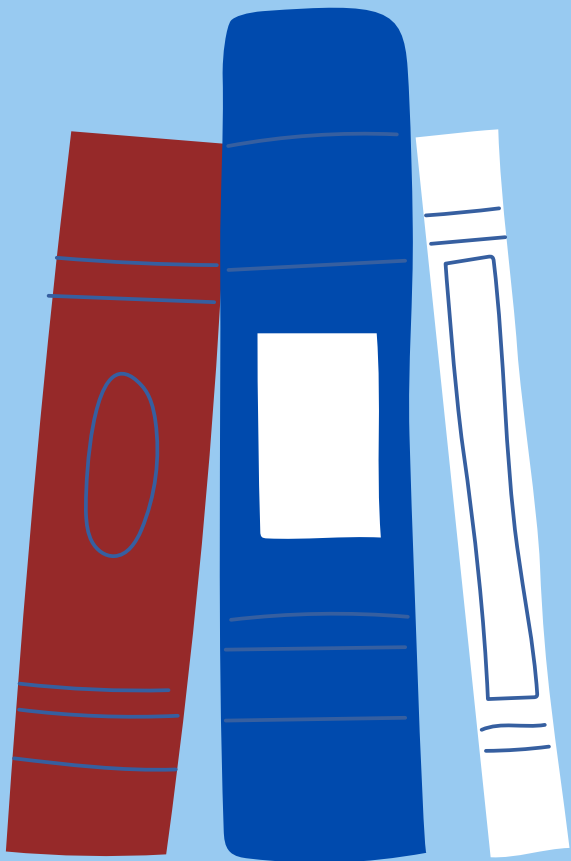




Manor Lakes *p-12 College*

SECONDARY NEWSLETTER



WEEK 4
TERM 2, 2023

INSIDE

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SAVE THE DATE

- **Thursday May 25** – Secondary Athletics Day
- **Friday May 26** – National Sorry Day
- **Monday June 12** – King's Birthday public holiday
- **Friday June 16** – Year 12 Fun Day
- **Friday June 23** – Last day of Term 2

THE TEAM

- | | |
|--------------------------|-------------------------------|
| • Ruby Collins, Year 12 | • Ashlee Phillips, Year 8 |
| • Anshika Handa, Year 12 | • Charlotte Forrester, Year 7 |
| • Jasmine Low, Year 11 | • Youssef Grira, Year 7 |
| • Lillian Hadlow, Year 9 | • Arayna Mohindra, Year 7 |
| • Maithili Lal, Year 9 | • Mayur Patel, Year 7 |
| • Thy Vo, Year 8 | |

Editor: Ben Collins (writing mentor)

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

- Atman JUNEJA – Valuing community.

YEAR 8

- Siose ELISAIA – Sets his sights on achieving results in Science.
- Aaliyah CHEEMA – Huge improvement in study scores and striving to do well.
- Bol PAREK – Aiming high for his studies and showing good improvement for this term.
- Chian LUL – Despite the difficulties faced, doing his best to improve in all his subjects. Showing good progress in Term 2.
- Ivory LO – Always respectful and consistent in her behaviour.

YEAR 9

- Jamerson FLETCHER – Volunteered to help teacher when help was needed. Helpful and kind.
- Maddison GOODCHILD – Demonstrated good understanding of subject beyond lesson scope. Always up to date on Google Classroom and participated actively in discussions.
- Olivia CAMERON – Trying hard to get all Humanities work completed.

YEAR 10

- Lazaro GIDEONI NYANGE – Worked hard on his independent novel studies. Fantastic work.
- Daima TOGA – Consistently trying her hardest on all Business & Accounting tasks.
- Ivy MAKOMI – Worked hard on her independent novel studies. Fantastic work.

YEAR 11 VCE

- Indiana BEZZINA – Always applying herself to complete great work.
- Lem AMOL – Showing great academic improvement in assessment tasks.
- Jada NDANGA – Going outside her comfort zone and helping others.
- Siri MORISETTY – Commitment to helping others and creating community.

YEAR 12 VCE

- Abel TUARIKI – Engaging well in Business Management and helping other students to develop their understanding.
- Chanceline MBAVU ALPHA – Staying back during lunch and after school to get a better understanding of the essay writing process.
- Anshika HANDA – Consistently applying feedback provided to enhance her understanding of essay writing skills.
- Ruby COLLINS – Always willing and able to answer questions and participate in class discussions.

VM 11/12

- Oscar SLATER – Running the tug-of-war really well.
- Anna BAKER-KENNY – Great work setting up and running the apple bobbing activity.
- Penhale NELU – An amazing job at the scavenger hunt and being in the first group to finish.
- Carlos LOLO – An amazing job at the scavenger hunt and being in the first group to finish.

TERRA LIVENS UP LUNCHTIME



By Ruby Collins

Our students enjoyed one of the best lunchtime breaks in the history of our school during Terra's dynamic performance on Wednesday. Jumping, dancing and shouting to an alternative rock band – how could a lunch break be more exciting?

We were so lucky that Wyndham Youth Services once again involved our school with engaging musicians, following the Paperweight concert last year.

The band began as a high school project in Melbourne including just two of the eventual Terra members. Ten years later, the band is now playing at high schools.

One of the band members expressed that he remembered bands playing at his school and the positive impact it had on him, and he felt great to be on the other side of making that difference.

Terra began with a dramatic intro of the band members fist pumping one another and lead vocalist Cassie Sutton mysteriously approaching the microphone stand before dropping her sunglasses.

They were very engaging performers as they spoke to the crowd. The dance moves and leg kicks of the guitarists made some of the students giggle.

Shoutout to Year 12 student Sam Mawroe for starting the mosh pit and encouraging students to get up and dance.

I highly recommend you give Terra a listen. Even if alternative rock isn't your usual genre, I'm sure the local Melbourne band will have something in store for you.



STAFF VERSUS STUDENTS BASKETBALL MATCH

Staff and students recently competed for bragging rights on the basketball court. Amid the good-natured trash talking and all-round fun, there was some seriously good basketball played in front of an appreciative crowd in the Secondary Gym. In the end, the Ian Fisher-inspired staff team taught the students a lesson, prevailing by 10 points.



ADDISON EARNS STATE MVP HONOURS

Our resident baseball star, Year 11 student Addison Bishop-Worn, performed strongly at the recent School Boys Baseball Championship in Lismore, New South Wales.

A key member of the Victorian 18 and under team that finished third, the talented 16-year-old was awarded Most Valuable Player medals for his efforts in two games.

Addison earned praise mainly for his hard-to-hit pitching, but he was also a contributor with the bat.

If Addison continues to develop his game through the talent pathways, his dream of playing Major League Baseball in America might well come within reach.

#dreambelieveachieve



Athletics Day – Extra Activities Sign-Up

If you would like to participate in any of the extra activities on offer on Athletics Day (Thursday May 25), please complete the Google form using this link:

<https://forms.gle/u2MHwytSEpvke1HbA>.

There are limited spots available for these activities and sign-up is essential. The 11 activities offered are:

- Dance competition.
- Giant Games – Connect 4.
- Giant Games – Ring toss.
- Giant Games – Giant Jenga.
- Giant Games – Battle Ground.
- Trivia.
- Colouring/Drawing.
- Frisbee Golf.
- Karaoke.
- Debating.
- Musical Statues.

You must submit a new form for every activity you wish to sign up for.

Sign-up closes on Tuesday May 23.

SENIOR GIRLS SOCCER

The Senior Girls competed in their interschool competition on Tuesday May 16.

They played with heart and determination but unfortunately did not make it through to the next round.

The girls drew with Werribee, then lost to a strong ICOM side, followed by a stunning win against Suzanne Cory thanks to an acrobatic finish by Faith Cameron!



The girls pulled together a team with short notice but left everything out on the pitch.

There were a few outstanding performances worthy of mention – Moe Myint Ti controlled the midfield with her fantastic passing and dribbling, Honorina Lutete dominated in the backline, not allowing anyone past her, and finally, Faith Cameron for her sportsmanship, positivity and courage, which kept the girls going in the final game.

Well done girls.

Josh Matsubara

Health and Physical
Education Curriculum
Area Leader
Junior HAPE and VCE
Year 11 HHD Teacher



EXCURSION

Young Women in Trades and Tech Expo

By Maithili Lal 9C

Last Wednesday I had the privilege of attending The Trades Fit: Young Women in Trades and Tech Expo. This annual event, organised by the Department of Education, is specifically designed for female and non-binary students in years 9-12 and aims to introduce these students to diverse career opportunities in trades and technology.

Last Wednesday I had the privilege of attending The Trades Fit: Young Women in Trades and Tech Expo. This annual event, organised by the Department of Education, is specifically designed for female and non-binary students in years 9-12 and aims to introduce these students to diverse career opportunities in trades and technology.

The atmosphere at the expo was electric, with overwhelming enthusiasm from students, schools and industry representatives.

The event – which took place on May 10 and 11, ahead of National Careers Week (May 15-21) – was even bigger and better than the previous one, offering a wide range of practical learning experiences, technology displays, information sessions and panel discussions.

The expo provided an inclusive and comfortable space for students to explore various industries, including building and construction, electrical engineering, plumbing, automotive and marine, aviation, robotics, mining, agriculture, and more. Students engaged in interactive activities such as bricklaying, carpentry and hands-on technology demonstrations.

One of the highlights of the event was the opportunity to hear from professionals working in trades and technology through panel discussions and information sessions. These individuals shared their journeys and experiences, serving as a powerful source of motivation and inspiration for students. It was remarkable to hear how these people had overcome challenges and achieved success in their respective fields.

The Trades Fit expo not only showcased the practical aspects of trades and technology but also fostered connections among like-minded students. The event provided a platform for networking and camaraderie, allowing students to share their aspirations, exchange stories and support each other's journeys.

Attending The Trades Fit was an eye-opening experience that expanded my horizons and ignited a sense of empowerment within me. It reinforced the importance of breaking stereotypes and embracing unconventional career paths. The expo served as a reminder that with determination and passion, young women and non-binary people can thrive in trades and technology.

Due to its overwhelming success, The Trades Fit expo will return next year, offering even more opportunities for students to explore and excel in trades and tech. I eagerly anticipate the next expo and the incredible experiences it will bring.





COOKING CORNER

with Anshika Handa



Pho Ga (Chicken Noodle Soup)

Ingredients

Broth:

- 500ml Roasted vegetable stock
- 15ml Fish sauce
- 1 slice Galangal
- 1 slice Ginger
- 2 Spring onion tops (sliced)
- 1 Cinnamon stick
- 1 Star anise
- 1 Tbsp Caster sugar

Garnish:

- ¼ Chicken breast
- Rice noodles
- 1 Spring onion (sliced)
- 50 gm Bean sprouts
- 1 Egg
- ½ Birds eye chilli (sliced)
- 1 Lime (quartered)
- 2 Tbsp Fried shallots
- 1 tsp Roasted peanuts (crushed)
- 1 Tbsp Coriander leaves (picked)
- 1 Tbsp Vietnamese mint (shredded)
- 1 tsp Chopped garlic chives
- Large pinch of freshly ground black pepper

Method

- Dry roast the cinnamon, star anise, ginger and shallots.
- To make the broth, simmer all of the ingredients over a gentle heat for 10 to 15 minutes.
- Add the chicken breast and simmer in the broth for 8 to 10 minutes to cook the chicken.
- Remove the chicken from the broth and shred it.
- Season the broth with fish sauce and lime juice and strain it through a fine meshed chinoise.
- Make a thin omelette with the egg, cool and then slice into strips.
- Reconstruct the rice noodles by placing them into boiling water and stand for 10 minutes.
- In order to serve, reheat the broth if needed.
- Warm a deep soup bowl and add the chicken, noodles, egg strips and bean sprouts.
- Pour over the broth and add the remaining garnishes.



My attempt.

MY PERSONAL TIP:

This recipe looks more complicated than it is. Once the broth is ready, all you have to do is present the other ingredients with it. However, I would recommend checking if the chicken is cooked by cutting it in the middle, and remember rice noodles cook fast so keep an eye out for them. Lastly, all the herbs are for garnish so if they are not available to you, you can opt them out for something you do have that complements the broth.

LISTENING HEAVEN

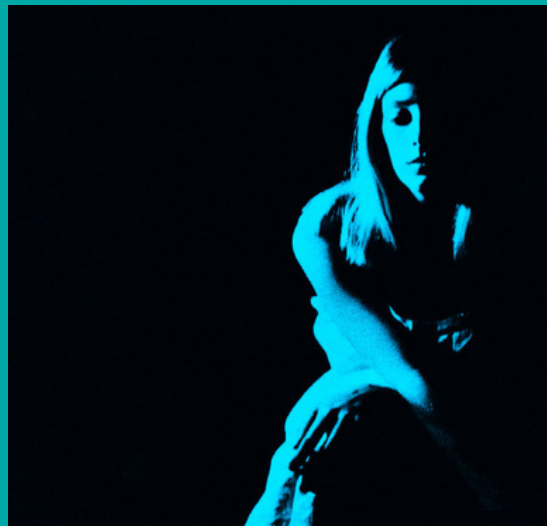
By Charlotte Forrester, 7M

Hey, you. Yes, you. Do you like music, but find it tricky trying to find new songs you like? Check out this handy playlist I've picked to suit my musical tastes. Hopefully you'll find something you like too. Enjoy!

- *I Just Threw Out The Love Of My Dreams* – Weezer
- *Supermassive Black Hole* – Muse
- *Pork Soda* (E) – Glass Animals
- *Shut Me Up* (E) – Mindless Self Indulgence
- *Goodbye, My Danish Sweetheart* – Mitski
- *Witness* (E) – Mindless Self Indulgence
- *It Almost Worked* (E?) – TV Girl
- *The Family Jewels* (E?) – MARINA
- *Locked Out Of Heaven* – Bruno Mars
- *Class Fight* (E) – Melanie Martinez
- *Drama Club* (E) – Melanie Martinez
- *Hayloft & Hayloft 2* (E) – Mother Mother
- *Elephant* (E?) – Tame Impala
- *The Less I Know The Better* (E) – Tame Impala
- *Eventually* – Tame Impala
- *Psycho Killer* (E?) – Talking Heads
- *After Dark* (E) – Mr. Kitty
- *Sharks* – Imagine Dragons
- *Applause* – Lady Gaga
- *DOGTTOOTH* (E) – Tyler, The Creator
- *SORRY NOT SORRY* (E) – Tyler, The Creator
- *Blow* – Kesha
- *Backstabber* (E) – Kesha
- *Pump It* (E?) – Black Eyed Peas
- *Womanizer* – Britney Spears
- *Ancient Dreams In A Modern Land* – MARINA
- *Plastic Beach* – Gorillaz, Mick Jones, Paul Simonon
- *Sleeping Powder* – Gorillaz
- *Girls* (E) – MARINA
- *Twist* – Korn
- *Suffocation* – Crystal Castles
- *The Wolf* – SIAMES
- *No Other Heart* – Mac DeMarco
- *Chamber Of Reflection* – Mac DeMarco
- *HOPE* (E) – NF
- *The Search* (E) – NF
- *Alejandro* – Lady Gaga
- *Monster* (E) – Lady Gaga
- *Scream* – Michael Jackson, Janet Jackson
- *Verbatim* (E) – Mother Mother
- *Ghosting* (E) – Mother Mother
- *Painkiller* – Ruel
- *Tom Cruise* (E?) – San Joseph
- *Problems* – Mother Mother
- *Hug Me* – Pharrel Williams, Trey Parker
- *Valentine* – Laufey
- *Perfect Crime* – Terra

WARNING!

Some songs include explicit lyrics. An (E) beside a song title indicates that it might not be appropriate for some listeners.



Lackadaisy: The comic book that became a YouTube sensation

Story by Youssef Grira, 7G

Designed by Mayur Patel, 7G

Lackadaisy. You could go your whole life without even hearing such a bizarre name, but this comic is something else. Most people know this name through the animated pilot released on YouTube that has had almost 10 million views already. I can understand why because this is one of the best things I've watched in a while. It got me into reading the comic and surprisingly into jazz, but that's beside the point.

The whole show revolves around the idea of "its 1927 and prohibition is in full effect". The three main characters – Rocky (my favourite), Ivy and Freckle – are gangsters picking up alcohol and delivering it to the Little Daisy Cafe, which may look like an innocent run-of-the-mill cafe, but under everything is a secret bar with a band and lots of alcohol. It seems the place has gotten empty after the death of the owner, but co-owner Miss M is here to help.



We shouldn't forget who started it all. Back in 2006, a young Tracy J. Butler never knew she had made her biggest hit yet when she created *Lackadaisy*.

A small comic about these cats seemed bland when it was anything but. The whole comic started out black and white with a rough pencil look, which at first seemed an odd choice but became a very good detail later on because it made the art seem more nostalgic and more human. Since there is so much AI (Artificial Intelligence) generated art out there, these rough pencil drawings actually look human-made.)

But if you were to look at the newest episode you would be mesmerised, to say the least, by the amazing detail and the flashy colours. It's amazing – you would love it.

The first volume is pretty much all black and white. Most people don't make it past the first few episodes due to them being filler.

WARNING: This film/comic follows dark themes, gun violence, alcohol consumption. It is rated PG 13+.





May 18, 2023

Dear Future Self,

I just wanted to remind you that you only read this when you are over 18. That way you will have overcome and accomplished numerous achievements that you have faced.

Firstly, how is your mental health state currently? I hope you're healthy and energetic. Did you enrol in university? If so, then make sure to give it your best, especially in your first year, through to graduation. If you've already graduated, congratulations! I expect one of your degree achievements is related to engineering, technology or arts, and perhaps teaching.

Do you still plan to work and study overseas after university? If you do, then make sure you apply in my favourite countries like Japan or Korea. Also, do you have friends or a friend group? Don't awkwardly or intentionally break the valuable friendships you have at the moment.

Most importantly, always stay healthy and try not to consume too many spicy noodles, ok? I hope you're living independently in the cities and not burdening your mother and father. Try to prevent getting too tanned like your past self.

Besides that, live your life to the fullest every day, talk yourself out of the negativities, and appreciate the things around you.

Lastly, make sure to study hard, then... play hard!

Kind Regards,



Thy Vo (8J)

Your 13-year-old past self



SNATCHED

By Anonymous

11 years ago

Get down!" Papa shouts as the sound of countless gunshots fills the air. A salty taste invades my tastebuds. My chest heaves against the hard timber, the coldness infiltrating my skin.

"Stay here, Stasya," my brother commands, pushing me into a confined wooden cabinet.

"No! Niko!" I cry out desperately.

"Do not come out!" he clamours, swiftly closing the door.

A sob catches in my throat as darkness consumes me whole. What feels like hours pass before, eventually, all the noise dies out. I push the cabinet door open using all my remaining strength.

"Papa?" I hesitantly step out of the kitchen.

My heart stills. Red fills my vision. Crimson, copper-smelling blood soaks the silk carpet. Everyone I considered family lay around me. Dead.

I spot my brother. My heart shatters.

"Nikolai?" I cry out, crouching down beside him. "Niko. It's me. Don't go," my voice breaks. "Please."

Present

A girl with porcelain-white skin and chestnut hair tied up in an elegant updo stares back at me. She wears a lavish white gown, the top and sleeves covered in delicate lace, dropping in chiffon. Her empty light-blue, almost grey, eyes scrutinise me.

"Anastasia!" Nessa walks in, donning a pristine scarlet silk dress. Bold red lipstick is painted on her lips, contrasting with her golden locks.

"Everyone's jaws are going to be on the floor when they take a look at you," Nessa affirms.

I smile. "Thanks, Ness. You look breathtaking."

Despite our infrequent encounters, Nessa could be considered my best friend. She is confident, sassy and a totally badass feminist.

"We can always call the wedding off," Nessa says with certainty, linking her arm with mine. "I will shred up anyone who dares to question you."

"Stop worrying about me, Ness." A feeling of despair settles in the pit of my stomach. It's not that my fiancé was the problem, it was me. I would never be happy with him. Nevertheless, my feelings didn't matter. I had a duty to fulfil.

"If you're so sure then."

I slip into the back of the luxury car. My bodyguard, Andrei, sits in the driver's seat. I turn my attention to the window. A sea of white ice gazes back at me, shadowed by dark clouds. Snowflakes dance and twirl gracefully in the air. I find myself wishing I was them. Free. I wish I was free.

"Down!" Andrei suddenly yells as a vehicle crashes violently into us, causing our car to skid. "RUN!" Andrei roars, firing at the attackers.

I jump out of the car and ditch my heels, sprinting...

Tears beg to leave my eyes as footsteps trail behind me. Suddenly, I get snatched, my arms pulled against my back. "Got her."

My eyes slowly open. Realisation dawns on me. I impetuously walk to the door, twisting the knob and banging on the door, but my attempts are futile. Without warning, a man enters the room, his large presence making the room feel smaller. Apprehension takes over my body. I cry, sinking into the floor and closing my eyes shut. "Please don't hurt me."

"Open your eyes," a voice commands from directly in front of me, causing me to jerk. "Right now."

My eyes tentatively open. Light-blue eyes gape back at me. *Almost grey*. My body freezes.

"I won't hurt you, Stasya."

My heart stills. It can't be. *Stasya*.

"N-Nikolai?"

"Took you long enough."

"How?" I whisper, "I thought-"

"I'll explain everything later. For now, take a shower. Everything you need is here." With that, he leaves...

Rain breaks out from the sky, tattering on the Earth. I exit the French doors, walking onto the balcony. The rain gently assaults every inch of my body, soaking my hair. I tilt my head up to the sky and close my eyes, indulging in the rain. I open my eyes to meet the sun's smiling face peeking out of the clouds. A small smile breaks out across my face. There were so many things I was unsure about. I didn't know where I was. Who I could trust. If I was even safe. But standing here, in the midst of uncertainty, I knew deep down things were changing. For the better.



Manor Lakes
College

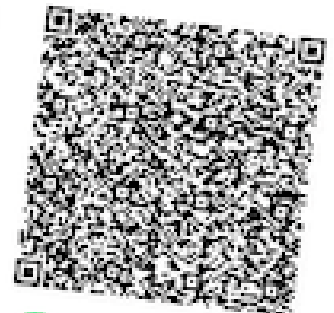
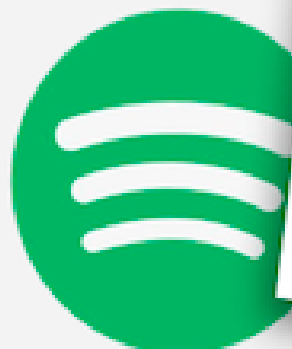
MANORISMS

The Manor Lakes P-12 College Podcast



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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.

We want you to write WHAT you want, WHEN you want.

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. Tell us about something that's happening at the school. 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.

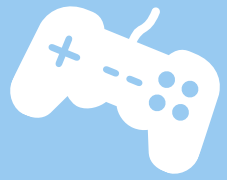
Contact us at secondarynewsletterteam@manorlakesp12.vic.edu.au or attend our weekly meeting in Victoria 7 after school on Tuesdays.

Thanks

The Secondary Newsletter Team



CLUBS



Monday

RECESS

• Gaming Club	Eyre 3
LUNCH	
• African Dance	Amadeus hall
• AFL	Community oval
• Gaming Club	Eyre 3
• Rugby League Academy	Community oval
• Lit Lounge	Eyre 4

AFTER SCHOOL

• Study Support	Victoria 9
• Soccer with Melbourne Victory	Community oval

Tuesday

RECESS

• Gaming Club	Eyre 3
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LUNCH

• Social Robotics	Mackay 5
• Hockey	Secondary gym
• Pacifica Club	Amadeus hall
• Gaming Club	Eyre 3
• Rugby League Academy	Community oval

AFTER SCHOOL

• Study Support	Victoria 9
• Newsletter	Victoria 7
• Rugby League Academy	Community oval

Wednesday

BEFORE SCHOOL

• Basketball	Secondary gym
• Student Leaders working group	Victoria 5

RECESS

• Gaming Club	Eyre 3
---------------	--------

LUNCH

• Interact	Victoria 1
• Harmony Quilt	Eppalock 1
• Socrates Philosophy	Wyara 5
• Public speaking and debating	Victoria 14
• Gaming Club	Eyre 3
• Lit Lounge	Eyre 4

AFTER SCHOOL

• Study Support	Victoria 9
• VCE Study Group	Victoria 1
• Beyond the Nile	Victoria 11
• Rugby League Academy	Community Oval

Thursday

BEFORE SCHOOL

• Cricket	Community oval
• Student Leaders working group	Victoria 5

RECESS

• Gaming Club	Eyre 3
---------------	--------

LUNCH

• Karaoke	Amadeus hall
• Street Dance	Amadeus music room
• Gaming Club	Eyre 3
• Rugby League Academy	Community oval
• Netball	Secondary gym

AFTER SCHOOL

• Study Support	Victoria 9
• VCE Study Group	Victoria 1
• Volleyball	Secondary gym

Friday

BEFORE SCHOOL

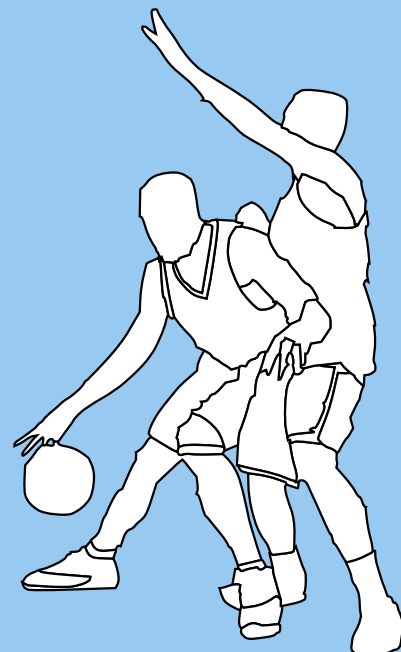
• Female Basketball	Secondary gym
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RECESS

• Badminton	Secondary gym
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LUNCH

• Safe space	Wyara 2
• E-Sports	Mackay 5
• Art	Wyara 1
• Cards and Games	Cootabarlow 2
• Dungeons & Dragons	Victoria 9
• Gaming Club	Eyre 3
• Rugby League Academy	Community oval



Words of Wisdom

"The best piece of advice I ever received was 'Go where the energy goes.' What has good vibes? What makes you feel good about yourself? Where is that good energy? Head in that direction." – Betty Who, Australian-American singer-songwriter



MEME OF THE WEEK

