



WODONGA  
MIDDLE YEARS COLLEGE

# Middle Years

*my* news



Newsletter No 20

Term 3

July 27, 2020

## Principal's Report

### COVID-19 Update

We are following advice from the DET and will continue to monitor the situation as it evolves. We will inform parents and carers of any changes as they arise. Please continue to support us by not coming onsite unless absolutely necessary.

Thank you to parents who are dropping their child off at school and not congregating at the gates. This has been working very well and we thank all parents for their co-operation to make this happen so smoothly. The most important action we can all take to reduce the risk of coronavirus is to ensure that any unwell staff and students stay at home. Please also remember that students should have their own drink bottles at school and not share food. Regional schools are permitted to hold camps and excursions. We will provide parents and carers with detailed information about these activities as they are planned.

Thank you to those parents who have been advising us if a child has undergone a test for COVID-19. Please continue to do so.

### Federation Conference - Student Free Day

This Friday, July 31 is a student free day. All staff will be attending the annual Wodonga Federation of Government Schools conference. Staff will undertake a variety of workshops and lectures on the day to enhance teaching and learning within the College.

We thank parents and carers for their support on this day in caring for their children while we participate in this event.

**Maree Cribbes**  
Campus Principal

Dates to Remember	
Dates for 2020	Activity
July 31	▶ Staff Professional Development Pupil Free Day
Aug 10	▶ Student Led Conferences ▶ Subject Selections open (Year 9 into Year 10)
Aug 24	▶ Curriculum Day - Pupil Free Day ▶ Subject Selections close (Year 9 into Year 10)
Aug 28	▶ Reports Issued

## COVID: 7 Tips to Stay Healthy

### 1. Practice mindfulness

The practice of mindfulness has been proven to help overcome anxiety, stress and loneliness.

You can incorporate mindfulness into everything you do. Take the time to eat without any distractions, sit down properly to eat and enjoy your foods.

Breathe slowly and extend your breaths on exhalation. Notice how you breathe a bit faster when you're nervous. Try to slow your breath down and count your breath from one to five to calm your mind.

Practice mindful thinking to help cope with negative feelings. When your emotions are rising, and getting out of control, acknowledge them without reaction. Take your time to express your feelings through a hobby or talking to others if you need help.

### 2. Have a healthy and balanced diet

Keeping a healthy diet may help boost your immune system to help fight COVID-19. Include lots of fruits and vegetables, healthy fats, whole grain and healthy protein in your daily diet. Don't forget to keep yourself hydrated throughout the day and avoid having too many sugary or caffeinated drinks.

### 3. Stay active

Staying active can be as simple as taking a walk around your neighbourhood or trying out a new recipe. Having a daily routine is important to keep you stay active and healthy.

### 4. Keep yourself entertained

Keeping yourself busy and entertained during COVID-19 is very important. Listening to music, watching your favourite shows, playing puzzles or reading are some ideas.

### 5. Stay connected

Re-connect with your friends and families during self-isolation via Zoom, Skype or Facebook. Take the time to write a letter to someone that you haven't been able to visit for a while.

### 6. Stay informed with the right information

During uncertain times like these, information overload can happen, resulting in stress and anxiety. Staying informed and getting the right information from reliable sources is key. Look on the Victorian Government website for the latest news.

### 7. Connect with a mental health resource

If you need mental health support, call one of the many organisations such as Headspace, Kids Help Line or Beyond Blue.

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

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



# Student Led Conferences

The next Student Led Conferences on Monday August 10 will be a bit different from what we have done in the past as all conferences will be virtual. There will be no on-site meetings.

To book, go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the booking code **uv9gv**  
Check out the guide below.



## Could \$500 help you with school costs?

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Phone 1300 610 355

Email [AlburyWodongaSP@berrystreet.org.au](mailto:AlburyWodongaSP@berrystreet.org.au)

Online [saverplus.org.au](http://saverplus.org.au)

Find us on Facebook

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)\*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



\*Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information!  
\*Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dis.gov.au](http://www.dis.gov.au) for more information.

## Getting Started with NDIS: A STEP BY STEP GUIDE

- Contact NDIS to confirm eligibility.  
**TIP:** go to [www.ndis.gov.au](http://www.ndis.gov.au) for the NDIS eligibility checklist and other NDIS information.
- Book in for a NDIS planning meeting (if eligible).
- Know your further education and career goals before your NDIS planning meeting.  
**TIP:** reflect on your skills, interests, values and goals and consider meeting with a career counsellor to help document your career plan.
- Complete the NDIS Let's Talk About Work booklet before your planning meeting.  
**TIP:** this can be found at [www.ndis.gov.au/media/1230/download](http://www.ndis.gov.au/media/1230/download).
- Read the National Disability Coordination Officer NDIS pre-planning toolkit if preparing to transition into TAFE or University.  
**TIP:** this can be found at [www.adcet.edu.au](http://www.adcet.edu.au).
- Attend your NDIS planning meeting to develop your NDIS Plan (if eligible).  
**TIP:** ensure employment and / or further training are documented as goals and you have identified all other goals and a range of supports before your meeting. You should have written copies of your goals and supports to take to your meeting. You are also encouraged to speak to other NDIS recipients and disability service providers for advice before your planning meeting.
- Make sure your NDIS Plan includes SLES (School Leaver Employment Supports) if you are an immediate school leaver and need support to become job ready. Once approved, register with a SLES provider.  
**TIP:** your Local Area Coordinator (LAC) can assist you in finding a SLES provider. Note that some Disability Employment Services (DES) are also SLES providers.
- Register with a DES.  
**TIP:** you can do this even if not eligible for NDIS. Go to [www.jobaccess.gov.au](http://www.jobaccess.gov.au) to find a DES provider. Remember to research different DES providers to find the most suitable provider for you and ask what their star rating is (with 5 stars being the highest rated provider).
- Identify other non-NDIS benefits that you may also be eligible for such as a Disability Support Pension (DSP).  
**TIP:** you do not need to receive a DSP to be eligible for NDIS however many people on a DSP will also be eligible for NDIS.
- Remember to use your NDIS plan well and document any future needs in preparation for your subsequent NDIS plan review meeting.



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## Transition

For information about transition please refer to the below links.

**6 into 7 Transition 2021** - College website - <http://www.wmyc.vic.edu.au/year-6-to-7-transition-2021/>

**9 into 10 Transition 2021** - Week 2 saw the commencement of 9 into 10 transition program with the delivery of the WSSC Virtual Assembly. Here is a recording of the session: <https://youtu.be/HiJJ7h-H3sg>  
The WSSC website with all the relevant 9 into 10 transition information can be found at the web link: [http://www.wssc.vic.edu.au/?page\\_id=29499](http://www.wssc.vic.edu.au/?page_id=29499)

**Sarah Kilner**  
Assistant Principal

*Every Student, Every Opportunity, Success For All*