



Manor Lakes College

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Website: www.manorlakesp12.vic.edu.au

Before & After School Care: Quantin Binnah 9742-5040
Uniforms: Rushfords/Noone's 9741-3211
College Shop Hours: Tuesday 8.30am-10.30am & Thursday 2pm-4pm

newsletter

No.22 Week Ending Friday 28th July 2017

SUPERVISION IN THE YARD BEGINS AT 8:35 AM AND ENDS AT 3:15 PM

Tomorrow, Saturday 29th July Working Bee Cancelled

The Week Ahead

| | |
|--|--|
| Monday 31st July | 100 Days of Prep , 9:00am – 3:00pm, (Bonney Learning House) Year 9 Australian Catholic University Visit , 9:00am – 3:00pm, (115 Victoria Parade Fitzroy) Supported Class – Jane Community Access , 11:30am – 1:30pm, (Pacific Werribee) |
| Tuesday 1st August | Year 8 Boys Basketball , 9:00am – 3:00pm, (Eagle Stadium) Supported Class – Olivia Community Access , 11:30am – 1:30pm, (Pacific Werribee) |
| Wednesday 2nd August | Sociology and Legal Studies Barwon Prison Excursion , 7:30am – 12:00pm, (Bacchus Marsh Road, Anakie) Selected Intermediate Boys AFL Football Western Metropolitan Region Semi Finals , 9:00am – 3:00pm, (Maribyrnong Park & Overland Reserve) Accelerated Football Program (selected students), 12:45pm – 3:15pm, (Victoria University) |
| Thursday 3rd August | School Banking Trade Taster , 8:00am – 3:15pm, (Geelong Industry Trade Training Centre) |
| Friday 4th August | Intermediate Girls Basketball , 9:00am – 3:00pm, (Eagle Stadium) |

Dear Parents/Carers,

So far, 2017 has been a great year of change and re-structure within the school, and the start of Semester 2 has not slowed this process down. Assistant Principal Sam Vella has now moved to Prep – 6 to support our Primary School Team, and I would like to thank her for all of her great work at Years 9 and 10 and on our Curriculum Team. I would also like to welcome new Assistant Principal Scott Logan, to the secondary part of our College. Principal changes and a move to a 7 – 12 system, has also meant leadership roles have been rearranged. Please read over the restructure below to assist your family with whom best to contact.

Secondary Leadership Structure:

Steve Warner: College Principal (Primary, Secondary and Supported)

Renee Liprino: Secondary Principal, working with:

- Rachel Grima – VCE Leader
- Ebony Dedini – VCAL Leader
- Tracie Moore – Careers and Pathways Leader
- Jen Bashford – Literacy Coach
- Jess Owens – Numeracy Coach
- Warwick Lamb – Instructional Practices Leader

Honey Stirling: Assistant Principal of Curriculum Assessment and Reporting, working with:

- Prue Mann – Curriculum Leader
- Laura Mitchell – Assessment and Reporting Leader

Curriculum Area Leaders:

- Jen Bashford (English)
- Jess Owens (Maths),
- Eliza Shearer (Humanities)
- Suzanne Wiltshire (Science)
- Larissa Tayler (Arts and Technology)
- Ashley Craven (Performing Arts)
- Thomas Portelli (Digital Technology)
- Anthea Walsh (HAPE)

Scott Logan: Assistant Principal of Student Management and Wellbeing, working with:

- Sue McGowan – Wellbeing Leader
- Krystal Jessop – Student Management Leader
- Ali Wigg – Student Engagement and Leadership Leader

Year Level Team Leaders:

- Dani Cameron (Year 7)
- Jayne Harsley (Year 8)
- Kaja Strzalka (Year 9)
- Tara Hyatt (Year 10)
- Abby Graham (Year 11)
- Romana Dalglish (Year 12)

Homework and Independent Study Policy: We have also been able to update and have our Secondary Homework and Independent Study Policy reviewed and ratified by our School Council (attached at the bottom of the newsletter). Please take your time to read it and contact Renee Liprino for any general queries or your child's subject teacher for specific queries.

Curriculum Day and the Manor Lakes Secondary 'Writing and Production Process' At Manor Lakes Secondary, we have developed a Writing and Production Process to help students prepare all work and tasks in a consistent, organised way.

There are four steps to the process:

1. Planning
2. Drafting
3. Revising and Editing
4. Publishing

Students should follow these four steps whenever they are doing schoolwork, whether it is an exam question, an essay, an artwork, chapter questions – anything and everything!

Please also take your time to have a look at the some of the school activities and student photos below.

Renee Liprino
Secondary Principal 7-12

Uniform Changes

As outlined on Compass before the holidays our College uniform has also gone through some changes (please see the attached updates). Secondary families wanting to purchase the new jackets and sports uniform can do so online at <https://indigowolf.com.au/manor-lakes-secondary-college/>

PRIMARY UNIFORM - Manor Lakes P-12 College

Normal School Days

Excursions (must have logo on polo, embroidered or iron on)

Sports Days (polo + track pants or sports shorts + runners)



SECONDARY UNIFORM - Manor Lakes P-12 College

FORMAL UNIFORM

Normal School Days, Excursions (non active)

Special or Community Events, School Photos



ACTIVE UNIFORM

Normal School Days, Excursions (active)

All sporting events or active excursions



SECONDARY UNIFORM - Manor Lakes P-12 College

Formal Uniform

| Item | Available From | Details |
|---|--|---|
| College Blazer | Rushfords | |
| College Soft shell Jacket | Indigo Wolf | Order Online |
| College Woollen Jumper or Vest | Rushfords | |
| College Rugby Top | Rushfords | |
| White Collared Shirt (Short or Long Sleeve) | Rushfords – with embroidered college logo Or plain from a retailer of your choice | Shirts with embroidered logo are available from Rushfords OR Plain white shirt or collared white polo acceptable for daily wear at school. If on an excursion or attending a special event the shirt/polo MUST have College logo (either embroidered or iron on – Iron on available for purchase at the college office) |
| College Tartan Dress/Skirt | Rushfords | Can be worn with BLACK tights for warmth (Not Leggings) |
| Black Tailored Pants or Tailored Shorts | Rushfords or retailer of your choice | Pants must be Black. Does NOT include Jeans or Leggings Shorts must be <u>Black</u> . Does NOT include Skins or skin tight shorts |
| Black or White Socks | Rushfords or retailer of your choice | |
| Black Leather School Shoes | Retailer of your choice | Must be Closed Toe school shoes, not open sandal style |

Active Uniform

| Item | Available From | Details |
|---|--|---|
| College Rugby Top | Rushfords | |
| College Soft shell Jacket | Indigo Wolf | Order Online |
| College Sports Polo/T-shirt | Indigo Wolf | Order Online |
| Sports Track Pants or Shorts (College or plain) | Indigo Wolf for printed with logo & pattern Or retailer of your choice for plain black | Printed pattern with logo available from Indigo Wolf OR Plain Black Tracksuit pants are acceptable NOT Leggings or Skins |
| Black or White Socks | Rushfords or retailer of your choice | |
| Sports Runners | Retailer of your choice | |

Year 11 Outdoor & Environmental Studies

On Wednesday 28th of June, the Year 11 Outdoor & Environmental Studies students travelled to the You Yang's Regional Park, north of Lara. The intention was for students to establish more advanced mountain biking skills, as well as hike to the top of Flinders Peak (340m above sea level) to develop an appreciation for the natural environment surrounding Wyndham. Students showed outstanding leadership and teamwork throughout the experience and really enjoyed themselves. Many students had never been mountain biking before, pushing themselves both physically and mentally to demonstrate resilience and perseverance. Overall, it was a very successful excursion, with students hoping to return soon to this beautiful location. Well done Year 11's!

Attending staff:

- Amy-Rose Livesay – Year 10 and 11 Outdoor Education teacher
- Vicki Ryan – Year 12 Outdoor Education Teacher
- Joe Diamond – Student Wellbeing Staff Member



Free Meningococcal ACWY Vaccine for Year 10, 11 & 12

Monday 14th August - 9:00am

Parents/guardians of Year 10, 11 and 12 students will receive a Meningococcal ACWY Secondary School Vaccine Program consent card, sent home from school with your child on Thursday 27th July 2017. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school.

The consent card **MUST BE RETURNED NO LATER THAN TUESDAY 2nd AUGUST** to the Bronte Office. Vaccinations will be administered to students on Monday the 14th August commencing at 9:00am.

In 2017 the Victorian Secondary School Vaccine Program will offer free meningococcal ACWY vaccine to students in Years 10, 11 and 12. The vaccine provides protection against four strains of meningococcal disease (ACWY) and is administered as a single dose.

Adolescents are at increased risk of meningococcal disease. Although uncommon, it can become life threatening, very quickly. There are different strains of meningococcal bacteria known by letters of the alphabet, including meningococcal A, B, C, W and Y. In recent years, the meningococcal W strain has increased across Australia, with Victoria experiencing 11 cases to date in 2017 and 48 cases in 2016, compared to 17 cases in 2015, four in 2014 and one in 2013. It is now the predominant strain in Victoria.

The Wyndham City Council immunisation service may contact you about the meningococcal ACWY vaccine program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. A letter regarding the Meningococcal ACWY Secondary School Vaccine Program was uploaded as a Compass newsfeed item on 1st June 2017. Parents received notification via the email address on file. This letter was also posted on the Manor Lakes P-12 College Facebook page.

To learn more about meningococcal disease, the meningococcal ACWY vaccine and how you can prepare your child for vaccination, visit betterhealth.vic.gov.au or immunehero.health.vic.gov.au

Renee Liprino
Assistant Principal

Grade 5 News

Grade 5 Fundraiser

Bric-a-Brac

WE ARE LOOKING FOR DONATIONS!

We are looking for secondhand goods to sell as part of our Grade 5 Fundraiser.

If you are able to help by donating clothing, books, toys, games or homewares please drop these off at the Dalrymple building.

Homework & Independent Study Policy

Policy: Years 7-12 Homework and Independent Study Policy

written 11.05.2017
reviewed 28.06.2017
ratified

[We Act Safely](#) [We Aim High](#) [We Show Respect](#) [We Value Our Community](#)

Rationale

Consistent with the mission of Manor Lakes P-12 College, Homework and Independent Study program encourages students to take responsibility for their own learning. It encourages engagement with family and community, while recognising the many interests/activities that individuals and families pursue outside of school hours. Designed to be a positive experience for all involved, independent study and homework provides children with the opportunity to:

- develop a balanced lifestyle;
- develop regular study habits;
- take responsibility for their own learning;
- work independently in a self-motivated way;
- make links to wider community activities.

Definitions and References

Independent Study:

Independent study refers to the directed homework set in class and the self-directed work students do at home. Both of these are guided by the content they are studying in class to reinforce their own understanding. This can include revision for tests and exams, revising readings, notes and Cornell Notes, as well as completing Cornell Note reflections. These may be recommended by the teacher, but not enforced. Students should also include independent reading within their time outside of school.

Homework:

- Directed homework is set regularly by the classroom teacher, and relates to classroom learning. These tasks are aimed to encourage independence, positive work habits, organisational and time management skills. Homework tasks will prepare students for new topics via research, or reinforce essential learning via practice.
- Differentiated homework is modified homework requested by families, in consultation with the student and teacher, to individualise the learning and support the individual student's needs. The purpose of targeting a particular need may replace directed homework in some cases.
- Independent homework is initiated by the student, with support of their teacher and family, to complete work based on their own interests; school tasks and/or projects. As such tasks are not school requirements, they will be in addition to the directed homework and are not corrected by the teacher, unless the teacher chooses to, or it is part of the subject requirement. Independent homework should not add undue time or pressure to interfere with a student's balanced school program.

Independent Reading:

Manor Lakes encourages all students across 7-12 to complete approximately 30 minutes of sustained reading daily on a text of their choice. Students are supported at school at Years 7 and 8 with a period dedicated to an independent reading session in English each week. Families should reinforce this at home. Text can be any reading material of the student's choice i.e. newspaper, online articles, blogs, novels, magazines, etc.

Guidelines

Manor Lakes P-12 College implements its 7-12 Independent Study and Homework Program in line with the DET Homework Guidelines and Expectations. Study and homework will include an array of different activities to support the learning taking place within the classroom. Manor Lakes P-12 College recognises that many of our students and families engage in after school activities, so tasks set are designed primarily to encourage students to pursue their own learning.

Independent study and homework at Manor Lakes P-12 College takes into account the need for a flexible schedule that accommodates students' commitments after school, fosters the development of the students' planning and time management skills.

Independent study and homework at Manor Lakes P-12 7-12 College encourages communication between teachers, parents/carers and students about their learning. Activities complement the learning happening within the classroom and support the development of skills and knowledge for all students. Tasks are designed to be challenging yet achievable, and to consider the diverse range of students' individual learning styles and abilities.

Differentiation of Tasks (Negotiated Homework):

The positive effects of study should be the same for all children. However, study and homework should be differentiated where possible, to suit individual needs. Teachers and parents are to work together to ensure that all children understand the tasks before attempting them.

Implementation

Study and homework expectations will be provided to students on a consistent basis and will be expected to be completed and returned by the due date.

The nature of homework and study tasks may change from class to class, reflecting the curriculum and different emphasis in the teaching program. However, homework and study activities will be designed to provide students with opportunities to practise skills, review content and deepen understanding of concepts learned.

*Tasks which have not been completed in school within a reasonable time may require completion at home as an additional homework activity.

Consequences:

Students are encouraged, and will be supported, to complete work on time. Where students have not completed work in a timely manner, there will be a consequence. Depending on the task, students may be given the opportunity to complete the work at a redemption session after school, or during a lunchtime, as determined by the classroom teacher. Where a student consistently shows a pattern of unfinished work, they may be given a detention and the family will be contacted to establish a support network for the student.

Teachers can support students by:

- providing prompt feedback to the student, as per DET Homework Guidelines, and communicate how this feedback will be provided back to parents.
<http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/guidelines.aspx>
- differentiating study and homework, where possible, to suit individual needs.
- ensuring that all students understand the tasks before they attempt it.
- setting reasonable due dates and classtime for students to complete work.
- ensuring students write homework into their diaries; they may also wish to contact parents about due dates through email and Compass
- setting redemptions for students that need extra homework support
- setting detentions for students and contacting families to inform them of continual unfinished homework
- Communicating procedures and expectations regarding homework to families

Students can take responsibility for their own learning by:

- clarifying homework with the teacher
- writing all homework in the diary
- informing parents of homework
- setting aside homework and independent study time each night
- negotiating due dates with the teacher if there has been an illness (provide medical certificates)
- using classtime appropriately
- when no directed homework has been set, or it is finished early – completing independent study and reading

Families/carers can support their children by:

While most students should not need the help of adults at home when they complete homework, families do have a role to play:

- developing a positive and productive approach to homework;

- creating a home environment that facilitates the student's homework;
- offering moral support and be positive;
- reporting any difficulties to the teacher;
- allowing ample time to play and engage in all activities assigned as homework (including the more informal tasks);
- reinforcing the idea that learning the balance between work and play is a lifelong skill;
- contacting teachers to negotiate due dates due to illness etc... (provide medical certificates)
- checking the student diary and Compass

If a pattern of homework avoidance develops, the class teacher will work with the child and their family to foster improved homework routines.

Homework Recommendations As stated in the DET Homework Guidelines

<http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/guidelines.aspx>

| Year Level | Approx Time Per Day | DET Homework Recommendations |
|------------|---------------------|--|
| 7 | 60 minutes | <ul style="list-style-type: none"> • should include daily independent reading • should be coordinated across learning areas in secondary schools to avoid unreasonable workloads for students • may extend class work, projects and assignments, essays and research • should include studying notes, Cornell Notes and readings |
| 8 | 80 minutes | |
| 9 | 90 minutes | |
| 10 | 120 minutes | <ul style="list-style-type: none"> • may extend class work, projects and assignments, essays and research • should include studying notes, Cornell Notes and readings • please refer to the VCE/VCAL/VET (Senior Years Handbook) for study guidelines, tips and techniques (available on College website). Please note that Year 12s are also given Study Hall time to complete part of their study |
| 11 | 150 minutes | |
| 12 | 180 minutes | |

Evaluation

- Ongoing feedback from teachers, families and students, including Staff and Parent Opinion Survey and Attitude To School Survey.
- This policy will be reviewed as part of the school's three-year review cycle, or as required due to changes in relevant Acts, Laws or should situations arise that require earlier consideration.

Career News

Vocational & Higher Education News

Deakin Explore: You can search for careers by course, occupation, what type of work would be important to you (e.g., conserving the environment), and by broad interest area (e.g., business). Once you click on an occupation that interests you, you will be given a list of Deakin University courses that could lead you to this career, <http://explore.deakin.edu.au/>

La Trobe Young Writers' Award- If you are in Year 10 and attend a school in Victoria or on the NSW border, you are eligible to enter the Young Writers' Awards. This year's theme is 'Roads'. Entries close Friday 25 August. For information about the competition and how to enter go to <http://bit.ly/2tucmDX>

Are you considering applying for undergraduate medicine at Monash University? Interview dates have been released for Victorian and interstate students - <http://bit.ly/1ebkP6v>

My Health Career: How Long Does It Take to Become a Fully Qualified Doctor
<https://www.myhealthcareer.com.au/medicine/how-long-does-it-take-to-become-a-doctor>

The Aspiration Initiative: This website provides information to Aboriginal and Torres Strait Islander students about what starting uni is like, what help is available, and a huge list of scholarships they are eligible for.
<https://theaspirationinitiative.com.au/>

Are you currently in Year 12 and considering further study post school? You are now able to search for Victorian university and vocational courses that will be offered in 2018 via the Victorian Tertiary Admissions Centre (VTAC) – www.vtac.edu.au

Australian Apprenticeship Pathways: This site enables you to undertake apprenticeship aptitude tests, find local apprenticeship and group training centres, and learn about different trade occupations, www.aapathways.com.au/

Interested in the environment, design, communication, and sociology? You may be interested in studying urban and regional planning in the future.

“Urban and regional planners develop policies and plans for the use of land and resources. They advise on the economic, environmental, social and cultural needs of particular localities or regions as they relate to the built environment and the community.

They also work on large-scale projects such as new suburbs, towns, industrial areas, commercial and retail developments, urban renewal projects and transportation links”, <http://bit.ly/29YwJPO>

The following are examples of planning courses you can study in Victoria:

- Bachelor of Urban, Rural, and Environmental Planning, La Trobe University, Bendigo, <http://bit.ly/1PILAGQ>
- Bachelor of Design (majoring in Urban Planning), > Master of Urban Planning, University of Melbourne, <http://bdes.unimelb.edu.au/>

Bachelor of Urban and Regional Planning (Honours), RMIT, <http://bit.ly/2a4LW7I>

Defence Jobs: This site enables you to explore occupations, courses and technical trades in the Army, Navy and Air Force, www.defencejobs.gov.au/

Career Quiz: This quiz will help you identify what types of work you most like doing. A Career Quiz app can also be downloaded free from the iTunes app store and Google Play by searching for ‘Career Quiz Australia’. <http://joboutlook.gov.au/careerquiz.aspx>

Fair Work Ombudsman: Young Workers & Students: This webpage outlines the responsibilities and rights of young people and students in the workplace. Information can also be found on starting a job, beginning an apprenticeship or traineeship, and ending employment. <https://www.fairwork.gov.au>

Insights into high-paying industries: <http://this.deakin.edu.au/careers/three-industries-earn-big-bucks>

Land Your Career: This site provides information about careers in land management. You can find out about necessary qualifications and where they could take you. <http://landyourcareer.edu.au/>

Psychology, Nursing or Social Work? This article from The Footnotes interviews different people at the beginning of their careers to give you some insight into studying and getting a job in psychology, nursing and social work. <http://thefootnotes.com.au/psychology-nursing-social-work/>

Student Edge Career Profiles: Ever wanted to know what it is really like to be a police officer. Engineer? Hairdresser? Check out a day in the life of a whole range of careers at Student Edge. These are real people with real stories. <https://studentedge.org/career-life/find-a-career>

Student Exchange Australia and New Zealand: New Volunteer and Community Involvement Scholarships: These scholarships are open to students who are actively involved in their community and have a desire to help build the community and make a difference to the people around them. Successful scholarship applicants receive a substantial discount on the normal fee program. <http://studentexchange.org.au/programs-overview/discounts-scholarships/#community>

Study tips for VCE Psychology: <http://this.deakin.edu.au/study/how-to-pass-year-12-psychology>

The Future of the Australian Workforce: <https://australiancareersservice.com.au/2016/08/02/overview-australian-workforce/>

VCE English: Tips for oral presentations: <http://this.deakin.edu.au/study/year-12-english-tips-oral-presentations>

VTAC 2020 Prerequisites: Students in year 10 can check out the new 2020 Prerequisites file on the VTAC website. This provides information about prerequisites for higher education courses in the year after you will graduate high school. [http://vtac.edu.au/publications/](http://vtac.edu.au/publications/year10and11) - [year10and11](http://vtac.edu.au/publications/year10and11)

VTAC App: The VTAC app has been updated. It is now free, and contains course and prerequisite information for year 10–12 students. <https://careersblog.vtac.edu.au/2017/07/18/new-vtac-app-available-now-free-and-with-2018-course-information/>

Ways to improve your writing: <https://www.cambridgeimmerse.com/7-ways-to-improve-your-writing/>

Women in STEM: This collection of videos and articles from Australia's Science Channel is a good starting point for any girls who need some extra inspiration to pursue study or a career in a STEM field. See inspiring and interesting stories from women who work in science, technology, engineering and maths. <https://www.australiascience.tv/theme/women-in-stem/>

Bullseye posters: You can explore occupations related to your favourite subjects such as English, Mathematics, Food Studies and Art. Click on the occupation title in the bullseye to explore the career area, <http://bit.ly/1svwa98>

New courses at La Trobe University

- The Bachelor of Engineering Honours (Industrial) will be offered at the Melbourne and Bendigo campuses from 2018. This is the only course of its kind in Australia. The focus of the degree will be on engineering design and problem solving, renewable energy design, electrical and electronic engineering, robotic system design, and engineering innovation. Information will be available on the La Trobe website soon.
- The Bachelor of Paramedicine (Honours) will replace the current Bachelor of Paramedicine/Bachelor of Public Health in 2018. This will be the only Paramedicine course in Australia with Honours built into the Bachelor. Students will be immersed in a curriculum covering paediatrics, obstetrics, advanced mental health, gerontology and special needs, extended care paramedicine, community paramedicine and public health promotion. Information will be available on the La Trobe website soon.

Undergraduate teaching at Deakin: For the 2018 intake, students will be required to complete the CASPer test as part of the application process. Deakin has not released full details yet, but you can use this link to familiarise yourself with the test - <http://bit.ly/2uQz5hf> other universities may also require students to complete this test.

Applicants will need to have access to a computer and possibly a webcam or video recording equipment. If you do not have these resources, please speak to your Career Adviser as soon as possible. There may also be a cost involved with completing the test.

Contact the university you would like to study education at to find out if you will need to take the CASPer test.

Career Events

Experience Days at Kangan Institute: Kangan is a TAFE with several campuses across Victoria. The Institute is running the following experiences days in August:

- 3: Docklands campus, automotive focus
- 11: Broadmeadows campus, varied workshops
- 25: Moonee Ponds, health focus
- 31: Richmond campus, creative focus

For information and to register your place, go to <http://bit.ly/2ttNFrP>

The Indigenous Australian Engineering Summer School will be held at the University of Sydney between 14 – 20 January 2018. This program is for Indigenous students who will be entering Years 10, 11 or 12 in 2018. The program is fully funded and entries close 6 October. For more information and to apply, go to <http://bit.ly/2am3tWK>

JULY

29: Nursing & Midwifery Information Sessions, Deakin University, Melbourne & Geelong Waterfront, <http://bit.ly/2qHNIHe>

AUGUST

2: Exercise & Nutrition Sciences Information Session, Deakin University, Geelong Waurin Ponds, <http://bit.ly/2qHNIHe>

3, 11, 25, 31: Experience Days, Kangan Institute: automotive focus, Docklands (3), varied workshops, Broadmeadows (11), health focus, Moonee Ponds (25), creative focus, Richmond (31), <http://bit.ly/2ttNFrp>

11: Health Information Sessions, Deakin University, Nursing & Midwifery, Psychology, and Health Sciences, Warrnambool, <http://bit.ly/2qHNIHe>

13, 31: Inside Monash Seminars, Monash University, Music (15), Education (31), and Science & Careers (31), <http://bit.ly/2ki2NYw>

12 – 20: National Science Week, www.scienceweek.net.au

Tracie Moore

Leading Teacher, Careers & Pathways

| Dates To Remember | | |
|-------------------|-------------------------|--|
| Monday | Every | Breakfast Club, 8:15am – 8:45am (Dalaroo Learning House) |
| Tuesday | Every | Rushford's Uniform Shop, 8:30am – 10:30am (Argyle Administration) |
| Thursday | Every | School Banking |
| Thursday | Every | Rushford's Uniform Shop, 2:00pm – 4:00pm (Argyle Administration) |
| Friday | Every | Breakfast Club, 8:15am – 8:45am (Dalaroo Learning House) |
| Tuesday | 8 th August | Moving out of Home – IKEA/Kmart Comparison Excursion, 8:30am – 4:00pm, (Victoria Street, Richmond) |
| Wednesday | 9 th August | AFL Development Program (selected students), 8:30am – 3:30pm, (North Melbourne Football Club) |
| Wednesday | 9 th August | Accelerated Football Program (selected students), 12:45pm – 3:15pm, (Victoria University) |
| Thursday | 10 th August | Supported Class S11 Travel Training to Mambourin, 9:00am – 3:00pm, (Mambourin) |
| Thursday | 10 th August | Senior Girls AFL Football Finals (selected students), 9:00am – 3:00pm, (Wyndham Vale Reserve) |
| Wednesday | 23 rd August | SSV Werribee Distract Primary Athletics Carnival (selected students), 9:00am – 3:00pm, (VUT Athletics Track, Hoppers Lane) |
| Wednesday | 23 rd August | Year 11 Indoor Rock Climbing & Coastal Investigation, 9:00am – 3:00pm, (Jawbone Reserve) |
| Thursday | 24 th August | Trade Taster, 8:00am – 3:15pm, (Geelong Industry Trade Training Centre) |
| Tuesday | 29 th August | Year 10 2018 Course Information & Counselling, (Amadeus Hall) |
| Thursday | 31 st August | Trade Taster, 8:00am – 3:15pm, (Geelong Industry Trade Training Centre) |
| Thursday | 31 st August | Bunjilaka Melbourne Museum Excursion B, 8:45am – 3:00pm, (Nicholson Street) |

Newsletter Sign Up

The college newsletter can be accessed online via the college website: www.manorlakesp12.vic.edu.au. We encourage all families to sign up as an efficient means to receiving the newsletter. The newsletter is one of the main forms of communication within our college community; all news, dates and information are published on a weekly basis

Personal Property

- Students are discouraged from bringing valuable personal property to school (including mobile phones)
- If students choose to bring valuable personal property to school, they do so at their own risk
- The Department and the college do not hold insurance for personal property brought to schools and therefore it will not generally pay for any loss or damage property own risk.

Grievance Procedure for Parents/Carers

- Step 1: Make an appointment to meet with the teacher.
Step 2: If the issue is unresolved, make an appointment with a Sub-school Assistant Principal
Ph. 9741 4202
Step 3: To reach final resolution you may need to meet with the Assistant Principal on more than one occasion.
Step 4: Make an appointment with the Principal via the Principal's Executive Assistant.
Step 5: If you are still dissatisfied phone or write to the Principal.
Step 6: After steps 1-5, if the matter is not resolved, then the issue can be raised with the Regional Office on 9291- 650

Compass

Can all parents and guardians please make sure that you are regularly logging onto Compass via the website <https://manorlakesp12.vic.idlf.com.au/>. This is the College's school management program and will provide you access to all aspects of your child's school life. Functions that parents are able to access include viewing and approving absences, proving consent and paying for excursions and incursions, booking parent / teacher interviews, contacting teachers and keeping an eye on important dates via the College community calendars.

All students currently have feedback uploaded for various curriculum areas and learning tasks. Please access your child's learning tasks to view teacher feedback, scoring (if relevant) and your child's reflection on their learning. Please take the opportunity to provide any constructive feedback to your child and/or child's teacher regarding their learning in the particular curriculum area. A reminder that the college is moving away from traditional end of semester reports, although a summation of your child's learning will be available each semester including AusVELS progression points, any other relevant grading's applicable to VCE/VCAL, additional teacher feedback for personal learning and overall achievement in subject area.

Community News



THE COMMUNITY GROCER

EVERY THURSDAY - RAIN OR SHINE
3 PM - 6 PM

86 DERRIMUT ROAD @ YOUTH RESOURCE CENTRE, HOPPERS CROSSING



EVERYONE WELCOME!

WE BELIEVE IN AFFORDABLE FRUIT + VEG FOR ALL!



Play Expo

@ Wyndham Vale Community Learning Centre

Anywhere there are children there is play
Join us to find what your child can learn through play

Wyndham Vale Community Learning Centre
86 Manor Lakes Blvd, Manor Lakes

Wednesday 23rd August 2017
10am-2pm

No booking required. This FREE event will be run by the Children and Family Resource Team from Wyndham City in conjunction with local Early Childhood Professionals.

For further information please contact:
Children and Family Resource Team at Wyndham City 8734 5478



headspace
National Youth Mental Health Foundation

Sleep



Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17
need between



People aged 18-25
need between



Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:



increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs

