Hello to all readers and I warmly welcome students and parents/care givers new to the Manea Team in 2012.

The College has commenced the year with 378 students, which is our highest number of enrolments and essentially the capacity of the College. There are now only a few vacancies available for this year in specific courses.

378 students means that Manea Senior College has one of the largest populations of Year 11 and 12 students, if not the largest, out of all schools in the Greater Bunbury region. This is an outstanding effort for a College only three years old and indicates the very positive reputation Manea has established. The College has also received applications for enrolment as far ahead as 2017!

Our Year 11s and new Year 12s are now coming to terms with the way we treat our students as adults, the quality of our staff, the flexibility Manea offers, our adult learning environment, the range of courses we provide and the high expectations we have of conduct and work ethic. For our Year 12s who have been part of the Manea team for a year, the first term has reinforced the young adult and professional workplace ethos expectations the College has set.

I would like to acknowledge the work our College Captains, Erica Perry and Brittany Fisher, have done in helping the students commence this year in a very smooth fashion. Juke Rogers, who was selected as a College captain, has secured an apprenticeship with Nilsens Electrical, which is a great opportunity for Juke and I wish him the best.

Another Manea student, Caitlin Phoebe, is one of only ten students selected across the state to participate in the Premier’s ANZAC Tour to Malaysia. I congratulate Caitlin and wish her all the best for her trip and look forward to hearing about her experiences when she returns.

The 2012 College Ball, which had a circus theme, was an outstanding success and students looked glamorous and sophisticated in their suits and gowns. Staff added to the occasion by wearing a range of circus costumes, including clown and court jester outfits. My thanks to all staff who attended and helped organise the event. A special thanks needs to be extended to Dave Crawford for his leadership and management of the Ball.

I have been working with every Year 12 student to set three academic goals they want to achieve by the end of the year. This activity is designed to give our Year 12s some direction and focus for the rest of the year. Parents, please take the time to follow up on the home front and ask your young adult what his/her goals are. This will help make students accountable for their targets. The common area all students can do better and focus on is maximising effort at the home front to revise their class work.
Manea has also run its first HealthBound @Manea event, a huge community event involving 50 different health and medical related organisations.

Special thanks to Rod Rykers for his leadership of the event and to his support team of Janene Wells and Natalie Rykers. Without their efforts, HealthBound would not have been possible. I would also like to thank the staff and students who gave their time to contribute to assisting on the Saturday with HealthBound.

Normal College Days April 23 and April 24 – Classes running on these dates!

This year two additional student free days have been allocated to schools on April 23 and April 24. Manea is one of the few schools in the state that will be running normal classes on these dates. This is designed to provide our students with some extra teaching and learning that students at other schools will not be getting.

April 23 and 24 days are normal school days and attendance is expected. The only exception is for students who attend SWIT on Mondays. SWIT has a student free day on Monday, April 23 only. Monday SWIT students can stay home on April 23.

While I have been able to negotiate with the bus services for most buses to run on April 23 and 24, unfortunately, not all buses are running on those days. The buses operating are listed below.

I urge parents to make alternative arrangements to get students into College on these days if your bus service is not operating and to contact the Front Office if your son or daughter is not able to attend.

Buses Operating April 23rd & 24th

Loves:
Bunbury Regional Bus 24, 32, 36, 22

ATG:
Bunbury Donnybrook
Bunbury Elgin Gwindinup (Students that transfer onto this service from the Boyanup Elgin service will be required to meet at the transfer point, please communicate this directly with the families)
Newton Moore Stratham Capel

Orange Coaches:
Bunbury Westgarth

South West Coach Lines:
Bunbury Bus 60, 66, 68, 64, 62, 61 (Students travelling on Bus 65 have been approved to travel on bus 66 for the day, please communicate this direct with the families)
(Students that travel on Bus 67 from Bridgetown & Goughbushes have been approved to travel on the commercial service, please communicate this direct with the families)

Dunsborough to Bunbury 22
Augusta to Bunbury 24
Busselton to Bunbury 29

GR Harrison:
Newton Moore Stirling Capel (families from the Newton Moore Stirling Capel River will be required to meet the Newton Moore Stirling Capel service at the terminus, please communicate this direct with the families).

April 24th Only

Loves:
Bunbury Regional Bus 34, 31, 30, 23, 20

Please contact school bus services if you have any queries about buses on April 23 and 24.

Manea Senior College recognises that parents/care givers are a crucial part of the team that supports our students as they strive for success. I value your opinion and involvement in the College and welcome feedback, positive and otherwise, to ensure the College continues to progress and establishes itself as the leading Senior College in the state.

Finally, a special thank you to the new Media Mentor group for putting together this newsletter. Their efforts and commitment have been outstanding and I look forward to seeing more of their publications in the future.

Regards

Paul Mathews
Principal
Secondary School Tax File Number (TFN) Program

The easiest way for secondary students to get their TAX FILE NUMBER is through the College TFN program.

When a student applies for a TFN through Manea Senior College, they do not have to provide any documents to prove their identity because this is confirmed through their school records. They do need to include details on their application form from their Australian Birth or Citizenship Certificate, or their Australian or Foreign Passport.

Manea then checks that the student’s details on the form match school records and, once completed and certified, the applications are sent to the ATO for processing. This process can take around 6 weeks but is usually quicker than that. The TFN will then be sent to the students’ home address.

Students simply get hold of a green and White TFN form from the IRC or Student Services. Complete the form and then hand it to the Front Office or Kaye and then it will be posted as soon as possible.

Leaver’s Jackets

The graduating class of 2012 have been given the opportunity to receive the Manea Senior College Leaver’s Jackets with their personalised, embroidered names on the back. The orders have been placed and the jackets are expected to arrive early Term 2. A special thanks to Year 12 Coordinator, Dave Crawford for putting in the time and effort to organise the Leaver’s Jackets.

Students are only permitted to wear these jackets on Thursdays and Fridays.

French Exchange Program: Host Families Required

Manea Senior College is co-operating with the French Exchange Programme, hosting a small number of 15-16 year old students from France, from 18th July to 13th August 2012.

We are looking for families who would enjoy hosting a French student during that time.

The first week of their stay is during the school holidays, and during the final weeks it is envisaged that these students will attend school with your child each day and will then go back home with him/her at the end of the day.

Your exchange student would become part of your family during their stay and, as such, would be expected to comply with all your family rules and arrangements. Each student will provide their own spending money; host families should be willing to provide accommodation and meals, including a packed lunch for each school day.

We believe that these exchanges are highly beneficial for both Australian and French students who will experience first-hand a different culture, customs and way of life as well as forming new and lasting friendships.

If you would like to host a French student or have further questions regarding the exchange, please contact Martine Floyd the exchange coordinator. To be able to organise the exchange of information between French and Australian families, we would appreciate a prompt reply.

French Exchange Coordinator
Martine Floyd
Email: aupairoz@iinet.net.au
Mobile: 0403 019 609
Manea Senior College has had the privilege of working with Ash Wallin and Todd Cruikshank, both medical students at Notre Dame, who have been placed in Bunbury for 2012 and are working with the Medical Rural School.

They have kindly volunteered to use their experience to:
- help our students with mentoring Stage 3 HBS and Stage 2 HBS classes
- assist with the prospective UMAT students
- be involved in Health Bound,
- interact with the College social worker
- offer guidance and support to the “Triple A” students.

Todd and Ash will be involved with Manea for the rest of 2012 and we look forward to more interaction in Term 2.

Written by Ben Tuck

The beginning of 2012 saw change, new faces, new goals and a fresh start. Hopes are high and although Year 11s have found it nerve-racking to start a new year, especially in a new school, the Year 12 students have readily welcomed them – and the core values of Respect, Responsibility and Choice are consistently being displayed by students. Teachers also welcome the New Year with a positive outlook, and although not all students are new to the College, everyone has taken on the responsibilities that have been placed upon them.

Initially, one of the changes to the College that surprised a majority of students was the ‘Netbook Plan’. The Netbooks are a portable laptop for study in and out of College, and are an efficient resource for Year 12 students. Rod, Associate Principal of MSC, has been impressed by the responsibility displayed by students using the resource, but also the accessibility that it has provided to them. “There are always challenges, but the Year 12s have handled them well,” Rod said. With a great influx of students, especially Year 11s, Manea Senior College is utilising the Netbooks to create a more sustainable College study regime.

Written by Ben Tuck

In Year 12 Geography, students participated in an excursion to Perth, lead by Geography teacher Mike Van Wyk and Laura Moore. Students stayed the night at Sorrento Beach Resort and studied the urban processes, planning and characteristics of inner and outer suburbs of Perth. Some of the destinations included Swan Valley, King’s Park, Cockburn Central and Fremantle.

The excursion was a great success, and many students enjoyed the event and learnt a great deal about the geographic terms presented to them prior to the event. Mike mentioned after the event the photographs taken were not just snaps, but demonstrated an understanding of urban processes.

Overall, students were very pleased and many even complained that it was too short once they returned to College. The event is sure to be worthwhile repeating for future Year 12s, as it was very beneficial to the students who participated.

Manea Senior College was recently visited by Corrine Roger, Waterwise Education Officer, and Lucy Nankeervis
Images and words by Lindie Naude

There was a lot of anticipation around the College as the calendar slowly crawled towards the date of the Manea Senior College Ball. The Italian Club was extensively decorated in bright reds and yellows to accompany the Circus Theme of the night and featured fair ground games and circus tent centre pieces. As the arrivals began, the cameras came out, and no expense was spared on the various limos, vintage cars, hummers, and party buses.

With the red carpet rolled out, the students and their dates were warmly welcomed by College Principal, Paul Mathews, dressed to impress in his ringmaster costume. Staff added to the circus theme dressed as clowns, jesters and fortune tellers and further amused students with balloon animals and fairy floss.

Gleeful conversations filled the hall and after the lovely dinner, the dancing started. Belle and Beau of the Ball were awarded to Jennifer Robertson and Verto Kuswardiyanto respectively.

As things started to wrap up, the excitement refused to dissipate as the DJs “Tapeheads” played the last song. The night definitely was a night that made memories for the Year 11s and 12s who attended, and it will be an experience that will not be forgotten.
Manea Senior College held the inaugural health event, HealthBound on Saturday 31st of March. The purpose of the event was not only used to showcase and promote various health related services in the community but also to officially launch the new Health & Medical Specialist Program available only at Manea Senior College in 2013.

“The event has been outstanding, I’m really pleased with the amount of people who have turned up and with the effort that staff and students have put in to make it happen,” stated Associate Principal and one of the event’s key organisers, Rod Rykers. The event was attended by various government officials and honoured guests including Dr and Mrs Manea; Mayor of Bunbury, David Smith; John Castrilli, MLA and Adele Farina, MLC.

The Health and Medical Specialist Program will commence at Manea in 2013 and is the only program of its kind on offer in any secondary school in Western Australia. It is a program which will provide young people with the opportunity to gain a head start in the Health and Medical field. It has taken a lot of work and planning to get both the HealthBound event and program in place, particularly from College staff Rod Rykers, Natalie Rykers, Janene Wells and Jo Ellard.

HealthBound @ Manea featured a number of informative and interesting health related displays from a variety of different organisations and services. These included the University of Notre Dame, University of Western Australia, Edith Cowan University and the South West Institute of Technology - all with impressive and informative displays promoting the health and medical related tertiary courses they have on offer. The South West Aboriginal Medical Services, Spec Savers Optometrists, Progress Physiotherapy, Global Diagnostics The Cancer Council, South West Women’s Health and BUPA Health Insurance were also available to share information and explain their services.

Other organisations welcomed the opportunity for interaction with the community during the event. Dianne Pope from Australian Red Cross commented, “it’s been really great. We’ve had a lot of interest and received 22 pledges to donate blood in under an hour and a half.”

Similarly, Sue Lawton, Director of Dental Nursing Australia, exclaimed, "it’s been wonderful to engage with the local community and to be able to take part in Health Bound while promoting our training programs."
The interactive demonstrations were popular with all age groups. Visitors enjoyed the cooking demonstrations by Rose Morgan from Balingup Bronze Café (Gluten Free 4 Everyone) - learning new gluten free recipes to try at home. A number of fitness enthusiasts tested their flexibility, vertical jump, cardiovascular fitness and Body Mass Index. Manea’s Physical Education teacher and Year 11 Coordinator, Chris “Gilly” Gill inspired onlookers with score of 16 in the Beep Test—battling it out against star presenter from local radio station, Hot FM. Later on, many enjoyed watching or dancing during the Zumba demonstrations of the Quixotic Fitness ladies.

The health conscious and health curious alike, enjoyed the opportunity to connect with Tendershoots Reiki specialists, the Heart Foundation, Bunbury Natural Health Centre, Mission Australia, Bunbury Community Health, Solaris Care and the Australian Psychological Society (South West).

Visitors also had the opportunity to sample some of the delicious, healthy food and drink on offer from some local food producers. These tasty treats came from Merri Bee Organic, Culinary Nook, Full of Beans Organic Kitchen Gardens, RawKy Foods, Solarfruit and The New Beaut Coffee Ute. The young and young at heart were kept entertained with horizontal bungee jumping and a bouncy castle from South West Bouncy Castles, sounding the siren in the St John Ambulance, face painting, balloon wielding clowns and the two Bananas in Pyjamas.

Parents also had access to The Ear Bus (Telethon Speech and Hearing), Dyslexia Diagnostics and Irlen Clinic, and Real Healthy Kids for advice regarding their child’s health.

With a steady flow of visitors and a genuinely pleasant and enthusiastic atmosphere, HealthBound @ Manea 2012 was definitely a success. The hard work of staff, students and contributors made the day one which will be well remembered by all who attended and we look forward to HealthBound @ Manea in 2013.

For further information about the Health and Medical Specialist Program being offered exclusively at Manea Senior College from 2013 or to register your interest to be involved in HealthBound @ Manea 2013, please contact the College on (08) 9721 0600 or look for updates on the College website.
The Manea Media crew sat down with the newly appointed Year 11 Student Executive members and uncovered some of their reasons for wanting to be College leaders:

My name is Quinn Daly and I used to go to Ocean Forest Lutheran College. I’m 15 and my interests are football and cricket. Being part of the Student Executive team means that I can help plan events and change things at the College with others in the team. This position can help me get to know other students and also the teachers.

I’m Alex Fisher, I’m currently 15 and I am interested in many different things—music being my main interest. I see being part of the Student Executive team means that I can help plan events and change things at the College with others in the team. This position can help me get to know other students and also the teachers.

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I’m Brianna Collard and I previously attended Newton Moore. Acting and reading are some of the hobbies that I enjoy doing outside of College as a source of entertainment as well as sleeping and eating. Being on the Student Executive means the world to me because I get to give back to the College; it’s a great way to make friends, have good credentials and learn to speak in public.

Hello, I’m Lauren North. I moved to Manea from Hope Christian College and I enjoy socialising, hanging out with my friends and being a part of something big like the Student Executive. I joined the Student Executive to help out and participate in taking responsibility for the College at special occasions. The quote that I believe strongly in is; ‘Don’t give up, keep persevering even if things get tough, keep pushing through because you’ll get through it.’

Hey I’m Justin Macleod-Paterson, I like playing soccer and going to the beach with friends. I want to be a good leader and role model for my peers, encouraging others outside of College to join Manea. The teachers here are very supportive and have a mutual respect with the students. There is so much freedom and responsibility.

Hello, I’m Caitlin Phoebe, and I’m on the Student Executive at Manea Senior College, I absolutely love netball and helping others as well as my friends. I hope to bring more joy and positivity towards the student body, and I know I can do a fantastic job with the help of the amazing teachers and staff, and the trust they have in the students.

My name is Jaimee Tibbits and I’m on the Year 11 Student Executive for 2012. I originally came from Ocean Forest Lutheran College after hearing Manea was a fantastic school to attend and have been enjoying every moment of it since. A few of my hobbies include soccer, basketball and going to the beach. I enjoy helping people with any problems they are having which is why I joined the Student Executive. It’s an honour to be representing the year group, working with the teachers and other staff on events that Manea takes part in.

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Hi, I’m Jasmine Brookes and I applied for Year 11 Student Executive at Manea because I thought I could bring new ideas and support my fellow Year 11’s. I really enjoy being at Manea as there is more respect between the teachers and the students and you can talk to teachers comfortably – and they listen to your opinions. I think I have unique ideas that will help further connect the students for an ultimately friendly environment.
High School and especially Year 12 can be a stressful time for students. Balancing study, good grades, sleep and a social life can be a tough job and you may feel everything piling up on top of you. One important thing to remember though is that you are not alone – there are people that can help you. Here are a few tips to help you keep your life from running away from you.

When it comes to study, many people don’t want to do it, but what it does is give us the opportunity to show that we can be the best, rather than simply passing the subject.

1. The most important thing when it comes to study is to be organised, create a study timetable to keep you on track for each subject.
2. The next important thing is to stay off Face Book, other social networks and your mobile phone. These are just distracting you. You may not know this, but every 20 minute ‘study break’ on Face Book actually erases some of the information you have just learnt.
3. Make a specific area for yourself, away from distractions, in which to study.
4. Keep a healthy mind by keeping stress levels low, meditation and a good diet is a good way to achieve this! By taking care of your body you will feel more relaxed, calm and happy – ready to take on the exams.
5. The last technique is to keep balance in your life – having good grades doesn’t mean your social life has to die.

Stress gets to all of us, no matter who is better at keeping it hidden. Between school assignments, study, social life and home life we can all get a little stressed.

1. One of the key points to keep in mind is to not bottle it up, talking to someone can make you feel so much better about it. Remember that it is not a weakness to talk about your problems.
2. One of the best ways to keep your body and mind healthy is by getting 9 hours of sleep each night. This can help you deal with stress as well as improve your brain power.
3. You need to work through your stress, talk to someone and manage it BEFORE it overwhelms you and makes it worse.
4. Being overstressed is a bad thing, but stress can be a good thing when it’s in moderation. It may sound weird, but if we did not stress, we would not be worried about upcoming deadlines for assignments and exams.

Time management is crucial to working through stress and study. Keeping yourself organised can be the best thing for your schooling and after education life.

1. Keep a study or general timetable to help you stay organised. Nothing is worse than not knowing how to use your time wisely.
2. Always bring your school diary to write down and remind you of important dates – like when your next assignment is due!
3. Make sure you start assignments early. This is both a time management and a stress related issue, because keeping up to date with assignments keeps stress levels down.
4. Use any form of reminders you can. Phone alarms, sticky notes and iPhone apps are all useful reminders to help you remember important tasks. Also remember not to ignore them.
5. Study helps us to understand more and get higher marks. You will feel better about yourself if you do well rather than merely pass a subject.

I hope all these tips help you throughout the rest of your College life and beyond.

Adrienne