to support our smoke-free school policy. If any parent would like to discuss this policy or would like further information sent home, please contact Monique DeRoche (Adolescent Health Nurse) or Hannah Lewis (Assistant Principal) on 59791577.

Girls Day Out

On the 15th August all Year 11 VCE and VCAL girls were involved in a day revolving around women in the workforce, careers and women’s health. The girls rotated though a number of activities including:

- Guest speakers from BlueScope
- Hair and makeup
- Yoga and relaxation
- Interview techniques
- Women’s health

The girls were also treated to a healthy lunch. Special thank you to Gina Mathers for organising all of the food and guest speakers!

College News

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Bell Times for 2011

Form Assembly 8.45 am - 8.55 am
Period 1 8.58 am - 9.55 am
Period 2 9.58 am - 10.55 am
Recess Period 3 11.19 am - 12.16 am
Period 4 12.19 am - 1.16 pm
Lunch Period 5 2.03 pm - 3.00 pm
Period 6

Please ensure your student is here before form assembly or a note will be required to explain absence, and an SMS WILL go out.

Community Notice Board

Mindful Action

Program Overview: The Mindfulness Based Stress Reduction Program (MBSR) is a dynamic and engaging concept that is sure to captivate and motivate participants.

The program is designed to help you cultivate a greater sense of peace and improved resilience in your personal life and relationships, regardless of your circumstances.

Who would benefit from the program?

Everyone - Whether you are dealing with pressures at work, conflict at home, or struggling with a chronic illness, this program has much to offer. Individuals with symptoms related to anxiety or depression, addictions and other health-related issues can benefit. Even those simply wanting to find a greater sense of calm will see great results.

During the program, you will gain useful mind-body skills via a combination of theoretical, experiential and observational learning. You will then take your newly acquired skills home to your family and friends.

These life-changing tools and skills will serve as your key to long-term health, and will provide a greater ability to self-manage and cope with stress. You will experience a greater sense of calm and resilience that will make you better equipped to face the problems and challenges that inevitably arise.

Program Delivery: The program is delivered over 8, 90 minute weekly sessions. The course is suitable for anyone seeking a personal journey to greater health and well-being.

The program includes the following:

- Weekly group discussions
- Program workbook
- Mindfulness skills sessions
- Individual support throughout the program

When: Commencing 16th of August 2011
Every Monday night for 8 weeks
7pm to 9pm

Cost: $350 (GST incl)

How to enrol: Contact Mindful Action on the details below.

Having a voice in your local health service

Interested in contributing towards a healthier community for the Westernport region? Peninsula Health’s Westernport Community Advisory Group is seeking new members of the community to join. This friendly group meets once a month at Hastings Community Health and provides advice and input into Peninsula Health’s services.
**Community Notice Board**

**It’s time! Start collecting Sports for Schools vouchers!**

From July 29th shop at Coles and start collecting your Coles Sports for Schools vouchers.

Don’t forget, for every $10 spent at Coles, Coles Online, BI-LO and Pick’n Pay supermarkets, you will receive 1 voucher for your school to redeem for sports gear! Plus throughout the program there will be opportunities to collect bonus vouchers with our special promotional offers on selected products.

Collect as many vouchers as you can before October 18th from family and friends to get more sports gear for your school.

The collection box will be located in the school foyer.

Please place vouchers in there.

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**DO YOU HATE IRONING?**

Let me take the chore out of it for you.

For a mere $15 an hour

I will quickly take the trouble away for you at my smoke free home.

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**Petition to extend Hastings bus route**

Community members from Hastings Neighbourhood Renewal are keen to improve the bus services in Hastings and as such have started a petition to redirect the existing 782 and/or 783 Bus Routes, so that a regular service is provided to the residential area bound by Hodgins and Hendersons Rd, High St, and Frankston Flinders Rd Hastings.

If you would like to support this initiative and think that a bus being available for all people to catch in this area would be a benefit to the community of Hastings, please sign one of the petitions at the Schools front dest. Alternatively head to any of the services that are ran from the Hastings Community Health Services at 185 High St Hastings, visit the new neighbourhood renewal Community Hub at 1973 Frankston Flinders Rd, and keep a look out for other sites in the community that are supporting the extension of the Hastings bus route.
Is your child hurting or abusing you?
Breaking things around the house?
Do you feel you are losing control?
Want to handle conflict better?

Out of Bounds?
Reclaim Calm and Respect in your family!

1 Day Introductory Workshop
for parents / carers of young people (11-18) who are violent or abusive in the home

When?
Thursday 22nd September 2011 - 9:30am - 3:00pm
Where?
Peninsula Health - Community Health
38 Braidwood Ave, Rosebud
Bookings essential - By Fri 16th September

Cost? - $5 donation - lunch & snacks provided

When?
Friday 21st October 2011 9:30am - 3:00pm
Where?
Karingal Place - 103 Ashleigh Ave, Frankston 3199,
Date: Friday 21st October
Bookings essential - By Fri 14th October

Eight (8) Week Group Program
for parents / carers of young people (11-18) who are violent or abusive in the home

The group offers parents / carers:
- opportunities to develop strategies for managing their child’s behaviour
- a supportive environment in which they can share their experiences

When?
Term 4 – Weekly from Thursday 13th October - Thursday 1st December 2011, 7:00pm - 9:30pm
Where?
Peninsula Health - Community Health - Peninsula Health - Community Health
38 Braidwood Ave, Rosebud
Cost?
Gold coin donation per session
Bookings essential – spaces limited

Child Care not Provided
Bookings essential - leave your details with reception at:
Peninsula Health – Community Health - 5971 9100
## Important Dates for your calendar

### Semester 2, 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday 5th September</td>
<td>Yr 10 &amp; 11 EXAMS BEGIN</td>
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<tr>
<td>Tuesday 6th September</td>
<td>SCHOOL COUNCIL MEET</td>
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<tr>
<td>Thursday 8th September</td>
<td>NAVAL GAZING AT CERBERUS</td>
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<tr>
<td>Monday 12th September</td>
<td>RUBICON CAMP</td>
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<tr>
<td>Friday 16th September</td>
<td>PANEL MOCK JOB INTERVIEWS</td>
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<td>Friday 23rd September</td>
<td>END TERM 3</td>
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<td>Monday 10th October</td>
<td>BEGINNING TERM 4</td>
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