



WODONGA  
MIDDLE YEARS COLLEGE

# Middle Years *my* news



Newsletter No 30

Term 4

October 7th, 2019

## Principal's Report

### Welcome Back

Welcome back to all students and staff for Term 4. The last term of the school year is always a busy one with many activities including preparing for 2020 camps week, Transition, Headstart and Awards Ceremonies. More about these in future newsletters.

### Attendance

In Victoria education is compulsory for all children from age 6 – 17. It is expected that all students attend school each day. If your child is absent for any reason the College needs to be advised. Homework can be arranged for any extended absence.

### C.A.R.E Care for Relationships, Achievement through Aspiration, Respect and Resilience, Engagement

Wodonga Middle Years College is committed to ensuring we provide positive learning environments for all students.

Our school C.A.R.E. program has helped the school to create a positive learning environment by developing proactive whole-school systems to define, teach, and support appropriate student behaviours. The program ensures that all students have the social and emotional skills needed to succeed in school and beyond.

Since being introduced in 2010, the C.A.R.E. program has helped our school develop effective social and learning outcomes for all students.

The Wodonga Middle Years College C.A.R.E. program is an evidence-based framework for establishing the social culture needed for schools to be effective learning environments for all students. Our C.A.R.E. program has used the School Wide Positive Behaviour Support (SWPBS) Program as a basis.

C.A.R.E. assists us to teach students expected social behaviours. Research has found this is the most effective response for preventing school-based behaviour problems including school violence and bullying. Teaching and supporting social behavioural skills to students creates student behavioural health and also contributes to academic support systems.

Ask your child if they have received a C.A.R.E. reward recently!

### Student Led Conferences

Last term we conducted parent interviews in the last week of term. Thank you to those parents who came along to discuss their child's progress. Parents who were unable to make appointments for the evening and want to see their child's teachers can phone the College on 02 6057 9000 to arrange a time.

**Maree Cribbes**  
Campus Principal

## Term 4

### Transition for Year 6 into Year 7 Students

Week 3:

Thursday, October 24, 2019 – Huon Campus – 5pm to 6pm  
iPad and Year 7 Information Evening

Light dinner provided afterwards for students, families and WMYC staff

Week 9:

Wednesday, December 4, 2019 – 8.55pm to 3.10pm

Small Schools Day: Bandiana, Baranduda, Bethanga, Barnawartha, Chiltern, Dederang, Middle Indigo, Kiewa Valley, Osbornes Flat, Yackandandah, Interstate, Private Schools and Koorie students

Week 10:

Monday, December 9 – Friday, December 13, 2019

Huon and Felltimber Campuses

HEADSTART for all transitioning Year 6 students

Welcome Breakfast – Monday – Campus Based  
8.00am to 8.30am

Week 11:

Thursday December 19, 2019 – Huon and Felltimber Campuses

CARE Transition Interviews for all 2020 Year 7 students

Families will receive interview times during Term 4

## Careers

### Henty Field Days

On Wednesday the 18th September a group of Felltimber students went to the Henty Machinery Field Days. HMFD is



now regarded as southern Australia's single biggest



agricultural event, showcasing the latest in machinery and farm equipment, outdoors and camping products, farm produce, agronomy, country lifestyle, government and health services, agribusiness and finance services. The students enjoyed being exposed to a variety of fields within the agricultural sector. Thanks to Mr McGarigle for going with us.

**Sloane Hubner**  
Student Pathways

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)



# State Schools Spectacular

A group of WMYC students took part in the annual State Schools Spectacular "Made of Stars" in Melbourne last month. After months of rigorous practise and rehearsals, they took to the stage for two performances at Melbourne Arena on September 14. Congratulations to all



students who performed on a job well done. Former WMYC student (now WSSC) Abbey Copeland was one of the principal dance performers for a second year. Thanks to all staff who have supported SSS this year, especially Ms Budge and Mr Middleton-Else.

# School Nurse

## Healthy Eating

Good nutrition is essential for everyone, but it's especially important for growing 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 sugar-free fizzy drinks are still acidic, which can have a negative effect on bone and dental health. 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. A wholemeal or wholegrain breakfast cereal that is low in sugar served with low-fat milk can provide plenty of vitamins, mineral and fibre. Other fast and healthy options include yoghurt or wholemeal toast.
- Don't skip lunch or dinner.
- Help with the cooking and think up new ways to create healthy meals. Make those old family recipes lower in fat by changing the cooking method – for example, grill, stir-fry, bake, boil or microwave, instead of deep frying.
- Reduce the size of your meals.
- Don't add salt to your food.
- When eating out at chain fast food stores, check the kilojoules listed on the menu and choose the lower kilojoule option.

## Dates to Remember

Dates for 2019	Activity
Oct 10	▶ Year 7 Immunisations - Felltimber
Oct 24	▶ iPad Information Evening



## 2020 Wodonga Senior Secondary College Notebook Information

WSSC will be holding two Notebook information sessions at Wodonga Senior Secondary College Lecture Theatre - entry via Brockley Street:

Tuesday 15<sup>th</sup> October – 5:00pm & 6:00pm  
 Thursday 17<sup>th</sup> October - 5:00pm & 6:00pm

For full details and ordering please refer to the WSSC website: [www.wssc.vic.edu.au](http://www.wssc.vic.edu.au) - "Notebook Store" after the 15<sup>th</sup> of October.

**Note:** Early bird discounts and pre-Christmas Delivery in place until the 15<sup>th</sup> of November



**YOUTH WELLNESS FESTIVAL 2019**  
 MUSIC, FOOD, DANCE, YOGA, CHILL, PLAY

FRIDAY 11 OCTOBER 4-8PM  
 QEII SQUARE - RETRO CAFE ALBURY  
 FOR YOUNG PEOPLE AGED 12-25  
 FREE ENTRY #VIBEAUW

FREE BUS AVAILABLE CONTACT HEADSPACEAW@GATEWAYHEALTH.ORG.AU  
 SMOKE, ALCOHOL, DRUG FREE EVENT  
 FULLY SUPERVISED NO PASSOUTS FOR 12-17 YEAR OLDS  
 MORE INFO AVAILABLE ON FACEBOOK: VIBE HEADS[ACE ALBURY WODONGA

PROUDLY SUPPORTED BY  
 ALBURY AND WODONGA COUNCILS  
 ALIGNED LEISURE

MADE POSSIBLE BY DONATIONS TO HEADSPACE AW

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 IS FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH