



WODONGA
MIDDLE YEARS COLLEGE

Middle Years *my* news



Newsletter No 23

Term 3

August 13, 2018

Principal's Report

Multicultural Week

Congratulations to all students and staff on a great week of activities for last week's Multicultural Week. Wednesday's lunch was well patronised with students tasting the delicious foods provided.

Parent Survey

The College is conducting a survey of randomly selected parents to find out what they think of our school. Parents were contacted last month and have until August 26 to complete the survey.

Eisteddfod

Well done to all students who have competed in the Albury Wodonga Eisteddfod over the last two weeks. The WMYC choir won their section.

Arts Festival

The Wodonga and District Arts Festival will be held during week 7, 27-31st August, of this term. Our music and choir students will be performing, and all members of the College community are invited to attend. All performances will be in Galvin Hall at Wodonga Senior Secondary College.

Maree Cribbes
Assistant Principal

Japan Trip 2019

Expressions of Interest

Do you love language and want to see more the world? Next year Wodonga Middle Years College and Wodonga Senior Secondary College will be running a study tour of Japan. This will be a two-week tour that includes visiting several cities and seeing some of Japan's most famous attractions.

An information evening will be held on Thursday the 23rd of August in Wodonga Senior Secondary College's Meeting room. If interested in more information please contact:

Michelle Butters – mbutters@wmyc.vic.edu.au or
Melanie McClure – mmclure@wmyc.vic.edu.au



Year 9

Carevan

The Year 9 students taking part in this term's Carevan Kids Cooking and Caring Program are now into their second week of cooking with this week's dish being a warming Honey Mustard Chicken casserole. This term the program has David Kapay, Owner/Chef of *Miss Amelie* restaurant as a mentor for six weeks. As well as the weekly Carevan cook, David will help the students to design a dinner menu and arrange a visit to *Miss Amelie*.



On Monday 3rd September, the students will host a dinner at *Miss Amelie* for 50 people where they will cook and run front of house to showcase the teamwork and skills they have learnt during the program. As well as supporting Carevan in its work with homeless and struggling people in our community, the students will be getting an in-depth look at the world of hospitality.



Marg Benbow
Student Pathways

Transition

Both Huon and Felltimber Year 9 students visited Wodonga Senior Secondary College last week for a tour of the campus.

This Wednesday evening, **August 15, from 5pm-7pm, there will be a Subject Expo in the Trade Training Centre at WSSC.** This is a great opportunity for all current Year 9 students to meet with teachers and to learn more about the subjects on offer.

Sport

Netball

Last Friday, boys in Years 7, 8 and 9 from both campuses were involved in the Hume netball competition in Wangaratta. It was a great day and



the skill development of all students improved across the day. The WMYC Year 7/8 teams played a consolation final against each other with Felltimber winning and coming third overall on the day.

FELLTIMBER CAMPUS
Hedgerow Court, Wodonga, Victoria 3690
Ph: 02 6057 9000, Fax: 02 6059 2900

Absence Hotline
02 6057 9051

HUON CAMPUS
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Ph: 02 6057 9000, Fax: 026024 3633

Email: wodonga.middle.years.co@edumail.vic.gov.au
www.wmyc.vic.edu.au



Nurse

Healthy Eating

Good nutrition is essential for everyone, but it's especially important for growing teenagers.

Surveys have shown that teenage boys and girls aged 14 to 16 eat only half the recommended serves of fruits and vegetables per day. One in three teenagers buy unhealthy takeaway food every day.

If you eat takeaway food regularly, you are more likely to put on weight than if you eat fast food only occasionally. It may require some effort to change your eating habits, but even a few simple changes will make a huge difference.

Junk food is poor fuel for teenage bodies

Many teenagers eat junk food every day: sugar-sweetened drinks like fizzy drinks and high-kilojoule foods like potato chips, doughnuts or French fries. However, your body can't run properly on poor fuel.

Compared to home-cooked food, junk food (which includes fast food) is almost always:

- higher in fat, particularly saturated fat
- higher in salt
- higher in sugar
- lower in fibre
- lower in nutrients, such as calcium and iron served in larger portions, which means more kilojoules.

Eating too much junk food can leave you feeling sluggish. Eating healthier will boost your vitality and help to keep your skin clear.

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. A poor diet can cause weight gain, high blood pressure, constipation, fatigue and concentration problems – even when you're young.

A single energy-dense fast food meal may contain most of your daily kilojoule intake and drinks can be high in kilojoules too. So, when eating out at chain fast food stores, look for kilojoule labelling on menus and check before you choose.

Healthy eating tips for teenagers

Small changes can make a big impact. Try to:

- Cut back on sugary drinks like soft drinks and energy drinks. Sugar-free versions are okay to drink sometimes, but water is the healthiest drink – try adding a slice of lemon, lime or orange for flavour.
- Keep a fruit bowl stocked at home for fast, low-kilojoule snacks.
- Eat breakfast every day so you're less likely to snack on junk food at morning tea. Healthy options include wholemeal or wholegrain breakfast cereal, yoghurt or wholemeal toast.
- Don't skip lunch or dinner.
- Help with the cooking and think up new ways to create healthy meals.
- Reduce the size of your meals.
- Don't add salt to your food.
- Choose the lower kilojoule option when eating out at chain fast food stores.

(Adapted from the Better Health Channel)

Wodonga Senior Secondary College & Music Theatre International (Australasia) with Hal Leonard Australia Present

The 25th Annual Potham County Spelling Bee

DIRECTED BY TANYA GOWER
MUSICAL DIRECTION BY LISA CADMAN

WSSC Performing Arts Centre
Enter from Woodland Street
7.30 pm
Wednesday 17th - Friday 19th October
Saturday Matinee - 2.30pm
\$15 Adults, \$10 Students

Conceived by Rebecca Feldman
Music and Lyrics by William Finn
Book by Rachel Sheinkin
Additional Material by Jay Reiss
Originally Produced on Broadway by David Stone, James L. Nederlander, Barbara Whitman, Patrick Catulle, Barrington Stage Company, Second Stage Theatre

Tickets: <https://www.trybooking.com/409995>
(02) 6043 7500

Warning: Some nature themes, may not be suitable for younger viewers.

Dates to Remember	
Dates for 2017/18	Activity
August 15	▶ Subject Expo Evening 5-7pm. Trade Training Centre at WSSC. For Year 9 into Year 10 students and parents
August 31	▶ Reports issued to students
September 17	▶ Student Led Conferences
September 21	▶ Last Day Term 3