

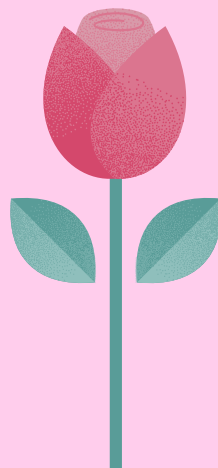


Manor Lakes P-12 College

SECONDARY NEWSLETTER



*Mother's Day
Edition*



WEEK 2
TERM 2, 2022

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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:

- Ngoc Bao Nghi Nguyen – Achieved 100% on the Year 7 Mental Health task. Incredible work. Well done.
- Taseefa Chowdhury – Consistent effort and high achievement in Science.
- Terri Samani-Taulamago – Incredible work in Science and good classroom engagement.
- Mikayla Collins-Licciardo – Trying her best in class and completing her Humanities Assessment Task to the best of her ability.

Year 8:

- Hamish Beaton – Fantastic behaviour and attitude at Athletics Day.
- Urshelah Lie-Kohunui – Fantastic behaviour and attitude at Athletics Day.
- Leon Hume – Engaging with the Humanities curriculum by demonstrating critical thinking skills.

Year 9:

- Harry Anderson – Researching and using reliable sources to support ideas in English.
- Duncan Chen – Good effort in Maths.
- Muthana Mahmed – Improved effort in Maths.

Year 10:

- Ruhab Hasan – Very detailed English Homework Booklet.
- Larna Massari – Very detailed English Homework Booklet.
- Ananya Vinothkumar – Very detailed English Homework Booklet.

Year 11:

- Amy Francis – Amazing folio work over the holidays.
- Ruby Collins – Leadership assistance.
- Akshita Kumar – Leadership assistance.
- Khushmeet Kour – Always completing her work to a high standard and excellent organisation.

Year 12:

- Emmanuel Majok Kuol – Great participation and spirit at Athletics Day.
- Aaron Mould – Putting tremendous effort into events and outfit for Athletics Day.
- Emmett Healy – Great effort and participation in Athletics Day.

VCAL:

- Giselle Lambley – Helping out during the athletics carnival.



Teacher & Mother: A Rewarding Dual Role

By Cara Cormick



Ms Hannah Truhlar enjoying a bushwalk with her children.

Our school has many teachers who are also mothers. As part of our Mother's Day coverage, we interviewed three teacher/mothers to gain insight into their experiences.

HANNAH TRUHLAR

Arts and English teacher Ms Hannah Truhlar has a daughter, 13, and a son, 11.

"I had my first kid at 32 and then my youngest not too long after," she said. "To me, being a mother is to know that I have been lucky enough to receive the two greatest gifts in the world. To feel like my heart could not love anything more than those two little humans when they were born. To realise that you are the most important person in their lives, they make me want to be a better person. To always be there for them no matter what. Being a mother is a fulltime job and I would never change that.

"The mother I aspired to be before I had kids was just wanting to give my children the opportunities they want and need for the future. The hardest part was when my daughter was born. She cried all the time and I was exhausted. But my son wasn't a crier, so I wasn't as exhausted – it was great.

"My advice to any parent is there will be people who think they're better than you and they'll tell you how to do things better – just ignore them and be you.

"I love being in their company. We loved sitting in bed reading and cuddling after a bath when they were little. Our favourite thing to do together is going skiing and chasing each other down the ski runs.

"There are so many proud moments with my kids but among my favourites was when they walked and talked for the first time. That was beyond amazing."

"TAB" HEHIR

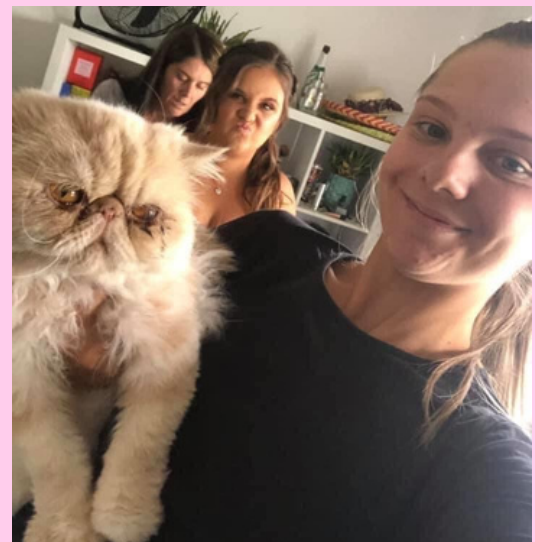
English and Humanities teacher Tab Hehir is the mother of two adult daughters, Paige, 19, and Drew, 25. She became a mother at just 21.

"Being a mother is the most rewarding thing I have done," she said.

Tab loves being with her daughters, enjoying their company over coffee, movies or just hanging out. She has always tried to be a mother that her kids can come to with any issues, and she has developed open, honest relationships with clear communication.

The hardest period of motherhood for Tab was when both of her girls moved out of home. "I dealt with it by buying a puppy and trying to make regular meet-ups, making sure we spend time together," she said.

Nobody is perfect when it comes to parenting, and Tab recommends: "Take advice given from other mothers, but it's not always the right answer and you can question it. You do you."



Tab Hehir with her daughters and cat.

CONTINUED NEXT PAGE

Teacher & Mother – continued

As for how to cope with the challenge of parenting teenagers, Tab says: “It passes. It's not about you when your kids scream or get annoyed with you. Don't feel like you're doing a crappy job, because you're not.”

Tab's most treasured motherhood experiences relate to moments when her daughters work something out for themselves, along with milestones and learning new skills.

DIANNE SHERWOOD

Ms Dianne Sherwood had her daughter Audrey when she was only 18. It all came as a shock. However, they gave Audrey the middle name Marissa, which means ‘wished-for child’.

Her first year as a mother was tough.

“No one tells you how isolating being a new mum can be, or how much pressure society places on you,” she said.

“Everyone has an opinion on the ‘right’ way to be a parent, and the advice is so conflicting that it’s just impossible to please everybody, especially if you aren’t blessed with an ‘easy’ baby (one who sleeps for long periods and rarely cries). It can feel like you’re failing all the time. Just letting go of my expectations about how things ‘should’ be was perhaps the best thing I could have done.”

All Ms Sherwood ever wanted was for her children to know they were deeply loved and unconditionally accepted. “Everything else is peripheral for me.”

Audrey is now five, and very creative.

“Audrey’s into colouring in, arts and science at home. She’s really into bugs, so she spends a lot of time forcing me to catch every spider, snail or beetle that wanders innocently into our garden for her examination. We always release them without harm though.

She’s at a really fun age right now where she can concentrate for longer periods, so we are also enjoying playing board games for littlies. Our favourite is Guess Who, even though she always ends up guessing her own person instead of mine!”

Ms Sherwood’s advice for new parents is: “Parenting is full of seasons. Some are saturated with sunshine and joy and an almost disgusting level of delight, and others are like trekking through a snowstorm with nothing but an old holey pair of socks on your feet. You don’t have to enjoy every minute – no one possibly can – but it does help to remember, especially when it’s been cloudy for a while, that every season will eventually pass.”

Among her favourite mum moments is bedtime.

“Before Audrey goes to sleep, she always tells me any secrets or worries she has from the day that she doesn’t want to take into her dreams, and just for a moment, everything feels calm and peaceful in the world. I think I’ll really miss it when she decides she’s ‘too big for that now’.”



Ms Dianne Sherwood and her daughter Audrey at the beach.

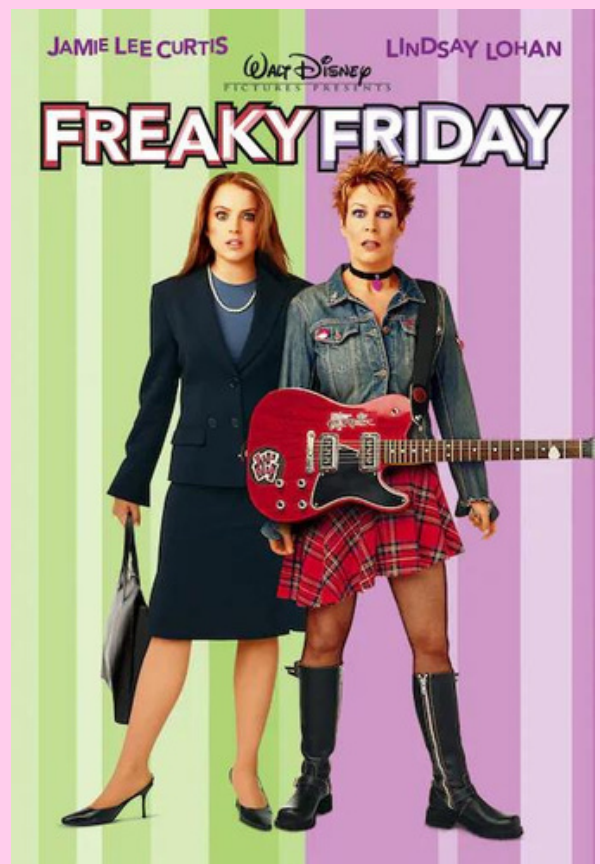
Ways to Make Mum Feel Special



- Make her breakfast in bed.
- Tell her how much you love her.
- Make a card for her rather than buy one. It means more.
- Write her a list of all the things you love about her.
- Leave nice notes around the house for her to find.
- Let her relax. Give her a rest day, completely free of jobs.
- Do whatever she says – within reason, of course!
- Do your chores without being asked.
- Give her massages (back, neck, head and feet)
- Paint her nails.
- Buy her flowers and chocolate.
- Cook her meals.
- Let her have control of the TV remote.
- Let her choose the songs in the car.
- Wash her car.
- Give her some quiet time.

Mother's Day Movies

- Mother's Day
- Wonder
- Hidden Figures
- Mamma Mia!
- Dumplin'
- Junior
- The Blind Side
- Brave
- Mommy
- Stepmom
- Little Women
- Mrs Doubtfire
- Lion
- Steel Magnolias
- Freaky Friday
- Cheaper by the Dozen
- Thelma & Louise
- Yes Day
- Because I Said So
- The Perfect Man
- Georgia Rule
- Lady Bird





DEBATING SUCCESS

Congratulations to D grade for winning their first debate of the season. Special mention to Yalzhini for winning the best speaker award.

Well done also to C grade for completing their first 'secret topic', which involved brainstorming and planning speeches within an hour.

– Miss Fin, Debating and Public Speaking Leader



ART EXCURSION

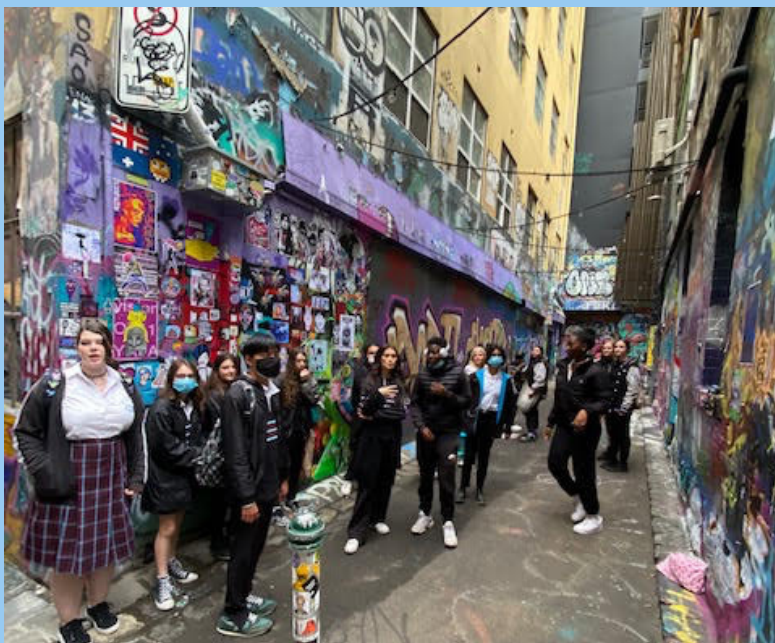
VCE Studio Arts students recently explored the Melbourne Gallery scene.

We began in the famous Hosier Lane public art space, before enjoying two wonderful exhibitions at the Ian Potter Contemporary Art Gallery (part of the National Gallery of Victoria), including the Top Arts show where students were treated to the best of the 2021 Art students' work from across the state.

We then spent considerable time exploring a collaborative curated portrait exhibition, which presented works from the NGV and the National Portrait Gallery (ACT), focused on identity and how we describe this to others visually.

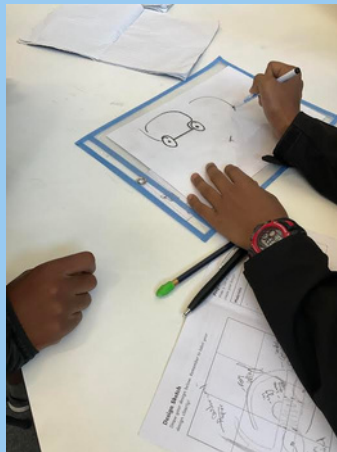
We concluded our art adventure with an alternate look at culturally-inspired public art spaces with a walking trail along Birrarung Marr. It was a great day of understanding how art has a purpose which informs our everyday lives.

– Larissa Taylor, VCE Studio Arts Teacher



CRASH TEST EGGS

Year 7 and 9 Systems have been designing Crash Test Eggs (CTEs) over the past fortnight to learn about the Engineering Design Process and the Design Brief. Their job: to make a prototype car costing no more than \$5, and put them to the test using CTEs to fill in for the crash test dummies that Automotive Safety Engineers use in real life. The raw egg drives the car for the final test and is then checked to make sure it has come out of the crash unscathed. By making these cars, they are learning to Ask, Imagine, Plan, Create and Test, Evaluate and Improve. They are also gaining the skills to make a concept sketch, design within cost constraints, and work as a team.



BASEBALL BROTHERS

Baseballing brothers Addison (Year 10) and Cooper Bishop-Worn (Year 7) will this month play in the national championships.

Addison will strut his stuff from May 13-17, while younger brother Cooper will get his chance to shine from May 24-27.

Both boys have represented the Werribee Giants with distinction.

Good luck to the talented Bishop-Worn brothers. We look forward to following your progress.



HELPING THE KIDS

Who doesn't love a rare day out of school uniform? It seems our entire school shares this sentiment.

There was a great turnout for Out-Of-Uniform Day on the last day of Term 1, with the whole school raising a total of \$1600.75 in donations.

The money was donated to the student leadership team's chosen charity, the Royal Children's Hospital Good Friday Appeal.



School Captains display a progress tally of money counted for Out Of Uniform Day on the last day of Term 1.

Student⁶ Work

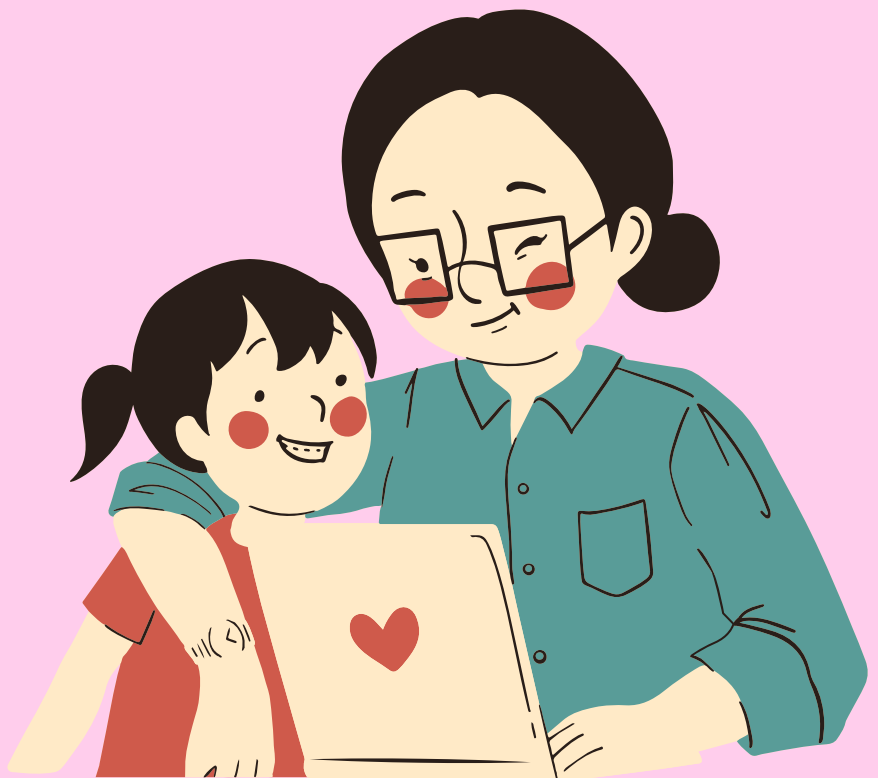
Mother's Day

By Tanmayee Beram, 7C

The moment I was brought into the world,
You were the first smile I saw.
From my very first breath, I knew you would be there,
All the way to my very last.

Even the sun's smile can't make a flower bloom as much as you,
Nor can the moon illuminate the brightest of stars like you;
Not even the prettiest rose can resemble your love.

You hugs give me warmth that keep me going every day,
And your laugh makes me smile and clear the grey;
It was you from the start,
And it will be you 'til the end.
Happy Mother's Day.



GET TO KNOW THE *Assistant Principal of Wellbeing P-12*

ELYSE MELVIN-HILL

Years teaching at Manor Lakes: 10 – although I have had two bouts of family leave during that time to have my two children.

First school you taught at: Baden Powell College.

Favourite subject when you were at school: Science.

Advice you would give your teenage self: Most of the people you know now won't matter to you in 10 years' time. Take their advice with a pinch of salt and stay true to your own values.

Hobbies: Dancing, reading trashy novels and spending time with my little girls.

Favourite food: Anything I don't have to cook! But I am a sweet tooth and love chocolate, slices, cake...

Hidden talent: I can still do a headstand!

Song recommendation: *I Wanna Dance with Somebody (Who Loves Me)* – Whitney Houston

Favourite book: My favourite authors are Janet Evanovich and Agatha Christie, so anything written by them.

Inspirational quote: *"Whatever you are, be a good one"* – Abraham Lincoln.



Book Review

From The Public Library

THE GREATEST GIFT

by Rachael Johns

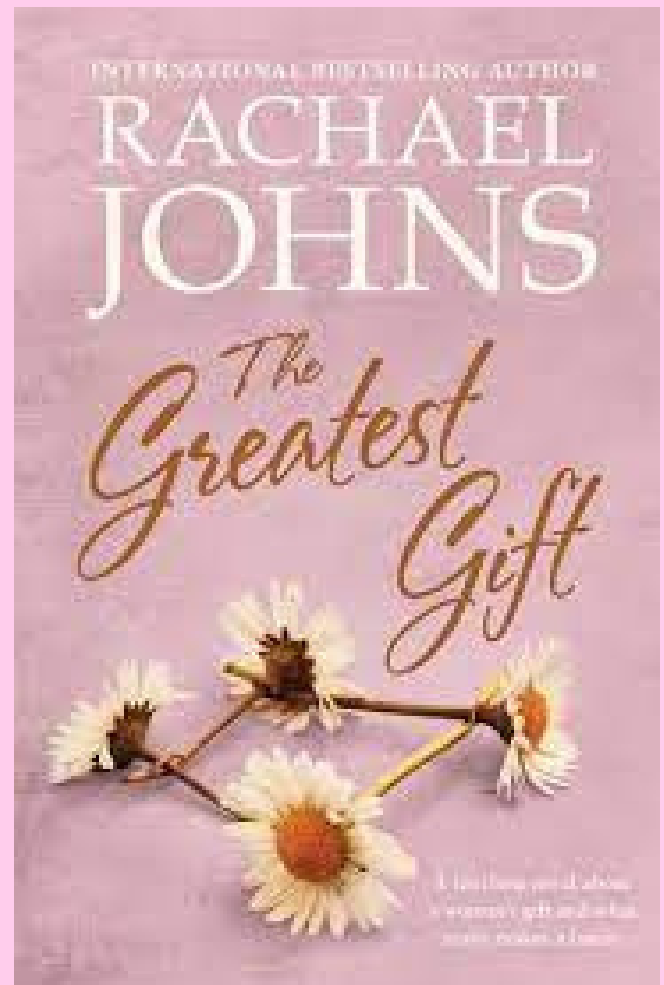
In honour of Mother's Day, it's timely to review 2017 novel *The Greatest Gift*. The author is Rachael Johns, famous for her bestseller *The Patterson Girls*. I would also recommend this book for secondary students.

The main character is radio host Harper Drummond, who lives only for her career. Every day she meets fascinating people doing extraordinary things, but she starts to wonder whether there's something more for her. But she's financially secure, happily married to Samuel and has a great group of friends, so what more could she want? It's only when she interviews a special couple that she starts to think about whether she could make a different kind of contribution.

Claire and Jasper Lombard are passionate about their thriving hot air balloon business and know they're lucky to find such joy in their work and in each other. But while Jasper has accepted that he'll never be a father, Claire has found it hard to come to terms with her infertility. She doesn't want Jasper to eventually regret choosing her over a child. Is there a way to give themselves a real chance at being a happy family? Can they find someone to give them the greatest gift? Or will it come at a greater cost?

The Greatest Gift shows the love of a mother and the connection a mother has to her child. It was a very touching book, showing the love of two mothers, one whose journey with her daughter was cut short, and another whose motherhood awoke when she first saw her daughter. The story has many ups and downs but the ending, although slightly incomplete, felt happy. My favourite character was Harper because I saw her develop little by little, and her desire for a family increased and she seemed to become happy with life.

Review by Anshika Handa



My rating:

9/10

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

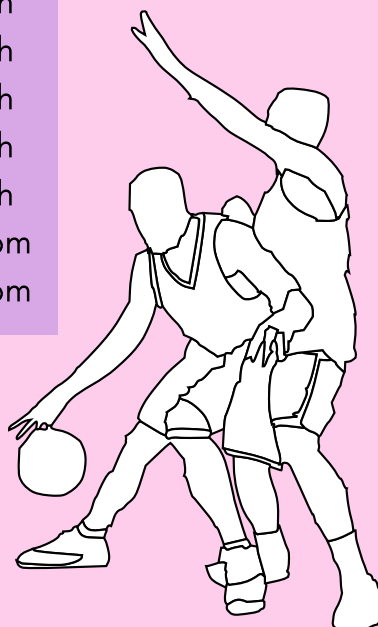
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

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
FI 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

