IMPORTANT DATES TO REMEMBER

- Monday 1st June – Public Holiday
- Monday 8th June – Exam week starts
- Monday 29th June – Country Week starts
- Friday 3rd July – School term ends

PRINCIPAL’S PRINT

Dear Student and Parent/Guardian

Welcome to the third Manea Senior College newsletter for 2009.

As Manea reaches the half way point of Term 2, I am delighted with the general conduct of our students, most of whom have matured in the short time they have been at the College and are making significant progress in the adult environment that we have established. The feedback from our students and parents, which we value highly, remains very positive, reinforcing that Manea Senior College is taking the right approach.

It is also pleasing to see that well over two thirds of Manea students are attending at 90% or better. The average attendance for senior school students across the state in 2008 was 88% and for Manea students, the average attendance is 89%. I recognise that there are circumstances such as illness or urgent family matters that are beyond the control of students, but I cannot stress strongly enough that attendance is a critical element of success. The daily text messages we are sending to notify parents of absent students is one of the strategies we have in place to make students accountable for their attendance.

The Manea staff continue to work extremely hard to create engaging and high standard teaching and learning programs and are now finalising assessment tasks for the end of Semester One.

There is significant pressure on senior school teachers to keep up with the demands of graduation and university or TAFE entry requirements for students. I would like to recognise the efforts of all staff at Manea and their commitment to the success of our students.

I would also like to pass on my appreciation to Karen Harper, our physics and chemistry teacher, for volunteering to run a Year 11 physics and chemistry revision seminar this Sunday. A number of students from a range of schools will be attending.

The end of Semester One courses, Friday, June 12, is a significant milestone for our senior school students. Final assessments are due before this date and exams are taking place from June 8-12. Semester Two courses start on June 15.

One of the many positive aspects about Manea Senior College is the continual review of the progress students are making. A thorough review of the results students have achieved to date has already commenced, leading to a number of
students changing their courses to better suit their abilities and aspirations.

Please be aware that we strongly encourage all students to meet College requirements and standards regarding academic progress. Students who choose to not submit or complete all tasks may mean an ‘E’ grade being allocated for a course. An ‘E’ places students at extreme risk of not being eligible to graduate at the end of Year 12. This may result in a student repeating Year 11. This message has been continually communicated to students and follow up letters will be sent to the small number of students who this may apply to.

Parents, please continue to encourage your student to attend College, complete and submit all work on time and put some time into study as Semester One draws to a close.

NEW STAFF MEMBER

I am pleased to announce that we have employed a support teacher to assist students finding their work difficult. Jessica Connor has commenced this term and has already had a positive impact on the students she is working with.

FEED BACK WELCOME

Manea Senior College recognises that parents/caregivers 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 look forward to feedback, positive and otherwise, to ensure the College continues to progress and establishes itself as the leading Senior College in the state.

Regards
Paul Mathews Principal

STUDY BETTER, THINK CREATIVELY, TAKE CARE!

Organizing your study, and looking after yourself (self care) prior to exams will improve your grades. Below is an overview on how you can do both, and how your parents, carers and other family members can support you.

Organising your study

1. Timetable your study - When are you most alert and energized? I call this the ‘hour of power’. Try to include this time for study, as you learn best during this time of day. In addition, avoid over-committing yourself and learn to say ‘no’ to distractions.

2. Help your memory - Using a range of approaches you will improve your memory of the course content. For example, review your workbook and textbooks using mind maps, diagrams, use colour, read aloud, teach your parents about the topic, study in small groups & create acronyms. It is very helpful to rewrite definitions in your own words once you understand the concept.

More on acronyms - here’s an example to remember the planets in order from the sun: “My very earthly mother just served us noodles”. (My (Mercury) very (Venus) earthy (Earth) mother (Mars) just (Jupiter) served (Saturn) us (Uranus) noodles (Neptune).

3. Access support - your teachers want you to pass of course! Make sure you clarify questions when you get the opportunity. Utilise the study support staff at Manea and your family members

EXAMINATION WEEK – IMPORTANT NOTES

- Year 11 Semester 1 exams run from Monday June 8 to Friday June 12.
- Students are required to attend all exams for the courses they are enrolled in.
- No classes will be held during this week so when exams are finished students are not required to be at the College.
- Students are permitted to make use of the College library for study purposes during the week.
- Students enrolled in TAFEWA courses or on work place learning on Tuesday and Wednesday are required to attend their classes/work place during this week.
- The exam timetable and exam rules have been distributed to students.
- Please contact the college if you require an additional copy.
- If you have any queries regarding exam week please contact the College.

Rod Rykers
Associate Principal
might like to help too! They don’t need to be able to understand the content, they can proof read, quiz you from your textbook, help you with keeping to your study timetable, and shape the environment (eg turning the TV off).

Figure 1. Example of a mind map about mind maps

Self care
Ever wondered why you fall asleep at your desk in class, or when trying to study? Have you tried but failed to make yourself concentrate?

Try these proven self-care methods. Looking after yourself puts you in the best position to succeed with study (and life in general).

If you do the following you are taking responsibility for yourself

- **Sleep** – at least 8 regular hours
- **Water** – 8 glasses per day
- **Healthy food** - 3 meals per day, and healthy snacks
- **Exercise** – 3 times per week for at least 30 minutes e.g. jog, dance, swim

More about sleep
Dr Robert Stickgold’s (Associate Professor of Psychiatry at Harvard University) research demonstrated how crucial it is to get 8 hours of regular sleep every night. With insufficient sleep:

- The brains memory circuits become fatigued
- You struggle to pay attention

The brain appears to do a lot when you’re asleep (e.g. connections in the brain are strengthened and memories are shuffled around the brain).

Beware the effect of TV’s and computers as they make us feel more awake due to the rapidly flashing screen. This is why we often don’t realize we’re **tired** when using them. Turn TV’s and computers off by 9.30pm!

Resources

by Jane Genovese. The site details study tips including information on healthy eating, mind maps and much more.

Jessica Connor
Learning Support Coordinator

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STUDENT CLOTHING

Now is the time to purchase your winter gear. With the onset of winter weather, students are reminded that they are required to wear the College uniform. Only College uniform tops are permitted on site, regardless of how cold it gets. Layers worn under uniform tops must be white.

Can all students please write your name on your College uniform. We have had a few jackets handed in to admin with no name on them. If you do find pieces of clothing laying around, please hand in to administration staff, we have a lost property cupboard.

Thank you.

COUNTRY WEEK STUDENTS

Congratulations to those students selected to represent MSC at Country Week 2009. Remember, you need to do the following before the 22nd June 2009:

- Purchase your MSC tracksuit from Totally Workwear Sign and return all forms and permission slips
- Settle the payment of $430.00 with the College
- Keep your attendance at or above 93%
- Ensure all work and assessments are up to date
- Attend all training sessions

Keep up the hard work, only 4 weeks to go!

Chris Gill
Country Week Coordinator
STUDENTS, DO YOU HAVE A PART TIME JOB?

Did you know that this can help you graduate from high school? Want to know more?

Contact Rod Rykers, our Associate Principal, for details and ask about the ‘Work Skills Program’.

WORKPLACE LEARNING PROGRAM

Workplace Learning is a fantastic opportunity for all students who attend our TAFE programs to network with community members, as well as learn valued employability skills.

If you have any enquiries about Vocational Education and Training or Work Place Learning, please contact Kaye on 97210600 or 0432 756 603.

Kaye Scanlan
Career and Vocational Education Coordinator

OPEN AFTERNOON

Come and see why so many students are making the change to Manea Senior College.

In conjunction with TAFEWA and Edith Cowan University we are holding an open afternoon for all interested people.

Come along and have a tour of our facilities, then be taken on a guided walk through the TAFE and ECU facilities.

When: Friday June 12
Time: 3:00pm – 5:00pm

RSVP to: manea.sc@det.wa.edu.au
or call 9721 0600

Reservations are essential

TUTOR AVAILABLE

Paid Tutoring Service
• One-to-one
• Targeted to individual learning needs
• Includes study skills coaching and support to develop thinking skills
• Make learning and studying easier
• Friendly, approachable tutor
• $50 per hour session
• Available now

Please call to discuss your needs
Jessica Connor, B. Ag. Sci. (Hons), Grad. Dip. Education (Secondary), Grad. Dip. RSM
Ph: 0402 364 358.
Email: jconnortutoring@gmail.com

GIVE A CAN GIVE A DAM

Karen and the Student Executives would like to say a big thank you to all parents & students for donating. We received 240 cans, well done! Two individual prizes consisting of two cinema passes have been awarded to Aimee-Lee Dunwoodie and Teneka Trigwell for raising the most. The winning mentor group was Sam McMahon’s.

OUT OF AFRICA

Rod Rykers has returned to us this term from his adventures in Africa. From white water rafting on the Nile River, to trekking gorillas in Rwanda and volunteering with schools in Uganda, Rod has many tales to tell.