Today we joined with St Patrick’s School to celebrate National Walk to School Day. All students and some teachers walked to school from the Lion’s Park and then had a delicious breakfast. Tania Maher-Toose, the NDCHS Community Nurse then talked to students about the importance of an active lifestyle and the pros and cons of energy drinks. It was then off to the stadium where all F-8 students participated in a plethora of physical activities. The school was then presented with a $100 Sportspower voucher from the Loddon Shire. This afternoon the Year 2-10 students had the privilege of meeting and participating in a presentation by Rio Olympians: 

**Josh Dunkley Smith**
Rio silver medal - rowing

**Rowie Webster** - water polo vice-captain, London bronze medal. Sadly the girls missed a medal in Rio, much to their disappointment.

Thanks to the Loddon Shire for their contribution towards the National Walk to School Day. Also a big thank you to staff and senior students for their organisation, leadership and participation throughout the day.

**Welcome back**
I would like to welcome students, staff and parents back to school for the last term of this year. A very special welcome to the Caburnay and Goode/Gibson families who have relocated back to Pyramid Hill over the holiday break. School is off to a great start with all students settling quickly into their learning routine. The term is presenting as a busy one for us.

**About You Survey**
The About You survey assesses the health and wellbeing of young people in Victoria. It has been developed by the Department of Education and Training. Today an information pack has been distributed to Year 5 and 8 families which will provide information regarding the project. The survey will take place at Pyramid Hill College on Thursday 13th October.

**Pyramid Fiesta**
This year Pyramid Hill College are taking a lead role in the Fiesta with students and staff busy creating banners, dances and food for our community to enjoy on Saturday, 22nd October. Over the next few weeks Leanne Talbot will be facilitating evening cooking sessions at the College to prepare the cuisine.

Fiona Moon, Principal
**Year P-6 News**

**Student of the Week (last term)**

- **Erin Farrar, Isabelle Caspani & Jacob Clough Fidler** - for an excellent effort in the Kerang Rotary Club’s Annual Spelling Competition.
- **Adam Douglass** - for always getting on with his work.
- **Cecily Farrar** - for excellent writing about our five senses.
- **Lilly Fitzallen** - for always helping others and having a positive attitude to all her work.

**Premier’s Reading Challenge**
Welcome back and I hope everyone had a great holiday.

**Shire Australia Day Awards**
Each year Pyramid Hill College is encouraged to participate in the Shire Australia Day awards were the students win prizes for writing and/or colouring, and the winners are announced at the Australia Day Ceremony at the Hall in January next year. This year the students can write about “A great Australian”, color in and take photos of local Flora and fauna. A permission form has been sent home so that each student can enter the competition, their work cannot be entered without it. So please sign it and return it by Thursday at the latest thank you.

**Budgie update**
The students are excited that our pair of budgies at school have little babies. We are not sure how many there are in the box because they are too little to check yet and Mum won’t get off the nest, but we can hear more than one.

**Fiesta Dance**
Prep to Year 6 are preforming a dance at the fiesta on the 22nd of October. If possible can they please wear black clothes (t-shirt, Shorts or leggings, and sneakers on their feet) for the Performance.

**Visiting Author & Cartoonist**
On Tuesday, 18th October, all of our students will be participating in an incursion with an author, illustrator and cartoonist, Matt Glover. Year F to 6 will be using traditional pen and paper to join Matt in this experience and Year 7-10 students will be learning how to use a digital drawing app.

**IMPORTANT**: To be prepared for this session ALL YEAR 7-10 STUDENTS need to ensure they have downloaded the FREE app Sketchbook Express for iPad from the App Store on their device by Tuesday 18th October.

Matt runs MGA Counselling Services in Melbourne’s Eastern suburbs, working with individuals, couples and families. His first book brings his counselling and cartooning worlds together, combining drawing activities with mindfulness exercises to produce a resource that contributes to the wellbeing of our kids.

If you would like to take the opportunity to order this book and have it signed by Matt please fill out the attached form and return the money by Friday, 14th October

**By ordering before Matt’s session we get him to deliver them and not pay the postage. Can order after he has been by going online but would have to pay postage.**

**Breakfast Club**

**Mondays, Wednesdays, Fridays**

**8.30 in the BER**

**All welcome**
It was wall to wall sleeping bags in the BER Building before the holidays, for the Prep to 6 sleepover. It was noted that many parents were child free and had big smiles on their faces as they dropped their children off for the night. We all had an awesome time with games, BBQ tea, Disco, Limbo and “Matilda” the movie, top it off before we all went to sleep. Charlie Bone and William Hercott had their Birthday on this day, so thank you to the Hercott family for the cupcakes for supper. There were no tears from those who stayed all night(not even from Mrs Moon who wasn’t looking forward to sleeping on the floor). We all got some sleep despite some snoring and coughing.

The next morning we were all up early to have breakfast and pack up our sleeping gear, ready for the last day of school. A big thank you to Mrs Moon, Mrs Pascoe, Miss Nunn, Mrs Rogers, Mrs Bolch and Mrs Burke who gave up their time to stay overnight and help out with the activities and food preparation. The students were awesome, appreciative and had fun and that is why the Teachers organise these activities.

Tasmania camp!!
Tasmania …. been there…. done that…. Want to go back for more!! What a marvellous week was had by staff and students alike. Many different experiences were enjoyed during our week: Ghost tours that made a few people nervous and ‘screamish’; fudge that was to die for; the sombre atmosphere of Port Arthur; learning or watching the techniques of backwards and prostrate bowling (lol); and developing the walk best suited to a slightly rocking ship…. to name few. The trip was a resounding success with all attractions proving exactly what we had hoped for and our venues providing the best camp food ever. The weather was very kind to us apart from one particularly wet and muddy day, but we soldiered on eating cheese and chocolate like good Tassie tourists do!

Some of the comments from students include;

Teagan- ‘Boarding the boat was a really cool and new experience, and the view was breathtaking. Walking on the boat was quite a new experience too! Visiting ‘Fudge ‘n Good Coffee’ in Sheffield was amazing fun with awesome customer service! Port Arthur made me feel very lucky for how I live my life today. It opened my eyes up a lot. I really enjoyed the cheese factory where I realised that cheese makers can be incredibly good looking!’ (Wink wink)
Julia also suddenly developed an intense interest in cheesemakers…. Oops I mean cheesemaking!!

Keeley- ‘I loved the mine, it was a really cool tour. My favourite part was hearing about the mine rescue which was very sad. I also loved the zoo and the pet shop at the Vic market very much.’

Kassidy- ‘I just loved getting on the boat and knowing that at last after all my counting it was finally happening. I loved the Cataract Gorge and the ghost tour, and the chocolate tastings we did. I found it interesting seeing how cheese is made.’

Jordann, Olivia and Amy all loved the boat and being able to walk around it…. Although Olivia was really convinced that it was going to sink as we left Port Phillip bay through the heads and hit the open water!

Adam, Zac and Kevan all agreed that Port Arthur was a very interesting place, followed closely by the chocolate factory if they had to name the best things. But all agreed that the whole trip was really great, and they would all go back keenly in the future.

I would just like to say a huge thank you to all students, Mr McCann, Miss Fox and Peter and Sherrie Millar who made the week a real holiday. Every place we visited our group was complemented on their conduct and attentiveness. The trip was an absolute pleasure to be involved in.

Fiesta
All students are dancing beautifully in readiness for the Fiesta. A reminder that on the day students should wear black for dancing and waiting duties.

2017 Subject selection Books
These books will be distributed to Year 8 & 9 student this week in readiness for choosing their electives for next year. If parents wish to discuss their student’s personal learning plan for next year please don’t hesitate to contact us.

Date for your diary
21st November Year 10 Dinner

Mrs Talbot
Coordinator
Shapes, Lines and Dots
Cartooning, Creativity and Wellbeing for Kids
By Australian Cartoonist, Illustrator, Author and Counsellor, Matt Glover

SHAPES, LINES & DOTS
Cartooning, Creativity and Wellbeing for Kids
A cartooning book like no other!
Shapes, Lines and Dots contains over one hundred fun drawing activities combined with mindfulness exercises to enhance your child’s creativity and wellbeing.

Simple step by step drawing instructions help your child create everything from funny shape monsters, to household pets and wild animals.

The mindfulness exercises at the end of each chapter encourage children to observe the world around them, be present in the moment, contribute to their own wellbeing and have fun at the same time.

Example Mindfulness Exercise:
Next time you are at the beach, collect some shells. When you get home, turn them into cartoon characters of your own creation.

About the Author
Matt Glover has been a freelance cartoonist for over twenty years and also runs a private counselling practice in Melbourne’s Eastern suburbs.

Matt travels to schools and organisations around the country, running his cartooning, creativity and wellbeing workshops.

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To order:
matt@mattglover.com
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1300 38 50 20
Shapes, Lines and Dots
Cartooning, Creativity and Wellbeing for Kids
By Australian Cartoonist, Illustrator, Author and Counsellor, Matt Glover

ORDER FORM

Please complete the details below and return it to your school by the indicated date.

Your book will be delivered to school and handed out by the classroom teacher.

Name of Student: ___________________________________________________________________

School: Pyramid Hill College
______________________________________________________________________________

Class: ___________________________________________________________________________

Please return your completed form to school by: Friday, 14th October, 2016

I wish to purchase _____ book(s) at $20 per book

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Please debit my credit card:

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