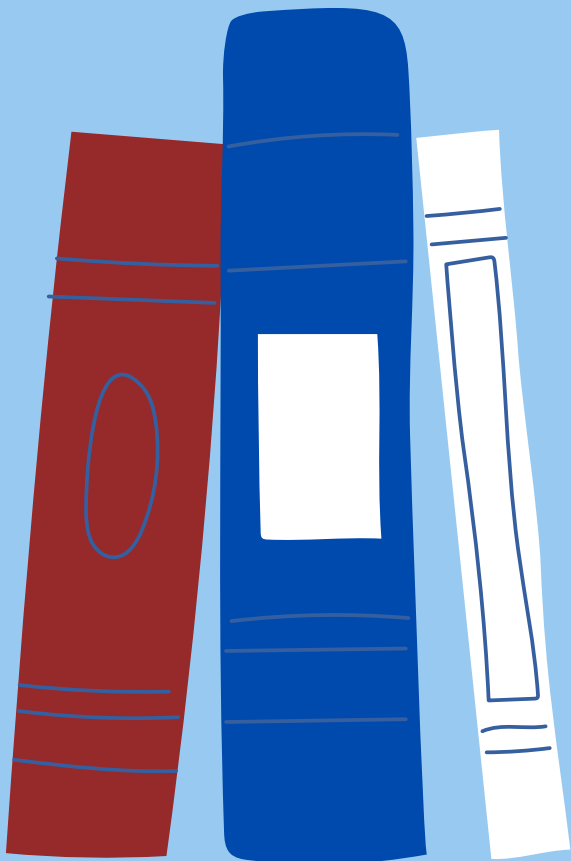




Manor Lakes p-12 College

SECONDARY NEWSLETTER



WEEK 8, TERM 1

SAVE THE DATE

- Thursday March 24 – Harmony Day
- 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

WIN HOUSE POINTS!

What is the largest ocean on earth?

Email us your answer!

Shout Outs

Year 7:

- Pooja Adesara – Great work on the esports and F1 newsletter piece.

Year 8:

- Reign Mejia – Writing an engaging film review for The Truman Show.
- Tanishka Vadhavana – Great work on the esports and F1 newsletter piece.
- Hamidha Sheik Sindha Madhar – Being resilient in Humanities lessons and completing activities to a high standard.
- Havva Sheik Sindha Madhar – Being resilient in Humanities lessons and completing activities to a high standard.

Year 9:

- Knyaw Htoo – Always being respectful to teachers and peers and attempting to do his best in class.
- Tommy Mahon – Working hard to understand and apply new concepts to analyse articles in English.
- Duncan Chen – Applying feedback from class to analysing articles independently in English.
- Xainab Raja – Being consistent, conscientious and having a focused effort in Humanities.

Year 10:

- Susi Mya – Aiming high in English.

Year 11:

- Cara Cormick – Trying her best in English and completing work to a high standard.
- Grace Matheson – Consistently applying herself in English and pushing herself to improve.
- Christian Rayos – Consistently working hard in Business Management and getting a great result on the first SAC.
- Jett Kean-Bennett – Working hard to push himself in English.

Year 12:

- Sean Cereno – Helping the student leadership team clean up rubbish in the yard.
- Win Naing – Great delivery of Cassandra's monody to the English class. Very engaging.
- Bert Rungen – Applying research skills independently to assist in understanding text study.
- Alana Akama – Quiet persistence and achievement in Literature.

VCAL:

- Kane Hendriks-Davis – Consistently working well in all classes.
- Tayla Morton – Great work in the café.
- Cassius Hohaia – Amazing uniform.
- Jorja Boxshall – Excellent work effort and always offering support to others.

HEALTH WATCH

My tragic link with Addison's disease

By Cara Cormick

I was always very close to my aunt Marni. She was only 19 when I was born and she spent a lot of time helping my mum look after me. She was more like a big sister than an aunt. She was wonderful, bright and happy.

A few years earlier when Marni was 15, she was diagnosed with Addison's disease, a rare but deadly auto-immune condition in which the adrenal glands (at the top of the kidneys) don't produce two hormones – cortisol and aldosterone – affecting mood, growth, metabolism, tissue function and responses to stress.

My aunt was regularly ill. Four years ago she was in such poor health that she had to have a lung transplant. From then on, we knew it would be only a matter of time before she passed away.

After all Marni had been through, she could have been forgiven for being a bit grumpy, but she was still her happy self. She refused to let her health tie her down. Her laugh was so amazing and memorable, and she made everyone else laugh at her jokes.

Marni was a wonderful mother to her two kids, and a wonderful aunt. Anytime my mum had to go to work early, she would take my brother and I to school.

When I was in Grade 4 she collapsed due to stress, and it was lucky I knew to call emergency services.

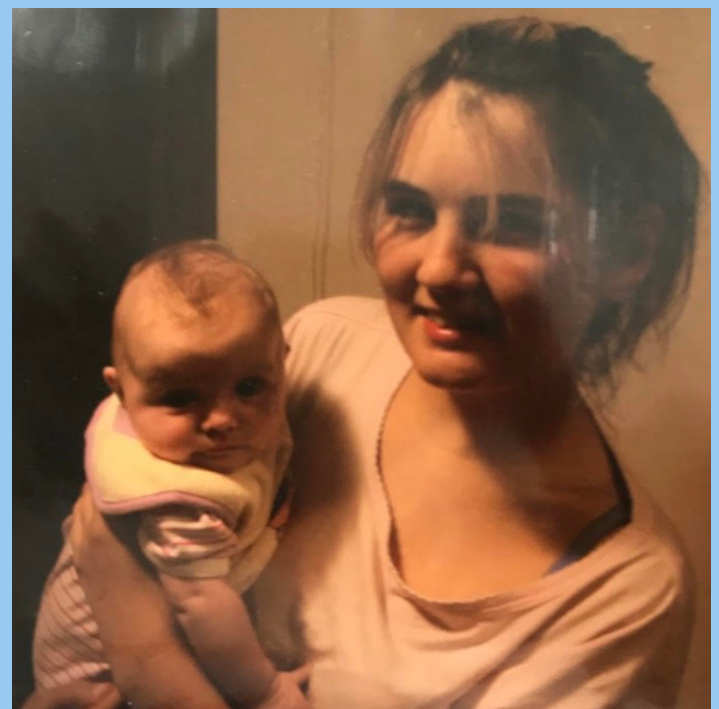
Last year I flew home by myself from a family holiday in Queensland (I just wanted to avoid the long drive back to Victoria), and Marni let me stay at her house for a couple days so I wouldn't be alone at home.

In August last year I decided to write about Addison's disease for a science task, so I asked Marni for her perspective. Here's what she told me:

I have primary Addison's disease, where the adrenal glands are affected. My immune system has attacked my adrenal glands, causing me to not produce cortisone, which is vital to life and helps with infections and life stresses. If you pick up a virus your body will auto-produce more, but I don't! So I need to take extra medication when I have a fever or anything that can cause stress. If I don't, I can go into an Addison's crisis, and that can escalate very quickly and I can end up extremely unwell fast.



Year 11 student Cara Cormick, as a baby (below) and aged three (above), with her aunt Marni, who died from Addison's disease in November.



Continued next page.

When I was first diagnosed I struggled. I was just a kid and my parents struggled to know when I would need medical attention, and when I was sick I'd end up in hospital very often. But now I have a better understanding of what I need to do to avoid hospital as much as possible.

Soon after, on Halloween (October 31), Marni went to hospital for what would be the last time. The doctors told us she wouldn't have long to live. After surgery she didn't wake up. We were told she had only a day to live, but she lasted an excruciating week-and-a-half before her life support was turned off by a family member.

Marni tragically died on November 25, at just 35. Five days later I had my 16th birthday. It wasn't much of a celebration.

Marni fought so hard that she lived much longer than we expected. But her death was still a horrible shock. It's still difficult to cope with. It doesn't feel real to me because it was so sudden. We miss her.

Some facts about Addison's disease

- Some well-known sufferers of the condition include former American president John F. Kennedy, author Jane Austen, Australian singer Helen Reddy and Irish-born ex-Collingwood footballer Marty Clarke.
- It affects only one in about 40,000 Australians.
- It occurs in both men and women equally and in all age groups, but is most common in the 30-50 age range.
- People who are diagnosed with Addison's disease in childhood will have to manage it throughout their lives.
- Initial symptoms can include fatigue, lethargy, muscle weakness, low mood (mild depression) or irritability, loss of appetite, unintentional weight loss, the need to urinate frequently, increased thirst, and craving for salty foods.
- You can have either primary, secondary or tertiary adrenal insufficiency. With primary adrenal insufficiency, the adrenal glands are damaged and can't make enough cortisol, so when the body is under stress (ie. fighting an infection) this can result in a life-threatening Addison's crisis.
- During an Addison's crisis, affected individuals may develop a sudden loss of strength; severe pain in the lower back, abdomen or legs; vomiting and diarrhoea potentially causing dehydration; and low blood pressure and loss of consciousness.
- Treatment involves taking hormones to replace those not produced by the adrenal glands.
- If left untreated, Addison's disease can have a significant negative effect on a person's daily life.
- If you think you might have Addison's disease, you should seek treatment immediately.

For more information, visit the Australian Addison's Disease Association at addisons.org.au.

HARMONY DAY NEXT WEEK

Thursday March 24 – Cultural Dress-Up and Sausage Sizzle

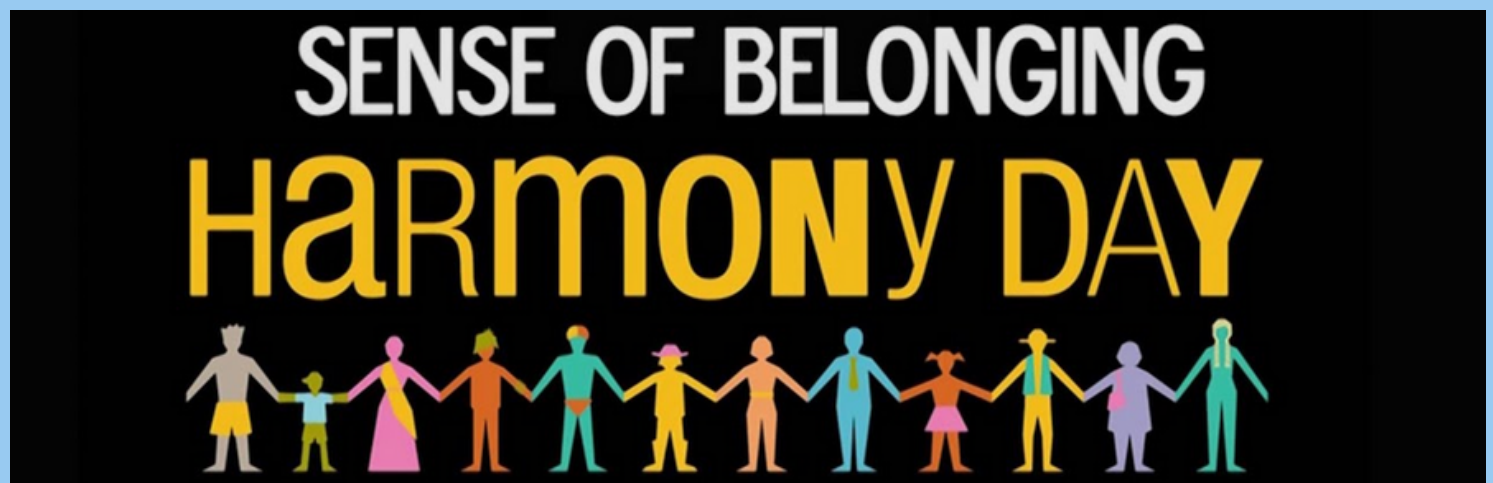
Harmony Day is a time to celebrate and embrace cultural diversity within Australia, and as a school we are so fortunate to have representatives from all over the world.

On Thursday March 24, students are invited to wear their traditional cultural clothing in celebration of this day. Students are also able to dress in the colour orange, as this is the official colour of Harmony Day.

There will be a gold coin collection happening during Home Group sessions for students who are taking up the opportunity to celebrate this out-of-uniform day – or for anyone who would like to make a donation. Proceeds will go to a charity of the Student Representative Council's choice.

There will also be a sausage sizzle at lunch break (\$2 for a sausage in bread), cultural dance groups performances and activities about diversity in Home Group.

– Sam Hagerty



DYNAMIC DEBATING

DAV debating has kicked off this year with a fantastic start, with two teams from Manor Lakes competing.

Well done to Year 8 students Bodhi Collins, Jinal Jinal and Ashnadhi Jaiprakash for competing in D-grade – this is a massive achievement since they were competing against students in higher year levels!

Well done to C-grade for winning the debate! Well done to Gemma Tagg and Ashna Handa for competing in their first DAV debate. A special mention to Swetha Nandakumar for winning the best speaker award!

Thank you to Siddharth, Heny, Oviya and Yalzhini for being awesome team members and watching their peers debate in round. We look forward to supporting you in round 2.

Well done to all!

– Miss Fin

What's On

F1 EXCURSION



For more information, visit:
<https://sites.google.com/manorlakesp12.vic.edu.au/f1team2022/home>



On the 4th March 2022 many interested students had a F1 in schools excursion, at "Wyndham tech school". During the excursion, students creating their own paper F1 racing cars, fired them, competed with other students. The most interesting and fun part of the excursion was meeting a robotic dog, which looked like this:

We also met, Tim Pallas, the MP.

Students also joined websites called "Auto desk" and "Fusion 360" in which they experimented and created 3D designs of F1 cars for 3D printing in the future.



As the day was about to end, students learnt how to make perfect lines and circles using different ways and ideas. We learnt this because this is what is mainly used for creating F1 cars and used in the F1 carrier. This activity was known as the "Focusing and Concentrating activity".



*Created by: Tanishka
Vadhavara and Pooja
Adesara.*



What's On

E-SPORTS EXCURSION

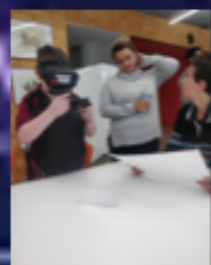
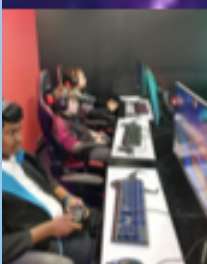
On the 10th of March 2022, there was a very interesting excursion held at 'Wydham Tech School' It was the ESports excursion! In that excursion we started off by listing down esports games within 60 sec. Then we watched a video of the e-sports tournament. We also saw a cool humanoid robot whose name was 'Pepper'



Just before lunch we were introduced to a website called 'Classcraft' where we got to find ESports carriers/jobs and on there we also created a mind map for our designated team to create an esports tournament. Just after a long break we got to discover VR headsets and explore them fully.

THANK YOU

**By: Pooja Adesara and Tanishka
Vadhavana**



Student Work

Kristen Gonzalez, 8C Enrichment

Peter Weir, Peter There! The Director Behind The Truman Show



The Truman Show is a film directed by Peter Weir and starring Jim Carrey as the main lead character. The movie uses various film techniques that enable the audience to contemplate Truman's situation. It was originally released on June 5, 1998, and has become one of Weir's most successful films. The gripping plot and the creativity of the film have led to its top-notch standards and over-the-top comedic elements.

Truman Burbank, an unsuspecting citizen of Seahaven has been trapped in a world where he was constantly under surveillance. Seahaven, nonetheless known as a 'perfect reality' based upon the 1950s dream era, and was created by the intertextual director of the show 'Christof'. Truman was caged, as he was watched by thousands of viewers globally as his every move was monitored cautiously. Truman, was handed everything on a silver platter as he soon grew suspicious of the citizens he associated himself with. Seahaven, soon caged him as he embarked on a journey to find the end of the place he once called home. His suspicions finally were correct, as he had been watched for all the years he had lived.

The actors of *The Truman Show* had already cast in major roles in the 1990s as they were popular amongst the people living in the decade. Carrey, who starred as Truman, perfectly fit the role of a cheerful, unsuspecting and passionate man. His lines were well said as his acting brought comedy and over-the-top humour towards the audience, as it was clearly stated that there were humour elements implemented. Although Jim played the humour well, he also was able to shape the moments which were serious that added the tension or drama between characters. Although this might have been shown easily through scenes, there should have been more to create an equal balance between the serious, and the lighthearted.

Continued next page.

While watching the film, there were ups and downs about what took place and how Weir and the cast portrayed it. Truman, both made the audience and intertextual members felt as if there was a strong bond between him and them as both moments which impacted Truman, also made the audience emotionally attached towards him. This was beneficial as the audience had a link between Truman and the circumstances he endured. This can be represented when Truman reaches the end, giving it his all and almost dying. This can make the audience feel his passion, as they push themselves to keep supporting his pursuit of finding his own reality, as they seem to feel as if they're in his eyes. This also helps with the colour palette, as Truman's feelings and situations have been taken into account and expressed with bright hues, or dark shades of colours. Taking into account that Truman grew up in Seahaven, there was little information about Truman's past and there was only key information that was included in his flashbacks. This was only for the storyline's sake as there should have been more flashbacks about his past, which would benefit the audience in a more enjoyable way. This is provoked through only the two key scenes, where his dad had sadly passed drowning in an 'ocean' strengthening the fear of Truman and water, as he is seen helplessly trying to save him. This is manipulative in Christof, as he holds back Truman from going to explore the dome. Another key scene that has only been expressed is when Sylvia and he meet for a sequence of time, strengthening his ambition to follow wherever she went.

The Truman Show is based on a philosophical concept that makes people question reality, and the situations revolving around them. It makes people question their sanity or their realism in this world. Diving deeper, Truman himself can be symbolic as he represents the idea of finding his own reality and pushing past idealistic standards. Nevertheless, *The Truman Show* is centred around the topic of freedom, as the audience is constantly questioned whether or not they need to break free from their past. This shows the audience to find their own road like Truman, as he shaped the reality around him while under the influence of Christof. This can challenge us, as we are throttled with the thought of being watched 24/7, as the overall film makes us question whether or not we are acting, from the people we actually are. *The Truman Show* covers all deep and light concepts, like love, freedom, religion, pioneering and control. This helps the audience break the show from different perspectives, as each person can take a small piece away from that film, whether it will be something contrasting another individual.

The Truman Show is rated PG but set towards an older audience spectrum. Although kids, such as primary students can watch it, it is recommended for older ages as topics discussed through the show can be daunting, or relate back to them making them fearful. It is also confusing, as there is the show of Truman himself, the intertextual audience and the real-world audience speculating the whole thing. This can make it hard for younger audiences to comprehend, making it less enjoyable for them. The sudden cliffhangers and romance scenes can also be intense as kids might not be able to comprehend or deeply understand the importance. This is why *The Truman Show* is aimed towards an older audience that understands the three layers of the show and is able to interpret and take a piece of what they have watched.

Reign Mejia, 8C Enrichment

Jim Carrey Carries The Truman Show



The Truman Show is a dramedy film directed by Peter Weir. The dark philosophical movie had been released to the public on June 5, 1998. Based on the book *The Truman Show: The Shooting Script*, Peter Weir constructed a film that uses multiple theatrical techniques to share the perspective of a director and an interpreter of the film to the audience.

The film starts off with Truman Burbank (Jim Carrey) who is a cheerful and dream-driven individual living in Seahaven, a town based on the American Dream in the 1950s era. With the picturesque life where Truman has everything he could possibly need or want, he strangely suspects that he is constantly being watched by the vibrant citizens of Seahaven. He later comes to realise that his forementioned suspicion had been reality all along; Truman's whole life of almost thirty years had been caught on camera and streamed live for the rest of the world to see.

With *The Truman Show*'s actors' rising popularity during the 1990s, great filmwork and a plot that allows the audience to think, it was truly no surprise that this film had made a mark on the history of drama films. Jim Carrey accepts the role of a naive, yet curious man who later figures that his whole life has been filmed with no second of privacy escaped from the insatiably probing lenses of cameras. Though *The Truman Show* has so much to offer, Jim Carrey's efforts as the main star in the film deserves further recognition.

It is easy to reenact an image, experience or individual that one is familiar with, though it is hard to pick up the idea of how someone would react when they figure that they have been recorded their entire life without an idea of what to do or what that would look like.

Continued next page.

To see Carrey's full efforts in a recreation of an innocent character who later becomes aware with maturity is something worth watching for 1 hour and 43 minutes, especially the comparison between the scene where Truman goes to purchase a magazine within the bustling crowds of Seahaven as shown for the first time, and when the point of Truman hits the wallpaper of the filming set near the end of the movie. When Carrey impersonates the character of Truman in the first aforementioned scene, it is clear to the audience that Truman is a bright and optimistic person through the interaction between himself and the people around him. This can be said as we can see Truman offer a friendly, charismatic smile as he jogs onto the pavement in front of the magazine store and lends the shopkeeper change for a magazine that he intends on purchasing. "That's the whole kit and kaboodle", Truman responds to the shopkeeper when they ask him if that is all he wishes to buy for the time being. With an inviting and warm tone, Carrey displays that Truman is comfortable with the citizens of Seahaven which indirectly encourages them to be so too. In addition to this, we can also see Truman near the ending scene strike the set's wallpapers in the midst of an ocean. The struggle and desperation in Truman's face and overall body language is easily delivered from Carrey, allowing the audience to react empathetically to Truman's efforts. This brilliant distribution of Jim Carrey's impersonation of Truman and the display of Truman's character development throughout the movie makes the film a lot more interesting with a sense of realism to it.

The Truman Show can highlight a sense of importance to one's perspective of reality. Philosophical films that touch on topics relating to the environment force audiences to think, and *The Truman Show* does exactly that. *The Truman Show* revolves around the idea of reality, the question of whether the world that the population is surrounded with is real or not. Though many may think that *The Truman Show* is based on the philosophy of the composition of reality, it can also be in regards to an individual's perspective of reality. Just as many say, everyone is different and so is their way of perceiving things. With this in mind, *The Truman Show* can remind viewers that a satisfied perspective can be deceiving as there is always something to overcome. This is shown through the film as Truman lives in a society where everyone is comfortable and happy, which Truman also feels as he grows up to have everything he could want or need, until he comes to figure that remaining in Seahaven (remaining satisfied with what you have) will only lead to lack of truth.

This film is rated PG, meaning that it is appropriate for all ages though it would be safer for younger audiences to watch with their guardians. An ideal target audience, however, could possibly be anyone above the age of 10 or individuals who enjoy questioning the nature of life. Though, viewers who do not enjoy a quick plot and a cliffhanger may get rather frustrated with the structure of the film. *The Truman Show* is an overall entertaining movie, everything being cleverly placed according to the storyline and elements that have not been stated clearly but still take part of the show on a different level. It is almost as if the only flaw that *The Truman Show* really has is that there is a short cliffhanger.

GET TO KNOW THE *Teachers*

JOSH MATSUBARA

Your role at Manor Lakes P-12 College:
Health and PE Teacher and Basketball Academy coach.

Years teaching at Manor Lakes: First year.

First school you taught at: Manor Lakes P-12 College

Favourite subject when you were at school:
Easily PE

Advice you would give your teenage self: Be true to yourself and stand up for what's right.

Hobbies: Watching and playing basketball and soccer, international relations, history, podcasts, and enjoying movies and TV shows with my wife.

Favourite food: Vegan crispy chicken

Hidden talent: Community organising

Song recommendation: *Broken* by Netsky

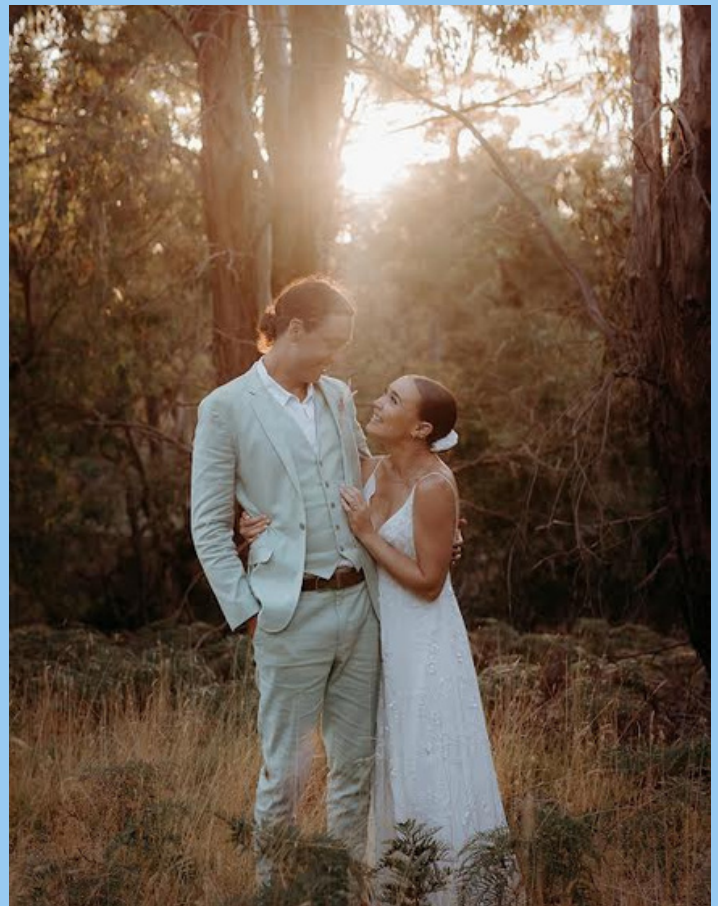
Favourite book: *The Bone Season* series by Samantha Shannon

Inspirational quote:
“You must be the change you wish to see in the world.” – Mahatma Gandhi



“ I take action because I know what other people are going through. ”

Josh, Geelong
Local Group Coordinator
GREENPEACE





Book Review

From The School Library



THRONE OF GLASS by Sarah J. Maas

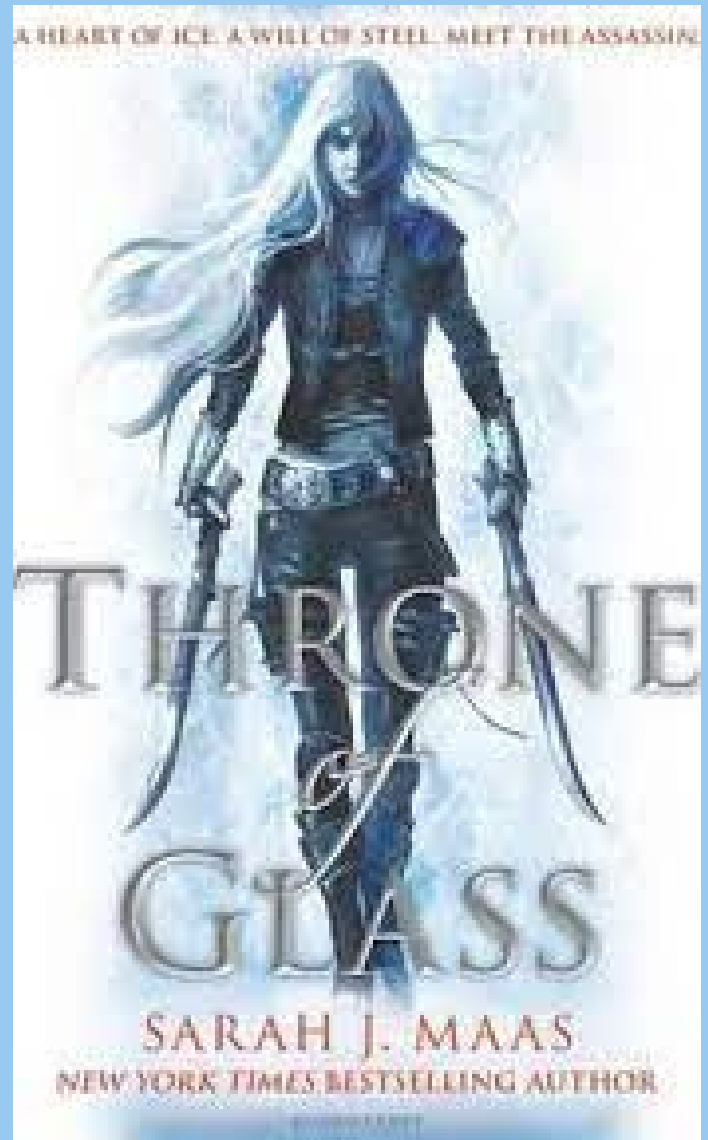
Throne of Glass is a young adult fantasy text written by Sarah J. Maas. This was the author's first book and it was inspired by Cinderella but is quite different. Originally, Maas started to remake Cinderella's character but this soon gave birth to Celaena Sardothien – "Beautiful. Deadly. Destined For Greatness."

Throne of Glass is about 18-year-old Celeana, who is serving a life sentence in the dark, filthy mines of Enovier. She was trained to be an assassin, the best of her kind, but she made a huge mistake: she got caught. Captain Westfall offers her a deal: her freedom in return for representing the prince in a tournament where she must fight the most gifted thieves and assassins in the land. Whether she lives or dies, Celeana will finally be free.

Throne of Glass was a very good and interesting book – in fact, one of my favourite books. Maas beautifully describes her settings and the worlds she creates, and this book was no exception. The way she describes everything adds more meaning to the text and gives a deeper insight into the surroundings.

I really admired the female lead because of how strong she was and the way she handled any situation thrown at her. However, I found it hard to relate to other characters, but that is something I often feel with fantasy texts. The characters and settings are described so differently that I find it hard to imagine in the real world, and as a result it is difficult to relate to the characters.

Review by Anshika Handa



My rating:

9.2 / 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

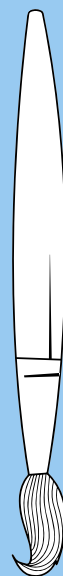
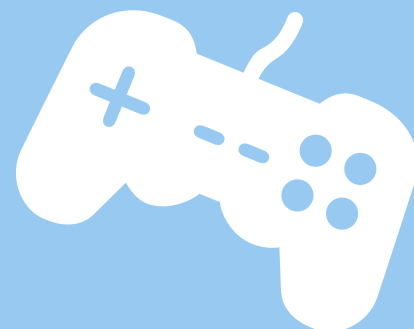
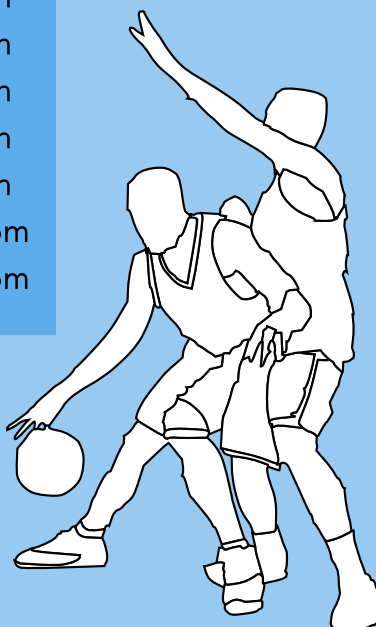
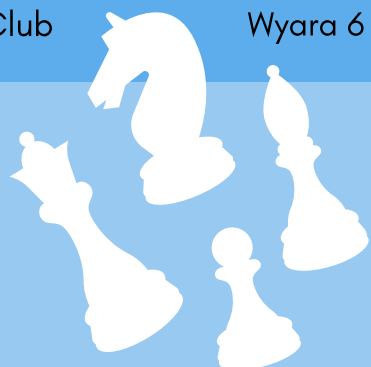
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

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>



Eye Spy

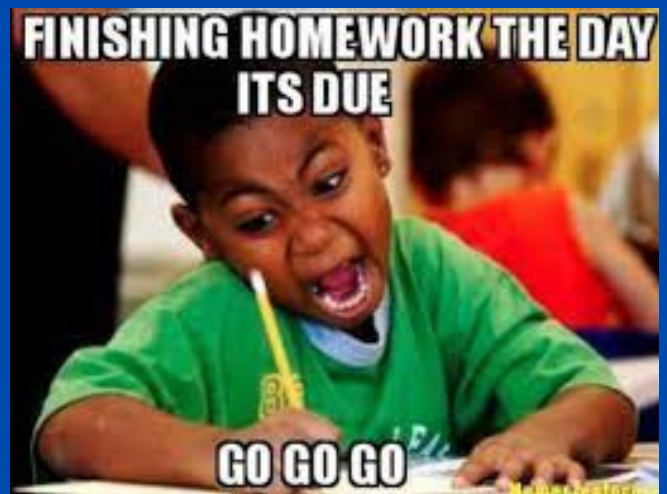
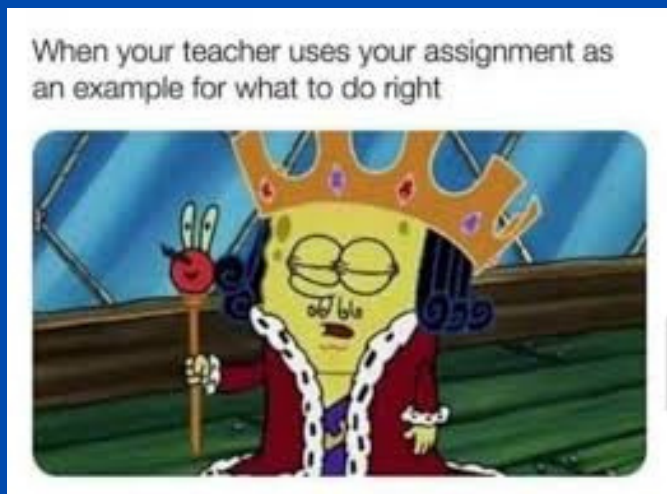
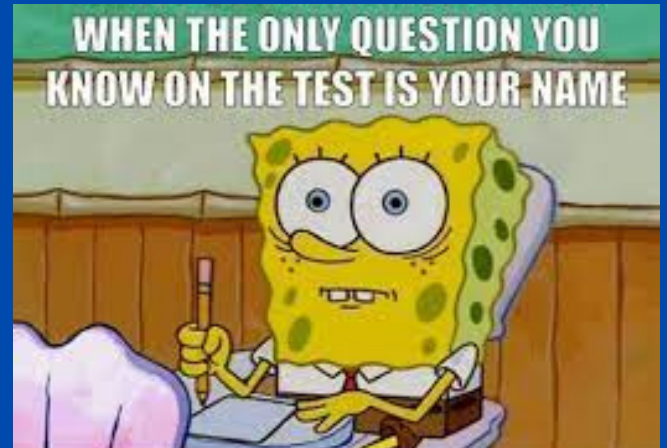
1st: 20 house points

2nd: 10 house points

3rd: 5 house points

Email us your guess!

MEMES OF THE WEEK



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!