

May 2019



## MIDDLE COLLEGE NEWSLETTER

Dear Parents and Caregivers

### **Introduction**

As Term 2 has begun we would like to highlight and bring to your attention a number of important matters and upcoming events and programmes.

We look forward to a settled and productive 10-week term where our focus continues to be on achieving excellence in all areas. The challenge for many students is to balance their academic studies with their co-curricular activities. We encourage parents to take the opportunity to sit down and discuss with your child the importance of maintaining a good balance. Ultimately study and learning must come first. The resilience we build in our students as they face challenges head on and make the right call about how to respond to circumstances and different situations.

### **Staff Internal Appointments**

We are pleased to announce that Miss Naomi Wilson has been promoted to the Head of Performing Arts at the College and Miss Ashleigh McLean will be joining the Pastoral Care team as Hamilton Head of House for Middle College.

### **Teaching & Learning - Chay Carter, Deputy Principal**

#### **Year 7 - 10 Feedback and Reports 2019**

Feedback is one of the most powerful influences on student learning and achievement. Also, crucially important is the shared commitment between dedicated teachers, motivated students and parents.

With an awareness of this, please see below for information on student feedback and reporting to parents in 2019.

- In 2019 grades and feedback are published by Middle College subject teachers for all formal assessments as they are completed throughout the year. Parents are encouraged to regularly check grades and feedback on the OLE to gain an understanding of how your child is progressing in 'real time.'
- A full formal report will be made available for all Middle College students at the end of Term 2. This Semester One Report will include subject grades and comments, tutor comments and co-curricular involvement.
- At the end of Term 4, parents should expect a formal report with Semester Two assessment grades, examination grades and a tutor comment.

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## Wellbeing - Marianne Duston, Deputy Principal

We hope you all enjoyed your Easter break, and that students had the chance to rest, relax and catch-up on sleep. As you will be aware, sleep is incredibly important for teenagers. Sleep deprivation is becoming increasingly common, particularly in affluent countries. Sleep experts have indicated that phones and computers being used in bedrooms late in the evening are having a negative effect on sleep and consequently learning.

It is really important that our students get enough sleep on a regular basis, so that they can learn well, and maintain emotional, physical and mental wellbeing. Below are a few tips to help regulate sleep patterns:

- Exercise 30 minutes every day
- Spend time outdoors each day in the fresh air and sunshine
- Avoid sugar, tea, chocolate, cocoa or caffeine after 6pm
- Limit exposure to blue light in the evening, and avoid screens 2 hours before bedtime
- Avoid studying in bedrooms

Our Navigate programme has been designed to promote positive wellbeing, develop character strengths and prepare students for life, and continues each week throughout the school year. If you have any questions about this programme, feel free to contact Marianne Duston, or your child's Head of House.

## Upcoming Events



This term we look forward to one of our major Middle College Performing Arts events. Our 2019 production is ***Chitty Chitty Bang Bang***, a story which appeals to all ages. Rehearsals are well underway, and the show opens in Week 4, **Wednesday 22 to Friday 24 May**.

Tickets can be purchased from Middle College Reception or through [iTicket](#).

**House Music** will be on **Wednesday 29 May**. More information will be sent out about this event soon, but please note this date in your diary. All Middle College students are expected to participate at this event.



Later in the term our students will be participating in the annual World Vision **40 Hour Famine** fundraiser. We have strong links with World Vision and look forward to continuing to support their work for children in need.

Thank you for your ongoing support of the College and we look forward to the many opportunities and challenges that Term 2 will bring. As always, the [OLE](#) is a good source for current information and news.

*Fides servanda est*



Duncan McQueen  
**PRINCIPAL – MIDDLE COLLEGE**