

Middle Years





Newsletter No 19

Term 3

August 5th, 2019

Principal's Report

Wodonga Federation of Government Schools Conference

Wodonga Federation of Government Schools held its third annual conference on Friday, August 26. Over 480 educators and education support staff from Baranduda Primary School,

Melrose Primary School, Wodonga Middle Years College, Wodonga Primary School, Wodonga Senior Secondary College, Wodonga South Primary School and Wodonga West Children's Centre attended.

Attendees were welcomed to the conference by three Wodonga Senior Secondary College students Luke Runciman, Chelsea Barton and Seonaid Lee. Each student has transitioned from one of the primary schools within the Federation to Wodonga Middle Years College and then Wodonga Senior Secondary College.



The students highlighted the high-quality education and extra-curricular opportunities they have received within the Federation. They also acknowledged and thanked the efforts of educators, Administration, IT technicians, canteen, library, and well-being staff and parents/carers.

The keynote speaker Adam Voigt inspired attendees as he delivered a critically important message about School Culture and how the schools within the Federation can define, improve, enhance and even transform it. Adam is an educational leader and has featured on Sunrise, The Project and Nine News.

Ensuring that our local students have the best available learning and developmental opportunities available to them, educators and education support staff within the Federation were able to select two workshops from over 40. These workshops focused

on developing their capacity in teaching excellence, school administration, engagement and wellbeing.

The conference also provides the attendees with an opportunity to network and share best practice with their

colleagues across the City of Wodonga. Attendees will be back at their school, implementing new strategies and ideas with their students.

We thank parents for caring for their students on this day to enable us to continually reflect and improve our performance

Awards Ceremonies

Last week we recognised the many hard working students in our College at our Mid Year awards ceremonies. At Wodonga Middle Years College we are committed to recognising the achievements of students across the College as they strive to do their personal best. We thank parents and friends who made the time to be at the awards ceremonies to support their child and further encourage them to do their personal best.

Maree Cribbes Campus Principal

Carevan

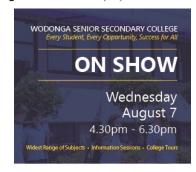
Over the past few weeks students from the Year 9 Academic Support Class, have been raising money for The Carevan Foundation. They have been successful in raising money through events such as a soap drive, making care packages which they will give to The Carevan Foundation.



Marg Benbow

Yr 9 Transition

Just a reminder to our Year 9 students who will be attending to the Wodonga Senior Secondary College next year that there will be an On Show event at the college Wednesday August 7th starting at 4:30pm. For further information please contact the Senior College front office on (02) 6043 7500.



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 02 6057 9000, Fax: 026024 3633

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



Wellbeing

In Term 3 and Term 4 of 2019 headspace Albury Wodonga are delivering relevant, skills building and strength-based workshops and group sessions to the young people of Albury Wodonga. You will find below a brief blurb about each group that headspace will be running between July and December 2019. All of the contact details and registration process are also available below.

However for any further information or to register your interest in a workshop please email;

headspaceAW@gatewayhealth.org.au or phone 02 6055 9555.

WORKSHOP INFORMATION

Healthy headspace workshops - School & community groups Group workshops run in schools, community groups or organisations in the Albury Wodonga and the surrounding region. Workshops target the eight most common issues presenting mental health and wellbeing issues for young people between the ages 12-25 years old.

Movement, healthy thinking, communication, mindfulness, sleep, nutrition, anger, understanding emotions

Healthy headspace workshops at Al's Skating Co - supported by Wodonga City Council

Learn new ways to handle tough times and learn how to skateboard at the same time! Complete healthy headspace workshops then learn how to skateboard at the new indoor skate

Eight week program running on Wednesdays 4-6pm starting

Registration day Wednesday 7 August 2-6pm at headspace

GIG (Gender Identity Group)
Therapeutic support group for trans or gender diverse 12-25 year olds, who want to gain knowledge in a caring group environment.

Wise Choices

Ten sessions introducing basic acceptance and commitment therapy (ACT) skills delivered over thirteen weeks.

Registration day Wednesday 14 August, between 10am-12pm

Emerging

Eight week program offering skills to address positive thinking and feelings about your body and food. Open to 18-25 year olds experiencing an eating disorder and are motivated to recover. This program is developed by Butterfly Foundation.

Open for Expression of Interest.

Let's Talk

Strength-based and skill building 2 hour workshop written and designed for 12-25 year old newly arrived African young people (based upon the Healthy headspace Workshops).

The purpose of the workshops is to support, assist, encourage and nurture an appropriately facilitated safe space for young people to discuss and learn together and from each other.

Workshops will be run in both Albury and Wodonga, facilitated by a multi-lingual presenter (French and Swahili) and headspace group work facilitator. Transport support available.

Mental Health Literacy WORKSHOP INFORMATION

What is Mental Health? presentations for sporting, community and school groups

Headspace Albury Wodonga offers free, mental health presentations to local sports, community and school groups in the Albury Wodonga and surrounding region.

Presentations are an opportunity to start a conversation, reduce stigma, provides healthy headspace tips to help maintain wellbeing and promotion of help seeking behaviour.

About headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. Headspace has 108 centres across Australia in

metropolitan, regional and remote areas, as well as online and phone support services through EHeadspace. Headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: headspace.org.au.

> Rach Watson Well-being Coordinator



Gateway Health is proud to deliver the Positive Parenting Telephone Service across the state of Victoria.

Gateway Health is a not for profit Community Health Service

1800 880 660

E: ppts@gatewayhealth.org.au www.gatewayhealth.org.au











Doctors in Schools





Student's can make a booking 3 ways:

- Call or Text <u>0401 264 256</u> Thursdays between 9am-1pm. On other days, leave a message requesting an appt with your full name and campus.
- 2. Walk on in ... drop into the clinic located at the Huon campus
- 3. Ask **School well-being** to make an appointment for you and assist with transport

In the case of an Emergency call 000

Doctor – Jess Madden

Registered Nurse - Helen Best



Dates to Remember	
Dates for 2019	Activity
7th Aug	► WSSC Y9 On Show event
12th Sep	▶R U Ok Day