

The right news for you 6

ARE YOU UP TO DATE ON ALL THE NEW TECH IN THE LIBRARY?



LIBRARY NEWS: CHECK OUT THE NEW TECH

The Manly Selective Campus library located behind the MSC crest painting in the quad has continuously been a lively, occupying and resourceful addition to our school. It is available for all students, teachers, and others at frequent times during weekdays for whatever purpose: research, tech support, sociability, games, reading, and much more. But, do you know of our library's many other technology features? Recently MSC has been undergoing multiple upgrades for our library as well as having some old uses that you may not know about. [\(Full story on Pg. 1\)](#)

By: Matthew Thompson, Troy Wilson, Aiden Russell, Merton Nie



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technology features? Recently MSC has been undergoing multiple upgrades for our library as well as having some old uses that you may not know about.

As pupils can see when standing on the oval or on the basketball courts, there is currently construction fenced off which branches off the library containing what will soon be



a brand new library extension! When talking with the librarian, Ms. Harrison, we received a scoop of information on this project. Ms. Harrison stated that the new extension will be a large learning space spanning to about one-third the current

size of the library. It will also be able to contain ninety to one hundred and twenty students upon completion! It will be used for a variety of activities; some suggested by the librarian are: group

work, research, year meetings, study periods and homework. She feels it will have a positive impact on year twelves for studying as it will be separated from the rest of the library by a glass door to minimize sound. The Nonfiction section will also be transferred there as long as a new projector screen. To conclude, the new library extension should help entice more students to the library, to study, socialise or just sit down and read a book.



Another technological addition recently available for the library are Online books and resources. Precisely on Week three of Term one, the librarian subscribed the school to eLibrary.

eLibrary is an online program accessed via the library icon on the MSC home page and followed by selecting the icon titled eLibrary.

It is a book reviewing website with abundant uses. You can read book reviews, check their ratings, read books, listen to audiobooks and select from thousands of options of books. Ms. Harrison says she will advertise it on posters and/or the Weekly Pines as soon as a certain glitch involving Ipadis is fixed.

Another online element we have (which is available from the MSC homepage) is World Book online. It is an approved online encyclopedia consisting of lots of material such as articles on a wide range of subjects, dictionary definitions, images, audios, maps, atlases and more. 'It's even better than google for research!' Claims Ms Harrison. Lastly is information on the library's printing press and charging pods. To send documents to the printing press go to PaperCut Web in the MSC website and directions to use will be given. The cost for black and white documents to be printed is ten cents and twenty for coloured. Your student balance as well as how many page prints and print jobs you've done can be viewed by following the directions. Charging pods are also free for use at any time. To use a charging pod, located near the library's main entrance: first press the start button on a vacant pod, place your BYOD in the charging position, enter any four-digit code and hit the key to lock it. You can also bring your own charger or request new chargers to be added.

Our school library has always been an active part of the MSC community. It is going through many upgrades for benefit of the students and their work and play environment. Whether to study, read or just socialise it always acts as an asset and hopefully will continue to do so in the future.

By Troy Wilson, Matthew Thompson , Aiden Russell, Merton Nie

How Does PE Theory Over Practice Develop Healthier Students Mentally?

Recently we interviewed Mr Blanch and Mrs Low from the PDHPE department at Manly Selective campus to find out what they think about the importance of being active. "Health is holistic. In theory class we teach about other types of health either than physical, such as mental, emotional or social. All the work that the students do are

the same, if it's physical or theory lessons," says Mr Blanch, one of the main sport coordinators. Next, we interviewed Mrs Lowe, another main coordinator about what she thinks. "PDHPE Prac is physical education and theory lessons are when they learn more about mental education. Both subjects help the students with confidence,

healthier, control and how to make good choices. When people learn about confidence and are more confident as children, they will grow up being confident and will know how to make good choices.”

At MSC, students learn much more than physical education. They learn a lot about who they are and how to be friendlier with one another. How to be confident, how to socialise and how to be a better you is what Manly teaches their students.



How can kids be more social and active at lunch?

“Using your phones and devices at lunch time is what is keeping us all anti-social. It isn’t just at school that people are always on their device, it’s almost everywhere now,” says Mrs. Lowe. “Having good body language around others makes you more likeable to be approached than just sitting in the shade staring at you phone. Lunches should be screen free at Manly.”

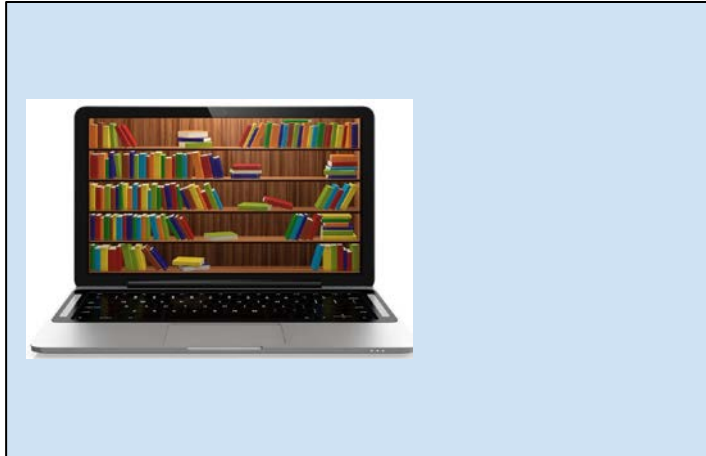
Mr Blanch also has things for students to do at lunch that will help them become more social. “The first and main thing to do at lunches is to put down your devices, they just make you stare at them all day. If you are in a group, find something that the whole group enjoys and wants to do.

Try to create some lunchtime competitions like a game of soccer or tag that could also attract other students.”

Students at Manly are spending too much time on their phones and not enough time socialising or playing a good old game of soccer. The students should get off their phones and begin to create or join in a game of basketball, soccer, cricket or tag at lunch times now. There are a lot of kids that are already doing this but if all of the school were more social and active with one another, it would be amazing.

Are you that person that would rather sleep more instead of going to class? But you have to go to class and you can't sleep there or else your teacher will kill you? Well, if you are, then you're lucky you saw this: Buy the one and only mask that could change your life by making you look like you're awake even if you're sleeping! You can customise it and it is only \$900!! Come to The Inconvenience Shop and get one for yourself!!!





School Musical 2018

The whole school has been talking about the upcoming school musical, *The Little Mermaid*. Our reporter has interviewed two of the many people involved. Let's see what they had to say.

River Fitzgerald, a year 7 student at MSC, has given his insight into what he thinks will be an amazing musical.

"I'm not too nervous about the audition," he claims. "I know I'm going up against some talented singers, but as there aren't too many boys trying out, I think I'll get a part."

Information

"What part are you auditioning for?" our reporter queried.

"I'm auditioning for Sebastian and Flounder, but I'm happy with any male main role." River also revealed that he has been practising, and has been involved in a musical before this. He says that he "Expected it to be some old-timey play nobody had heard of, like *Evita*." As MSC is a selective high school, he expected 'high-quality literature'. He certainly seems confident, but is he *too* confident?

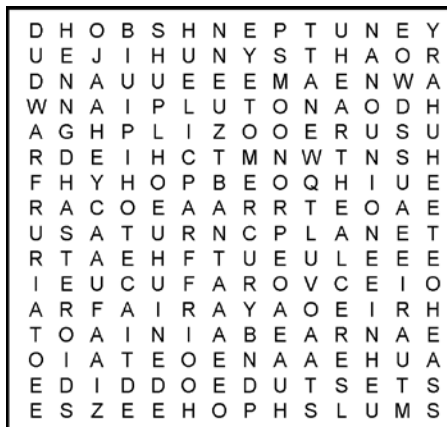
The two main organisers, Ms Woodward and Ms Leviton, are thrilled about the musical. Let's see what Ms Leviton had to say.

"More people have signed up to the musical this year," she states. "We have a huge number of vocal auditions, even more dancers and 75 people signed up for stage crew." She says that it's "very exciting having so many people sign up for the musical. Ms Leviton thinks that the musical is popular because the music and leads in this particular production are very fun. The main challenge with the musical is the setting of 'under the sea' because "We can't put a giant pool on the stage." Swimming is hard, as you can't "fly people", Ms Leviton states. Hopefully, the musical will be as good as Ms Leviton says it will be.

Games & Comics:

Space Word Find: intermediate

Answers due next issue



VENUS
 EARTH
 MARS
 CERES
 ASTEROIDS
 JUPITER
 SATURN
 NEPTUNE
 URANUS
 PLUTO
 DWARF
 PLANET
 MOON

Rating: easy

next issue

Sudoku

Answers due

	2		5		1		9	
8			2		3			6
	3			6			7	
		1				6		
5	4						1	9
		2				7		
	9			3			8	
2			8		4			7
	1		9		7		6	

Jokes of the day

Q. What do you call cheese that's not yours?

A. Nacho cheese!

Q. Why did the teacher wear sunglasses at school?

A. Because her students were so bright.

Q. why was the cross-eyed teacher fired?

A. She couldn't control her pupils.



When is Too Much Sport a Bad Thing?

Ankle sprains, hamstring strains and split shins are three of the most common sporting injuries. Rushing to hospital or to the nearest doctor is traumatising and should be avoided at all costs. Overtraining in sports is becoming a more and more pressurised issue. Young children are more vulnerable to injuries in sport and once you have injured yourself it can take up to months to heal. This is an issue that needs to be solved.

Too much of one sport can also be bad. If children focus on one sport, then they can assume that they are exercising enough and grow weak in other areas. This can lead to unbalanced fitness and health. Children can also suffer from 'burnout', where they get tired of something they previously enjoyed and did constantly.

“Do you think that too much sport can impact your school work and study? Yes I think that when you play to much sport outside of school it becomes really annoying when you can't finish your homework on time.”- Student at MSC

Peer pressure and bullying can also be a problem, especially in boys. People who don't do sport are classified as weird and majority of the time, nerdy. They become unhappy and set aside from the rest of their peers. People can also start seeing themselves as fat or lazy, just because they don't do an organised sport.

“How many hours of sport do you do in a week do you play sport? About ten and a half every week. Has this every impacted your school work? No it never has.”- Student at MSC

Injuries are also a problem. The ones mentioned above are only part of the problem. People can have

lasting injuries that can sometimes even effect their later life. One serious example are growth plate injuries. Growth plates are soft bits of tissue on the end of bones in children that, as their name suggests, affect the way your bone grows. Getting an injury to a growth plate can, if left untreated, deform bones with the same severity as if a broken arm had set in the wrong position.

“Do you still play sports outside of school even though you are a teacher? Yeah I still play lots of sports including rugby and tennis.”- Mr Blanch, MSC

All of these ghost stories don't mean that you should permanently quit sport. Sports can be incredibly beneficial and many kids don't actually do enough sport, as well as adults. Sports can increase your fitness and also allow you to socialise in team situations. Many schools offer sport scholarships and this can help with academics and can allow you to get into a better and more diverse school. Sport can also be very fun and it can immerse you in the physical side of health and fitness.

So now that we know that sport is a good thing, lets answer the question from the title. All of the above things can happen if you do too much sport, but it is extremely unlikely if you practise in moderation. On the other hand, if you do not do sports, then you can become extremely unhealthy and have a reduced lifespan. So how much is too much? As a rule, children over six should have 6-15 hours a week active, and for all children, one hour a week for each year of age is the absolute maximum. If you don't go under or over this, then you should have a happy, healthy life enjoying sport.