



WODONGA
MIDDLE YEARS COLLEGE

Middle Years *my* news



Newsletter No 22

Term 3

August 10, 2020

Principal's Report

Return to Remote Learning

Once again, thank you to all parents and students who have made the transition back to remote learning. Can I just applaud you all on being flexible and so supportive of everything we do at Wodonga Middle Years College. I read on our Facebook page the many comments from parents lamenting their fridge and pantry stocks with adolescent children at home for the next 6 weeks. I sympathise with you all!

Please contact the school if you have any difficulties with internet, your child logging on or if you need to work and have your child supervised at school. We are all here to support you.

Student Led Conferences

These were to take place on 10th August. For those families who have made bookings, WMYC teachers will be in contact to conduct a student led conference over the course of the week 10th August - 14th August.

Transition 9-10

It is a big and important week in Year 9 to Year 10:

Subject Information in CARE Class

On Tuesday at 10.00 am teachers from Wodonga Senior Secondary College will be talking with Year 9 students about Year 10 Electives. An email will be sent to all students Monday with the links to this session.

WSSC On Show, Wednesday, August 12, 5.00 pm

Please visit WSSC website to access WSSC ON Show links. There is a link to WSSC Transition Information Session for parents/carers and students, as well as links available for specific information about subjects, careers, and the College in general. WSSC staff will be available for you to ask questions. Just click on the links and visit the virtual subject hall.

All Year 9 parents/carers will receive an email with more details. If you are not receiving these emails, please let Mellisa Long know 02 6043 7500 or Mellisa.long@wssc.vic.edu.au

WSSC Subject Information

Visit <https://subjectinfo.wssc.vic.edu.au/> to find out more about WSSC subjects and take a look inside their classrooms.

Maree Cribbes
Campus Principal

Wellbeing

New Staff Member

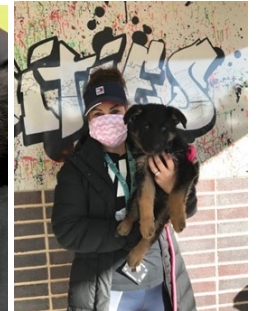
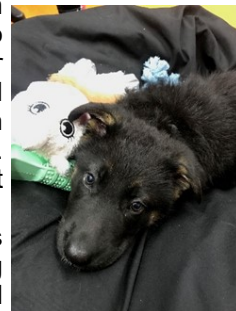
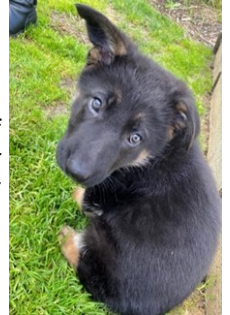
We welcome our newest member of staff to the Felltimber campus... 'Sarge' who arrived at her new home on Sunday.

Sarge is a pure-bred female German Shepherd pup who will be trained to be used within the school setting as an education support dog. German Shepherds are best known for their intelligence, courage, loyalty and friendly nature.

Bred and raised by a local family, Sarge has already undergone 7 weeks of training with her breeder. Also a social worker, her breeder handpicked Sarge from a litter of 8 pups and has worked closely with Sarge to implement a specialised bio-sensory training program from birth to prepare her for her new role within the College.

Sarge will be based in the wellbeing office with her handler Rachel Watson, the Wellbeing Coordinator. When Sarge is ready, she will commence her 12-month training program with the Dog Education Centre in Wodonga which will continue to support her education and learning within the College. Sarge will visit classrooms, attend meetings and wellbeing sessions. She will be used to assist students to calm and regulate along with provide play and laughter.

Special thanks to our sponsors (below), Felltimber staff members Kylie Fortington and Holly Rodway, and Sarah McQualter from School Focused Youth Services for supporting this program.



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



10 Ways to take care of yourself during Coronavirus

The world is topsy-turvy right now, because of the global panic around COVID-19. If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care. ReachOut have put together 10 ways to take care of yourself during coronavirus, they are:



- ◆ 1. Stay Active
- ◆ 2. 10 mins of being Mindful.
- ◆ 3. Chat with your mates
- ◆ 4. Check out ReachOut's forums.
- ◆ 5. Make a Homemade meal.
- ◆ 6. Take a break from the news
- ◆ 7. Make a music playlist
- ◆ 8. Declutter for 5 mins
- ◆ 9. Watch or read stuff uplifting
- ◆ 10. Learn something new

To find out more on these self-care strategies or if it is getting a bit overwhelming, have a look at the link below:

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

The Wellbeing Page on D2L also has lots of great resources about self-care and how to access counselling and support.

<https://inspire.wmyc.vic.edu.au/d2l/home/10755>

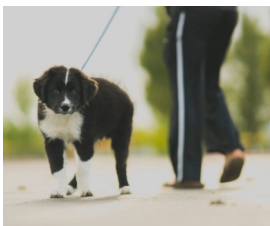
Wellbeing Team

Term 3 Activities

As we have moved back into remote learning, Term 3 activities will now roll over to Term 4. We anticipate starting the activities week 1 of Term 4, but will keep you informed of any changes. Any students who have chosen an activity with a cost will need a parent/caregiver to give permission (even if this has occurred previously) for their child to participate in the activity by ticking the permission box through the parent portal along with payment if you haven't already done so. If you are facing financial difficulties, please contact the office to discuss payment options available.

With class finishing earlier on a Thursday we encourage all students to think of an activity they enjoy that can be done with or without a family member, that is still permitted under current regulations, and is away from a screen. Here are some examples: kicking a footy or playing a ball sport, walking the dog, cooking, arts and crafts, riding your bike, board games, photography, listen or dance to some music.

These are just a few ideas to help with the boredom.



Justine Ingram
Defence Mentor



Tuning into Teens

This five week program aims to help parents/carers understand their child's experience - to connect and support their teenager to negotiate this important time in their lives.

Learn how to:

- Understand what they're going through at this stage in life
- Help your child manage their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent



Where is it held?

Gateway Health
155 High Street,
Wodonga
Room: F11B
Time: 10am to 12pm



When is it?

Tuesdays 11th August to
8th September 2020



How do I join in?

Bookings Essential
To book or ask a
question contact the
Intake Team
Ph: (02) 6022 8888

What do I pay?

FREE

info@gatewayhealth.org.au

www.gatewayhealth.org.au

Current Opening Hours

Monday	1pm-5pm
Tuesday	Closed
Wednesday	1pm-5pm
Thursday	Closed
Friday	1pm-5pm
Saturday	Closed

Shop online at: <http://store.beleza.com.au> and receive a 50% discount on shipping costs



Dates to Remember

Dates for 2020	Activity
Aug 24	▶ Curriculum Day - Pupil Free Day ▶ Subject Selections close (Year 9 into Year 10)
Aug 28	▶ Reports Issued
September 18	▶ Last day of Term 3