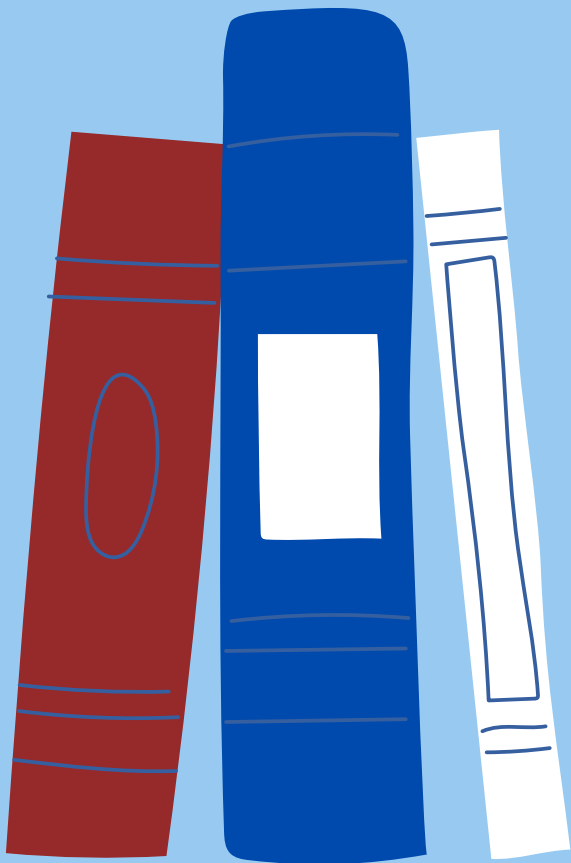




Manor Lakes *p-12 College*

SECONDARY **NEWSLETTER**



WEEK 4
TERM 2, 2022

INSIDE

1. Shout Outs
2. Why You Should Care About Politics
3. The Importance of Positive Body Image
4. Body Image (continued)
5. Sport
6. Teacher Feature
7. Book Review
8. Exam Time
9. Weekly Clubs
10. 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 24 – 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

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

Shout Outs

Year 7

- Ashlee Phillips – Supporting classmates when they needed help in Food Tech.
- Niveditha Sathesh Babu – Supporting classmates when they needed help in Food Tech.
- Kevin Le – Good classroom engagement in Science.

Year 8

- Ashnadhi Jaiprakash – Thinking analytically about *The Outsiders* and the purpose of English.
- Aarav Saini – Completing all activities in Digital Technologies.

Year 9

- Zara Sandhu-Gilmore – Sharing her learning on key terms for our *Remember The Titans* unit in English.
- Madison Carver – Excellent effort in Science classes and consistently remaining on task and completing work.

Year 10

- Janette Krzyzanski – Showing perseverance and improvement in Mathematics.
- Brooke Rousch – Has upheld the school values of respect and aiming high. Has made significant contributions to the classroom atmosphere and shown positivity and dedication to her learning. Has also actively contributed to classroom activities helping with our class discussions.
- Mariya Mavat – Showing great enthusiasm to do advance work in database unit.

Year 11

- Rej Yanga – Willingness to share knowledge with the class.
- Jennifer Aken – Demonstrating leadership qualities.
- Thabo Chama – Demonstrating leadership qualities.

Year 12

- Cameron Borg – Consistently applying himself to the best of his abilities in all learning areas.
- Ripley Peters – Aiming high in English.
- Ryan Fernandes – Always working hard to achieve the best results in Data Analytics.
- Hamzah Yussif – Exhibiting great leadership for senior boys football.

VCAL:

- Rowena Ah-See – Great participation during excursion to Salvation Army.
- Jesse Kritikos – Great participation during excursion to Salvation Army.
- Jorja Boxshall – Very successful work placement at Wyndham Vet.

WHY YOU SHOULD CARE ABOUT POLITICS

By Nordin Hammouche, 11F



The federal election is coming up this Saturday and you may have heard a lot about the political parties as well as the two people vying to be Prime Minister: the current Liberal PM Scott Morrison and his Labor rival Anthony Albanese. Sometimes it's hard to understand what they're talking about in the media and it's easy to disengage and completely forget about the election, and that's why I'm going to make a case to you about why you should take an interest in politics.

Elections are very important to our democracy. It's the way in which ordinary Australians voice their opinion and elect a government that represents them. Regardless of whether you care about politics, it affects everyone directly.

Areas like infrastructure, schools, health care, energy, taxation, and transportation, to name just a few, are all directly or indirectly managed by the government to an extent, and at least one of these areas affects everyone. That's why it's important during an election year to consider the things that matter most to you, and to see which political party is making commitments on areas that are important to you, and to make up your mind as to what policies you think will most improve those areas.

Most Year 12s will vote at the Victorian state election in November, so don't forget to enrol to vote at <https://aec.gov.au/enrol/>.

Our politicians are elected, and if you're concerned that your views aren't being represented you should engage with your local member of parliament to see if you can get anything done. Whether that be by contacting their office or at the ballot box, that is something that you will have to consider, but your voice is important and can shape the entire country and the direction it heads.

Elections are about choices. You can find the policies of the two major parties here (Labor: <https://alp.org.au/policies>, and Liberal: <https://www.liberal.org.au/our-policies>), while information on other parties can also be sourced online. I highly recommend that you take an in-depth look at each party's policies and decide which ones will benefit you and our country into the future.

You have a voice. Don't waste it. Use it.

THE IMPORTANCE OF POSITIVE BODY IMAGE



By Ruby Collins



“I hate my body.”

“I’m so fat.”

“I wish I was skinnier.”

“I wish I was prettier.”

Negative thoughts like these contribute to our body image – in these cases, bad body image. Body image is the way in which we perceive our own physical appearance.

There are four aspects of body image:

1. Perceptual: The way you see yourself.
2. Affective: The way you feel about the way you look.
3. Cognitive: Your thoughts and beliefs about your body.
4. Behavioural: The things you do in relation to the way you look.



Negative body image is very common in teenagers, especially since the emergence of new forms of social media. Social media enables us to compare ourselves to others, such as celebrities, other girls at school or even our own friends. It's not healthy to compare yourself to someone else. We are all unique and beautiful in our own ways.

Constantly scrolling through Instagram and observing celebrities can take a negative toll on adolescents' self-esteem and body image. Unfortunately, most celebrities and influencers photoshop their photos on social media. Their editing of their own photos can cause teenagers to feel bad about their appearance.

Body dysmorphia (BDD) is a mental illness that evolves from negative body image. It occurs when someone cannot stop thinking about their “flaws” and become obsessed with their physical appearance. Many BDD sufferers also battle with eating disorders such as anorexia, where sufferers obsess over the food they consume and fear being overweight.

HOW TO IMPROVE YOUR BODY IMAGE

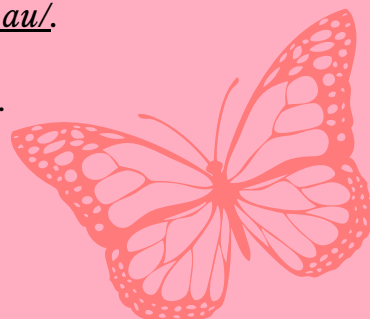


The Butterfly Foundation, the national charity for those impacted by body image issues and eating disorders, gives these hints on how to boost your body image:

- **See yourself as a whole person.** You're more than your shape or form. Your qualities, talents, strengths and attributes make you who you are. Celebrate and nurture the things that make you, you.
- **Create positive statements.** For example, "I am enough," "My body is great," "I'm more than my body," and "I don't need to change a thing about myself."
- **Practice body gratitude.** What are you grateful for that your body can do?
- **Use your body in ways that make you feel good.** Move and eat for health gains, enjoyment and to improve mental health, rather than weight loss appearance.
- **Nurture your whole self.** Practice body kindness, mindfulness, and self-care. What works for you?
- **Limit your exposure to flawless images of fitness, beauty and appearance.** These can increase feelings of body inadequacy and dissatisfaction.
- **Control what appears in your social media feeds.** Follow people and pages that make you feel good about yourself and your body.
- **Practice critical thinking of media and social media.** What you see mightn't even be real. Images are often digitally enhanced. Advertisers do this to sell us stuff.
- **Don't accept negative body/diet/appearance talk.** Shut it down by saying "Stop," "That's enough," or "Can we talk about something else?"
- **Don't engage with the diet industry.** Their business model is based on manipulating your body image concerns.
- **Be realistic.** No one feels great about their body all of the time, but it's important we don't respond to negative feelings with unhelpful behaviours.
- **Be patient.** Learn to respect and appreciate your body for what it is/isn't, how it looks, what it can and cannot do. Be kind to your body in its moments of discomfort and dissatisfaction. Your body isn't a problem to fix.

If you are struggling with any issues related to body image or eating disorders, please reach out to the Butterfly Foundation at <https://butterfly.org.au/>.

Remember, we are all beautiful and we are in this together.



What's On

BADMINTON AND TABLE TENNIS

The senior boys and girls badminton teams and senior boys table tennis team competed in inter-school competition on Friday May 6. It was a great day out, with many talented players showcasing their skills. Each MLC team narrowly missed out on advancing to the next round, but all of our superstars fought hard and won many games throughout the day. Special shoutouts to Farmaan Bedi, Akshpreet Kaur, Arshdeep Kaur and Jessraj Badhaan for their fantastic performances.

– Mr Matsubara and Mr McGrath



SOCCER

The senior boys participated in soccer on Monday May 16. It was a hotly contested competition on a rainy, cold day in Point Cook. Unfortunately, the guys couldn't take out the prize on the day, but they fought hard for every second, even when it was pouring down. Multiple spectators mentioned how well the boys played and how exciting their playing style was. A huge congratulations to each and every one of them, with special shoutouts going to our captain, Victor Muhindo, for his exceptional performance in midfield.

– Mr Cookney and Mr Matsubara.



GET TO KNOW THE *Teachers*

BENJAMIN VAN BERKEL

Years teaching at Manor Lakes: Three.

First school you taught at: Elwood College.

Favourite subject when you were at school: History (Revolutions) and Senior choir.

Advice you would give your teenage self: Save money, go travelling. You can get a working visa for most countries pretty easily if you're under 30.

Hobbies: Travelling, cooking, and working up the enthusiasm to go to the gym.

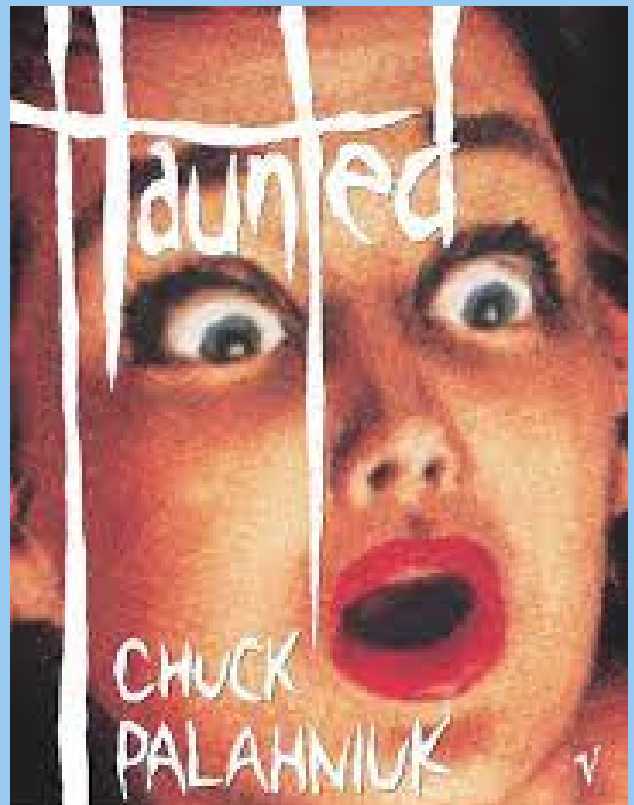
Favourite food: Pork.

Hidden talent: I can remove my thumb.

Song recommendation: *We Got The Moves* – Electric Callboy.

Favourite book: *Haunted* by Chuck Palahniuk.

Inspirational quote: *"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."* — George Bernard Shaw





Book Review

From The School Library



WONDER by R. J. Palacio

Wonder is a children's fiction novel by R. J. Palacio that has been made into a movie featuring Hollywood stars Julia Roberts and Owen Wilson. The book was published in February 2012 and the movie came out in November 2017. *Wonder* is a multi-million copy bestseller.

August "Auggie" Pullman was born with a severe facial difference that until now has prevented him from going to a school. He introduces himself like this: "My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse."

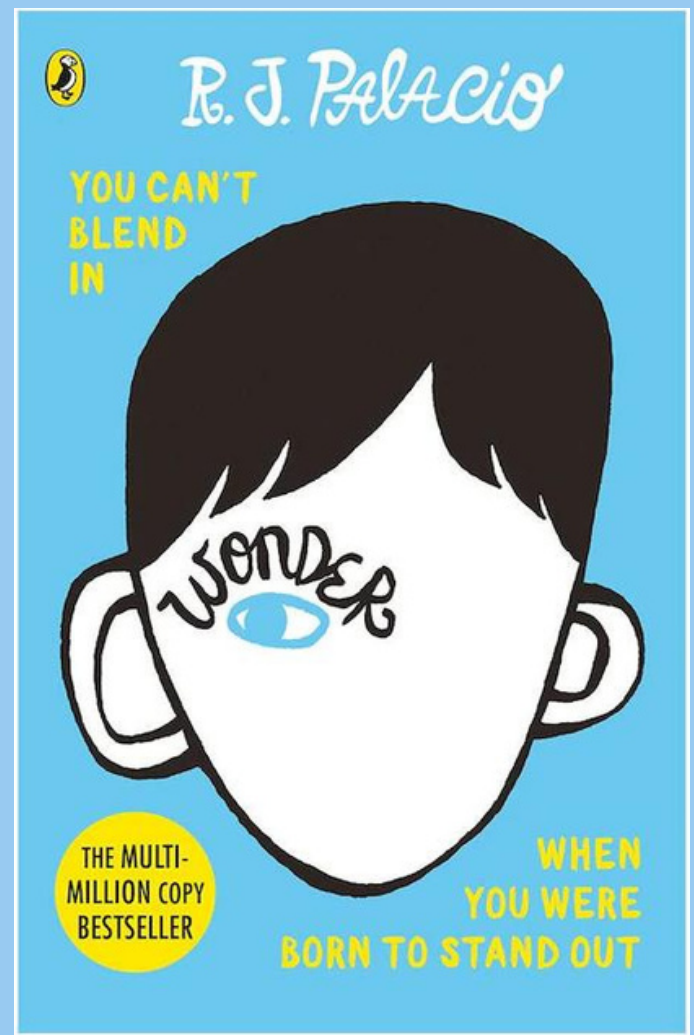
Starting 5th grade at Beecher Prep, Auggie wants nothing more than to be treated as an ordinary kid but his new classmates can't get past his extraordinary face. The book follows Auggie through the ups and downs of his time at school and what he learns from that experience.

Wonder begins from Auggie's point of view, but soon switches to include the perspectives of his classmates, his sister, her boyfriend and others. These changes of perspective tell the same story in so many different ways and with so many different emotions that you can't help but be interested.

There were so many times throughout the book that I was so mad at the characters because of how they acted, and because of how they were portrayed by the author.

Overall, it was a wonderful book and, despite not being my usual style of reading, I enjoyed it. I can't say it's one of my favourite books but I would encourage others to give it a try.

Review by Anshika Handa



My rating:

7 / 10

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.

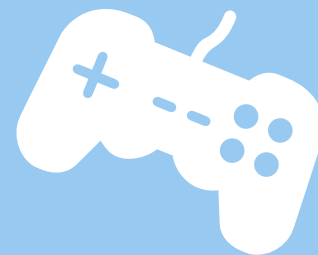
It is normal to experience some stress about exams (Year 12 Psych students have learnt about this), but if you have specific issues that may impact your ability to complete exams, please contact me.

Although Wednesday June 15 has recently been announced as a Professional Practice Day for staff, Year 11 exams on this date will still be going ahead. Students may wear casual clothes for their exams on that day. If it is not possible for you to attend, 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.

Tara Hyatt
VCE/VCAL Leading Teacher

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

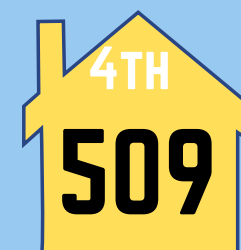
<https://bit.ly/3999x57>

Sushi Sushi – Casual Team Member – Wyndham Vale

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

McCafe Barista - Werribee Plaza

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



MEME OF THE WEEK

When you finish a school presentation
and it was terrible

