



# Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



**Newsletter**  
February 24th, 2023

## Diary 2023

### March

- 1 Sandhurst Div Swimming
- 7 Swimming Sports
- 9 NCD Triathlon
- 10 Hockey Roadshow
- 15-27 NAPLAN
- 21 Immunisations Year 7 & 10
- 24 School Assembly 1.45pm
- 30 Tesep Rocks & Fossils Yr 9
- 31 Hot Shots Tennis Yr 456

### April

- 6 Last day of Term 1



## Principal's News

### NCD Swimming



Congratulations to the students listed below who represented the College with spirit and endeavour at the NCD Swimming Carnival on Monday. It was excellent to see the students supporting one another all day and several students competing in events above their age group. Congratulations to Laura Poole and Cooper Gould who were age group champions, what outstanding achievements!

The list of placings is below, several students will progress to the LMR Swimming Carnival on Tuesday March 14<sup>th</sup>, this list will be confirmed shortly. Thank you to Bu Gould for being an excellent team manager and thank you to Joe Hercott for driving the bus and supporting us.

### Team members

Cooper Gould, Laura Poole, Alina Gould, Sophie Gilmore, Cecily Farrar, Rylan Chislett, Jack Gould, Jaxon Peter, Dempsey Lee, Ellesha Fergusson and Mia Farrar.

### Placings

**Alina Gould** 2nd 14yrs Girls Freestyle B

**Cecily Farrar** 1st 13yrs Girls Freestyle B

**Cooper Gould** 3rd 20yrs Boys 100m Breaststroke, 2nd 13yrs Boys Freestyle, 1st 13yrs boys 50m Breaststroke, 3rd 13yrs boys 50m Backstroke and 3rd 15yrs boys IM 50x4

**Laura Poole** 1st 13yrs 50m Freestyle and 1st 13yrs 50m Backstroke

**Rylan Chislett** 3rd 14yrs Boys 50m Backstroke

**Mia Farrar** 1st 16yrs Girls 50m Breaststroke

**Cecily Farrar, Sophie Gilmore, Alina Gould, Laura Poole** 3rd 14yrs Girls 4x50 Freestyle Relay

**Jaxon Peter, Jack Gould, Dempsey Lee, Cooper Gould** 2nd 15yrs Boys 4x50 Freestyle relay

**Cooper Gould** 13 yrs Boys Age group champion

**Laura Poole** 13 yrs Girls Age group champion

**Luke Roberts**

### Hours of Attendance

The school grounds are supervised by staff from the hours of 8:40am – 3:30pm. These are the only times that students should be on the school property unless there is a teacher supervised school event happening.

**Pyramid Hill College is a "Child Safe" School. We are committed to the safety, participation and empowerment of all children.**

## 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.)

### Pyramid Hill College

Kelly Street, Pyramid Hill, 3575

Tel: 5455 7377 -

Email: pyramid.hill.co@edumail.vic.gov.au

Website: www.pyramidhill.vic.edu.au

## **Stranger Danger**

I wish to extend a request to all families in regards to having a discussion with your child/ren around stranger danger. Over the past couple of weeks East Loddon P-12 College and an Eaglehawk school have both had one of their students finding themselves in an uncomfortable position after being approached by a stranger whilst riding home from their bus-stop. Although the students were shaken by this incident, they were mature enough to clearly articulate that they would not get into the stranger's vehicle despite a number of requests. These matters were reported to police.

Please have a discussion with your child/ren around stranger danger and discuss scenarios and/or ways in which to handle an unwanted approach.

We sincerely hope that this won't happen again and whilst we always hope that our child/ren are safe and well in small country areas, it does not hurt to remind families of the need to be cautious.

## **Art Show**

This week there has been an air of excitement around town as the Art Show has finally been able to go ahead. Our students have visited the exhibition and have been wildly impressed with the calibre of the art works. Many of our students entered the student section of the competition and their art work looked fantastic. Congratulations to William Hercott who entered his own work in a number of different categories. Special thanks to the members of the Pyramid Hill Progress Association who worked so hard to make this event possible.

## **Pyramid Hill Swimming Sports**

The school swimming sports will be held at the Pyramid Hill Pool on Tuesday 7<sup>th</sup> March unless there is a weather event.

## **Staying safe from mosquitoes**

Recent wet and warm weather has increased mosquito breeding. Mosquitoes can carry diseases that may be passed on to people through mosquito bites. A range of mosquito-borne diseases have recently been detected in mosquitoes in northern Victoria. Mosquito-borne diseases can cause serious illness, including infections of the brain, with children particularly at risk. The best way to prevent mosquito-borne diseases is to avoid mosquito bites. In line with community health advice, families can protect against mosquito bites by:

- using insect repellent that contains picaridin or DEET on all exposed skin if outdoors when mosquitoes are observed, from October to March
- wearing long, loose-fitting clothing outdoors if possible if mosquitoes are around and covering exposed skin as much as possible. Summer school uniforms, including polos and shorts, can continue to be worn, but students should use insect repellent on exposed skin if mosquitoes are active
- limiting outdoor activity when mosquitoes are active.

Further information

- Better Health Channel information about preventing mosquito-borne diseases.

## **School Bus Management System**

It is important that all bus travellers are registered online with the School Bus Management System. Any families who have not registered can you please do so immediately by using the website: [www.schoolbusapplication.ptv.vic.gov.au](http://www.schoolbusapplication.ptv.vic.gov.au)

**Fiona Moon,  
Principal.**

## **Year 7-10 Learning Neighbourhood**



Congratulations to Laura Poole and Cooper Gould who were age group champions at the NCD Swimming Carnival on Monday. What outstanding achievements!

## **Camp**

Thank you to Mr McCann, Bu Gould and Mrs Rogers who went on the Year 7 and 8 camp last week, it sounded like everyone had a great time. The Year 9 and 10 snow camp is from Monday 19<sup>th</sup> June to Friday 23<sup>rd</sup> June. We are finalising the itinerary for this camp and will have information distributed shortly.

## **NCD Triathlon (Thursday 9<sup>th</sup> March at Boort)**

We are finalising teams for the triathlon and will have notes out early next week. If anyone has a road bicycle that we might be able to borrow please contact Luke Roberts. It is excellent to hear the stories of students training for their events.

## **Get Active Kids Voucher Program**

**APPLICATIONS OPEN NOW!**



Find out more at  
[getactive.vic.gov.au](http://getactive.vic.gov.au)



# Year F-6 News

## Workers of the Week

- Ruby Roberts:** hard work with her reading and writing.
- Ronnie Jessop:** very best handwriting.
- Edie Gould:** sharing her dolls at playtime.
- Elsie Poole:** incorporating persuasive techniques into her writing.
- Tyler Manton:** working hard all week and getting a great score on his spelling test.
- Xanthe Farrar:** listening hard to teachers and students.

## Classroom Cup

Congratulations to the Year 2/3 class on winning this week's Classroom Cup.



## Sandhurst Division Swimming

We wish Elsie Poole all the best on Wednesday as she represents PHC at the Sandhurst Division Swimming in Bendigo

## Food Technology

These brilliant Year Sixes made sushi sandwiches in Food Technology recently. They served their sandwiches with freshly squeezed orange juice



## Swimming Program

Next week is our final week of swimming for Year F-6 and then we have the swimming sports on Tuesday, 7<sup>th</sup> March. There will be a BBQ lunch on this day. Order slips went out today. Students will need their swimming gear on Monday 27<sup>th</sup> February, Tuesday 28<sup>th</sup> February and Wednesday 1<sup>st</sup> March.

## Foundations 2023

The Foundations students' first full week of school is after the Labour Day Holiday on 13<sup>th</sup> March, so they will come to school on Wednesday 15<sup>th</sup> March.

# 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.



# YACVic Youth Participation 101 Training

**PLUS DINNER PROVIDED**

**What will you get out of the training?**

- Discuss the fundamental benefits of youth engagement
- Provide support to embed the voice of young people within your physical activities
- Support to create empowering environments that enable children and young people to feel safe, welcome and confident to be active
- The chance to share good stories, and workshop any challenges you may currently be facing

**Register now:**  
<https://www.trybooking.com/CFVOJ>



**Logos:** FUTURE HEALTHY, VicHealth, YACVIC Youth Affairs Council Victoria, NOCH

# TEEN GYM @ THE FIIT SPACE KERANG

**Wednesday's** 1st Feb- 5th April  
 for Term 1 4PM- 5PM  
 WITH BELINDA BACHELOR  
 72 Wellington Street, Kerang

**YEAR 7 TO YEAR 12 WORK OUT FREE FOR TERM 1 - EACH WEDNESDAY**

**NO EXPERIENCE NEEDED**

Proudly supported by:  
 NOCH, FUTURE HEALTHY, VicHealth

## The uneaten lunchbox



Are you a victim of the boomerang lunchbox - what goes in the lunchbox, comes back untouched or barely eaten? There are many reasons why children may not eat their lunchbox foods. Consider these next time you pack your child's lunchbox.

### TOO MANY NEW FOODS

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- Remember it can take up to 15 times of exposure before children will accept a new food.



### TOO MUCH FOOD

- A lunchbox full of food can be very overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.

### CAN'T ACCESS THE FOOD

- Some lunchbox containers and packages are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



### TOO BUSY PLAYING

- For many children, playing is much more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.

### REMEMBER

Children's internal sense of hunger, appetite and fullness is stronger than adults. Trust they will eat the right amount to grow well whether it be at school or home.



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[www.healthylunchboxweek.org.au](http://www.healthylunchboxweek.org.au)



# TEEN GYM @ COHUNA

**TUESDAY** 28th Feb- 4th April  
 for 6 weeks work out **FREE**  
 WITH NXT LEVEL COHUNA GYM 24/7  
 15 Market St, Cohuna VIC

**11-14 YEARS OLD- 4.00PM-4.30PM**  
**15-18 YEARS OLD- 4.40PM-5.10PM**

**NO EXPERIENCE NEEDED**

**PARENTAL CONSENT TO BE COMPLETED PRIOR TO THE FIRST SESSION. TO BE SENT OUT VIA EMAIL.**

Proudly supported by:  
 NOCH, FUTURE HEALTHY, VicHealth

## Music Lessons

Music lessons will be available again this year for guitar, keyboard and drums. Lessons will be \$50 per term with limited places available. Students are not guaranteed a place until payment is received. Forms are available at the office



**Hats are now compulsory for all students. Replacement hats are available at the office for \$12**

# TEEN GYM @ BRIC BOORT



**TUESDAY**  
21st Feb- 4th April



for 7 weeks at  
4PM- 5PM

WITH SHERRYN  
O'FLAHERTY  
119 - 121 Godrey Street,  
Boort

YEAR 7 TO YEAR 12 WORK OUT  
**FREE**

NO  
EXPERIENCE  
NEEDED

**BOOK HERE**



PAPERWORK & PARENTAL CONSENT TO  
BE COMPLETED PRIOR TO THE FIRST  
SESSION. TO BE SENT OUT VIA EMAIL OR  
COLLECTED FROM BRIC.

Proudly supported by:



INTERNATIONAL  
WOMEN'S DAY

8th March

**BREAKFAST**

Cracking the Code:  
Innovation for a Gender Equal Future

Join us to celebrate International Women's Day  
Help raise awareness and inspire the actions needed to  
continue the work towards a gender equal future.



**Our co-hosts:**

Geoff Rollinson (GSC CEO) and  
Mandy Hutchinson (NDCH CEO)  
will lead an exceptional panel.



Wed 8th March 2023



7.00AM - 8.00AM



Outside at Sir John Gorton  
Library, Kerang

Bookings preferred for catering purposes: <https://www.trybooking.com/CFWDO>



**EXPRESSIONS OF INTEREST NOW OPEN**

**Loddon Valley Football Netball League**

are looking for Junior Players for the following age groups  
to play in the

**BJFL for Season 2023**


**UNDER 9  
UNDER 10  
UNDER 12**

Contact Laura Naughton  
0400 532 090

[laura.naughton@aflcentralvic.com.au](mailto:laura.naughton@aflcentralvic.com.au)



# KICKSTART THE YEAR WITH HEALTHY LUNCHBOXES

Brought to you by  NOCH

## What makes a healthy lunchbox?

1. Grain Foods: Wholemeal or multigrain sandwich/wrap/roll, pasta, noodles, rice, crackers, rice/corn cakes



2. Fruit: Apple, orange, grapes, strawberries, cut-up watermelon, banana, mango, blueberries, peach, apricot, kiwi fruit, fruit salad



3. Vegetable: Cherry tomatoes, capsicum sticks, snow peas, carrot/celery/cucumber sticks



4. Dairy: Plain UHT milk, natural yoghurt, cheese cubes or sticks, smoothie, custard, yoghurt rice pudding, tzatziki



5. Protein: Chicken, egg, tuna, hummus, baked beans, lamb, pork, tofu, lentil pattie



6. Bottle of water



For more information and recipes please visit:  
[healthylunchboxweek.org.au](http://healthylunchboxweek.org.au)

