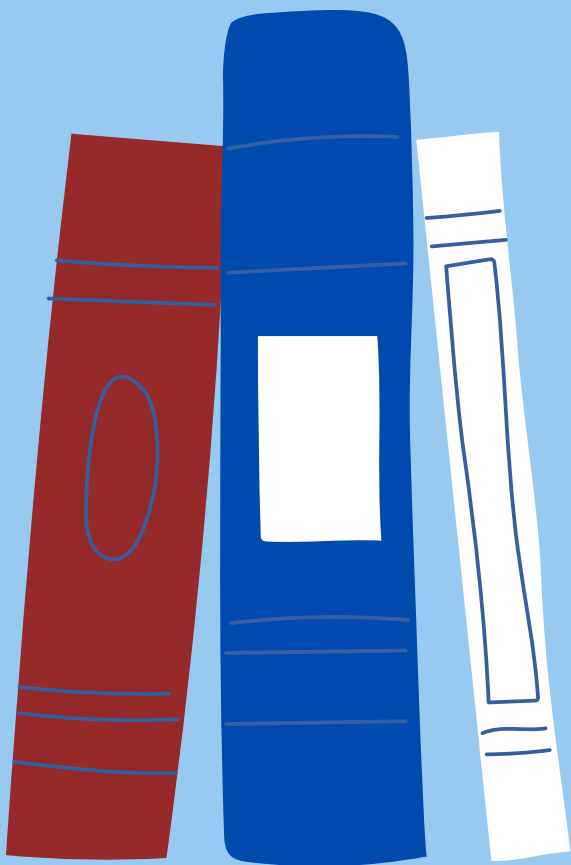




Manor Lakes p-12 College

SECONDARY NEWSLETTER



WEEK 6, TERM 1

SAVE THE DATE

- Friday March 11 – Curriculum Day
- Monday March 14 – Labour Day (public holiday)
- 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

What has one eye
but can't see?

Email us your answer to win house points!

Shout Outs

Year 7:

- Isabella Scott – For her fantastic work in the Environmental Awareness Club and creating a lovely poster from scratch.
- Teddy Watson – Academic excellence and fantastic behaviour.
- Chase Griffin – Academic excellence and fantastic behaviour.
- Gurwinder Singh – Excellent behaviour in maths and always contributing to class discussion.

Year 8:

- Tulba Maker – For volunteering his recesses and lunchtimes over three weeks to help create the Home Group Board.
- Sanidhya Silori – For volunteering his recesses and lunchtimes over three weeks to help create the Home Group Board.
- Duncan Musongo – For a great start to Year 8 English and continuing to show a great work ethic.
- Cory Busuttil – For working hard in Wood Tech to complete the project.
- Ariaahna Buxton-Green – For working hard in Wood Tech to complete the project.

Year 9:

- Tyla Fedele – Willing to be the first to present and doing a great job.

Year 10:

- Noah Hoeft – Aiming high. Noah always works hard in class and always helps others with their work as well.
- Ethan Allen – Always remaining on task when working individually and always being willing to support peers in Drama.
- Nicholas Palacios – Aiming high and an excellent performance in science.
- Joachim Mascarenhas – Completing all tasks in Computing elective.

Year 11:

- Ash Furphy – Always contributes in class and completes their work to a high standard, before helping others with their work.
- Damien Falamoe – Being ahead in general maths, and correcting and fixing errors in work to achieve a better result.
- Haylee Vessel – Being organised and getting through work while absent.
- Amy Francis – Working very hard on her English draft.

Year 12:

- Cohen Kana – Working hard in Biology and participating in discussions.
- Molley Varga – Always coming to class prepared and actively participating.
- Kuol Mach – Has a go and works hard – All. The. Time.
- Ryan Fernandes – Always engaged with subject content in Data Analytics and participating in class discussions.

VCAL:

- Jack Harkins – Always striving to do his best.
- Wah Sar Lay – Always giving a fantastic effort to all of her learning tasks.

Diabetes - Our Personal Stories

By Cara Cormick

Diabetes is a serious problem in Australia. About 1.8 million Australians – 7% of the population – live with the chronic condition.

The most common form of diabetes is type 2 diabetes, which affects the way the body processes blood sugar (glucose). High blood sugar levels can lead to disorders in the body's circulatory, nervous and immune systems. Less common is type 1 diabetes, which occurs when your immune system (the body's system for fighting infection) attacks and destroys the insulin-producing cells of the pancreas.

Here, we share the personal stories of a Manor Lakes P-12 College teacher with type 1 diabetes, and a student with type 2 (me).

A Teacher's Perspective – Type 1 Diabetes

Ms Ashleigh Janky, a sociology teacher, was diagnosed with type 1 diabetes when she was just nine and in Grade 4. She'd been drinking a lot of water and was going to the bathroom a lot. She'd also lost her energy and was regularly feeling very ill.

Her parents took her to a doctor, who did a test that showed her blood sugar levels were really high. She was rushed to hospital and spent a whole week there. The diagnosis came out of nowhere.

"No one in my family had diabetes but three of my friends in primary school had it, so I knew a little about it before I was diagnosed," Ms Janky said. "Type 1 diabetes does not have any causes we know of yet, so at the time there was nothing I could do to prevent it. And I was really lucky because my mum caught on really early so I could get help really early."

Asked what she would tell her nine-year-old self, Ms Janky said: "It gets easier to manage, and every year they release new equipment to help me look after my diabetes. Nine-year-old me would be so excited that I now wear a continuous glucose monitor (CGM), which means I don't have to prick my finger anymore and that my insulin pump takes care of a lot of my levels for me."

Ms Janky researched diabetes so extensively that at the age of 10 she became an ambassador for the Juvenile Diabetes Research Foundation. In that role, she had the amazing opportunity to speak to politicians at the Parliament of Victoria about what it was like living with diabetes, and she tried to convince them to help out with diabetes research.

People like Ms Janky with type 1 diabetes normally have their levels under control, but not always. "No type 1 diabetic is perfect. It is okay to have some bad days. I still have bad days occasionally," she said. *(Continued next page)*



Sociology teacher Ms Ashleigh Janky was an ambassador for the Juvenile Diabetes Research Foundation. She spoke to politicians, including Liberal powerbroker Kim Wells, at the Parliament of Victoria.

Diabetes - Our Personal Stories (continued)

If you have type 1 diabetes, your health care provider may recommend you test your blood sugar 4-10 times a day, including before meals and snacks, and before and after exercise. Ms Janky used to check her levels four to six times a day, but now that she uses a CGM (continuous glucose monitor) she only has to test two-three times a day.

"I wake up every morning and test my levels. I then put this in my pump and give myself insulin if needed," she explained. "Throughout the day before I eat, I tell my pump how many carbs are in my food and then put in enough insulin to cover those carbs. I also test at lunch and before I go to bed. If I am exercising, I must be careful my levels don't drop below 4.0 or I could be very ill and potentially go into a coma. If they do drop low, I must have some sugar to bring them up."

So Ms Janky can have a little sugar if she needs it. "Because I am on a pump I don't have to cut out sugar completely. However, I still can't have high-sugar food like soft drinks, lollies, icy poles, milkshakes, chocolate, etc. But I can still have little amounts of sugar if I put in insulin to cover that sugar amount," she said.

Ms Janky's perspective of the difference between type 1 and type 2 diabetes is that type 1 is more often diagnosed younger and we still don't know its causes, while we have more understanding of the origins of type 2 and there are more ways to manage it without insulin.

"My pancreas does not make insulin at all and I must give myself insulin to live, whereas some (people with) type 2 do not have to give themselves insulin," Ms Janky said.

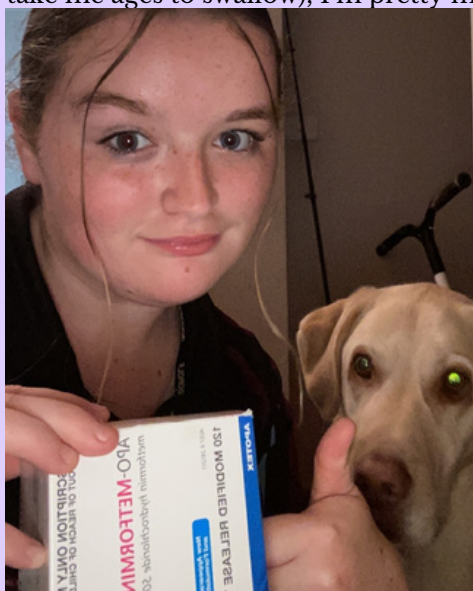
A Student's Perspective – Type 2 Diabetes

I was diagnosed with type 2 diabetes only last year, when I was 15. It came as a real shock because the doctor stumbled across it after testing me for something else. I was actually tested for hyperthyroidism (an overactive thyroid) and luckily the result was negative, but that's when they noticed I had high blood sugar levels. I was always a chance to develop diabetes because it's a genetic condition and my grandmother has it.

It was an extra complication that I didn't need because I already had celiac disease – I can't eat gluten. So I've found it hard to deal with diabetes as well. I could do many things to manage it better, but it's hard following a no-sugar diet when I'm also on a celiac diet. It's hard to resist sugary treats – what teenager doesn't love a sugar rush? – but I have to resist it or my blood sugar levels might get too high. I'm learning to listen to my brain and not my hands. Some days I don't have sugar at all, but on Fridays I indulge myself... just a little.

The diagnosis has helped me lead a healthier life. Beforehand I'd get frequent headaches. I just thought it was normal until my diabetes educator told me they were a symptom. Since then, the headaches have stopped.

My average day as a type 2 diabetic is very different to that of type 1 diabetics like Ms Janky. I don't need to check my levels anywhere near as often and, apart from the sugar-free challenge and the fact that each night I have to take small tablets (which take me ages to swallow), I'm pretty much like anyone else.



Year 11 student Cara Cormick (and her dog Charlie) with the Metformin medication she takes for her type 2 diabetes.

SYMPTOMS – TYPE 1 DIABETES

- Increased thirst
- Frequent urination
- Bed-wetting in children who previously didn't wet the bed during the night
- Extreme hunger

SYMPTOMS – TYPE 2 DIABETES

- Increased thirst
- Frequent urination
- Headaches
- Fatigue
- Slow-healing sores

GET TO KNOW THE *Head of School*

BILLY VASILEVSKI

Your role at Manor Lakes P-12 College: Head of School (Years 7-8)

Number of years at Manor Lakes: 3

First school you taught at: Carranballac College in Point Cook

Favourite subject when you were at school: Multimedia and Maths

Advice you would give your teenage self: Invest in Tesla

Hobbies: Riding/building motorcycles, hiking, camping

Favourite food: Chicken schnitzels

Hidden talent: Mind-reading

Song recommendation: *Never Gonna Give You Up* by Rick Astley

Favourite book: *A Song of Ice and Fire* series

Inspirational quote: *In the end, it's not the years in your life that count. It's the life in your years.*





LOVE FOOTY?

JOIN THE AFL ACADEMY!

**EVERY THURSDAY MORNING
7:20 - 8:20AM
COMMUNITY OVAL**

Manor Lakes College's AFL Academy is looking for more team members. All secondary school students are welcome.

For more information, contact:

joshua.dukakis@manorlakesp12.vic.edu.au

aiden.arandez@manorlakesp12.vic.edu.au

What's On

WHO? ANYONE BETWEEN 12-17 YEARS OLD

WHEN? 3.15PM MON & WED

WHERE? MANOR LAKES SECONDARY COLLEGE
2/50 MININDEE RD, WYNDHAM, VALE, VIC 3024

OUTLET provides young people the opportunity to enjoy basketball in a no-pressure environment. With top-level coaching available to work on your skills or just enjoy some fun basketball themed games, this program is open to anyone, regardless of skill level.

If playing isn't for you, there will also be the opportunity to gain experience in coaching, and refereeing. The training you receive in this program could lead you straight to a paid coach or referee position.

Outlet also exposes young people to better themselves off the court through sessions on leadership, employability, cultural identity, mental health and more delivered by partner organisations with further opportunities to be pursued in other fantastic programs.

Outlet is open to anyone between the ages of 14-17. Use the QR code to register for our amazing **FREE term 2 program** and get your head start on the competition today!

WHY WAIT?!
USE THIS QR CODE TO
REGISTER NOW!*



***ONLY WHILE SPOTS LAST**



Phone Jackson Taylor for more info: 0429 962 130
or email jackson.taylor@basketballvictoria.com.au

What's On

Robotics Mission to Mars Program:

Would you like to take control of a Robotic Mars Rover?

Take on the role of an Engineer or Scientist in Mission Control to direct a real Mars Rover!



This project will give you a taste of robotics, geology, and teamwork required to successfully manage a robotic rover on the surface of Mars. You will complete an online preparatory program and come together with other students in Mission Control at VSSEC to operate a rover on Mars over a 2-hour period.

Your challenge will be to successfully control a rover on the surface of Mars; to drive it to a location of your choice, operate that instrument and analyse and interpret the data obtained.

This program runs on weekends and during school holidays at the Victorian Space & Science Education Centre, in Strathmore.

This **FREE** program is supported by the [Victorian Government Challenge and Enrichment Series](#).

Who can apply?

Victorian government school students from Years 7 to 12.

Send this to a friend (or 10 😊) and come participate in an eventful day and broaden your understanding of robotics and remote interplanetary robotic operations!

Apply Now!

Visit <https://www.vssec.vic.edu.au/rmtm-challenge-enrichment/>, and register your expression of interest by selecting 'Sign Up'!

Once you have signed up more information will be sent to you regarding dates/times, and preparatory material for the day. You will be placed in a working group with a maximum of 24 students in each session.

For any concerns or questions, please contact challengeenrichment@vssec.vic.edu.au

What's On

INTERACT CLUB

The Interact Club is holding a collection drive for the people in need and is asking for donations of food cans and unused items. Please deliver items to Ms Underwood's office in Eyre, or the Burley Griffin office, between March 7-18. The goods will be donated to the Wyndham Hearts in Hands charity. Help us by donating. Every little bit matters! The Interact Club, run by Ms Underwood, meets Wednesday lunchtimes in Victoria 1.

2022

FOOD AND CLOTHING DRIVE

Help us gather supplies for the less fortunate by bringing any donations ranging from;

- non perishable foods , clothing, children's books and novels, blankets, toys, school supplies...

COLLECTIONS FROM MARCH 7-18
IN EYRE LIBRARY



DONATIONS TO GO TO
WYNDHAM HEARTS IN
HANDS



Weekly Clubs

MONDAY

| | | |
|---------------|-------------|-------|
| Choir | Amadeus Hal | 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

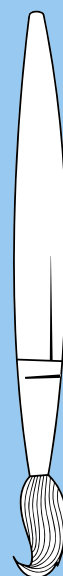
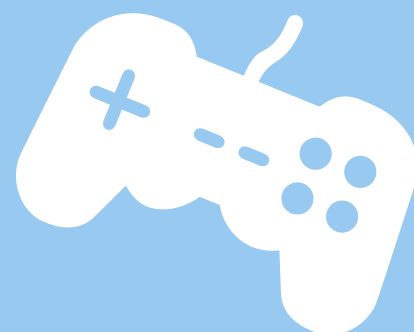
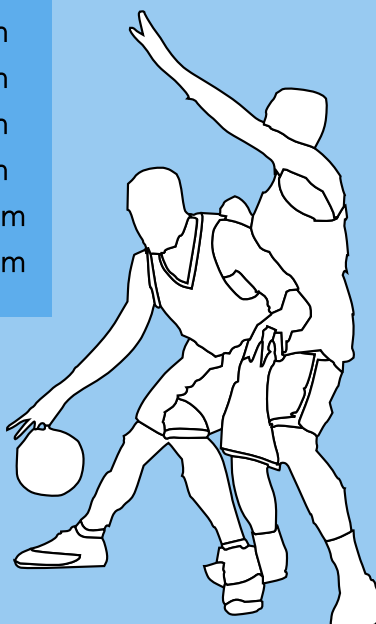
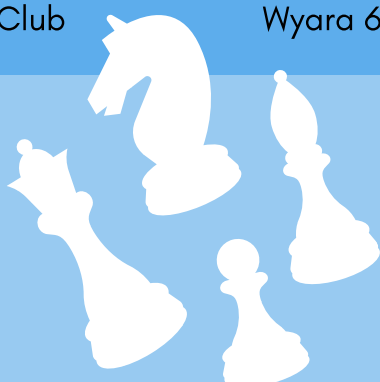
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| Music | Amadeus | Lunch |
| Gaming | Illawara 1 | Lunch |
| Debating | George 2 | Lunch |
| Rubik's Cube | Eppalock 4 | Lunch |
| Newsletter | Victoria | 3:00pm |

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

Ferguson/Plarre – Manor Lakes, customer service and barista
indeed.re/35rbIzt

Bubblecup – Hoppers Crossing
indeed.re/35rbIzt

Sahebi Juice/Café – all rounder. Werribee
indeedhi.re/3CdeiVU

City Chic Collective – Werribee Plaza
bit.ly/3Mjo2Cw

Sales Assistant – Casual – Rivers Werribee
indeedhi.re/3Mg6Rlf

Snitz – Team Member -Werribee
indeed.re/3HIkpCp

Front of House Staff – Bobby Dre's Werribee
bit.ly/347S5vB

TKMaxx – Sales Assistant – Plaza
indeedhi.re/3HIkpCp

Part Time Retail Shop Assistant
bit.ly/3C6V4RA

Team Member- Sushi Sushi – Wyndham Vale
indeed.re/3HIkpCp



Eye Spy

1st: 20 house points
2nd: 10 house points
3rd: 5 house points
Email us your guess!

MEMES OF THE WEEK

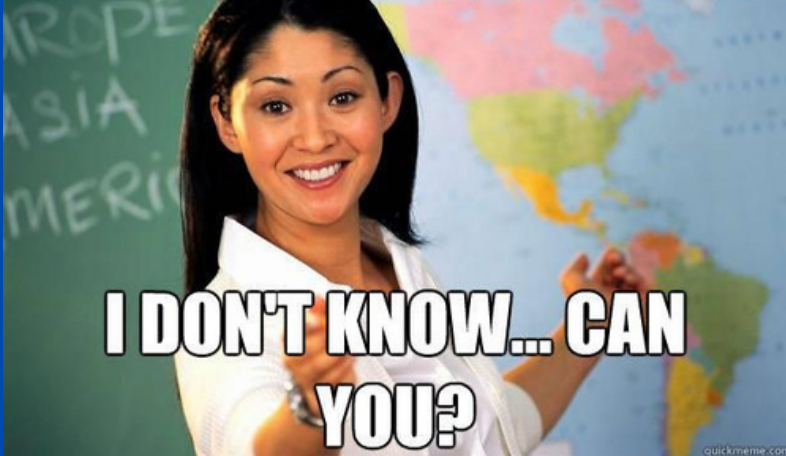
When the teacher asks who is presenting next.



When the teacher uses your name as a good example



ASK "CAN I GO TO THE BATHROOM?"



I DON'T KNOW... CAN YOU?

Teacher: *punishes class for being loud*
The students who were actually behaving:



THE TEAM

Ruby Collins, Year 11
Cara Cormick, Year 11
Edna Manvi, Year 11
Natasza Evans, 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!