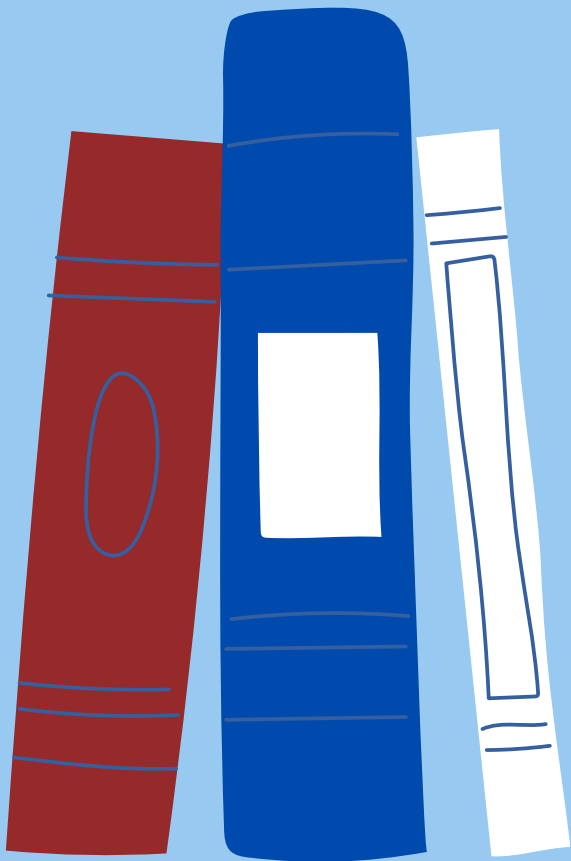




Manor Lakes *p-12 College*

SECONDARY NEWSLETTER



WEEK 5
TERM 4, 2023

INSIDE

1. Shoutouts
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12. Clubs & Extracurricular Activities
13. Words of Wisdom / Meme of the Week

SAVE THE DATE

- **Monday November 6** – Professional Practice Day for teachers (student-free)
- **Tuesday November 7** – Public holiday – Melbourne Cup Day
- **Friday December 15** – Term 4 ends

THE TEAM

Year 9: Lillian Hadlow, Maithili Lal, Maddison Goodchild, Pratiti Dixit

Year 8: Thy Vo, Ashlee Phillips, Kyuubi Del Bando, Sahasra Dwarak

Year 7: Charlotte Forrester, Youssef Grira, Arayna Mohindra, Mayur Patel, Imani Berrios, Odessa Portelli-Mcmahon

CONTACT US

Email: secondarynewsletterteam@manorlakesp12.vic.edu.au

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



YEAR 7

- Trang DANG – Stunning and creative writing using Shape Poetry.
- Kylie VARCAS – Stunning and creative writing using Shape Poetry.
- Faith Jathniel TAMANI – Stunning and creative writing using Shape Poetry.
- Aryan JANGAM – Sharing a variety of improved poems proudly to his teacher.
- Tosha Sumaili – Working hard to complete all English homework tasks and asking the teacher for help when needing support.
- Esther Nsaba BAHATI – Working hard to complete all English homework tasks to the best of her ability and asking the teacher for help when needing support.
- Adama KAMARA – Working hard on her Spirited Away TEEEL paragraph and using the resources to improve her writing.
- Antonia Asumani MULOKO – Working hard on her Spirited Away TEEEL paragraph and choosing great quotes as evidence.

YEAR 8

- Ella AITKEN – Leading the team for practical investigation and completing the report writing each lesson.
- John Fritz MOLE – Engaging in practical investigation for Light topics and completing the report using the time in class effectively and productively.
- Ngoc Bao Nghi NGUYEN – Always completing her work to a high standard and being prepared for every lesson.
- Ivory LO – Always being on time and prepared for every lesson.
- Sahasra DWARAK – Completing assigned tasks to a high standard while helping the other students in the Science classroom.
- Amelia ABDI – Showing respect and a positive attitude in Health class.
- Nehema SHONDO – Great job asking questions in Health class and taking responsibility for her learning.

YEAR 9

- Aarav SAINI – Attending class on time and showing respect during teacher instruction time in Science.
- Pratiti DIXIT – Excellent work in English and putting her full effort into the S/N task.
- Elita BERISHA – Pushing herself to participate more during English discussions.

YEAR 10

- Jasmine LAWRENCE – Engaging with studies in chemistry class and completing the learning tasks.
- Harry ANDERSON – Giving an energetic presentation.
- Tahlia HILL – Excellent work in English, completing all of her in-class tasks to a high standard.

YEAR 11 VCE

- Kerrin LO – Working consistently hard in general Maths.
- Ryan BOND – Showing respect.

VM 11/12

- Ta Paw Kwar TA PAW KWAR – Consistently wearing the correct uniform and coming to class with the required materials.
- Jordan MANUOPO – Great effort on PDS Community Engagement Task.
- David TUARIKI – Great effort on PDS Community Engagement Task.
- Bee LEUNG-WAI – Great effort on PDS Community Engagement Task.

CONNOR'S ROLLERCOASTER RIDE



Episode 21 of **Manorisms: The Manor Lakes P-12 College Podcast** features a chat with primary school PE teacher Connor Thar, who was one of the hard-luck stories of this year's VFL Grand Final when he was a late withdrawal from the Werribee team with injury.

It was just the latest misfortune for the pocket rocket, who has suffered a few long-term injuries in recent years. At one point Connor even considered quitting football, but he has bounced back with admirable resilience to have a promising future at VFL level.

A local Werribee boy who played his junior footy at Werribee Districts, Connor enjoyed a spectacularly successful stint with the Western Jets in the TAC Cup under-18 competition (now known as the Talent League), finishing runner-up in the league best-and-fairest, being selected in the TAC Cup Team of the Year, winning more of the ball than any other player in the competition, and easily winning Western Jets best-and-fairest award – a significant achievement in a team that boasted current AFL players including Port Adelaide star Zak Butters, GWS Giants player Xavier O'Halloran and Western Bulldog Buku Khamis.

Despite his hot form, Connor appeared extremely unlucky not to be selected in the Vic Metro under-18 team, and he was later overlooked in the AFL Draft.

Although he missed Werribee's Grand Final this year, Connor had the surreal experience of hanging out with Collingwood star Jordan De Goey during the Magpies' recent premiership celebrations.

LISTEN to Connor's story here:

Spotify: <https://rb.gy/ol628>

Apple Podcasts: <https://rb.gy/q4p3w>



LOKO CLOSES IN ON LEAGUE DREAM

Former Manor Lakes student Loko Tonga has edged closer to realising his ambition of playing in the National Rugby League (NRL) after re-signing with the St George Illawarra Dragons on a long-term deal.

Loko first signed with the Dragons late last year and after impressing this season he has been awarded an upgraded contract which will promote him to the club's top 30 for 2025 and 2026.

In the meantime, for the man-mountain 18-year-old will be on a train-and-trial deal.

The announcement capped a big year in which Loko became an Australian Schoolboy representative and broke through to make two appearances for the Dragons in the NSW Cup (open-age).

He had earlier excited Dragons officials with his performances in the club's under-19 and under-21 teams.

The powerful forward is a tough proposition for opponents given his massive physique of 194cms and 122kgs.

"This is my first club and I'm loving it here," Loko told the Dragons website earlier this year.

"My junior footy, I was at the Bankstown Bulls from four to 10 and then I moved to the Chester Hill Hornets for two years.

"We all moved down to Melbourne and stayed there for like four years but there was barely any league there, so I moved to union ... I got the opportunity to play in Ipswich for a year and then the Dragons brought me back down here."



NRL hopeful Loko Tonga this represented the Australian Schoolboys rugby league team.

JILLAROOS SHARE THEIR SECRETS

Our Rugby Academy students were fortunate to be visited by three members of the Australian women's rugby league team. Jillaroos trio Ali Briggishaw, Simaima Taufua and Jakiya Whitfeld spoke to the students about their journeys to the big time. Later they helped coach Joe Diamond with drills.



THE FAST AND THE CURIOUS

The Year 7 Enrichment class was recently treated to an incursion, 'The Fast and the Curious', which explores how forces affect sporting performance.

Specialist educators from the Victorian Bioscience Education Centre ran the event as part of the Victorian Challenge and Enrichment Series.

Newton's Three Laws of Motion guided students throughout the program, giving context to each of the experiments. The physics-based program utilises GPS technology and radar speed guns to measure forces that act on students during a range of activities.

Students used their mathematical skills and a range of experiments to generate their own data for analysis back in the classroom. Result analysis includes trends, range, mean and correlations.



bioLAB
VICTORIAN BIOSCIENCE
EDUCATION CENTRE



Biologist to Mutant



By Rajdip Singh, 7N

Creak! Kethan stepped outside of his tiny hut. The 8 foot 6 inches giant could barely fit in his doorway. The sun was burning in the forest as always. Kethan didn't even feel the sun's heat on his skin. The forest he lived in was for some reason always sunny. There were no animals or any other creatures living in that forest, except for Kethan.

Kethan had emerald green eyes and a stubby nose that had only one nostril. He was massive and the tiny chairs in his hut could barely hold his weight. He went to the slimy green swamp which was right next to his shelter.

SPLOOSH! Kethan dived into the swamp and stretched himself out. "This is gonna be a good day," he told himself. He grabbed a rough stick and started to rub it all over his body. Kethan loved doing that – to him it was a massage. Snap! The stick broke in half and Kethan threw it away into the thick layer of forest trees. He went into the trees to find some logs to feast on.

"HUH!" Kethan was so confused; he spotted a strange object that he had never seen before. It had two small, circular barrels that had circular glass lenses attached inside it. He picked up the object and took it home. He tried to eat it but all that did was snap the metal into pieces. There was no one else that lived in his forest so he had no clue how that thing got here.

"Woah!" A man's voice shouted. What in the world? Kethan thought. Crunch! Crunch! Crunch! Kethan heard fast-paced footsteps crunching branches. They were coming towards the back of his hut! Kethan bolted to the back of his hut and he saw a man with a brown beard. He had a brown hat on and he had a huge backpack on his back. In his hands was a razor-sharp blade. Kethan thought that he was a threat.

"Hello, you are so fascinating!" the biologist said. "Can I please have a look at your habitat and who you are?" The biologist was shocked to find a new species.

CONTINUED NEXT PAGE

Biologist to Mutant (continued)

"AARGH! How dare you come to MY territory!" Kethan shot back.

Before the biologist, Ralph, could reply, Kethan darted to Ralph and slammed him to the ground. COUGH. WHEEZE. Ralph could barely breathe. He was in a state of shock. Getting slammed to the ground by a 500kg monster was a nightmare.

Kethan dragged him to his hut and flung him inside. "OUCH!" Pain shot through Ralph's whole body. He landed hard on his spine. "I am sorry," Ralph said. "Can I please leave?! PLEASE!"

"On one condition," Kethan replied.

"Really? Thank you!" Ralph cried.

"Give me a coin," Kethan instructed. Ralph pulled out a penny with no hesitation. "If it lands on heads," Kethan told Ralph, "you will spend the rest of your life in this forest with me. But, if it lands on tails you will be given 30 seconds to escape."

"Got it," Ralph replied anxiously. His life was on the edge of a cliff. Kethan flicked up the coin and smashed it into his palm. "YES! I win! I win! I win!" Ralph chanted.

"Huh." Kethan examined the coin. "You little brat! You cheat! Tails are on both sides of the coin!" Ralph ran for his life. "I'm coming for you!" Kethan shouted with rage. His face was as red as a lobster.

Kethan bolted towards the poor biologist. CRUNCH! "Ohh," Ralph let out a weak groan. Kethan had smashed a rough branch on Ralph's back. Ralph was knocked unconscious. Kethan dragged him all the way to his little hut and threw him on the floor.

"What happened?" Ralph asked.

"You are in my hut!" Kethan replied angrily. Ralph was once again conscious. He smelt burnt logs and he could see Kethan chomping on burnt logs. Eww! Ralph thought. "Why did you do this to me?" Ralph asked. His lips were tightly joined to each other.

"You made the deal unfair! Now settle down or else!" Kethan screamed.

Ralph shut his mouth without arguing back. He knew what would happen if he didn't remain silent.

Many years passed by and despite what happened between Ralph and Kethan in the past, they were now really similar and they were great friends. The forest they lived in was really mysterious though because Ralph suddenly grew to 7 foot 3 inches. His body features started to become more and more like Kethan's over time. After that occurred, Kethan and Ralph repeated the same tale that happened to Ralph back when he was a biologist. That forest had some dark and magical secrets, but no one knows what exactly is in the forest that completely transformed Ralph.

HALLOWEEN IN ANIMAL CROSSING



By Charlotte Forrester, 7M

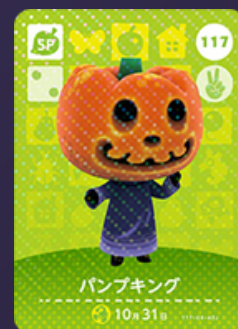
Animal Crossing: New Horizons, the hit indie sandbox game, took the world by storm in 2020 quarantine. From its cute, adorable character designs, to its chilled, lovely aesthetic, leaving you feeling relaxed and soothed every time you play it. *Animal Crossing* received a big update for October, showcasing a new Halloween festival update, including Jack, the infamous character from previous games. In this article, I'll be showcasing all the different parts of the event, even taking a deep dive into Jack's character.

WHAT IS ANIMAL CROSSING: NEW HORIZONS?

When *Animal Crossing: New Horizons* rose to fame, the COVID-19 lockdowns started and everybody was suddenly stuck inside, but luckily, on March 20, 2020, Nintendo blessed the world with one of their most popular Nintendo Switch games. With loveable characters and cute items to collect, the game has earned its well-deserved attention and fanbase, and is still very popular to this day. Word has it that Nintendo might have yet another *Animal Crossing* game in the works to add onto the series, which makes diehard fans of the series very excited.

WHO IS JACK?

Jack is a very well-known character in the *Animal Crossing* franchise, first appearing in *Dobutso no Mori*, which in Japanese translates to 'animal forest'. Every Halloween, Jack appears on people's islands at 6pm, and if you don't give him a piece of candy he'll curse you and turn you into something spooky, like a zombie, or just a creepy ghoul with blue or green skin. Jack has been in every *Animal Crossing* game so far and is a long-time favourite of many.



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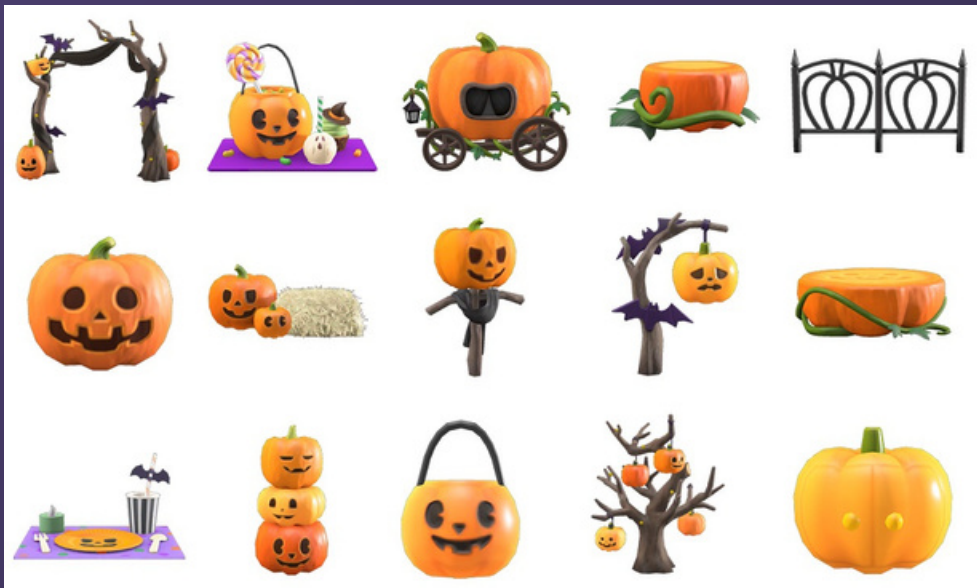
HALLOWEEN IN ANIMAL CROSSING (CONTINUED)

WHAT HAPPENS IN THE EVENT?

In this fun-filled, joyful event, you will have to bring a lot of candy. The Nooks Cranny (shop) only sells it to you once a day, but that may be to make it seem like candy is hard to stock onto the island, which is quite creative and gives the game a rather lively touch. Certain acts of kindness towards Jack will result in you getting candy in reward, and maybe even a couple furniture items and accessories. You can go up to your villagers in this event with a cloak and jack-o-lantern to make them think you are Jack, and they will get scared and seem intrigued to give you candy, but when they realise you are not Jack, they give in, and let you keep the candy you had earned from them. In the Able Sisters (clothing store), during the weeks before Halloween, or on Halloween, you can find some very interesting and cool clothing items, like witches' hats, horns, cloaks, and much more.

SMALL GALLERY OF THE HALLOWEEN EVENT

Here's a small gallery of the event, including a couple photos of Jack himself, along with photographs of the items you can gather, create, or earn in the Halloween event.





Halloween Haikus

By Odessa Portelli-Mcmahon, 7M

Haiku began in 13th-century Japan as the opening phrase of renga, an oral poem, generally 100 stanzas long, which was also composed syllabically. The much shorter haiku broke away from renga in the 16th century and was mastered a century later by Matsuo Basho, who wrote the classic haiku, *An Old Pond*. The haiku is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third. The haiku developed from the hokku, the opening three lines of a longer poem known as a tanka. The haiku became a separate form of poetry in the 17th century.

MY HALLOWEEN HAIKU

Happy Halloween
October 31st yay
Trick or treat is fun

Have fun with lollies
Make people scream for a lolly
Knock, Knock - "Trick or treat"

Halloween is cool
You should go trick or treating
Halloween Haiku

Halloween is fun
Full of monsters and witches
Free candy for all

Go trick or treating
Make it fun for you
Make some memories

Free lollies for us
Scare your friends and have fun
Dress like a monster

Dress like the devil
Enjoy it with your friends
We love to dress up

Scare the whole wide world
The world is like a horror show
Have fun and party

In October is...
A special day for children
Dress like crazy

The world is a pool
Of lollies and chocolate
The Lollies are free



HEALTH NEWS


Health News will appear in the Secondary Newsletter each fortnight and will aim to provide information regarding current health issues within the college community. The information provided here is sourced from the Department of Education, the Department of Health and the Royal Children's Hospital.

Doctors in Secondary School (DiSS) will be back this term

Watch for this space. More information will be provided in the next Secondary Newsletter.

Community Health Awareness

Stay home when feeling sick. Don't risk spreading the virus, keep our school safe.



ascia
australian society of clinical immunology and allergy
www.allergy.org.au

Information

FOR PATIENTS AND CARERS

Allergic Rhinitis (Hay Fever) - Fast Facts

This document has been developed by **ASCIA**, the peak professional body of clinical immunology/allergy specialists in Australia and New Zealand. ASCIA information is based on published literature and expert review, is not influenced by commercial organisations and is not intended to replace medical advice. For patient or carer support contact [Allergy & Anaphylaxis Australia](#) or [Allergy New Zealand](#).

1. Allergic rhinitis (commonly known as hay fever) affects around 18% of people in Australia and New Zealand. Despite its common name, it is not caused by hay and does not result in fever. Allergic rhinitis is caused by the nose and/or eyes coming into contact with allergens in the environment such as pollens (grasses, weeds or trees), dust mites, moulds and animal dander (fur, hair or feathers).
2. Signs of allergic rhinitis include a runny/itchy or congested nose, sneezing, and itchy/watery eyes. Some of these symptoms may be similar to those caused by infections (such as colds and flu), however, allergic symptoms will often continue unless treated correctly.
3. Allergic rhinitis symptoms may vary from mild to severe. For people with severe symptoms, day to day function is often affected. Symptoms may occur in a particular season (usually due to grass or pollen), or all year round (usually due to dust mites, moulds or animal dander). Allergic rhinitis is not caused by food allergy.
4. If allergic rhinitis is left untreated, it can lead to complications including sleep disturbance, daytime tiredness, headaches, poor concentration, and recurrent ear or sinus infections. It is also linked to the development of asthma.
5. For people who also have asthma, better control of allergic rhinitis symptoms often results in better control of their asthma.
6. A pharmacist and/or doctor can recommend treatments for allergic rhinitis. These include non-sedating antihistamines (tablets, syrups, nasal sprays, eye drops), saline (salt water) nasal sprays and rinses, intranasal corticosteroid (INCS) sprays, or sprays containing a combination of INCS and antihistamine.
7. For people with severe allergic rhinitis, further assessment and allergy testing by a clinical immunology/allergy specialist may be required. If it is possible to confirm the allergen/s causing allergic rhinitis, then minimising exposure to these may reduce symptoms.
8. Allergen immunotherapy (AIT), also known as desensitisation, is a treatment offered to people with severe allergic rhinitis. It reduces the severity of symptoms and the need for regular medications and involves taking regular, gradually increasing amounts of allergen extracts by injections or sublingual (under the tongue) tablets, sprays or drops. This treatment is long-term (three to five years) and is usually initiated by a clinical immunology/allergy specialist.



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Content updated June 2023
For more information go to www.allergy.org.au/allergic-rhinitis
To support allergy and immunology research go to www.allergyimmunology.org

THUNDERSTORM ASTHMA INFO SHEET



If you have asthma or hay fever (sneezing, itchy eyes or nose, dry cough) you may be at risk of thunderstorm asthma. Thunderstorm asthma can be dangerous and can cause severe difficulty in breathing. If you have asthma or hay fever, see your doctor to discuss options on how best to protect yourself during this thunderstorm season.

Steps to take this thunderstorm asthma season:

- Take the **Asthma Control Test** to check your level of asthma control; see your doctor urgently if your score is under 20
- Discuss with your doctor medications to manage both asthma and hay fever
- Use an asthma preventer inhaler **every day, even when well**
- Carry an asthma reliever puffer with you at all times
- If you have hay fever, use a steroid nasal spray every day during the pollen season
- Check your local daily pollen levels and stay inside with doors and windows closed when pollen levels are high
- Stay indoors with doors and windows closed before and during thunderstorms, particularly when windy
- See a doctor **immediately** or call Triple Zero (000) if you experience any difficulty breathing during this thunderstorm season
- Do not wait, act quickly

For more information on thunderstorm asthma and how to be prepared, call **1800 ASTHMA (1800 278 462)** to speak with an Asthma Educator or visit asthma.org.au/thunderstorm-asthma



ASTHMA AUSTRALIA
1800 ASTHMA (1800 278 462) | asthma.org.au

PARTNERS



Fio, White Magic and chamber are campaign partners of Asthma Australia and have not been involved in the development of this resource.

Stay ahead of COVID-19

As we live with COVID-19, we can continue to protect ourselves, our **loved ones** and at-risk Victorians. Follow these six steps to help prevent severe illness and reduce the spread of the virus in our community.



Get vaccinated

Being up to date with vaccination is your best protection against severe illness. Bivalent vaccine is available for people aged 18 and above. [Book](#) your next dose with your GP or pharmacist now.



Wear a mask

[Face masks](#) protect you as they stop the virus from spreading in the air when you talk, cough, sneeze or laugh. You should wear a high quality and well-fitted face mask (N95 or P2) in crowded areas, if you have COVID-19 symptoms or if you are with someone at a higher risk of serious illness.



Let fresh air in

You are less likely to catch COVID in places that are [well ventilated](#) (have fresh air and not stale air). You can improve ventilation by opening windows and doors, using fans and air purifiers, and meeting outside.



Stay home if unwell

Stay home if you have any symptoms, even if you test negative. If you test positive, you should look after your health and stay at home for at least 5 days and until you no longer have symptoms. Follow the [Checklist for cases](#) for more information.



Get tested

[Rapid antigen tests](#) should be everyone's first choice as soon as they notice symptoms. It is the quickest and easiest way for most people to test for COVID. You should report your positive test result by calling the Coronavirus Hotline at **1800 675 398** or filling this [online form](#).



Get medicines if at risk

Some people can get medicine when they have COVID-19 to stop them from getting so sick that they need to go to the hospital. You can check whether you would be [eligible for treatment online](#). If you are at a higher risk of serious illness, you should plan ahead and talk to your GP to check if you are [eligible for treatment](#). COVID medicines work best within 5 days of having symptoms, even if they are mild.



Department of Health

To receive this document in another format call 1300 650 172, using the National Relay Service 13 36 77 if required.
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
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<https://www.coronavirus.vic.gov.au/health-advice>

Summary

- Conjunctivitis is an infectious eye condition
- Symptoms last from two days to three weeks
- Children with conjunctivitis should be kept home from school
- You will remain infectious as long as you have an eye discharge.

Conjunctivitis is a common infection especially among children under five.

Children with conjunctivitis must be kept home from school or day care until the discharge from their eyes has stopped. This will prevent the spread of infection to other children. The incidence of conjunctivitis decreases with age.

Conjunctivitis symptoms

Conjunctivitis leads to:

- Eye irritation and redness
- Excessive tears in the eyes
- A discharge with pus
- Swelling of the eyelids
- Photophobia (you can't tolerate looking into sunlight).

The symptoms usually develop within 24 to 72 hours of becoming infected and last from two days to three weeks.

How you develop conjunctivitis

You could develop conjunctivitis if you come into contact with:

- Discharge from the eyes, nose or throat of an infected person
- Contaminated fingers or objects.

Conjunctivitis can be transmitted from an infected mother to her baby during vaginal delivery.

Confirming that you have conjunctivitis

Your doctor will take a sample of the discharge from your eye. This will be examined under a microscope or grown in a culture to determine if it is conjunctivitis.

Antibiotic eye drops are necessary

If you develop conjunctivitis you will need antibiotic eye drops or ointment to:

- Treat the infection
- Help prevent the spread of conjunctivitis.

You will remain infectious as long as there is a discharge from your eye.



Manor Lakes
College

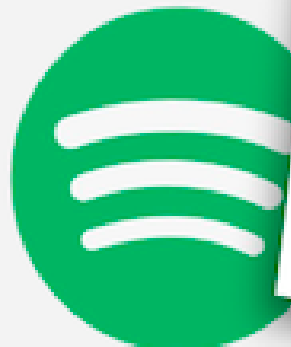
MANORISMS

The Manor Lakes P-12 College Podcast



Apple Podcasts

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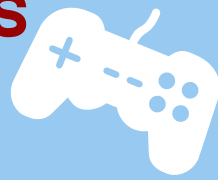


Spotify

* SCAN THE QR CODE BEFORE OR AFTER SCHOOL ONLY..... NO PHONES ALLOWED DURING SCHOOL HOURS :)



CLUBS & EXTRACURRICULAR ACTIVITIES



Monday

LUNCH

• Prayer room	Illawarra 3
• Harmony Quilt	Eppalock 1
• Gaming Club	Eyre 4
• Rugby League Academy	Community oval
• African Dance	Amadeus hall
• AFL	Oval
• Art Club	Wyara 1

AFTER SCHOOL

• Study Support 7-10	Victoria 9
• Melbourne Victory FC Academy	Community oval

Tuesday

LUNCH

• Prayer room	Illawarra 3
• Brain Teaser	Eyre 3
• Newspaper Reading	Eyre 3
• Gaming Club	Eyre 4
• Rugby League Academy	Community oval

AFTER SCHOOL

• Newsletter	Victoria 7
• Study Support 7-10	Victoria 9
• Rugby League Academy	Community oval

Wednesday

BEFORE SCHOOL

• SRC & class captains meeting 8.30am-9am	Victoria 5
• Basketball	Secondary gym

LUNCH

• Prayer room	Illawarra 3
• Socrates Philosophy Club	Wyara 5
• Public speaking and debating	Victoria portable 1
• Gaming Club	Eyre 4
• Interact	Victoria 1
• Cricket	Secondary gym
• Rugby League Academy	Community oval

AFTER SCHOOL

• Study Support 7-10	Victoria 9
• Beyond the Nile	Victoria 12
• Science Club	Maq labs
• Volleyball	Secondary gym

Thursday

BEFORE SCHOOL

• Student leaders meeting 8.30am-9am	Victoria 5
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LUNCH

• Prayer room	Illawarra 3
• Chess Club	Wyara 5
• Gaming Club	Eyre 4
• Anime Club	Victoria portable 4
• Karaoke	Amadeus hall
• Street Dance	Amadeus music room
• Rugby League Academy	Community oval

AFTER SCHOOL

• Study Support 7-10	Victoria 9
• Model UN	Victoria portable 7
• Volleyball	Secondary gym
• Rugby League Academy	Community oval

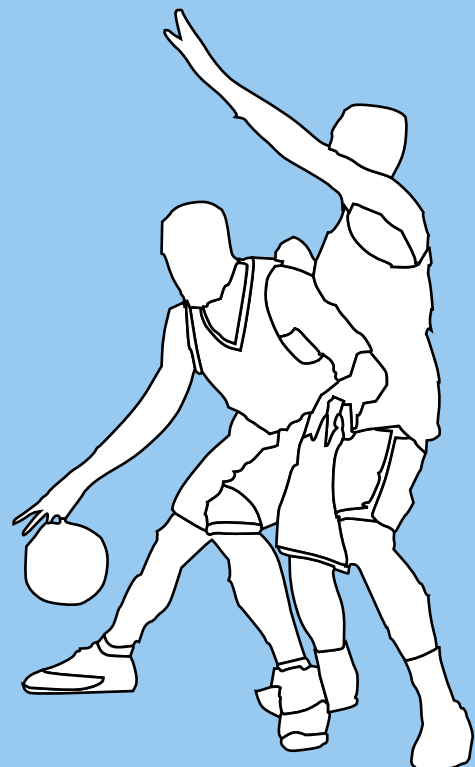
Friday

RECESS

• Badminton	Secondary gym
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LUNCH

• Prayer room	Illawarra 3
• Safe space	Wyara 2
• Lit Lounge	Eyre library
• Cards and Games	Cootabarlow 2
• Dungeons and Dragons	Victoria 5
• Gaming Club	Eyre 4
• Esports	Mackay 5
• Rugby League Academy	Community oval



Words of Wisdom

**“All progress takes place
outside the comfort zone.”**

— American artist Michael

John Bobak



MEME OF THE WEEK

