



Manor Lakes College

Phone: 9741 4202 Fax: 9741 1420
Email: manor.lakes.p12@edumail.vic.gov.au
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. 6, Week Ending Friday 16th November

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

The Week Ahead

EVENT DATE	DESCRIPTION	PAYMENT DUE
Friday 16 th November	Year 10 Great Outdoors Mountain Biking Skills, 12:24 – 3:00pm	N/A
	Year 5/6 Lightning Premiership Basketball, 8:45am – 3:00pm (On Campus)	15 th Nov
	Year 5/6 Lightning Premiership AFL, 8:30am – 3:00pm (Saltwater Reserve, Point Cook)	15 th Nov
	Year 5/6 Lightning Premiership Softball, 8:30am – 3:00pm	15 th Nov
	Year 5/6 Lightning Premiership Netball, 8:45am – 3:00pm	15 th Nov
	Year 4 Deakin Incursion, 9:00am – 3:00pm (On Campus)	N/A
Wednesday 21 st Nov	Ecolinc Adaptions Incursion, 10:00am – 3:00pm (On Campus)	16 th Nov
Thursday 22 nd Nov	Primary Girls State Rugby, 8:00am – 4:00pm (Broadmeadows)	22 nd Nov
	Year 10 Surfing Day, 9:00am – 3:00pm (Torquay)	N/A

Dear Parents and Carers,

Term 4 has proved to be a busy time! Our staff and students have been involved in multiple learning experiences that have complimented the teaching and learning inside our classrooms. You will read about these experiences in this newsletter.

We have had our 2019 Prep students participate in our Prep Transition program this term. We have been impressed with the positive approach these children have had towards their learning and experiencing school life! We are also pleased with the efforts of our Grade 6 leaders as they supported our new students and parents.

Our play spaces continue to be very popular. The newly installed playground between Garnpung and Corangamite and climbing walls have provided students with another option to keep active during break times.

Chelsey Marks & Penelope Owens
Primary Assistant Principals

School Captains 2019

Term 4 brings planning for 2019. Part of that forward planning is looking for our 2019 school captains. Year 5 students will be writing transactional texts applying to be 2019 Primary School Captain. Teachers will use the students writing to put forward candidates who will then be interviewed for the position. School captains will be announced at assembly in week 10 on Friday the 14th December.

Dates to Remember

EVENT DATE	DESCRIPTION	PAYMENT DUE
Tuesdays	Rushford's Uniform Shop, 8:30am – 10:30am (Argyle Office)	
Thursdays	School Banking, 8:30am – 9:30am (Burley Griffin Office)	
	Rushford's Uniform Shop, 2:00pm – 4:00pm (Argyle Office)	
Monday 26 th November	Year 8 Bike Education Ride #1, 9:00am – 10:00am (Off Campus)	N/A
Tuesday 27 th November	Year 12 Valedictory Dinner, 6:30pm – 10:00pm (Sheldon Receptions, Sunshine West)	8 th Oct
Wednesday 28 th November	Primary Boys State Rugby, 8:00am – 4:00pm (Broadmeadows)	23 rd Nov
Thursday 6 th – Friday 7 th Dec	Year 2 Sleepover, 5:30pm (Amadeus Hall)	30 th Nov
Friday 7 th December	Year 1 Disco, 4:00pm – 6:00pm (Amadeus Hall)	30 th Nov
Monday 10 th December	Grade 6 Celebration Student dinner: Raffael's Café Werribee - 5:30pm Presentation: Wyndham Cultural Centre - 7:30pm	19 th Nov
Tuesday 11 th December	Statewide Year 6 to Year 7 Transition Day	N/A
	Prep to Year 5 Meet you 2019 Teacher Sessions	N/A
Thursday 13 th December	Year 7-9 Celebration Day, 9:00am – 3:00pm (Luna Park)	N/A
Friday 21 st December	LAST DAY FOR 2018 – Students will be dismissed at 1:30pm	N/A

2019 Resource Lists

This week your child will receive their Campion Resource List from their teacher.

You can order your resource list online at www.campion.com.au using "CVBQ"

OR

go to www.manorlakesp12.vic.edu.au and click on the tab titled 'Resource List 2019'

OR

Return the list to school by Friday 14th December 2018

ALL ORDERS MUST BE PREPAID - CREDIT CARD OR MONEY ORDER ONLY

Picking Students up Early

If you are picking your child up early (especially during recess and lunch breaks) please make prior arrangements with them and let the teacher know. Over the next two weeks our Year 11 and 12 students will be sitting their final VCE exams and cannot be interrupted, so office staff will be unable to do announcements over the PA to locate your child.

Deakin Incursion

On Thursday the 8th of November Deakin University students visited Manor Lakes year 5 students to teach them about unhelpful thoughts and helpful thoughts. **Linda 5E**



Parent Parking and Student Road Crossing at Drop Off and Pick Up

The office commonly has parents and concerned residents informing the school of adults not following road rules, eg double parking, dropping students off on the crossing, and students crossing the street where they are dropped off rather than using the school crossing.

These complaints/concerns are the same things I have heard as principal at four schools over almost twenty years. The concentrated fifteen minutes of peak drop off and pick up obviously causes frustration to parents as there are crowded streets, and few available car parks.

The school can make reminders to parents about following road rules and by-laws, but ongoing problems are addressed by police and council traffic officers.

I request all parents be aware of the model they set not only for their children, but all other children at the school. Parents are aware of the problems around drop off and pick up. Where possible, it would be appreciated if adjustments can be made to their travel and parking to minimise frustrations. This may include dropping off students five minutes earlier, parking a few hundred metres from the school and walking children to the school crossing and having the reverse happen in the afternoon.

Prep Excursion to the Zoo

On the 17th of October the Prep students went to Werribee Zoo to support their learning in science about animals and their habitats. Ramisah and Ruby Rose from Prep A said, "We really enjoyed the safari bus." When asked what their favourite animals are Ramisah replied, "Hippo" and Ruby Rose, "the giraffe." All Preps enjoyed their day at the Zoo and all represented Manor Lakes College by showing manners and respect.

Mia S 5D & Shelby 5B

Science Dome

On the 26th of October an incursion for the year 5 students was held in Amadeus. The Science Discovery Dome came to teach students about the solar system. The science dome is a giant inflatable dome which included a tour of the night sky: stars, planets and major constellations. Mia said, "I learnt at night you may see some of our planets." The night sky was displayed on the ceiling and walls of the dome. "The science dome was fun and I learnt how earth was created," said Zion, "I also learnt that you could see many stars in the night sky."

Siddharth 5B

Numeracy Buddies Police Visit

On the 13th of November 15 Grade 5 students visited the Wyndham North Police station. These 15 students have been participating in the numeracy buddies program this year in which they have been connecting with police officers over math questions. The program ran fortnightly in which students were partnered with police officers (big buddies) in the Wyndham area. Big buddies and Little Buddies (Year 5 students) got to know each other and helped solve maths questions together. "Some of the math questions were really hard," said Akuol. At the police station students toured the cells, gymnasium, offices, interrogation room and the car park in which they were able to sit on the motorbike, sit in the cars and complete an agility course. Students had fun wearing the police vest, using the handcuffs and the gym equipment. Students also had the opportunity to perform and complete breathalyse analysis. All students that attended were excited and engaged and enjoyed meeting their buddy.

Akuol & Olivia 5D



SunSmart - Primary School Students

SEPTEMBER TO MAY... NO HAT, NO PLAY

The UV rays are at dangerous levels, despite the rain, so please make sure you have a broad brimmed hat to wear outside from the beginning of term 4. Hats can be purchased from the office at a cost of \$15.50.

Sports Report

State Athletics

On Monday 29th of October Thushana Deenathayalan and Kayden McMahon represented Manor Lakes College and the Western Metropolitan Region at State Athletic Finals.

Kayden placed 4th in the hurdle heats running a time of 14.96sec.

Thushana placed 2nd in the state with throwing a discus 27.73m. Thushana has the opportunity to sit selection for Nationals late November.

Both students have done a fantastic job. Please join us to share in celebrating their achievements.

Lightning Premiership

This Friday 16th November selected students in Grade 5 and 6 will be competing in one of five sports against other schools in the district. Parents/guardians are most welcome to attend on the day with AFL played at Saltwater Reserve and all other sports played between Manor Lakes College and Our Lady Southern Cross. If attending the schools please park in Howqua Way car park.

Grade 5 Tennis Competition

Last week 13 selected Grade 5 students went head to head in a Hot Shots Tennis competition. Congratulations to 3rd place Thushana & Mandeep 2nd place T.A & Harman and 1st place Jannet & Atupuha.



Scholastic Book Club

Dear Parents/Guardians,

Your child has been given the catalogues for Scholastic Book Club issue 8. To place an order, please fill in the order form on the back of the catalogue and place in an envelope with the money. **Please clearly write your child's name and class on the front of the envelope.**

The order needs to be returned to the classroom teacher by **Monday 3rd December 2018.**

**PLEASE NOTE NO ORDERS WILL BE PROCESSED AFTER
THIS DATE**

Thank you for your understanding,

Debbie Hema
Library/Resource Leader

PASSIONATE ABOUT SPORT?

Are you passionate about sport and would love to work in the sports industry in the future? Not sure if you would like to go straight to university after school? Enjoy playing sport and hands-on learning? The following is are two programs you may like to explore:

Richmond Institute of Sport Leadership: This is a partnership program between Richmond Football Club and Swinburne University. As part of the 12-month program, students will:

- Receive a Diploma in Sports Development and a Diploma in Leadership and Management from Swinburne University (only a Diploma in Sports Development at the Albury-Wodonga campus)
- Be taught by industry experts such as the CEO of the Richmond Football Club and the Head Coach of the Australian Diamonds (Netball)
- Complete strength training and sports skills development each week
- Have access to employment and industry placement opportunities
- Have guaranteed access into some Swinburne University courses with credit.

Information - <http://bit.ly/2vEPCGH>

Carlton College of Sport: This is a partnership program between Carlton Football Club and La Trobe University. As part of the 12-month program, students will:

- Complete a Diploma of Sports Coaching and Development at Ikon Park, Carlton Football Club grounds and La Trobe University, Bundoora.
- Be taught by Carlton Football Club team members such as Chris Judd (Sports Marketing & Media), Bri Davey (Athletic Performance) and Stephen Silvagni (Talent Identification) and also Paul Gastin - Head of Sport and Exercise Science at La Trobe University.
- Upon completion of the Diploma, students will be eligible for entry into the Bachelor of Sports Coaching and Development at La Trobe University, Bundoora with advanced standing (credit) for the first year of the course.
- The next Open Day for the program will be held on Saturday 17 November

Information - <https://bit.ly/2DiPmjo>

VOCATIONAL & HIGHER EDUCATION NEWS

Work Experience at the Australian Defence Force: The Defence Force provides work experience opportunities across Australia. To search for upcoming work experience placements and to bookmark the page, go to <http://bit.ly/1MGymwl> You can learn about jobs in the Army, Navy and Air Force via the Defence Jobs YouTube Channel, <http://bit.ly/1QoBraH>

The Victorian College of Arts (VCA) and the Melbourne Conservatorium of Music (MCM) operates Precinct - an online blog and news source that brings you the best of music, arts, stage and screen stories. Stay up to date with the latest happenings at the University of Melbourne and learn more about the work of researchers, artists, performers and production specialists at this link - <http://bit.ly/2reTsTs>

The Skillsroad 2018 Youth Census report: Last month, Apprenticeship Support Australia commissioned Skillsroad to conduct research on youth living in Australia so they could better understand their fears and hopes for the future and how they are traversing the journey into adulthood and specifically, the workplace. Over 30,000 respondents from all over the country, aged 15-24, completed the survey. You can download the report at this link - <https://bit.ly/2B1qdrI>

New national higher education course search website: The Department of Education and Training in partnership with the Tertiary Admissions Centres across Australia, have developed a new national higher education admission information platform. The new website Course Seeker contains a national course comparison tool which allows students to search, select and compare higher education courses and filter search results by ATAR, study area and location, <https://bit.ly/2Oj1nHo>

WHERE YOU CAN STUDY PHYSIOTHERAPY, CHIROPRACTIC AND OSTEOPATHY

PHYSIOTHERAPY

Physiotherapists assess, treat and prevent disorders in human movement caused by injury and disease. Further into their career, physiotherapists can choose to practise in specific areas such as muscle and skeletal conditions, women's health, aged care, chest conditions, occupational health and safety, sports injuries, babies and young children, problems of the nervous system and spinal injuries, administration, education or research, <http://bit.ly/2yVRCfc>

Future job growth: Very strong. Most physiotherapists are employed in NSW, followed by Victoria. Unemployment is below average. Continued emphasis on sport and fitness, occupational health and safety, and aged care has increased the demand for physiotherapists.

Typical duties

- Assess the physical condition of patients to diagnose problems and plan appropriate treatment
- Use a range of techniques to strengthen and stretch muscles and joints to improve patient mobility (such as massage, hydrotherapy, breathing and relaxation techniques)
- Perform spinal and peripheral joint mobilisation and manipulation
- Use equipment such as heat packs, ice packs, exercise equipment, ultrasound and electrotherapy to ease pain, reduce swelling and improve range of movement
- Retrain patients to walk or teach them to use devices such as walking frames, splints, crutches and wheelchairs
- Educate patients, their families and the community to prevent injury and disability and to lead healthy lifestyles
- Plan and implement community fitness programs

Victorian courses

Charles Sturt University

- Bachelor of Physiotherapy, 4-years, Albury-Wodonga, <http://bit.ly/2AFuDT4>

Australian Catholic University

- Bachelor of Physiotherapy, 4-years, Ballarat, <http://bit.ly/1pzzBKR>

Monash University

- Bachelor of Physiotherapy (Honours), 4-years, Peninsula, <http://bit.ly/2ywJiya>

La Trobe University

- Option 1: Bachelor of Applied Science/Master of Physiotherapy Practice, 4-year combined program, Bundoora and Bendigo. Can complete the first year at a rural campus such as Albury-Wodonga, <http://bit.ly/2hp7dsJ>

- Option 2: Master of Physiotherapy Practice, 2-year graduate entry program, Bundoora and Bendigo, <http://bit.ly/2yVTJQg>

Swinburne University

- Master of Physiotherapy, 2-year graduate program, Hawthorn, <https://bit.ly/2DhqvfC>

The University of Melbourne

- Doctor of Physiotherapy, 3-year graduate entry program, Parkville, <http://bit.ly/1PhFv7G>

Key websites

- My Health Career - <https://bit.ly/2QfqxbY>
- Australian Physiotherapy Association - <https://australian.physio/>
- Job Outlook (Physiotherapists) - <https://bit.ly/2B2nFJL>
- Student Edge - <https://bit.ly/2OGaamK>

CHIROPRACTIC

Chiropractors diagnose and treat health problems related to the nervous, muscular and skeletal systems, particularly the spine, without the use of drugs or surgery, <http://bit.ly/2AETzK7>

Future job growth: Very strong. Most chiropractors are employed in NSW, followed by Victoria. Unemployment is below average.

Typical duties

- Note down patients' case history details, conduct physical examinations and interpret diagnostic imaging studies such as X-rays
- Adjust patients' spine or other joints to correct joint dysfunctions interfering with proper nervous system control and integration of body function
- Treat patients by adjusting the spinal column to manipulate joints and soft tissues
- Conduct specialised work such as sports chiropractic, paediatrics, diagnostic imaging or various chiropractic techniques
- Give advice about general health matters such as exercise and nutrition
- Perform pre-employment examinations and workplace assessments
- Provide certificates for insurance and work-related purposes.

Victorian courses

RMIT

- Bachelor of Health Science/Bachelor of Applied Science (Chiropractic), 5-years, Bundoora, <http://bit.ly/2ffj4qN>

CQ University

- Bachelor of Science (Chiropractic), 3-years, Melbourne. Once you complete the course, you will need to gain entry into the 2-year Master of Clinical Chiropractic at CQ University or another Master program, <http://bit.ly/2ABYTIH>

Key websites

- Good Universities Guide - <https://bit.ly/2AETzK7>
- Australian Chiropractors Association - <https://bit.ly/2PrHW4w>
- Job Outlook (Chiropractic) - <https://bit.ly/2qIrlOP>

- [SkillsRoad - https://bit.ly/2DAJN0q](https://bit.ly/2DAJN0q)

OSTEOPATHY

Osteopaths diagnose, treat and provide preventative advice about disorders that affect the body's musculoskeletal system, using manual techniques to alleviate stresses and dysfunction to improve the body's function, <http://bit.ly/2yySK44>

Future job growth: Very strong. Most osteopaths are employed in NSW, followed by Victoria. Unemployment is below average.

Typical duties

- Diagnose patients' complaints using information from case histories, physical examinations, observation of patients' body structure and mobility, and medical imaging and laboratory tests
- Treat biomechanical complaints (including backache, general joint problems, sports injuries, arthritis, stress and repetitive strain injuries), some breathing problems (such as asthma) and a wide range of general medical complaints (headaches, for example)
- Treat patients using a variety of manual techniques, such as soft tissue stretching, muscle relaxation, gentle mobilisation or manipulation

Victorian courses

RMIT

- Bachelor of Health Science/Bachelor of Applied Science (Osteopathy), 5-years, Bundoora, <http://bit.ly/2v0gPP4>

Victoria University

- Bachelor of Science (Osteopathy), 3-years, City Flinders. Once you complete the course, you will need to gain entry into the 1.5-year Master of Health Science (Osteopathy) at Victoria University or another Master program, <http://bit.ly/2anuNQp>

Key websites

- [Good Universities Guide - https://bit.ly/2yySK44](https://bit.ly/2yySK44)
- [Osteopathy Australia- https://bit.ly/2mH4xbx](https://bit.ly/2mH4xbx)
- [Job Outlook \(Osteopathy\) - https://bit.ly/2qIrIoP](https://bit.ly/2qIrIoP)

Deakin University – One on One Consultations

November 21 | RACV Club, Melbourne

November 22 | Burwood Campus, Melbourne

Book your one-on-one consult with our experts on taking the next step in your study journey. Specialised application staff will also be available to assist.

Find out more - <http://www.deakin.edu.au/about-deakin/events/one-on-one-consultations-melbourne>

Victoria University – Pathways Welcome Session

December 10 | City Flinders & City Queen Campuses

December 11 | Footscray Park Campus

December 12 | St Albans Campus

You'll gain all the information you need to prepare for your degree studies at our welcome session, held at various VU campuses.

Staff, Student Transition Mentors and Student Ambassadors will answer all your questions, share valuable study hacks and advice about uni life.

Find out more - <https://www.vu.edu.au/about-vu/news-events/events/pathways-welcome-sessions>

Apprenticeship Central – Apprenticeships & Traineeships

Apprenticeship Central is an initiative of BUSY at Work and has been created to promote apprenticeships and traineeships as a career path. It is more than a jobs board, it's the bridge that connects both the job seeker and employer communities all over Australia.

Find out more - <https://apprenticeshipcentral.com.au/>

Apprenticeships Matter Victoria – Apprentices & Trainees

When choosing your career pathway, it's important to know if an Apprenticeship or Traineeship works for you. The most important thing to note is the difference between the two, which is the length of time it takes to complete.

Find out more - <https://appsmatter.com.au/apprentices-trainees/>

Beyond School Study Guide

The 'beyond school study guide' will help you when you're making important decisions about your future studies. Check out the factsheets on each of the HELP loans, different pathways to university, and a comparison on what study might look like in the higher education sector or for vocational education and training (VET).

Find it here - <https://www.studyassist.gov.au/beyond-year-12/beyond-school-study-guide>

I Was Told I Could Never Sustain Myself With A Creative Career

5 years out of school with a string of professional positions under my belt, I've learnt firsthand that almost every single job requires a creative mindset.

Read the post - <https://www.fya.org.au/2018/04/04/make-a-living-creative-career/>

Job Jumpstart Videos

Like any good adventure, looking for a job and planning your career can have some ups and downs. But we can help you get to where you want to go. Watch our new videos to get some hot tips to help you with your job search, intel from employers on what they look for and practical info to get you started. And remember, you got this!

How to be competitive for jobs (part 1)

Hot tips to stand out from the crowd

No work experience? No problem

Online or on campus: five questions to help you make up your mind

Not sure how to study at uni? See if this article can help you come to a decision.

Read more - <https://launchpad.cdu.edu.au/online-or-on-campus-five-questions-to-help-you-make-up-your-mind>

Get Your Foot In The Door With An Impressive Resume

It doesn't matter if you're leaving Year 12 and hoping to get a job straight away or applying for summer jobs to earn a bit of cash – if you want to work (and trust me, you do) then you're going to need a resume.

Potential employers use your resume to decide if you're worthy of an interview.

Even if you have all the credentials required and would be perfect for the job, if your resume doesn't 'wow' the person reading the applications, then you'll be at the bottom of their pile (also known as 'the bin').

[READ THE ARTICLE HERE](#)

Tracie Moore – Careers and Pathways Leading Teacher



Manor Lakes
College

2-50 Minindee Road, Wyndham Vale VIC 3024
PO Box 2348, Werribee VIC 3030
Telephone: 9741 4202 Fax: 9741 1420
Email: contact@manorlakesp12.vic.edu.au
Web: www.manorlakesp12.vic.edu.au

YEAR 6 HEALTH CURRICULUM TERM 4: RELATIONSHIPS & SEXUALITY EDUCATION

Dear Parents and Carers,

During term 4, Family Planning Victoria will deliver Relationships and Sexuality Education sessions to Grade 6 students. These sessions align with the Victorian Curriculum and will be led by experienced, trained Family Planning Victoria educators.

Prior to the sessions, we invite all parents to an information session, led by Family Planning Victoria on
Tuesday November 20, 6 – 7pm in Amadeus Hall

This will give parents and carers the opportunity to ask questions and be clear about the content that will be covered in the sessions. Please use the slip below to register your attendance at this information session, or call the College on 9741 4202.

Each of the student sessions will offer information, activities and provide an opportunity for students to ask questions.

Session	Date	Focus
1	November 27	Reproductive system, Conception, Pregnancy and Birth
2	December 4	Introduction to puberty; Physical, emotional and social changes
3	December 12	Puberty, menstruation and sperm production, changes and transitions in relationships, support networks during puberty.

Students will participate in each of these sessions with their class group. Each session is 90 minutes.

As this content is aligned with the Victorian Curriculum, it is expected that all students participate. An alternative program will not be available for students who do not participate.

Kind regards,

Stephen Warner
Principal

Penelope Owens
Assistant Principal

Chelsey Marks
Acting Assistant Principal

YEAR 6 HEALTH CURRICULUM TERM 4: RELATIONSHIPS & SEXUALITY EDUCATION
Parent Information Session: Tuesday November 20, 2018 6-7pm

Parent Attendance Registration

Name: _____

Name of child: _____ Class: _____

Number of adults attending: _____



WHEN?

Wednesday 21st November, Wednesday 28th November,
Wednesday 5th December, Wednesday 12th December and Wednesday 19th December

WHAT TIME?

4:00pm to 5:30pm

WHERE?

Manor Lakes, Howqua Reserve Oval

AGE GROUP

12 and over



To Register Please Scan Me
www.surveymonkey.com/r/TJB59F5