



Manor Lakes *P-12 College*

SECONDARY NEWSLETTER

**FATHERS' DAY
EDITION**



**WEEK 8
TERM 3, 2023**

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SAVE THE DATE

- **Sunday September 3** – Father's Day
- **Friday September 15** – Last day of Term 3
- **Monday October 2** – Term 4 begins

THE TEAM

Year 12: Ruby Collins, Anshika Handa

Year 11: Jasmine Low

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

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

Year 7: Charlotte Forrester, Youssef Grira, Arayna Mohindra, Mayur Patel, Imani Berrios

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

- Reubeni MUHINDO – Working hard in Humanities, asking questions and using personal time to improve learning.
- Isa WAHAB – Working hard and actively engaging in classroom activities.
- Sanasree NANDAKUMAR – Always doing her best during independent activities in Mathematics.
- Hei Kaw Thaw KYAW – Always sets high expectations for himself in English class and produced a marvellous fairytale full of creativity, imagery and symbolism.
- Ku Shee Wah WIN – Leading by example by being enthusiastic to learn and showing respect to his peers and teacher.
- Adama KAMARA – Always doing her best to be ready to learn, being organised and respectful to the teacher.
- Isabel BROOKS – Leading by example to her peers and doing her best to complete all tasks in English to the best of her ability.
- Charlotte FORRESTER – Aiming high in English class and producing her own completely original fairytale to an excellent standard.

YEAR 8

- Thy Quynh VO – Consistently producing high standard work and achieving highest score in Mathematics.
- Judd Jassim ALKOURASHI – Working hard persistently and striving to improve upon his work by asking for help and guidance in English.
- Amelia ABDI – Working really hard and presenting an excellent health project.
- Suad ABDI – Working really hard and presenting an excellent health project.
- Nehema SHONDO – Working really hard and presenting an excellent health project.

YEAR 9

- Ali Nawid ABDULLAHI – Choosing to help others with their Math work, explaining concepts and processes after finishing their own work.
- Jamal ALI – Staying focused to complete his video interview in English.
- Mary Sushma KASU – Always completing her work to a high standard, and always seeks extension tasks in English.
- Marina Gatbel KUNEN – Always taking notes in class and completing tasks to a high standard.
- Rore MANIHERA – Consistently producing high-quality work in English and contributing to class discussions.
- Huntah HARAWENE – Consistently producing high-quality work in English.
- Caitlin ADAMS – Consistently working hard in Humanities, completing all work and asking clarifying questions when wanting to extend her knowledge.
- Reign Adrielle MEJIA – Consistently working hard in each Humanities class.

YEAR 10

- Annabella TIERNAN – Great job creating a strong introduction for her personal reflection essay.
- Duncan CHEN – Excellent job working hard to solidify your ideas for your personal reflection.
- Ashna HANDA – Consistently participating in class discussion and contributes her skills in solving problems in board and cooperative learning in Mathematics.

YEAR 11 VCE

- Jada NDANGA – Always seeking additional feedback to improve writing skills in sociology.
- Robert BRABENDER – Consistently working hard in Accounting.
- Emily CARPENTER – Consistently producing work of a high standard across the year and sharing her deep understanding of theoretical concepts in Psychology.
- Indiana BEZZINA – Diligently working to catch up on missed work.

YEAR 12 VCE

- Basit Daif – Consistent efforts in improving essay writing skills based on feedback provided.
- Garvit NARANG – Attending after school sessions and implementing feedback.

LANI MAKES STATE RUGBY LEAGUE TEAM

On Thursday, Leilani Weatherby was named in Victoria's under-16 schoolgirls rugby league team.

Lani, in Year 11, will travel to Port Macquarie in New South Wales during the school holidays to represent our state in the Australian Secondary Schools Rugby League National Championships.

The Victorian team will play against Queensland RSS, Australian Capital Territory and Northern Territory in the championships, which will run from Saturday September 23 to Friday September 29.

Lani was among 80 girls who trialled for the program before she was selected in the final squad of 20.



BOOK DRIVE BONANZA

Our book drive for kids in Papua New Guinea was a spectacular success, with our school community donating more than 1000 books to this wonderful cause.

The book drive – run by Bonnie Duncan as part of our celebration of Book Week – will in turn donate books to charity organisation Books4PNGKids, which helps early reader literacy in PNG, particularly those in remote and rural areas who are often disadvantaged.

Thanks to everyone who contributed to this amazing result. Your efforts will make a real difference.

There are hopes that the book drive will become an annual event for our college.



SCHOOL PODCAST

KATE GOODWIN – ADULT ADHD

Episode 18 of **Manorisms: The Manor Lakes P-12 College Podcast** features an insightful chat with our vocational programs leader Kate Goodwin.

Kate was 19 when she was diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) – a development that finally provided an explanation for some of her behaviour since she was a young girl. The condition has continued to be a daily battle for Kate, both in her career and as a mother of three.

One of Kate's aims is to create more awareness and understanding of adult ADHD, and she's certainly a passionate advocate for the cause.

LISTEN to Kate's story here:

Spotify: rb.gy/s79is

Apple Podcasts: rb.gy/5zi54



Kate Goodwin sharing her story on SBS's *Insight* program in 2021.

WHO SHOULD BE INTERVIEWED NEXT?

Manorisms is co-hosted by college co-captain Ruby Collins and college writing mentor, author and former journalist Ben Collins. The show is produced by secondary music teacher Jamie Canning.

Ruby and Ben plan to interview other teachers, staff, past and present students, parents, etc. who have achieved good things, who've had interesting experiences, or who just have good stories to share that will engage, enlighten, entertain or inspire.

WHO WOULD YOU LIKE THEM TO INTERVIEW?

Please email your suggestions, along with a brief explanation, to podcast@manorlakesp12.vic.edu.au.

OUR AUDIENCE STATS

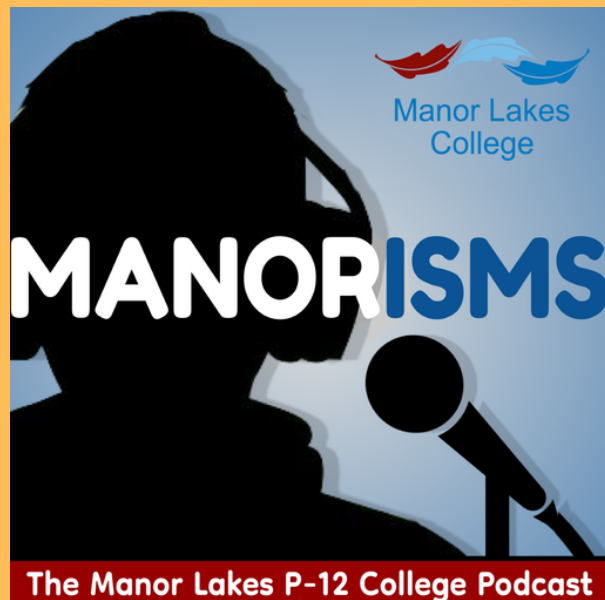
Episodes: 18 (plus trailer)

Hours of content: 12 hours, 40 minutes

Listens: 2160

Countries: 13

Continents: 5



MARKET DAY



By Jasmine Low, 11C

At our annual Market Day on Wednesday (August 30), Year 11 Business and Economic students presented the products they created for students and teachers to purchase.

Each stall was assessed and graded based on many categories, and the winners are listed below.

Thanks to those who participated for your wonderful efforts, and to all for purchasing and supporting.

WINNERS IN EACH CATEGORY

Best Stall Presentation: The Baking Babes (Jasmine L and Ashley)

Best Salespeople: The Island Way (Krisdyna, Jasmine P and Esther)

Most Creative and Innovative Product: The Cute Candle Company (Nathan and Manraj)

Most Environmentally Friendly: Photo Booth (Razel and Aarya)

BOOK WEEK



READ, GROW, INSPIRE!



THINGS TO DO FOR DAD



By Sahasra Dwarak , 8E

Father's Day is getting super close, but many of us still haven't decided what to do for our dads. Here are some cool ideas for how you can make your dad feel special.

BEFORE FATHER'S DAY

So before Father's Day we can plan out a whole bunch of things to give Dad, including:

- Making him a greeting card. (This is a must.)
- If he is a book person, you can make him a bookmark with his adored colours and objects.
- Buying him some flowers and arranging to give him breakfast in bed.
- Visiting the Father's Day Stalls in the Amadeus hall. They are not that high priced and have some nice gifts. (It doesn't matter about the dollar value of the gift, it's the thought that counts.)

ON FATHER'S DAY

If you missed out on some stuff before Father's Day you still have the rest of the day to tajke up some of these suggestions:

- Turn the house into a salon for couple of hours and give Dad the best neck and shoulder massage we can with our small hands.
- Go with dad to a mall, a cinema, shopping spree, Time Zone, etc. Wherever he wants.
- Prepare a scavenger hunt. Hide amazing presents with clues.
- Go to an escape room. If you haven't gone to an escape room before, there's no time like Father's Day to give one a try.
- Go golfing. Golf can make a dad's heart melt, no matter if he if he is a sportsperson or not.
- Watch a movie together. Check out Charlotte Forrester's 'Father Flicks' story (see the next page) on the best movies to watch with your dad.

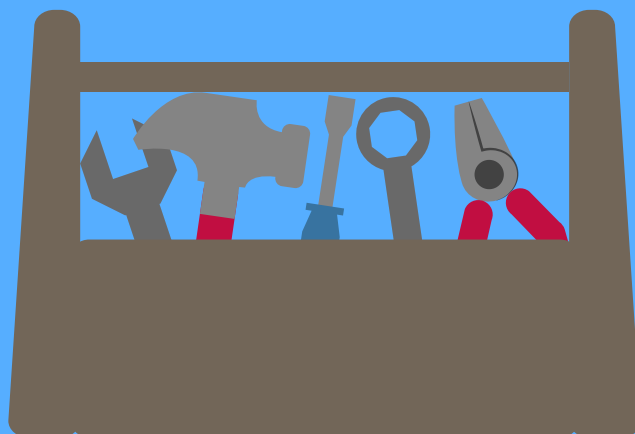
I hope you found these ideas helpful, and that you make this Father's Day a wonderful one for your dad.

FATHER FLICKS

By Charlotte Forrester, 7M

On Sunday (September 3) it will be Father's Day, a time to appreciate the man of the house and treat him to some awesome gifts. These gifts might include a backscratcher, or a mug that says 'Best Dad', or maybe even a movie – which is actually what this article is about! Here's a list of father-themed movies to watch with Dad on the couch while munching popcorn.

- *Minari* (2020, Prime Video)
- *Beautiful Boy* (2018, Prime Video. This movie also contains John Lennon's hit song *Beautiful Boy*.)
- *Eighth Grade* (2018, Prime Video)
- *Definitely, Maybe* (2008, Foxtel & Binge)
- *Big Fish* (2003, Prime Video)
- *The Royal Tenenbaums* (2001, Disney Plus)
- *Big Daddy* (1999, Foxtel)
- *The Pursuit of Happyness* (2006, Netflix)
- *Fatherhood* (2021, Netflix)
- *The Game Plan* (2007, Disney Plus)
- *What a Girl Wants* (2003, Netflix)
- *He Got Game* (1998, Disney Plus)
- *Parenthood* (1989, Foxtel)
- *Father of the Bride* (1991, Disney Plus)
- *The Judge* (2014, Stan)
- *Grown Ups* (2010, Stan)
- *Cheaper by the Dozen* (2003, Disney Plus)
- *Field of Dreams* (1989, Foxtel)
- *We Bought a Zoo* (2011, Disney Plus)
- *To Kill a Mockingbird* (1962, DVD)
- *The Adam Project* (2022, Netflix)
- *Taken* (2008, Disney Plus)
- *Captain Fantastic* (2016, Prime Video)
- *It Takes Two* (1995, DVD)
- *Mrs. Doubtfire* (1993, Disney Plus)
- *Trouble with the Curve* (2012, DVD)
- *Liar, Liar* (1997, Foxtel. Stars comedian Jim Carrey.)
- *The Father* (2020, SBS)
- *Dog Gone* (2023, Netflix)
- *Kramer vs Kramer* (1979, DVD)
- *Boys n the Hood* (2014, DVD)
- *Daddy Daycare* (2003, Netflix)
- *Finding Nemo* (2003, Disney Plus)
- *Onward* (2020, Disney Plus)
- *Fences* (2016, DVD)



MOCK TRIAL AT MLC



Over the past two months, Year 10 students Jasmine Lawrence, Ashna Handa, Xavier Norris, Siddita Channappagol, and Grishu Sharma have been testing their legal knowledge in preparation for the Manor Lakes/Forty Four Degrees Legal Mooting competition.

Over the course of Term 3, these five students have interviewed clients, performed legal research and discovery, and developed strategies for a defamation trial which finally took place Thursday afternoon.

Both teams advocated well for their clients, with the council for the plaintiff successfully establishing each of the defamation elements, and the defendants raising the public interest defence.

After a lengthy trial, the Honourable Aniket Parulekar from Forty Four Degrees Legal held in favour of the plaintiff and awarded damages accordingly.

Congratulations to Jasmine and Ashna for winning the overall competition, and congratulations to Ashna for also winning best speaker.

Thanks to everyone involved in the planning and implementation of the event and a special thanks to the team at Forty Four Degrees Legal for sponsoring the event.

We in the legal studies department are very excited to see how this competition will continue to develop and evolve next year.



THE FASTEST SPORT IN THE WORLD

BY PRATITI DIXIT, 9G

BADMINTON

SPEED SHOCK

Ever wondered what the fastest sport in the world is? Yes, it's badminton! For those shocked by this fact, you are not the only one. Despite being a player myself, I was in awe too when I first heard about it. While many consider this enjoyable sport "easy" and "relaxed", it is in fact quite the opposite. Played at a professional level, badminton is an extremely intense game regardless of the speed it is played at.

SINGLES

As you may know, there are two forms of badminton played: singles and doubles. Singles is usually a patient and slower game that requires the player to cover more of the court and to think strategically. Having to cover the entire court themselves, singles players usually do not put their full effort into smashing (the fastest shot aimed at the opponent's body or court). Despite this, one of the fastest smashes in singles would be current world No. 1 Viktor Axelsen with a speed of 404 km/h!

DOUBLES

While doubles also require use of strategy, a greater amount of smashes are utilised. Through this, extraordinary defensive skills of players are given an opportunity in the spotlight. With two players, they can put their full effort into attacking and not have to worry about recovery as much. This is what causes doubles to be faster paced and usually have greater smash speeds. The current world record for smash speed was by Indian men's doubles player Satwiksairaj Rankireddy, whose shot was clocked at a massive 565 km/h!



HOW COULD THAT BE?

In April, six of the top players in the world were invited to the Yonex (a badminton equipment manufacturing brand) factory in Japan with the motive of creating new world records. The previously mentioned Rankireddy proved to have done the fastest smash of 506 km/h. The women's record was set by Malaysian doubles player Pearly Tan with a speed of 438 km/h! There is no doubt that badminton is the fastest sport and one of the most difficult to defend, with shuttles hurling at you at such a high speed.

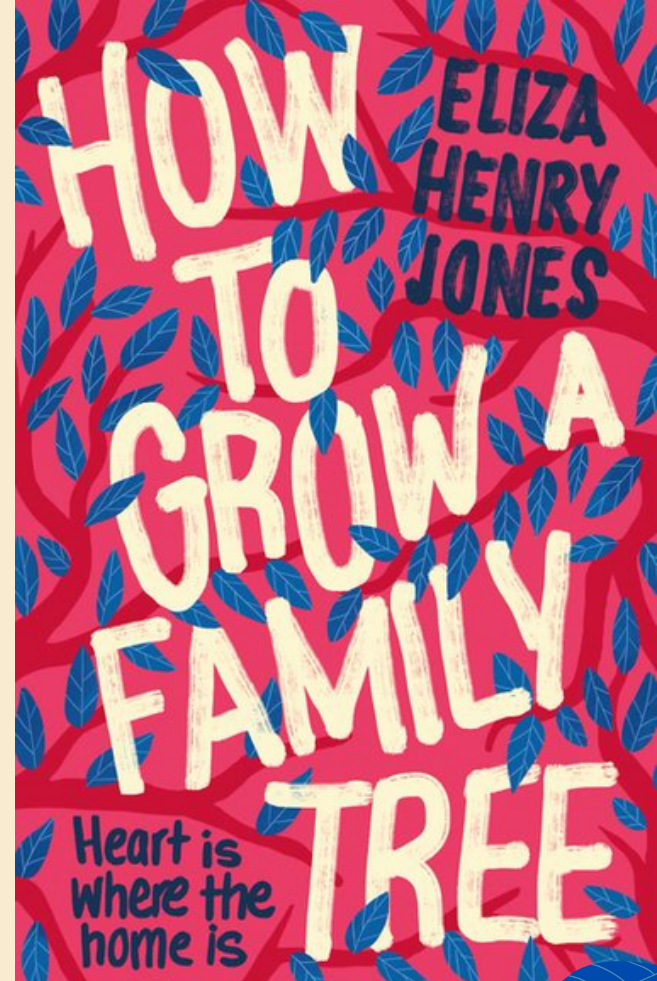
A heart-warming family-themed story

By Thy Vo, 8J

Eliza Henry Jones' *How To Grow A Family Tree* is a touching and beautifully crafted novel that explores the intricate roots and branches of family bonds. In a world where families come in all shapes and sizes, this book offers a heartfelt and refreshingly honest perspective on creating, nurturing and cherishing a family.

The story revolves around the life of the protagonist, Stella, who finds herself and her family living in Fairyland Caravan Park thanks to her father's gambling addiction. As she grapples with friendship and her 'other family', she embarks on a journey of self-discovery that takes her to unexpected places. Stella's character is beautifully rendered, and her struggles are so relatable that readers will undoubtedly find themselves connecting with her on a deep level.

One of the standout features of Jones' writing is her ability to invest the ordinary with deep emotional resonance. The novel explores the complexities of family dynamics, from the unbreakable bonds of blood to the equally powerful ties forged through friendship. Jones explores themes of love, loss, forgiveness and resilience with a skilful touch, never submitting to nostalgia but instead choosing an authentic portrayal of life's ups and downs.



My rating:



5/5



COOKING CORNER

with Anshika Handa



Crunchy Korean Fried Chicken Wings

Ingredients

12	Chicken wings
2 tablespoons	Coarsely grated onion
3 cloves	Minced garlic
3 teaspoon	Finely grated ginger
2 tablespoon	Soy sauce
⅓ cup	Mirin
¼ cup	Tomato sauce (ketchup)
2 tablespoons	Gochujang
¼ cup	Honey
2 teaspoon	Sesame oil
¾ cup	Corn flour
1 ½ teaspoons	Salt
½ teaspoon	Baking soda
2 litres	Vegetable oil
	Sesame seeds and spring onions to serve

Method

- Lay the wing pieces out on a large tray so they are all separated. Place in the fridge for 24 hours, uncovered (to dry them out). You can do it a shorter time and still get great results, but the longer they dry out the crispier the end result will be.
- Heat 2 tablespoons of the oil in a medium saucepan over medium heat, then add garlic, onion and ginger. Stir-fry until fragrant (a minute or two).
- Add the remaining sauce ingredients – soy sauce, mirin, tomato sauce, gochujang, honey and sesame oil – and simmer for 7-10 mins until thick and syrupy.
- While the sauce is simmering, heat the remaining vegetable oil in a deep saucepan to 160°C and heat the oven to a warm setting (roughly 70°C).
- Mix together the cornflour, salt and baking soda. Roll 8 of the wing pieces in the cornflour to coat then gently lower them into the hot oil. Deep fry for 5 minutes until just starting to get golden. Remove from the oil and drain on the rack over a paper towel.
- Repeat with two more batches, keeping them warm in the oven between batches.
- Raise the heat of the oil to 200°C
- Recoat pieces in the cornflour mix and fry for another 5 minutes until golden. Add to the warm sauce and stir to coat thoroughly.
- Sprinkle it with sesame seeds and sliced spring onions. Serve immediately with rice and pickled vegetables or sliced cucumber.



My attempt.

MY TIP

I recommend controlling the temperature of the oil carefully because if you overcook it in the first round, they could burn or overcook in the second round. Also, if you prefer a chunkier coating, try using half corn flour and half plain flour for the coating. Lastly, gochujang is a fermented Korean red chilli pepper paste, which can be spicy, so feel free to adjust the amount based on your taste or exclude it from the recipe all together.

WEAR IT PURPLE DAY



What is it?

Wear It Purple Day is an annual LGBTIQA+ awareness day, especially for young people, based in Australia. Supporters wear purple to celebrate diversity and young people from the LGBTIQA+ community. Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

The History behind Wear it Purple Day

Wear it Purple was founded in 2010 in response to global stories of real teenagers, real heartache and their very real responses. In 2010, several rainbow young people took their own lives following bullying and harassment resulting from the lack of acceptance of their sexuality or gender identity.

How can we show our support?

As a community we can support the significance of this day by wearing purple and supporting the hundreds of thousands of rainbow young people across Australia.

PRIZE POOL

Sponsored by the Dennis Family

1ST Prize =
\$120 2nd Prize
= \$80 3rd Prize
= \$50



WHEN?

Term 4, Wk 8,
28th Nov,
Lunch time!

The ACT Show

Amazing Creative Thrifting

\$250 PRIZE MONEY



Aim: To provide students at Manor Lakes College with Performing Arts that gives students equitable access to participate in an event that showcases their talents, skills, and collaborative teamwork to engage and make connections with our families and the wider Manor Lakes community, in our very own fashion show.

WHAT is The ACT Show?

Use thrifted and recycled materials to create a piece of wearable art and showcase it in our school fashion show!

More information released next week and in week 10 during lunch time meetings. Attend if you are interested! Listen to the notices next week!



See Krystal, Bonnie, or Mary M (Coot 3) for more information.

To Register Your Interest:

- As an individual
- Group
- House

Go to the following link:

<https://forms.gle/z5ViAb3ZhPHP9U9z8>

FREE SCHOOL HOLIDAY PROGRAMS

THE HUDDLE

Huddle Holidays is a FREE school holiday program that services 8-18-year-olds with a particular focus on ensuring young people learn, grow and belong. The Spring Huddle Holiday Program is packed with six unique activities.

Juniors (8-12 years) can: sign up to Bounce, the Multi-Sport Superclinic where participants can try MMA (Mixed Martial Arts), Australian Football, gymnastics and more all in one place; and sign up for Reptile Day, meeting Australia's finest furry and scaly friends.

Seniors (13-18 years) can: sign up to Bounce; join an existing team or start their own for our 'social' and 'competitive' 3x3 Basketball Slam at Eagle Stadium; and try Strike Bowling and Laser Tag.

Catering is provided for all activities, and transport is available for some activities.

Registrations are currently closed but will open later in the term. If interested, sign up to the waitlist using these links:

- Sign up for junior activities here: <https://thehuddle.secure.force.com/r/huddleholidaysjunior>
- Sign up for senior activities here: <https://thehuddle.secure.force.com/r/huddleholidaysenior>

AMAZING MUSIC OPPORTUNITY

Mushroom Group has opened registrations for its free ON TRACK school holiday immersive music experience, which will take place at Werribee Secondary College from Monday September 18 to Friday September 22.

ON TRACK is an exciting and energetic holiday music experience giving high school students (aged 12-18) a unique opportunity to get up close with some of Melbourne's finest talent.

Participants will:

- Channel their experiences and write a collaborative track.
- Lay down demos with ON TRACK's "Studio In A Box".
- Find their voice and take the stage to perform their tracks on Music Celebration Day.

Travel vouchers are provided in advance, and lunch and refreshments are provided, while prizes are up for grabs every day.

Visit www.ontrackmusic.com.au for more information, to place expressions of interest and to confirm registrations.

SOCCER - MELBOURNE VICTORY

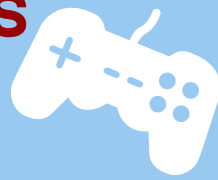
Melbourne Victory's free holiday program for secondary students will run from Monday September 25 to Thursday September 28.

The program will provide youngsters with the opportunity to engage with Melbourne Victory staff, coaches and players, as well as participate in excursions, education and employment sessions. Participants will also have the chance to develop leadership and teamwork skills, while also learning and improving their football skills and knowledge through daily training sessions and games.

For more information, email community@mvfc.com.au. To register, visit [Melbourne Victory Football Club School Holiday Program](#).



CLUBS & EXTRACURRICULAR ACTIVITIES



Monday

LUNCH

• Prayer room	Illawarra 3
• Mock Trial and Moot Competition	Victoria 6
• 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	Victoria 5
8.30am-9am	Secondary gym
• Basketball	

LUNCH

• Prayer room	Illawarra 3
• Socrates Philosophy Club	Wyara 5
• Public speaking and debating	Victoria 14
• 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	Victoria 5
8.30am-9am	

LUNCH

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

AFTER SCHOOL

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

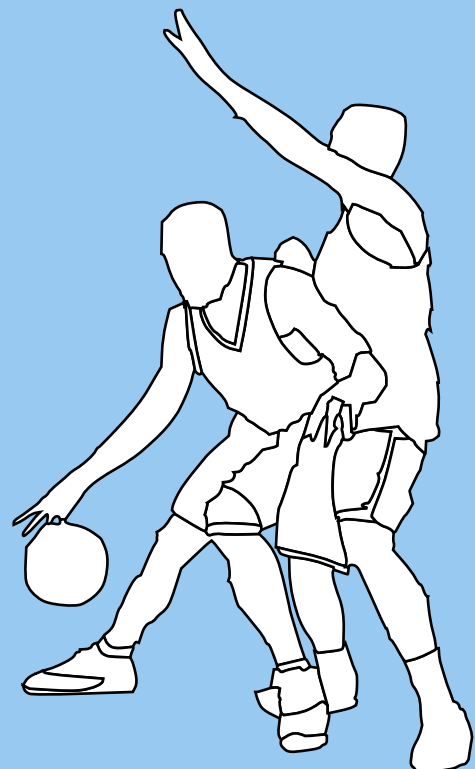
Friday

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

"Be yourself; everyone else is already taken."

– Oscar Wilde, Irish author, playwright and poet.



MEME OF THE WEEK

Going five minutes without internet

