



NEWSLETTER

Pakenham Secondary
College
1020 Princes Hwy
PAKENHAM 3810
Phone: 5945 1433

Monday 23rd July 2008

Newsletter No. 6

Friday	27th June	
Monday	21st July	

FROM THE PRINCIPAL



Student Services and Future Pathways

Year 9 Challenge Personal Power and Fitness

Every Thursday all power fitness and training students meet with their teachers either at the gym, classroom or train station for a day full of fitness and training.

Some days we started with theory and others we started with weight training. Weight training consists of dips, weight lifting, sit-ups, push-ups, step ups, skipping, jogging and lots more.

We spend at least one period on this; then we record our results on a piece of paper.

We do something called hill sprints which involve us sprinting up a hill, the most hill sprints we have done is 10 up and downs.

Other activities we do are Pilates and step up exercises.

Pilates are a system of physical conditioning involving low-impact exercises and stretches to strengthen your core.

Step up exercises are exercises that strengthen and condition your leg muscles. They can be rather strenuous when performed the right way.

We also have many excursions to different locations. We have gone to the V.I.S, the Victorian Institute of Sport, the Cardinia YMCA gym, the National Sports Museum and the Botanical Gardens.

At the V.I.S we learnt plenty about the training facilities and about the sponsors of the V.I.S. The location of the V.I.S building is situated above the old Olympic swimming pool.

At the Cardinia YMCA gym we spent about 35 minutes on the bikes, we cycled at all different speeds and at all different levels of fitness. After that we went into the gym and did lots of punching & running activities. When we completed that we went into the swimming pool for lots of swimming exercises, like laps and treading water.

At the National Sport Museum at the MCG we walked around and looked at the museum, there was also a variety of games like cricket and handball.

Written by Tarlia 9.6



Congratulations Rachel

VCAL student, Rachel Gunton has gained employment as an apprentice chef with *EightyOne Food and Wine* in Berwick. As a part of Rachel's VCAL program she has achieved her VET Certificate II and III in Hospitality. Rachel's commitment to her VET studies is to be commended and has helped her achieve her chosen pathway.



VET

(Vocational Education and Training)

Students completing a VET program have the opportunity to complete their secondary education with a senior school certificate, practical skills and a part or full vocational education and training qualification.

VET provides students with the opportunity to foster and develop employability skills to improve their potential performance in the workplace. It is a recognised pathway to employment, further education and training in an industry specific skill

For more information on VET programs contact the college on 5945 1433

Jennie Bruce
VET Coordinator



SMOKING POLICY

The Smoking Policy at this College reflects Victorian Government policy that all school buildings have been declared smoke-free, and is based on the definition of smoking as an activity that harms not only the smoker, but those inhaling the smoke involuntarily. Students are not permitted to smoke at any time whilst in College uniform, on excursions or whilst representing the College in public.

The College buildings are declared smoke-free zones.

IMPLEMENTATION

The smoking rules are implemented on the basis of what will be described as a 'smoking incident.' A smoking incident is defined as follows:

- A student is caught in the act of smoking;
- A student is caught in the company of smokers;
- A student is considered to have been smoking by a member of staff;
- A student has in his/her possession cigarettes, lighter and/or matches.

If a student is found in any of the above situations they **will** be considered to have breached the Smoking Policy. When a student is found to have infringed the Smoking Policy their parents or guardian will be contacted to inform them that their child has been found involved in a smoking incident as outlined above.

A second infringement will require a parent interview, possible loss of movement in the yard at recess and/or lunch and any further infringements **will** lead to suspension.

PAKENHAM SECONDARY COLLEGE UNIFORM POLICY

All students are required to wear the specified College uniform in a neat and tidy manner. The wearing of the uniform is a valuable factor in achieving good tone and a sense of identity with the College. Most items are regulation, meaning that the style, fabric or manufacture have been determined by the College Council. The main uniform supplier is Buxwear. Details are listed below.

Please note that jewellery and excessive makeup are considered inappropriate for school. Jewellery and makeup need to be discrete, e.g. earrings must be sleepers or studs. Visible/non transparent body piercing is not permitted at school.

COLLEGE UNIFORM CODE

It is the policy of the College that all students' wear full school uniform during school times. The details of the College uniform are provided at the commencement of the year to all students new to the school and are detailed below.

If, for some extraordinary reason students are unable to wear a particular item of school uniform at a particular time, they must see their Home Group/Tutor Group teacher prior to the school day with a signed and dated note from their parent/guardian.

Failure to abide by the Uniform Policy will mean that students may be required to participate in after school detention or may be sent home to change into appropriate uniform once parents have been notified.

HAIRSTYLES AND HAIR COLOURS

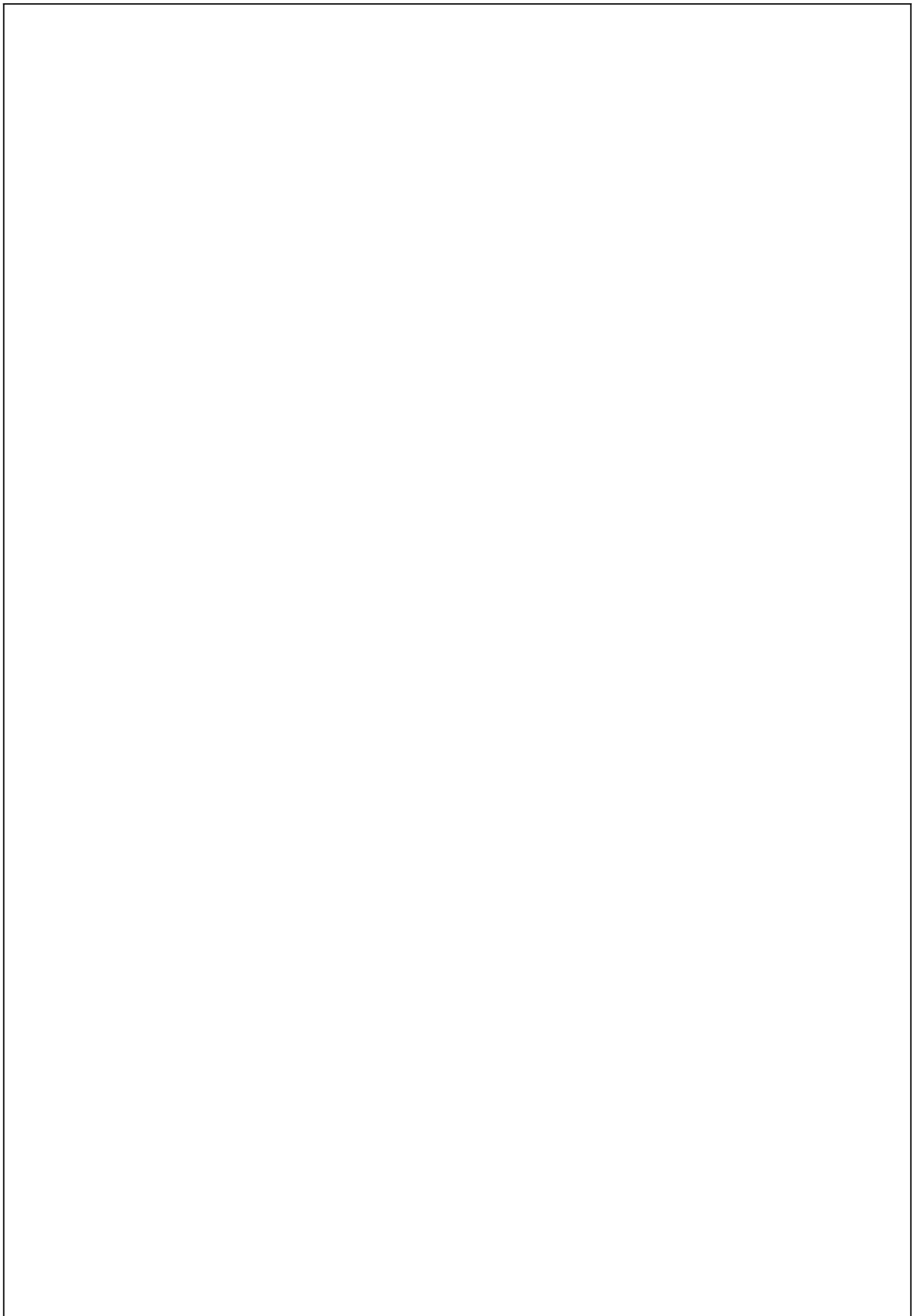
Hairstyles and hair colours considered to be extreme in colour, length or style by the College Management are not acceptable at Pakenham Secondary College. Where hair accessories are worn, they must be regulation green or black (as in the school jumper).

Casual Dress Days

WHAT IS NOT ACCEPTABLE DRESS AT SCHOOL

Wearing coats, caps and gloves in the classroom;
Beanies;
Pants with drawstring waists;
Coloured nail polish;
Jeans, Cords, Cord shorts;
Sport/Basketball style shoes, desert boots, thongs, platform or high heeled shoes;
Hair colours other than natural colouring;
Long baggy drawstring wait shorts;
Wearing a coloured T-shirt under uniform or T-shirts with writing;
Any jacket other than the ones mentioned on the Uniform List;
Hooded windcheater.

Inappropriate clothing and jewellery will be confiscated.



REMINDER TO PARENTS/GUARDIANS

24 HOUR ABSENCE HOTLINE: 5945 1444

BLUE LIGHT DISCO

NARRE WARREN—BERWICK
BLUE LIGHT DISCO
BERWICK LEISURE CENTRE
MANUKA ROAD; BERWICK
SATURDAY 5th July & 2nd August
6PM—10PM
COST \$10.00

NOW FOR STUDENTS IN YEARS
5-8 ONLY
PROOF OF AGE MAY BE REQUESTED

FORTNIGHTLY CHRISTIAN PRAYER GROUP



Meeting in Room A4 in the Senior
School Building at Pakenham Secondary College

Teachers, Parents, Students and Friends all
welcome.

All enquires please contact
Sharon Thomas on 5941 4495
Dates: Thurs; 24th July, 7th August
21st August, 4th September
18th September.

Time: 1.25—2.00pm



HUNG FUT KUNG FU

*Improve your health, flexibility and self defence skills through the ancient practice
of kung fu. Gain self discipline and increased self esteem.*

We teach traditional Chinese Kung fu including fist sets, breathing exercise, self defence, grappling and a variety of traditional Chinese weaponry.

All instructors highly experienced level one nationally accredited sports coaches.
Easy pay as you go class fees.

Classes for children and adults at Pakenham Secondary College Monday and Thursday evenings.
Enrol now and receive a **Two free introductory classes**

For enquiries call Mark- 0359412713/0408576078 or
Rod- 0359402496/0403621794

FREE TRAINING*

Certificate II or III Retail Operations
Certificate II Hospitality (Kitchen Operations)

Locations include Frankston & Mornington

This training will assist you in re-entering the workforce, updating your existing skills and help to gain part time or full time employment in retail outlets, sandwich bars, restaurants etc.

Courses are commencing regularly during school hours.

Call TASA on 03 5977 2677 for further details

*Eligible participants will currently be unemployed

“Productivity Places Program is an Australian Government initiative”

www.dest.gov.au/productivityplaces