



### *Inside the Issue*

## SWIM, SWIM, SWIM

The annual school carnival was as exciting as ever, with the deafening sound of cheers and splashes filling the air all day.

p. 05

## LIGHTS, MUSIC, ACTION

There's drama at the disco as students pull out all their best moves to wow the crowds on the dance floor.

p. 06

## POETRY PRODIGY

A new rising star wants to share his love of poetry with his peers. He has done just that by forming an exciting new club where everyone is welcome to create and perform their own poems. p.

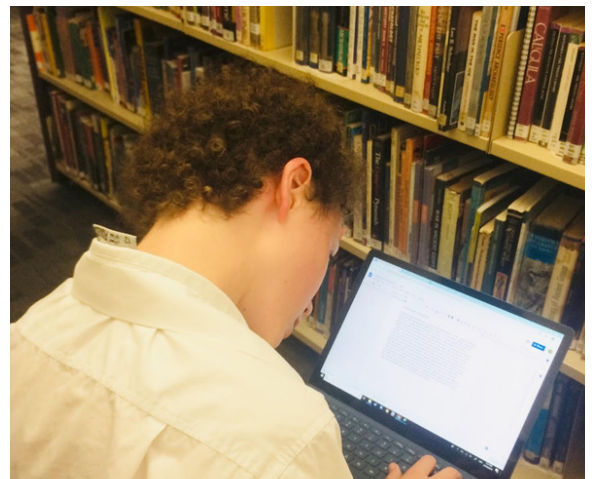
10

# ASSIGNMENTS, A SYNONYM FOR STRESS

*by Jaylan Yang, Hendrix Whiffen, James Stevens and Dylan Potgieter*

Stressing over assignments may be normal but it is definitely not healthy. Stress can cause both mental and physical damage causing sleep loss, anger and anxiety. Assignments are unavoidable and it is important that students learn how to deal with and overcome stress rather than ignoring it.

FULL REPORT ON P. 09



# TABLE OF CONTENTS



---

4

## **EDITORIAL**

*by Grace Gao*

---

5

## **SWIM, SWIM, SWIM**

*by Matyas Vyhnalek, Kaelan Carlos, Arran Darling  
and Henry Brown*

---

6

## **LIGHTS, MUSIC, ACTION**

*by Ayane Satsuma, Aneya Sarkar, Sean Haines and  
Julien Grillet*

---

7

## **SELECTIVE: EFFECTIVE OR DEFECTIVE?**

*by Matilda Bridgland, William Cannon, Charlie  
Kanu and Leo Zhou*

---

8

## **CHEMISTRY. TOO DANGEROUS?**

*by Danica Xu, Nihira More, Zebadiah Norris and  
Kosei Kubo*

---

9

## **ASSIGNMENTS, A SYNONYM FOR STRESS.**

*by Jaylan Yang, Hendrix Whiffen, James Stevens  
and Dylan Potgieter*

# TABLE OF CONTENTS



---

**10**

## **POETRY PRODIGY**

*by Michelle Plon, Campbell Freeman, Andrius Alcazar and Eshaan Holla*

---

**11**

## **ALL THE NEWS ON TAS BLOCK SOLAR PANELS**

*by Hamish Geraghty, Saurav Holla, Tessa Halverson and Samuel Daykin*

---

**12**

## **CHEERS FOR CAREERS**

*by Gabriel Clemmett, Andrew Yip, Tenzin Wakes-Miller and Johanna Walters*

---

**13**

## **TOTALLY WICKED**

*by Lauren Brown, Jocelyn Prevett, Matteo Saita and Cleo Rose-Watts*

---

**14**

## **TRANSIT TROUBLE**

*by Oscar Pritchard, Harrison Newton, Camilla Da and Aditya Subbayya*

---

**15**

## **MSC NEEDS AC**

*by Alexandra Harris, Jack Dowd, Mason Lowe and Tennyson Wong*

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# Editorial

**BY GRACE GAO**

On the 14th of March 2019, over 10,000 Year 6 students across NSW sat the entrance exam, hoping to get a place among the 4226 spots available for 21 selective and 26 partially selective schools. This test determined the high school that a person would spend the next 6 years of their life, and it is one of the most competitive tests you will ever do.

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*"The Selective Test was a stressful experience, particularly when I was studying. It took a large amount of time out of my sleep and also the amount of time I could hang out with my friends....So yeah...Not a good time."  
- Camilla Da, YR7*

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The transition from primary school to high school is extremely difficult, and having your parents breathing down your neck, forcing you to study every day until you physically, mentally and emotionally cannot take it anymore, doesn't make it any better.

Personally, I pulled all-nighters every night, staying up to do homework, and I know that I'm not the only one who did that. Students would literally show up to class like zombies, and sleep during the breaks, which obviously was not a good turn for our health.

So, if you ever decide to study for an important exam, especially something as important as the Selective Test or the HSC, make sure that you take care of your health even more!





# SWIM, SWIM, SWIM

*by Matyas Vyhnalek, Kaelan Carlos, Arran Darling and Henry Brown*

The Swimming Carnival, what an awesome way to start off 2019! Held on Friday the 1st of March at Manly Andrew 'Boy' Charlton Swim Centre, Manly had a ball at this year's Swimming Carnival. Leading up to and during the event, there was so much hype and enthusiasm that students said they would come in rain, hail or shine!

Throughout the day, the cheers from the houses were deafening. Many Year 7 students were excited to compete at the venue and swim with their peers. Manly's awesome and competitive swimmers dominated the pool, swimming to victory and doing even greater at Zone. Even swimmers that swam for fun had a good time diving into the refreshing water. Spectators meanwhile were having fun messing around with their friends and enjoying some delicious food from the kiosk. Some senior students even managed to 'sneak' in a gaming laptop and have their type of fun during the day. Many students also brought along speakers to keep them entertained.

We interviewed a Year 7 Student who had won 6 races at the carnival. He commented that the carnival was better than the Cross-Country event! He also said, "It's more fun and there's more atmosphere. The crowd gets involved more and cheer you on." The day finished with relays and Macquarie ended the day with the most house points, taking home bragging rights. No doubt that this year's Swimming Carnival event left an everlasting impact on the Year 7s. Our interviewee even stated that: "Next year there will be more competition because some people were away."



" It's more fun and there's more atmosphere. The crowd gets involved more and cheer you on."



## LIGHTS, MUSIC, ACTION!

**BY AYANE SATSUMA, ANEYA SARKAR,  
SEAN HAINES AND JULIEN GRILLET**

Smoke, flashing lights, dangerously loud bass and all, the year 7 disco was definitely an exciting event. We saw some sick moves and a range of outfits, from a suit and bow-tie to just plain old t-shirts and shorts. As the year 7s are still new to the school, this week's disco was definitely one heck of an impression.

This year saw the inclusion of vegan sausages which was a way to cater for everyone. Although most people thought that this was a nice inclusion there was someone who strongly disagreed. Some stated that the vegan sausages were outrageous and that our school is taking a step back in terms of culture. "I think they were pretty disgusting," said Joel Murray, a student in year 7. However, vegan teacher Ms Hewes had another opinion, "As a vegan myself, I think it's fantastic, that we've variety."

There was also controversy on the dance floor, with students holding differing opinions of who were the best dancers. Some contenders include Julien Grillet, Gabe Clemmett and Esther Schroeter.

The song selection was diverse, from classic hits to new, popular songs. However, there was a lot of disappointment at the end of the disco, after protests of "Whip, Ney Ney" were rejected. The especially angering part of this was that the DJs started the song, but after 5 seconds, stopped it to enrage the year 7s.

Exhausted and tired, the year 7s came back the next day with their eyelids half closed, yet that didn't stop them from chatting excitedly about the night before.

# Selective: Effective Or Defective?

By Matilda Bridgland, William Cannon, Charlie Kanu and Leo Zhou

Selective Schools are incredibly interesting seeing that not just anybody can join the school. Cath Whalan Principal at Manly Selective believes Selective Schools are a specialist setting where like-minded students are able to build off and extend each other, she also doesn't believe that there are any downsides to Selective Schools and 'Selective Schools are fabulous and Manly is particularly great because it's co-ed which a lot of Selective Schools don't have.' Jordan, a Year 12 student at Manly that transferred from Killarney in Year 9. When asked what the differences were he said, 'Teachers are better at Manly, there is a bigger drive from the students and the education quality is higher'. Compared to Private and Public Schools where people with all different levels of intelligence are learning in the same learning environment, which may have a negative impact on the students' learning.

At Manly Selective, it is unisex which is great since both genders learn how to interact and communicate with each other. Selective Schools generally have fewer students which is actually a good thing since it lets students get to know each other better and lets learning become more personalized. Selective Schools like Public Schools are also funded by the government which is helpful seeing that unlike Private Schools the students and their families don't have to pay heaps of money just to attend each year. However, some may argue that Selective Schools are defective seeing that people who go to Selective Schools may not learn how to deal with people who may not be as intelligent. Also, the environment is very competitive at times, which may increase stress. However, all in all, we believe that Selective Schools are incredibly unique and are a great opportunity. So, our final rating on Selective Schools is EFFECTIVE.



"Selective Schools are fabulous and Manly is particularly great because its co-ed which a lot of Selective Schools don't have."

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# Chemistry. Too Dangerous?

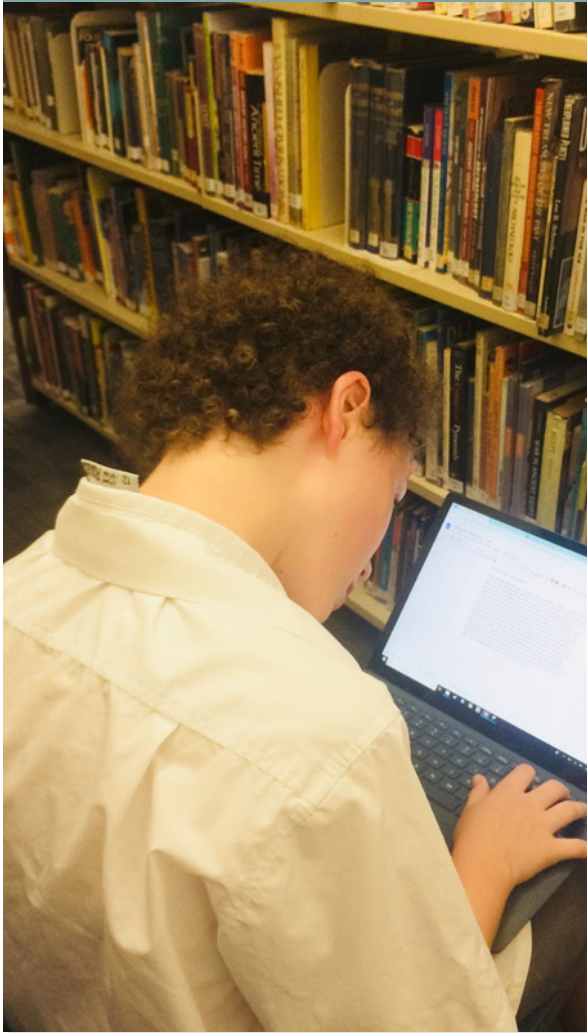
BY DANICA XU, NIHIRA MORE, ZEBADIAH NORRIS AND KOSEI KUBO

Mr Reading, who has been teaching at MSC since the second term of 1996, described one of the most horrific events he has seen during one of his classes. In science, some accidents can occur but in the time he has taught no chemical related accidents have happened. Mr Reading's opinion on chemistry is that it should be compulsory to study chemistry but under the correct conditions. He said that chemistry is important for students to learn as well as their other subjects they learn in school. Apparently one of his Year 7 students was standing up on a table, holding a tennis ball, and fell headfirst into a moving fan. "Blood was splattered all around the classroom." said Mr Reading.

"The student was holding a tennis ball at the time, which was soaked in blood, and I kept that ball for some time." He later said that at the Cross-Country Carnival, he tried to keep it, but one day it mysteriously disappeared. What happened to that ball? Was it stolen? Or did it just disappear into thin air? We need answers immediately. Is our student's safety at risk? The students need to be educated about the dangers of chemistry before starting the subject in practical. This is something that the teachers should think about doing before giving their students practical lessons.







**"Students are more stressed in Year 7 and 8."**

# Tips for Studying Better

BY JAYLAN YANG, HENDRIX WHIFFEN, JAMES STEVENS AND DYLAN POTGIETER

Over 47% of school aged children say that they are stressed when doing assignments or studying for them. People might think that stress is a normal thing that people can just ignore, but stressing over assignments can have some seriously bad health effects.

"Students are more stressed in Year 7 and 8," Head Teacher of Teaching and Learning, Ms Hewes states in our interview with her. According to a study on the 13th of March 2019, Stress can cause bad physical health effects such as muscle pains, headaches and sleep loss. It can also cause nasty mental health effects such as anxiety, anger, and lack of motivation.

"There used to be 48 assessment tasks a year for Year 7," Ms Hewes says. "Even though there are only 40 weeks of school a year." Ms Hewes has shortened the amount of assessment tasks to close to 15-20 tasks a year due to many students experiencing stress.

Ms Hewes also states that children from Year 9-12 have been experiencing an effect called 'dysfunctional perfectionism'. She describes the effect as 'being so afraid to do something that might be wrong they don't start the task'. These symptoms are not healthy for self-confidence and can lead to underachievement. If this continues, it can lead to potentially disappointing results in important tests and assignments and maybe even the HSC.

Overall, stress is an extremely bad thing for your health and it would be best to avoid it. Unfortunately, there are still a lot of tests and assignments you need to do, but you can avoid a lot of stress by organising and preparing well for things, relaxing, and spending time doing things you like that make you feel a whole lot better all the time.

# POETRY PRODIGY

BY MICHELLE PLON, CAMPBELL FREEMAN, ANDRIUS ALCAZAR AND ESHAAN HOLLA

Change and improvement has always been welcome at Manly, and in the turn of the years, a new jewel of the school has arisen. In early 2019, a young, aspiring poet, Fergus Clarkson, (a Year 11 student at Manly Selective Campus) decided to create a poetry club to involve others in one of his greatest passions.

In the words of Fergus himself, he decided to create the poetry club because he had “a passion for poetry and he started new styles of poetry to expand his vocabulary and build personal interests”. This is a club that is inclusive, for all ages and genders. Poetry helps release powerful emotions and creates connections between peers and friends that are formed through the power of emotive poetry. When we interviewed Fergus he stated ‘I write best when I’m super chilled out or super emotional’.

Fergus has been advertising his club at school assemblies and on the notice board, creating an eager audience of young poets who have been interested in poetry.

‘I’m very optimistic; the first meeting had a really good turnout.’ Many people are interested in this new and exciting club, after Fergus performed his original poem “Mr Stop Sign” at a school assembly, which displayed his frustration at being unable to get a girlfriend.

Poetry club has been a roaring success and is still eager for more members. In poetry club, members are invited to share, create and perform original poems for their peers, without fear of judgement or harassment. It is an inviting, warm and welcoming group of poetry enthusiasts who will help you improve on your writing techniques, rhythmic language and appreciation for poetry. We encourage all students interested in poetry to come along to the next meeting and join the fun of poetry club.



"I WRITE BEST WHEN I'M  
SUPER CHILLED OUT OR  
SUPER EMOTIONAL."



*“Instead of wasting money on energy for lights and computers, these solar panels can do that all for us.”*

## *ALL THE NEWS ON NEW TAS BLOCK SOLAR PANELS*

BY TESSA HALVERSON, HAMISH GERAGHTY, SAM DAYKIN AND SAURAV HOLLA

They're big, shiny and grey. Climb the hill of our oval and you'll see them - the great TAS block solar panels.

With 194 of our amazing solar panels that generate potentially 240 kWh per day, we are saving so much money and energy! Mr Forsyth, the head teacher of technology, in cooperation with Ms Whalan and the government have helped put this project together. It began in 2018. In semester 1, environmentally-friendly ways of power were brainstormed, leading to the term 4 installation of the panels. They were connected up to a power grid to start their work on the 9th of February this year.

We interviewed Luka Vajdic from the Environmental Committee to see what he thought of the solar panels. He said, “They are a very important addition to our school because they make our school a carbon efficient school.” He believes the solar panels was a good, long-term investment.

“Instead of wasting money on energy for lights and computers, these solar panels can do that all for us”.

The TAS block is north-facing, shadow free and has a tilted roof, giving it the perfect placement for the solar panels.



The school is powered by the electrical system known as the grid. The solar panels may not power the whole school, but they do contribute a sufficient amount of power to the grid, meaning not as much fossil fuel forms of electricity are needed. This helps our school become more environmentally friendly. Mr Forsyth kindly asked the other staff what they thought of it and, in his words, ‘Manly Campus staff seek to educate students about caring for the environment by making wise choices. The solar power installation is just another real world example.’

At the moment, there are actually no future plans for other solar panels. But what do you think? Should there be more? Either way, our current and new solar panels are a gem, and that's all we have to say folks!

# Cheers for Careers

*By Gabriel Clemmett, Andrew Yip, Tenzin Wakes-Miller and Johanna Walters*

The careers market is a Year 10 activity which happens annually in term 1, in the library. It is primarily organised by Mrs Colby and Mrs Rixon. During the first two periods, experts from different fields of work come in for one on one conversations with the students.

“These conversations give an insight and opportunity to what industries are out there for my future employment...” – Alex Yuen. Mrs Colby said that many of the students in Year 11 and 12 were begging the teachers to let them do it again. Alex felt that 2 periods was too short a time and was outraged that he couldn’t really experience the full Careers Marketplace.



“...It’s all well and good for them to have careers lessons and study it academically about different options for when they leave school, but I always think it’s a great opportunity to talk with people who are in the industries they are studying...” – Mrs Colby. Many people are brought in from engineering, medicine, architecture, the defence force and many more to talk to the students from a first-hand point of view.

According to many sources, the kids learn so much more from the awesome Careers Market than a year’s worth of studying careers. Isn’t that just amazing? Apparently, there’s a rumour that a short Year 11 skipped class and snuck in! This alleged incident is an example of just how crazy the students are about this opportunity. I just can’t wait until Year 10 when I finally get to experience how wonderful Careers Market is.

# Totally Wicked

By Lauren Brown, Jocelyn Prevett,  
Matteo Saita and Cleo Rose-Watts

Amid the numbers of students trying out for the roles, we can reveal that the student playing The Wizard has no musical background! We interviewed the Year 12 student who is playing the Wizard, Evan Foo.

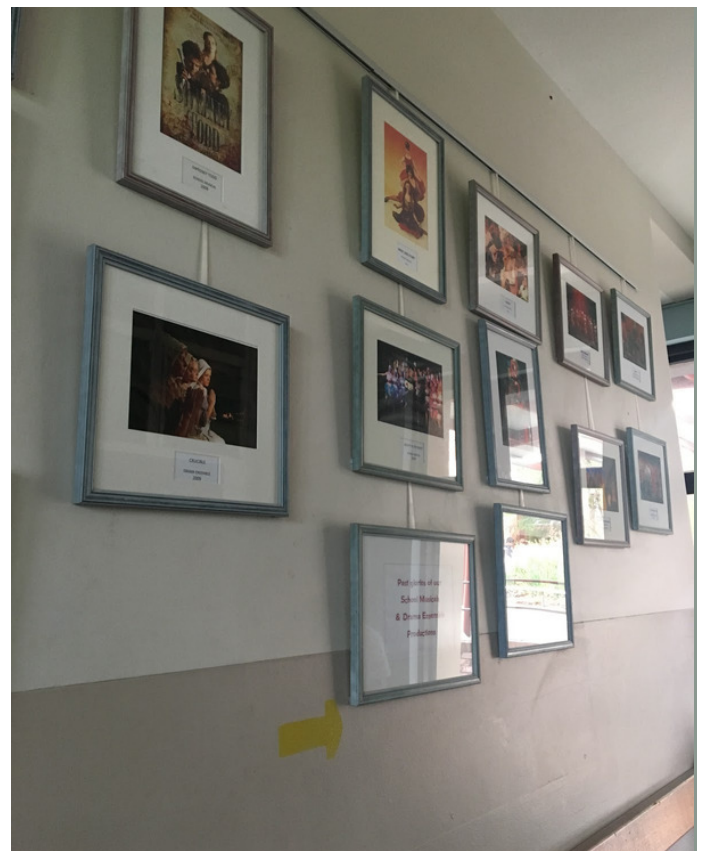
Evan told us that he has no musical experience going into the role, and that he decided to try out for the role out of a pure whim. He explained that the role he had made him "sort of a bad guy but also a good guy" and that stepping into that role will be exciting. Thank you Evan for letting Pines Productions pull you out of Physics for this interview.

Manly Campus is the first school in the area to plan and show *Wicked*, which is very exciting information and a great achievement for Manly Selective Campus. There were record numbers at the tryouts, showing that the students of Manly are extremely excited for the musical *Wicked*.

We also interviewed a member of the Wicked Chorus, Matteo Saita of Year 7. He said that many people will be involved in the musical this year, making it a "big hit". Lots of the new students are brimming with excitement to see the Manly Musical for the first time.

The teachers at Manly are very pleased to see such high numbers at the tryouts and are very excited to see the amount of teamwork that will be in the musical this year.

We wish the cast, staff, and backstage team lots of luck on producing the musical.



# Transit Trouble

By Oscar Pritchard, Camilla Da, Harrison Newton and Aditya Subbayya

A whole school of students jam-packed into one bus like a can of sardines, and the smell is even worse. This is when people start pushing, shoving and fighting for a seat. A trip home clearly isn't worth a pain in the back, ribs and head! (Not to mention all the sweaty, sticky seniors). These are all things Year 10 student Alex Yeun has experienced since he was in Year 7.

This is the issue that drove Alex to action. We managed to get an interview with Alex, he told us that he has a passion in transport, and how the whole idea began. He has spoken to our local MP and the state transit and bus services. But what has made him the SRC hero across the whole school? And at what lengths did he go just to get a seat on the bus?

Alex is a Year 10 student who is a member of the SRC and he has created bus petitions which over 600 people have signed in our campus. He joined the SRC last year in Term 4 and as soon as he joined the SRC, he made a rash promise to make sure that there would definitely be extra school buses.

It was a huge promise and if he failed to keep it, his reputation would be ruined. But he managed to get on top of everything and early this year, he made bus petitions which he urged for anyone who caught the school buses to sign. It was extremely successful, and he daringly knocked on our local MP James Griffin's door and discussed this topic with him.

Griffin said he would try but he's "not making any promises." Alex told us that the changes would hopefully be implemented next year if the petitions are successful. Alex says the main problem with finding Mr Griffin to help was that "he can't get things done with a click of his fingers", and that the plan will take a while and is not certain to work. Hopefully this plan will be successful despite all the challenges and the whole school can breathe a sigh of relief!



# MSC NEEDS AC

*By Alexandra Harris, Jack Dowd, Mason Lowe and Tennyson Wong*

Students are melting and aren't getting their work done! Classrooms at Manly Campus are way too hot for students to be in, let alone work! We need AC!

At Manly Selective, we are currently applying for a grant to get air conditioners for multiple rooms at Manly Selective Campus. The government will look through all application and will soon give us an answer to our huge problem.

"We're putting heat and humidity sensors in 12 to measure the temperatures in the rooms to get real evidence that they are too hot to work in, so we can finally get air conditioners for Manly Selective Campus," says Roger Forsyth head TAS teacher at Manly Selective. We had previously applied for a grant but hadn't had success, hopefully by next summer we will have air conditioners in MSC.

We perceive the impact of temperature on students' results in tests to be represented by the graph below.

"Students learn much better in cool, comfortable environments," says Cath Whalan, Principal of MSC.

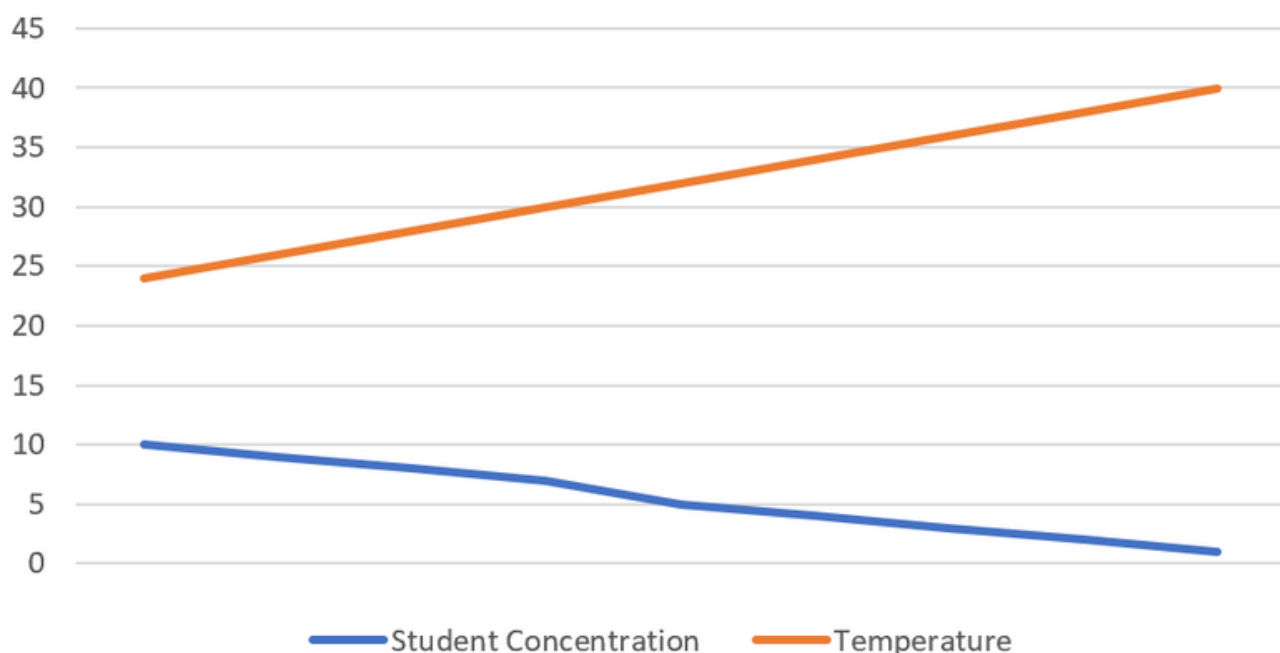
Lastly, the government has invested \$500 million, yes, \$500 million, to provide sustainable air conditioning programs for NSW schools.

"We are committed to providing students with healthy and comfortable learning environments in their school. We will prioritise schools in the hottest areas of the state by providing air conditioning to classrooms and libraries at schools with an average maximum January temperature of 30°C and above," says the Australian Government.

This record investment will also benefit schools with temperatures below 30°C who can apply for funding to receive heaters and air conditioners in their classrooms and libraries. At long last, students will have a comfortable and productive environment for them to work in!

**"STUDENTS LEARN MUCH BETTER IN COOL, COMFORTABLE ENVIRONMENTS."**

### Student Concentration VS Temperature



D	N	C	L	L	N	Q	Y	I	A	C	A	L	C	I	U	M	S	Q	T
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Z	F	X	H	M	K	R	E	O	H	O	N	K	Z	G	N	G	O	L	D

## WORDS TO FIND:

- ALUMINUM   - HYDROGEN   - OSMIUM                      - VANADIUM
- BORON        - IODINE                - PRASEODYMIUM - XENON
- CALCIUM     - KRYPTON             - RUTHENIUM       - YTTRIUM
- DUBNIUM    - LITHIUM              - SILICON            - ZIRCONIUM
- EUROPIUM   - MERCURY            - THALLIUM
- GOLD         - NEON                 - UNUNHEXIUM