



WODONGA
MIDDLE YEARS COLLEGE

Middle Years *my* news



Newsletter No 12

Term 2

May 2, 2016

Principal's Report

Transition Information Nights

Last Wednesday, Wodonga Middle Years College held transition tours and an information evening for parents of students in grades five and six who are considering WMYC for their middle years education. The evening showcased the many programs on offer at WMYC and was very well attended by prospective students and their parents. I thank the students and staff who helped organise and helped out on the night. The transition process will continue for the remainder of the year with further information sessions, school tours and Head Start program in Term 4.

The next event scheduled is the Select Entry Accelerated Learning (SEAL) program information night on May 4, 5-5:45pm, at Felltimber campus.

Education Week 15-21 May

Get involved, be intrigued and inspired by technology during Education Week from 15-21 May 2016.



For Victoria, the key to a prosperous future lies in a highly-skilled workforce, including strong capability in science, technology, engineering and mathematics, or STEM. This is why the Department is dedicated to providing all students high-quality STEM curriculum, as part of its commitment to make Victoria the Education State.

Various activities are planned throughout the College during Education Week. More about Education Week in future newsletters.

NAPLAN

NAPLAN is an annual assessment for all students in Years 3, 5, 7 and 9. NAPLAN tests the skills that are essential for every child to progress through school and life. The tests cover reading, writing, spelling, grammar, punctuation and numeracy. The assessments are undertaken every year in the second full week in May.

NAPLAN days should be treated as a regular school day. All students in Years 7 and 9 are expected to participate in NAPLAN tests and parents who do not wish for their child to sit the test must apply to the school for an exemption. The tests are constructed to give students an opportunity to demonstrate skills they have learned over time through the school curriculum.

An information brochure for parents of Years 7 and 9 students is attached to this newsletter. Further information is available at www.nap.edu.au

Russell Polson
Principal

School Nurse

Young People and Gaming – Advice from Generation Next

Over the past decade our families have been swept up by a screen tsunami. Children and adults are walking around with screens in our bags and backpacks, our pockets, and our palms. We are always turned on, and neuroscientists are discovering that it is rewiring our brains – and the new neural connections are not functioning as well as the old ones. One group that is particularly affected by the internet invasion are our children. Games are overtaking many young people's lives, impacting their health, their relationships, their academic experiences, their sleep, and more.

Games are designed to create a compulsive habit. That's the intent. Developers and marketers have known how compelling their games can be for a very long time.

As one simple example; the Nintendo Gameboy Colour was released with colour graphics in 2000. The advert that appeared in magazines at the same time says "Don't forget to eat" with skeletal hands holding the Gameboy. The marketing is giving a clear message to parents: This game will take your child away from everything that matters in life. Everything!



Why do young people love it?

It's fun – In fact, it's great fun! Game-playing produces huge amounts of dopamine. This is a chemical in the brain that is usually produced to make us feel great. It is associated with a variety of addictions. Some researchers suggest that dopamine production as a result of game playing is beyond anything that the real world can produce.

It's rewarding – Not only is playing a game a lot more fun than writing an essay or reading a book (or even kicking a footy with a mate), but the reward schedule of games is designed to provide ultimate positive reinforcement on a cleverly designed schedule. Just when you think you'll run out of fuel the checkpoint appears in the distance. Just when you're about to lose your coins or your ammo, another opportunity to keep the game going pops up – just in time.

Playing games is an escape – When our young people are distressed, switching on the game allows them to forget all about what is troubling them. Unfortunately this is a poor coping strategy (similar to turning to alcohol or other drugs), but it does provide temporary relief. Some even acknowledge that they don't even enjoy the game, but flicking it on has become a habit.

Social inclusion – Peer support is a critical factor in the wellbeing of adolescents. Being the only one who doesn't play can lead to ostracism.

Game ethics – Some games won't let you play in a mission until they've accumulated sufficient status.

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www.wmyc.vic.edu.au



Should we get rid of games?

While research shows that a moderate amount of gaming is positively correlated with wellbeing, games do not make our children "happy", help them achieve anything worthwhile, or live well-balanced lives. So it's up to parents to actively monitor their child's game usage and, where necessary, restrict it.

This means that after reading this article we should not be demanding that our children turn off their games and walk away. It will only create conflict. Next week we will look at some strategies to use to communicate with your child and ways to monitor and compromise. *(adapted from Generation Next)*

Linda Elkington
Adolescent Health Nurse

Year 8

Felltimber

Congratulations to the following Year 8 students who are our Week 1 and 2 CARE reward recipients.

Olivia Gardner 8F
Christopher Watson 8E
Zoe Freeman 8E
Emily McNicol 8G

Students received a cinema voucher for displaying values in line with the CARE program. Keep up the good work Year 8!

Prue Younie, Sarah Laidlaw
Year 8 Team Leaders, Felltimber

Malaysia Tour

Malaysia Study Tour and Sister School Visit

Would you like to walk in tropical rainforests that are tens of thousands of years old? Would you like to ride an elephant or see monkeys playing in the wild? Would you like to visit a country that is very different from the one you know, but where you are safe and travelling with friends?

WMYC is offering a study tour and sister school visit to Malaysia this year from the 11th to the 23rd of October. The cost will be \$2200 per student. Priority will be given to current students of Indonesian but anyone from year eight or nine is welcome to join. If you are interested pick up an information sheet from the school office.

Information Meetings:

For Huon students: Monday lunchtime May 2 in C4

Parent Information Evening:

Monday May 9, 5.30pm in A2 at Huon Campus

Gavin Hickey
Indonesian Teacher

Camps, Sports and Excursions Fund

Eligible families of students in Years 7, 8 and 9 are encouraged to apply for the Camps Sports and Excursion Fund (CSEF) that is available to cover the cost of school trips, camps, sports and excursions. Eligible secondary students receive \$225. If you hold a Health Care card, Veterans Affairs card or are a foster carer, you may be eligible. Forms are available from the office. Eligible Year 7 students in 2016 are also entitled to school uniform items to the value of \$225 through the scheme.

Applications close June 3, 2016

Community Notices

THE RACE AGAINST DEMENTIA
STARTS WITH YOU!
WALK, RUN OR JOG
MEMORYWALK.COM.AU

REGISTER NOW

SUNDAY 22 MAY
BELVOIR PARK, WODONGA

MAJOR SUPPORTERS: Opal
STATE SUPPORTERS: NRMMA
COMMUNITY SUPPORTERS: LaManna, Wodonga
MEDICAL SUPPORTERS: Women's Health, Yours, ALZHEIMER'S AUSTRALIA

Dates to Remember

Dates for 2016	Activity
May 3	▶ Immunisations - Huon
May 4	▶ SEAL Information Evening 5pm at Felltimber
May 6	▶ Immunisations - Felltimber ▶ Mothers Day Morning Tea ▶ Interim Reports Issued
May 9	▶ Information Evening - Malaysia Tour
May 9 - 13	▶ NAPLAN
May 15-21	▶ Education Week
May 13	▶ Cross Country

Beleza SCHOOL UNIFORMS

WODONGA

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MON to FRI 9am —5pm
SAT & SUN CLOSED