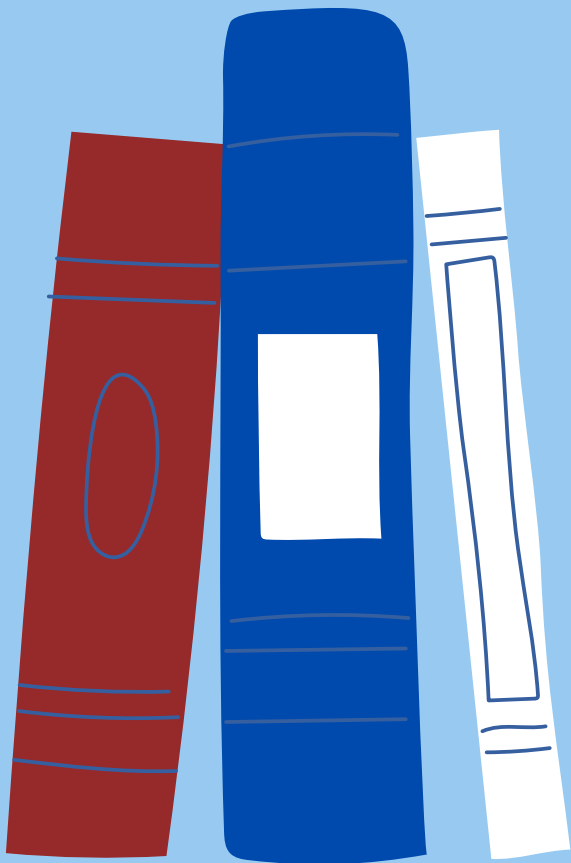




# *Manor Lakes* *p-12 College*

## **SECONDARY NEWSLETTER**



**WEEK 3**  
**TERM 2, 2022**

# INSIDE

1. Shout Outs
2. Exam Time
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7. A Crafty New Club
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9. Book Review
10. Weekly Clubs
11. Jobs Board/Meme of the Week/House Points

## SAVE THE DATE

- Tues May 31 – Secondary school photos
- Mon June 13 – Queen's Birthday public holiday
- Tues June 14 – Curriculum Day
- Wed June 15 – No classes – professional learning for teachers
- Fri June 17 – Last day of Term 2

## 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](mailto:secondarynewsletterteam@manorlakesp12.vic.edu.au)

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

# Shout Outs

## Year 7

- Khu Htoo Hton – Excellent efforts in Humanities.
- Samaira Hasnain – Excellent leadership skills in Food Tech.
- Diva Bhasin – Great use of full sentences and vocabulary in English.

## Year 8

- Reign Mejia – Putting in effort and emailing for assistance to further work in Enrichment.
- Brock Caley – Consistent and focused work achievement in Humanities.
- August Aoina – Consistent and focused work achievement in Humanities.

## Year 9

- Bertina Saneto – Continuing to aim high in English work and developing confidence in writing.
- Harry Anderson – Good efforts in Maths.
- Anton Bagatsing – Putting in lots of effort in Enrichment Literacy.
- Shelby Kean-Bennett – Good effort in Maths.

## Year 10

- Ella Haywood – Completing work to a high standard in class time.

## Year 11

- Faith Cameron – Always trying her best in English.
- Gauhar Bhardwaj – Asking amazing critical questions in class.
- Sam Maw Roe – Asking amazing critical questions in class.
- Rej Yanga – Excellent growth in structuring answers in Health.

## Year 12

- Kuol Mach – Excellent work ethic in Psychology.
- Layla El-Dannawi – Completing work to a high standard within the time allotted.
- Rayaana Moalin – Excellent commitment to Health and a great growth mindset.

## VCAL

- Ricki-Lee Saunders – Setting up and running the Mother's Day stall.
- Nick Rajkovic – Setting up and running the VCAL Be Creative stall.
- Ryan Dolan – Being outstanding running the VCAL Mother's Day stall.
- Kyle Bozanic – Being outstanding running the VCAL Mother's Day stall.

# EXAM TIME – VCE AND YEAR 10



After some interrupted years due to Covid-19, end of semester exams are back!

Unit 3 exams for VCE Year 12 students will run from Wednesday June 1 to Tuesday June 7.

Unit 1 exams for VCE Year 11 students will be held from Thursday June 9 to Friday June 17.

Year 10 exams for Humanities, Science, English and Maths will take place on Monday June 20 and Tuesday June 21.

I'm in the process of creating events for every exam on Compass so they will appear on your Compass Schedule. I will also put the master timetables on Compass Newsfeed, in the Secondary Newsletter and in buildings over the next couple of weeks.

Classes do NOT run for each year level when their respective exams are on. Students will only need to attend their exams and then study at home. (Contact me if study space at school is required.)

These exams are intended to help students become accustomed to exam conditions and requirements, and to ensure they are meeting all expected outcomes (as well as revision purposes for Year 12 students prior to their final end of year VCAA exams).

VCAL Students will have normal classes throughout this period.

It is normal to experience some stress about exams (Year 12 Psych students have learnt about this), but if you have specific issues that may impact your ability to complete exams, please contact me.

If you have questions or concerns about exams, please do not hesitate to contact me via email: [tara.hyatt@education.vic.gov.au](mailto:tara.hyatt@education.vic.gov.au).

# THE DANGERS OF VAPING



Vaping is on the rise in Australia, particularly among young people, and experts fear it could lead to serious long-term health problems.

E-cigarettes, also known as 'vapes', are battery-operated devices that heat a liquid (or 'juice') until it becomes an aerosol to inhale. Many vapes contain nicotine, making them dangerously addictive.

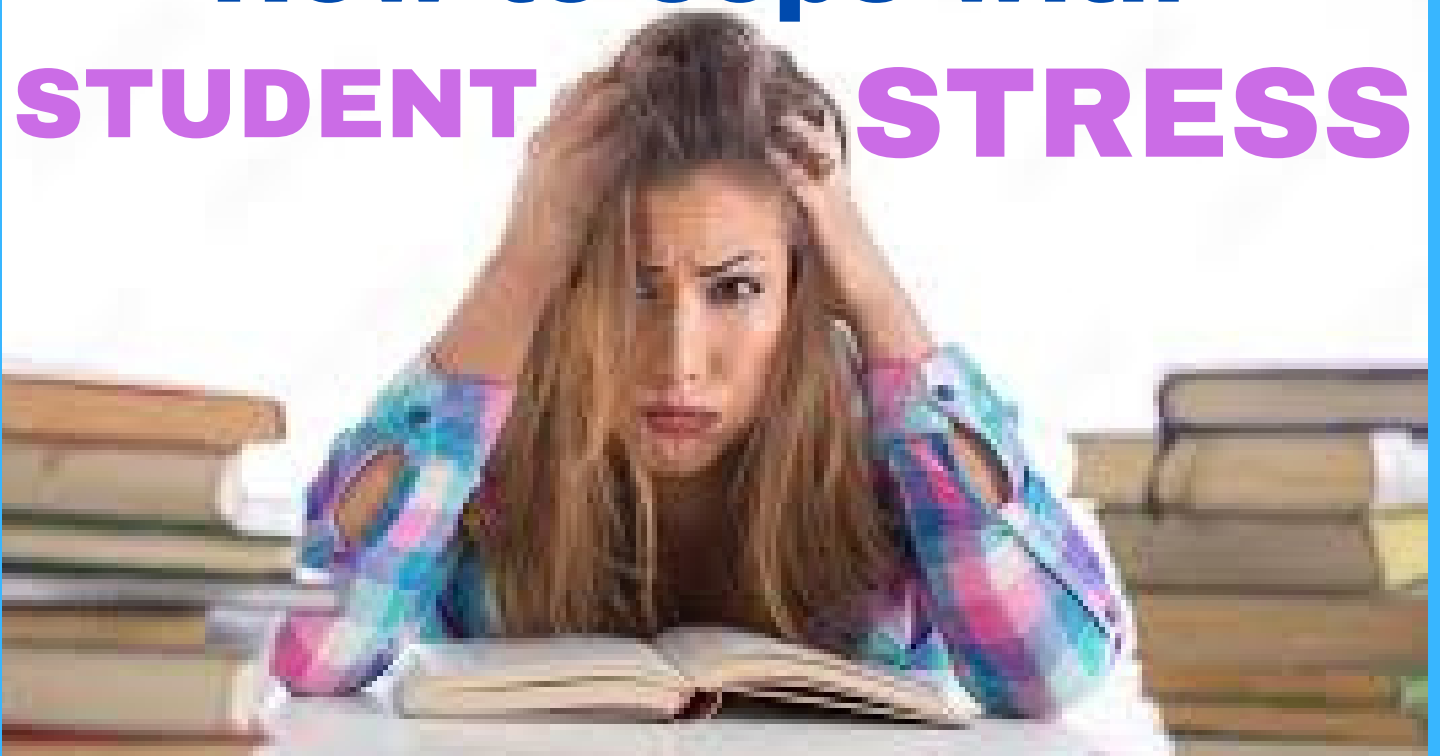
The Australian Council on Smoking and Health has declared the sale and promotion of e-cigarettes to young people should be banned because, as a comprehensive study found, they cause acute lung injury and other issues including poisoning, burns and seizures. Among other concerns:

- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Vaping in adolescence can harm the parts of the brain that control attention, learning, mood and impulse control.
- Turning to vaping to deal with stress or anxiety creates a cycle of nicotine dependence. Nicotine addiction itself can become a source of stress.

Among the known health risks associated with youth vaping are:

- Rapid onset of coughing.
- Lung injury.
- Breathing difficulties.
- Weight loss.
- Nausea and vomiting.
- Diarrhoea.

# How to cope with STUDENT STRESS



*By Anshika Handa*

As high school students, we go through many changes in our bodies and our minds. On top of that, there's the stress of being students, so it's essential to know how to cope with that stress for both our physical and mental wellbeing.

Common sources of student stress include:

- School.
- Homework.
- Extra-curricular activities.
- Social challenges.
- Transitions (eg. graduating, moving out, living independently).
- Relationships.
- Work.

There are many ways to cope with stress, including:

- Getting enough sleep – 8-10 hours is recommended for teenagers.
- Practising positive visualisation.
- Exercising regularly.
- Taking calming breaths.
- Practising Progressive Muscle Relaxation (PMR).
- Listening to music.
- Getting organised.
- Eating a healthy diet.
- Using positive thinking and affirmations.

However, if you ever feel very overwhelmed, never hesitate to reach out. There are many people willing to help.





# A GRIM, GREY MATTER

*By Cara Cormick*

Brain tumours can start at any age, but as we get older our risk of developing most cancers increases. People at most risk for brain tumours are those aged 15 to 69. But overall brain tumour symptoms can develop in people of all ages, including teens.

In recent years, nearly 13% of all new brain cancers were diagnosed in patients under the age of 20. Another 9% were diagnosed in patients aged 20 to 34.

Brain cancer is the result of a cancerous cell growth in the brain. These cancer cells form tumours that can be slow-growing or fast-growing – it depends on the type of tumour you have. Treatment focuses on removing the tumour and then destroying any remaining cancer cells.

Symptoms include seizures/convulsions, difficulty thinking, speaking or finding words, personality or behaviour changes, weakness, numbness or paralysis in a part or a side of the body.

A brain tumour can form in the brain cells, or it can begin elsewhere and spread to the brain. As the tumour grows it places pressure on and changes the function of surrounding brain tissue, which causes signs and symptoms such as headaches, nausea and balance problems.

Your brain is in charge of everything your body does, including vision, hearing, speech and movement. As brain cancer grows, it presses on and damages areas that control these things.

## MY POPPY'S BATTLE

My grandfather – my Poppy, my hero – died from brain cancer in 2015. He fought until his very last day.

My brother and I were his only grandchildren. We called him "Poppy Ra-Ra" because he was so loud. He'd stand court-side at my basketball games and cheer loudly when I scored. We'd also go fishing. He'd take me everywhere.

After Poppy passed away peacefully in his sleep, his wife gave us all letters he wrote and a small gift. I got a blue heart, which I still have.

We will soon have the opportunity to pass Poppy's memory on to our little cousin, who's due to be born in June.

# What's On

## OUTDOOR ED

Year 11 Outdoor Education students recently completed a practice journal entry session at the local Manor Lakes lake, opposite the college.

Students loved the experience and found it very calming. They also appreciated that we have such an awesome natural feature so close to the school.

**Daniel Micallef,**  
Year 11 Outdoor Ed teacher



## SENIOR NETBALL

Last Friday the senior boys and senior girls netball teams competed against other Wyndham schools. Both teams finished second, behind the Grange P-12 College, the toughest competitor.



ATHLETICS VIDEO



ATHLETICS VIDEO

Mr Poke, the college's Media teacher and Athletics Day photographer, has kindly created a QR code leading to video and photo footage of the fun day.



# A CRAFTY NEW CLUB

*By Skye McDonall, 7A*



A new Craft-a-noon Club will meet at lunchtime on Wednesdays in Cootabalow 3 and 4.

The club will be run by Ms Poulsen and Ms Morrison.

Ms Morrison saw the need for a more laid-back club, especially with the weather becoming colder and some students don't want to be outside.

"I personally have a lot of unfinished craft projects from lockdown so I thought other people would be in the same situation," Ms Morrison said.

Ms Poulson is also a keen crafter and would love to learn to craft better.

If you want to join the Craft-a-noon Club, just turn up on Wednesday!



# GET TO KNOW THE *Teachers*

## GRACE MARSH

**Your role at Manor Lakes P-12 College:** Teacher of Year 7 Chinese, Year 8 EAL, Year 9 English and Year 12 Business Management.

**Years teaching at Manor Lakes:** First year.

**First school you taught at:** Edinburgh College.

**Favourite subject when you were at school:**  
Chemistry and Outdoor Education.

**Advice you would give your teenage self:** Don't pop your pimples.

**Hobbies:** Camping, macrame, typography and growing indoor plants.

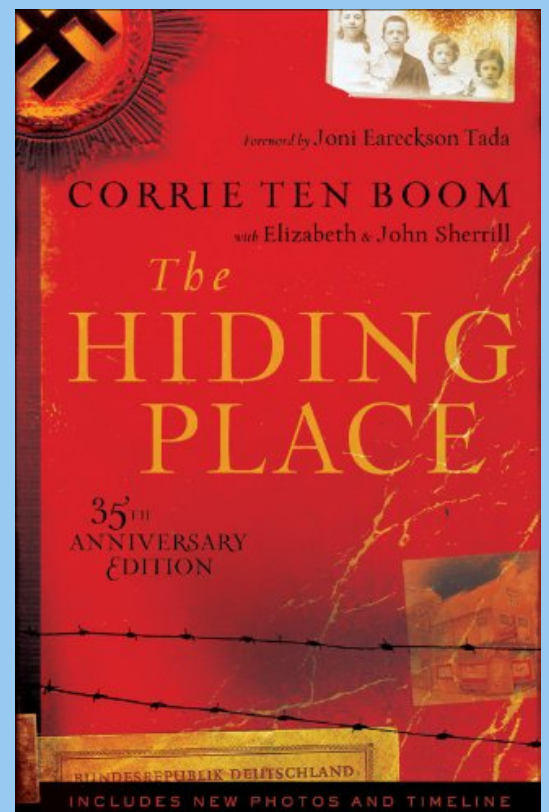
**Favourite food:** Anything with rice.

**Hidden talent:** Angry nostril flare.

**Song recommendation:** *Better In Yellow* – Ferris & Sylvester.

**Favourite book:** *The Hiding Place* by Corrie Ten Boom

**Inspirational quote:** "*Comparison is the thief of joy.*" – Theodore Roosevelt



# Book Review

From The Public Library

## THE HATE U GIVE by Angie Thomas

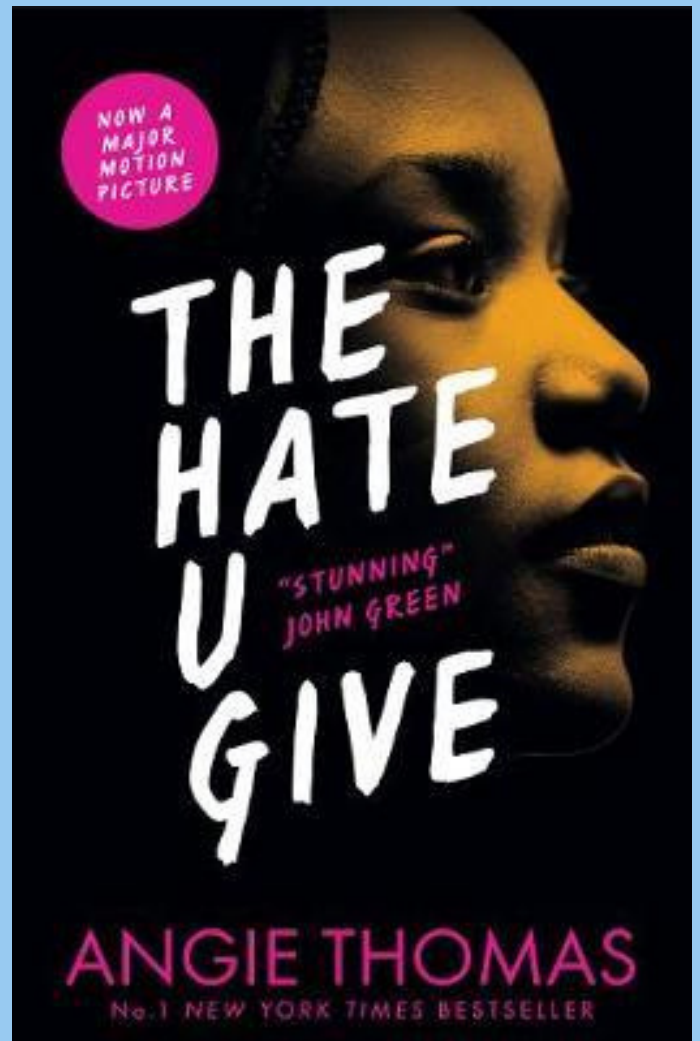
*The Hate U Give (THUG)* is an urban fiction bestseller that was published on February 28, 2017. This stand-alone novel was written by Angie Thomas, who also authored books such as *On The Come Up* and *Concrete Rose*.

Chief character Starr Carter lives in two worlds: the poor neighbourhood where she was born and raised, and her posh high school in the suburbs. The uneasy balance between them is shattered when Starr is the only witness to the fatal shooting of her unarmed best friend, Khalil, by a police officer. What Starr says next could destroy her community. It could also get her killed. She asks: "What's the point of having a voice if you're gonna be silent in those moments you shouldn't be?"

I read *The Hate U Give (THUG)* as part of my Year 10 English class, but I really think this is a book that everyone should read. The characters felt like real people telling me a story, as there was depth and a lot of emotion. The storytelling was amazing. All the emotions the author was able to put into the text was beautiful.

Despite the book being interesting, it also had big issues such as racism and sexism as its theme. I really didn't pay attention to things like setting, for instance, because of how overpowering other aspects of the book were, such as the characters and the theme.

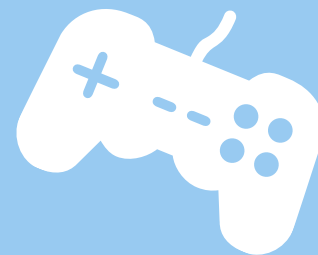
**Review by Anshika Handa**



My rating:

9.5 / 10

# Weekly Clubs



## MONDAY

Choir	Amadeus Hall	Lunch
Music	Amadeus	Lunch
Esport	Mackay 5	Lunch
Frisbee	Gym/Oval	Lunch
Anime/Manga	Cootabarlow 4	Lunch
Gymnastics	Gym	Lunch
AFL Academy	Gym/Oval	Lunch
Esport	Mackay 5	Lunch
Card Club	Cootabarlow 1	Lunch

## THURSDAY

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
Soccer Academy	Gym	3:15pm
Volleyball	Gym	3:15pm

## TUESDAY

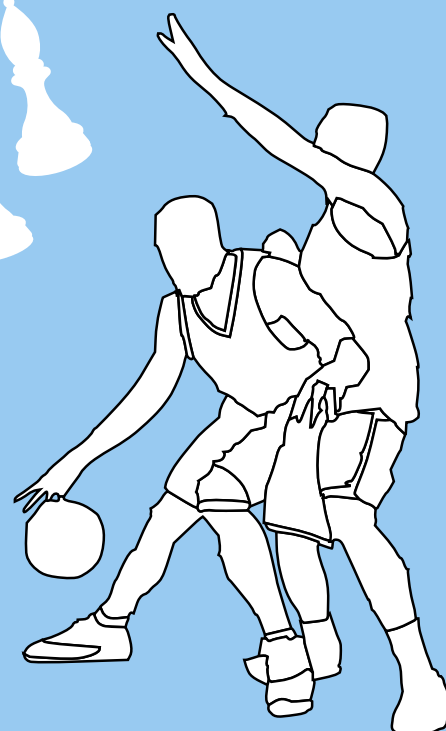
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

## FRIDAY

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

## WEDNESDAY

Netball Academy	Gym	7:30am
Basketball Academy	Gym	Lunch
Cricket Academy	Cricket nets	7.40am
Girls African Dance	Amadeus	Lunch
Pasefika Group	Amadeus	Lunch
Kapa Haka	Amadeus	Lunch
Boys Dance	Amadeus	Lunch
Interact Club	Eyre Library	Lunch
Book Club	Eyre Library	Lunch
Art Club	Wyara 6	3:15pm
Craft-a-noon Club	Cootabarlow	Lunch





# Jobs Board

Decjuba -Casual Sales Assistant – Werribee

<https://indeedhi.re/38oGwCj>

The Reject Shop – Casual Team Member – Werribee

<https://indeedhi.re/3sr1do4>

Gami Chicken – Kitchen Staff – Werribee

<https://indeedhi.re/3wlzDK4>

Bobby Dre'S – Customer Service – Werribee

<https://bit.ly/3yxHiYp>

McDonald's Werribee Plaza – Crew Member

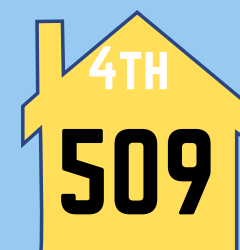
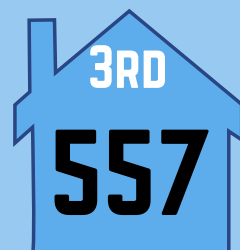
<https://bit.ly/3999x57>

Sushi Sushi – Casual Team Member – Wyndham Vale

<https://indeedhi.re/3Mb8Nej>

McCafe Barista - Werribee Plaza

<https://bit.ly/39ew8gQ>



## MEME OF THE WEEK

Going back to school

