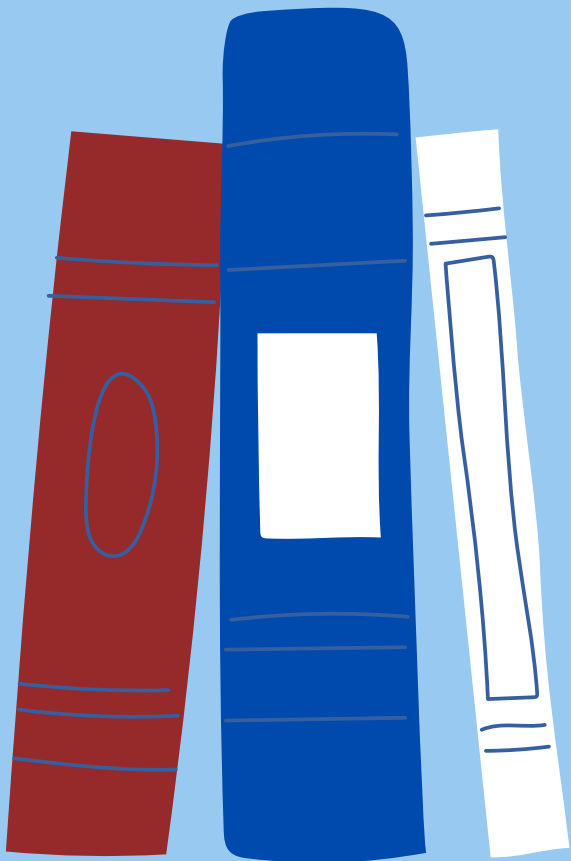




Manor Lakes *p-12 College*

SECONDARY NEWSLETTER



WEEK 4
TERM 3, 2022

INSIDE

1. Shout Outs
2. Peyton's Bullseye
3. Tuariki Brothers Step Up
4. How To Calm Our Teenage Rage
5. Adversity Walk – Supported VCAL
6. Principals' Day
7. Leadership Lessons For Year 9 Duo
8. Year 9 Software Development
9. Enrichment – Maths Competition
10. The Big Clean-Up
11. Girls' Basketball/Boggle Winner/Young Person Of The Month Award
12. Book Review
13. Special Offer – Melbourne Storm
14. Stem 4 Girls – Year 11 & 12
15. New School Podcast – Manorisms
16. Join Our Team
17. Weekly Clubs
18. Words of Wisdom / Meme of the Week / House Points

SAVE THE DATE

- Thursday August 18 – Clubs Expo
- Friday August 26 – Student-free day – Professional Practice Day for teachers
- Friday September 16 – Term 3 ends

THE TEAM

Ruby Collins, Year 11
Cara Cormick, Year 11
Edna Manvi, Year 11
Anshika Handa, 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!

Shoutouts

Year 7

- Qumorah Muese-Asiata – Trying his best to learn Maths and transition to his new school.
- Hamza Shabani – Excellent efforts and aiming high in EAL.
- Lacey Holmes – Always showing a positive attitude in the classroom, listening to the teacher and writing notes in Maths.

Year 8

- Havva Sheik Sindha Madhar – Creative and expressive use of colour on Geography field sketch.
- Solomon Lotara – Demonstrating commitment to learning and persistence to grow in attitude and work ethic, showing huge amounts of progress in his English classwork and mature active learning skills.
- Shiv Raval – Asking clarifying questions in English.

Year 9

- Delinda Tune – Consistently aiming high in Maths.
- Finehase Weldeaman – Continued efforts in English work.

Year 11

- Arshdeep Kaur – Consistently engaged in her studies.
- Jacob Fenollar – Assisting teachers with tasks.

Year 12

- Naomi Murgatroyd – Working hard to organise Year 12 graduation.
- Cohen Kana – Consistently engaged in all subjects.

VCAL

- Matt Moise – Being up to date with all work in Literacy and Integrated.
- Xavier Murphy – Collecting the most rubbish in our VCAL school clean-up.
- Jordan Byrne – Collecting the most rubbish in our VCAL school clean-up.



PEYTON'S BULLSEYE

Year 8 student Peyton Jarosz excelled herself at the recent 2022 State and National Indoor Archery Championships, becoming both the Victorian and Australian champion for her age division.

Peyton competed over two days during the July school holidays and proved too good for her opponents in the under-14 female recurve division.

Amazingly, our young sharpshooter took up archery less than a year ago!

If fast-learning Peyton continues her current rate of development, who knows what she might achieve in the sport.

Peyton has now set her sights on working towards gaining acceptance into the state and national training squads.

Congratulations, Peyton, and good luck!



TUARIKI BROTHERS STEP UP

Our talented Tuariki brothers, David (Year 10, below right) and Emmanuel (Education Support, below left), continue to impress with their development as rugby league players.

Both star siblings have been selected to represent Victoria in Combined Affiliated States (CAS) teams – David at under-17 level on the Gold Coast in September, and Emmanuel in the men's team despite the fact he won't turn 19 until later this month.

David Tuariki is a potential National Rugby League prospect. Earlier this year he had the honour of being one of only five boys in Australia selected in Melbourne Storm's Hurricane Academy.

He has followed the excellent example set by Emmanuel (MLC class of 2021), who captains the Storm's under-19 team and continues to be a good role model for our school's Rugby League Academy.





By Ruby Collins

Adolescence is the time when our emotions are constantly up and down and changing. We face the stress of studies as we prepare for an exciting yet daunting future, everything our parents say seems to annoy us, and then there's the poor WiFi connection and the tough decision of what outfit to wear.

But instead of dwelling on negative emotions, we should accept and release them.

Here are some ways you can do just that, to ensure your teenage rage doesn't take over and get out of control.

- Go for a walk.
- Listen to your favourite song.
- Listen to meditation music.
- Have a chat with a friend.
- Write down your thoughts in a journal/diary.
- Rewatch your favourite comfort movie or series.
- Create a list of things you're grateful for.
- Practice yoga.
- Sit in your backyard or a park and observe nature.
- Clean your bedroom.
- Draw or colour in.
- Go for a bike ride.
- Cook a meal.
- Workout.

ADVERSITY WALK – SUPPORTED VCAL



By VCAL Staff

On Tuesday August 2, Supported VCAL students were tasked with doing a non-stop walk to raise money for charity, and to show understanding of what adversity is, and what it takes to overcome it.

Students were asked to find people to sponsor them for each lap they completed of the 192-metre athletics track between 9am and 3pm.

During our coursework we have looked at homelessness and seen how people battle to survive, and this inspired our students to do their best.

The attitude of all students was outstanding. They powered through the first two sessions of the day, racking up the laps with no fuss or bother. As the wind picked up and the cramps set in, the students pushed themselves through any pain barriers to motivate and inspire each other to continue.

With the lap count getting higher and higher, 100 laps became the target for many. By lunchtime, with wind gusts hitting 50km/h, effort levels continued to increase and the students kept pushing right to the end.

Amazingly, five students completed at least 100 laps, which is equal to walking 19.2km. The top 'lapper' was Nathan with 120 laps (23.04km). All students completed at least 10km – an unbelievable achievement. The combined distance covered was a staggering 214km.

The money raised will be donated to Yellow Ladybugs, who help teenage girls with ADHD and autism.

The staff in Supported VCAL would like to thank everyone who sponsored the students, but the **BIGGEST CONGRATULATIONS** needs to go to the students, who were exceptional in the face of adversity. They never quit when their bodies were telling them to, and they drew inspiration from each other but also from deep within.

We're so proud of you all!



PRINCIPALS' DAY

Today (Friday August 5) we recognise all the hard work and dedication displayed by our wonderful principals – College principal Steve Warner, Secondary principal Renee Liprino and her assistant principals Penelope Owens (Years 7-9) and Samuel Watkins (Years 10-12), Supported principal Francesca Ahearn and her assistant principal Katie Lovegrove, Wellbeing principal Elyse Melvin-Hill, Primary principal Mike Lanyon and his assistant principals Daniel Condon and Emily Batchelor.

Manor Lakes P-12 College is a big school, and when you add to that all the complexities associated with the COVID-19 pandemic, the jobs of our principals have been made considerably more difficult. However, their efforts in these trying circumstances have not gone unnoticed by the students, teachers, staff and the broader school community.

So from the 3000+ of us on campus, a huge THANK YOU to the entire principal team. You should be very proud of your achievements.



College principal Steve Warner



Secondary principal
Renee Liprino



Secondary assistant
principal Penelope
Owens (Years 7-9)



Secondary assistant
principal Samuel
Watkins (Years 10-12)



Primary principal Mike
Lanyon



Primary assistant
principal Daniel
Condon



Primary assistant
principal Emily
Batchelor



Supported principal
Francesca Ahearn



Supported assistant
principal Katie
Lovegrove



Wellbeing principal
Elyse Melvin-Hill

LEADERSHIP LESSONS FOR YEAR 9 DUO



Lizette (above left) and Ro Ro (above right) are participating in the iLead program, a leadership initiative for Year 9 students who have been nominated by their school as potential leaders. iLead aims to enhance the student's leadership skills through a range of outdoor and community activities. Here's a summary of their latest experiences.

We had a very busy first day on Friday as we spent time getting to know each other, and setting up our values and trademarks. We also looked at our goals and did the VIA (Values in Action) character strengths survey.

On Wednesday we met with Shane from Blackwood Outdoor Specialist School and found out more about our community project. In the afternoon we went for a short bike ride along Moonee Ponds Creek. The young people took turns in leading the group and operating the communications throughout the ride.

On Thursday we completed our first aid and CPR practical course where we had Ben share all his knowledge and entertaining stories of real-life application of using his first aid and CPR knowledge.

On Friday, we headed to Clip 'n Climb in Williamstown. It was a great group activity where we everyone supported each other to conquer the walls and take the leap of faith.

We then headed to St Kilda Sea Baths where spent some time together enjoying the water and steam room on a windy and cool day. Even though weather conditions weren't the greatest, everyone went in the water.

We are all very excited for our upcoming three-day introduction camp at Eumerella Scout Camp in Anglesea.

PROBLEM SOLVING? NO PROBLEM AT ALL



Year 9 software development students kicked off their Semester 2 working to be better problem solvers.

In the first week, we built paper towers following four steps: define, prepare, try and reflect.

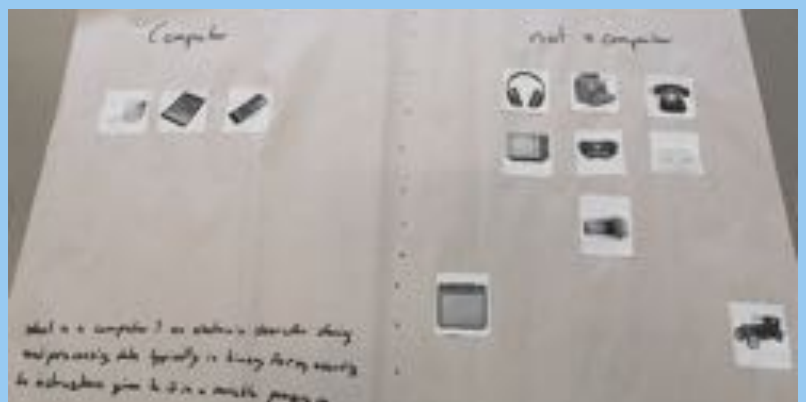
We worked in pairs and used recycled paper to make a paper tower. The paper tower needed to stand for at least 30 seconds, and we tried to build it as tall as possible.

After we made our paper tower, we redesigned it. Finally, our paper towers were touching the ceiling. We learned how to do teamwork, plan, continue to challenge ourselves and overcome difficulties.

This week we also learned what a computer is. We tried to categorise things as either a computer or not a computer. We learned that not only a computer is a computer. The iPad, smartphone, smart watch, or any machine that works with information is a computer.

Great work, Year 9s!

Jessie Wang
Digital technology and mathematics teacher



ENRICHMENT – MATHS COMPETITION



Year 7, 8 and 9 Enrichment students participated in the online Australian Maths Competition (AMC) on Thursday August 4. Here are some testimonials from students.

"The test was exhilarating and every moment was a wild rush in which we were presented with enriched questions. This maths competition truly posed a challenge and is a great way to compete among your peers." – **Oviya Kokulakannan**



"The test had unexpected questions which both challenged and encouraged me to solve them. I enjoyed the variety of topics presented in the competition as it is a good opportunity to test your math skills." – **Ashnadhi Jaiprakash**

"The competition was very wide ranged as it had many questions which were challenging and enhancing. I think the AMC focuses on number theory, problem solving and geometry. The questions towards the end become harder to challenge the best students. I had a really great experience this year and I will be looking forward to compete in other competitions in the future." – **Alisha Mukhi**

2023 Enrichment applications

Year 7 and 8 students who wish to be considered for the 2023 Enrichment program must apply by Friday August 12, via this link:

<https://sites.google.com/manorlakesp12.vic.edu.au/enrichmentselectionprocessmlc/home>.



All VCAL students participated in a clean-up of both the primary and secondary schools in sessions 3 and 4 on Tuesday August 2.

In total, 114 bags of rubbish were collected and the winning team comprising Xavier Murphy, Jordan Byrne and Matt Moise filled 17 bags themselves.

This term students have been immersed in the topic, 'The War on Waste', and they are learning about our impact on both a small and large scale.

Kiarra Preston

VCAL teacher



SENIOR GIRLS' BASKETBALL



The senior girls' basketball team played in the western region finals at Altona Sports Centre on Wednesday July 27.

The girls played games against Bayside, Footscray City and Strathmore. Unfortunately, they lost all three games against tough competition, but they fought hard until the end in each game.

Overall, we enjoyed the day out and the team should be very proud of their accomplishments.

A big well done to Shakoda, Alex, Natasza, Teagan, Amber, Jennifer, Kiana and Christina, and thankyou to Ian Fisher for helping out.

BOGGLE WINNER

A	S	O	E
P	C	A	U
N	E	X	W
M	T	I	L

In last week's edition we set students a challenge to be first to send us an 11-letter word from our Boggle puzzle – and 7K student Mankaran Chandel responded with lightning speed. Mankaran's excellent entry, “emancipates”, earned him bragging rights as the reigning Boggle champion on campus.

WYNDHAM YOUNG PERSON OF THE MONTH



Winners of the One Wyndham Young Person of the Month Award will receive:

- A \$300 gift voucher
- Profile image and article in the Council monthly newsletter; Wyndham News
- Profile picture and biography on the One Wyndham webpage
- A bi-monthly advert in the Star Weekly newspaper, highlighting their achievements
- A certificate, which they can reference in their CV and job applications
- Invitation to attend the monthly - One Wyndham Peer Networking Dinners

APPLICATIONS ARE NOW OPEN!

Learn more and apply:

www.wyndham.vic.gov.au/onewyndham



Book Review

From The Public Library



WELL MET

By Jen DeLuca

Background Information:

Well Met by Jen DeLuca is a humorous, fiction, romance novel. It's a standalone text, however, books were published soon after that consisted of the same characters or settings but from a different character's perspective and with a new plot. *Well Met* was published in 2019 and is recommended for readers aged 16+.

Plot Summary:

Emily knew there would be strings attached when she relocated to the smaller town of Willow Creek, Maryland, to help her sister, but who could have anticipated her getting roped into volunteering for the local Renaissance faire? Or that the irritating, inscrutable schoolteacher in charge of the volunteers would be so annoying that she found it impossible to stop thinking about him? This summer was only supposed to be a pit-stop for Emily, but now she can't shake the fantasy of calling Willow Creek home.

My Review:

This was an OK book. I liked it but it definitely wasn't the best I had read, especially in this genre. I wouldn't read this book again but I recommend it to anyone who is interested in a sweet romance story that starts off with a rocky relationship.

My favourite part of the book was the Renaissance faire – reading about it was probably the main reason for my enjoyment.

The setting was well described and living in such an environment is something I can imagine myself doing because of how it was set out by the author. However, I found myself unable to connect to the characters and I felt something was missing when it came to learning about the characters.

On top of that, I didn't like how certain parts of the plot played out and I found myself wishing something different had occurred.



My rating:

5.5 / 10

Review by Anshika Handa

SPECIAL OFFER – MELBOURNE STORM

With just two NRL games to be played at AAMI Park this season, Melbourne Storm has kindly offered our students FREE two-game membership to cheer on the Storm as they make a charge towards the finals.

The offer features games against the Gold Coast Titans **TONIGHT at 6pm** (Friday August 5), and against the Sydney Roosters at 7.55pm on Friday August 26, along with priority access to purchase finals tickets if the Storm participates.



EXCLUSIVE OFFER!
FREE MELBOURNE STORM 2 GAME MEMBERSHIP!

THANK YOU FOR TAKING PART IN A SESSION
RUN BY NRL VICTORIA AT YOUR SCHOOL!

SCAN THE QR CODE TO REDEEM A FREE MEMBERSHIP & YOU'LL GET ACCESS TO:

- TWO MELBOURNE STORM HOME GAMES AT AAMI PARK
- 10% OFF MERCHANDISE AT THE STORM STORE
- STORM REWARDS PARTNER OFFERS
- MUCH MORE!

YOU ALSO HAVE THE
OPPORTUNITY TO PURCHASE
THE SAME MEMBERSHIP
FOR A FAMILY MEMBER

For just
\$20



STEM 4 GIRLS

SCHOOL TO WORK PROGRAM - YEAR 11 & 12 STUDENTS.
STARTING AUGUST 2022. REGISTER YOUR INTEREST.

CONTACT YOUR SCHOOL COORDINATOR FOR MORE
INFORMATION.

TRANSITION TO EMPLOYMENT, FURTHER
TRAINING OR UNIVERSITY.



ENGINEERING

INFORMATION
TECHNOLOGY

INDUSTRY 4.0

NEXT STEPS

AUGUST

Attend an information session to learn more about a STEM career.

SEPTEMBER

Attend an information session to learn more about a STEM career.

OCTOBER

Have fun and try out a tech activity at Wyndham Tech (1 day).

NOVEMBER

Participate in SWL with an employer (5 days).

JANUARY 2023

Start your career with an employer in the area you have chosen.

BOOK AN INFORMATION SESSION TO GET STARTED!

Werribee Secondary College

Tuesday, 9 August from 9:00am-10:30am
MS Teams (Online)

Thomas Carr College

Thursday, 1 September from 6:00pm-8:00pm
35 Thomas Carr Dr, Tarneit

Mount St. Joseph Girls' College

Tuesday, 6 September from 7:00pm-9:00pm
133 Maldstone St, Altona

Point Cook Senior Secondary College

Tuesday, 13 September from 1:30pm -3:30pm
Boardwalk Bvd Service Road and, Bergamot Dr, Point Cook



NEW SCHOOL PODCAST:



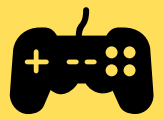
WHO SHOULD WE INTERVIEW?

Manor Lakes College will hit the airwaves this term when we launch **Manorisms: The Manor Lakes P-12 College Podcast**.

We plan to feature interviews with some wonderful people in our school community (teachers, staff, past and present students, parents, etc.) who have achieved good things, who have had interesting experiences, or who just have good stories to share that will engage, enlighten, entertain or inspire.

We want to uncover as many of these stories as possible, so we'd love your help. Who would you like us to interview? Please email your suggestions, along with a brief explanation of why they would be a good interview candidate, to podcast@manorlakesp12.vic.edu.au.

Thanks in advance,
The Podcast Team



JOIN OUR TEAM!

Do you like **WRITING**, **GRAPHIC DESIGN** or **PHOTOGRAPHY**? Would you like to write reviews of **VIDEO GAMES** you play, **MUSIC** you love, **MOVIES** or series you watch, or **BOOKS** you read? Would you like to share with the school community your **ARTWORK** or other schoolwork, **PASSION PROJECTS**, **HOBBIES**, **INTERESTS** or **ADVENTURES**? If you answered yes to any of these questions...



The Secondary Newsletter Team wants to make the newsletter the best product we possibly can – a publication we can all be proud of – but we need more helpers. So we're looking for students to create a variety of content.

If you're feeling inspired, perhaps you could start work on your first piece of content. Write about a family holiday, a day trip you enjoyed, or any adventures you've experienced. Write a review. Take some snaps. Create a fictional narrative or a poem. Write about a topic you're interested in. You decide. Let your imagination run wild.

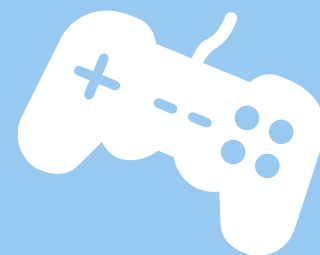
If you're keen to create content and share it, and perhaps **learn a few skills to add to your CV**, the Secondary Newsletter is the forum for you.

Contact us at secondarynewsletterteam@manorlakesp12.vic.edu.au.

Thanks

The Secondary Newsletter Team

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
Crochet Club	Eyre	Lunch

TUESDAY

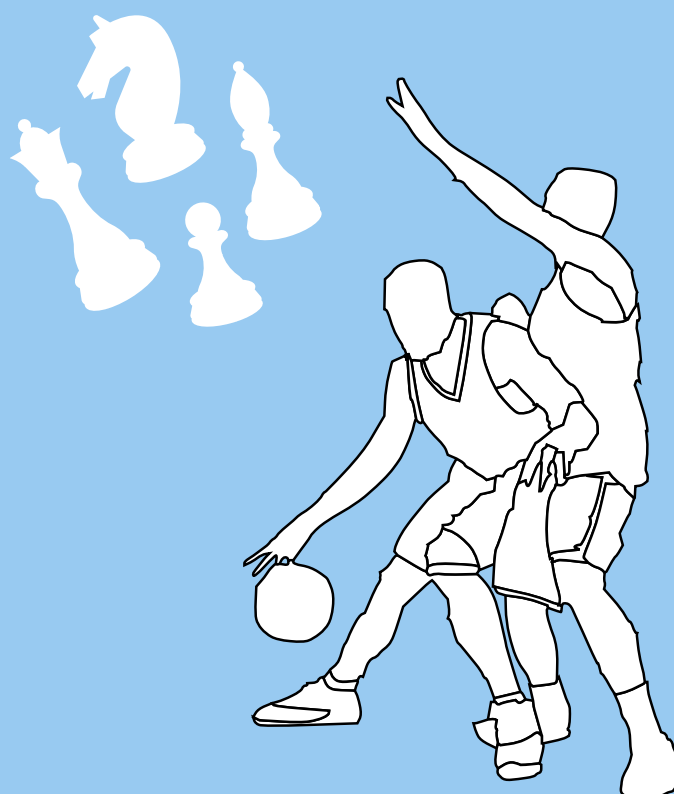
Music	Amadeus	Lunch
Gaming	Illawara 1	Lunch
Debating	George 2	Lunch
Rubik's Cube	Eppalock 4	Lunch
Newsletter	Victoria	3:00pm

FRIDAY

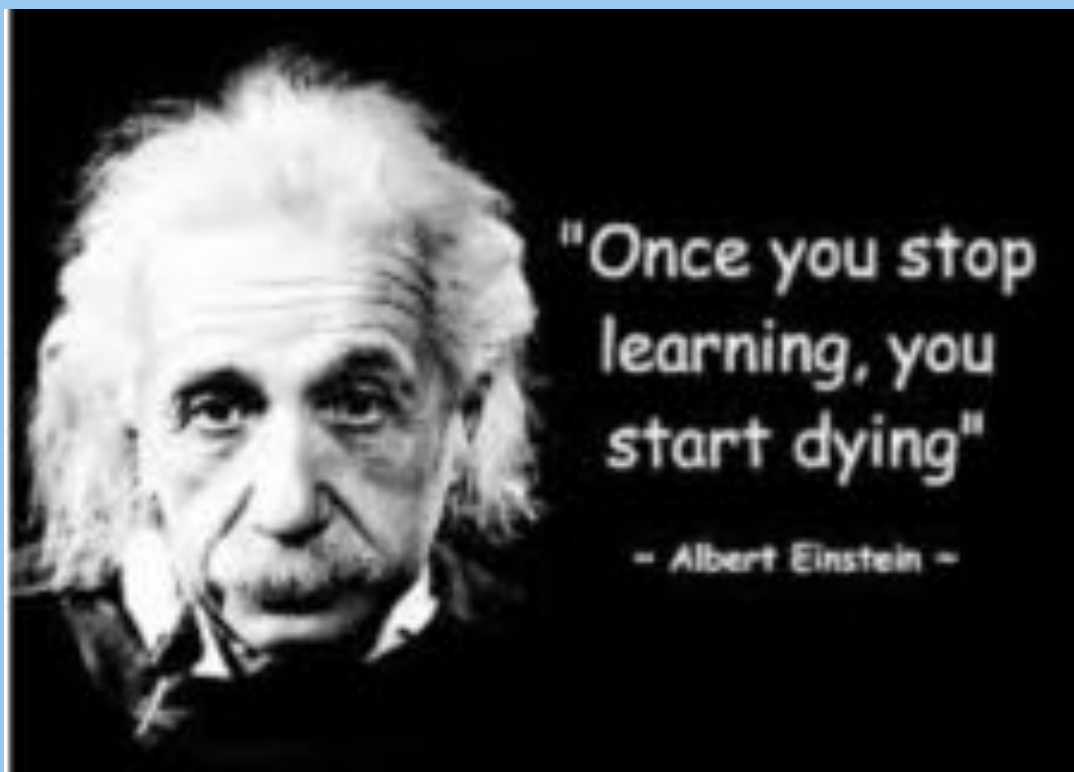
Netball Academy	Gym	7:45am
Basketball Academy	Gym	6:30am
Music	Amadeus	Lunch
Hindi	George 5	Lunch
Horticulture	Amadeus	Lunch
Spikeball	Gym	Lunch

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



Words of Wisdom



MEME OF THE WEEK

When you don't know the answer
of a question in exam but you
can't leave it blank;

