

Pakenham Secondary College

Daily Student Bulletin



School Absence Telephone lines:



Junior (Years 7-9):
0459 970 912



Senior (Years 10-12):
0486 218 220

PSC Breakfast club



Every school day
Daily from 8.15 until 8.45
Everyone welcome –
Students & staff
in A2 (Food Tech Room)
Free breakfast and snacks

*A Welcoming and safe
drop-in space*

Student Free Day

Please note that this Friday, 30th October is a Student Free Day.

For more information about next week's program, please read Mr Smith's Community Update [here](#).



TODAY IS A FREE DRESS DAY – bring a gold coin donation. All proceeds will be donated to Headspace.

UPCOMING EVENTS

* Year 12 exams

From Tue, 27th October
08.45am

* Student Free Day

Fri, 30th October
All day

* Melbourne Cup Day Holiday

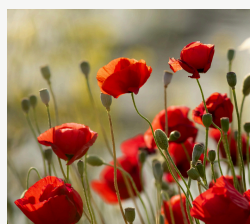
Tue, 3rd November
All day

Volleyball Club and the **Volleyball Academy** will not take place over the next two weeks, as the gymnasium is not available (due to the Year 12 exams).



Island Vibes Club

Catch up today at lunchtime in LC2



Poppy Appeal for Remembrance Day 2026

Poppies are available from Reception for purchase to support the RSL

Important P.E. Update

Over the next two weeks – commencing Tuesday – all students who are attending a P.E. class are to meet their teacher on the basketball courts at the beginning of their lesson.

WEEKLY LIBRARY TIMETABLE

MINDFUL MONDAY	TECH FREE TUESDAY	WATCH PARTY WEDNESDAY	TACTICS & TALENT THURSDAY	FRIDAY
RECESS QUIET CHILL VIBES	RECESS QUIET CHILL VIBES	RECESS QUIET CHILL VIBES	RECESS QUIET CHILL VIBES	RECESS CLOSED
ACTIVITIES AVAILABLE <ul style="list-style-type: none"> MINDFUL KNITTING WITH ALYSSA FROM WELLBEING RECHARGE CLUB AT 11:10AM WITH NURSE ANNA LEARN TO CROCHET WITH MR. SCHEEPERS READING QUIET STUDY 	ACTIVITIES INCLUDE <ul style="list-style-type: none"> WELLBEING POPUPS WITH NURSE ANNA & THE WELLBEING TEAM QUICK CRAFTS WITH THE LIBRARIANS READING QUIET STUDY SELF-RUN ACTIVITIES <ul style="list-style-type: none"> CLUEDO SCRABBLE CHES BLOKUS PAPER CRAFTS ...AND MORE! 	ACTIVITIES INCLUDE <p>ANIME IN LIBCLASS 1 THIS WEEK IS _____</p> <p>LIVE ACTION IN LIBCLASS 2 THIS WEEK IS _____</p> <p>SEE THE LIBRARIANS TO SUGGEST NEW ANIMATED SERIES OR DRAMAS TO WATCH!</p>	ACTIVITIES INCLUDE <ul style="list-style-type: none"> WATCH AND PLAY CHES GAMES WITH CHES CLUB IN LIBCLASS 1 LEGO BUILDING - FOLLOW A GUIDE OR CREATE YOUR OWN CO-OPERATIVE & CAMPAIGN BASED BOARD GAMES READING QUIET STUDY <p>SIGN UP FOR THE CHES CLUB WITH MR. SCHEEPERS</p>	ENTRY PERMITTED FOR: <p>LIBRARY HELPERS</p> <p>STUDENTS WITH PERMISSION FROM THEIR SUB-SCHOOL</p> <p>STUDENTS ACCOMPANIED BY THEIR TEACHER</p>
LUNCH NORMAL LUNCH ACTIVITIES *CHECK DOOR SIGNS FOR ANY CHANGES	LUNCH NORMAL LUNCH ACTIVITIES *CHECK DOOR SIGNS FOR ANY CHANGES	LUNCH NORMAL LUNCH ACTIVITIES *CHECK DOOR SIGNS FOR ANY CHANGES	LUNCH CARDINIA YOUTH SERVICES *CHECK DOOR SIGNS FOR ANY CHANGES	LUNCH LIMITED ENTRY QUIET ACTIVITIES ONLY NO DEVICES 40 STUDENTS MAX

Homework Club

Stay on track and get support. Come to the Library after school every Thursday

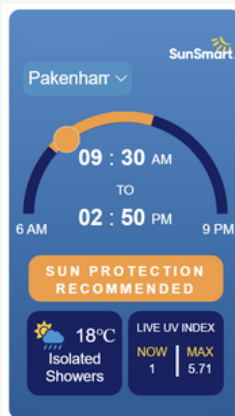


Expert help available from our teachers

Catch up on classwork

Work in a quiet, supportive environment

Keep up with homework, assignments and study



Be SunSmart

Check today's UV level and find out when sun protection is recommended.

Click the SunSmart image on the left for the latest UV information.

→ **3.30pm - 4.30pm**
every Thursday



NEED MENTAL HEALTH SUPPORT?



Mental Health Australia is the national peak advocacy body for the mental health sector. We don't provide clinical or support services for people in distress or crisis.

**If you, or someone you know is in immediate danger, please call 000.
If you are experiencing distress or are seeking mental health support,
please contact one of the following services:**

- **Lifeline:** [13 11 14](tel:131114) or lifeline.org.au
- **Beyond Blue:** [1300 22 46 36](tel:1300224636) or beyondblue.org.au
- **13YARN:** [13 92 76](tel:139276) or www.13yarn.org.au (for Aboriginal and Torres Strait Islander people)
- **Kids Helpline:** [1800 55 1800](tel:1800551800) or kidshelpline.com.au
- **Headspace:** [1800 650 850](tel:1800650850) or headspace.org.au
- **ReachOut:** reachout.com
- **SANE Australia:** [1800 18 SANE \(1800 187 263\)](tel:180018SANE) or sane.org
- **Suicide Call Back Service:** [1300 659 467](tel:1300659467)
- **Medicare Mental Health:** [1800 595 212](tel:1800595212) or medicarementalhealth.gov.au



A few reminders.....

Students are expected to:

- Wear full school uniform each day
- Bring a fully charged and operational laptop to every lesson
- Have all required textbooks and learning materials

Mobile phones must be:

- Switched off
- Stored securely in lockers during the school day

Bell Times

For a normal school day the following bell times apply:

Locker Bell >	8:45am - 8:55am
Period 1 >	8:55am - 9:55am
Change Over >	9:55am - 9:59am
Period 2 >	9:59am - 10:59am
Recess >	10:59am - 11:30am
Locker Bell >	11:30am - 11:36am
Period 3 >	11:36am - 12:36pm
Change Over >	12:36pm - 12:39pm
Period 4 >	12:39pm - 1:39pm
Lunch >	1:39pm - 2:09pm
Locker Bell >	2:09pm - 2:15pm
Period 5 >	2:15pm - 3:15pm

Assembly Bell Times

When an Assembly (whole school or sub-school) is held, then the following bell times apply:

Locker Bell >	8:45am - 8:55am
ASSEMBLY >	8:55am - 9:20am
Change Over >	9:20am - 9:25am
Period 1 >	9:25am - 10:15am
Change Over >	10:15am - 10:19am
Period 2 >	10:19am - 11:09am
Recess >	11:09am - 11:40am
Locker Bell >	11:40am - 11:46am
Period 3 >	11:46am - 12:36pm
Change Over >	12:36pm - 12:40pm
Period 4 >	12:40pm - 1:39pm
Lunch >	1:39pm - 2:09pm
Locker Bell >	2:09pm - 2:15pm
Period 5 >	2:15pm - 3:15pm

Click on the above image to see a clearer 'Assembly Bell Times' image.

SWPB Theme

Our School-wide Positive Behaviour theme for Term 4 is **Achieving Success**, encouraging every student to take positive steps towards achieving their personal best.

Throughout the term, students will explore what achieving success looks like in everyday school life, including setting goals, maintaining a positive attitude, trying new things, demonstrating a hardworking approach, asking questions and seeking feedback to support their learning and growth.



See the Doctor at school!



Doctors in Secondary Schools

Every Tuesday 9:30am - 1:00pm appointments are available with our Doctor or Nurse. This is a free service! Book through Compass or the QR code

Just a reminder to all our Pakenham Secondary College parents and students that we have an amazing doctor and nurse who run a clinic on site at school every Tuesday 9:30am – 1:00pm.

The doctor and nurse are from Headspace.

Headspace is a Youth-focused organisation who offer a variety of mental and physical health supports to young people.

This is a free service and it is easy to book in through compass, scan the QR code or [click here](#).

If you want to book through compass just click on the star at the top of the page and select the dropdown option "Book Appointment with Doctors in Secondary Schools".

Both booking options take you to a simple form to fill out.

If you have any questions speak to Allysha from Wellbeing.

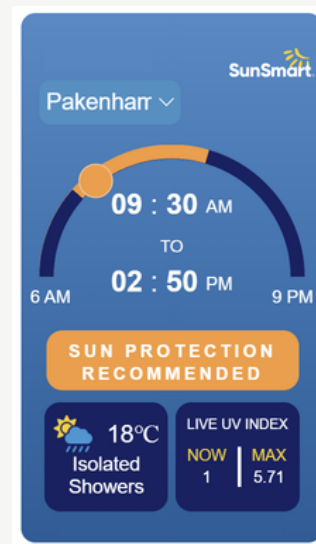


NEW SPORT EQUIPMENT BORROWING RULES

Students must leave a valuable personal item in exchange for a piece of equipment alongside signing it out.

If the ball is not returned by the end of the break, the personal item will be held until the end of the day.

Equipment can only be borrowed in the first 10 minutes of lunch and recess.



Pakenham SunSmart

09 : 30 AM TO 02 : 50 PM

SUN PROTECTION RECOMMENDED

18°C Isolated Showers

LIVE UV INDEX NOW 1 MAX 5.71

Be SunSmart

Check today's UV level and find out when sun protection is recommended.

Click the SunSmart image on the left for the latest UV information.

Homework Club Thursday 3:30pm – 4:30pm for Years 7–9 in the Library

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MINDFUL
KNITTING

Monday at Recess
in the Library

Coordinator: Ms Coghlan



MINDFULNESS
CLUB

Monday at Recess
in the Library

Coordinator: Ms Caparas



STUDY SKILLS
CLUB

Thursday at Lunchtime
in B7

Coordinator: Ms Caparas



ART CLUB

Mon & Wed at Lunchtime
in B15

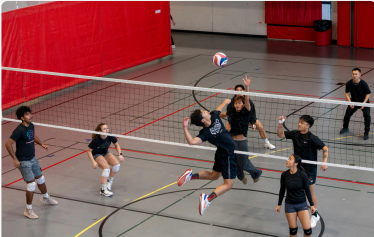
Coordinator: Ms Schinzig



CHESS CLUB

Thu at Recess
in the Library

Coordinator: Mr Scheepers



VOLLEYBALL CLUB

Tue & Wed afterschool
until 4:30pm



LEARN SAMOAN DANCES

Tuesdays at
Lunchtime in LC2

Coordinator: Ms Scott



COLLEGE CHORUS

Thursdays at Recess
in PA1

Coordinator: Ms Hawking



CRAFT CLUB

Thursdays at Lunchtime
in the Library

Coordinator: Mr Scheepers



STEM CLUB

Thursdays at Recess
in B2 or B5

Coordinator: Ms Bhatia



PERFORMING ARTS CLUB

Friday at Lunchtime
in PA1

Coordinator: Ms Lentini



CARDINIA YOUTH
SERVICES

Thursdays at Lunchtime
in the Library

Coordinator: Mrs Bhatia

Coordinator: Ms Lentini

Ask about our online services



Create your eheadspace account today to join a supportive online community and access tools and resources to help you manage your mental health.
It's simple, free and safe



Need to talk ?

- Get professional individualised support from **3pm - 10pm** online or over the phone any day of the year
- Peer chats with young people going through similar situations, moderated by trained clinicians.



More support when you want it

- 24/7 access to digital resources.
- Young people can build their own personalised space.
- Add online tools and resources to build a toolkit that works for you.



More help with work and study

- Study options and skill building
- Starting a career and career mentoring.
- Support with job search and applications.



Supporting a family member or friend ?

- Connect with a trained clinician 1:1
- Interactive online modules
- Join the community
- Workshops for parents and carers
- Self help information

Scan the QR code to create your free account



Scan the QR code for more info on support for Family



Sport @ PSC

INTERSCHOOL SPORT



WHAT IS INTERSCHOOL SPORT?

PSC is part of the Cardinia Division for Interschool Sports. There are 8 other schools in our division which are Officer, Edenbrook, Kambrya, KooWeeRup, Lakeside, Wullerp Birringa, and Minaret.

WHAT SPORTS ARE THERE?

TERM 1:

Volleyball, Cricket, Swimming

TERM 2:

Netball, AFL, Soccer, Cross Country

TERM 3:

Basketball, Athletics

TERM 4:

Sport Finals Only

HOW DO I SIGN UP AND GET INFO?

SIGN UPS:

All sign up sheets are located in the gym foyer.

INFORMATION:

Information will be posted in the daily bulletin and on the boards in the gym

WHO IS IN CHARGE OF SPORT AND WHO CAN I ASK QUESTIONS TO?

TEACHER: Miss Morrow (Gym Office)

AFL Trainee: Brodie Quehenberger (Gym Office)

Sports Captain: Blake Faliszewski

House Captains:

BARTY: Natalie Thomson & Catherine Bantilan

FREEMAN: Daniel Gater & Coby Flanagan-Gorickic

MILLS: Mia Collier & Lance Llandado

BETTS: Jordan Murrell & Hunter Beaumont

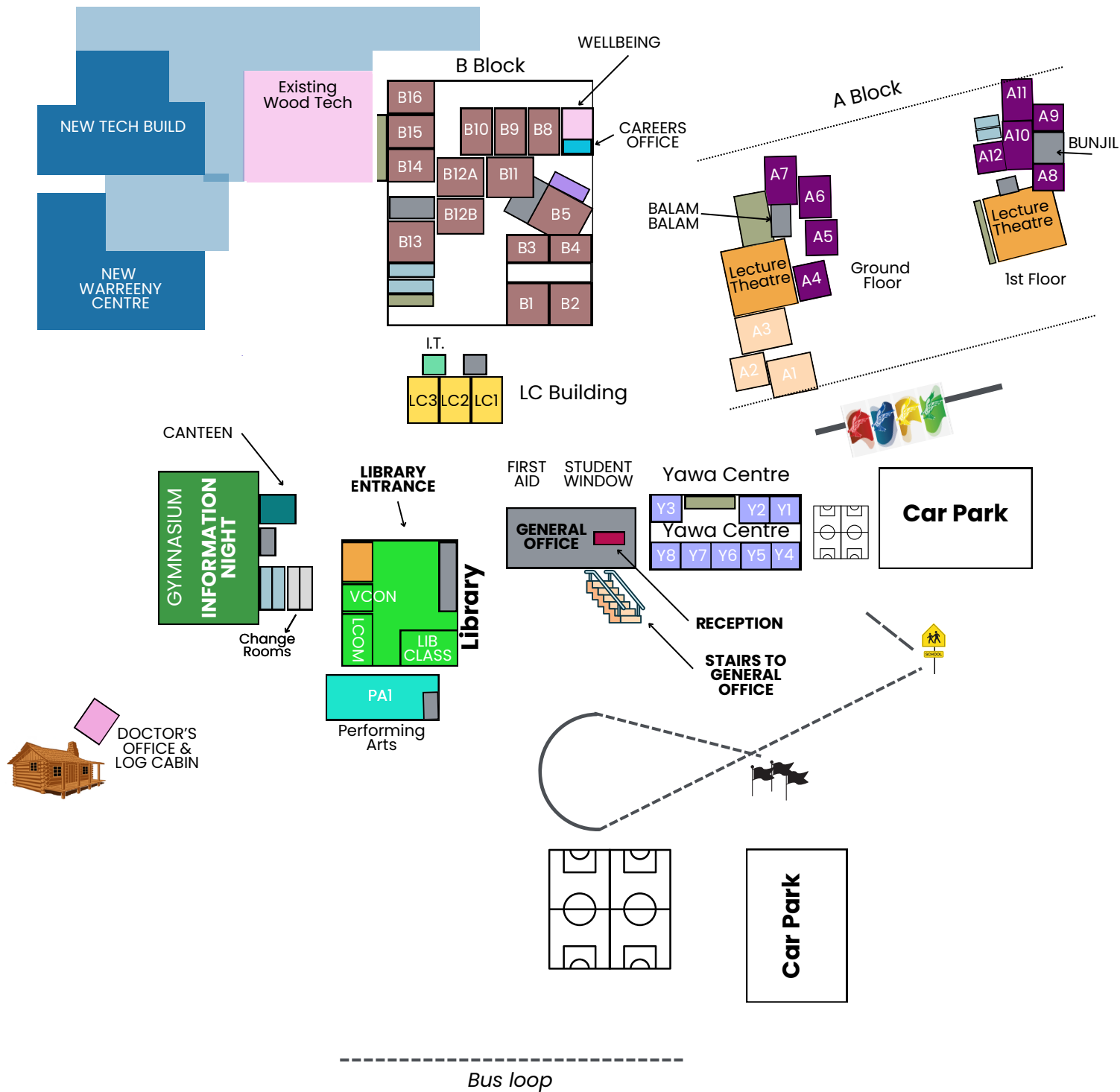
**SPORT
EQUIPMENT CAN
NOW ONLY BE
BORROWED
FROM THE GYM
OFFICE.
THANK YOU**

Please click here for new rules regarding equipment borrowing

**STUDENTS
MUST GO TO
TRAINING
SESSIONS TO BE
ABLE TO ATTEND
INTER SCHOOL
SPORT**

THANK YOU





PAKENHAM SECONDARY COLLEGE MAP



We Grow Through Connection