



Manor Lakes College

Phone: 9741 4202 Fax: 9741 1420
Email: manor.lakes.p12@edumail.vic.gov.au
Website: www.manorlakesp12.vic.edu.au

Before and after school care: Big Childcare 0421 641 603
Uniform Shop: Rushfords/Noone 9741 3211
On site - Tuesday 8:30am - 10:30am
Thursday 2:00pm - 4:00pm

Secondary Newsletter

Week Ending Friday 22nd November, 2019

SUPERVISION IN THE YARD BEGINS AT 8:35 AM AND ENDS AT 3:15 PM
BREAKFAST CLUB RUNS EVERY MORNING FROM 8:15AM IN THE WELLBEING HUB

Upcoming Events

DATE	DESCRIPTION	PAYMENT DUE
Monday 25 th November	7C Mindfulness Walk 1	N/A
Tuesday 26 th November	VCAL Blackwood Volunteering	24/10
	7J Mindfulness Walk #2	N/A
	Sport & Rec Information Night, 6pm (Amadeus)	
Wednesday 27 th November	VCE Course Confirmation Day	N/A
	Last Day of Classes for Year 10	N/A
Thursday 28 th November	Year 12 Valedictory Dinner	N/A
	Year 10 Sport & Rec, Advanced English, English and Science Exams	N/A
	Alliance Werribee Zoo Culture Experience	22/11
Friday 29 th November	VCAL Geelong Experience Excursion	27/11
	Year 10 Maths and Humanities Exams	N/A
Monday 2 nd December	VCAL Geelong Experience Excursion	28/11
	VCAL Food Handling Course #1	29/11
Tuesday 3 rd December	VCAL Blackwood Volunteering	24/10
Wednesday 4 th December	Year 9 Victoria Legal Aid Incursion	N/A
	Chartered Fishing Trip	22/11
Thursday 5 th December	8K Travel Ed – Tarneit Skate Park & Hoppers Fire Station	22/11
	VCAL Food Handling Training	1/12
	Sports Academy Trivia & Awards Night, 5:30m (Amadeus)	N/A
Friday 6 th December	VCAL Food Handling Course #2	2/12

We're in the home straight and there's still so many things to happen! **Our Year 12s** are almost finished their exams and they'll soon be celebrating their last MLs College event, at the **Graduation Dinner** on Thursday the 28th of November. Please don't hesitate to contact VCE/VCAL Leader Tara Hyatt, or Year 12 VCE Year Level Coordinator Stuart Hay with any queries your family has.

Our VCE Year 11s have just finished their exam week and are currently in transition for Year 12 2020. VCAL 2020 students are now also all together for transition. This is a very exciting time, as the Hume building begins its refurbishments to run the VCAL program and businesses in 2020. A reminder to students and families, that if students have any course or subject queries, regarding their VCE/VCAL course in 2020 – they can come along to **Year 12 2020 Course Confirmation Day** on Wednesday the 27th of November 2019.

The Year 10 2019 Exam Period runs from the 27th of November – 29th of November. This is a great time for our future VCE students to begin their VCE exam practice and stamina. Families, we encourage you to discuss your child's Year 10 Exam results, once they are released.

We'd like to thank all of the families that were able to the **Year 7 2020 Information Evening** on Tuesday the 12th of November. This evening covered information about Enrichment, Athlete Development, book lists, uniform and state-wide Orientation Day. If you were unable to attend – current MLs Grade 6 students will have their packs delivered to their class. Students new to MLs in 2020 will have their packs mailed home.

Please take your time to read the articles about our students' great achievements below.

Renee Liprino

Secondary Principal 7-12

2020 School Terms:	Begin:	End:	2020 Curriculum Days (Students DO NOT attend school):
Term 1	28 January 2020	27 March 2020	Tuesday 28 th January Wednesday 29 th January
Term 2	14 April 2020	26 June 2020	Friday 24 th April Tuesday 9 th June 2020
Term 3	13 July 2020	18 September 2020	
Term 4	5 October 202	18 December 2020	

New Manor Lakes College Facebook Group

We are pleased to announce a new Manor Lakes P-12 College Facebook Group has been activated.



This group will be used as another form of communication with our families to inform them of events, celebration and general information.

The new Facebook Group is visible however, members need to send a request to join the group and therefore view the messages. Members will respond to the Group rules before their membership is approved by Administrators.

We look forward to using this platform as an additional communication tool!

The Group can be accessed by searching "Manor Lakes P-12 College", or by using the link;
<https://www.facebook.com/groups/manorlakesp12college/>

If you have any questions, please contact **Chelsey Marks** (Assistant Principal) by email: marks.chelsey.c@edumail.vic.gov.au

Rugby League Academy



Under 14's boys and girls represented the College at the Robbie Kearns state finals shield. Students played fairly, with pride, showed sportsmanship and a lot of talent was on display. Congratulations to all those who participated on the day and a special thank you to our senior students who coached on the day Ratahei Diamond, Isikeli Sopa and Lily Setefano.



WYNDHAM

Art of success for John

NOVEMBER 12, 2019 4:40 PM

BY ALESHA CAPONE



JOHN MATHET. PHOTO BY DAMJAN JANEVSKI.

Talented teen artist John Mathet has been presented with a scholarship from the Wyndham Park Community Centre.

The Werribee centre launched the scholarship earlier this year, in honour of its founding member and community volunteer, the late Maggie McInnes.

The scholarship aims to provide a Wyndham student from a current-generation refugee family with \$3000 to assist them in a career or studies in artistic-based information technology.

John, who is aged 18 and completing Year 11 at Manor Lakes College, was recently presented with the scholarship.

"I gave a speech on the night, saying how I appreciate the Wyndham community, my family and Manor Lakes College – they have had my back ever since I started there three years ago, they make anything possible," he said.

"My mother, Deborah, also really inspires me – she is a single mother with seven kids, I'm the youngest."

John said he would also like to thank youth worker Reece Gains, who helped him to apply for the scholarship.

"The scholarship is going to help me a lot, in terms of my art journey," John said.

John, who creates digital art in addition to traditional painting and drawing, said he might use the scholarship funds to purchase an iPad Pro.

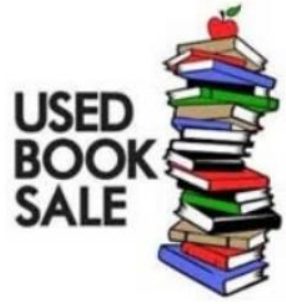
Earlier this year, John won the People's Choice Award at the Wyndham Art Prize. He has also received a scholarship from Western Chances.

John said his love of drawing began when he lived in South Sudan as a child, when he and his friends would draw in the sand of his school playground.

Second Hand Book Sale

Manor Lakes College Library will be running a Second Hand Book Sale for students. This is an event where books can be bought at significant savings and unneeded books sold.

We have already started to receiving Year 12 books and are expecting Year 11 to start coming in soon. These will be available for sale from the 18th November.



For students transitioning into years 7-10: Books can be purchased from the Library (Eyre building) when students start to bring in their books to sell. This could be from mid-December as students will be using their textbooks up until then. We will keep students and parents updated via compass.

It is suggested that book prices be set at half the value of new books depending on their condition. Library staff will assist if needed.

Parents/Students will be informed of sold books and can collect money from Monday, 9th December.

Thank you.

Lynn Tarrant and Melanie Alexander
Library Staff

Enrichment News

Your patience has been appreciated in regard to Enrichment testing results.

The Year 8 and Year 9 2020 classes are being finalised and results be emailed to parents by Sunday of this week.

Questions around Enrichment Mathematics books have also been received.

This will also be emailed to all parents of Enrichment 2020 students on Sunday

Alliance News

In Alliance, the students have been creating Virtual Reality videos as part of Project Based Learning.

Last week the students visited locations in the local community and created a 360-degree image of the surroundings as a practice for their final projects. They wrote scripts about the location and read these out to accompany the images.

The students did an amazing job and we are looking forward to seeing what the students create in the following weeks. The students will be filming at locations such as the Werribee zoo, Tarneit Skate Park, the fire station and Presidents Park with the intention of sharing this on an online platform for the world to see



Passionate about sport?

Not sure if you would like to go straight to university after school? Enjoy playing sport and would like to combine your sports career with study in 2020?

The following are three 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 study a Diploma of Sports Development. Campuses are at Richmond, Mildura and Albury-Wodonga. Students at the Richmond campus will also study a Diploma of Leadership and Management. For information, to book for an open day, and to apply, go to this link - <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 study a University diploma in Sports Coaching and Development or Elite Sports Business. Classes will be held at Ikon Park, Carlton Football Club grounds and La Trobe University, Bundoora. For information, to book for an open day, and to apply, go to this link - <https://bit.ly/37cUHFh>

St Kilda Football Club/Holmesglen Institute:

Students will study a dual Diploma of Sports Development and Diploma of Events Management through Holmesglen Institute, and study at both Holmesglen and St Kilda Football Club. at Ikon Park, Carlton Football Club grounds and La Trobe University, Bundoora. For information and to apply, go to <https://bit.ly/2OI4Bfq>

University course search tool

The Course Seeker website 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>



Careers in the Australian Public Service (APS)

The APS offers a huge range of careers. As one of the biggest employers in Australia it offers careers to suit just about anyone. You can search careers on offer at the My Career, My APS website, <http://bit.ly/1J8XcE1>

Have you considered studying pharmacy?

The Pharmaceutical Society of Australia Ltd. has just released a report called 'Pharmacists in 2030: Roles and Remuneration'. It explores the evolving role of pharmacists in Australia, potential changes to role descriptions for specialist pharmacists, and remuneration. Anyone considering exploring a career in pharmacy should read this report, <https://bit.ly/31BWEZX>

In Victoria, you can study pharmacy at the following three universities:

Monash University, <https://bit.ly/2XBNrCx>
La Trobe University, <https://bit.ly/31v6QkU>
RMIT University, <https://bit.ly/2p7eDrZ>

Apprenticeship websites

MyGain YouTube Channel: check out this channel to watch videos about apprenticeships, traineeships and employers, <http://bit.ly/1NC2IJS>

AusAppPathways: this is an App you can download so you can research apprenticeships and traineeships on the go via your smart phone, www.ausapp.com.au/

Interesting articles from Careers Within STEM

10 exciting careers you could kickstart with an animal science degree: Keen to study animal science but not sure where it'll take you? We've come up with a list of 10 awesome animal science careers to prove that the STEM opportunities in the industry are endless – and cute! Number four is particularly cool, <https://bit.ly/2O1o0TR>

Have you considered a STEM career in Defence? Defence Science and Technology supports our defence capabilities, allowing us to apply science and tech skills to safeguard Australia. The effectiveness of biofuels in military vehicles, autonomous drone networks, camouflaged uniforms and a soldier's diet is all research backed by DST. There are seriously endless STEM career opportunities in Defence! <https://bit.ly/37sVhPs>

You don't have to go to uni to get a great job in STEM: If you thought university was the only option for getting started in your dream STEM career, it's time to think again. Explore your VET options at <https://bit.ly/33W4jL>

Dates for your diary

NOVEMBER

- 20-22 PaperSpace 2019**
Exhibition of Architecture, Deakin University, Geelong Waterfront campus, <https://bit.ly/2PGd7rL>
- 23 Online Experience Day**
Academy of Interactive Entertainment, <https://bit.ly/2JJQOm0>
- 26 Australian Defence Force**
Navy Careers Information Session, Melbourne, <https://bit.ly/2WpizEB>
- 26 Information Evening**
The Hotel School Melbourne, Lonsdale Street, Melbourne, <https://bit.ly/32BzQJd>
- 27 Engineering and IT Showcase**
La Trobe University, Bundoora, <https://bit.ly/2P9v3uE>
- 27-29 The ConocoPhillips Science Experience**
The University of Melbourne, Dookie campus (Y9 & 10), <https://bit.ly/2ap3Cau>
- 28 Monash Peninsular Student Experience Day**
Monash University, Peninsular <https://bit.ly/33JZHPc>
- 28 SAE Open**
Info Night, Melbourne campus, <https://bit.ly/2KzznQl>

DECEMBER

- 7 Graduate Exhibition and Runway**
Whitehouse Institute of Design, Melbourne, <https://bit.ly/3eSDtR>

JANUARY

- 3-21 Filmmaking Summer School**
International House, University of Melbourne, <https://bit.ly/35hc465>
- 5-9 or 13-17 Camplon College Summer Program**
Toongabbie, NSW <https://bit.ly/33KGwVY>
- 13-16 The ConocoPhillips Science Experience**
Various locations <https://bit.ly/2rPTwLE>
- 6-17 VCE Summer School**
The University of Melbourne, Parkville, <https://bit.ly/2NB6KTZ>
- 20+ JMC Academy Short Courses**
Melbourne campus <https://bit.ly/2X9hHQQ>

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/1MGymwI>. You can learn about jobs in the Army, Navy and Air Force via the Defence Jobs YouTube Channel, <http://bit.ly/1QcBraH>



The Victorian College of Arts and the Melbourne Conservatorium of Music

Precinct is an online blog and news source that brings you the best of music, arts, stage and screen stories at the VCA and MCM. 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>

Increasing the chance of gaining graduate employment after university

Interested in going to university? It's important you are aware that around 27% of university graduates are without full-time employment within four months of graduation and that 1 in 5 graduates report they are 'underemployed'.

Underemployed refers to graduates who are employed in casual or part time employment and would like to be in full time employment.



The Good Universities Guide should also be consulted when researching undergraduate degrees. The Guide contains rankings and ratings for individual courses and universities.

In regards to Victorian universities, this year The University of Melbourne secured the top spot for student retention and student demand and Charles Sturt University for full-time employment post-graduation.

It's also important for students to research graduate employment data for specific occupations, bust through myths about what degrees 'get jobs', and then work out what they can do now and during university to improve their chances of gaining post graduate employment in their desired field.



What can you do to increase your chances of graduate employment? It starts with you in high school. It is critical that you develop skills in how to a) manage your career journey and also b) develop skills and attributes that are desirable to employers.

The following are tips to consider

WHAT YOU CAN DO IN HIGH SCHOOL

Tip 1) Build your resume through participating in career development activities.

For example:

- Secure casual or part time employment
- Volunteer for community programs such as the Country Fire Authority, Young Lions, Scouts, Defence Force Cadets, St Johns Ambulance Cadets, State Emergency Service etc.
- Play sport
- Participate in leadership and community service activities at school
- Participate in community based fundraising activities.
- Complete an overseas exchange program
- Participate in a leadership program such as The Young Endeavour



Tip 2) meet with your Career Adviser regularly

The more you meet with your adviser, the better they will know you and the better advice they will be able to give. Start in the junior years and work together in partnership with your family through regular meetings until you exit school.

Increasing the chance of gaining graduate employment after uni

Tip 3: Plan your university program carefully.



Studying at university isn't cheap. Aside from the course costs, you will need to invest in textbooks, printing credit, transport, a computer, internet data, and for students who have to move away to study, you will be investing roughly \$20 000 - \$30 000 per year on accommodation and living expenses.

For courses that have a lot of unpaid work placement requirements, it will be difficult to maintain consistent employment and thus, consistent income. Some courses will require you to be at university for 5 - 6 years, which will place a greater strain on you financially.

It's important that you plan out what you would like to study carefully to start with and then to find an undergraduate degree that is going to give you the best chance of graduate employment.

The first step is to identify what you would like to study. Remember, that in a time of rapid change with the world of work and technology, the occupations you can imagine yourself doing now may not exist in 5 - 6 years time, or there may be new ones you would be suited to.

Your career adviser will be able to assist you to explore courses based on your interests. There are many courses available and ones that you may not have considered yet.

Once you have identified the type of course you would like to study, you will then need to find the right undergraduate degree at the right university. Look for courses that offer work experience, career development programs, overseas exchange opportunities, and (if relevant) are accredited.



Example 1

For example, if you want to study a degree like the Bachelor of Criminology, think carefully. There are many criminology degrees in Victoria, Canberra and NSW and this means there will be many graduates. How can you be competitive for graduate jobs?

Consider the following option:

Combine the degree with another field of study that has strong graduate employment outcomes such as cybersecurity and Asian languages. The following are courses to consider:

Deakin University: Bachelor of Cyber Security/Bachelor of Criminology, <http://bit.ly/2n1vIHZ>

Australia National University: Bachelor of Criminology/Bachelor of Asian Studies (majoring in an Asian language), <http://bit.ly/2h8taLj>

Example 2

You would like to study a course focussed on marketing. This is a very popular course for people to study, so what will make you stand out? Choose a course that will give you substantial industry experience.

You could consider the following options:

Swinburne University: Bachelor of Business (Professional) with a major in marketing. You will be guaranteed a year of paid industry experience, <http://bit.ly/2AJXEST>

RMIT: Bachelor of Business (Marketing) (Applied). You can undertake a year of industry experience, <http://bit.ly/2zhCYyB>

Develop a plan with your career adviser and attend university open days and experience days throughout the year.

Tip 4: consider taking a gap year

During this year you could undertake a 12-month traineeship in the industry you are interested in or complete a Certificate IV or Diploma level course.

This will give you 12-months to mature, save money, gain experience in the industry you are interested in, and give you time to consider if you are happy with the course you have deferred.

Employers also love VET qualifications and industry experience, so this year could boost your graduate employment chances.

Example 1: Amy would like to study a law degree. She is aware that more law graduates are being produced than ever before and that this may place pressure on the job market. She decides to complete a traineeship in legal administration in a law firm during her gap year.

Example 2: Steve would like to be a secondary teacher. He knows that supporting diverse learners in the classroom will be an important element of his future job. He also knows that based on the teaching speciality he goes into, he may find it difficult to gain graduate employment. He decides to complete a Certificate IV in Disability Studies or Education Support during his gap year at his local TAFE.

Example 3: Sarah would like to study a degree focussed on rehabilitation but isn't sure what course she would be suited to. She receives an offer for Occupational Therapy, but to give herself more time to be sure of her course choice, she decides to complete the Certificate IV in Allied Health Assistance at TAFE. She knows that this course will provide her with a qualification, which will enable her to work as an allied health assistant whilst she is at university.

Example 4: Will would like to join the Police Force but is aware that he may not be competitive with a Year 12 qualification and little life experience. He decides to apply for the Airbase Security Gap Year program in the Air Force. During this year he will undertake combat training, weapons instruction, dog handling, and simulated terror attacks. This will give him more time to consider his future direction and may open up other career opportunities for him if he doesn't receive a place in the Police Force.

WHAT YOU CAN DO AT UNI

You can increase your chances of gaining graduate employment through the following tips:

Tip 1: Meet with the Career Adviser at uni

Did you know that only 30% of students meet with a Career Adviser at uni? It's advisable to set up regular meetings to discuss career development opportunities, ways to gain industry experience and to assist you with applying for graduate employment.



Tip 2) Build your resume through participating in career development activities. For example:

- Secure casual or part time employment
- Volunteer for community programs
- Play sport
- Participate in leadership and community service activities at university
- Participate in community based fundraising activities.
- Complete an overseas exchange program
- Participate in leadership programs

What to do next: If you're still reading this - great! It means that you are at least thinking about your career pathways.

Make a time to meet with your career adviser and set some short and long term career development goals. Now is the perfect time heading into a new year level.

You are
Invited

**Manor Lakes College Sports Academy
Trivia and Awards night**

Thursday 5th of December

Amadeus Hall

5:30pm Trivia,-Students only

7pm- Awards- all welcome

Please bring a plate to share

RSVP- to your academy coach by the 28th of November



Find us on
facebook

Manor Lakes College School Banking
Email: schoolbanking@manorlakesp12.vic.edu.au



~ Secondary School Students ~

Do you have cash you want to deposit into your CBA bank account but you can't get to a CBA Branch or a CBA Deposit ATM?

Why not utilise School Banking to make your deposits?

Just hand your Banking Wallet with your cash and completed deposit slip into the Burley Griffin Office first thing on a Friday morning and our trusty volunteers can process that payment for you and return your Banking Wallet via your Home Group Teacher. Simple and stress free.



Commonwealth Bank

CBA School Banking Helpdesk

Call the CBA School Banking Helpdesk on **1800 674 496**
(Weekdays 9am-5pm, Sydney/Melbourne Time)



Rewards Available
(until stock runs out)

Term 1 Rewards	Term 2 Rewards	Term 3 Rewards	Term 4 Rewards
Scented Stackable Highlighters 	Icicle Slapband Ruler 	Arctic Owl Fluffy Keyring 	Water Skimming Bounce Ball 
Snowy Origami Set 	Yeti Fluffy Notebook 	Scratch Art Cards 	Polar Pencils & Pencil Toppers 



FIND YOUR TRIBE!

AFTER SCHOOL ACTIVITIES

You're the expert in you, so at genU it's all about giving you the services and supports that's right for, well, you!



ADVENTURE

If you're up for something fun and active, jump, ride or dive into genU Adventure! Our after-school options include canoeing, bike riding and more!



ART

Build your skills in our after-school programs where we offer drawing, painting, ceramics, cartooning, paste-ups and more. Exhibit your work! If you're a beginner or want to develop the art you already do – genU has a spot for every artist!



GAMER

Choose your mode: pick up the sword or spell book and join your fellow adventurers at the role-playing game table or grab a controller and assemble your team in the video game zone!

THE NITTY GRITTY

- Groups: 12-14 year olds and 15-17 year olds
- Programs start from 4.00pm weekdays during the school term
- Flexible locations, come to us or maybe, we can come to you?!
- Want to try something not listed here?
Let us know and we will see what genU can do!
- Contact genU for pricing and eligibility



PHONE US
1300 558 368



EMAIL
contact@genu.org.au



WEBSITE
genu.org.au



INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

Community Celebration

**FRIDAY
6 DEC 2019
4PM – 8PM**

**Wyndham Civic Centre Lawns
45 Princes Highway, Werribee**

Come and celebrate the achievements
and contribution of people with a
disability in our community!

PERFORMANCES

STALLS

FOOD FREE BBQ & POPCORN*

MOVIE: WONDER [PG]

*other food available for purchase

**A FREE
WYNDHAM CITY
EVENT**

Wyndham City acknowledges the peoples of the Kulin
Nation as the Traditional Owners of the land and waterways
on which Wyndham is being built and we pay our respects
to their elders, past, present and emerging.



SMOKE, DRUG AND ALCOHOL FREE


For information & access requirements
call 9742 0777 or email

WyndhamDisability.SupportNetwork@wyndham.vic.gov.au

www.wyndham.vic.gov.au/idpwd



wyndhamcity



CMY
presents

CONNECT AND REFLECT.



MENTAL WELL-BEING WORKSHOP

11-4PM
30TH OF NOVEMBER
223 WATTON ST, WERRIBEE,
VIC 3030

FREE FOOD / GUEST SPEAKERS
/ ARTS AND CRAFTS /
MINDFULNESS ACTIVITIES/
SPORTS

SCAN ME



Wyndham United Soccer Club



PLAYERS WANTED

***Miniroos 5-8**

***Girls 13-15 yrs**

***Under 10 boys**

wufc.home@gmail.com

www.wyndhamunitedsc.com.au

0452584269



HUDDLE UP HOLIDAYS

THE HUDDLE WYNDHAM

WEEK 1



Barista Course
The Huddle, Chirnside Park
Wednesday, January 15
11am to 3pm



Kayaking
Front Beach, Torquay
Thursday, January 16
10am to 12pm



****Huddle Slam (Female)
Basketball Tournament**
Eagle Stadium, Werribee
Friday, January 17
10.30am to 3pm

WEEK 2



**Escape Rooms &
Laser Tag**
Strike, Highpoint
Monday,
January 20
12pm to 3pm



Virtual Reality
VIRI, Melbourne
Tuesday,
January 21
12pm to 2pm



**Professional Waiter
Course**
The Huddle,
Chirnside Park
Wednesday, January 22
11am to 3pm



Learn to Surf
Urquhart Bluff,
Anglesea
Thursday,
January 23
12pm to 3pm



****Huddle Slam (Male)
Basketball Tournament**
Eagle Stadium,
Werribee
Friday, January 24
10.30am to 3pm

AGES: 15 - 18

Transport* and lunch included for all excursions!

*Pickup/drop-off locations and times will be provided to all registered participants in the new year (2020)

**Please contact Kynan to register a team for the tournament.

SIGN UP NOW

Register Here: Visit <https://tinyurl.com/huddle-up-holidays>

Email: Kynan.Barnes@nmfc.com.au

Phone: 0429 543 100



SKILLS TRAINING

STEP UP's training program is designed to provide you with **Basketball Fundamentals** regardless of your skills level, team or league.

Girls and Boys are welcome

**AGES FROM
6 – 16**

Now training at
**"MANOR LAKES
COLLEGE"**

Friday from
5:30pm – 7:00pm

TRAINING PACKAGES

Package	1 Session per week	2 Session per week
4 weeks	\$70	\$110
11 Weeks	\$180	\$285

**CONTACT US
TODAY
TO SECURE YOUR SPOT**



stepupbkb@gmail.com



0431 019 577 / 0420 572 877



<https://m.facebook.com/stepupbasketball>

www.stepupbasketballacademy.com.au

A HANDYMAN THAT'S JUST A STONE'S THROW AWAY...



Do you have that "to do" list of jobs you need done but never have the time?

I'm David, your local Hire A Hubby for Wyndham Vale.

As I am often working at homes and businesses in this area, you can find me literally just a stone's throw away!

If you see me in the Hubby van, say 'Hi!' or call me on 0411 879 327.



JOBS I SPECIALISE IN:
• FASCIA REPAIRS
• INSTALLATIONS
• RUBBISH REMOVAL

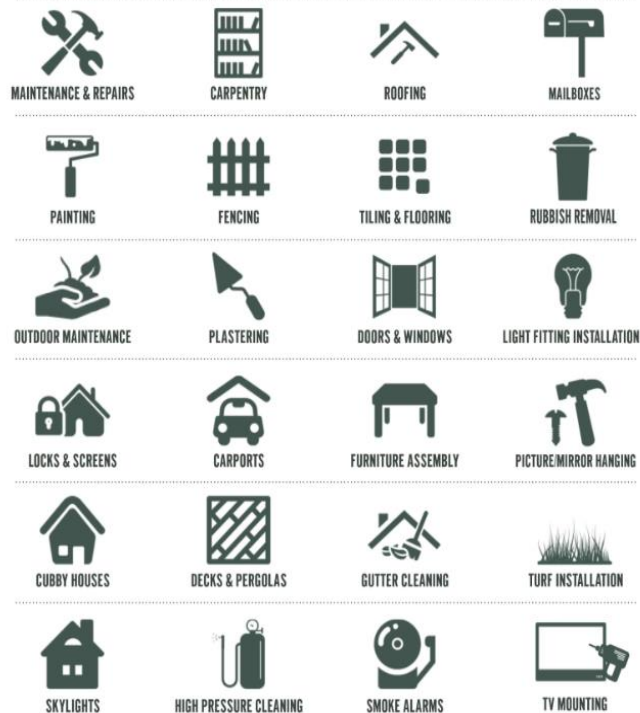
• DOORS & WINDOWS
• GARDEN CLEAN UPS
• GATES & FENCING
• GUTTER CLEANING

• PAVING & LANDSCAPING
• TILING & PAINTING
...AND HEAPS MORE,
JUST ASK!

📞 0411 879 327

🌐 hireahubby.com.au/vic/wyndham-vale

OUR SERVICES...



📞 1800 803 339

🌐 www.hireahubby.com.au



CITY WEST TAEKWONDO

POINT COOK

C/- Seabrook Primary School Gym
Point Cook Road, Point Cook
T: 9748 8833 M: 0402 314 900
Instructor: Zack Markovski - 3rd Dan



HOPPERS CROSSING

Club Headquarters
111 Elm Park Drive, Hoppers Crossing
T: 9748 8833 M: 0419 411 211
Head Instructor: Frank De Pasquale - 7th Dan



MANOR LAKES*

C/- Manor Lakes College Gym
Minindee Road, Manor Lakes
T: 9748 8833 M: 0419 598 874
Instructor: Anthony D'Rosario - 4th Dan



Mini Stars Program - Kids (5-7yrs)

Gives confidence to kids.... our exclusive Mini Stars Program starts at 5yrs old and is suitable for young children. This structured program promotes valuable life lessons from early childhood as well as encourages discipline in a fun and friendly learning environment.

Juniors Taekwondo Program - Kids (8-13yrs)

Where leadership is promoted and rewarded.... our Juniors Program focuses largely on student growth and development. We pride ourselves on developing kids to their full potential through positive interaction, engagement and practice. Many of our Juniors are recognised for their distinctive leadership qualities and are rewarded with leadership roles at school and within local community.

**Beginners
2 FREE*
LESSONS**