Pyramid Hill College
Is a Child Safe School

13th September, 2016

Diary

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Father’s Day Breakfast & Assembly
Thank you to all our fathers, grandfathers and friends who attended our Father’s Day Breakfast on Friday. We had a great crowd attend and I hope that you enjoyed your special day. Thanks to all our staff who assisted with the provision of breakfast.

P-6 Sleep-Over
Thursday, 15th September
Students to go home and return at 5.00 pm with their sleeping gear.

Last Day
Friday, 16th September
Students will be dismissed and buses will leave at 2.30

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**Year P-6 News**

### Student of the Week

**Blake Douglass** - for his brilliant participation at the Calder Sports.

**Zoe Stewart** - for her excellent effort in class.

**Kobi Manton** - for trying his best on sports day.

**Charli Moon** - for trying her best at sports and for “Matilda” retelling.

**Chenul Delpitaya** - for settling in well at this school.

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**P-6 Sleepover** - Thursday, 15th of September.

Only two more sleeps before the sleep-over for Prep to Year 6 and we have some very excited children who “Can’t wait” and we have some very excited staff who “Can’t wait”!! also.

### Some reminders:

- Students are not to bring a swag, but can bring their swag mattress.
- Students are to go home, and then return with their sleeping gear at 5 pm.
- Tea Thursday night and morning tea and lunch on Friday are provided, but if your child doesn't like what we are eating, snacks need to be provided for them.

**Kerang Rotary Spelling Bee**

Congratulations to Isabelle Caspani for coming second in the Kerang Rotary Spelling Bee, what a tremendous effort. Also well done to Erin Farrar and Jacob Clough Fidler.

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**Nude Food Day**

Tuesday 6th September was Nude Food Day at Pyramid Hill College. The aim of the day was to decrease the amount of rubbish brought to school in lunchboxes and consequently delivered to landfill.

Year 6 students conducted an audit of the rubbish created in all student and staff lunchboxes on one Tuesday in August to create a benchmark from which improvement could be measured. On this day, 183 separate pieces of rubbish were brought to school by students and staff in their lunchboxes (an average of 1.9 pieces per person).

We are happy to report that there was a significant reduction on the quantity of rubbish brought to the College on Nude Food Day, with only 37 pieces of rubbish generated from lunchboxes (an average of 0.3 pieces per person).

Our big improvers on the day were the Year2/3/4’s who reduced their rubbish by a massive 54 pieces, and only brought one piece of rubbish on the day. It is wonderful to see all classes improve on their benchmark score.

October is Nude Food Month, and we will be holding Nude Food Days every Tuesday during the month. It is hoped that we can further reduce the rubbish in our lunchboxes on these days. Please mark these dates on your calendar as a reminder—Tuesday 4th, 11th, 18th and 25th October.

Thank you to everyone who has embraced the spirit of our Nude Food Days.

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**Principal’s News**

### Student ICT Devices in 2017

Last year in the November newsletter it was flagged to parents that in 2016 the school would be reviewing the best digital learning devices for all year levels and to have a recommendation moving into 2017.

Our review has involved consultation with staff, students, school based technician, school council members and other schools.

The recommendations for 2017 are:

- Year Prep-6 – Use school owned iPads (iPads are for school use only and are not to be taken home) Students may bring their own iPads if they wish, however parents will have to provide the necessary apps in line with school requirements and be responsible for all maintenance.

- Year 7-10- BYOD (Bring your own device) – Students will be required to bring their own computer to school (laptop, notebook or netbook NOT iPod).

Early next term the school will provide an information sheet detailing minimum requirements and a recommended list with different models. The school is currently investigating computer suppliers that offer payment terms for parents. Nick Marlow (IT support) has indicated that he finds it critical that there is a limited number of BYOD allowed and to ensure that with these devices, the warranties involve localised support.

The college also acknowledges the need for a phase-in period and all devices previously purchased will run for the four year duration as planned. So for the next two years the curriculum will accommodate both iPads and the BYOD system.

Students in Year 7-10 who do not have a BYOD will be provided with a school owned device to be used for school use only. This device will be borrowed from the library and returned daily. It can only be taken home when teacher request is submitted because the student needs to complete homework.

If any parents would like to discuss this further please contact me.

### Sleepover

On Thursday night I am looking forward to celebrating the end of term by attending the Prep-6 Sleepover. I am sure we will all have fun and get plenty of sleep (hopefully)!

### End of Term

Congratulations and thank you to all our students and staff for their efforts and input this term. Many thanks to our student who have conducted and applied themselves well to their work at school and on camps and excursions this term. Thank you also to the many parents for their participation and contributions to the college.

I wish everyone a safe and happy holiday and I look forward to working with all of you next term to continue to provide the best education for our students. Term 3 finishes this Friday at 2:30pm. Term 4 resumes on Monday, 3rd October 2016.

**Fiona Moon, Principal**

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**Year 6 Sustainability Team and Ms Tracy**
Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.

One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it’s frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It’s harder still when you know that no matter how hard this child tries they just can’t be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it’s important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn’t come naturally.

1. **Be your child’s cheerleader**
   Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2. **Focus your comments on contribution, improvement and effort**
   It’s difficult praising kids when the results aren’t there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3. **Remember that persistence pays**
   Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4. **Help kids identify their strengths**
   Kids are like niche marketers – they define themselves by their strengths.

   “I am a good reader” or “I’m sporty” or “I’m really good at art” are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5. **Don’t put kids on pedestals**
   It is difficult living in the shadow of a superstar so avoid making a huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well.

Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids’ strengths, be liberal with encouragement and have realistic but positive expectations for success.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

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Tasmanian Trip

On Monday morning, 29 students along with Miss Fox, Mrs Talbot and Mr McCann, eagerly boarded the bus and headed off on their Tasmanian adventure. They had a great rain free day at the zoo, had dinner at a Port Melbourne Pizza Parlour before boarding the boat. They arrived safely in Tasmania this morning and today the sun was shining as they visited Sheffield and discovered a fudge ship along the way! Thanks to our staff members who willingly have given their own time to allow this trip to occur.

Spring is here—next term will be a fresh start—who can attend every day?? Not many left with 100% attendance.

Breakfast Club
Mondays, Wednesdays, Fridays
8.30 in the BER
All welcome

Hot Lunches from the Pie Warmer
This week will be the last for hot lunches—next term there will be no heating of lunches for students.