



Diary 2024

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Principal's News

Welcome Back

I hope everyone has had a restful and happy Easter break. Great to hear of the students' adventures during their vacation. Everyone has settled back in to school life exceptionally well and ready for an eleven week long term.

We are very excited to welcome Miss Katie Matthews as a staff member to replace Mr Everett who is on long service leave. Miss Matthews has recently been teaching at Kyneton Secondary College and is looking forward to her 'hill' change.

Good Friday Appeal



Many thanks to our large contingent of volunteer students and parents that door knocked to raise vital funds for the Royal Children's Hospital on Good Friday. I was exceptionally delighted to receive such positive feedback on the enthusiasm and the manner in which the students conducted themselves.

ANZAC Day Service

Pyramid Hill College students are encouraged to attend the Pyramid Hill ANZAC Day service which will be held at the Memorial Hall on Thursday 25th April starting with the wreath laying ceremony at 9:45am. Could we please have all students attending to wear school uniform. Please be reminded that Thursday 25th April is a public holiday and students are not required to attend school on that day.

School Council Elections

Thank you to our parents who have been successful with their nomination for the 2024 Pyramid Hill School Council. We are delighted to welcome Gemma Scott, Marilyn Fernandez and Lauren Gould as they take on their first term on School Council. We are also pleased to have Adam Caspani, Tammy Peter, Alison Farrar, Yvonne Poole, Lacey Pickles and Rowan Broad as returning parent representatives and Genevive Policarpio, Kelly Gould, Tania Burke and Sean McCann as returning staff members.

School Council members play an integral role in the governance of the College and in planning the future direction. A huge thank you to our members who generously give their time to ensure our school is the best that it can possibly be.

On Tuesday 23rd April at 6:30pm the School Council Annual General Meeting will be held. Members of the school community are invited to attend this meeting which will be held in the BER building.



Pyramid Hill College Values

Respect:
We are respectful of self, others and the environment. (we are thoughtful of our words and actions.)

Learn:
We are learners who strive for excellence. (We challenge ourselves to do our best.)

Community:
We are community minded and embrace diversity. (We foster a sense of community and belonging for all.)

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Year F-6 News

Welcome back to school and term 2. Hopefully everyone has had a restful holiday and is ready for a new term of learning and activities. Well done to all those children who continued to read over the holidays and log it in their diaries.

Beauty & The Beast

Just a reminder that students have the opportunity to go to the Musical Beauty & The Beast on Wednesday 23rd October. All students have been given a permission note. The note and money needs to be returned by 12th August, 2024.

Beechworth Snow Camp

A note will be sent home next week seeking expression of interest in the Year 2-6 Camp at Beechworth from Monday 22nd July to Wednesday 24th July.

It is a three-day camp, learning about Ned Kelly, gold mining era and a day at the snow. The places the students will visit are Burke Museum, Court House- Kelly Trials, Beechworth Sweet Shop, Telegraph Station and Woolshed Falls to hike and gold pan. There is a day to Falls Creek planned, Tobogganing and playing in the snow. The night time activities include a cartoon workshop and movie night.

The cost is \$400 which includes all meals (breakfast, lunch, dinner, dessert, morning and afternoon tea), accommodation, attraction costs, toboggan hire, and travel to and from Pyramid Hill and to Falls Creek.

Pie Warmer

With the weather growing colder, students can bring lunches that can be heated up in the pie warmer. Food needs to be wrapped in foil, put in foil trays or oven proof containers with their name on them. They can be left in the basket on the BER kitchen bench in the morning, to be put in the pie warmer.

Parent/Teacher Interviews

We look forward to seeing parents next week on Tuesday 23rd April at Parent/ Teacher interviews.



Reminder for Parents of Bus Travellers

Please let the office know if your child is not travelling on the bus.

Parents of students who are travelling on the bus but getting off at a different stop need to phone the office. This also applies if someone else is picking up your children from school.

Workers of the Week



Amara Dizon: trying really hard to hear sounds in words when writing.

Pearl Wigg: being brave when she had her crash this week.

Aliya Clark: being kind and helping Pearl.

Ronnie Jessop: jumping straight in and doing lots of work after being sick.

Jonathan Roberts (Year 6 award): being a good friend and using his manners.

50 Nights Reading



Congratulations to the following students for reading for 50 nights.

Jonathan Roberts, Ruby Leerson, Brady Gilmore, Olivia Scott, Elsie Poole and Isabella Kunde.

Classroom Cup



Congratulations to Year 4/5/6 on winning the Classroom Cup

**Pyramid Hill College
is a "Child Safe" School.**

We are committed to the safety, participation and empowerment of all children.

Year 7-10

Year 9 NCTTC - CHARLTON

A reminder to Year 9 students that they will be attending PHC on Monday 22nd April, not Charlton College.

Bicycle Education

A permission note has been distributed for Bicycle Education. Thank you to those who have returned it already. Students are encouraged to bring their own bicycle and helmet to the sessions.

North Central District (NCD) Cross Country

The NCD Cross Country will be held in St Arnaud on Friday May 17th. Interested students need to place their name on the sign-up sheet in homerooms. Boys aged 15 and 16 years will run 5km, all other age groups (boys and girls) will run 3km. Permission notes will be distributed shortly to interested students.

Wellness Whispers

DIFFICULT CONVERSATIONS WITH CHILDREN & YOUTH: Six Important Tips.

Tragic news can enter our lives through many different ways. Our children may also be exposed, hearing about events through friends, social media, watching the news, or from seeing something first hand. As good parents we want to protect our children. So then, what is the best way to address difficult issues if they arise, without causing our children further distress? Here are SIX important tips for having difficult conversations, for times when we feel our child may be struggling with something they have witnessed, experienced, or heard about:

Be prepared yourself. Spend some time thinking about the issue, perhaps even talk to someone yourself first to make sure you work through your own feelings and thoughts about the issue, as this will help you be present and stay calm when you do chat. Take some time to think through appropriate responses to possible questions that may arise. If you are not prepared for a difficult conversation, it is always okay to say to your child something like, "Now isn't the best time, can we chat about this later?" Just be sure to follow up with them in a short amount of time such as the following day.

Let the child lead. Once the conversation begins which you may initiate, let the child ask the questions for you to respond to. You often won't know what your child has seen or heard and may try to address something which isn't necessary and could scare them. Go slowly and don't rush the flow. If you do ask questions keep your questions broad and curious without assumption, such as, "What have you heard? What are you wondering?"

Keep your responses age appropriate. Be careful how much you share to avoid scaring your child. Be clear and brief with your responses.

Reassure. This does not mean making false assertions or promises, rather reassuring your child through facts. For example, how rare these things occur. You can also reassure them with how you act to protect them everyday and talk about safety measures they can take if you are not with them and something happens.

Validate and normalise. When your child shares how they feel with you validate their response/emotions and offer reassurance it is a normal response for them to feel this way. You may also like to share that you also have felt the same.

Offer comfort. Speak calmly and softly and be ready to have a hug. Make an effort to connect in a way your child loves for example an outing, a game, or special meal.

If your child is struggling and you see signs of distress such as, difficulty sleeping, eating or focusing, self-harm such as biting or excessive scratching, arguing/fighting with others, or even disengaging from connecting and activities and retreating into isolation – whatever is not usual behaviour please seek help through speaking with a professional such as your GP, myself as PHC school counsellor, or calling a service listed below.

If you or anyone you know needs help:

Suicide Call Back Service on 1300 659 467

Lifeline on 13 11 14

Aboriginal & Torres Strait Islander crisis support line 13YARN on 13 92 76

Family or Partner domestic violence or sexual abuse 1800RESPECT. Call 1800-737-732 or text 0458-737-732

Kids Helpline on 1800 551 800

Beyond Blue on 1300 224 636

Headspace on 1800 650 890

ReachOut at au.reachout.com

MensLine Australia on 1300 789 978

School Vision Statement

The Pyramid Hill College community is committed to providing an inclusive, caring and rigorous learning environment that engages our students and challenges them to reach their full potential; academically, socially, emotionally, physically and creatively.

Students are empowered to demonstrate and value knowledge and skills that will support them, as life-long learners, to participate in and contribute to a wider community.

We promote a positive school culture that ensures staff, students and parents feel valued, have meaningful opportunities to contribute to the school and can effectively engage in the learning journey.