Hi Parents and Carers,

Happy New Year! It was lovely to welcome back our students and staff members for the 2015 school year. This year was particularly exciting as we welcomed a record eleven new prep students who will begin their educational journey with us. Seven of the students are from our early education program at the East Karingal Kindergarten. I believe this reinforces the importance of this service to our local community. We also have a further 3 students who have transferred from other specialist settings over the summer to be with us this year. We look forward to the many new adventures we will share with these students.

We have been incredibly saddened by the recent passing of two highly valued members of our FSDS family. Mandy Clowes worked as a teacher assistant at FSDS for more than ten years. Mandy was a friend, educator, mentor and confidante to many in our community. Her great legacy to our school includes the FSDS year book, the FSDS website and the graduation ceremony for our exiting students at the end of each year. Mandy forged strong relationships with all members of our school community, particularly the students. Marlene was a foster parent to two students who have attended FSDS. She was a former school councillor and staunch advocate for people with disabilities. Both ladies have made a great contribution to our school and will be missed dearly.

It has been lovely to welcome back highly accomplished teachers Cathie Koelewyn, Rudi Geppert and Evanthe Muir to our staff in 2015 returning after periods of leave. Chris Cook has transferred from our Blackwood campus replacing Dylan Thomas as our new PE teacher. Dylan is on six months leave. We have a number of quality people at present in our school filling short term placements. The tenure of their placements will be clearer in the coming weeks. I will keep you informed.

Student Support Group (SSG) meetings are set to place at school over the next fortnight. This is your chance to participate in planning the learning programs for your child this year. There is evidence to support that parental involvement in this process increases the outcomes for students. I look forward to seeing you at school in the coming weeks. We have also set a date of March 12 for our Meet & Greet social evening this year. This is an informal opportunity for our school community to get together. The Lions Club have again kindly offered to provide a sausage sizzle for this night.

During the week we officially appointed an architect to design and manage our building project. It is their job now to come up with plans and advise us to appoint a builder. We have directed the architects to plan for the redevelopment and construction of three project areas:

- A new school gymnasium. (half size)
- Four new middle school classrooms.
- A new staffroom and conference room.

Peter Trevena, a senior facilities manager with the department, has been supporting and advising us through this process.

Finally it is that time of the year where we must vote a new school council to provide direction and governance to our school. This year there are five parent positions due for re-election. Being a member of school council is both a rewarding and informative experience. If you are interested in being on the Frankston SDS school council please see Wendy at the office for a nomination form.

Have a great weekend!

Scott Tucker
Principal

DATES TO REMEMBER

Monday 9th March  
Labour Day Public Holiday 
Thursday 12th March  
Meet and Greet Night 5-7pm 
Friday 27th March  
Last Day of Term 1
HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS

1st February  Stephanie Renfrey
5th February  Phoebe Hayes-Brown
5th February  Ryan Gosling
7th February  Kane Roberts
18th February Tahlia Beardsworth
18th February Casey Heywood-Blyth
19th February Dylan McGinty

PRINCIPAL’S AWARDS
The Principal’s Awards are awarded to students according to Our School Values. These awards are given out at the fortnightly assemblies throughout the year.

CARING— for others in our classroom, school and the wider community.
Kane Roberts

RESPECT— for yourself and others, being kind, and learning our school rules.
Patrick Cotora  John AhFa

SHARING— with others, taking turns and working with others.

INDIVIDUALITY— being the best you can and doing the best you can.
Cohen Herrald

COFFEE CLUB
All Parents and Carers are welcome to come along to enjoy a cuppa, a chat and a laugh with other parents and carers from FSDS.

Every Tuesday in the Conference Room 9.30—11.30am.

EASTER RAFFLE
The annual Easter raffle will be drawn on Wednesday 25th March. We are asking all families to make a small donation to make up the Easter hampers/baskets. Raffle tickets will be sent out closer to the date. Thanking you in advance.
ENVIRONMENT WEEK FESTIVAL

SUNDAY 15TH MARCH 2015 11AM - 4PM

AT THE BRIARS 450 NEPEAN HWY MOUNT MARTHA

FREE ACTIVITIES FOR THE WHOLE FAMILY
GO TO www.morningtoneweek.com.au FOR MORE INFO

Parent and carer meditation group

Take some time out for yourself and come along to our weekly meditation group to help increase feelings of calm and inner peace

Every Friday in the Library at 9:30-10:00. Please contact Patrycia if you require more details.
Are you a young person living in Victoria aged 12-25 and have an intellectual disability? Are you interested in participating in a peer support group and meet with other people with disabilities?
If you answered yes, then this opportunity could be for you! University of NSW is doing research to learn more about how young people with intellectual disability manage their own supports. To help with research, YDAS is putting together a group of young people with an intellectual disability and their families who want to learn and share their experiences about their life. In return for your time, each family will receive a $100 prepaid debit card to cover your travel costs. Refreshments will be provided at both sessions.
Dates: Saturday 14th February and Saturday 21st February.
Time: 11.30—5pm on both days with plenty of breaks during the day.
Venue: Hawthorn Library—585 Glenferrie Rd Hawthorn
If you are interested in being a part of the group, please contact Madeleine Sobb YDAS Project Officer at ydasprojects@yacvic.org.au or on 9267 3712.

School Banking Day Reminder

Don’t forget that Thursday is School Banking Day and students should bring in their weekly deposit. You can get involved by opening a Commonwealth Bank Youthsaver account at any Commonwealth branch or getting the appropriate paperwork from the school. To encourage regular saving, the program offers an exciting Rewards Program.
Rationale
Healthy eating and good nutrition has a major influence on the health and wellbeing of children and a direct impact on their growth and development. Frankston Special Developmental School acknowledges the importance of developing lifelong healthy eating behaviours, to promote health and overall wellbeing. As a health promoting school, we will promote healthy eating to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Aim
This policy confirms our commitment to:
- Encouraging students to make healthy food and drink choices
- Promoting the importance of a healthy lifestyle, which includes drinking water and eating healthy food
- Creating a supportive environment for healthy eating for students, staff, families and visitors.

Implementation
Whole school engagement: It is recognised that every member of the Frankston SDS community has an impact on students' health and can contribute to creating an environment that promotes healthy eating. Staff, families and students will be involved in guiding the development and implementation of the whole school healthy eating policy and are seen as key partners in promoting and supporting healthy eating initiatives in the school.
- Staff, families and students will be provided with information about policy requirements.
- The school lunch program menu has been assessed by the Healthy Together Healthy Eating Advisory Service as compliant with the School Canteen and other School Food Services Policy.
- Families will be encouraged to provide healthy food for lunch. Healthy food options will be encouraged for staff at meetings, professional learning events and in the staffroom.
- Safe drinking water will be available at all times, and only water bottles filled with water will be accessible during class. Sweet drinks will not be permitted during class time.
- The school will seek to ensure any sponsorship, advertisements or marketing of food and drinks is consistent with the schools healthy eating policy. Fundraising activities will reflect the healthy eating policy and promote healthy lifestyle messages.

Healthy social environment
Food and drink, food vouchers and sweets will not be used as an incentive or reward.
- Students will be given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.
- To support positive role modelling, staff and families will be encouraged to bring food and drinks which are in line with the schools’ healthy eating policy.
- Staff and families will be encouraged to foster a healthy body image and enjoyment of eating.
- The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional benefits about food.

Learning and skills
Healthy eating will be incorporated into the curriculum, across multiple key learning areas.
- Students will have the opportunity to engage in regular food-related activities, such as planning and shopping for meals, growing, cooking and eating foods, which are culturally appropriate and varied.
- Staff will be supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating across the curriculum.
Engaging children, young people, staff and families
Students will be consulted about healthy eating initiatives via the student representative council. Families and staff will be, on a regular basis, provided with information, ideas and practical strategies to promote and support healthy eating at school and at home. Families will be encouraged to be involved in healthy eating initiatives at school. Families and students from culturally diverse backgrounds will be engaged to ensure cultural values and expectations about food and eating are respected.

Community partnerships
The school will work with local health professionals, services, businesses or agencies, where possible, to support staff, students and families to promote healthy eating.

Definitions

*Healthy Eating*: Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.

*Occasional* foods and drink: Also referred to as ‘extra foods’ (sometimes called junk food), these are foods like potato chips, chocolate, cakes, lollies and soft drinks and some takeaway food like hamburgers and hotdogs. These foods are usually low in nutrients and high in salt, sugar or fat.

*Select carefully* foods and drink: Include foods like commercially prepared pastas, noodles and meat products and fruit juice.

*Everyday* foods and drink: Include whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, reduced fat dairy products and water.

Monitoring and review
The healthy policy will be monitored and reviewed by the staff, school council, student representative council and the health and well-being team as part of the three year review cycle.

This policy was last ratified by School Council in.... November 2014

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**Healthy Eating Policy**

Frankston SDS is a health promoting school.

At the last school council meeting a Policy was passed that aims to:

♦ Encourage students to make healthy food and drink choices
♦ Promote the importance of a healthy lifestyle, which includes drinking water and eating healthy food
♦ Create a supportive environment for healthy eating for students, staff, families and visitors.

We are encouraging all parents/carers to reduce the amount of pre-packaged food in lunch boxes (eg, chips, sweet snack bars) and also to send water or unsweetened fruit juice for students to drink. The canteen menu has been altered to meet these guidelines.

We encourage all families to follow this policy and make sure lunch boxes are full of healthy food. Let’s all work together to give our students the best chance to grow into healthy, active adults.

This policy can also be viewed on the school website.
Frankston SDS Annual Meet and Greet Night

Thursday March 12th is the night to keep free for our annual Meet and Greet night.

This is an opportunity for you and your family to meet the staff at the school in an informal setting.

Sausages will be cooked by the Lions Club and will run from 5—7pm.

Please fill in the form below to let us know how many people will be attending to assist us with catering.

Meet and Greet Night 2015

Students Name..................................................

Number of people attending..............................
All Artzmartz classes are inclusive and suitable for kids of all abilities. We have a developmental approach and are designed to best suit children of primary school age and older children who have experienced some barriers to their learning or development. Our Theatre Production class in Term 1, 2015 will suit any number of children including those who:

- Want to develop performance skills
- Develop confidence and perform for a live audience
- Make friends who share similar interests
- Explore themes that most kids have to deal with at school such as friendships, teasing, bullying, and the true nature of happiness in a fun and emotionally safe way.
- May have learning or social difficulties

Information & Registration session
Saturday 28th Feb
Time: 12pm
Community of Christ Church
Logan street, Frankston

Rehearsal sessions running Saturday
11.30 - 1.30 during Term 2, 2015
Performance dates: 27th - 28th June, 2015

Studies have shown a direct link between singing and improved mental states. Members of choirs have a greater sense of connectedness and being a member of a choir is a great way to meet new friends.

Our choir mistress and voice coach, Ms Lucy Nicolson, has extensive performance experience locally and internationally. Lucy is a Mezzo Soprano for Melbourne CityOpera and is both AMEB - ANZCA registered and accredited.

If you are aged between 6 & 18 we would love for you to join us! Rehearsals are Saturdays between 10.30-11.30 am at the Community of Christ Church Logan St Frankston.

For further details regarding 2015 enrolments for choir please contact us:
Email: info.artzmartz@gmail.com
Phone: 03 97899978 - Lucy Nicolson

Creating a better Smart kind of together Communities

Artzmartz is an all abilities performing arts group, which is an initiative of Smart Communities. We are a not for profit organization dedicated to improving the lives of young people, their families and our community. Our vision is simple, we believe that everyone has value, everyone can make a difference, and that together we are stronger than when we stand alone.