



WODONGA
MIDDLE YEARS COLLEGE

Middle Years

my news



Newsletter No 16

Term 2

June 15, 2020

Principal's Report

Return to school

It was great to see so many happy smiling faces back at school last week and to see the way that our students have embraced the new COVID-19 normal! Students were so pleased to be back together with their friends and have embraced face to face learning. Thank you once again to parents who have supported their child's return to school after what has been the longest time away from physical school for their schooling thus far!



Remote and Flexible Learning

Thank you to the 250 parents who provided feedback about remote and flexible learning. We are always looking to improve WMYC and want to know what aspects of remote and flexible learning we need to keep doing. There is still an opportunity to provide feedback and there is further information to do this via our school Facebook page.

Casual Clothes Day

This Friday WMYC will have a casual wear day where students, for a gold coin donation, can wear their 'iso' clothes. Money raised will go towards the dogs in schools program to support Mirri at Huon and the new puppy coming to Felltimber.

Maree Cribbes
Campus Principal

Refugee Week

Refugee Week this year celebrates the Year of Welcome in the week of 14th - 20th June.

We all share different life stories. You can explore some of the resources and activities related to refugee life stories at www.refugeeweek.org.au. Also, check out the wonderful displays in the Huon and Felltimber libraries of books to borrow and read. Spend a moment contemplating the life stories of others and how we can each offer hope to those around us.

Daphne Soanes and Annette Huon
ESL

Refugee Week 2020

celebrating the year of welcome
Digital Refugee Week: 14-20 June 2020
Get involved at www.refugeeweek.org.au

Coordinated by: Refugee Council of Australia
Event Partners: SSI settlement services International, SBS FOOD, The Wheeler Centre
Major Sponsor: CITY OF SYDNEY
Sponsors: MULTICULTURAL AUSTRALIA, VICTORIA, OSSTT, CORE

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@education.vic.gov.au
www.wmyc.vic.edu.au





support options

When someone you love is being supported with mental health issues, it can be difficult to understand why a particular approach has been prescribed.

Especially if their symptoms aren't improving or you're worried about them taking medication.

Join this group chat for adults and discover:

- Different approaches including individual and family therapy, medication and behavioural interventions.
- Why some approaches take longer before any noticeable changes occur.
- How you and your family can support your young person.

You'll hear from headspace GP Dr. Sue Barker, other mental health professionals and headspace Youth and Family Reference Group members.

**Thursday 18 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.

Please note that any information or advice provided in this group chat cannot take the place of a clinical consultation with a GP or other doctor.

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

CASUAL CLOTHES DAY

FRIDAY 19TH JUNE

***GOLD COIN 'ISO' OUTFIT/ PYJAMA THEME**
- DO NOT wear strappy tops, slippers, nighties or any inappropriate clothing on the day.

Money is being raised for new German Shepherd puppy at Felltimber Campus & on-going funds for Huons, School Dog Mirri.

On the day we will be having a 'Pie and Drink' pre-order combo for \$5

Food Options Drink Options Include:

Include: - Water
- Sausage Roll- Lemonade
- Meat Pie - Coke
- Veg Pastie - Coke Zero
- Solo

WODONGA
MIDDLE YEARS COLLEGE
Every Student, Every Opportunity, Success for All

headspace
Albury Wodonga

group chat sessions

Our safe, supportive and moderated online community provides a great way for young people to connect with others, and share resources that are helpful to them.

Led by headspace clinicians, these chats bring young people, friends and family together and explore topics that are important to the community.
headspace.org.au/eheadspace/group-chat

Our peer support chats

qheadspace: every Tuesday at 6-10 pm
General coping: every Wednesday at 6-10 pm
Yarnspace: second Thursdays at 6-10 pm
Supporting others: launching on 4 June at 6-10 pm (fortnightly)

Chats during June

preparing for the winter blues (young people)
Tuesday 9 June, 7-8pm

in this together (young people)
Sunday 14 June, 7-8pm

support options (family and friends)
Thursday 18 June, 7-8pm

getting active (young people)
Sunday 28 June, 7-8pm

Connect: headspace.org.au

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WINTER SOLSTICE

Sunday 21 June 2020

Livestreamed on facebook from 6pm
[@alburywodongawintersolstice](https://www.facebook.com/alburywodongawintersolstice)

wintersolstice.org.au

Dates to Remember

Dates for 2020	Activity
June 19	▶ Casual Clothes Day
June 26	▶ Last day of Term 2 ▶ Reports issued
July 13	▶ First day Term 3