



FRESHnews

Term 1, 2012

FRESH ENVIRONMENT, FRESH APPROACH, FRESH START

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Welcome

Welcome to the Fresh Program for 2012. In partnership with Victoria University we are committed to community development and capacity building in the western region of Melbourne.

At the Fresh Program young people are empowered to make positive choices through relevant and engaging education programs that provide opportunities to explore academic, personal and vocational potential.

Students have made a personal choice to continue their education at the Fresh Program and achieve a senior secondary

qualification. While at Fresh, students undertake a broad array of learning programs that will allow them to build social capacities and achieve sustainable change in their life.

We are excited about the year ahead and trust that students will enjoy their experience at Fresh and achieve many positive outcomes.

Belinda Batty
Manager, Fresh Program



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PHOTO WALL



Adopt-A-Granny



Health & Wellbeing



Machines Project



Strandbeests



In the Classroom

Foundation VCAL

Adopt-A-Granny

Foundation VCAL students have taken up the challenge to set up a community vegetable garden for the residents of the Footscray Lions Club Retirement Village. The vegetable garden consists of a variety of vegetables and herbs that were requested by the residents for typical Philippine style cooking. These included: mint, coriander, parsley, spring onion, chilies, daikon, radish and garlic.

As well as setting up a community garden, students have been busy helping residents with individual gardening requests that included: pruning, weeding and general tidying up around the Village.

To end the term, students organised a game of Bingo for the residents, which was held at the Village. Students teamed up with the residents and organised some hampers for prizes.

Health & Wellbeing

Term 1 saw the introduction to 'Health & Wellbeing'. The Foundation VCAL students were exposed to a variety of workshops that were designed to help students understand the importance of being healthy. These workshops included: various sport and recreation activities, nutrition and sexual health.

Machines Project

Our numeracy project 'Machines' allowed us to explore how things are designed and how they work. The students were able to invent a 'machine' that used force to move an object from one point to another in the room. This was followed by an exciting trip to Federation Square where students were able to see the vision of Theo Jansen's 'Strandbeests'. These 'Beests' are designed to live amongst us freely using the natural force of wind. Check out

www.theojensen.com.au

Yazmin Yurdal
Foundation VCAL Student

DATES FOR TERM 2

Start of Term 2	Monday 16 April
ANZAC Day	Wednesday 25 April
Queen's Birthday	Monday 11 June
Camp	
– Foundation VCAL	Tuesday 12 – Friday 15 June
End of Term Reviews	
– Intermediate VCAL	Monday 18 June
End of Term Reviews	
– Foundation VCAL	Friday 22 June
End of Term 2	Friday 22 June

ABSENT FROM FRESH?

1. Call or text your Teacher before 9.00am.
2. If you are unwell and have a medical appointment please ask for a medical certificate.
3. When you return to Fresh please give your medical certificate to your Teacher.

FRESH PROGRAM

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Intermediate VCAL

Jordan Heke – Fresh Memories

This is one of my favourite memories from my time at Fresh. I have been at Fresh for nearly two years now and we have had some great times. One of these was during the sailing program where I was sailing by myself, then before I knew it I heard Adam and Chris yelling "Jordan watch out!" As I turned I saw their boat right in the way of mine and I turned hard to miss bumping into them. After I missed bumping into Adam and Chris I pulled a bit too hard on my boom and my boat started to go over. I knew it was about to capsize but I didn't want to go down with the boat, so I started climbing and ended up standing on the top of my capsized boat and waving at the people sailing by...

"Watching Jordan capsize was really impressive...It was like watching the sheriff in the last five minutes of 'Jaws'! A perfect example of a Fresh student who just wouldn't accept defeat. You've never seen someone so happy to capsize!" - Adam

We also went on a 'twilight' sail with people from the Royal Melbourne Yacht Club which was awesome. Thanks to the teachers at Fresh and The Royal Melbourne Yacht Club for teaching us to sail.

Max Basso – Thanks for the Opportunity

My name is Max Basso and I'm currently an Intermediate VCAL student at Fresh. Last year Jim Sheedy, the Principal at St Mary's Primary School came and interviewed three Fresh students who were interested in doing an Information Technology (IT) Traineeship at St Mary's. When we had a meeting to discuss what was involved, I was surprised at how many things someone in IT has to know and do. After I submitted my resume and application I heard that I had got the Traineeship and I was very excited and eager to start. I'm currently working two days a week and I love it. I've learnt so much and I'm so glad Fresh gave me the opportunity to get into something like this. I get to work on a whole range of IT problems from computers and networking to the latest interactive white boards. I'm currently setting up laptops for the interactive white boards which means loading up operating systems. I'm also setting up work stations with computers, replacing old machines and repairing hardware. I love working with Tony (Head of IT at St. Mary's Primary School) and all the teachers at St Mary's, it's a very friendly environment.



Scope Young Ambassadors Program



The Western Bulldogs pride themselves on being the Community Club of the AFL.

The Western Bulldogs deliver a range of education and training programs in partnership with the western region's education leader Victoria University. Our aim is to develop relevant pathways for people to ultimately strengthen our community.



MAJOR PARTNER OF THE WESTERN BULLDOGS



Macquarie
Sports



The Fresh Program is made possible through the generous support of partners Victoria University, Olex Australia, Macquarie Sports and Qenos, and is kindly supported by organisations including Odyssey House Victoria, Lions Club of Footscray, Altona Rotary, Stolthaven Terminals, Village Cinemas Sunshine and Victoria Police.