



# Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



**Newsletter**  
July 29th, 2022

## Diary 2022

### August

- 15 NCTTC Yr 8 Orientation Day
- 16 Book Judging
- 23 Book Parade
- 24 NCD Athletics
- 25 Calder Sports Athletics

### September

- 1 Year 7 Immunisations
- 5-6 Duke of Ed Camp
- 16 End of Term 3

## Principal's News

### Pyramid Hill Lions Club Junior Public Speaking Competition



## Reminder



### Term 3

### Music Lessons

Payments are now due and payable to the office or by direct deposit.

## 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

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On Wednesday we hosted the Pyramid Hill Final of the Lions Club Junior Public Speaking competition. It was great to have the St Patrick's students and staff join with us.

Congratulations to all the students who presented their speech Wednesday. You are all amazing in our eyes!

Thanks to our very astute judges, Cheryl and Father Dean who had the difficult job to decide a winner and runner up for each age group. A special thank you also to the Lions Club for their support and organisation of this event.

A huge congratulations to Thomas and Elsie who were awarded the 'winners' title and Fletcher and Sasha who were today's 'runners up'. We are very proud of you all.

### School Survey

Thank you to everyone who responded to our school survey. Your feedback is greatly appreciated and we will certainly take this feedback onboard as we develop the strategic plan for the next four years. We are delighted to announce that Karlee Gilmore is the winner of the \$100 Victoria Hotel meal voucher.

Congratulations Karlee!

## Covid-19

### **Face masks**

It is strongly recommended by the Victorian Department of Health that face masks are worn in indoor settings, with face masks mandatory for those aged 8 and over who are household contacts and attending school. This is because the wearing of masks is effective in reducing the transmission of COVID-19.

### **What does this mean in practice for schools?**

It is the department's expectation that, through to the end of winter, students aged 8 and over and staff will wear masks when in class, except where removing a mask is necessary for clear communication or when a particular activity requires the removal of a mask.

Wearing masks is a simple step we can all take this winter to reduce the number of COVID-19 cases and ensure our schools are as safe as possible.

### **Exemptions for testing and isolation**

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been reduced from the previous 12 weeks to 4 weeks.

This means that staff and children who are household contacts of people with COVID-19 are now required to undertake the testing and isolation requirements from 4 weeks after completing isolation with COVID-19. Previously, this exemption period was 12 weeks.

After the 4-week exemption period, students and staff members who are a household contact of a new COVID-19 case, must follow the rules for household contacts, including reporting this to their school.

As part of this they must take 5 rapid antigen tests (RATs) over 7 days and receive negative test results and wear a face mask (if over 8 years old) in indoor spaces.

Families and staff will also have to report being a household contact to their school after this 4-week period.

### **Dental Visit**

School Dental forms have been distributed. The School Dental Clinic will be at the College on the week starting October 3rd. Could you please return these forms before August 1st.

## **Kind July Award Winner**

**Jasmine Twigg**  
was nominated for being  
kind and always opening  
doors and greeting people  
pleasantly. The nominator  
said that "Jasmine would  
have to be the kindest  
person in the school."



**Kind July is an  
annual event where  
you do a simple act  
of kindness every  
day in July.**



Imagine being that person who makes the world a kinder place. You can be that person. That's why the Stay Kind movement is encouraging you to join us in July to do something kind each day.

Your kind actions matter. They could change and save lives.

Kind July is a legacy of two young men who unnecessarily lost their lives through unkind actions. Thomas Kelly and his younger brother Stuart both lost their lives in July, 4 years apart, when they were 18 years old.

Be part of creating a kinder world.

We encourage all students at PHC to be part of 'Kind July' by performing acts of kindness. We also have our Kind July nomination box and we will have weekly prizes.

## **Book Week 2022**

**Theme: "Dreaming with your eyes open."**

**Date: Tuesday 23<sup>rd</sup> August**

**Dress as your favourite book character.**

**The day will commence as follows:**

**11.30 am- Walk down the street.**

**(Pre-school & St Pats join us)**

**12.30 pm- Back to school- winners announced**

**1.00 pm- BBQ Lunch & Play time**





## Year F-6 News

### Reading Nights

**150 Nights:** Matthew Caspani, Tia Gould

**100 Nights:** Xanthe Farrar



### The New Playground

There was great excitement today as the workers began to put up the new playground. We can see a slide, steering wheel, climbing wall and lots of platforms that will be linked with an assortment of climbing frames and bridges. The hill was also dug up and made higher for the large double slide and another climbing playground where the playground used to be. We have been watching all week as the playground was pulled out and dug up, so it was a big surprise to see the playground structure finally being erected. We can't wait to see what happens next week.



### Thoughts from the Year's F/I

The new playground has a bridge and a house under it. The playground has monkey bars and a new fire man pole.

by Kirk

The new playground has a double decker slide.

by Kerenza

The new playground has monkey bars and a bridge.

by Lucy

### Workers of the Week



**Edie Gould:** trying exceptionally hard with her reading and writing. She listens carefully in maths.

**Jett Mitchell:** having knowledge about money.

**Ronnie Jessop:** listening to all instructions in Art and doing a beautiful job with his artwork.

**Emily Watkins (Year 6 award):** working hard in class.

**Thomas Hercott:** excellent speech at the Lions Club Public Speaking.

**Elsie Poole:** excellent speech at the Lions Club Public Speaking.

**Matt Policarpio:** positive and open attitude to starting a new task.

### Reminder

We still have some students who are not reading each night and are not bringing their diaries each day. Reading each night is a part of the homework program for each student to help improve students' reading and writing.

### Soccer Clinics

On Monday we are lucky enough to have Soccer clinics at the College for the Primary students. The students will need their sneakers. Thank you to Mr McCann for organising these.

### Classroom Cup

Congratulations to Year 2/3 on winning the Classroom Cup.



## 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.

## Year 7-10 Learning Neighbourhood

### Student of the Fortnight

Congratulations to Shamica Castro and James Hercott who were our winners of student of the fortnight. Shamica received her award for encouraging and assisting her peers and using her class time effectively. James received his award for demonstrating excellent leadership at the school cross country and for his efforts at the school farm. Well done to Shamica and James for setting an excellent example for their peers.



### Recent activity

It was excellent to have Abbey and Mitchell back to run a basketball clinic for the Year 7 and 8 students on Wednesday. Thank you to Mr McCann for organising these sessions. Furthermore, the High School Canteen is up and running for the senior students. Well done to Mrs Moon and the Community Connections class for making this a success.

### Kind July

Thank you to all those who have been completing nominations for Kind July. Acts of kindness go a long way and are an excellent method in boosting self-esteem and setting examples.

### Uniform

It is very important that students have their name on the label of their uniform. We often pick up jumpers and jackets that are left in the stadium and yard that have no name, making them very hard to return. Students are reminded that beanies and hats must be removed when entering the classroom. Furthermore, students who are wearing hoodies under their school jumper will be asked to remove them. During morning tap sessions, homeroom teachers will be conducting uniform checks. Please note that Hands on Learning students need to come to school in their uniform and have the opportunity to get changed at recess.

### Hands on Learning

We had a special guest in Mr Morison join us for Hands on Learning last week. Work continued on the Ga Ga pit, bike track, garden area, chess boards and primary seats. Signs were also made for the stadium and we were able to fix Mrs Rogers' door. Thank you to Mr Morison for his assistance; we will be pruning and grafting trees in the orchard this week under the guidance of Helen.

### NCD Athletics – Wednesday 24<sup>th</sup> August

Expression of interest forms have been distributed to students regarding the NCD Athletics in Charlton. Students who are interested in competing need to complete these sheets and hand them back to Mr Roberts. Please note that trials may need to occur due to the popularity of events and the limited number of positions. Permission notes will be distributed in the upcoming weeks.

**FLU SHOTS FREE FOR VICTORIANS**

The Victorian Government has made the flu vaccine FREE for all Victorians for the month of June

Book in for your flu shot  
Call our Medical Clinic on  
**5452 1366**

NOCH

The poster features a blue background with a yellow virus icon in the top right and bottom right. A photograph shows a healthcare worker in a light blue uniform and gloves administering a flu shot to an elderly woman with glasses. The word 'SHOTS' is partially visible in a blue circle behind the woman.

**Pyramid Hill College is a  
“Child Safe” School.**

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

### Host Families Wanted

Pyramid Hill College have been offered the opportunity to host a group of Indonesian students and teachers later this year. The group will consist of 15 students (13 girls and two boys), along with two or three staff members. All of the staff and students come from the city of Makassar, on the island of Sulawesi, Indonesia. The intended plan is for staff and students to participate in a two week homestay.

During this time, the following activities will take place at school:

1. Staff and students will enter Indonesian classes and we help the teacher to teach Indonesian, we make games that involved students (games that include learning in it), we introduce our country and our place, we play traditional games.
2. They perform our traditional dance, wear traditional costume, sometimes we perform at assembly or your school open day.
3. They cook traditional food at school for staff and students.

Other activities such as exploring the local area, will also be organised closer to the date.

In order for this wonderful opportunity to go ahead, we are seeking expressions of interest from potential host families for the staff and students. Students can be placed individually or in pairs. All students are aged between 15 and 17 years.

If your family is willing and able to be a host, please let the College know as soon as possible.





## NDCH SECURE VIC HEALTH'S- JUMPSTART! GRANT TO SUPPORT YOUNG PEOPLE

Northern District Community Health (NDCH) are thrilled to be working in partnership with Vic Health on their Future Healthy vision where no young person is denied a future that is healthy. Regardless of their postcode, bank balance or background.

**"This grant will enable NDCH to work in partnership with YacVic, young people and the wider community to create spaces where young people feel safe, welcome and confident to be active."**

The JumpStart! grant will be used to provide training for adults who work with young people across eleven communities in Gannawarra and North Loddon Shire.

### The training will

- Provide you with skills to create safe spaces for young people to be active (it's so much more than just having a Working with Childrens Check)
- Help you create environments where young people can thrive and lead
- Help you re-engage your passion and/or fill up your toolbox to effectively support young people


### Who is it for?

Anyone who works with young people aged 6-18 years. Teachers, sports coaches, volunteers, physical activity providers.

### EXPRESSION OF INTEREST FOR FREE YACVIC TRAINING



What's 2+2?



## FUTURE READY YOUTH 17-19 SEPT 2022

ADAPT youth climate network retreat

Are you between 15-25 years of age living in the Loddon Mallee?  
Do you want to create a climate ready future?  
Join us at the DOXA Youth Camp in Malmsbury.

Connect Inspire Create

**Free event!** All accommodation, food and transport to the venue is provided. Find out more here

Are you between 15-25 years of age and living in the Loddon Mallee region? Do you want to help create a climate-ready future?

Then join ADAPT Loddon Mallee at the 2022 FUTURE READY YOUTH - ADAPT Youth Climate Network retreat!

The ADAPT Youth Climate Network supported by ADAPT Loddon Mallee have been working together to design 'Future Ready Youth' a two-day retreat that brings together young people from across Loddon Mallee to explore climate change risks in their communities and design youth-led actions!

### The event is an opportunity for young people in our region to:

- ✓ CONNECT with other like-minded young people
- ✓ INSPIRE and be inspired by people leading action in their communities
- ✓ CREATE a movement towards a climate-ready future through sharing, learning and action

17-19th September 2022 at DOXA Youth Camp Malmsbury

This is a FREE EVENT, all meals, accommodation, and materials are provided. ADAPT Loddon Mallee can also provide transport support for any attendees who cannot make their own way to the location.

For more information or to sign up for this fantastic opportunity please visit <https://www.adaptloddonmallee.com.au/.../youth-climate.../>

## Mama Kin Spender: Sound of Your Town

This amazing event is finally happening at Kerang Memorial Hall on Friday, August 19



A collective of local, keen singers has been practising together every Wednesday evening since June, to learn complex harmonies and rhythms under the direction of accomplished pianist and music conductor, Mr Terence Carter. Slowly, the singers are morphing into a gospel style backing choir for **Mama Kin Spender**.

**Mama Kin Spender** is an Aria nominated duo comprising **Mama Kin** (Danielle Caruana) on vocals and drums; and **Spender** (Tommy Spender) on vocals and guitar.

The collaborative performance, **Sound of Your Town**, showcases songs from **Mama Kin Spender's** award winning album, **Golden Magnetic**. The style of music and lyrics can be described as soulful blues and roots. The arrangements are energetic, joyful, and uplifting. Undoubtedly **Sound of Your Town** will fill Kerang Memorial Hall with great sound, spirit and energy.



A bonus for this event, is the opening performance by Koondrook musician, Elise Drake. Elise returned home, due to the Pandemic, after spending some years living in Byron Bay, working on her craft.

Elise is making her mark in the Australian music industry as an indie rock singer/songwriter and performs regularly around the region and in Melbourne. She delivers her thoughtful lyrics with sweet harmonies.

Kerang, supported by the *Shire of Gannawarra* and *Regional Arts Victoria*, is one of only five Victorian venues to host **Sound of Your Town**. Don't miss it!

### Save the Place, Date and Time!

**Kerang Memorial Hall ... Friday August 19 ... 6.30-8.30pm.**


### Admission

Adult - \$20, Concession - \$10, Child - \$5

See the [Sound of Your Town flyer](#) or [Gannawarra website](#) for booking details

# E-CIGARETTES/VAPING

Pose a serious health risk!

Brought to you by  NOCH



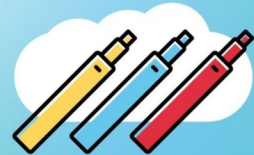
**Is vaping nicotine harmful?**

**Yes.** Many contain nicotine - even if it's not displayed on the packaging. **Yes.** Vaping has been linked to serious lung disease.



**Are e-liquids dangerous?**

**Yes,** they contain hazardous chemicals. Even those labeled 'nicotine-free' can contain nicotine and additives toxic to young people.



**Can vaping lead to dependence?**

**Yes.** Many vapes contain nicotine, which is an addictive substance.



**Do vapes contain nicotine?**

**Yes.** Nicotine vapour contains chemicals and additives hazardous to a young person's health.



**Is vaping bad for your lungs?**

**Yes.** Vaping has been linked to serious lung disease.



**Is vaping risky?**

**Yes,** vapour contains several cancer-causing agents, as well as chemicals that can cause DNA damage.

Sourced from <https://adf.org.au/>. Visit their page to get all the facts today!