Hello members of the Manea Senior College Community and welcome to the second newsletter for 2014.

The results and efforts of our students for Semester One are now consigned to the pages of history, having served as a foundation for the remainder of 2014. Students, after some reflection on strengths and areas for improvement, should be sharply focused on what they can do to either maintain their levels of high performance or what changes need to be made to improve their success for Semester Two. With around 60 days of College left for Year 12s and 85 until the end of Semester Two for Year 11s, all students should be dedicated to maximising the factors they control with regards to their academic performance. These factors include concentration, preparation, organisation, effort and seeking extra support, along with exercise and healthy eating.

Our students are in a competitive environment and need to achieve the best results possible to be highly sought after for their future pathways. The wise and success driven students will use some of the Term Two break as academic catch up and study time, along with having a rest and recharging the energy levels.

Semester One reports will be arriving very shortly and if you have not yet caught up with the teachers of your son or daughter, then I urge you to do so. The reports should confirm parents and students understanding of academic progress and offer suggestions for improvement where needed. This is also a timely reminder about the extensive free tutoring support program that we offer students during college time and at the end of each day as well.

I continue to get feedback from many sources throughout the community about the quality of our young adults. At a recent English Revision Seminar involving Manea students and other students from a range of schools in the South West region, some of the organisers expressed how impressed they were with the conduct and maturity of Manea students and how noticeable it was amongst the entire group.

On a sad note, as you may be aware, in the Greater Bunbury area there have been a number of recent deaths of young people attributed to suspected suicide. One of the great national tragedies confronting Australia is that the leading cause of sudden death for young people aged 15-24 is suicide. Staff at Manea, under the guidance of our qualified Student Services personnel, are continuing to develop our mental health and well being awareness policy, including providing professional learning for staff to assist identifying students at risk.
I urge parents to keep an even closer watch on how your sons and daughters are coping with their lives and work closely with the support available at the College. Please do not hesitate to contact us if you feel your son or daughter is in need of additional support.

I would like to thank all Manea staff for the outstanding roles they are playing in transitioning our Year 11 and 12 students into successful, innovative, respectful, courageous and dedicated young adults. Our staff support students in many areas, not just academic pursuits. I have a number of staff currently coaching our students on Country Week and staff assisting organising the Nepal trip, which is going to take place at the end of the year. Students are indeed privileged to be at Manea Senior College.

I hope that students and staff enjoy the break and I look forward to seeing everyone back safely and eager to commence Term Three.

Paul Mathews
Principal

Health and Medical Specialist Program

Year 11s

This semester, the Year 11s have coped with all the blood and gore to successfully complete their Provide First Aid Course with St John Ambulance. They also explored alternative heath therapies with some Laughing Yoga! Students have started completing their work shadow component of the program, with many having already visiting different health and medical related work places, including Global Diagnostics.

Year 12s

The Year 12 students capped off a successful 18 months in the program with a trip to Geraldton. Students participated in a Health Academy at the WA Combined Universities Centre for Rural Health where they explored different careers, listened to people in the industry, completed some hands on skill activities and visited the Geraldton hospital.

The students headed out to Mullewa on Day 3 of this programme and explored the Midwest countryside and the facilities out there with a tour provided by a local ambulance driver. The students got time to relax and reflect on their career pathways during the visit and bond as a group.

The students surprised Janene and Jo during their last class with a class party, a fantastic presentation reflecting on our time together, a beautiful card, gift and cake made by Katherine. The group of students grew in confidence, maturity and knowledge over the past 18 months and should be extremely proud of themselves- they all are an asset to have in the College and we wish them well for their next semester of study toward their goals.

As well as being part of the Geraldton Excursion this year, Year 12 students in the Health and Medical Specialist course were involved with Sana Turnock, from Joyful Living Consultancy, during Term 1. The students were investigating the use of alternatives to sugar in after school snacks. After checking out the nutritional value of the food involved students were asked to put on a display of food for lunchtime at the College and present a video of their work in this area.

Jo Ellard and Janene Wells

Design and Art Excursion

On Wednesday the 11th of June, the Certificate III Design Fundamental and 1C Art students went on an exciting excursion to Perth. Our first stop was the Herdsman Print Centre where the “West Australian” newspaper is produced.

It was an educational experience seeing the large printing presses, paper rolls and robotic machines. Students were impressed with the swift operations and staff who work all through the night to ensure “The West Australian” is printed and delivered in the early morning, all over the state.

Our next stop was Central TAFE in Northbridge, where students were guided through the state of the art learning environment. The students had a chance to listen in on exciting design classes, amazing art and fashion studios and see the impressive Media production area.

Overall it was an inspiring day and a great opportunity to see the many creative pathways students can pursue after Manea Senior College.

Jill Brown
2B Biology Living Smart Course

Students in 2B Biology have just completed a “Living Smart” course which is an adult education course facilitated by The Meeting Place Community Centre, the City of Fremantle, Murdoch University and the Southern Metropolitan Regional Council. This course delves into a sustainable lifestyle, covering topics such as healthy home, healthy you, wastes, power and transport, gardening for biodiversity, gardening for food and water.

Students have since planted seedlings in Pandora’s Garden, started a chicken diary and are involved in the Seed2Tree program which is a rehabilitation program to plant 5000 seedlings on a farm in Katanning.

Student Services

Student Executive Members

Congratulations to the following Year 11 students who have been elected to form the new Student Executive for the remainder of the year.

• Cat Brown • Aleta Graham
• Daniel Mahon • Oliver Booth
• Jamie Pannett • Daniel Lee
• Courtney Taylor

Wellbeing for the Workplace: ARE YOU OK?

During Term 3, Student Services will be launching the Wellbeing for the Workplace- ARE YOU OK? Campaign- culminating in the national R U OK? Day on 11 September 2014. The campaign is focussed on looking out for colleagues and peers and making sure that they have the support they need to get through tough times and life’s challenges. By taking notice and caring for others, we may be able to change their lives for the better.

Student Services has come up with a list of indicators that might mean that someone is in need of help. New posters with this information on it will be available around the College. You can also get valuable information and steps on how to ask others if they ok on the r u ok website www.ruokday.com

Any students, who require support at the College can come to Student Services and see Lauren (Youth Worker), Emma (School Psychologist), Chris (Year 11 Coordinator), Dave (Year 12 Coordinator) or Janene (Student Services Team Leader).

Dress Code

As the colder weather creeps in it’s important that students are adhering to the dress code, especially pants and jumpers (jeans are not an acceptable item). All items required can be purchased from Totally Work Wear.

Choosing to be a part of the Manea team also means choosing the Manea dress code.

Student Services will be issuing letters home during Term 3 for students persistently out of dress code, which may also impact on students Good Standing status and being invited to College events.

Attendance

As a reminder for all students and especially for Year 11’s leading up to the College events next year-your attendance will be monitored from Term 3 onwards! You need a 93% or above attendance rate to ensure you’re invited to the College Ball and Country Week. Make sure you keep on top of any unexplained absences and if you have any concerns see someone in Student Services.

Year 12 Curriculum Manager Update

The year is certainly flying by. By comparing the length of Year 12 to a road trip clockwise around Australia on Highway One, we are now in Sydney!

For Year 12s, Semester Two is a critical one and is their last semester as a College student! Students really need to make the most of their remaining time at Manea to achieve their full potential in terms of their course grades, their VET certificate completion and/or their ATAR scores. Some students have recently made changes to their pathway for a variety of reasons; so they now have the opportunity to finish off the year on a positive note, achieve WACE graduation, and ensure they are well equipped to tackle the next phase of their lives. Please contact the College if you have any questions or if you would like to discuss your student’s pathway.

For ATAR students, Semester Two is a great opportunity to look into University course options. All WA Universities will have an open day in the coming months and there are also a number of scholarships available, which I would encourage Manea students to apply for. The application period for some of these scholarships is open already. There will also be a Study Skills seminar and a presentation regarding applying for University entrance through TISC in Term Three.

I wish students and parents a safe and relaxing term break, and urge students to use some of this time to ensure they are up to date with all course requirements and revision expectations.

Simon Cox
Term 2 activities
Are You OK?

Attendance: Do we attend College regularly?

Relationships: Do we have positive, kind and caring relationships with others?

Enthusiasm: Are we enthusiastic about life?

Ourselves: Are we caring for ourselves? (Hygiene, sleep, food and shelter)

Out of Character: Have we noticed changes?

Under Pressure: Are we stressed about life?

Out There: Are we involved in activities we enjoy?

Deep Safe: Are we making good decisions?

Worried? How can you help them?

Ask them - ARE YOU OK?

Listen to them non-judgementally, give support and encouragement to seek help.