



Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



Newsletter
May 27th, 2022

Diary 2022

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Principal's News

Changed Forever

What a wonderful opening night for the Shrine of Remembrance 'Changed Forever' exhibition! A huge thank you to the local community groups that have worked tirelessly to bring the exhibition to town. Well done to our students Josephine Ceballos, James Hercott, Jasmine Twigg and Zac Manton who volunteered and assisted with the setting up of the exhibition. Thanks also to the Year 7 & 8 Community Connections classes and Wendy and Narelle who used their culinary skills to create the fruit and cheese skewers that were enjoyed by all! They looked great and were delicious! I encourage you all to pop in and check out this world class exhibition as we are very fortunate to have this on display in our town. It has only been to one other country location so let's 'relish' the experience.



Berry Street Training

Over the past two days, the entire Pyramid Hill College staff have been very engaged with the Berry Street Education Model (BSEM) training. This training course has enlightened and provided staff with many strategies that can be used to increase engagement with students who struggle in the classroom and to successfully improve all students' self-regulation, growth and academic achievement.

Attitude to School Student Survey

We value student voice as a means to improving student engagement, wellbeing and quality instruction and are conducting a survey to find out what your child thinks of your school.

The AtoSS is an annual student survey offered by the Department of Education and Training to assist your child's school to gain an understanding of students' perceptions and experience of school. Students will be asked about their thoughts and feelings in relation to their school, their learning, peer and family relationships, resilience, bullying, mental health and wellbeing, physical activity, and life in general.

This year, the AtoSS will be conducted over the period 6th June -17th June

Please find more information regarding this survey on page two of this newsletter.



Lost Property

We are accumulating quite a lot of lost property, especially school jackets and food/drink containers.

These are all unnamed so it is impossible to return them to their rightful owners.

Please contact the office if you think they are yours.



Term 2 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

Kelly Street, Pyramid Hill, 3575

Tel: 5455 7377 -

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

Website: www.pyramidhill.vic.edu.au

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Family Services

Last week I popped into the Neighbourhood House to meet the Catholic Care and St Vinnies workers. These services provide a wide ranges of resources for families. Please check out what they offer and make use of them. It is fantastic that we have these services available in Pyramid Hill and if we don't use them, we lose them. Please read the articles below outlining what these services offer.

INTEGRATED FAMILY SERVICES visiting regularly at the Pyramid Hill Neighbourhood House

Worried about your family?

As a parent its normal to feel overwhelmed sometimes. With help, you can provide your children with a better quality of life. You can work towards creating a healthy and peaceful environment.

INTEGRATED FAMILY SERVICES work with families to understand their specific needs and tailor a response that may include support with –

- ◆ In home support dealing with issues including child development, disability, drug and alcohol, family conflict, financial difficulties, mental health, trauma, social isolation.
- ◆ Parenting skill development
- ◆ Advocacy
- ◆ Connection and referrals to other community supports

INTEGRATED FAMILY SERVICES is a confidential free service available to anyone that has children 18 and under in their care.

A member from the Family Services team from CatholicCare Victoria will be sitting at the Pyramid Neighborhood House every second Thursday from 10.30-12.30 to answer any questions you might have on how Family Services may support your family.

Families are welcome to contact Family Services directly at CatholicCare Victoria 54381300 and speak with reception.

If you or a friend find yourself in a time of need, here are some local services who can help.



In case of an emergency, call 000 immediately

Kids helpline: 1800 551 800 - 24 hours.

Mental Health Regional Triage Service: 1300 363 788 - 24 hours.

Lifeline: Call 13 11 14 - 24 hours or Text 0477 13 11 14 - 12pm-2am.

Beyond Blue: 1300 224 636 - 24 hours.

Suicide Call Back Service: 1300 659 467 - 24 hours.

Homeless Crisis: 1800 825 955 - 24 hours.

Family Violence Crisis Support: 1800 015 188 - 24 hours.

National Alcohol and Other Drugs Hotline: 1800 250 015 - 24 hours.

Sexual Assault, Domestic/Family violence: 1800 737 732 - 24 hours.

eheadspace: 1800 650 890 - 9am-1am 7 days.

headspace Bendigo: 5406 1400 Mon-Tue 9am-6pm, Wed 9am-5pm, Thurs 12.30pm-5.00pm & Fri 9am-5pm

BCHS Sexual Health Services: 5406 1200 - 9am-5pm Mon-Fri.

Rainbow Door: 1800 729 367 - 10am-5pm 7 days.

QLife: 1800 184 527 - 3pm-12am 7 days.

Ask Izzy: www.askizzy.org.au/ Online resource with over 370,000 support services.



SCAN HERE →

Want a digital copy of this poster to store on your phone, share with friends or make your wallpaper? Scan the QR code here!



Please note:

When paying online, please make sure that you put your name on the deposit.

Family statements will be sent out soon. Please note that we need permission to use your CSEF money for camps and excursions.

If you see that you owe money for excursions but have a credit on your statement, please contact the office and we will allocate it to the relevant camp/excursion.

St Vinnies – Meet Leiza Webb-Mathers



Some of you know me as the chaplain from St Patrick's. This is a very important role for me but not the only hat I wear. I'm a proud mum of 4 children ranging in age from 32- to 12 years, I have 4 grandchildren. My passion is community and I have been a part of the Pyramid Hill community for 5 years now. To be able to give to the community is vital in rural areas. My many hats include a swim teacher, a Lions member, a volunteer for family drug help (which supports families living with someone with a substance issue), Gannawarra Toy run, community hamper coordinator, Baptist church member and St Vinnies, Kerang conference member. To be connected helps to reach those in need of support. Kim from Pyramid Neighbourhood house has given St Vinnies the opportunity to come to Pyramid Hill every second week. I am available to offer assistance or support to you or people of the community. Even if you would just like a chat please come on down. To use a service is to keep it in your community.

Year F-6 News

Workers of the Week

Maddie Leerson: for her fabulous attitude in Maths this week.

Kerenza Archbold: for trying hard with her handwriting.

Lucy Scott: (Year 6 award) for staying focused in class.

Toby Peter: for a fantastic week with measurement.

Tobias Wiltshire: for 'knocking Mrs Cain's socks off' with his recall of Auslan signs. WOW!

Charlotte Pickles: for having a fantastically positive week.

Thomas Hercott: for thinking outside the box for interesting ideas! Especially for his (scary) speech topic.

Alice Roberts: for showing great enthusiasm towards her speech and displaying keen research skills to find information. Well done Alice!

Elsie Poole: although being injured, Elsie 'soldiered on' giving everything a go and she is always kind to everyone.

Emily Watkins: for fitting beautifully into the Year 4/5 class routine and giving everything a good go.



Cinderella the Musical

A medical note (Yellow) for Cinderella the Musical has been sent home to those people who have paid for the tickets. **This note needs to be returned no later than Wednesday 1st June.**



50 Nights Reading:

Tyler Pollard, Matt Policarpio, Ronnie Jessop.



100 Nights' Reading:

Cooper Gould, Laura Poole, Sophie Twigg, Matt Caspani, Max Twigg.

Classroom Cup Winners: Year 6



Head Lice

Please keep checking your children's hair and make sure that long hair is tied back for school.

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 opportuni-

Year 7-10 Learning Neighbourhood

NCD Cross Country

We had nine students compete in the NCD cross country in St Arnaud on Monday. We were greeted with sunny skies and ideal running conditions which was a nice surprise given past days. There were five runners in the junior boys event and four runners in the junior girls event which ensured there were familiar faces in each event for our students. The feedback from the students indicated that the course was a bit more undulating than the flat ground that we were used to running on home, which resulted in some sore calf muscles, nevertheless the students persevered and represented the College in an excellent manner. Congratulations to all the students involved as it takes commitment and determination to complete long distance running. Thank you to Joe for driving the bus and accompanying us on the day. A special congratulations to James, William and Eloise who will progress to the LMR Cross Country on Tuesday.

Junior boys (3km)

James Hercott 16th
William Hercott 26th
Jack Gould 40th
Jed Stewart 45th
Kobi Manton 46th

Junior girls (3km)

Eloise Walters 20th
Alina Gould 46th
Sophie Gilmore 51st
Dempsey Lee



Year 9 & 10 Melbourne Camp

Permission and information notes were distributed Monday afternoon to students who had completed an expression of interest form for the Year 9 and 10 camp. If students didn't complete an expression of interest form but would still like to go they should contact Mr Roberts or the College.

Uniform

A note was distributed at the end of last week regarding uniform. If students are out of uniform parents need to write a note for the homeroom teacher for students to get a uniform pass. Uniform is available to be purchased from the office.

Push up challenge

We have signed up to complete the Push Up Challenge again this year which runs from June 1st to June 25th. Participants are encouraged to complete 3139 push ups over this time frame. Participants do not need to do push ups, they can do another form of exercise such as sit ups, burpees or squats. In addition, the number of exercises done can be reduced or increased. The initiative is designed to promote mental health and wellbeing through awareness and conversations. To take part you can sign up at the link below. Parents, guardians and community members are encouraged to join too.

<https://www.thepushupchallenge.com.au/fundraisers/pyramidhillcollegeandcommunity>

Afternoon TAP

As a part of afternoon TAP on Tuesdays, the Year 7-10 students have been completing mixed year level netball to build cooperation and teamwork. Thank you to the TAP teachers for their assistance with it and to the students for their efforts in playing, scoring, umpiring and cheering.



Student of the Fortnight

Congratulations to William Kunde and Ellesha Fergusson who were our winners for student of the fortnight. William was nominated for being a good friend and for helping out in the garden. Ellesha was nominated for showing great leadership in PE. Despite being injured, Ellesha has volunteered to umpire netball games. Both William and Ellesha have been setting an excellent example for their peers; enjoy your vouchers.



Hands on Learning

The HoL team started mowing the lawns at the Kindergarten this week which is something that will continue for the remainder of the year. It did take us a while to get the mower started but after some teamwork we got it started and Matthew and Kobi mowed the back lawns. Other projects saw Jed, William K and Mitch concreting the wooden structure for outside of the textiles room. Kobi, Rylan, Jamison, Mitch and William H also started digging holes for the ga ga pit. Matthew and Jacobi continued their great work on the wooden trays for staff. Jamison and Helen cooked roast pork for lunch which was delicious.



BOOKINGS

If you would like to attend an event, please book:

- In person: at the exhibition front desk
- By phone: 5455 7129
- By email: changedforeverloc@outlook.com

BUS SUBSIDY

If you are a not-for-profit special interest group and would like to visit one of the events in this program, please email programs@shrine.org.au and check if your group is eligible for a bus subsidy.

COST & DONATIONS

All events are FREE.

If you would like to make a donation, you can do this through the Shrine of Remembrance website: www.shrine.org.au/support-shrine

EDUCATION PROGRAM

Alongside the exhibition is an education program run by the Shrine of Remembrance Education Office. There are limited places available for schools to participate in the guided program. Please express your interest by email to education@shrine.org.au

A self-guided program is also available from education@shrine.org.au

PROGRAM UPDATES & PDF DOWNLOAD

This events program will be updated as details are confirmed on:

www.pyramidhill.net.au

and on Facebook

VENUE

All events are held at the Pyramid Hill Memorial Hall, Kelly St, Pyramid Hill unless otherwise specified.

From the Pyramid Hill Memorial Hall Committee and the Pyramid Hill Progress Association, thank you to the Shrine of Remembrance, the Pyramid Hill community, the many volunteers and to everyone who participates in this exhibition and program.

We are proud to partner with the Shrine of Remembrance to bring this to you.



SPONSORS



20 May - 26 June

CHANGED FOREVER

LEGACIES OF CONFLICT
A Shrine of Remembrance Touring Exhibition



PROGRAM OF EVENTS

Exhibition open

Wed, Thu, Sun 11:00 am - 3:00 pm

(except 1 Jun, 12:30 - 3:00 pm)

Fri 1:00 - 4:00 pm

Open at other times by appointment
Email: changedforeverloc@outlook.com

Pyramid Hill Memorial Hall
Kelly St, Pyramid Hill

Meet the Storytellers: Kellie Dadds & Robert Milton

VETERANS PRIVATE VIEWING

1 June | 11:00 am - 12:30 pm

Pyramid Hill Memorial Hall

This forum is only open to current, ex, and Reserve Military. Join us to hear Kellie and Robert expand on their experiences in a forum supported by David Turnbull.

Meet the storytellers: Kellie Dadds & Robert Milton

1 June | 1:30 - 2:30 pm

Pyramid Hill Memorial Hall

This forum is open to everyone. Join us to hear Kellie and Robert expand on their experiences.

Science Walk with Dr Angela Eads

6 June | 1:00 - 2:30 pm

Meet at the Hill carpark.

Walk around the Hill with an evolutionary biologist.

NB: You will need sturdy shoes and be able to traverse very uneven surfaces.

My Story

Do you have a story to tell about moving to Australia or about serving in the Military? We'd love you to write it down and share it on our exhibition wall.

You are welcome to write in your own language.

Printed forms are available at the exhibition front desk, from the Neighbourhood House or can be downloaded from Pyramid Hill Neighbourhood House facebook page. When finished, please bring them to the exhibition front desk or the Neighbourhood House.



Kellie Dadds has been deployed overseas eight times in the course of her 20-year career, with the majority of that time spent in the Middle East. It took a toll on her health. "War is not a pretty business. Unfortunately, some of those experiences have now caught up with me." She started *By the Left* when one of her friends was accosted about wearing her medals.



Robert Milton was a master sniper with the Scots Guards before joining the Australian Defence. Injuries sustained during his military service forced him to cease work. He is now an artist and advocate for veterans' mental health.




David Turnbull is a Mental Health Clinician with the Royal Flying Doctor Service. David is passionate about providing high quality mental health care to rural communities.



Dr Angela Eads is an evolutionary biologist with a passion for understanding biological diversity and the evolution of life. She has worked in research labs in Queenscliff, Perth, Canada and California and studied a variety of species including frogs, mussels, snails and fish. She now lives in Pyramid Hill getting first-hand experience of genetic inheritance raising her son Huxley.

E-CIGARETTES/VAPING

Pose a serious health risk!

Brought to you by  NOCH

DO YOU KNOW what's in an e-cigarette?



E-cigarettes, also known as 'vapes', are battery operated devices. The 'cloud' from vaping is aerosol, a fine spray of chemicals that enter the body via the lungs. Vapes can have the same harmful chemicals found in weed killer, bug spray, nail polish remover and cleaning products.

Young people make hundreds of great decisions each day, but the tobacco industry spends millions of dollars trying to undermine those decisions. They do this through manipulative techniques, and not listing the harmful chemicals in Vapes on the pack. The good news is - It's your body, your lungs, your life, and you're in charge.



What we know:

- Vaping is on the rise, but most young people choose not to vape
- Vape products and juice are not regulated
- Even 'nicotine-free' vape juice can contain nicotine
- Vape juice contains nasty chemicals that are bad for your health

Want more information? <https://www.quit.org.au/articles/teenvaping/>
<https://www.health.nsw.gov.au/tobacco/pages/vaping.aspx>

CENTRAL VICTORIAN

INDIGENOUS FILM FESTIVAL



MAY 27 - JUNE 3 | WWW.BENDIGO.VIC.GOV.AU

The Central Victorian Indigenous Film Festival is back in 2022 to celebrate National Reconciliation Week. Experience a range of films, videos, activities and discussions in local venues and online. This year's festival showcases an exciting range of Indigenous films, documentaries and videos starring and telling stories about Aboriginal and Torres Strait Island people from Central Victoria and across Australia.

**BE
BRAVE.
MAKE
CHANGE.**
NATIONAL
RECONCILIATION
WEEK 2022

Thursday May 26

Winner of the Central Victorian Koorie Youth Flick Fest 2022

Join us at 4.30pm at the Bendigo Library lawn for the opening of the Central Victorian Indigenous Film Festival with a Welcome to Country and Smoking Ceremony. This event will include the announcement and viewing of the winning short film for this year's Koorie Youth Flick Fest.

Time: 4.30pm

Venue: Bendigo Library, 259 Hargreaves Street, Bendigo

Cost: Free

Host: DJAARA

Friday May 27

Djurrpun and other wisdoms

Time: 1pm - 2pm

Venue: Bendigo Science and Technology Discovery Centre

Cost: \$5 per child, adults free

Host: Bendigo Science and Technology Discovery Centre and BDAC

To book: [Follow this link](#)

In My Blood It Runs

Fundraising event to support the community (central to the film) to establish a school in Djuwan's homelands, Mpweringke Anapipe, in the Northern Territory.

Time: Doors open at 6.30pm for a 7.15pm screening

Venue: Glenlyon Community Hall, Daylesford-Malmsbury Road, Glenlyon

Cost: Entry by donation

Host: Forest Film Society 3461

Saturday May 28

Nyarrn-gakgo mangkie: Voices of First Nations womxn

Time: 2pm

Venue: La Trobe Art Institute, 121 View Street, Bendigo

Cost: Entry by donation

Host: Weenthunga Health Network

To book: [Follow this link](#)

Sunday May 29

Ablaze

Time: 11am

Venue: Theatre Royal, Hargreaves Street, Castlemaine

Cost: Adult \$15, Concession/Loyal Royal Member \$12

Full day pass: Adult \$40, Concession/Loyal Royal Member \$35

Host: Theatre Royal

To book: [Full day pass](#)

Blak Divaz

Time: 2pm

Venue: Theatre Royal, Hargreaves Street, Castlemaine

Cost: Adult \$15, Concession/Loyal Royal Member \$12

Full day pass: Adult \$40, Concession/Loyal Royal Member \$35

Host: Theatre Royal

To book: [Full day pass](#)

Wash My Soul in the River's Flow

Time: 4pm

Venue: Theatre Royal, Hargreaves Street, Castlemaine

Cost: Adult \$15, Concession/Loyal Royal Member \$12

Full day pass: Adult \$40, Concession/Loyal Royal Member \$35

Host: Theatre Royal

To book: [Full day pass](#)



CVIFF acknowledges the Traditional Owners of Country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to Elders past, present and emerging.