



WODONGA
MIDDLE YEARS COLLEGE

Middle Years

my news



Newsletter No 23

Term 3

August 17, 2020

Principal's Report

Remote Learning

We are now into our 3rd week of flexible and remote learning. Even though this is not our ideal method of delivery from an educational perspective, we all know and understand that we must do this to keep our community safe at this time. We also know that we had great success in Term 2 and we can do this again! Thank you to all parents who have provided and continue to provide feedback. We have learned from last time and made changes that will ensure more students are engaged in their learning and will achieve better educational outcomes.

We know that all parents are busy and are juggling their own jobs whilst managing a busy house with all their children at home. We don't expect you to be your child's teacher, but if you can support your child that's great. You can support your child's learning by making sure they have a designated space to work in, preferably free from distractions. Given that many students are using iPads for their learning it is also good practice to have them working in an area where you can supervise them. Please also support your child by making sure they eat well, get plenty of sleep and exercise daily. This is important for us as adults too!

Screen Free Day

A reminder that next Monday, August 24 is a screen free day – there are no online lessons. Staff will be participating in curriculum meetings during the day. Take the opportunity to get some fresh air and try a new activity or craft.

Maree Cribbes
Campus Principal

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

Year 9 to Year 10 Transition

Please add WSSC to your email address book

Stay informed about Year 9 to Year 10 transition by adding Wodonga Senior Secondary College SeniorCollege@wssc.vic.edu.au to your email address book. If you see in this newsletter or on Facebook that you have missed an email from the Senior College, please check your 'Junk mail/spam folder' or contact Mellisa.long@wssc.vic.edu.au

Year 10 Subject Selection Now Open for WSSC

Year 9 students and parents/carers were sent an email from Wodonga Senior Secondary College on Friday August 14, outlining the Subject Selection process for next year. Subject Selections close Monday, August 24. Please refer to WSSC's email for full details on selecting subjects.

Still Unsure of Year 10 Subjects for 2021?

Join WSSC Career's team in a virtual Career Conversation workshop this Wednesday, August 19 from 5.30 pm to 6.30 pm. Lana will go through the tools and resources available to have positive Career Conversations at home between family members. Be equipped with the skills to talk about setting your child up now for post-school options. Visit the WSSC College website for details on how to join remotely.

Mellisa Long
WSSC

Wellbeing

Sarge was on campus at Felltimber a few times last week getting to know her way around. She also met and played with some of the students who were doing on-site learning.



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



Carevan

R3 Class

Every week a group of students from R3 have been making banana bread for Carevan. Carevan is a dedicated non profit organisation



that supports disadvantaged students by supplying healthy and tasty lunches. After learning about food safety handling, Ebony Stewart, Cameron Hyden, Jordon Condron and Lacey Deegan have completed a Food



Handling course so they are certified to make food for others. After carefully mixing and baking, the banana bread is ready to be sliced and placed into lunches for disadvantaged primary school students in the local area. This has been an enjoyable experience and a fantastic way to give back to the community.

Adrian Dougherty
R3 Coordinator

Exercise and Mental Health

We all know how important exercise is for keeping us physically healthy, but exercise can also help keep us mentally healthy.

Research shows that people who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness.

If regular exercise is not already a part of your routine, you might be wondering how much you need to do to give your mental health a boost.

The good news is exercise doesn't have to be strenuous or take a long time. Studies show a moderate level of exercise is enough. That's roughly the equivalent of walking fast and being able to talk to someone at the same time.

Make exercise part of your everyday activity. Experts suggest 30 minutes of exercise, at least five days a week, can make a big difference. It can be one 30 minute session, or several shorter 10-15 minute sessions. So, try walking or cycling instead of using the car.

Adapted from "Better Health Channel".
betterhealth.vic.gov.au



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Contact your local Saver Plus Coordinator
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1300 610 355
Email
AlburyWodongaSP@berrystreet.org.au
Online
saverplus.org.au
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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.dss.gov.au for more information*

SWINBURNE Mental Health Support for Youth Affected by COVID 19

Researchers at Swinburne University of Technology have developed mental health program to help you people (ages 13-18) manage pandemic related anxiety and depression. Support involves: 6 online sessions of counselling; learning skills; access to a self help website; optional parental involvement. Eligibility requirements: symptoms related to the pandemic; symptoms that started during the pandemic; residing and living in Victoria. Referrals and enquires: Phone: 03 9214 5528 or Email: psychprojects@swin.edu.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

