

Principals Report

Student Reports

As many would know, the last three weeks of Term 2 are especially hectic for teachers, who have to bring together all the data from the first semester to assess work, write reports and collate the information. Staff have to work to very tight timelines as we like to give students as long as possible to complete and hand in work. I would like to thank all members of staff for the work they have done in what is always a difficult and exhausting time of the year. Special thanks to Mr Burke, Mr White and Mr Dent who have the task of coordinating the entire exercise.

Part of this semesters report will be the students own reflection on their performance. Please take some time to help your child reflect on their progress during semester one so that improvements even if they are small can be realised in semester two.

Correction / Report Writing Day

Correction Day for semester 1 will be held on Friday, June 12. Teachers will be finalising work requirements and commencing the report writing process. **A reminder that students are not required at school on this day. All Government Schools in Victoria will be closed on this day.**

Grade 6 Application for Enrolment Forms

Application Forms for Enrolment into the Wodonga Middle Years College in 2010 have been distributed to all Year 6 students. Parents are asked to return completed forms to their Year 6 teacher by 22 June.

Teenagers Sleep and School

Research indicates that adolescents may be the most sleep deprived group in society affecting their safety and their achievement at school.

Research findings:

- Teenagers need increasing amounts of sleep
- Teenagers need nine hours of sleep each night to avoid the symptoms of sleep deprivation
- The effects of sleep deprivation in teenagers includes memory deficits, difficulties with processing information, increased irritability, anxiety and depression, diminished creativity and decreased ability to handle complex tasks
- Almost half the students studied reported being most alert after 3pm.
- Additional sleep at weekends does not help with the effects of sleep deprivation.
- The circadian rhythms of teenagers means they feel awake later into the evening and find it difficult to fall asleep

Some suggestions to help:

- Establish a regular relaxing routine to unwind from the activities of the day. This signals to the body that it is time to prepare for sleep

- Avoid watching television programs or reading books at bedtime that are violent or controversial. Such stimulation will avoid the onset of sleep
- Avoid caffeine consumption in the evening
- Avoid naps. You are better to get into the habit of early bedtime
- Get regular exercise but not immediately before bed.

Vern Hilditch
Principal

Assistant Principals' Report

Adolescent Attributes

Below is an extract from Department of Education and Training publication– "Understanding Year 9 Students". This information is really important for parents and teachers to understand as it may help explain the behaviour of many adolescents.

Emotional Response

Parents, teachers or those who are familiar with adolescent behaviour, such as being happy one moment and absolutely miserable the next, tend to associate this type of behaviour with hormonal changes as the child enters puberty. However, the discovery of brain development in recent years suggests that the observed behaviour could be attributed to the immature frontal lobe. In addition to being responsible for cognitive flexibility such as planning behaviour or devising strategies, the frontal lobe has also been found to have a regulation function of the seat of emotion that is situated deep in the brain. Since this area is still being developed during adolescence, the regulation function is immature and it is only with age that this function improves. This finding may provide an explanation for the inclination of adolescents to respond with emotion and for why these types of behaviour tend to level out a year or two post puberty.

Social Interaction Skills

Adolescence is often marked by an increase in conflict between an adolescent and his/her parents. Social interaction and affiliation with peers take on particular importance and provide a significant source of positive experiences.

The miscommunication between adolescents and adults could be caused by the way in which the adolescent brain is wired to respond to the outside world. Adolescents have been found to be unable to correctly read all the feelings in the adult face. For example, adolescents may see anger when there is no anger or sadness when there is no sadness. Thus, when adolescents are relating to their parents, teachers or other adults, they may be misperceiving or misunderstanding some of the feelings that adults take as the norm. They may also have difficulty reading normal adult body language and therefore have difficulty modifying their behaviour unless it is explicitly explained.

Attendance is Important

Students need to attend school regularly in order to make the most of educational opportunities.

Students are expected to attend school on all designated school days. Government legislation requires young people under the age of 16, who are enrolled at the school, to have a commitment to attend on all designated days.

If a student is absent for a legitimate reason it is important that, upon their return to school, they bring a note signed by their parent or caregiver explaining the absence.

Notes should be given to the A – Team teacher.

It is the responsibility of parents to ensure that their child attends school on all designated school days, and that if they are absent it is for a legitimate reason.

Alyson Miller, Maree Cribbes
Assistant Principals

Influenza

Members of the WMYC Community

The onset of the flu season and recent cases of the H1N1 Influenza in Victorian schools have highlighted the need for us all to be vigilant in matters of personal hygiene.

We have included, with this newsletter, fliers produced by the Department of Health which explain how the Influenza virus is transmitted and how we can all minimise the risk of becoming ill. Please take time to read these and talk them through with your children.

Students need to bring tissues with them to school and use them and ensure they wash their hands before eating or preparing food. If students are experiencing symptoms of colds and flu, we ask that they be kept at home, rather than be sent to school and endanger the health of other members of the school community.

If you have any queries regarding Influenza, there are contact details on the flier, or phone the school on 60579000.

School Nurse

Russell Polson

Winter and Asthma

With the winter months approaching, it is important to be aware of the triggers that can affect your asthma during this season. A sudden change in temperature, such as cold air or windy days can be a trigger for some people with asthma. It is recommended that you take your usual dose of reliever medication before going out on cold, windy days. Wearing a scarf over your face will help to warm the air before you breathe it in.

Thunderstorms can also trigger your asthma. This is due to the large quantities of pollen, in very small particles, being released into the air, as the raindrops break down pollen particles already in the air. It is best to stay inside with the windows closed during thunderstorms. Visit your doctor to determine if weather change is a trigger and ensure you have a written Asthma Action Plan outlining what to do for your day to day asthma, what to do if your symptoms worsen and how to cope with an asthma emergency.

As we head toward cooler months, The Asthma Foundation of Victoria recommends that everyone with asthma should have a flu injection as people with asthma are at higher risk of developing complications from influenza.

To obtain a FREE Asthma Control Pack containing information to assist parents and students in managing their asthma, please contact The Asthma Foundation of Victoria on

Sport

Cross Country/Fun Run - Huon

On Friday, May 15 the annual Cross Country was held at Willow Park. Students braved the cold and ran really well with Novak Sojic sprinting for the finish in a spectacular time of 17 minutes and 40 seconds to complete the 4km race first.

Age Champions:
13 Years:
Tallulah Goslett
Jason Colombera

Runners Up:
Alana Hurnen
Luke Hawkins

14 Years:
Rachel Sebastian
Jake Hyatt

Sarah Fitzsimons
Jake Fisher-Curnow

15 Years:
Kelly Evans
Novak Sojic

Sara Hurnen
Brandon Zurek

16 Years:
Ashleigh Lord
Shaun Tarran

Jessica Porter
Zac Thomson

In the weeks leading up to the Cross Country students raised money as a part of the Golden Circle Fun Run. All proceeds go to the schools sport

program to help with the cost of Interschool Uniforms and equipment. At the completion of the race each student received a free icy-pole as part of the fundraiser and surprisingly in the cold weather no student passed up the offer!



Reminder to all those students who raised money, please hand it to your A - Team teacher as soon as possible.

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Education Week

Celebrating Education Week

The College celebrated a fantastic week of activities, during last week's Education Week.

The focus of the week this year was encouraging our students to "shine" and indeed they did.

The week began with a fantastic "fun run" and then on Tuesday the Huon Campus, held its Readers' Cup, which focused on the "Twilight" series. There was fun and enjoyment for all and the students certainly did shine in their knowledge of the text and their ability to interpret and synthesize the questions and provide very accurate responses. The Felltimber campus also held the cup and it was equally enjoyable. Thanks to the library staff for organising this excellent event. The libraries were transformed with stunning purple velvet covers over the tables and an apple for each participant. A full report follows. The library quiz was yet another highlight.

On Wednesday, the Music students held a brilliant concert. The concert began with a lovely and aptly named song "Shine" with the concert highlighting the Year 9 Ensemble, the Huon Guitar Ensemble, which shone when it performed the popular "Shadow's" song "Apache". Many enjoyed the rock band's performance of "Wanted Dead or Alive", by Bon Jovi. Thanks to Julie Taylor and Mr Glover, for their efforts. It was a magnificent concert.



Wednesday evening was a great night and we were all thrilled to see so many members of the community attend the excellent activities in the auto centre. "Where students and their parents/companions got their hands dirty", as Mr Earl says, was a great event. People tinkered with motors, fine tuned "carbies" and revved the engines of ride-on-mowers.

The Science area was alive too, again students and members of the community were enthralled as they experimented with "dry ice" and witnessed how new technologies are transforming the way we gather, interpret and analyse scientific data.

Klub Indonesia, held some great activities also with the musical instrument the **angklung** and games including **congkak**.

Overall, it was a great week and the College would like to thank all those who attended after school activities and all staff who facilitated the week's events.

Students, staff and the community all shone, during the week. Well done!



The WMYC Readers' Cup

During the third week of May at Felltimber and Huon Campuses, the Libraries held the 2009 "Readers' Cup".

Three teams competed against each other at each campus with "The Vampires" (Felltimber) and "Twilight" (Huon) the campus winners!



Audiences at each competition enjoyed the "Twilight-Themed" settings while witnessing team members firing answers to questions put to them from the phenomenal best selling novel: "Twilight" by Stephenie Meyers.

Teams from both campuses displayed such excellent recall of the novel that the

results came down to a number of tie breakers!

Well done and thank you to staff, competitors and helpers on these days for providing very entertaining and informative lunchtimes.

The Aim

The aim of Readers' Cup is to encourage all children – not just "good readers" – to read, and to enjoy what they read. It is also a way to reward enthusiastic readers in the context of a team activity.



Wider benefits

The Readers' Cup:

- Encourages reading, not only among competitors
- Is a visible way to promote and recognize reading and children's literature
- Creates a competitive framework for those who enjoy reading
- Provides non-sporting interschool competition
- Encourages insightful reflection about literature
- Focuses on student achievement
- Provides inter-school communication and promotes library services
- Is "fun"

Format:

The Readers' Cup at WMYC comprises:

A memory test about the book(s) read by the teams. There are approximately six questions per team. Team members confer before giving their final answer.

Why have a Readers Cup?

The Readers Cup Competition is a highly visible form of promoting and recognising the importance of reading. As a reading incentive program it is an excellent way to promote literature and libraries.

It encourages team building, is good for school spirit building and it is a lot of fun!



Teams and Winners:

The teams from Huon: Winning team "Twilight" (Rosie Pieper-Waite, Emily Kelley, Demmi Ekman and Elizabeth Walsh), second place was "Vampires" (Ian Magill, Samantha Clarke, Geraldine Darnell and Ellen Clearson) and third place was "Cullens" (Annie Francis, Rochelle Flack, Kailee Murdoch and Jessica Boyd). Jasmine Van Aken was the scorer/recorder.

The teams from Felltimber: Winners - "Vampires" - Jacque Warr, Haley Reeves, Franshane Rago - Teacher Lara Jennings; second placed team - "Alice" - Zoey Gow, Carly Sibbald, Jake Barry - Teacher Darrin Carter and third placed team - "The Cullins" - Renee Benz, Tara La-ramee, Ashley Willett - Teacher Bu Kelly

The future for the WMYC Readers' Cup Plans are under way to broaden the competition to finally field a State level team!



(Please email the Campus Librarian, Mrs Manek, for further details).
Mean while - **keep on reading!**

Sue Manek

Year 8

End of Semester

Semester one is nearing its conclusion and all students should ensure that any work required is finished and handed into teachers. If parents have any concerns they should contact the A-Team teacher.

Activity Sessions

Year 8 students have had the opportunity to participate in a number of activity days during the past weeks.

Huon students have taken part in team sports, drawing, craft, board games and reading. The final activity sessions are June 5 and 19.

Students from Felltimber have taken part in Ten Pin Bowling, netball, dodge ball, short films and computer photography sessions. The final one will be on June 11.

Boys and Girls Day

All Year 8 students will take part in a Boys Day and a Girls Day this month.

Boys will experience AFL, golf and a weights session in the morning followed by a discussion with a physiotherapist during the afternoon.

Girls will take part in discussions about dress and presentation, make-up, hair and beauty, self esteem, bullying and the tricks that advertisers use to sell their products.

- Huon: June 15 - girls at Huon and boys at Bulldogs Football club rooms
- Felltimber: June 16 - girls at Raiders Football club rooms, boys at Bulldogs Football club rooms

Boys Football

There will be try-outs this week for the combined Year 8 boys football team. Check the bulletin for time and place. If you are interested please see Mr Kennedy and Mr Randell.

AFL Footy Trip - Preliminary Notice

The opportunity to attend a day in Melbourne followed by a night AFL footy match is open to all Year 8 students. The trip will take place on Friday, August 14. Numbers are limited. There will be more information at the beginning of Term 3.

Year 8 Team

Immunisations

Gardasil Immunisations

Huon Year 7 girls will receive their second dose of Gardasil tomorrow , June 2.

Parents of any students at Felltimber or Huon who missed out on their needle should contact the City of Wodonga on 6022 9300 for information on when and where catch-up sessions are held.

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Dates to Remember

Dates for 2009	Activity
Wednesday, June 3	▶ NEDSSSA Cross Country ▶ Year 7-9 (Girls) Football
Monday, June 8	▶ Queens Birthday Holiday
Wednesday, June 10	▶ Year 8 Football
Friday, June 12	▶ Report writing day
Thursday, June 18	▶ Year 7 Football
Friday, June 26	▶ End of Term Two

Canteen Roster - Felltimber

Monday, June 8	Holiday
Tuesday, June 2	Dot Wallace
Wednesday, June 3	Helen Deegan
Thursday, June 4	Dot Wallace
Friday, June 12	Report writing day