



WODONGA  
MIDDLE YEARS COLLEGE

# Middle Years *my* news



Newsletter No 9

Term 2

April 27, 2020

## Principal's Report

I would like to take this opportunity to thank all parents and guardians for your support during the commencement of Remote Learning in Term 2.

The message from the Victorian Government has not changed and **all students who can learn at home must learn from home**. This is a very clear directive by the Victorian Government **based on the advice of the Chief Health Officer**.

Most of our teachers and support staff continue to work from home. The front offices at both campuses are not attended for parent drop ins.

The best line of communication for all families is through your child's CARE teacher.

This continues to be a challenging time for all of us. It is going to be critically important that we continue to work very closely together to ensure that we provide the very best possible support for the ongoing wellbeing and learning of our students and your children.

Thank you again for your support during this time.

*Maree Cribbes*  
Campus Principal

## Assistant Principals Report

### Attendance Term 2

During remote learning for term 2 we will be marking the roll a little differently to how we normally mark the roll. Every teacher teaching a class during remote learning will be communicating with your child through Microsoft Teams at the start of each lesson. We will be marking the roll according to who engages in the Microsoft Teams conversation. If a child engages in the Microsoft Teams group chat, then the child will be marked present. If a child doesn't engage during the lesson through Teams, then they will be marked absent.

Please note, we ask the students to engage through Teams with the video turned off, and the microphone on mute. Students can use the chat function to engage with the teacher and the class.

If your child is absent from class for an approved reason during the day you can modify the attendance through the Parent Portal.

Students who are working on hard copy booklets will be marked with approved attendance for one month while they work through and complete their booklet. Following this time, families will need to return the booklets to school for feedback.


### CARE class during remote learning

When the students have CARE, the CARE teacher will engage the class through Microsoft Teams. This will be a great opportunity for the CARE teacher to ask students how they are going with their lessons and engage in conversations with the students in that group. Students will also have the opportunity in CARE to spend time on the In House Cup Challenge each week as set out by the CARE teacher. Students will also have the opportunity during this time to catch up on any unfinished work or reading.


### Activity Afternoon Program

Period 4 every Thursday, students will have the activity program. This will be a valuable time for your child to engage in activities that they are passionate about and will give them a release from the pressures of regular class work. Obviously with the COVID19 restrictions in place, activities need to meet the community guidelines that are in place. Activity examples may be reading comics, drawing, painting, exercise, board games etc. Teachers will not be calling your child for this class and there will not be any work set.

*Gary Hodge, Sarah Kilner, Steve Fouracre, Tim Bridgman*  
Assistant Principals



WODONGA  
MIDDLE YEARS COLLEGE



**RAISING RESILIENT  
YOUNG PEOPLE IN THE  
CORONAVIRUS ERA**

**PRESENTED BY  
DR MICHAEL CARR-GREGG**

Thursday May 7 | Free Webinar  
7.00pm - 8.00pm | <https://bit.ly/3bl7Hu4>

Hear from one of Australia's leading psychologists, authors, broadcasters and specialists in parenting, children, adolescents and mental health.

The spread of the coronavirus has turned life upside down, almost overnight, for millions of people around the world. Being a young person is complicated even without a global pandemic in the mix, and many adults are struggling to navigate the new reality of remote schoolwork, lots of family time, and a ton of uncertainty about what happens next. This webinar will cover information on managing home schooling and self-care.

**This is a free webinar open to the community.**

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

**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)



# Wellbeing

## Hello from your Wellbeing Case Managers, Libby (Huon) and Rach (Felltimber)

We know too well that the effects of COVID-19, social isolation/restrictions and online learning can leave us feeling overwhelmed, worried, fearful and anxious (not to mention a host of other symptoms listed below). Under 'normal' conditions (ie. before the impacts of COVID-19), young people have a tendency to try to manage their strong feelings and emotions by using a variety of distractions such as cramming as much into their lives as possible, engaging in a variety of daily activities, juggling sports, having a social life, social media, work, running to a schedule, family disruptions, as well as just having everyday issues, all of which add to emotional stress. With most of these 'distractions' unavailable in our current world, our concern is that young people can adopt unhealthy ways of coping with stress, worry and fear. While adults are more likely to recognise signs of stress within themselves, sometimes young people may miss or overlook these important signs which can lead to feelings of sadness, anger, being overwhelmed, not coping, anger and frustration. They could even find it hard to tell someone how they are feeling, particularly if they are embarrassed or worried about causing stress or burden to their parent/carer who may also be under stress. As a parent/carer this is concerning in itself, however one of the best strategies as a parent/carer if you are concerned about your kids, is to look out for one or more of the following symptoms:



- Losing interest in things they once enjoyed
- Not eating or sleeping well
- Wanting to be alone / avoiding friends and family
- Daydreaming
- Procrastinating
- Disengaging from school community and school work
- Feeling guilty or not worthy
- Showing extreme emotions – anger / sadness (overreacting)
- Worrying constantly about appearance
- Feelings of being afraid
- Constant headaches / stomach aches
- Forgetfulness
- Withdrawing from peers
- Inability to concentrate well or make decisions
- Turning to drugs / alcohol
- Eating too much or too little
- Over exercising (obsessive)
- Taking risks
- Struggling to get up in the morning
- Feeling overwhelmed



All of the above are signs that something is not going so well and they may need support around better way to manage stress, fear and worry. Perhaps a listening ear as well as having the support that allows them to take time out to learn new coping strategies and/or undertake stress reducing activities is as great starting point in positive ways of managing. If left unattended and if the stress continues over a long period of time, studies have shown that brain chemistry can be affected possibly leading to depression, anxiety, thoughts of suicide and complete withdrawal and loneliness. Also taking into account the ongoing changes to our usual daily routines under social restrictions and social distancing measures, we need to be in tune with our teens, offering support and alternative ways of coping with stress and worry.

There are many different ways to help manage and cope with stress and to allow the mind and body to relax. This could be an activity like yoga, meditation, dancing, exercise, reading or listening to music. Or a quicker simpler method of a few minutes of deep breathing and breath awareness which is a fantastic way to relax the nervous system and calm the body and can be done

almost anywhere!

If you suspect your teenager is experiencing stress, worry or fear which is impacting on their daily functioning and routine, it is important to speak with them about it, gently inquire and speak with them curiously about what you have noticed that is different or concerning. Try and work with your teen to identify the issue(s) and work together with the college if needed to lessen the burden of the stressor(s).

If you require support, please don't hesitate to reach out to your child's Care Teacher, House Leader or Assistant Principal and request support. **Students can access wellbeing and community service information via our 'wellbeing course' on D2L, please ask your child to have a look at it together on their Ipad or by clicking on the below link**

<https://inspire.wmyc.vic.edu.au/d2l/le/lessons/10755/units/131248>

and getting them to log into D2L.

\*It is also important to remember to focus and give energy to what we *can* control, not what we can't.

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids!!!**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## Virtual Book Club Term 2

Scholastic is still operating its book club this term, though it is a bit different to usual. Check out the latest catalogue and put your orders in to [yhodgkinson@wmyc.vic.edu.au](mailto:yhodgkinson@wmyc.vic.edu.au)

<https://scholastic.com.au/book-club/virtual-catalogue-1/>



Why not check out the WMYC library catalogue on D2L - see what's new and what you might want to borrow.

## Beleza School Uniforms

Wodonga store COVID19 hours

Monday, Wednesday and Friday from 12pm - 5pm\*

We apologise for any inconvenience.

\*Hours are subject to change