

## Principals Report

**Welcome Back** to Term 3 all staff and students! I hope everyone has had an enjoyable and relaxing break. Term 3, as always, will provide a range of opportunities and challenges for our students to participate in, and extend themselves, in a number of areas.

The beginning of a new semester is the opportunity to make a new start. With the right attitude you can make the year successful and enjoyable. Remember 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.

So this semester, work for yourself! Be determined to achieve the best you are capable of! Good enough isn't good enough for you!

### Semester 1 Reports

Reports were distributed to students on the last day of term. I hope all students have taken the time to read their reports carefully over the holidays and will make the time to ask questions of their teachers if they require more information on their progress.

**Academic Excellence and Diligence Awards.** Invitations were sent to the recipients of semester one awards and their parents. Presentation assemblies were held at each campus on Thursday and Friday of last week. Students from every year level were recognised for what they have achieved in their studies. Parents were invited and helped celebrate these outstanding achievements. Congratulations to all students who received an award.

### Welcome to new students and staff

Welcome to the following new staff who have joined us for semester 2

John Furst to the Year 7 team at Huon.

Sarah Ellwood & Kevin Hill Year 8 team at Huon

Peter Klein Year 7 team at Felltimber

Anna Cameron Year 9 Team at Felltimber

Caralea Glen Year 9 team at Huon

Wendy Van Kalken Teacher at Highwater Theatre

- Vern Hilditch, Principal

## Assistant Principals' Report

### Out of school activities and our busy families!

Today's families 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 they are 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 to create 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.

Maree Cribbes and Alyson Miller, Assistant Principals

Proudly supports Wodonga Middle Years College  
Breakfast Program



## Year 8 News

Welcome back to Term 3. It is already promising to be an eventful term ahead with the Year 8 Boys and Girls day, College Year 8 AFL footy trip, College Year 8 sports day as well as interschool and Eastern Zone sport.

### Year 8 Boys and Girls Day

Huon Monday August 3 and Felltimber Tuesday August 4  
All Year 8 Boys will be involved in an engaging program at the Wodonga Football club. Activities include weight training, football and golf clinic, discussions and information concerning boys health and wellbeing.

All Year 8 girls will participate in this program which addresses issues of body image in relation to health, nutrition and self esteem in a positive, informative and effective manner. Students will develop an awareness of the issues and be informed of the multitude of support, strategies and resources available to them. The morning session presenters include secondary school nurses, community educators in the fields of health promotion and La Trobe University nursing students. The afternoon session will be lead by Trish Maras, Leanne Parry and students from Wodonga Senior Secondary College with the focus on personal grooming. The venue for Felltimber students is the Wodonga Raiders Sports Centre. The venue for Huon Students is the Huon Year 7 Centre.

### Year 8 College AFL football trip

We are very excited to once again offer this activity to our Year 8 students. This excursion was a great experience for our students last year. This year we will be travelling to the MCG to see last year's premiers Hawthorn play Adelaide on Friday 14<sup>th</sup> August. Information and costs will be available in the near future.

### Year 8 College Sports Day

On Friday September 11, all Year 8 students will be involved in a Year 8 sports day at Kelly Park. Students will have the opportunity to display their leadership, organisation and skills in the running and playing of tennis, soccer or netball. Information will go out closer to the date.

### Year 8 Student Leaders

The Year 8 teachers would like to take this opportunity to thank our leaders for semester one. It is important that we work collectively, providing the opportunities for our Year 8 students to have a voice in our College. Student Leaders have the opportunity to lead their A-Team in various activities. For example, Event leaders may lead special events in their A-Team or with other A-Teams. Hand in items for the newsletter, take photographs for school displays, organise Year level activities, and keep their A-Team informed about relevant school activities. Sport leaders may lead and organise sports activities in their A-Team or run sports competitions against other A-Teams, advertise upcoming events and show the results of such events. Class leaders help with the running of the class in conjunction with their A-Team teacher and subject teachers. Class leaders may mark the roll and read out the bulletin in A-Team each morning. Each A-Team is currently finalising their semester two leaders.

### Year 8 Interschool sport

Once again there are many sports available for our students to represent the College. It is important that students listen to the bulletin each morning for sign up, selection and training dates. Sports on offer this term are table tennis, squash, basketball and hockey.

### Student Binders

Inserts for Semester two will be given out to each student this week. In some cases it may be necessary for some of our students to purchase a new binder for the semester. Binders can be purchased from the front office for \$7.

### College Uniform

Thank-you to the student's who consistently wear their uniform to school each day. A reminder that all students must now wear enclosed black shoes.

### Semester One reports

Semester one reports were given out to students on the last day of Term Two. A small number of students are to still collect their report. This can be collected from their A-Team teacher. It is important that parents and students take the time to read over their achievements and areas of improvement. Additional time will be given in A-Team for students to set goals for semester two.

### New staff

The Year 8 Huon Team welcomes Kevin Hill and Sarah Ellwood to our team. Both are here as part of the Enhanced Teacher Training program. Kevin will be working closely with Chris White and Sarah with both Annette Zukowski and Tim Randell.

*Year 8 Team*

## Education Maintenance Allowance: Second Instalment

### Education Maintenance Allowance – Second Instalment

Parents with continuing eligibility, who received payment for the first instalment of EMA in 2009 through this College **will not** be required to complete a new application for the second instalment.

**New parents to the College** who wish to apply for the second instalment or parents who now meet the criteria should complete an application form (available from the College Office) by **Friday, August 7. You will be required to produce your benefit card and your card MUST be current on July 13, 2009.**

### To be eligible for receipt of the EMA you must:

be either a parent or guardian of a school student up to the age of 16; **and** be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 **or** be a Veteran Affairs (TPI) pensioner **or** be a foster parent.

Recipients who chose the EFT payment option will receive payment from mid August.

Those who chose the cheque payment option will receive payments from late August / early September.

**PLEASE NOTE THAT LATE APPLICATIONS WILL NOT BE ACCEPTED.**

*Greg McDonald,*  
Business Manager

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## What's Happening in My Class

### Year 7 Writing Group-Felltimber

The Year 7 Writing Group consists of students who enjoy writing. They enjoy fiction and letting their imagination "run free". They will share more of their efforts in future newsletters.

#### *Man Eating Frogs*

Man Eating Frogs are green with purple spots. This creature seems friendly and harmless but really it's not.

When kissed by a man they turn into dragons and eat the man who kissed them. Then they explode and lots of little baby Human Eating Frogs pop out and that is their life cycle. Not as in a bike as in its life.

## Slow Foods

Last semester saw the completion of the Program for our first group of mentors.

As the semester drew to a close what was happening with the Slow Food Kids?



One of the areas of Slow Foods that we have emphasised is the importance of the social aspect of food. Food brings people together. To properly enjoy and appreciate our food we need

to take our time eating and sharing the food and participate in conversation.



Each week the students set the table with flowers, candles and serviettes. They sit at the table and enjoy their food in a "slow" manner.

To highlight this philosophy, all parents/guardians of students in the Program were invited to a morning and afternoon tea at the College.

The students made their invitation, organised the room in an attractive manner and prepared all the food. It was a busy two sessions, [one for each Grade Three class] and there was much excitement before our guests arrived.

Students had been spoken to earlier about the role of a host/hostess, and they performed this task in an exemplary manner. There were many positive comments

about the food, [honey oat bar, zucchini muffins, scones jam and cream] and I know the parents were as proud of their children as we were.

As a final celebration we went to a Graduation



Lunch at La Maison Café on the Causeway in Wodonga. The owners were very gracious in providing a space for us. Lunch was delicious, and once again we were able to put into practice all the skills around etiquette that we had learnt in the Program.

Students were presented with a folder as a memento of their time in the Slow Foods Program and all the people that had given their time to make the Program a success were thanked. A great time was had by all!!

We would like to take this opportunity to thank Carlos and Rocky from La Maison Café for their support of the Program.

Also a big thank you to the Semester 1 mentors, without whose commitment and enthusiasm the Program could not operate.

**Tyi Johnstone**

**Matt Spooner**

**Matt Crampton**

**Jarrold Hills**

**Demmi Ekman**

**Ruby Barnard**

**Erin Macreadie**

**Amber Mildren**

**Ellen Clearson**

**Brendan Hamilton**

**Brandon Zurek**

**Sammi O'Brien**

**Brianna Bice**

**Annie Francis**

Suzanne Rogers  
Program Coordinator.

## Chess Club

The chess club has had a change! Due to our small numbers, we will no longer be conducting a weekly competition.

Instead, we will be conducting 'friendly' games of chess or "Simils" where one player will play a series of games against other competitors at the one time.

If you would like to join us for a game occasionally this may suit you.

Students and staff are welcome to visit and join in any Wednesday at lunchtime in the Felltimber library.

Chess certificates will be awarded at the final assembly during Term 4 for participation in the semester 1 competition.

Helen Boulton

## THANK YOU

A big thank you to Hume Employment Service Ltd for the donation of bikes and equipment for the "Out and About" Program at Felltimber.

## Community Notices

### Birallee Park Neighbourhood House Inc.

Invites you to a  
Shopping Trip to D.F.O. Essendon



Join us on a bus trip to Melbourne  
**On Saturday 29<sup>th</sup> August 2009 - only \$45 !**  
Leaves the Neighbourhood House  
at 7am- returns approx 9pm

- **Gourmet Morning & Afternoon Teas included**
- **Great 50 cent Raffles**
- **\$50 Cash Shopping Voucher to be won**

All proceeds to :  
Birallee Park Neighbourhood House  
Sorry- no children  
Payment on Booking Please \$45  
Bookings - Ph Di 02 60 592590



## Dates to Remember

Dates for 2009	Activity
Wednesday 29 July	Transition Meeting Year 9 into 10 students - <b>7pm</b> Parent Information Night, Galvin Hall, Wodonga Senior Secondary College

## Canteen Roster - Felltimber

Monday, July 27	Katrina Dawes
Tuesday, July 28	Dot Wallace
Wednesday, July 29	Helen Deegan
Thursday, July 30	Dot Wallace
Friday, July 31	Marg Quine

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**YOUTH ALLOWANCE FORUM** 5<sup>th</sup> August 6pm - 8pm

Come along and have your say on...  
the Federal Governments proposed changes to...  
**YOUTH ALLOWANCE!**

**What?**  
Event format - guest speaker panel and open mic.  
Come at 5:30pm for coffee and petition signing.

**Venue:**  
Henry Nowick Theatre, Charles Sturt University  
Guinea St. in Albury.

 Gold coin donation on entry

For more information, contact Sandie McKay on (02)6043550, or David Turner on (02)60251688  
Being coordinated by the Albury Wodonga Careers Adviser Association.