

Principals Report

Student Success

Last week was the middle week of Term 1. Our observations are that students have generally settled into working reasonably well. Progress Reports for all students will be prepared over the next few weeks ready for distribution on the last day of term. Subject Teacher and parent interviews will be held on the first Wednesday of Term 2 where your child's progress can be discussed with all their teachers.

Now is the time for students to build on the very positive start they have had to the year.

In fact, with the right attitude you can make this year successful and enjoyable. There is no doubt that if you are working hard and achieving success you will also be happier, healthier and more optimistic about your future. From time to time I will include in the Newsletter some tips from some very successful people who have already learnt some of the hard lessons of life. I hope they help you make this year your best year yet:

- Stop thinking 'if only' – if only I had more money, if only I had different parents, if only I was taller, if only I was cleverer, if only I had done more study. Take responsibility for yourself. Work with what you have. No one else but you can turn your life into what you want it to be. Your teachers are here to help you all the way.
- Successful people set goals. If you drift through life, then you have to take whatever fate chooses to hand you. If you work towards your goals, however, you take charge of your own future.

Communication Protocols

Just a reminder to families that the College Communication Protocol indicates that any concerns be dealt with at the most immediate level in the first instance. If you are concerned about an issue that arises in class, please speak first with the class teacher; if you wish to discuss a broader issue, then make contact with the appropriate A team teacher (for pastoral and progress matters) and Year level Team Leader (for behavioural matters). If working at this level is unsuccessful, then do follow up with a member of the College Leadership Team (Assistant Principals or Campus Principals). A pamphlet outlining the College Council's Agreed Process for Handling Concerns and Complaints is available from the office.

**V Hilditch
Principal**

Huon Homework Club

Each Thursday in the Huon library 3.15 - 4pm

A staff member will be available to support students with their homework.

Assistant Principals' Report

Out of school activities and our busy families!

Today's families are getting busier, it's no wonder that one of the questions so frequently asked by families is, "How do we balance our child's out of school activities and family life?" That is a tough question that many parents face each day. Combine finding time for families with the pressure to involve your child in out of school activities and you have a recipe for overscheduled, exhausted and frustrated families.

Here are a few ideas to help you with keeping a balance:

1 Talk to your child.
Find out what he or she wants to do. Children often want to try lots of things, like sports, scouting, dance, playing an instrument and it may be difficult for them to choose between them. By talking to your child and finding out what he / she is most interested in, you can narrow down the never-ending list of out of school activities.

2 Consider the cost on family and finances.
Once your child has chosen an activity, you will need to weigh the cost on your wallet. Is this something you can afford? Of course the cost in dollars and cents isn't the only thing you should consider; think about the cost to your family. How much practice time is necessary? What about travelling? When it comes to sports, the home games are wonderful, but sometimes the away games can take a toll on the family. The whole idea of balancing home life and out of school activities is to gain family time and make the most of it, not lose more of it. If there are younger siblings involved, you will definitely need to consider the cost to them. Can they withstand travelling for the away games?

3 Create a workable schedule.
Probably the most important part of balancing your home life with your child's out of school activities is creating a schedule that works. If you have more than one child involved in activities, you will need to take everyone's schedule into consideration. This is usually the part that most families dread because it can be daunting creating something that works for everyone. Every parent wants to be there for every practice and never miss a moment. But life doesn't always allow for us to do this. When this happens, you need to be prepared. If you find yourself with a schedule conflict, sometimes it becomes necessary to ask for outside help. Does your child have a friend who is participating in the same activity? If so, see if you and the parents can trade a night of picking up and dropping off for training.

It is important to schedule a family or relaxation night. This sounds silly to schedule time with family but it is often the only way to find time to sit down and relax together. During this time, emphasize that no one has friends over, everyone is home for dinner, and no one goes anywhere. You don't even have to do anything special. This could just be a night to order in dinner, turn off the phone and Internet and just be together. While it's important to work out a schedule for the activities everyone is involved in, it's even more important to schedule time to be together.

Energy Drinks

In our newsletter last week we featured an article on Energy Drinks.

No bullMother is bad news.

Mother energy drink is like putting three teaspoons of coffee and 13 teaspoons of sugar into a cup and drinking it.

While these substances are marketed as “energy” drinks the only energy they tend to give you is a large sugar kick - about 6 teaspoons per can (which can cause your teeth to rot, and ultimately bad breath and a big dental bill) and a caffeine hit, which will actually leave you feeling low and lethargic once it leaves your system. They will also make you go to the toilet more and can leave you dehydrated if you overdo them.

The amount of caffeine in these drinks is around 80 mg per can (the equivalent of a strong cup of coffee). Young people can show disturbed sleeping patterns, suffer bed-wetting and show symptoms of anxiety from ingesting the caffeine in just one can of energy drink.

(Information received from Helen Stills – Dietician Wodonga Regional District Hospital).

Please contact Helen Allen at the College if you require any further information.

Please be advised that these drinks **are not permitted** at school.

Maree Cribbes, Alyson Miller
Assistant Principals

Year 8

Student Voice and Leadership

Congratulations to our student leaders for semester 1, 2009.

8A Huon A Team teacher Ms Tracey Aspinall

Class Leaders: Scott Reeb and Kara Taylor

Sport Leaders: Liam McNally and Rachel Sebastian

Events Leaders: Jake Fisher Curnow and Abby McKernan

8B Huon A Team teachers Ms Annette Zukowski and Mr Barry Firman

Class Leaders: Leah Zurek and Jayden Juke

Event Leaders: Lauren Carlise and Jake Morris

Sport Leaders: Jaylene Liddy and Jayden McCabe

8C Huon A Team teacher Mr Chris White

Class Leaders: Jessica Kaisner and Jesse Bartlett

Sports Leaders: Georgia Griffiths and Nick Sharp

Events Leaders: Taya Payne and Ryley Collins

8D Huon A Team teacher Mrs Melanie McClure

Class Leaders: Addi Dowell and Caitlyn Evans

Sport leaders: Jamie Sharp and Mikaela Craven

Event Leaders: Sam Bent and Claire Simpson

8E Huon A Team teacher Mrs Richelle Moyle

Class Leaders: Shannon Huxley and Harley Robertson

Sport Leaders: Josh Emerson and Brianna Bice

Event Leaders: Joe Seckold and Morgan Thomas

8F Huon A Team teacher Mr Kirk Dunn

Class Leaders: Rosie Pieper-Waite and Shaun Parker

Sports Leaders: Paige Ryder and Luke Hawkins

Events Leaders: Natasha Jovetic and Josh Hynes

8G Huon A Team teachers Mr Tim Randell and Ms Nadine Cox

Class Leaders: Tayla Portors and Kaleb McIntosh

Sports leaders: Melissa Bilney and Nathan Snook

Events leaders: Breannan Leach and Matthew Robin

8H Huon A Team teachers Ms Sally Donaldson and Ms Carolyn Gregory

Class Leaders: Kelsey Watson and Jacob Nealie

Sports Leaders: Sammi O'Brien and Jake Reeves

Events Leaders: Jessica Kirkbride and Rowan Daniel

8A Felltimber A Team teacher Ms Brook Darby

Class Leaders: Tiffany Cole and Daniel Hobson

Sports Leaders: Ty Neal and Erin Pike

Events Leaders: Sheridan Casley and Tyler Graham

8B Felltimber A Team teacher Mrs Donna Carter

Class Leaders: Emily Lester and Jake Netherwood

Sports Leaders: Sinead Ryan and Eden Ballard

Events Leaders: Kelsey Mooney and Jaiden Stojanovic

8C Felltimber A Team teacher Ms Margaret Williams

Class Leaders: Ashleigh Sampson and Matt Keating

Sports Leaders: Jess Brischetto and Ben Quick

Events Leaders: Jasmina Radoicic and Sam Hall

8D Felltimber A Team teacher Mr Stephen Hard

Class Leaders: Lee Hyatt and Taylah Harders

Sports Leaders: Kyra Harding and Josh Ellis

Events Leaders: Joelle Burton-Rakic and Cody Ebbles

8E Felltimber A Team teacher Ms Julie Kelly

Class Leaders: Tara LaRamee and Seamus Quinn

Sports Leaders: Jordan Palmer and Tyson Neander

Events Leaders: Brad Chalker and Ashley Willett

8F Felltimber A Team teacher Mrs Karen Petrovic

Class Leaders: Sarah Tilev and Beau Styles

Sports Leaders: Tiegán McGuire and Joel Heiner

Events Leaders: Maja Ferguson and Ethan Hillas

8G Felltimber A Team teacher Mr Barry Dean

Class Leaders: Sarah Beckett and Gaige Fewster

Sports Leaders: Amy Zuber and Brad Park

Events Leaders: Nic Quihampton and Jayme Burton

The roles and responsibilities of the Year 8 student leaders are:

Class Leader: marking rolls, reading the bulletin and notices, collecting permission forms, announcing birthdays, recycling responsibilities

Sport Leader: organising sports activities for the whole year level and within the A-Team, displaying results of all sporting activities, newsletter entries

Event Leader: organising events for the whole Year level and within the A-Team, advertising up-coming school events, displaying pictures and results of all events, newsletter entries

Year 8 Swim Day

The activity originally scheduled for February 9 will be held this Thursday March 12. Students will participate in round robin activities, including the slide at the Wodonga Outdoor Pool. BBQ lunch is provided. Students are required to bring their bathers, towel, filled drink bottle, snacks, sunhat and sunscreen.

Year 8 Team

Year 7 IMMUNISATION PROGRAM

An immunisation program is being conducted at the College on:

Friday, March 27 - Huon Campus

and

Monday, March 30 - Felltimber Campus

Consent cards and information will be given out to students. Consent cards should be returned to the College by **Tuesday, March 24.**

If your child misses out on their vaccination on the day, please call Wodonga Council's Environmental Health Department on 6022 9300.

- ◆ all students will receive the first dose of Hepatitis B
- ◆ girls will receive the first dose of Gardasil

The chickpox vaccine is also available to students who have not been previously vaccinated or who have not had the disease.

School Nurse

My name is Helen Allen and I am the Secondary School Nurse at WMYC. My role is mainly to facilitate health promotion and health education activities in the school. I am also available to support students to make informed decisions about their health which may include concerns about relationships, body image, and adolescent health.

I work on Tuesday and Wednesday. Please do not hesitate to call me at the school if I can be of assistance to your child or family.

This term I have completed the anti bullying program for all Year 7 students. I am now facilitating a program called Sunburnt Country for all Year 8 students to increase their understanding of sunburn and skin damage and to raise awareness of the dangers of tanning and solariums. I am also facilitating a Year 8 Girls' Group to assist students to make sound decisions about health and personal development.

Year 7 Anti Bullying Education Program

This term we have been implementing a program on bullying behaviours recognising that bullying is an everyday problem that occurs in all schools. Every student will encounter bullying at some point in their education whether it is as a direct target, as a bully, a participant or a bystander. The program explains what bullying is and provides students with a range of coping mechanisms and strategies.

Schools are working together to create learning environments where every student and school community member is safe, supported, respected and valued and free from bullying, violence, harassment and discrimination (www.bullyingnoway.com.au). You can access www.netalert.gov.au for fact sheets on cyber bullying, cyber stalking, supervising children on line, pornography and inappropriate content, staying safe in chat rooms, and mobile internet-enabled devices. Please contact me at the school for hard copies.

Helen Allen
School Nurse

Sport

NEDSSSA Swimming Championships

These Championships were held at the Albury Swimming Pool on Thursday, February 26. Our College was represented by over forty students who participated extremely well and were a credit to the School. Wodonga Middle Years College finished second in the overall points total behind Galen College. A fantastic effort.

Individually, Kylie Whitehead (U15 girls) was age champion. Well done to Kylie.

Results Summary

1st

Kylie Whitehead 15Yr 50m Breaststroke, Butterfly, Backstroke and Freestyle.

Megan Howard 15Yr 200m Freestyle.

Ted Elkington 13Yr 50m Backstroke

16Yr Girls Medley Relay

13Yr Girls 4 x 50m Freestyle Relay

15Yr Girls 4 x 50m Freestyle Relay

2nd

Kylie Whitehead 15Yr 200m Freestyle

Megan Howard 15Yr 50m Breaststroke, Butterfly, Backstroke, Freestyle

Brooke Purslow 13Yr 50m Breaststroke, Backstroke

Ethan Thomas 13Yr 50m Breaststroke, Butterfly

Morgan Thomas 14Yr 50m Butterfly, Freestyle, Backstroke, 200IM

Jane Hinchey 14Yr 50m Breaststroke

Kristen Wright 13Yr 50m Butterfly, Freestyle

Ted Elkington 13Yr 50m Freestyle

Jake Fisher-Curnow 14Yr 50m Butterfly

Luke Bird 15Yr 50m Backstroke

14Yr Girls 4 x 50m Medley Relay

13Yr Girls 4 x 50m Freestyle Relay

14Yr Girls 4 x 50m Freestyle Relay

14Yr Boys 4 x 50m Freestyle Relay

15Yr Boys 4 x 50m Freestyle Relay.

These individuals and teams have qualified to represent the College at the Eastern Zone Country Swimming Championships to be held at Albury Swimming Pool Wednesday, March 18. Other students who have qualified will be notified by Mr Williamson or Ms Aspinall.

Congratulations to all students who competed and thanks to staff and students who assisted.

Swimming Carnival Boys and Girls Champions

An oversight occurred during our swimming carnival results calculations and an adjustment made to the girls 15 Year Age Champion. Kylie Whitehead scored the same amount of points as announced champion Megan Howard so both will be declared 15 Year female champion. Congratulations girls and our apologies to Kylie. Kylie will receive her medallion at the next year level assembly.

Our College is also fortunate to have a male and female perpetual trophy (The Thomas Trophy) for the swimmers who achieve the highest number of points at the College Carnival. Ted Elkington was the highest point scorer for the boys and Megan Howard and Kylie Whitehead were equal highest point scorers for the girls. Our champions will have their names recorded on the perpetual trophy and be presented at the next assembly. Congratulations.

Tim Williamson, Tracey Aspinall
Sport Coordinators

Chess

There were 18 players who took part in the first round of competition last week. Thank you to Cheryl (Felltimber Library) who helped out with organisation and supervision. A ladder will be placed on the Integration window this week so you can check how well you're playing and your position.

Chess Tournament

The Interschool Chess Tournament is to be held Friday, March 27 at the Wodonga Leisure Centre. Interested players should see Mrs Boulton for a permission form. Cost for the day is \$14.00 which covers organisation by Chess Kids (Melbourne) who run the day. Medals are presented to those participants who are successful in their level and all participants receive a certificate. In the past we have been very successful and have been invited to Melbourne to play in further competitions.

Students from Huon who are interested in competing should contact Mrs Boulton at Felltimber for further information.

Helen Boulton

Student Achievement

Zach Cooper has been road cycling for quite a few years. He can often be seen cycling through the streets of Wodonga with his dad after school - they can clock up to 250kms per week. During the weekend they travel further afield and often 'go round the block'. The 'block' can be Wodonga, via Barnawartha, Yackandandah and then back to Wodonga.

Zach has participated successfully in many road races and recently competed at Bendigo in the 'Madison' race.

When the bushfires occurred Zach wanted to help but wasn't sure how. It was suggested he contact his local CFA - Wodonga West - who invited him along. During the last month Zach has attended training once a week. In that time he has learnt how to join hoses to equipment, scale ladders and compete in fire drill competitions.

Late in February, Zach competed in Region 24 CFA Competitions. He earned 2nd place in one event (run with and connect a hose and then spray water at a target), and his team was placed 3rd in the ladder competition.

Zach said he wanted to join the CFA to help fight fires and to make new friends.



Helen Boulton

Community Notices

World Education Program Australia Student exchange 2009/2010

WEP Australia is a not for profit student exchange organisation registered with the education departments. Students can choose from over 20 countries to live and study with the support of a host family, school and community.

Visit wep.org.au to find out more or phone 1300 884 733. Scholarships are available for Belgium (French speaking) and Italy.

Free information sessions will be conducted in Melbourne during March, April and June.

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Dates to Remember

Dates for 2009	Activity
Thursday, March 12	► Year 8 Swimming Day
Monday, March 16	► NEDSSSA Super 8 Cricket
Tuesday, March 17	► Parent Club Meeting 1.30pm at Felltimber
Wednesday, March 18	► EZ Swimming
Monday, March 23 - Wednesday, March 25	► Huon - Year 7 Camp (7A,7B,7C,7D)
Thursday, March 26	► Huon Athletics Carnival
Monday, March 30 - Wednesday, March	► Huon - Year 7 Camp (7E,7F,7G,7H)
Tuesday, March 31	► Felltimber Athletics Carnival
Friday, April 3	► Last Day Term 1
Monday, April 20	► First Day Term 2
Monday, April 27 - Friday, May 1	► Felltimber - Year 7 Camp (April 27 - 29: 7A,7B,7C,7D) (April 29 - May 1: 7E,7F,7G)

Canteen Roster - Felltimber

Monday, March 16	Katrina
Tuesday, March 17	Dot
Wednesday, March 18	Helen
Thursday, March 19	Dot
Friday, March 20	Marg



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