

Principals Report

Our Students Shine

Over the last few weeks many of our students have been involved in a number of performances and exhibitions that have shown the public the high level of student talent in the College.

Our music students through the school choir and the many bands have been enormously successful at the Albury Eisteddfod, Wodonga Choral Festival and the Wodonga and District School Arts Festival.

The students have greatly appreciated the opportunity to perform in front of large and appreciative audiences. Thanks to our music staff especially Julie Taylor, Kerrie O'Connell and music tutors for facilitating these wonderful opportunities for our students to Shine

Our students have also shone through their Art work being professionally displayed at three venues which opened this week. The exhibition entitled "Red" at the Art Space next to the Wodonga City library features a large number of art works from our students. The exhibition is open to the public for the next three weeks. Last Tuesday some of our students attended the opening of a regional exhibition at the Benalla Art Gallery where their works are on display. "Roman through Australia" is the theme of the exhibition and is open until the 29th September.

Our students have also had their work displayed in the foyer of the Wodonga Civic Centre in this years Wodonga and District School Arts Festival.

Congratulations to everyone involved and the art staff for all their efforts in assisting our students to produce some outstanding work.

From time to time interesting opportunities for students who are looking for real and meaningful challenges come to the schools attention.

Premier's Spirit of ANZAC Prize

The Premier of Victoria, John Brumby, invites Victorian students in Years 9 and 10 to submit entries for the 2009–2010 Premier's Spirit of ANZAC Prize. The annual prize gives 10 students from across Victoria the chance to visit significant battlefield sites and war cemeteries in Europe, Gallipoli and other countries where Australians have served.



The Premier's Spirit of ANZAC Prize aims to inspire young Victorians to explore the ethos of the ANZACs at Gallipoli and on the Western Front and how values such as courage, initiative, mateship and endurance help unite and strengthen Victorian communities today.

Now in its sixth year, the competition is a way for secondary students to learn more about the history and legacy of Victoria's veterans.

The planned 2010 study tour will visit the Thai-Burma Railway, including Hellfire Pass, and the Western Front in France and Belgium. Final entries for this year's competition must be submitted by Friday, 9 October, 2009 and can take the form of a research essay, a visual artwork or an audio, web-based or video presentation.

Download the [competition details and the entry form \(PDF 624 kb\)](#) or [\(Word 50 kb\)](#).

Read about the [2008-09 study tour](#) to South Korea and Turkey and the [travel blog on YouthCentral](#).

See the [2008-09 study tour photos](#).

The Premier's Spirit of ANZAC Prize 2009 Study Tour acknowledges the support of the [National Centre for Australian Studies](#) at Monash University.

Vern Hilditch, Principal

Assistant Principals' Report

Anger Management

Anger – it's an interesting emotion, at least it's interesting to think about when you're not angry, although it's not quite so much fun when you experience it. Just stop and think of a time when you've been angry recently, perhaps with a particular member of your family or a friend. Just think about what your body went through as you experienced the anger. You probably became very tense, your heart rate, blood pressure and levels of adrenaline rose significantly. You most likely sweated more, raised your voice and you may have said a few things that you later regretted. We all get angry sometimes. It is suggested that anger very often relates to unmet expectations.

With the amazing technology available to medical researchers today, it's possible to map the brain activity that occurs when a person has an angry reaction. Researchers have found that when a person acts in an angry way there is very little activity in the thinking part of the brain, the pre-frontal cortex; however, there is very strong activity in the parts of the brain that activate our survival responses. The body's survival responses are designed for the body to act immediately and quickly with very little thought in order to save oneself from immediate peril. Hair-trigger survival responses however, can do irreparable harm to the trusting relationships that are at the heart of effective education. As teachers and students, we need to reflect on how we use our human emotions. We need to ensure that we build relationships and avoid behaving in ways that can harm these relationships. If you think of a time when you were particularly angry, it's most likely that your relationship was severely damaged and required significant time and effort to repair it.

The first step is to identify that you're starting to feel angry. Next, allow your body to slump. Drop your shoulders, relax your whole body. This will begin to dampen your brain's survival response of anger. Next, give yourself time to think about an appropriate response to whatever behaviour is causing this angry reaction to develop. Choose a response that is calm, controlled and very specific.

So, today or tomorrow, just for one day, try this process. Set your goal, to avoid angry responses no matter what.

Staying calm and controlled is also good for your health. People who often get angry cause extensive damage to themselves. The frequent and unnecessary release of survival hormones is not a process our bodies cope with easily. Just think about a time when you had a particularly angry day. At the end of the day you would be feeling mentally and physically exhausted.

Maintaining good energy levels is critical for your wellbeing, so try to avoid angry responses. You'll feel better using a thoughtful process than an angry response. You will be winners. *(Taken from Teacher, the National Education Magazine, May 2009)*

-Alyson Miller and Richelle Moyle, Assistant Principals

Year 7 News



The Year 7 Girls basketball team took out the NEDSSSA tournament in Wangaratta last week. They won the tournament through a percentage count back after finishing in a three way tie with WMYC Felltimber and Galen College.

The girls won all games in convincing fashion except for their first game of the tournament which they dropped, to Felltimber, by one point.

All the girls played exceptionally well with many of them playing in their first basketball tournament. Team MVP went to Ella Hales who along with the rest of the team was excited to go to the next level, "It was great to make it through and we can't wait for Eastern Zone."

The venue for the Eastern Zone tournament is yet to be announced but will be played early in term 4.

Jump Rope for Heart



Felltimber Year 7 students participated in "Jump Rope for Heart" during August. Each A-Team performed a wide variety of tricks in their routines which had been practised and perfected over the course of the term. Mr Osborne's group were the eventual winners on a count-back despite Mr Williamson's protest over the use of a stop-

watch and whistle (classed as illegal aids).

"Jump Rope for Heart" is designed to encourage students to be active. They learn the importance of heart health and being active, and they learn some great skipping moves.

The students also raised over \$1000 through sponsorship which will go towards raising awareness of and research into heart disease which is one of Australia's biggest killers.

Congratulations to all students who participated.



What's Happening in My Class

Beechworth Ghost Tour- History's Mysteries and International Studies Class—Student Comments

Originally I thought it would be alright. It was better. First we went into the town of Beechworth then got ourselves some snacks and yes of course people did go to the lolly shop. Then we went to a place called Heaven & Hell. It was just a cave we walked and slid through it. Then the most important part THE GHOST TOUR. (Old Mayday Hills) As soon as I got off the bus I felt faint. Not sure why.



The night tour was guided and we were told stories about some certain people who were there when it was operating as an Asylum. The darkness was not scaring me but the tour guide was. He was creepy, he gets right up into peoples face literally. But other than that it was fun. People would play

pranks on their friends. We did not see any ghosts.— Blake Hancock.

On Friday the 28th of August we went to Beechworth for a ghost tour. When we got there we roamed around with friends and checked out the all the shops. Then we left and went to two mines called Heaven and Hell. We walked through heaven in small groups. Then we went back to the main street in Beechworth for tea. After tea we headed for the Asylum. We didn't actually see any ghosts but the stories were enough to scare you. There was one part of the asylum called Grevillia that made a few people sick and dizzy. Now that was convincing enough for me. I enjoyed it a lot.— Kaitlin Dykstra

The trip was fun and a bit scary— Kenneth Degamo

Last Friday a group of students went on the Beechworth Ghost Tour. We went to an old asylum, where lots of innocent and guilty people had spent their whole lives. Our tour guide told us creepy stories about the people who lived there and some of them did seem quite mad. We went at night time (probably to add to the drama) so there were creepy shadows all around us making it a very mysterious atmosphere.—Ellen Clearson

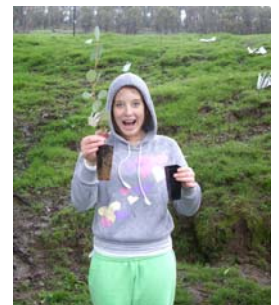


Tree Planting Day

On Friday the 21st the Year 9 Outdoor Ed class went tree planting!! It rained most of the time. We got drenched and really muddy. We planted 500 trees in about an hour and a half. Which was amazing!. Everyone had fun and ate lots of BBQ sausages and Rissoles.

Special thanks to Mrs Glass and her family for cooking us lunch.

By Ashlee Davis



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New Staff



Chaplain

Felltimber Middle Years College welcomes Grant Harvey as the new Chaplain. Grant works from Monday to Fridays and would love you to drop in if you ever need to chat.

Defence Transition Mentor

Jacqui Boehringer is the new DTM and is available to assist all Defence families and students. Jacqui works Tuesday to Thursday at both Huon and Felltimber Campuses.

Contact the school office to speak with either Grant or Jacqui.



A big 'thumbs up' to our teams of teachers for allowing themselves to be put in this extremely challenging situation; all in the name of reading for pleasure.

Year 9 Huon student, Jeffrey Burr and Brock Shirley, PE Assistant, strummed out several tunes on their guitars for the teams to identify. The audience would have liked Jeff and Brock to continue playing, as it was obvious that they enjoyed their easy going and rhythmic style.

Kirk Dunn, our MC at Huon came dressed in full "Safari Suit" to compliment the Book Week theme of "Book Safari". Russell Polson, our MC at Felltimber, not to be overshadowed by Kirk, kept the pace fast and furious during the quiz.

These library events provide a positive, enjoyable and entertaining shared experience for the whole College community.

- WMYC Library Team.

Library News



How lucky we are to have excited and dedicated library staff that go out of their way to organise visits to our school of top Australian authors. Last week Scot Gardner visited both campuses and spent time talking to both Year 7 and Year 8

students. Right from the word go, Scot had the kids captivated as they hung on his every word.

He told stories about his childhood and how he got into writing, about his time at school and his parents. He spoke about where he lives and what his kids do. He told us stories, one after the other. All funny and the point of his message was that every thing is and has a story to it. You just have to ask the question 'what if...'

What if the drink turned into a deadly poison when it touched the lips of every boy? What if the tooth fairy was real and she used the teeth to create a garden that sparkled in the night so brightly that it dazzled pilots and the astronauts of the space shuttle?

Our special thanks to our great library staff who organised this event.

Some feedback from year 7 students included –

Scot Gardner was very funny. He spoke about a lot of things like the time when the grass seed got stuck in his eye. He was making fun of most of the things that happened to him and his family. He said there is a story to everything. I think he did a very good job talking to all of the Year 7's because all of the kids laughed. Jamie Winnel 7C

Scot made the entire Year 7's laugh. He was very funny. He talked about his books and how many years he had been writing for. What made me laugh?...When he changed his voice. He said that everything is a story. Jasmine Fulford 7C

Spicks & Specks

Last Wednesday 26th and Thursday 27th of August, both WMYC Libraries were 'packed to the rafters' as two teams of teachers bravely took to the stage to sing the words of a Short-Listed Book to their favourite tune.

Our students were spellbound and gave their teachers encouragement to continue singing when the teams could not guess the tunes. It was wonderful to witness the role reversal, as it becomes clear that the audience (students) know how to give praise and encouragement.

Music News

On Friday the 14th of August the Campus Choir and a selection of students attended a workshop with the Choir of Hope and Inspiration. (formerly the choir of Hard Knocks) and choir master Jonathon Welsh AO. This workshop was the first of the Choirs and is part of their new Youth Education program.

The students were lucky enough to hear the choir sing three songs conducted by Jonathon Welsh AO and then heard many of the choir member's stories of hardship and why the choir was now an important part of their life. The students then participated in discussions with the individual choir members focussing on how adults can help the youth of our day and their struggles with drugs, depression, alcohol and more importantly, loneliness.

Our College choir then performed three songs for the choir members and organisers. This was met with great enthusiasm and the Choir of Hope and Inspiration members asked if they could keep in contact with our school.

On Saturday night the Choir of Hope and Inspiration performed an evening concert at the Scots School Auditorium Albury and I was lucky enough to be a VIP guest at this event. During the proceedings Wodonga Middle Years College choir were thanked on behalf of the choir for their performance.

- Julie Taylor

Some of our students who attended share their thoughts,

On Friday the 14th of August the choir and a few other people from Huon and Felltimber all headed to the SS&A club Albury for a special event.

The event was about a group of people who have fallen on some tough times in their life. They found the choir and now they have a family with in the choir. What I got out of this experience was there's always people out there that will love you no matter what your differences.— Jess Tulloch.

The Choir was good and I liked it because it helped me a lot with seeing that things are not all that bad.—Shaun Tarran

I thought that the choir of Hope and inspiration was very inspiring and when they sang Hallelujah it was very believable and heart felt. We were given heaps of advice and helpful comments on life and how it is important not to take it for granted and throw it away.—Sam Brennan.

Arts Festival



Arts Festival

On Monday 31 August, the Choir, Guitar Ensemble and Rock Band went to the Arts Festival. The performances ranged from dancing, singing and music. Performers were students

in prep to Year 9. The artwork on display in the foyer was awesome! Thank you to everyone involved.



-Georgia Pattison Year 9

Happenings at WMYC

Wodonga West Primary School Visit

On Wednesday September 2nd, Isabelle Pattison, Natalie Scott, Megan Howard, Emma Knowles, Sara Seymour and Nida Mollison from WMYC Felltimber, went to Wodonga West Primary School to help out with their Reading Relay. The girls helped the younger students by reading with them and listening to them read. They also helped out with the organisation of the day by escorting groups of students to and from the activity.

Some comments from the girls: "It was a good experience, especially if you want to be a teacher." "It was fun. I'd do it again." Hearing the little kids read was really good."

Drivers Seat

Last Thursday students from the Year 9 Driver's Seat at Felltimber visited Tyrepower Wodonga to learn about tyre and related technologies. The students were taken through several stations where they learnt about tyre maintenance, changing and balancing; wheel alignment, brake and suspension technology; and general vehicle maintenance and roadworthiness.

WMYC would like to thank the management and staff of Tyrepower who allowed the students to observe them at their work, spoke with them about what they do and why, and answered questions. It was great for students to learn something of the complexity of a vehicle's contact with the road!

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WODONGA
LIBRARY

Manga Mad

Meeting of like minded Manga Maniacs at Wodonga Library. Bring along your sketch book and share ideas and drawing methods with other enthusiasts.



Age: High school to 25 years.
Date: Thursday, September 17
Time: 6pm to 7.30pm
Cost: Free
Light meal provided

Bookings required

For enquiries please contact Wodonga Library on (02) 6022 9117



www.wodonga.vic.gov.au
www.umrl.com.au



Dates to Remember

Dates for 2009	Activity
Monday 14 September	Rethinking Drinking Info Night 7pm-9pm Huon Library
Friday 18 September	Last day Term 3
Monday 5 October	First day Term 4
Wednesday 7 October	Parent/Teacher Interviews 4- 7.30pm
Thursday 8 October	2010 course selection Info night
Thursday 22 October	Uniform Committee Meeting 5.30pm Huon Campus

Canteen Roster - Felltimber

Monday, September 14	Anne Whitehead
Tuesday, September 15	Dot Wallace
Wednesday, September 16	Helen Deegan
Thursday, September 17	Dot Wallace
Friday, September 18	Marg Quine



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