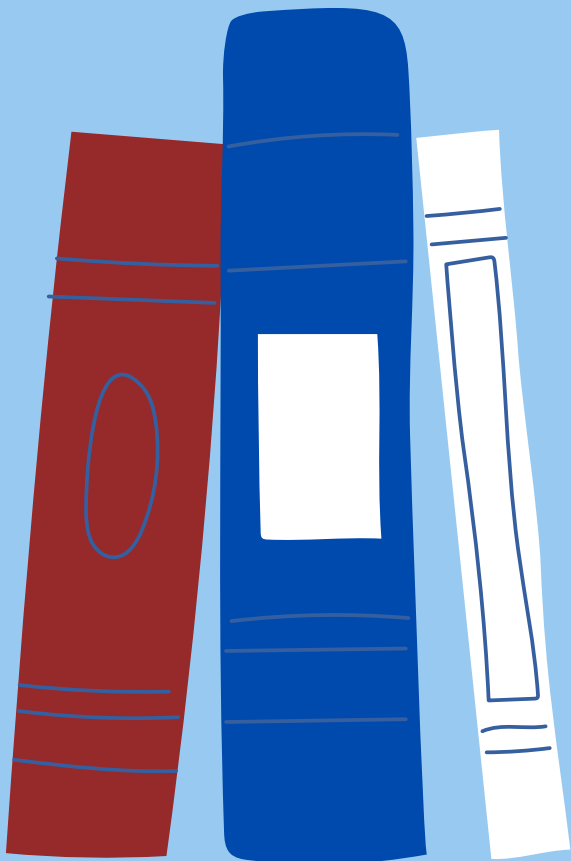




Manor Lakes *p-12 College*

SECONDARY NEWSLETTER

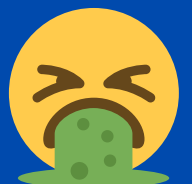


WEEK 10
TERM 1, 2022

WIN HOUSE POINTS!

**Who invented the
word "vomit"?**

Email us your answer!



INSIDE

1. Shout Outs
2. The Slap That Rocked Hollywood
3. Easter Hunt
4. Netball Victory
5. Super Scones
6. Gastro Cases On The Rise
7. Student Work
8. Teacher Feature
9. Book Review
10. Weekly Clubs
11. Jobs Board/Meme of the Week

SAVE THE DATE

- Monday April 4 – Parent-teacher interviews
- Friday April 8 – Last day of Term 1
- Monday April 25 – ANZAC Day (public holiday)
- Tuesday April 26 – Term 2 begins
- Monday May 2 – Athletics Day

THE TEAM

Ruby Collins, Year 11
Cara Cormick, Year 11
Edna Manvi, Year 11
Natasza Evans, Year 11
Anshika Handa, Year 11

CONTACT US

Email: secondarynewsletterteam@manorlakesp12.vic.edu.au

- Submit competition answers
- Share good news and story ideas
- Submit student work
- Join our team!

Shout Outs

Year 7

- Nitya Medhe – Consistently models the values of respect and aiming high. Comes to class prepared and eager to engage in learning activities. With a great work ethic and attitude, Nitya is a great role model.
- Rudra Parmar – Dedicated to keeping up with Humanities work even while in isolation.
- Paw Tha Lah Say – Fantastic leadership skills during Cultural Cooking Day.

Year 8

- Arianha Buxton-Green – Consistently completing assessment tasks to a high standard in Humanities, and being an excellent role model.
- Akata Hehea – Applying herself to her learning and demonstrating resilience amongst her peers.
- Hamidha Sheik Sindha Madhar – Applying herself and demonstrating resilience among her peers.
- Havva Sheik Sindha Madhar – Applying herself and demonstrating resilience among her peers.

Year 9

- Hsar Tha Dah Paw (Hsar Tha Dah) – Going above and beyond for prepping for her humanities test. Prepped for her humanities test effectively while being absent. Using her weekend to revise for her test and asking the teacher for feedback.
- Wajeeha Imran – Going above and beyond for prepping for her humanities test. Utilising revision time for her humanities test. Effectively using her weekend to revise for her test and asking the teacher for feedback.
- Tashfia Zaman – Proactive and good classroom engagement in Maths.
- Mina Franze – Respectful and good class participation in Maths.
- Bertina Saneto – Continuing to develop her confidence when contributing to class discussions in English & Humanities.

Year 10

- Gladys Banks – Actively contributing to classroom activities and leads her learning team discussions, giving voice to all her peers. Consistently upholding the school values of respect, aiming high, contributing to a classroom atmosphere of positivity and respect, modelling an exceptionally positive attitude and dedication to her learning, as well as, utilising goal setting and feedback to better herself.
- Riani Matheson – Consistently working hard in Maths.
- Dimitra Reeveka – Consistently working hard in Maths.
- Aryan Mogam – Achieving an A+ on his Health graded assessment.

VCE Year 11

- Edna Manvi – Always completing work to a high standard in General Maths.
- Anshika Handa – Always completing work to a high standard in Maths Methods.
- Solomon Thachaw – Excellent responses in Case Study Task, showing understanding of key skills in PE Unit 1, AOS1.
- Ruby Collins – Delivering an insightful and detailed Literature presentation.

VCE Year 12

- Presilya Karim – Constantly improving and working hard on her goals.
- Krishane Garcia – Excellent effort in Health Unit 1, AOS1 SAC and seeking feedback in order to improve.

VCAL Year 11 and 12

- Mlasi Nawibyula – Great work supervising the Manor Market.
- Giselle Lambley – Amazing work and feedback with her primary classroom presentation.

YOUR REACTIONS TO... THE SLAP THAT ROCKED HOLLYWOOD

By Ruby Collins

We've all seen actor Will Smith's controversial act of aggression at the 2022 Oscars. Comedian Chris Rock had made a joke about the short hairstyle of Smith's wife, Jada, who suffers from the hair-loss condition alopecia, but was it reasonable for Smith to respond with physical violence? Here's what some students had to say.



Grace Matheson, Year 11

"I absolutely do not support his use of violence. I believe that there were so many alternatives to what he could've done that would've been more responsible and humane. The fact he resorted to violence without even thinking twice is concerning to me."

Chloe Campbell, Year 11

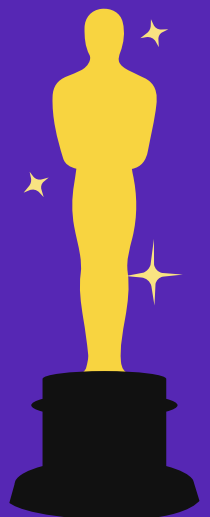
"I feel like Will shouldn't have done it in that environment. It was inappropriate in that setting. But I do understand why he did it. I don't understand why comedians like Chris Rock have to make offensive jokes about people."

Nordin Hammouche, Year 11

"Violence is never the answer. He literally laughed at the joke and it was only when he saw his wife's reaction that he got up and slapped Chris. I think it's nonsense."

10 WAYS TO RELEASE ANGER WITHOUT VIOLENCE

1. Take deep breaths.
2. Walk away from the situation.
3. Count to 10.
4. Vent – talk about your feelings with a trusted friend.
5. Visualise your favourite place or a calm scenario.
6. Mindfully move your body – practice yoga.
7. Use a fidget toy or a stress ball.
8. Laugh it off – only when appropriate, of course.
9. Focus on the positives.
10. Seek help – talk to a trusted adult or visit a teacher or counsellor.





Easter Hunt

Tuesday & Wednesday - April 5 and 6

By Natasza Evans

Easter is just around the corner so let's get into the Easter spirit by going on an egg hunt! It's a great break-time opportunity to go with your friends on a search of the school grounds for 10 Easter eggs. You have only two days to find them all – Tuesday and Wednesday (April 5-6) – and you have the chance to win a prize.

How to play

1. Find all 10 images of Easter eggs around the school.
2. Take note of the letter attached to each egg.
3. Once you have found all 10 eggs, unscramble the 10 letters to form an Easter-related word.
4. Email the word to secondarynewsletterteam@manorlakesp12.vic.edu.au by Wednesday (April 6).

Prizes

- 1st: Chocolate eggs and 20 house points.
- 2nd: 10 house points.
- 3rd: 5 house points.



What's On

NETBALL VICTORY

The Year 7 girls netball team last week enjoyed a triumphant day of interschool sport. Despite being one of the shortest teams in the competition, they made a fantastic start by winning both of the games in their pool, and were No. 1 on shooting percentage going into the finals.

They won their semi-final against The Grange – and looked fantastic doing it! The girls made their grand final, which was a nailbiter and had everyone in the crowd on edge. It ended in a draw, so the game went into overtime. In a tense contest, after the girls were already exhausted after so many back-to-back games, they surged ahead and came away victorious, 22-18.

Summer Volkerts was the superstar goal attack of the day and had all of the other teams – and their coaches – in awe. Nevaeh Peta was a force to be reckoned with in defence, along with Cynthia Walker, who made some incredible interceptions, and Sienna Johnson, who did an amazing job in positions all over the court. All of the girls did an amazing job and contributed well.



The successful Year 7 girls netball team with their coach Aimee Underwood.

SUPER SCONES

The Year 7 Enrichment class made scones in Food Studies and added lots of creative flare to their designs. Students made scones in the shape of penguins, stars, elephants, flowers and circles. They made their scones perfectly and followed their recipes to the letter. They are looking forward to cooking more next term and adding more originality to their dishes.



GASTRO CASES ON THE RISE

An increasing number of students are attending school with gastroenteritis. If you are unwell and showing signs or symptoms of gastroenteritis, please stay home until the diarrhoea and/or vomiting have stopped for 24 hours, or in some cases 48 hours.

What is gastroenteritis?

Gastroenteritis (gastro) is a bowel infection that causes diarrhoea (runny, watery poo) and sometimes vomiting. The vomiting may settle quickly, but the diarrhoea can last 10 days.

Gastro can be caused by many different germs, although the most common cause is a viral infection. Most children do not need to take any medicine for gastro; however, it is important that they drink plenty of water to avoid becoming dehydrated.

Gastro is spread easily, and is more common and severe in babies and young children.

Signs and symptoms of gastro

- Feeling unwell, and don't want to eat or drink.
- Vomiting in the first 24 to 48 hours (usually before diarrhoea begins).
- Diarrhoea.
- Stomach pain
- Fever.

Treatment

Small amounts of fluid often. Give a few mouthfuls every 15 minutes for all children with diarrhoea or vomiting. This is especially important if the child is vomiting a lot. The child may refuse food when they first get gastro. This is not a problem as long as they drink fluids.

The child should not take over-the-counter medicines that reduce vomiting and diarrhoea, as the medicines may be harmful for children.

Children with gastro are infectious, so wash your hands thoroughly after contact with the child, particularly before feeding and after nappy changes. Keep the child away from other children as much as possible until the diarrhoea and/or vomiting have stopped.

When to see a doctor

Any child with gastro should see a GP if they:

- Are vomiting and have diarrhoea, and are not drinking.
- Have a lot of diarrhoea (eight to 10 watery poos, or two or three large poos per day) or if the diarrhoea has not improved after 10 days.
- Vomit frequently and seem unable to keep any fluids down.
- Show signs of dehydration – eg. fewer wet nappies or not going to the toilet much, dark yellow or brown wee, feel lightheaded or dizzy, have dry lips and mouth.
- Have bad stomach pain.
- Have any blood in their poo.
- Have green vomit.
- Are making you worried for any other reason.

If the child is very dehydrated and cannot keep any fluids down, they may need to be admitted to hospital to have fluids by a tube through the nose into the stomach (a nasogastric tube) or directly into a vein through a drip (intravenous or IV therapy).

Student Work

THE DRAGON'S GREATNESS

By Tanmayee Beram, 7C

Mighty and strong, he will rule the vast sky,
Guardian of its greatness and strength,
His fire will burn, his roar will shatter,
He will boast with dark pride but never learn that greatness doesn't matter.

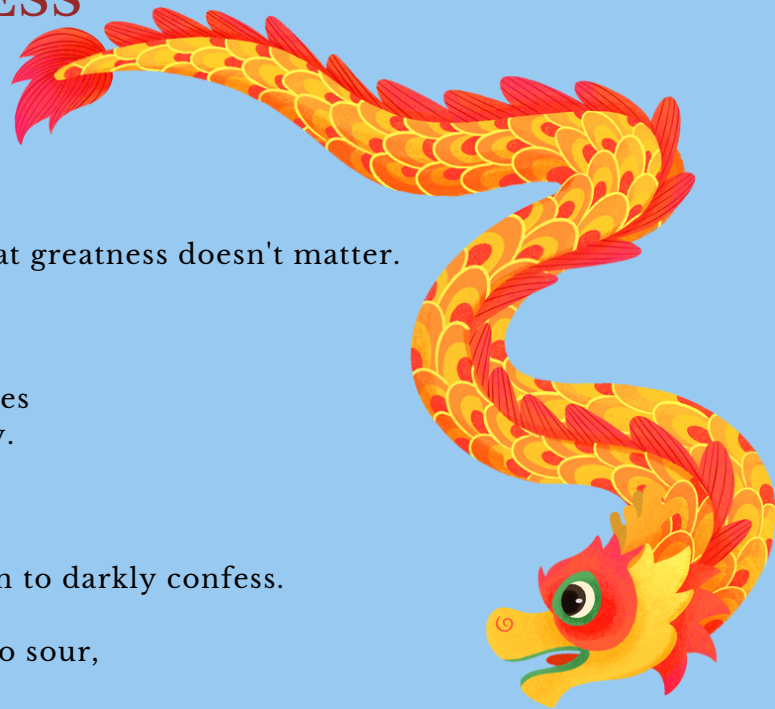
He will boast all day to the weak
And to the creatures of the bottomless deep,
Boasting is all he will do, but he never clearly sees
That greatness doesn't matter, it's the generosity.

Many creatures feared him,
Avoiding him was best,
But now there are fewer creatures for the dragon to darkly confess.

Though he has no clue what the creatures find so sour,
He starts to feel lonely,
For no longer is there pride and greatness to devour.

He decides to seek the problem, and ventures out to the creatures.
He goes past the blossoming meadow that was once was in abundance with
beautiful insects and critters,
And through the quiet forest where the wild things lurked,
He crossed rivers,
And there he found the creatures at last,
Quivering at his sight,
The dragon was bewildered by what they find aghast,
But all came to a peace when one pointed to him.
The dragon was furious – he raged in disbelief, pointed at the creatures and
screamed: "That's a sin!"

From that day onwards the poor dragon hid,
Away in the shadow, outside he forbid,
Now he was miserable, no longer guarding the world up high,
He has no pride,
He has no friends,
His strength is gone,
He is no longer great.



GET TO KNOW THE *Teachers*

LAUREN JESSUP

Your role at Manor Lakes P-12 College: Mathematics Curriculum Area Leader, Mathematics and Physical Education Teacher.

Years teaching at Manor Lakes: 10.

First school you taught at: Kurunjang Secondary College.

Favourite subject when you were at school: Maths, PE and Health and Human Development.

Advice you would give your teenage self: Work hard. Don't let anyone tell you that you can't achieve what you want. It doesn't always have to be perfect. Failing is ok – it's what you learn that's most important. Buy property, invest money, have fun. Don't doubt yourself. Dream big and go after them! Travel! Make more time for those who matter!

Hobbies: Netball, teaching my daughter about netball, exercising, spending time with family and friends, and cooking.

Favourite food: Pasta, chocolate, ice-cream, hot chips.

Hidden talent: Table tennis.

Song recommendation: *Latch* – Disclosure, Sam Smith.

Favourite book: *Sapiens* by Yuval Harari.

Inspirational quote: “Look in the mirror – that is your only competition,” and: “What people think of you says more about them and less about you. How you react says more about you and less about them.”





Book Review

From The School Library



CROWN OF MIDNIGHT

by Sarah J. Maas

Crown of Midnight is a young adult fantasy text written by Sarah J. Maas. This is the second book from the series *The Throne of Glass*. The bestselling book was published in 2013 and has sold more than 30,000 copies.

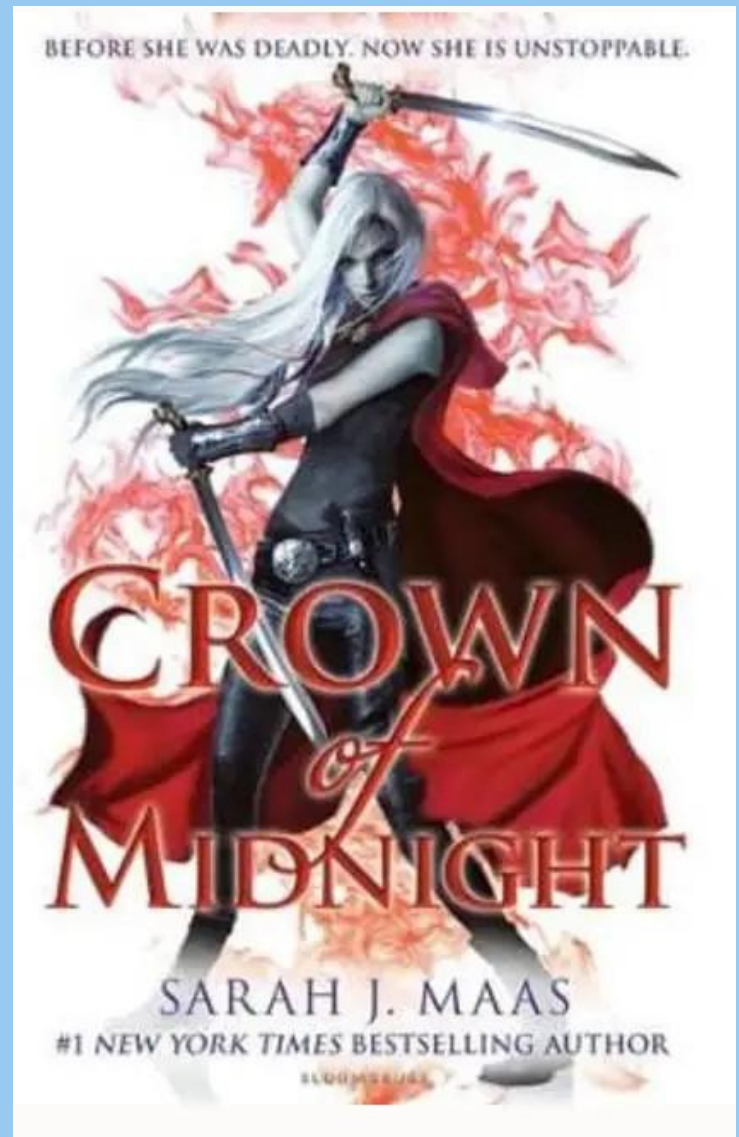
The lead character, Celaena Sardothien, is the King of Adarlan's deadliest weapon. She must win her freedom through the deaths of her enemies but she can't bring herself to kill for the crown. And so every death Celaena fakes, every lie she tells, she places herself and her loved ones in danger.

She is torn between her two protectors – a captain and a prince – while fighting a darkness darker and deeper than the king. Celaena must decide if she will fight for her liberty, her heart or the fate of a kingdom.

Crown of Midnight was a very addictive book. I had a lot of trouble putting it down once I started reading. The start of the text was a little slow but after I got through a few chapters I was really hooked. When I first read about Celaena in Maas' other books, I really admired her for her strength, but I really disagreed with some of the choices she made in this book.

Maas really let other characters shine in his book too. We got to see the perspective of other characters such as the prince and the captain, which I found very refreshing. Once again the author's ability to describe settings makes the text so much better and enables me to visualise the scenario the characters are in.

Review by Anshika Handa



My rating:

8.5 / 10

Weekly Clubs

MONDAY

Choir	Amadeus Hall	Lunch
Music	Amadeus	Lunch
Esport	Mackay 5	Lunch
Frisbee	Gym/Oval	Lunch
Drama	Amadeus 2	Lunch
Hindi	George 5	Lunch
Environmental	Victoria 1	Lunch

FRIDAY

Netball Academy	Gym	7:45am
Basketball Academy	Gym	6:30am
Music	Amadeus	Lunch
Hindi	George 5	Lunch
Horticulture	Amadeus	Lunch
Spikeball	Gym	Lunch

TUESDAY

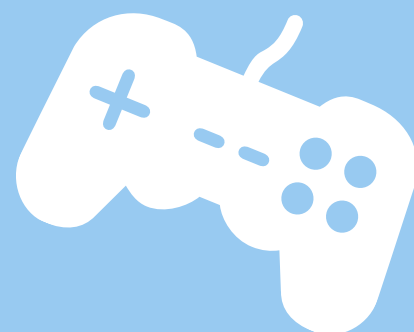
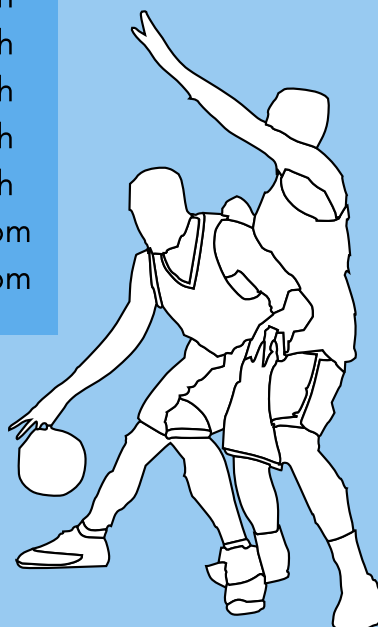
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

THURSDAY

AFL Academy		7:30am
Girls African Dance	Amadeus	Lunch
Pasefika Group	Amadeus	Lunch
Kapa Haka	Amadeus	Lunch
Gaming Club	Illawara 1	Lunch
Music	Amadeus	Lunch
Chess	Wyara 5	Lunch
F1 in Schools	Mackay 5	Lunch
Book Club	Eyre	Lunch
Soccer Academy	Gym	3:15pm
Volleyball	Gym	3:15pm

WEDNESDAY

Netball Academy	Gym	7:45am
Basketball Academy	Amadeus	Lunch
Girls African Dance	Amadeus	Lunch
Pasefika Group	Amadeus	Lunch
Kapa Haka	Amadeus	Lunch
Boys Dance	Amadeus	Lunch
Bible Club	Victoria 14	Lunch
Interact	Eyre	Lunch
LGBTQ+ safe place.	Wyara 6	Lunch
High Achievers	Eyre	3:15pm
Art Club	Wyara 6	3:15pm



Jobs Board

Sushi Sushi – Casual Team Member – Wyndham Vale.
<https://indeedhi.re/3ti107F>

Casual Team Member – Officeworks. – Werribee
<https://indeedhi.re/3u53xRJ>

Customer Service/Kitchen Hand – Red Rooster – Hogans Corner
<https://indeedhi.re/3InRXGh>

Sahebi Juice/Café – All rounder – Werribee
<https://indeedhi.re/3MU6e14>

Ferguson/Plarre – Customer service and barista – Manor Lakes
<https://indeedhi.re/3u7EOMy>

Front of House Staff – Bobby Dre's – Werribee
<https://bit.ly/3Jl6Af2>

Sales Assistant – Casual – Rivers – Werribee.
<https://indeedhi.re/3tjZyBq>

TKMaxx – Sales Assistant – Plaza
<https://indeedhi.re/3ijQOoA>

Snitz– Team Member – Werribee
<https://indeedhi.re/3COOuiV>

City Chic Collective – Werribee Plaza
<https://bit.ly/3JfeczA>

Nando's Team Member – Werribee
<https://bit.ly/3JqWmKg>

MEME OF THE WEEK

Exam question: What's 2+3?
My heart: 5
My friend: 5
God: 5
My brain:

