



FRESH ENVIRONMENT, FRESH APPROACH, FRESH START



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Welcome

Welcome to the Fresh Program for 2013. 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



Mousetrap Cars



Wheel Talk



Ten Pin Bowling



In the Classroom

Foundation VCAL

Term 1

This term at Fresh, two of the main subjects we studied were Health & Wellbeing and safe@work.

During the past couple of months we have broken Health & Wellbeing up into three main parts, one of which was Sex Education. We learnt about teenage pregnancy, child birth and sexual health. We watched 'Juno' to get a brief idea of what teenage pregnancy is actually like. We also watched 'One Born Every Minute' which was about childbirth. Watching childbirth was quite confronting.

The second part of Health & Wellbeing was Nutrition. For this we planned a week long menu for a teenager. We also watched 'SuperSize Me' where a man ate McDonalds for thirty days. After that we watched 'Supersize vs Superskinny,' a show where a super-sized person and a super skinny person had to swap diets.

The third part was about the effects of Alcohol. For this we watched a documentary called 'Punch Drunk' where a boy called

Sam gets king hit and paralysed for the rest of his life. The documentary was quite sad because Sam will never be the same and the worst part was that it wasn't Sam's fault.

The second main subject we studied was safe@work. For this we learnt about Occupational Health & Safety (OH&S). OH&S was mainly about peoples' responsibilities in the workplace. We also made a game on the iPad using the app 'Tiny Tap.' I thought this was fun because it was a nice break from written work. We also made a comic on the iPad about hazards at work.

Zac

Foundation VCAL Student

Mousetrap Cars

In Term 1 the Foundation VCAL students made mousetrap cars as part of their numeracy unit. We really enjoyed doing hands-on Maths as it was fun and we got to learn by doing.

The aim of this project was to design and build a mousetrap car (powered only by the energy of one standard sized mousetrap) to

travel the greatest linear distance.

We started off by sketching out some ideas and discussing which materials we could use to help us build the car. We also researched using the Internet, to see examples of what others had done. We were then given a worksheet and talked about force, inertia, friction and mass to help us understand the way in which our cars would work best.

Students each had to make their own car using a variety of materials. These included: one standard mousetrap, four eye hooks, two axles made from wooden dowel, four wheels made from CDs, four rubber washers, string, rubber bands, tape and glue.

On the 7th of March, students took their cars outside into the carpark to see whose car would travel the furthest.

My car won with a distance of 5.14cm. Students then had to record all the results and draw them in a graph. Some students drew up their graphs on paper while others used Excel.

We made a big mess while building our mousetrap cars but we were all pretty happy with the way they turned out.

Yazmin
Foundation VCAL Student

Comments from Students

"I liked Fresh this term because of all the mad activities we get up to. I like when we go on excursions and I like the feeling that this school has. Good people. Friendly." – Abdul

"The teachers are nice and will help us as best they can. The other students are laid back and all a little different so it makes for a diverse learning situation." – Daniel

"This term at Fresh has been good. It's easier to understand how to do the work. I feel like it's easier to ask about the work if I don't understand it. The teachers are easy to get along with." – Kayla

"For me, being new to Fresh was different. I've never had to move schools before, but I feel comfortable here. I'd much rather be here than another secondary school. I can see myself going much further now that I have a fair chance of getting to where I want to be." – Jayde

New Staff Member

Hi, my name is Jo Trigg and I am the new Foundation Teacher at Fresh. I come from a background of teaching VCAL in both mainstream and community settings.

After hearing many great things about the school, I was so excited to be starting. I am so happy to

say that fresh has lived up to all my expectations. The staff: Belinda; Adam; Manni, and; Carol all made me feel very welcome and have been great in accepting me as part of the Fresh team.

Like the start of any school year, I was nervous upon first meeting the students. However, I needn't have been worried, as the students have made me feel very welcome. The students at Fresh are friendly, accepting and hard working.

The highlights so far for me have been teaching the Health & Wellbeing unit where we have watched some interesting documentaries followed by rich and insightful discussions. Another highlight has been seeing the students learn using iPad apps including the safe@work comic that they created and designing a game on the Tiny Tap app highlighting the importance of Personal Protection Equipment (PPE).

One of my biggest challenges has been working on building a mousetrap car. After many weeks of building the cars, it was great to see some operational. Unfortunately after many attempts, my 'custom designed' car only worked once and travelled a small distance.

I am so happy to be working at Fresh and if the first term is any indication of 2013, then it's going to be going to be a fantastic year!

Jo Trigg
Foundation VCAL Teacher

DATES FOR TERM 2

Start of Term 2	Monday 15 April
ANZAC Day	Thursday 25 April
Scope Game Day Experience	
– Intermediate VCAL	Saturday 11 May
Queen's Birthday	Monday 10 June
Camp	
– Foundation VCAL	Tuesday 11 – Friday 14 June
End of Term Reviews	
– Intermediate VCAL	Thursday 20 June
– Foundation VCAL	Thursday 20 June
End of Term 2	Thursday 20 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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Laser Tag

Intermediate VCAL

Fresh Apprentice

Stolthaven Terminals is a hazardous chemical storage company. They sponsor the Intermediate VCAL Work Related Skills program at Fresh, otherwise known as 'The Fresh Apprentice.' Five staff from Stolthaven visit Fresh on an ongoing basis to help us with our 'Fresh Apprentice' tasks, while also operating as the 'Fresh Apprentice' Board. They share their skills and knowledge of the world of business to help further our education and to help us gain better futures.

Initially, we had a meet 'n' greet with the staff from Stolthaven that was held at Fresh. We had a lunch and got to know each other so that during the first 'Fresh Apprentice' task, 'The Mock Interview' we would be comfortable and could use our interviewing skills without feeling too nervous.

Fresh and Stolthaven Terminals have been working together for four years. Their involvement with Fresh includes classroom activities, excursions and all areas of 'The Fresh Apprentice.' One way they contributed to our education in term one was through 'The Mock Interview' task. This involves us gathering research about different careers that we are interested in, then they interview each student for the job they have chosen - as if they were the employer. We also have to complete a resume and cover letter for these jobs. After

we have finished the interview, they give us some really helpful feedback. These are major skills that will help us in the future.

In Term 2 they will host a site tour at their Altona site and later on in the year a site tour at their Coode Island plant. This will form part of our OH&S training for the year.

We kindly thank them for their time and involvement with us, as they are a great help and show that they are really there to help us with our futures.

Erin and Emily
 Intermediate VCAL Students



Stolthaven Meet 'n' Greet



The Fresh Apprentice

PHOTO WALL



Scope Young Ambassadors Program



Action Indoor Sports



Archery

Scope Young Ambassador Program

Scope is an organisation that works on providing accommodation, advocacy and also educating the public around disability awareness.

Scope is involved with Fresh through the 'Scope Young Ambassadors Program'. During Term 1 we completed the Bronze Certificate. To receive this certificate we participated in three workshops and visited a supported workplace called High Point Industries. The program educated us on communicating with people with disabilities, improving our awareness of the different types of disabilities and to learn to see the person, not the disability. There was also a work booklet to complete. This was to make sure we understood everything we learnt in the workshops.

There were a number of practical activities held in class such as the biscuit activity. This was when everyone got into pairs and one was blindfolded and not allowed to speak. The other person was handed a biscuit and told to feed their partner the biscuit. This activity taught us that we should always ask if someone wants to eat, tell them exactly what it is and ask if they need assistance eating it. We also felt what it could be like to have choices we take for granted taken away from you.

We also meet Jaebin (a Scope Young Ambassador employee)

who spoke with our group about living with a disability.

We are all looking forward to completing our Silver Certificate next Term where we will create a sensory mural with five artists from Chislon Lifestyle Options Centre.

Thanks to Emily and Jaebin from Scope for facilitating some great sessions and helping us understand values of diversity, respect and acceptance of others in the community.

Erin and Emily
Intermediate VCAL Students



Our New Fresh Hoodies



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.



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