**IMPORTANT DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 3rd July</td>
<td>Last day of Term</td>
</tr>
<tr>
<td>Monday 20th July</td>
<td>School Development Day</td>
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<tr>
<td>Tuesday 21st July</td>
<td>Start of term</td>
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<tr>
<td>Friday 25th September</td>
<td>Last Day of Term</td>
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<tr>
<td>Monday 12th Oct.</td>
<td>School Development Day</td>
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<tr>
<td>Tuesday 13th Oct.</td>
<td>Start of Term</td>
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**PRINCIPAL’S PRINT**

Dear Student and Parent/Guardian

Welcome to the fourth Manea Senior College newsletter for 2009.

This newsletter will reach you in the July holidays, which I am sure that our students will be spending balancing rest, play and study, in that order of priority.

Having recently read and signed each Semester One report, which students were issued with two weeks ago, I was generally delighted with the quality of the results of the overwhelming majority of our students. I extend my congratulations to those who have made such a positive start to their senior schooling, with the reminder that there is still plenty of focus and effort ahead before the job is done.

To those students who have some improving to do, there is still time on your side to turn your results around, but that needs to start now. Follow up interviews have already commenced with students who need to refocus their efforts. Parents, if you would like to arrange an interview regarding the progress of your student, please contact the College. If your son or daughter has “forgotten” to hand you a copy of the report, please follow this up.

**COUNTRY WEEK**

I would like to acknowledge the efforts and sporting conduct of our students who represented the College at Country Week. Our effort and achievement was commendable, remembering that we were competing against much larger schools with Year 11 and 12 students. Our girls basketball and volleyball teams finished third, while all teams were highly competitive and achieved very respectable results. We look forward to even bigger performances and representation at Country Week in 2010!

My thanks to the following staff and volunteers who coached and managed Country Week: Tracey Triscari, Chris Gill, Jason Treasure, Simon Cox, Cara Finch, John Taylor and Kylie Broome.

**NAIDOC ACTIVITIES**

The College finished the Term off with some celebrations to mark the National Aboriginal and Islander Day Observance Committee. Students were involved in a welcome to country, designing a reconciliation mural and sampling traditional bush tucker. My appreciation is passed to the staff, students and community members involved in making these events happen so successfully.

**PRIVATE STUDY TIMETABLE CHANGES**

Starting from the beginning of Term Three, there will be a change to the requirement for students to attend Private Study on Mondays and Thursdays.
Students who have achieved successful results during Semester One and who are currently up to date with work for Semester Two, will not be required to attend private study and therefore will be able to leave on Mondays and Thursdays at 3.40. Students in this category are, however, welcome to attend Private Study if they choose.

Students who did not achieve to a satisfactory level in Semester One and/or have not kept up with work for Semester Two, will be required to attend Private Study until such time as improvement and work completion has been noticed. These students will, as per Semester One, finish on Monday and Thursday at 4.10.

POLICE INFORMATION

I would like to pass on a message from local police about the safety of students around schools. It appears that there have recently been some incidents in the Greater Bunbury region in which strangers have approached students and in some cases, attempted to lure students into a car. While this has not occurred near Manea, all students in the District need to be aware of this. Please ensure you discuss this with your son/daughter and reinforce the need with them to be aware and cautious about their safety.

FEEDBACK

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 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.

I would like to wish all students and staff and those community members fortunate enough to have July holidays, a safe and relaxing break.

Regards
Paul Mathews Principal

HPV VACCINE

A reminder to all female students that have missed any doses of the Gardasil (HPV) Vaccine for protection against Cervical Cancer. Students have until December 2009 to complete their 3 dose course. As of 2010, all doses will have to be paid for at a cost of approximately $150 per dose. If you require any more doses and need an appointment or have any queries please contact the Immunisation Service, at Hudson Road, on 9795 2814 or you GP.

A NEW SEMESTER, A FRESH START

Who was surprised by their results from Semester One? Better than expected? Worse than expected?

In the workplace, individuals review their performance on a regular basis. This allows us to improve how we perform through identifying strengths, weaknesses or gaps and choosing a focus which includes setting goals.

You can choose how you approach Semester Two right now! Be clear with how you would like to approach this semester. Consider the following questions on your own, or discuss with a friend or family member. It will help if you write your answers down first before discussing. Remember to stick within your ‘circle of control or influence’ i.e. with things that you can take responsibility for or influence.

Step 1

Take a blank page and, in relation to Semester One, write down your answers to the following;

a. What am I proud of or happy with? e.g. quality work, improved knowledge, motivation

b. What were the hardest parts? Any disappointments? e.g. low mark, low motivation, illness
c. Given my answers to A and B, what would I like to be different about Semester Two?

**Step 2**

Draw up the following table and using your answers from step 1 set yourself goals to help make the most out of Semester Two;

<table>
<thead>
<tr>
<th>Goal</th>
<th>Who or what will help achieve this goal?</th>
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<tbody>
<tr>
<td><em>e.g. Better marks</em></td>
<td><em>Create a homework plan and stick to it.</em> <em>Learn/practice study skills.</em></td>
</tr>
<tr>
<td><em>e.g. High attendance</em></td>
<td><em>Stay motivated.</em> <em>Eat healthy food, exercise and get enough sleep.</em></td>
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Stick your Semester Two goals on the wall where you can be reminded of them regularly. This will also help with self-motivation. Low motivation is commonly mentioned as a barrier to effective study.

**Self-Motivation**

What can you do to help with this?

- Set goals and post them where you will see them regularly.
- Be aware of the negative impacts of not doing what you need to do.
- Look after your basic needs such as food, water, exercise & sleep (self-care).
- Do things that make you happy in balance with rest, study and work e.g. music, art, sport, dancing.

What reduces motivation?

- Not taking care of yourself including abusing drugs and alcohol.
- Negativity e.g. focusing on the 'bad' side of things.
- Procrastinating – because this wastes time and has an overall negative impact.

The research shows that by motivating yourself to do your homework, study for exams, communicate with your teachers and persist with difficult work you will improve your results and self-esteem!

Jessica Connor