



Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



Newsletter
March 3rd, 2023

Diary 2023

March

- 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

- 5 Fete 3-6pm
- 6 Last day of Term I



Principal's News

Foodshare



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



This week Year Eight students have had the opportunity to work with Bendigo Foodshare on a community program 'Cooking for Change'.

Students worked with Chef Caroline to make 70 Chilli Con Carne meals which have been distributed throughout the community.

Students learnt about community kitchens and the need to feed people on a large scale. From all reports the food was very well received. Thanks to Sam

School Council Elections

Nominations are now being called for the vacant positions on School Council. Please consider becoming involved in this vital aspect of the College governance. Your views and input would be greatly appreciated and are a critical aspect of the functioning of the College.

Nominations are currently open and close on Wednesday 22nd March. A ballot if needed will be held on Thursday 23rd March. Parent Representatives whose term has *continued over page....*

finished are Alison Farrar, Lacey Quinn, Brendan Pickles & Adam Caspani. There are four vacancies on School Council – to make up the constituting order of eight parent members. Outgoing members, parents and staff are encouraged to stand for School Council, as a vibrant and active School Council is a key ingredient to the effective running of the College. Thank you to everyone on School Council and in particular to outgoing members for their support, efforts and contributions to the college. Nomination forms are available from the College.

Swimming Sports

The annual Pyramid Hill College and St Patrick's Primary School Swimming Sports will be held next **Tuesday 7th March** at the Pyramid Hill Swimming Pool. The day will cater for swimmers of all levels and will be a great day .

INFORMATION

Years 3-10

Students are to assemble at the Pool

Bus travelers in Years 3-10 will be dropped at the pool

All students will be dismissed at 3.20pm from the Swimming Pool (Bus travelers collected also from the pool)

Foundation-Year 2

Students will start the day at Pyramid Hill College

Foundation-Year 2 students will be transported to the pool by bus @ 1.00pm in time for a BBQ lunch

Foundation-Year 2 students will be dismissed from the pool (bus travelers collected from the pool)

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.

Fiona Moon,
Principal.

Year 7-10 Learning Neighbourhood

Loddon Mallee Region (LMR) Swimming Carnival

Congratulations to Cooper Gould, Laura Poole and Mia Farrar who have progressed through to the next division of swimming. Cooper made it through in the 13 boys breast-stroke and butterfly, Laura in the 13 girls backstroke and freestyle and Mia in the 16 girls breaststroke. The LMR carnival will be in Swan Hill on Tuesday March 14th. Congratulations to Cooper, Laura and Mia, the College is extremely proud of you.

Swimming Sports

We are very excited for the College's annual Swimming Carnival on Tuesday. It will be excellent to see a sea (or pool) of blue and yellow as Loddon and Terrick extend their "friendly" rivalry. Thank you to Mr McCann for his assistance in preparing the carnival. The SRC will be selling some food, thank you Mrs Cain and the SRC team for organising this. Thank you to Mrs Burke for organising the BBQ and primary swimming program. It would be great to see parents, families and significant others at the pool to support the students.

NCD Triathlon (Thursday 9th March at Boort)

Notes for the triathlon have been distributed, if students could please return them to Joy promptly. If anyone has a road bicycle that we might be able to borrow, please contact Mr Roberts at the College.

Junior Sports

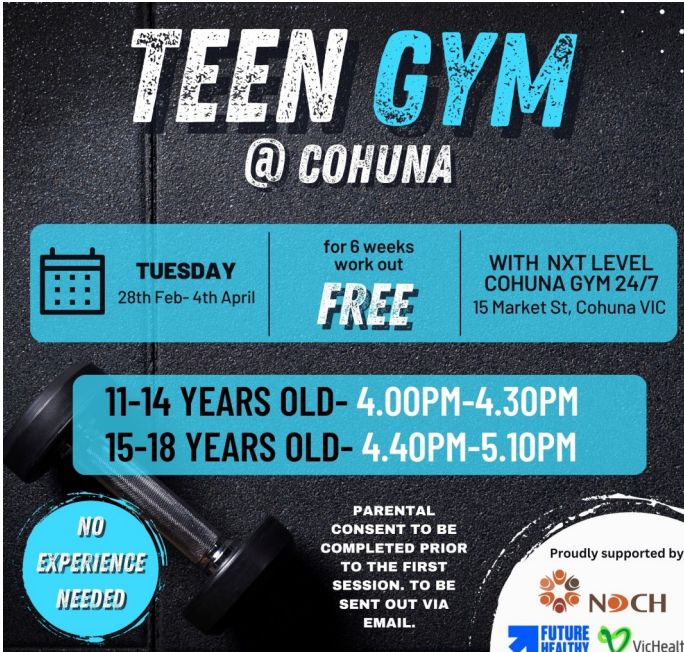
It has been excellent to see so many students from the College competing in summer sports and beginning winter sport training. Good luck to students who are playing in finals over the coming weeks. Well done to Mr Morison for his efforts in organising an U/18 football team, if any students are interested in playing or just training please see Mr Morison at school.

Bicycle Education

Students in year 7-10 will commence Bicycle Education within their PE sessions in the coming weeks. Could students and parents start to complete some maintenance on their bikes please (if they have one). The school has a limited supply of bikes and helmets for students wishing to borrow them.



School Fete
Wednesday,
April 5th
3pm - 6pm
Heaps of Stalls



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

Year F-6 News

Foundations 2023

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

Workers of the Week and Classroom Cup

Workers of the Week and Classroom Cup have been held over until Monday. They will appear in next week's newsletter.

Sandhurst Division Swimming

Well done to Elsie Poole who competed in the Sandhurst Division swimming on Wednesday. To compete at the event Elsie was required to swim under a qualifying time set by the Sandhurst Division Committee. Elsie competed extremely well in the Breaststroke and Backstroke events against the best swimmers from the Loddon and Bendigo regions. Great work Elsie!



Hookin2Hockey – at Boort District School

Hockey Victoria and North Central Hockey Association are visiting Boort District School and Pyramid College next Friday 10th March for Years F-6 to run their Hockey Roadshow. Participants will be introduced to hockey through simple skills and drills and fun games.

Boort Hockey Club will be starting their Hookin2Hockey (Minkey) program in the stadium from **3.45-4.30pm** each **Wednesday** from **March 15th**. Students from Foundation and up are welcome to join our free **“Come and Try”** session on Wednesday 15th March. Registration costs will be **\$40** for players wishing to continue. <https://www.hockey.org.au/hookin2hockey/> Choose Boort as your program when registering your child.

Sticks are available to borrow for the season with shin pads provided for new participants. All players must wear a mouthguard. Alternatively, a beginner's pack which includes stick, shinpads and ball can be purchased for \$40 through NCHA <https://www.revolutionise.com.au/northcentralha/shop/>

For further information, please contact Kelly Henderson 0427280583.

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



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.

Pyramid Hill College

PHC Easter Fete

Wednesday 5th April

3pm - 6pm

We are excited to announce the PHC Easter Fete! A lot of planning is going on, to prepare for a fantastic event. Please pop this date in your diary and stay tuned for great things to come.

An invitation is extended to the community to have a stall. Please contact the school office to confirm this.

We are also have a **Mega Basket Raffle** and are asking families for support in stocking our prize baskets please. Year level baskets are listed below. If families can please donate an item or two to fill these to create great raffle prizes. Thank you.

Each family is also being sent home a raffle book with \$20 worth of tickets. Please have these returned by Monday 3rd April (if you are unable to sell these, please return the book).

Year P/1 - Basket 1—Easter Madness

Suggested items: Easter Eggs, Easter nick nacks, chocolates of all sorts.

Year 2/3 - Basket 2—Road Trip

Suggested items: All the things to take on a road trip (great for holidays), small games, snacks, maps, binoculars, card games etc.

Year 4/5/6 - Basket 3 Pantry Filler

Suggested items: Any item you might like to find in the pantry, sauce, tinned food, chips, biscuits, cereal etc.

Year 7 and 8- Basket 4 'T'

Suggested items: All items that might begin with 'T'. Tim tams, tic tocs, toilet paper, tennis balls, tie etc

Year 9 and PHC Staff Basket 5 - Beach Bonanza

Suggested items—all things beach, towel, sunscreen, hat, sunnies, etc

Year 10 - Basket 6 - Mexican

Suggested items: All things Mexican, Taco sachet or box, tortillas, three bean mix, sombrero etc

Swimming Sports Tuck Shop - SRC

PHC Swimming Sports

Tuesday 7th March

SRC Tuck Shop

Price list:

Opening 11am ~ 11:45am
1pm onwards



Snow Cones \$2



All chips \$1.50



Skittles \$2



Raspberry Twist 2 for 50c



Fizzer 50c each

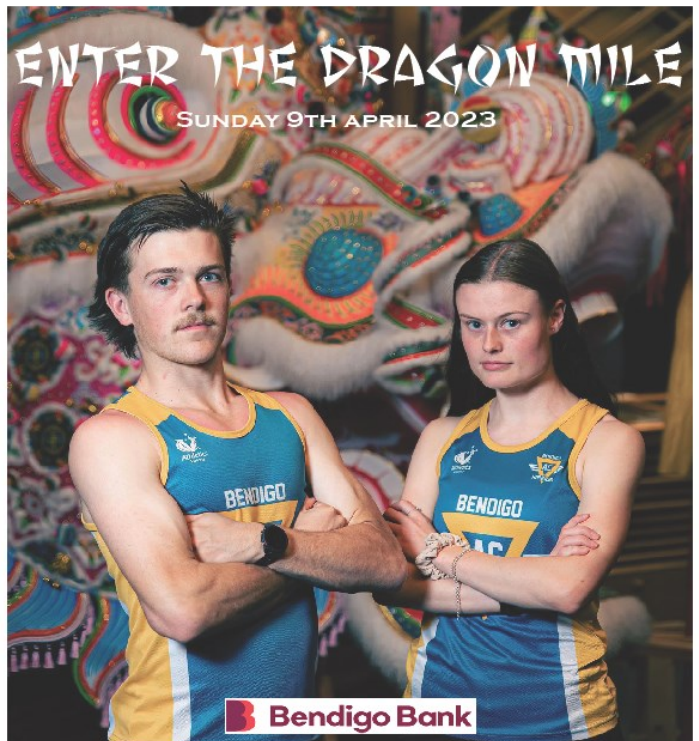


Fruit Pastilles \$1



Mini Chupa Chupa 50c each

Lolly bags \$1



ENTER THE DRAGON MILE

SUNDAY 9TH APRIL 2023

Bendigo Bank

ICONIC DRAGON MILE

MILE LONG FOOT RACE ON THE FAMOUS EASTER PROCESSION ROUTE

WHERE: PALL MALL AT GOLD MONUMENT - TIME: 10:30AM STRAT

\$10.00 MINI MILE & PRIMARY SCHOOLS - \$20.00 SECONDARY SCHOOLS/OPEN AND VETERANS

ALSO INCORPORATING GYM CUP, TEAMS OF 4 FROM YOUR FAVORITE GYM BATTLING IT OUT FOR BEST GYM!

<https://www.registernow.com.au/secure/Register.aspx?E=48662>



WIN WITH YOUR GYM



Photograph Supported By The Bendigo Chinese Association and Golden Dragon Museum. ENTER HERE

Get Active Kids Voucher Program

APPLICATIONS OPEN NOW!



Find out more at getactive.vic.gov.au





YACVic Youth Participation 101 Training

PLUS DINNER PROVIDED

- Wed 29th March 2023
- 5.00PM - 8.00PM
- NDCH Kerang
24 FITZROY ST, KERANG

This training is for anyone that works with young people. Including teachers, sports coaches, activity providers, and volunteers.

Register now:

<https://www.trybooking.com/CFVOJ>



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



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:

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.healthy-lunchbox-week.org.au



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

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>



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:



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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

NDCH School Newsletter

RIDE2SCHOOL POSTER/COLOURING COMPETITION

What is Ride2School Day?

Join more than 350,000 students across the nation who will ride, walk, scoot and skate to school on Friday 24 March 2023

What's involved in the poster/colouring competition?

Make a poster or colour in the Ride2School poster to promote and raise awareness of Ride2School Day. Posters and colourings to be displayed on social media.

Who can enter?

Open to all primary school students in Gannawarra and North Loddon.

How to enter?

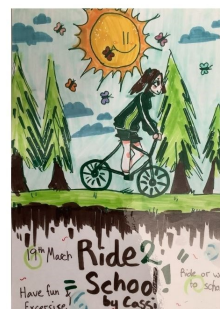
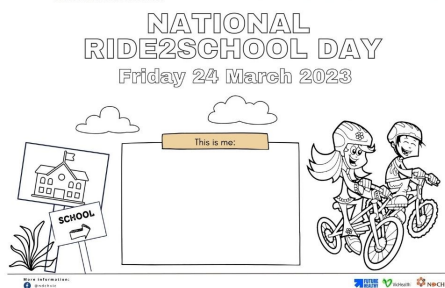
Send your entry to Rachel at rachel.clarke@ndch.org.au or drop it off at your school reception. Names will be on display, leave name blank or write your name on the back if you want children to remain anonymous.

Entries close: Wednesday 22nd March 2022

Prizes include:

- up to \$200 worth of prizes to be given away, Kerang South P.S are coming up with 5-6 categories and the prizes- stay tuned.
- Ride2School day certificate for every child who enters
- Colouring or poster displayed on social media

NAME: SCHOOL: AGE:



Example from:
Neerigen Brook
Primary School

More information:

