



WODONGA
MIDDLE YEARS COLLEGE

Middle Years *my* news



Newsletter No 34

Term 4

November 12, 2018

Principal's Report

Remembrance Day Services

Students at both campuses attended Remembrance Day Services last week. Remembrance day in Australia commemorates the sacrifices of armed forces and civilians during times of war. Men and women in Australia and around the world have made sacrifices, many have given their lives. They gave their lives to ensure that we can continue to have freedom in our Country. At this time we also recognise our defence families and the sacrifices they make as their parents and partners go out to work each day to serve our county. Thank you.

The services were conducted by the leadership and defence students from each campus. Thanks to Anthony Nicolson and Holly Rodway for organising the ceremonies. We also had two defence students lay the wreath at the Wodonga service on Sunday.

Maree Cribbes
Campus Principal

Nurse

Asthma

Asthma is a common disease of the airways that causes the muscles in the airways to tighten and the lining of the airway becomes swollen and inflamed. These changes cause the airways to become narrow, making it difficult to breathe.

Asthma can be triggered by a range of factors such as pollen, house dust mites, cigarette smoke, exercise or associated with a cold.

Typical asthma symptoms include:

- wheezing – a whistling noise when breathing
- shortness of breath
- a tight feeling in the chest
- coughing

These symptoms are often worse at night, in the early morning or during exercise.

Some common triggers are:

- allergy triggers such as house dust mites, pollens, pets and moulds
- cigarette smoke
- viral infections – for example, colds and flu
- cold air or changes in the weather
- work-related triggers – for example, wood dust, chemicals, metal salts
- some medication.

Asthma can also be triggered by an uncommon combination of

high grass pollen levels and a certain type of thunderstorm. These events are uncommon but are more likely from October through December.

For people with current or past asthma or seasonal hayfever, thunderstorm asthma can be sudden, serious and even life threatening. Having good control of your asthma can help reduce your risk of thunderstorm asthma.

Treatment for asthma

Asthma can be well controlled with the appropriate medication in almost all people. The main types of asthma medication are:

relievers that act quickly to relax the muscles around the airways – this is the medication used during an asthma attack

preventers that slowly make the airways less sensitive to triggers and reduce inflammation inside the airways – they are taken daily to help keep you well

combination therapies that are preventers containing two different medicines.

Management of asthma

Your GP will prescribe the correct medication and explain how to use it. For good asthma management, it is important that you:

See your GP for regular check-ups and work together to manage your asthma.

Understand what triggers your asthma – this can be different for everyone.

Try to avoid or reduce your exposure to these triggers.

Use your medications as instructed by your GP, even when you feel well.

Make sure you are using your inhaler (puffer) correctly, including using a spacer where required.

Follow your written asthma action plan.

(adapted from Better Health Channel)

WMYC presents

The Christmassy Christmas Show
of
Christmassy Christmasness
Wednesday 5th December
6.30pm

Felltimber PAC
Tickets available at the office (gold coin)

Exhibition of Excellence

A celebration of student art, technology
and language

Thursday November 22
4.30pm - 5.45pm
PAC at Felltimber

Followed by student concert 6pm - 7.30pm

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

Absence Hotline
02 6057 9051

HUON CAMPUS
22-24 Mitchell Street, Wodonga, Victoria 3690
Ph: 02 6057 9000, Fax: 026024 3633

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

www.wmyc.vic.edu.au



KEEPING THEM SAFE ONLINE

INFORMATION FOR THE COMMUNITY ON SOCIAL MEDIA & CYBER SAFETY



Free session
Book now!

How to stay on the front foot with online technology for community members, parents, carers, teachers and professionals.

The session covers:

- Cyber bullying and bystander empowerment
- Online wellbeing, including strategies for managing screen time, study distraction, social validation and digital self esteem
- Setting, the law and the distribution potential of explicit content
- Digital footprints, including exploring the impact on university and job prospects and strategies for harnessing a positive online reputation
- Current trends in popular games and gaming behaviour

DATE:
Tuesday 27 November

TIME:
6:00 pm – 7:00 pm

WHERE:
Wodonga Senior Secondary College
Lecture Theatre

For further information and to register, please call 0419 213 496 or <http://bit.do/ewLsx>



Baranduda Primary School
Belvoir Special School
Melrose Primary School
Wodonga Middle Years College
Wodonga Senior Secondary College
Wodonga South Primary School
Wodonga Primary School
Wodonga West Children's Centre

WFGS Wodonga Federation of Government Schools
Collectively the same, uniquely different.

School Harvest

Sustainable Living Fair

Last Thursday, November 8th, WMYC had one of the many stalls at the Sustainable Living Fair in QEII Square Albury. Among the items for sale were plants, clothing, wood products, artwork, jewellery, cosmetics and food.

The WMYC stall sold out of most of their products raising over \$800 that will be used to upgrade the garden and gardening equipment. Thank you to everyone who supported us.

This week as part of the Sustainable Living Festival there are a number of sessions in Albury and Wodonga regarding energy savings for households and small business to help reduce costs.

For information regarding all the events visit

www.alburywodonga.gov.au/slf.



Albury Wodonga

SUSTAINABLE LIVING 2018 FESTIVAL

1 - 30 Nov

Connect, converse, create.

For the casual, committed or just plain curious.



alburywodonga.gov.au/slf [AWSustainableLivingFestival](https://www.facebook.com/AWSustainableLivingFestival)



TWO CITIES ONE COMMUNITY initiative

FESTIVAL SPONSORS

HalveWaste
reduce - reuse - recycle

Jacob Toyota



Dates to Remember

Dates for 2018	Activity
November 16	▶ Fun Run
November 29	▶ Small Schools Transition
November 30	▶ Wodonga Gold Cup Holiday
December 3 - 6	▶ Koorie Art Exhibition
December 10 - 13	▶ Headstart
December 17	▶ Awards Ceremony
December 18 - 19	▶ Activity Days
December 20	▶ CARE Interviews ▶ 2019 Year 7 Interviews No scheduled classes
December 21	▶ Staff PD Day - Student free day

Wodonga Government Schools Art Club

Annual Exhibition

December 3 - 6

Exhibition opening
5.30 Monday December 3

Eddie Kneebone Gallery, Wodonga TAFE
10am - 3pm daily

Every Student, Every Opportunity, Success For All