



WODONGA
MIDDLE YEARS COLLEGE

Middle Years *my* news



Newsletter No 21

Term 3

July 29th, 2019

Principal's Report

A Message from our School Council President

On behalf of the Wodonga Middle Years College School Council, I'd like to thank you for your support of the College and congratulate all students for their achievements in the first half of 2019. It gives me great pride seeing students succeed in so many ways, whether that be in or outside of the classroom, as individuals or in teams, with the school or in the wider community as volunteers. I look forward to seeing what will be achieved in semester two.

I would also like to invite you to contact me with any ideas, concerns or questions you may have regards any aspect of school life. The School Council's role is to represent all families and students to ensure the best possible outcomes for all. This is particularly important as we move into our whole school review during August. It is only with input and feedback from all families enrolled in the college that the School Council can achieve this goal. I look forward to hearing from you! Please email me at: thorpe.paul.P2@edumail.vic.gov.au

Maree Cribbes
Campus Principal

Year 9

Year 9 to 10 Transition

Thank you to those Year 9 families who have returned their child's Student Enrolment Information Form and Extra Medical Condition Form (if required) for Wodonga Senior Secondary College. This information must be returned to support your child's subject selection process. Forms can be returned to either the WMYC or WSSC campus office.

On Show

Please mark your calendar for Wodonga Senior Secondary College's 'On Show' Wednesday August 7 2019. The Senior College will be open from 4.30pm to 6.30pm. You will receive valuable information regarding the transition process. I recommend that you attend a Year 10 Information Session 4.30pm – 5.00pm or 6.00pm – 6.30pm on this night. This session will cover:

- The Senior College philosophy
- Expectations of senior years education
- Year 10 structure
- Senior pathways – VCE/VCAL/VET
- Workplace opportunities
- Learning technologies

Mellisa Long

Year 9 Careers Advisory Service

The Department of Education and Training is supporting all secondary schools to provide comprehensive career education from Year 7. This includes a new, free, career advisory service for Year 9 students.

The service is designed to help students make better choices about subject selection, vocational education and training, senior secondary school certificates and further study.

Wodonga Middle Years College offered this service to all current Year 9 students during **Week 5 of Term 2**. This included an online Careers Profile test called Morrisby Online. Phase two of the service offers all students who completed the testing with a one: one appointment with a qualified Careers Practitioner to help students understand the results of their individual testing. All students will be included in Phase Two unless parents wish to opt out of the service. Should you wish to opt out please provide written notice to the school by Friday 2nd August.

There is further information including a list of Frequently Asked Questions about the service, which can be found here: <http://www.ceav.vic.edu.au/career-planning-service-for-all-year-9-students/>

Careers Team

WODONGA SENIOR SECONDARY COLLEGE
Every Student, Every Opportunity, Success for All

ON SHOW

Wednesday
August 7
4.30pm - 6.30pm

Widest Range of Subjects • Information Sessions • College Tours

Student Enrolment Information

Year 7 and 8

Please amend, sign and return your child's Student Enrolment Information (given to students last week) to the College even if there are no changes to be made.

Thank you to those who have already returned the forms.

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



State Schools Spectacular

BBQ Fundraiser

Our students from Felltimber and Huon campuses are again participating in The Victorian State School Spectacular. We had a fundraiser BBQ at Coles Mann Central in Wodonga on July 28 to help with the cost of getting the students to the event. Thank you to those who supported us by



THE VICTORIAN STATE SCHOOLS

SPECTACULAR



purchasing a sausage and cold drink from us on the day.

Cameron Middleton-Else

Art Technology and Language

Year 8 Ceramics

Students have been working on their pinch pot. This is where the clay is manipulated by pinching it between the fingers stretching it upwards. This week students have started to practice their wheel throwing skills and have been independently working on their designs.



Nishar Neale
Art

Year 8

Fundraising

8A has spend the past week preparing and fundraising for solar buddies. They have budgeted, shopped, cooked and counted to ensure that they can put their best foot forward for developing countries.



Nishar Neale
8A CARE Teacher

Dates to Remember

Dates for 2019	Activity
July 30	▶ Huon Mid Year Awards Ceremony
August 1	▶ Felltimber Mid Year Awards Ceremony
August 7	▶ 'On Show' at WSSC 4:30pm-6:30pm
September 12	▶ RU OK Day



Doctors in Schools



Students can make a booking 3 ways:

1. **Call or text** 0401 264 256 and leave a message requesting an appointment with your full name and campus
2. **Walk on in...** drop into the clinic located at the Huon campus
3. Ask **school wellbeing** to make an appointment for you and assist with transport

Doctor: Jess Madden
Registered Nurse: Helen Best

School Nurse

Flu

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes. The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

Do I have the flu?

The most common symptoms of the flu are:

- sudden appearance of a high fever (38 °C or more)
- a dry cough
- body aches (especially in the head, lower back and legs) feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be:

- chills
- aching behind the eyes
- loss of appetite
- sore throat, runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor.

How can I avoid the flu?

Annual immunisation against the flu is recommended for all people from six months of age. Many people are eligible for free flu vaccination each year (in autumn) under the National Immunisation Program and the Victorian government funded vaccine program for children aged six months to less than five years.

The vaccine is not 100 per cent effective but it does provide a high level of protection and can reduce symptoms in those still getting sick.

Anyone in these at-risk groups with flu-like symptoms should see their doctor as soon as possible.

(Adapted from Better Health Channel)