

Principals Report

Parent, Student and Subject Teacher Interview Night

A very successful and busy night was held at both campuses. Thankyou to all parents who came to discuss their child's progress with their subject teachers. We were delighted with the number of students who also attended. We hope with the interim reports and interviews you have a much clearer picture of how your child is progressing this year. Areas for improvement will have been discussed. All students will be able to put these improvements into practice over the next 9 weeks.

Thankyou to all staff who have ensured students programs were not disrupted.

Parent Information Evenings for Current Year 6 Students

A parent information evening will be held on Tuesday, May 12 at 6.00pm for Year 6 students and their parents. To accommodate the number of parents and students attending this year we are going to hold the meeting at the PAC at the Wodonga Senior Secondary College. We hope to outline how we can assist students in the transition from primary to secondary school. We would encourage all parents to attend. Please refer to notice included in the Newsletter.

National Assessment Program for Literacy and Numeracy –NAPLAN

All Year 7 and Year 9 students will be participating in the nation wide assessment in English and Mathematics over three days beginning Tuesday, May 12. The information these tests reveal allow for comparison of where Australian students compare internationally, between states, individual school performance as well as where individual students lie compared to all students at that year level across the country. We will be providing students with information and practice questions during the next two weeks by way of providing adequate preparation for students to give a true reflection of their abilities. We have an expectation that all students participate with an attitude to generate a real and honest reflection of student capability. If any parents have any questions about this process they should contact the respective Campus Principal.

WorkSafe

Following a recent visit from a WorkSafe Inspector, and Victorian Government Legislation on use of ladders, there are clear regulations that need to be followed by people working more than 2 metres above the ground.

Put simply, **under no circumstances** are students permitted to climb onto school buildings for any reason. If detected on a roof the student will be instructed to remain on the roof at least two metres away from the edge until such time as a suitable ladder can be found for the student to get down safely.

Any object thrown on the roof of any school building will remain there until it is retrieved by a suitably trained member of staff. Students should therefore not play ball games near school buildings. The safety of staff and students is our paramount concern and your cooperation is appreciated.

Students Attitude to School Survey

This week students will complete the attitude to schools survey in their A Teams. This information is important in helping us with our planning to improve student wellbeing and support. Results will be included in future Newsletters when they have been processed by the Department.

Vern Hilditch
Principal



WODONGA
MIDDLE YEARS COLLEGE

OPEN EVENING

PARENTS and GUARDIANS OF YEAR 6 STUDENTS

Next year your child will begin their secondary school education. The Wodonga Middle Years College invites you to attend our information evening where valuable information about our College will be presented. We look forward to meeting you at this session.

Date: Tuesday 12th May 2009 at Wodonga Senior Secondary College, Performing Arts Centre, Woodland Street, Wodonga

Time: 6.30pm-7.30pm
Tours will be held on Wednesday 13th May from 4-6pm at both Felltimber and Huon Campuses



For more information contact:
Wodonga Middle Years College
02 60579000

Assistant Principals' Report

Binder Usage

Effective Binder usage is a skill that is an essential ingredient to a successful study program. As such, time and effort must be devoted to cultivating it as a habit.

Many of the beneficial features built into our Binders have little effect unless the students are very clear on the correct day to day use of their Binders.

Following are some tried and proven "**musts**" for efficient Binder usage:

- The students and their Binders must be inseparable partners at school and sections of the Binder must be brought home each night to complete work and check the planner section.
- In every class, all work set and the date that it is due should be recorded; this must be done as soon as their teacher tells them; don't wait until afterwards, as it's too easy to forget.
- They should write the due date in the "**Assignment Log**".
- After school, before leaving for home each day, they should look at the homework that has been recorded in their planner during the day for each subject and then take the required text books and Binder sections home. It is important to look extra closely on Friday nights before the weekend.
- If they haven't a great deal of homework to do on a particular night, they should look ahead in their planner for what is coming up, and make an early start, especially on assignments. They may start revising for an upcoming test or do extra study to add depth to their understanding and knowledge.
- That night or before they leave for school the next morning, it is a good idea to check what is coming up for the day ahead. Any preparations or pre-reading required? Any work due in? Any sport or music practice? When they know this, they can plan their day more effectively.
- Every Sunday night after dinner, they should spend 15 minutes planning their upcoming week in the "**Assignment Log**" and "**Check box**" sections of the planner. Also, on individual days highlight work that is due in. This puts them in control.

Learning to use a binder and a planner is a lifelong skill. Should you have any queries or concerns regarding your son/daughter's progress please do not hesitate to contact his/her A Team teacher.

"After effort comes success." Anon

Alyson Miller, Maree Cribbes
Assistant Principals

Huon Homework Club

Each Thursday in the Huon library 3.15 - 4pm

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

School Nurse

Drinking for Health

Water is essential for life. It makes up about two-thirds of our body and we can only live a few days without it. It is easy to get in most parts of Australia and it's free. However, a quick trip to the supermarket shows that there is a mind boggling range of drinks available today. Often these drinks contain a lot of added or natural sugars and energy. Many children get the taste for flavoured sweetened drinks from a very young age. This can contribute to a number of issues including making it difficult to encourage them to drink more water and contributing to excess energy intake.

It is important to limit your intake of sweetened drinks, including juice and sports drinks, because they can cause tooth decay, reduce your appetite for healthier foods and contribute to overweight.

The best drink to have is water. Here are some tips to help you and your family drink more water:

- Set a good example for children by showing them you enjoy drinking water.
- Fill up a bottle of water for everyone each morning. Encourage children to drink from it through the day.
- Pick a time of the day to top up the bottles that should be getting low e.g. after lunch.
- Be prepared - encourage everyone to carry their bottle when going out.
- Serve water with meals.
- Use a bottle of frozen water in lunch boxes to keep the food cool and provide a refreshing drink.
- Only buy sugary drinks like cordial or soft drink occasionally and serve in small glasses.
- Serve fruit rather than juice. Limit juice to a maximum of 125mls (1/2cup) per day
- When you eat out at cafes and restaurants ask for a jug of water.

Is bottled water better? The short answer is no. In most parts of Australia tap water is clean and healthy to drink. It usually has fluoride added to help protect against tooth decay. Some bottled water may not have fluoride added. You will also pay a lot more for essentially the same product that comes free from the tap and without additional packaging.

Reduced-fat milk is also a good source of calcium. Flavoured milks contain added sugar and should be consumed only sometimes, not every day.

(sourced from Janice Sangster and Jackie Priestly, Accredited Practising Dieticians, Wagga Wagga Community Health Centre)

Helen Allen
School Nurse

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Year 7

Camp

All the students from 7E, 7F, 7G and 7H travelled by bus to Howmans Gap where we stayed for 3 days and 2 nights. The trip up was slow and winding but as we arrived everyone was relieved to see that we had made it to Howmans Gap and that the scenery was spectacular.

As we got off the bus we headed into the main room where we met the instructors and found out about the rules when eating and sleeping. They told us where our rooms were and we headed off to set up our gear. Once we had done that we all met again and we headed off to our separate activities. We did the activities in groups. The



activities were bushwalking, high ropes, rock climbing, giant swing, challenge trail, orienteering and archery. The best was the giant swing, even if you were afraid of heights it was still fun. As the sky went dark we headed into the dining room for some dinner. The food was a



three course meal and gave us all the energy to run around the next day. As we finished we started to get restless, so the teachers gave us half an hour to do whatever we liked. Half an hour later we came back in for some trivia fun. The prize was lollies and everyone was killing for some of them but most of them had some in the cabin anyway. Abbey's team won in the end grrrr! We went to our cabins and got ready for bed and when we got there most people ate lollies before shutting their eyes to get ready for a big day tomorrow.

We woke up early as most of us did not sleep because our energy level was so high. Some of us had showers in the morning then we went and had breakfast. Once



we were full we headed off to our activities. The morning was cold but as we headed into the day it got hotter. The activities were draining our energy! We had wraps for lunch, they were great.



After we had another delicious three course dinner we had a movie night. They had two movies going at the one time, one in the conference



room called "Willow" and one in the lounge about motorbikes. Some of the others played card games. This was a social time and we made new friends and had a great time.

The next day nobody really wanted to leave we all had a blast and it was one of the greatest camps we will all remember. On the trip home we stopped at Mt. Beauty for lunch and a snack of prepared sandwiches and cookies.



The long tiring trip home saw most of us having a nana nap.

It was an awesome camp!

Abbey Gow and Laura Collins

Sport

VSSSA State Swimming

Congratulations to Megan Howard, Kylie Whitehead, Chantelle Brown and Carly Sibbald who represented our College at the State Swimming Finals in Melbourne in the last week of last term.

Megan swam 4th in the 15yr 50m butterfly and 7th in the 200m freestyle and Kylie swam 4th in the 15yr 50m breaststroke. A fantastic effort by the girls at the end of a long competitive season.

Megan and Kylie combined with Chantelle and Carly to finish 2nd in the 4 x 50m freestyle relay. Congratulations girls.

Term 2 Sport

We have a very busy term coming up starting with the NEDSSSA district athletics this Friday. Students who qualified should return forms and notes as soon as possible.

The College House Cross Country Carnivals will be held in week 4. Felltimber Cross Country will be held on Thursday, May 14 and Huon on Friday, May 15. More details in future newsletters.

NEDSSSA sports coming up this term include soccer, football, netball and badminton for all year levels both boys and girls. Year 9 students will also have the opportunity to compete in table tennis and squash.

Students should pay particular attention to daily bulletin notices for selection trials and training sessions.

Tim Williamson, Kirk Dunn
Sport Coordinators

Competitions

International Competitions and Assessments for Schools (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 Mr John Demeo at Felltimber or Mr Geoff Burke at Huon Campus by May 1st, the Friday of the second week of term two.

Tournament of Minds

Tournament of Minds is a problem solving program for students, which requires them to solve open ended challenges in Applied Technology, Language Literature, Maths engineering and Social Sciences.

Students from across year levels will have the opportunity to work together to solve challenges and, if they are keen enough, to compete against students from other schools in the annual Tournament of Minds competition.

Students who are interested in participating in the Tournament of Minds on either Felltimber or Huon campuses can register their interest by emailing Mr Polson, rpolson@wmyc.vic.edu.au by Friday May 1. Interested students will have the opportunity to try out some tournament challenges in the week following. Please title your email, Tournament of Minds.

Russell Polson
Campus Principal

Chess

Welcome to all our players to a new term. We had some long fought battles last week.

Results:

"Chessmaster" showed "Hidden" his best moves!

A draw for "Shadow" and "Adro".

"Cpt. Wart Hammer" was drawn and quartered by "Dark Master".

"Despair" blew the siren on "Siren" taking the game from her.

"The Storm" cast dark shadows across "Dragon Fang's" game.

"The Cube" checked out "Dragon Fire".

It was a battle with the "do's" - "Sandro" being the victor over "Lendo"!

See you all on Wednesday.

Helen Boulton

Community Notices



V/LINE LIFE TRAINING WITH NATHAN THOMPSON



The WorkSafe Victorian Country Football League and V/Line have developed a series of free motivational and educational presentations aimed at educating 14 to 18 year-olds and their families on important health topics in a friendly and interactive environment. The Life Training program is designed for both male and female teenagers as well as their parents and will be presented at the SSA Club auditorium on May 6. The focus of the night is depression and the impact it has on young lives. Program ambassador, ex-AFL star Nathan Thompson will attend the session telling his stories and lessons learnt throughout his professional career. The night is not sport specific. No matter what your background, depression is an important topic so all are welcome to attend.

For more information or to register your attendance please contact John O'Donohue at the WorkSafe VCFL at john.odonohue@aflvic.com.au

Lake Hume Soccer Club

Who: All ages from 5 years to late teens

Cost: \$40-00 per child

First game: May 2, 2009 (Registrations will be taken on the day)

Why: For fun, fitness and friends

The first committee meeting for the new soccer season will be held on Wednesday, April 29 at the home of Wendy Cooper. Please call Wendy on 60264417 (AH) for details.

Dates to Remember

Dates for 2009	Activity
Monday, April 27 - Friday, May 1	► Felltimber - Year 7 Camp (April 27 - 29: 7A,7B,7C,7D) (April 29 - May 1: 7E,7F,7G)
Friday, May 1	► NEDSSSA Athletics
Tuesday, May 12 - Wednesday, May 14	► NAPLAN Testing
Tuesday, May 12	► Information Evening for Year 6 students in PAC at WSSC - Woodland Street at 6.30pm
Wednesday, May 13	► WMYC Open Afternoon at Huon and Felltimber for Year 6 students 4 - 6pm

Canteen Roster - Felltimber

Monday, May 4	Katrina Dawes
Tuesday, May 5	Dot Wallace
Wednesday, May 6	Helen Deegan
Thursday, May 7	Dot Wallace
Friday, May 8	Marg Quine



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