Hi Families,
Can you believe there are only four weeks of school left this year? It hardly seems that long ago we were welcoming our new preppies and farewelling our graduating students of 2015. Over the next month we will welcome a new batch of families with children beginning next year and on a number of occasions we will celebrate the great contributions this year’s graduates have made to Frankston SDS. This year ten students will leave Frankston SDS to begin new chapters and journeys in their lives. This can be a challenging time for these students and their families. Many of them have spent most of their lives at Frankston SDS, commencing as three year olds in our early education program. We see our role supporting families as critically important in this process. Our senior curriculum (Pathways) is heavily based around teaching students skills to assist them transitioning to life after school. Our senior classes are regularly out of the school accessing the community in programs including travelling on public transport, visiting adult training service providers and participating in work experience.

Earlier this year we invited adult training service providers in our local region to present to our families the programs offered by their organisations. It was a most informative evening. In my time in education I have been impressed with the development of this sector. There was a time when it was almost expected students would move on to post school placements nearest their home. It is now a competitive industry with organisations contending for enrolments. I believe this will only improve the services offered to our students.

Anne Tierney, our futures coordinator has operated tours of post school settings for the families of our graduates. Anne has worked in the futures program for many years and has in-depth knowledge of this field. We as a school, based on our knowledge and experience are happy to make recommendations to families of options we feel would be a good fit for their child however ultimately we see it as the parent’s responsibility to make this important decision. Similar to the process when choosing a school for your child, arming yourself with as much information as possible appears to be the key to making the best decision. Placements for this year’s graduates include TAFE, vocational training and day centres. As always if you would like to know about this topic please drop in and see me.

Have a great weekend!

Scott Tucker

**PRINCIPAL’S REPORT**

**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.

**RESPECT THE ENVIRONMENT** — We look after our things and the places we go

Ajak Chad

**RESPECT YOURSELF** — We make good choices and do our best

Levi Evan Madeleine Sean Jason Ajak Chad Bailey

**RESPECT OTHERS** — We work and play together

Ajakak Chad

**HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Student</th>
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<tbody>
<tr>
<td>31st October</td>
<td>Natasha</td>
</tr>
<tr>
<td>31st October</td>
<td>Christian</td>
</tr>
<tr>
<td>4th November</td>
<td>Bryce</td>
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<tr>
<td>5th November</td>
<td>Henry</td>
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<tr>
<td>7th November</td>
<td>Brodie</td>
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<tr>
<td>8th November</td>
<td>Tia</td>
</tr>
<tr>
<td>19th November</td>
<td>Cleyton</td>
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<tr>
<td>19th November</td>
<td>Tim</td>
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</tbody>
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**DATES TO REMEMBER**

- **Tuesday 29th November**
  - Free Uniform stall
  - Literacy Parade 9.30am
  - SSG Meetings 12-6pm
- **Wednesday 7th December**
  - Whole school Christmas Party 11.15am
- **Monday 19th December**
  - Last Day 2016 12.30pm Dismissal
Room 3
Classroom Fun
PARENT AND CARER RELAXATION
Take some time out for yourself and come along to our weekly relaxation group to help increase feelings of calm and inner peace and join us for a cuppa afterwards.
Every Friday in the Library from 9.30—10.30am.
Please contact Patrycia if you require more details.

PARENT/CARER COFFEE CLUB
Please feel welcome to join us
9:30am - 12:00pm
Coffee group is open to all parents and care/givers of students at Frankston SDS and runs all term
For details required, please contact
Emily or Patrycia
Look forward to seeing you 😊

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

CONGRATULATIONS DYLAN
Congratulations Dylan for getting his 3rd stripe on his white belt at kickboxing. Well done Dylan
FREE UNIFORM STALL
We are offering second hand uniform to families for free of charge. The stall will be set up in the BER building after the Literacy parade on Tuesday 29th November.
If you have uniform you would like to donate to the stall please send it in to the office.