Dear Parent and Student

Welcome to the sixth newsletter for the year.

This newsletter marks the end of Term 3 and what a significant Term it has been in WA public education and for Manea Senior College. The Department of Education and Training has again been split into two separate departments, the first 34 independent public schools have been decided and the official opening ceremony for Manea Senior College has been announced. At the College level, new enrolments for next year are flowing in, our Year 11 TAFE Business Studies and Automotive students have completed the TAFE part of their programs for the year, students only have 5 weeks of school left before exams commence and selection processes for new teaching staff joining our team in 2010 have been completed.

I received the historic and fantastic news this week that Manea Senior College, has been included in the first group of 34 schools to be granted independent public school status. This was a very competitive process and the more established schools had a distinct advantage in mounting a case for inclusion. Bunbury’s Manea Senior College is one of 34 Western Australian public schools, and the only regional senior college, to be selected to become an independent public school.

The College was selected by an independent panel from more than 100 schools to be empowered with greater freedom to make decisions best suited to the needs of their students and local communities.

Education Minister, Liz Constable said that for the first time, principals can work with their schools to form the best local solution to their problems rather than relying on a one-size fits all approach.

I am delighted that Manea was chosen and recognised for its innovative approaches, young adult learning environment and unique context. The increased flexibility provided for Manea Senior College will greatly assist the newest senior college in WA in continuing to develop partnerships with South West Regional College of TAFE, Edith Cowan University Bunbury Campus and local industry in developing pathways and opportunities for students.

I would like to thank our school community, College Board, students and the local business community for their strong support and assistance in writing the application. In addition, 100% of the College staff supported and endorsed our decision to apply to become an independent public school.

More information about independent public schools will follow.

I am very pleased to announce that the Honourable Minister for Education, Dr Liz Constable, will be formally opening the College on October 20th at 9am. Parents and Care Givers are welcome to attend, but as space and parking is an issue, we need to receive an RSVP by October 14th to Manea.SC@det.wa.edu.au or 97210600, if you would like to attend. The opening should take around 40 minutes and it is also pleasing that three of our students have volunteered to perform at the opening ceremony.
It is difficult to know where the time this year has gone and in the blink of an eye, our students have only 5 weeks of Year 11 to go. Students need to commence, if they have not yet done so, a thorough revision program leading into the end of year exams, while those not sitting exams need to complete their assessments. The connection between effective revision and results is well known and it is not too late for those who have not recognised this earlier. Remember, Manea students are competing with all students across the state for employment, university and TAFE placements at the end of Year 12 and a good performance in Year 11 will set the foundations for success in 2010.

I have had the pleasure of interviewing some of the many students wanting to enrol at Manea for 2010 and it is pleasing to see the demand for places at the College for next year. Some of our TAFE programs, the heavy duty automotives and electrical courses, have already received more applications than places. We will be offering an increased choice of courses for next year for all students.

I would like to acknowledge the professionalism of our teaching and support staff and once again thank them for their efforts during Term 3. Manea students have access to very high quality teaching and dedicated staff.

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 everyone fortunate enough to be having some time off a safe and relaxing holiday and I look forward to seeing you again in two weeks.

Regards
Paul Mathews

STAFF DEVELOPMENT DAY

Wednesday 28th October is a Staff Development Day at TAFE and TAFE students will not attend on this day.
before with other modalities. Our bodies store issues that we have not resolved, and so over time these manifest in your body. So you may not know why you have the blues, you just feel it.

**Stick to your Routine:** Having a sense of familiarity will give you guidance and structure. When down you need to keep going and thus the routine benefits you. This way you just do and think less about feeling down. Walking the dog, maintaining your schedule will give you a sense of accomplishment in the day.

**Relaxation and meditation:** Studies have shown that people who meditate are healthier and less likely to experience mental illness. So find out which style suits you the best. Even your yoga will have relaxation and meditative effects. Just focusing on your breathing will calm and focus you. This makes you feel more grounded and centered.

**Clean up your Diet:** Having a look at what you eat can also assist you in combating the blues as a low carbohydrate diet can be detrimental to your health. As the Vitamin B group help you manage stress, B6 is needed to make serotonin and B3 is nature’s antidepressant so eat those complex carbohydrates and low GI foods. Also minimize your refined sugars and keep up the good essential fatty acids in seafood and fish.

**Give up those negative habits:** Most people know smoking is not good for your health, so perhaps this is the time to give up. Caffeine, alcohol and tobacco all interfere with the happy hormone serotonin. Plus your levels of tryptophan the amino acid required for the serotonin to be produced. If beating the blues is your goal then here is a strong reason to avoid or reduce these stimulants completely.

**Start something new:** Getting out of your comfort zone is one way to get over the blues; you have novelty and learning something different. You are opening yourself to new opportunities and your body and mind are stimulated. You are distracted from your down state and changed your physiology into a more open and allowing state.

**Connect with others:** When you do things for other people you are in fact thinking less about yourself and your own internal drama. So give to others if you are feeling down and soon you will start to feel more connected, appreciated, wanted and loved. Lifts your energy and your mood. So go out there and volunteer your time.

**Join a club:** Doing something you like also gets you out of feeling down and into the action space. Playing a sport, joining dance classes or even joining a book club. You are with others who share a similar interest and you will learn and grow.

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**2009 MENTORING CONFERENCE**

Friday 16th November
Koombana Bay Sailing Club

An outstanding opportunity for educators, parents, community, business and youth service providers to share inspiring stories and understanding how to connect to Generation Y. Early bird registration is $95.00. This offer closes on the 18th September 2009. Price after this date is $125.00 per person. Register on line [www.jobssouthwest.com.au](http://www.jobssouthwest.com.au) further enquiries please call 9721 5033.

**BUS TRANSPORT FOR 2010**

2010 applications must be submitted no later than the last week of Term 4.

**NEWS FROM MSC TUTORING PROGRAM**

It is fantastic to see so many students asking for guidance on their literacy and numeracy skills. Due to students’ motivation and willingness to learn their results are improving – well done!

I’d like to remind students that reading over notes and/or re-writing notes alone is not effective study. As mentioned in a previous newsletter article we encourage determined and creative approaches to study so that you can achieve your best:
- timetable your study and avoid distractions
- write study notes by summarising your work or rewriting it in your own words
- take what you need to remember and create tables, diagrams, posters and mind maps
- use colour and highlighters to make key points stand out
- do past exams and sample questions then check your answers
- redo an assessment task incorporating feedback from your teacher

Keep up the good work!

How do I become a better speller?
Many students tell me they would like to be better at spelling. Good spelling and grammar comes with practice and lots of reading.

SPELLING TIPS and HINTS
- When in doubt have a go at spelling words.
- Sound out words, e.g. anti-bio-tics, av-ail-a-bil-ity, de-lib-er-ate.
- Learn word parts and common rules e.g. 'i' before 'e' except after 'c', e.g. believe, receive, piece.
- To practice, use the LOOK SAY COVER WRITE CHECK method to spell a variety of words:
  - LOOK closely at the word... SAY the word... then COVER it...WRITE the word and then CHECK to see if it is correct.
- And don’t forget to use dictionaries and thesauruses.

Improve your spelling
Small group spelling and grammar improvement sessions: Monday 14th and Monday 21st of September, 3.40pm-4.10pm in conference room 2C. Book your place by letting Jessica know.
Jessica.connor@det.wa.edu.au.

There are many ways you can improve your literacy. Continue to practice writing and read a variety of texts. Here are some examples of on-line learning activities that may help:

Proof reading practice
http://www.eduplace.com/kids/hme/k_5/proofread/proof.htm

Spelling trivia
http://www.funtrivia.com/playquiz/quiz598556dec10.html

Plurals activity
http://www.funtrivia.com/playquiz/quiz148751109410.html

Jessica Connor

LOST PROPERTY

We have a few items sitting in our cupboard so if anyone has lost any of the following items please contact the Admin staff.

A sleeping bag (from country week), black air flow shorts, a blue beach towel and a pair of ladies sun glasses.

AUSTRALIAN MATHEMATICS COMPETITION

Congratulations to all the students who chose to take part in the challenge of the Australian Mathematics Competition.

The following students performed very well:

Certificate of Distinction (top 25% of participants)
- Kristian Nash
- Ben Symons
- Tyler Nicholls

Certificate of Credit (top 60% of participants)
- Cynthia Sugianto
- Daniel Dickinson
- Oren Tingle
- Tandra Norris
- Emma Broome
- Kristopher Cattan
- Christopher MacFarlane
- Harley Radovan
- Jesse Nelson

Simon Cox

ENGLISH TUTOR

Is your son or daughter struggling with writing essays?

Do they panic when they need to write or deliver a speech?

Do they want to improve their general reading, writing and speaking skills?

I am a qualified teacher available for after-school tuition. For $40 per hour your son or daughter will have a tailored one-on-one program to suit their specific needs.

Please call Sharon on 0403 167 605