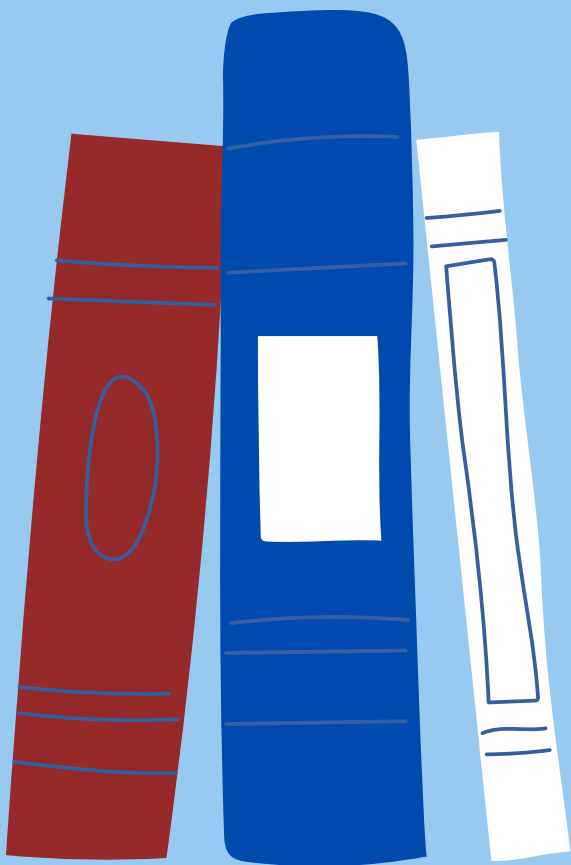




# *Manor Lakes p-12 College*

## SECONDARY NEWSLETTER



### WEEK 7, 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

How many  
hearts does an  
octopus have?

Email us your answer to win house points!



# Shout Outs

## Year 7:

- Gler Nah Lay Htoo – Excellent behaviour and learning in EAL and humanities.
- Garshom Tafere Bezabih – Excellent effort in Humanities and for being a model student.

## Year 8:

- Riddhi Prajapati – Always engaging in the English lesson and trying her best.
- Marina Kunen – Great work ethic during English lessons.
- Semisi Vaea – Great work ethic during English lessons.
- Chelsea Penpraze – Great work ethic during English lessons.

## Year 9:

- Liliani Tali – Consistently coming to Humanities with all her materials, ready to listen and learn.
- Kain Lambley – Great participation during Art class discussion and analysis.
- Ethan Scicluna – Great participation during Art class discussion and analysis.
- Mia Stefulj – Great participation during Art class discussion and analysis.

## Year 10:

- Kay Tha Sin Paw – Excellent work in Oral Presentation S/N task

## Year 11:

- Khushmeet Kour – Completing work to a high standard in English.
- Daniel Yang – Showing progress and commitment in VCE EAL work.
- Daniel Tarrant – Excellent work ethic and contribution to discussions in English.
- Anshika Handa – Excellent work ethic and contribution to discussions in English.

## Year 12:

- Eve Anderson – Completing all the work set to a very high standard even when she is away from class.
- Cohen Kana – Consistent improvement and active participation in VCE English.
- Joanne Nguyen – Helping the student leadership team clean up rubbish in the yard.
- Shibel Nebu – Helping the student leadership team clean up rubbish in the yard.

## VCAL:

- Jacob Knight – Great work taking orders for VCAL Café.
- Taliata Baice – Great work in the VCAL Café.

# What's On

## VOLLEYBALL VICTORY

*By Ruby Collins*



Congratulations to the Year 9/10 boys volleyball team for advancing to the next round after an exceptional performance at Eagle Stadium this week.

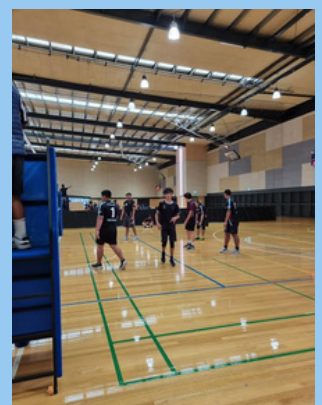
The boys were undefeated in their four games against other schools from the Wyndham area.

They beat The Grange, which has been Manor Lakes' toughest competition and sworn enemy for many years, as well as Tarneit Senior, Hoppers Crossing in the semi-final, and Werribee Secondary in the grand final.

The Year 9/10 girls team also produced an impressive effort, winning two of their three games. They defeated Wyndham Central and Tarneit Senior, but unfortunately they didn't progress to the next round due to their lower percentage.

Well done to the captains of both teams, Kytel Paul (Year 9) for the boys and Krisdyna Nelu (Year 10) for the girls, for demonstrating great leadership and sportsmanship.

The boys are set to play next term against winners from different regions. Good luck, boys.





# What's On

## ENDOMETRIOSIS AWARENESS WEEK

*By Cara Cormick*

Endometriosis is often a painful disorder that can affect women at various stages of their lives – and it can start when they are teenagers.

Endometriosis is a condition in which tissue that normally lines the inside of the uterus grows on the outside: on ovaries, fallopian tubes, bowel and tissue lining the pelvis.

The most common symptoms are pain and menstrual irregularities, but can also include lower back pain and discomfort during bowel movements.

There is no cure for endometriosis, but treatments such as hormone therapy and excision surgery can relieve symptoms.

If you suspect you might have endometriosis, you should see a medical professional. DO NOT diagnose yourself after doing a Google search.

It's estimated that one in nine Australian women develop endometriosis by their 40s. It causes tens of thousands of hospitalisations every year.

The disorder can last years and, in extreme cases, can even be lifelong.

There are four stages of endometriosis: minimal, mild, moderate and severe.

The cause of endometriosis is unknown, but there is a theory that it is caused by retrograde menstruation, which happens when the menstrual flow moves in the wrong direction. Some tissue shed during the period flows through the fallopian tubes into other areas of the body, such as the pelvis.

Women with endometriosis are more likely to suffer chronic fatigue syndrome, fibromyalgia syndrome (a disease that causes pain in the muscles, tendons and ligaments throughout the body), asthma, allergies and skin conditions such as eczema.

The disorder could also be genetic.

If left untreated, severe endometriosis can result in infertility and an increased risk for certain cancers.

For more information, visit [www.endometriosisaustralia.org](http://www.endometriosisaustralia.org).



# What's On

## CLASS AIMS TO SAVE THE RIVER

*By Heny and Jiya, 9C Enrichment*

The 9C Enrichment class has been busy investigating and researching the Werribee River after being given the opportunity to improve the sustainability of this ancient ecosystem.

With the assistance of the Werribee River Association (WRA), the class has been split into groups to tackle the threats the river is facing. Each group is developing a mini-project to save the river.

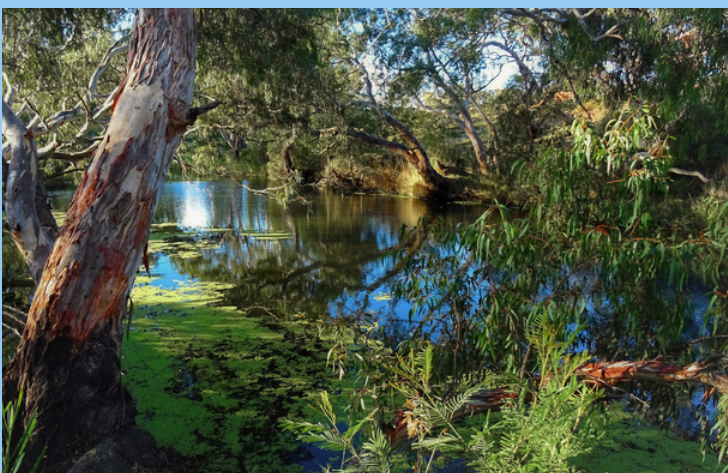
The students enjoyed a presentation from Charlotte, the WRA's education manager, who gave the class extended information about some local species and landscapes.

One of the most interesting aspects of Charlotte's talk was about the platypus, which is endemic to east and south-eastern Australia and can be found at Werribee River.

The platypus is part of the monotreme family (egg-laying mammals) and it is amphibious (can live on land and in water). It was also recently discovered that this magnificent creature is spectacularly biofluorescent, glowing blue-green under ultra-violet light.

The class also learned that the landscapes of Werribee were mostly formed by the gradual erosion and sedimentation of volcanic matter. Although the land has been reduced due to livestock farming, Werribee still has an abundance of vegetation and fauna.

However, the flora of the area has been dramatically impacted due to the developments taking place. For example, the population of yam daisies has been lowered by land clearing, water draining, grazing and ploughing of degraded soil.



*Year 9 Enrichment students are examining ways to save Werribee River (above left) and its inhabitants including the platypus (above right).*



# CLEAN UP AUSTRALIA DAY

A huge thank you to the students who attended the Clean Up Australia Day event during Friday lunchtime last week (March 4). It was a fantastic turn out. Due to the tremendous amount of rubbish around the yard, the volunteers got through only half the school. The Environmental Awareness Club will organise another clean up soon.

– Mr Matsubara



SAVE  
the  
PLANET





# What's On

## INTERACT CLUB

*By Natasza Evans*

The Interact Club started its charity drive this week. The club is collecting unwanted goods to give to those in need, so if you would like to make a donation, please drop off your goods at the donation boxes outside the staffroom in the Eyre library (see the image below).

They are collecting supplies including non-perishable foods, books, clothes, school supplies and toys.

The charity drive will run until Friday March 18, so be sure to get your donations in by then.

Give your unwanted belongings a second home so that they can benefit someone else. All collections go to Wyndham Hearts in Hands.





VCAL Cafe

# Photo Wall



Dance



Year 8 Alcoholism Presentation



Music



**NOW  
OPEN**

VCAL presents...

# Three Leaves Cafe

Tuesday, Wednesday and Thursday  
– recess & lunch –  
Hume courtyard and open space

Coffee, milkshakes, smoothies, snacks,  
toasties for all your snack and lunchtime  
needs

Cash only. EFTPOS coming soon.



# GET TO KNOW THE *Teachers*

## SAM HAGERTY

**Your role at Manor Lakes P-12 College:** Acting LS of Student Agency & Engagement

**Years teaching at Manor Lakes:** 5

**First school you taught at:** Clarendon Primary School in South Africa

**Favourite subject when you were at school:** PE and Food Technology

**Advice you would give your teenage self:**  
Nothing worth having comes easily. Appreciate what you have and always aim for more.

**Hobbies:** Travelling, beach days, markets, brunch, photography, taking my dog Ziggy on adventures.

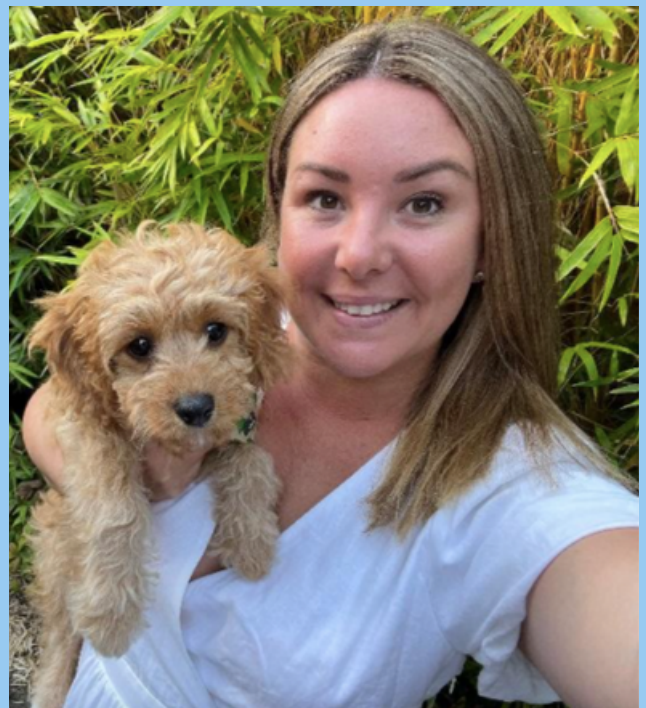
**Favourite food:** I've never met a cheese platter I didn't love.

**Hidden talent:** I'm a scuba diving instructor and have dived all over the world.

**Song recommendation:** *Haul* by Christian Loffler

**Favourite books:** *The Tattooist of Auschwitz* by Heather Morris, and *Atomic Habits* by James Clear

**Inspirational quote:** "*I never lose – I either win or I learn.*" – Nelson Mandela





# 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

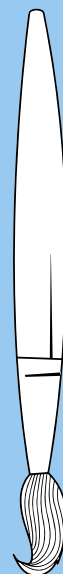
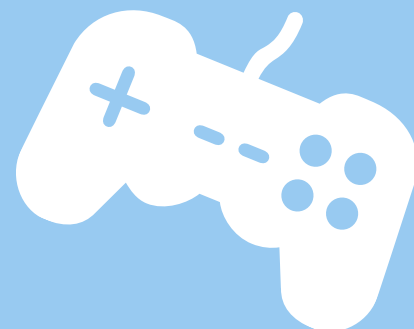
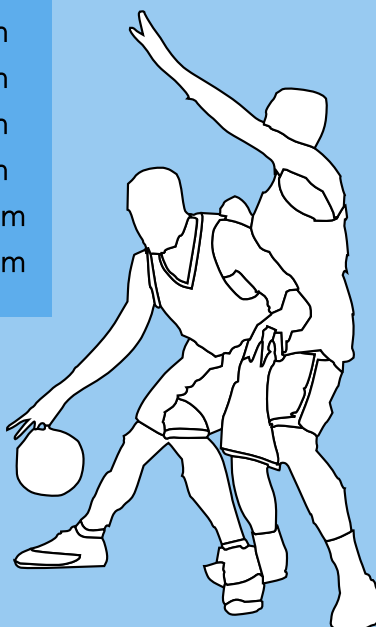
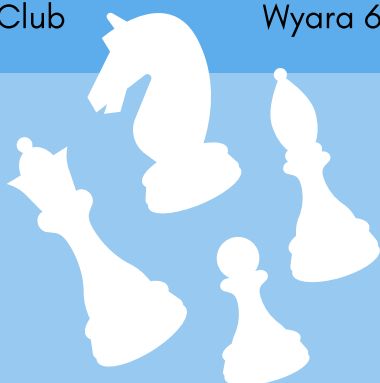
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

## 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

Ferguson/Plarre – Manor Lakes, customer service and barista

[indeed.re/35rbIzt](https://indeed.re/35rbIzt)

Bubblecup – Hoppers Crossing

[indeed.re/35rbIzt](https://indeed.re/35rbIzt)

Sahebi Juice/Café – all rounder. Werribee

[indeedhi.re/3CdeiVU](https://indeedhi.re/3CdeiVU)

City Chic Collective – Werribee Plaza

[bit.ly/3Mjo2Cw](https://bit.ly/3Mjo2Cw)

Sales Assistant – Casual – Rivers Werribee

[indeedhi.re/3Mg6Rlf](https://indeedhi.re/3Mg6Rlf)

Snitz – Team Member -Werribee

[indeed.re/3HIkpCp](https://indeed.re/3HIkpCp)

Front of House Staff – Bobby Dre's Werribee

[bit.ly/347S5vB](https://bit.ly/347S5vB)

TKMaxx – Sales Assistant – Plaza

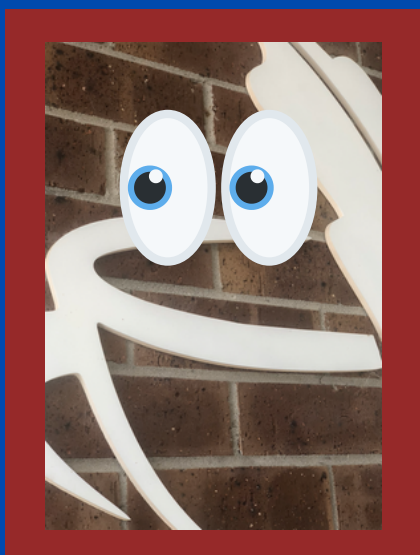
[indeedhi.re/3HIkpCp](https://indeedhi.re/3HIkpCp)

Part Time Retail Shop Assistant

[bit.ly/3C6V4RA](https://bit.ly/3C6V4RA)

Team Member- Sushi Sushi – Wyndham Vale

[indeed.re/3HIkpCp](https://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

Teacher: Has everyone finish writing?

Whole class: Not yet.

That one student: Yes.

\*Teacher erases board\*

Whole class:



Option A: 567.89

Option B: 455.78

Option C: 0.3467

Option D: 0.7743

My calculator: **Abraham Lincoln**

Me:



Exam question: What's 2+3?

My heart: 5

My friend: 5

God: 5

My brain:



9 y.o. me  
seeing  
letter in  
math



16 y.o.  
me seeing  
number in  
math

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

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