

# STUDENT & EXPRESS

Manea Senior College  
Term 3, 2023

## WHAT'S INSIDE

- ~ Design Student @ NMT
- ~ Business students out and about in Bunbury
- ~ Our female sport stars
- ~ Out on Country wrap up

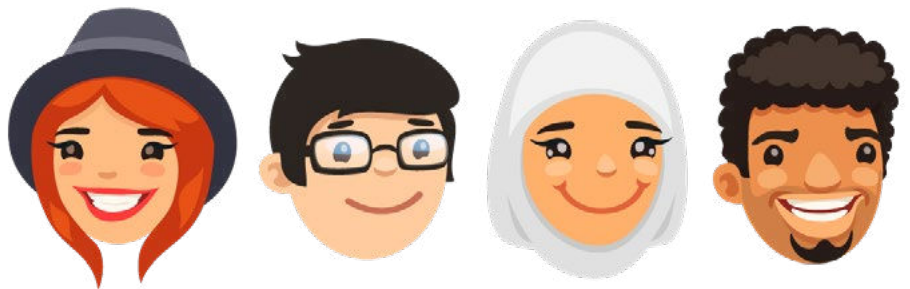
## UPCOMING EVENTS

- Wear it Purple. Friday 25th August
- Car Wash for birthing kits. Monday 21st August
- Student Edge on boarding (Year 11 PL). Monday 28th August
- Bake Sale for Period Poverty. Monday 28th August



“Don't wait for other people to be loving, giving, compassionate, grateful, forgiving, generous, or friendly... lead the way!”

*Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience*



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TRONOX 

## ADFA VISIT



This week we had a visit from two ADFA recruiting officers, Erika and Lauren. Erika went to Manea SC and we found her Year 12 Photo in the 2012 Yearbook!

Hannah and Lauren spoke to students about the benefits of joining the Defence Force.

These include:

- Free dental
- Free medical
- Higher superannuation
- Rent assistance / help buying your own home
- Get paid to go to uni and have your HECs debt paid too!
- Guaranteed job at the end of your degree
- Travel the world

Did you know that there are over 320 job roles in the Defence Forces?

For more information visit [ADF Careers - Find Jobs in the ADF](#)

## DESIGN EXCURSION

On Monday 24th July, 40 students across five year 11 classes, including Design General and ATAR, Media General and ATAR and the Graphic Design class attended an excursion to North Metropolitan TAFE in Northbridge.

The campus tour enabled students to gain an insight into the variety of programs and courses on offer. The tour started with animation and gaming, followed by screen and media, visual arts and fashion, product and graphic design and finishing with the photography department.

A stop on the way home at Southbound Service Station provided welcome refreshments for the students.



## BUSINESS STUDENTS GET OUT

At the end of July the Year 11 ATAR and Year 12 General Business students went on an excursion to Taffys which



provided students with an opportunity to understand and experience business in a real-world setting, reinforcing course key concepts such as positioning, marketing and economic influences.

On Tuesday 8th of August, the Year 11 General Business students, along with the valued support of Michele, went on excursion to visit local Not-For-Profit organisations to learn about how these businesses differ from For-Profit enterprises.

The students visited Foodbank, Milligan and Dolphin Discovery Centre. Through this experience, the students learned how difficult the current economic climate is for this

type of business and how much they rely on volunteers to help them run.



In a positive aspect, they are appreciated and invaluable organisations to our local community who provide irreplaceable support to those who need it. In the future, the students will look to use this information to support the local Not-For-Profits further through business and social enterprises.

# OUT ON COUNTRY

## Yandeyarra Expedition 2023

In Week 10 of Term 2 I had the privilege of being able to travel again to Yandeyarra Remote Community, with 23 Manea students, 3 students from The Follow the Dream Program, and MSC teachers Dave and Tammy.

We were immersed into many amazing opportunities, engaging in the community's culture and experiences, whilst running many projects and being part of the community NAIDOC celebrations over the course of the 7-day trip.

Being given the opportunity to be involved in a remote community for a week is an eye opening but special experience. If you ever come across an opportunity to travel remotely, whether it is with MSC, or outside of school, it is an experience you will never forget.

Like the other students, I would say you create lifelong memories that are so irreplaceable, that you will treasure forever. Lastly, we wouldn't be able to have this opportunity without 4 very special people - Dave, Tammy, Rod, and Andrew who is Yandeyarra Remote Community School Principal. The Out on Country trip to Yandeyarra, was an experience of a lifetime, which was so special and one that us students will remember and treasure forever.

*Jorja Williams, Year 12 student*



# RUNNING CHAMPS



These two students have had an outstanding year on the track, both achieving great results.

## Ameya Sommer

- Manea Athletics Runner Up Champion
- Interschool Athletics Champion Girl
- Interschool Cross Country – 1st place

## Teish Roberts

- Manea Athletics Champion
- Interschool Athletics Runner Up Champion Girl

Congratulations on these fantastic achievements!

# WELLBEING

Finding it hard to find something to look forward to at the moment? Then 'glimmers' might be your thing.

An ABC article suggests that even during times of stress, taking a moment to embrace small 'glimmers' of happiness can help to improve your well-being.

Whether your 'glimmer' might come from being in nature, seeing a beautiful sunset, reading a funny meme, or a kind gesture from a friend, these small sparks of positivity can actually help you to reduce stress and boost your mood.

By purposely looking for the 'glimmers' into your daily routine, you can cultivate a healthier mindset, which is especially important if you are feeling unmotivated about your studies right now.

Embracing these 'glimmers' and recognising them can lead to improved wellbeing. Where are you going to look for a 'glimmer' in your day today?

Check out the [Embracing Glimmers](#) article.

**BUNBURY GOLF ACADEMY**

# JUNIOR GOLF

## COME & TRY DAY

**SATURDAY 2ND  
SEPTEMBER**

**1PM - 2PM**

**SUITABLE FOR CHILDREN AGED 6 - 17**

**BOOK NOW VIA EVENTBRITE**

FOR MORE INFORMATION RING 9725 1231 OR VISIT  
[WWW.BUNBURYGOLFCLUB.COM.AU](http://WWW.BUNBURYGOLFCLUB.COM.AU)

# MSC CAFE

Don't forget we can make orders for specific requirements, such as gluten free sandwiches.

# mastermind

AUSTRALIA

**SEPTEMBER/OCTOBER HOLIDAY EXAM PREPARATION & REVISION PROGRAMS**

**Tuition for all students Year 11 to 12**

<b>Week One 25-29 September</b>	<b>Week Two 2-6 October</b>
Venue - Christ Church Grammar School	Venue - Hale School

The September/October School Holiday Programs will offer Year 11 & 12 students comprehensive subject revision. These classes assist in preparing students for their Final Exams. \*20% school discount per subject\*

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