



WODONGA
MIDDLE YEARS COLLEGE

Middle Years

my news



Newsletter No 15

Term 2

June 9, 2020

Principal's Report

Transition back to face to face teaching

We would like to take this opportunity to thank and acknowledge our whole school community in the way that they adapted so well to the challenging circumstances we have faced. The onset of a global pandemic, the declaration of a state of emergency, restrictions on movement within our community and transition to remote learning has certainly meant that life has been very different. Although we are connected through this shared experience, we understand that everyone's experience is different in some way.

With the transition back to face to face learning beginning today, we acknowledge that this is going to pose some new challenges to our school community. Whilst some students (and parents!) will be looking forward to the return to school, others will be anxious and worried. It is important to be aware of the different experiences and emotions that we have had, both during lockdown and now when returning to community spaces. Some will be concerned about returning to these community spaces which we have been told for some time are unsafe. Please look out for each other and be aware of the variety of emotions that our community will be feeling at this time.

I would like to express my sincere gratitude to all members of our school community who have worked so well together and now continue to support each other during this time.

Maree Cribbes
Campus Principal

Student Enrolment Information

This week, all students will be given a copy of their 'Student Enrolment Information Form' to take home. This is the information that the College currently has on file for each individual student. Please take the time to check over the details and make any changes required, sign and return it to the College by the end of term even if there are no changes.

It is a requirement of the Department of Education and Training that this done twice a year.

Having up to date information is important if we need to contact parents/carers.

Nurse

School Nurse Updates

Hi everyone and welcome back on site! I am really looking forward to getting to know you all a little bit better over the coming months.

This is what my face looks like, so if you see me wandering around school, feel free to say hi!

Mondays I will be at the Huon campus and you can find me in the room next to Libby's wellbeing space or in the Inclusion office in B block.

Tuesdays I will be at Felltimber campus and you can find me in G5, the office space next to the Food Tech room.

You are welcome to drop in and see me on those days and have a chat or alternatively you can go through your House Leaders. Either way, I look forward to meeting you all soon.



Sarah Williams
School Nurse

Free Webinars

Over the next few weeks there will be a series of [free webinars for parents and school leaders](#) with adolescent psychologist **Andrew Fuller**. This is a great opportunity for the school community to engage and build their understanding of wellbeing in the comforts of their own home or office.

Promoting school connectedness and positive thinking can help students to flourish, through both the highlights and challenges of life. These outcomes are central to the work of **Peer Support Australia**.

Find out how Peer Support Australia can help you to enhance your students' opportunities to develop optimistic thinking in [our recent blog here](#).

See the Peer Support website for details.



Sarah Kilner
Assistant Principal

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

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www.wmyc.vic.edu.au



Positive Behaviour Rewards

Week 8

Congratulations on finishing 8 weeks of Remote Learning. What an incredible job you have all done and all of WMYC is proud of you!!

Congratulations to our Week 8 recipients:

Wanumarru: Mia Chandler, Tyler Uhrmacher Lachie Copeland, Amelia Chattin

Nangwiya: Alirah Binner, Ben Birongo, Blade Hurst

Gawungwa: Austin Robson, Caelan Wood, Holly Smith

Wagarra: Danny Aljodi, Lachy Thompson, Teagan Tschirpig

Team Leaders



preparing for the winter blues

our winters might not be as cold or dark as some countries in the Northern Hemisphere, but that doesn't mean that Australians don't get seasonal affective disorder.

This is caused by shorter days and less sunlight which affects your body's natural circadian rhythms, as well as your melatonin production.

As we head into winter, learn how to prepare for better mental health and take care of yourself, by joining this group chat for young people aged 12 - 25.

Tuesday 9 June 2020
7-8 pm AEST

To register:

Visit headspace.org.au/groupchats to set up an account or join anonymously as a guest.

You can also send a question beforehand to groupchats@headspace.org.au.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Dates to Remember	
Dates for 2020	Activity
June 9	► Students return to in-school learning
June 19	► Casual Clothes Day
June 26	► Last day of Term 2
July 13	► First day Term 3

Returning to School

Helping your child with worry and stress

Your child may be feeling a bit worried about returning to school. Here are some tips to help them get back into it.

Get them back into a routine now:

Set bedtimes, help your child to pack their bag or choose their lunch and layout their uniform ready to go.

They may need a little extra time to get ready in the mornings.



Remind them what they like about school;

Their teacher, friends or subjects.

Remind them what they can do and what the school is doing to keep them safe.

- Wash hands before eating
- Wash hands after using the toilet
- Try not to touch your face or other people
- The school has been cleaned very well every day.



Talk with your children about how they are feeling;

Listen and reassure them. Talk about COVID-19 and answer any questions.



Praise brave behaviour

Ask your child how their day was, listen and reassure them.



Talk your child/children through their day:

Where you will drop them off and pick them up, what they are having for snack and lunch and any important activities happening at school.

Keep sending your child to school, unless they are unwell.

Model calm behaviour

- Mindfulness
- Smiling minds
- Colouring
- Listening to music
- Exercise

At morning drop off:

STOP DROP & GO!

Be a calming influence



At afternoon pick up collect your child/children in a timely and safe way.

