



**Newsletter No 23**

**Term 3**

**August 12th, 2019**

## Principal's Report

**Cyber bullying - If it's unacceptable offline then it's unacceptable online.**

Recently at Wodonga Middle Years College we have had cybersafety sessions for all students. It is important to talk to your child about how they behave online. You need to explain to your child that if they choose to use technology to call somebody names or spread hurtful rumours then they are involved in online bullying. Talk to your child, ask them how they would feel if the same was said or done to them? What are your children saying online? It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your children about how they are speaking to others online. Explain to them what to do if somebody is mean to them online, how should they respond (don't respond, ignore them!), how to use reporting tools and to tell a trusted adult.

Wodonga Middle Years College is an e Smart school. Students can report inappropriate messages or content they see online. We found the simplest way to do this is to go to e Safety Commissioner's website. I have included the link below.

<https://www.esafety.gov.au>

### Facebook

Wodonga Middle Years College has a facebook site! Wodonga Middle Years College has a Facebook site and all newsfeed updates are put on the site for viewing by parents, students and staff. To access, join Facebook via your PC, Mac, apps for phone or tablet and search Wodonga Middle Years College.



**Maree Cribbes**  
*Campus Principal*

## Student Information Details

The Education Department requires all schools to review Student Information Details twice each year.

All students from Years 7, 8 and 9 have received a copy of their current details.

Please check the information, make any changes, sign and return the forms to the College even if there are no changes.

Having accurate up to date information is vital if there is an emergency.

Thank you to those who have already returned the forms.

## Year 9 Transition

Year 9 students need to hand their Draft Subject Selection forms to their CARE teacher by Friday 16 August 2019.

Year 9 students will need to attend their campus Online Course Selection session at Wodonga Senior Secondary College – Library 3.30pm to 5.00pm

Huon Campus Year 9 students - Monday 19 August 2019

Felltimber Campus Year 9 students - Tuesday 20 August 2019

This week's CARE Classes will be on future pathways. Students will complete several quizzes to help identify their interests, skills & abilities, work values and entrepreneurship skills. The results of these quizzes might assist in subject selection discussions at home.

**Mellisa Long**  
*Director of School Pride*

## Interschool Shooting Competition

Students from WSSC and WMYC participated in the Vic Clay Target Shooting Competition in Echuca. Students from all over country Victoria participated. No medals were taken however it was a great experience and a fun day had by all.

**James Foley**  
*Teacher*



## Visitors to the College

Due to Department of Education regulations, all parents and visitors to the College must report to the campus office.

No one is to enter College grounds without the appropriate visitor pass that is issued at the campus office.

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](mailto:wodonga.middle.years.co@edumail.vic.gov.au)

[www.wmyc.vic.edu.au](http://www.wmyc.vic.edu.au)



## Activity Day

On Friday 2nd August students in year 7 and 8 participated in a whole school activity day. The day consisted of a range of activities including sports, life skills and team building activities. Our year 9 students spent the day focusing on study skills and transition to WSSC at Latrobe University. A great day was had by all. For more photos of the day please see the WMYC Facebook page.



## Boys Netball

This week students from across both campuses attended the Hume Region Boys Netball Carnival in Wangaratta on the 9th August. All teams played really well coming away with a few good wins. Congratulations to all the boys who participated.



**Jack Andrew  
Coach**

## School 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)

## Dates to Remember

Dates for 2019	Activity
12th Sep	► R U Ok Day
26th Aug– 30 Aug	► Arts Festival