

Principals Report

Important Information for Parents of Grade 6 students Grade 6 Information Evening and Tours

An information session will be held in the Performing Arts Centre of the Wodonga Senior Secondary College at 6.30pm on Tuesday, May 12. This is open to all parents of current Year 6 students and will showcase the programs and activities of Wodonga Middle Years College.

Both campuses will be conducting tours on Wednesday, May 13 at the Felltimber Campus - Hedgerow Court, Wodonga and Huon Campus, Mitchell Street, from 4 - 6 p.m.

This is a fantastic opportunity to see first hand the educational experiences and facilities the W.M.Y.C has to offer your child. All enquiries 6057 9000

End of Term

Thankyou to everyone for making this a very busy but enjoyable and productive term. A variety of events have taken place including camps, swimming and athletics carnivals and the cultural activities that celebrated our multicultural heritage.

Holiday Break

I hope all students and staff have the opportunity to have a safe and refreshing break. For adolescents, rest and sleep are important components of growing up healthily. Adolescents go through a stage of physical, social, emotional and intellectual development akin to that which happens in early childhood. The tendency for teenagers to sleep a lot is a feature of this and is completely normal. So use the holidays well, get plenty of rest, recharge your batteries and come back refreshed and ready for the new term.

Term One finishes Friday April 3 at 2.30pm

We begin Term Two on Monday the 20th of April.

Staffing

The following staff members are taking leave at the end of term: Tim Bridgeman, Tracy Aspinall and Jodie Norman. We thank you for your contributions to WMYC.

Interim Reports

Interim Reports will be distributed at 2.00pm on the last day of Term. Parents will get an overview of the progress of their child in all subjects being studied. Parent/Teacher interviews will be held after school on the first Wednesday of Term 2, April 22.

Vern Hilditch
Principal

Assistant Principals' Report

Cyber-bullying and Cyber-safety

Cyber bullying in the online world is on the increase, both in homes and at schools and involves multimedia, computers and mobile phones. In Australia, the issue of cyber bullying is emerging as a major issue confronting the safety and wellbeing of students and the wider community. Amid growing concern about the damaging effect on children and adolescents being targeted by abusive text messages, emails and degrading digital photographs the West Australian Government has allocated \$400,000 to a five-year study into cyber-bullying. Although technology provides numerous benefits to young people, email, texting, chat rooms, mobile phones, mobile phone cameras and web sites can and are being used by young people to bully their peers. Cyber bullying can be more pervasive than traditional forms of bullying because nasty or embarrassing messages can be sent to numerous people at a time, increasing victim's humiliation and sense of isolation. The use of video technologies can be particularly worrying as situations may be set up to humiliate someone, subsequently filmed and the video widely distributed. Victims often do not tell their parents due to fears of losing their mobile phones or internet access. Internet access can also result in children being vulnerable to being targeted by people you would normally protect them from.

As a student or a parent of a student who attends the College if you experience any form of bullying, you need to speak to your A Team teacher or Year Level Team Leader, explain what has happened and plan the strategies to manage the bullying. This may include a restorative meeting or agreements, contract, discussions with families, documenting incidents, supervised programs and so on.

Cyber Bullying

Firstly, we need to remind ourselves that when our children walk out the front door of our house, we want to know who they are with, if they will be safe, where they are going and when they will be home. This should be the same when our children go online.

Cyber bullying is "...when someone repeatedly misuses their power to try to hurt, scare or exclude another person. It can be done by one person, or a group in ways that upset the student's body, peace of mind, property, reputation or social life...using electronic means." (Source: *Bullying Solutions*. Editors McGrath & Noble 2006)

To keep your child safe on the internet, here are some tips for parents and caregivers:-

KEEP TALKING TO YOUR KIDS. THERE IS NOTHING TOO BIG OR TOO SMALL OR NOT OPEN FOR DISCUSSION

- Make sure there is no response to rude or harassing emails. (Keep a record in case of further investigation.)
- Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.
- If harassment continues...the current email account can be deleted and a new one started. The new email address should only be given to a selected few.

FIRST DAY TERM TWO

Monday, April 20

- If receiving harassing messages on MSN (instant messaging) - have the sender blocked.
- PC's MUST be in a common area of the house **NOT IN THE BEDROOM!**
- Parental monitoring is vital – walk past and see what your child is doing.
- If you have found inappropriate content about your child or one in your care on a website or are informed about this situation please contact the ISP and/or Police or advise the parent to do so a.s.a.p.
- Be aware approx 78% of children **WILL NOT** tell a parent/teacher if bullied or harassed online for fear that they will lose internet access!!
- Make sure that your students understand that they will not get in trouble if they tell you about a problem.
- Parents should learn about the internet with their child.
- Parents should spend time online with children - learn and explore together.
- Install filters and other monitoring/blocking software to minimise dangers. Parents should have up to date filtering software installed at home.
- Know the sites your child is accessing to ensure suitability. Filters **can** sometimes fail to protect.
- Set house rules about what information your child can put onto websites or share with others.
- Learn the lingo so that you can decipher some of the content if required.
- **ABSOLUTELY NO EXCHANGE OF PERSONAL INFORMATION!**
- Social Networking Profiles such as MySpace **MUST BE SET TO PRIVATE.**
- MSN contacts and social networking site friends should be people that your child knows in real life.
- Teach children that information on the internet is not always reliable.
- Very close supervision for young children is recommended. There should be a limit to the email correspondence/msn to be a list of friends and family that has been approved.
- Do not let young children 'google' aimlessly with no supervision.

Please note that this list is by no means exhaustive and that there is no guarantee that adherence to these tips will provide 100% protection or safety for those using the various applications of the internet.

(Prepared by:- Susan McLean - Senior Constable 23323 Victoria Police Cyber Safety Project)

Useful Cybersafety information websites:-

www.cybersmartzkids.com.au ; www.netalert.com.au

(The above are Australian Websites)

www.NetSmartz.org; www.netsafe.org.nz

www.CyberTipline.org; www.iSafe.org; www.Internet101.ca

www.Netmom.com; www.cyberbullying.org;

www.GetNetWise.org; www.reachout.com.au

www.inspire.org.au; www.actnow.com.au

Maree Cribbes, Alyson Miller
Assistant Principals

Arts/Technology/LOTE

Choir and Year 9 Huon Music Performance

Big things have been happening in the Music Department and as part of the Huon end of Term assembly today, Monday the 30th of March, the choir and Huon Year 9 music class performed a combined item that we have been working on this Term.

Music Lessons:Huon

Instrumental lessons are still available in the following areas.

Flute

Violin

Saxophone

Trumpet

Trombone

If you are interested, please see Mrs Taylor for an enrolment form.

REMEMBER: If you are in year 7 you receive a free term of instrumental lessons.

Fees are now due for those students wishing to continue their lessons next term.

Julie Taylor

NAPLAN Tests

National Assessment Program Literacy and Numeracy (NAPLAN)

This year Australian students in years three, five, seven and nine will sit NAPLAN tests on May 12, 13 and 14.

The purpose of the NAPLAN tests is to provide an indication of literacy and numeracy achievement levels of students across Australia.

NAPLAN results are also used to provide an accurate measurement of the literacy and numeracy skills of individual students in our school and, ultimately, the progress of those students across the years. They are also used to pinpoint particular strengths and weaknesses in individual's literacy and numeracy abilities and in areas of the school's curriculum.

For this information to be useful to us, and to the students, it is important that when taking the tests, students give a fair and accurate account of themselves, that is they do the tests conscientiously and to the best of their ability.

Over the next few weeks students will be completing on-demand tests, in literacy and numeracy, in English and Maths classes. These tests are substantially the same structure as the NAPLANs and are used to familiarise students with the test format, as well as give teachers valuable information about students' literacy and numeracy that can be compared to other test results, to teacher assessments of class work, and to the NAPLAN results when they are reported back later in the year.

In the weeks leading up to the NAPLAN testing, teachers will also spend some time in class, familiarising students with the test format and the types of questions they will encounter in the NAPLAN.

If you have any queries about the NAPLAN tests, or require further information, please contact me at the College on 60579000

Russell Polson
Assistant Principal: Curriculum

School Nurse

Breakfast

Breakfast is considered the most important meal of the day because it breaks the overnight fasting period and replenishes your supply of nutrients to keep your energy levels up throughout the day. It offers the opportunity to eat nutrient fortified foods such as folate, iron, B vitamins and fibre.

Extensive research in Australia has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast
- Skipping breakfast can diminish mental performance
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day
- Eating breakfast kick starts our metabolism for the rest of the day

Choosing cereals that are not loaded with too much sugar or fat are ideal as well as toast, muffins, eggs, yoghurt and fruit. For variety, smoothies are a great healthy, quick and yummy alternative. *(Sourced from Better Health Channel)*

A national survey conducted by a major private health insurer (MBF) has found a large number of children go to school without having breakfast. More than 40% of kids skip breakfast at least one school day every week.

"Research shows that skipping breakfast results in reduced learning, reduced attention and poor food choices for the rest of the day," said Dr Christine Bennet, chief medical officer of Bupa Australia (which owns MBF) *(Sourced from Border Mail 24/3/09.)*

Helen Allen
School Nurse

Year 7

Our First Term of High School

The first day of high school was really different because we had to start to get used to changing classes every couple of subjects and where we had to go. It took us a couple of weeks to remember where all of the classes were but eventually we got there.

When we got our lockers it was really different to get used to because in primary school we didn't have lockers. It's really nice that we can keep all of our things nice and safe.

On Friday period 6/7 at the end of week 2 we got given our new Notebooks to participate in the notebook program. When we got them Mr Clear sat us down so we could set them up. First we had to unpack the boxes that had our computer and bags in them. Then we had to plug everything in and put our name sticker on them. When we turned them on we went through the start up, we typed our name and password and things like that. When we finished the start up, Mr Clear showed us how to access the schools wireless internet connection but our internet is a bit different to normal wireless, ours is called V-M-Ware so if we need to access the internet we need to log into V-M-Ware.

On Wednesday week 2 all the Year 7s and 9s from Felldimber and Huon participated in the swimming fun days held at the Wodonga Outdoor Pool. We were put into our house teams and versed each other in all different strokes.

High School is very different but we are really enjoying it so far. We have the athletics carnival coming up this week and we are all looking forward to it.

Katelyn and Kiera, F7D

Chess Club

A great round of games last week. We have four new members - Kendo, Shadow Fang, Dragon Fang and Goleu.

Results of games played:

Draws for "Shadow" and "The Cube", and "Cpt Wart Hammer" and Dark Master".

3 points for "Goku" just for being a fantastic player.

It was all about the "dro's" with "Sandro" taking the game from "Adro".

"Dragon Master" sank the fangs into "Shadow Fang".

"Dragon Fire" wanted to smoke out "Chess Master", but the "Master" reigned supreme!

We may need to change "Despair's" name as he took the game from "Dragon Fang".

Nothing mythical about "Mythical's" game and result against "Kendo".

If you no longer wish to be part of the Chess Club, please advise Helen.

Helen Boulton

Sport

Eastern Zone Swimming

On Wednesday the 18th of March, the WMYC swimming team headed over to Albury Swim Centre to compete in the Eastern Zone Swimming Carnival. We had a very big team representing the College with many swimmers placing in the top three of their races. These include.

Megan Howard

1st 200m Freestyle
1st 50m Butterfly
2nd 50m Breaststroke
2nd 50m Freestyle
2nd 50m Backstroke

Kylie Whitehead

1st 50m Breaststroke
2nd 200m Freestyle
2nd 50m Butterfly

Kristen Wright

2nd 50m Freestyle
3rd 50m Butterfly

Ethan Thomas

3rd 50m Breaststroke
3rd 50m Butterfly

Ted Elkington

2nd 50m Backstroke

Brooke Purslow

3rd 50m Backstroke

Morgan Thomas

2nd 50m Breaststroke
2nd 50m Freestyle
3rd 50m Butterfly
3rd 200m I.M

WMYC Relay Teams

1st Male 13yr 4x50m
1st Female 15yr 4x50m
2nd Female 16yr 4x50m
Medley

Congratulations to every member of the swim team for their great efforts on the day.

Brock Shirley

wodonga glass

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NEDSSSA Tennis - Felltimber

In perfect conditions last Tuesday March 24, the Year 9 boys team of Andrew Cardwell, Bryce Freeman, Ben Russell and Josh Young, and the girls team of Jess Darmody, Zoey Gow, Kate Lindner and Natalie Scott competed at Kelly Park. They played competitively and with excellent sportsmanship against teams from WSSC, Galen College, Benalla College, Marian College, Wangaratta High School and Huon. The highlight for the boys was playing against the Year 10's from WSSC (our Year 9's from 2008). Thank you to Mr Williamson and Brock for organising and running the competition.

Margaret Williams

Competitions

International Competitions and Assessments for School (ICAS)

Each year the University of New South Wales runs ICAS tests in Computer Science (\$6.60), Science (\$6.60), Spelling (\$8.80), Writing (\$12.10), English (\$6.60), Mathematics (\$6.60). There is a charge for taking the test (indicated in brackets) and participating students will receive a certificate to acknowledge their efforts.

If you are interested in your son/daughter taking any of these tests please contact John Demeo at Felltimber or Geoff Burke at Huon Campus on 6057 9000 by April 24, the Friday of the first week of term two.

Russell Polson
Campus Principal

Student Work

Bushfire

Fire flew across the land,
Like a common winter storm.
Its roar worse than thunder,
Its destruction more than war.
Many did perish,
Yet many did survive.
Communities and livelihoods,
Never to return.

Isabelle Pattison
Year 9



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Felltimber Year 7 Camp

Harrietville Camp

All payments for camp should be finalized and forms handed in before the end of this week.

Travis Osborne, Reggie Glass
Year 7 Coordinators - Felltimber

Community Notices

Albury Wodonga Table Tennis Association
Grading and Registration Night
Monday April 6
7.00pm - 10.00pm
at 471 North Street, Albury (Greenfield Park)
New season starts April 14
All players are welcome, from beginner to "Champion"
Information: Ian 6059 5072, 0408 154 381

Paws in the Park
Sunday, April 19
8.00am - noon
at Willow Park, Pearce Street, Wodonga
Lots of events and competitions
Information: 6022 9356 or



Dates to Remember

Dates for 2009	Activity
Monday, March 30 - Wednesday, March	► Huon - Year 7 Camp (7E,7F,7G,7H)
Tuesday, March 31	► Felltimber Athletics Carnival
Thursday, April 2	► VSSSA Swimming
Friday, April 3	► Last Day Term 1
Monday, April 20	► First Day Term 2
Wednesday, April 22	► Parent /Teacher Interviews
Monday, April 27 - Friday, May 1	► Felltimber - Year 7 Camp (April 27 - 29: 7A,7B,7C,7D) (April 29 - May 1: 7E,7F,7G)
Tuesday, May 12 - Wednesday, May 14	► NAPLAN Testing

Canteen Roster - Felltimber

Monday, April 20	Katrina Dawes
Tuesday, April 21	Dot Wallace
Wednesday, April 22	Helen Deegan
Thursday, April 23	Ralene McKenzie
Friday, April 24	Marg Quine