



# Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



## Newsletter November 18th, 2022

### Diary 2022

#### November

- 21 Year 6 Dreamseeds  
Duke of Edinburgh Camp

#### December

- 1 Year 10 Dinner
- 5 9/10 Work Experience
- 7 Year 6 Lunch
- 12 Presentation Night 6.30-8.30
- 13 Moving Up Day  
Driver Ed Year 9/10
- 14 F-6 Bendigo Trip
- 16 Pool Day - last day for students
- 17 Community Trivia Night at the  
Memorial Hall

### Principal's News

#### End of Year

The end of the year is quickly approaching so please make sure you check out the calendar in this newsletter and have these dates marked on your calendar.

#### Flood Relief

This week we have been extremely fortunate to receive a delivery of ladies clothing from a Swan Hill ladies clothing business 'Poppy and Lola'. Items have been very popular with our secondary students. We are very appreciative of the generosity of 'Poppy and Lola' and thank them very much.

We have also been fortunate to receive fruit and vegetable hampers and some cleaning/personal items hampers from Foodbank. We appreciate the support of Foodbank which assists our community when times become tough.

#### Billy Tea Bush Dance

What an uplifting day we had on Wednesday, as Phil and Mick from the Billy Tea Bush Band came to town and wowed us with their musical talent. During the day our students and staff were quick to learn a variety of bush dances under the expert call of Phil and Mick. It was terrific to see all students learning new skills and most importantly having fun. The evening session continued in great form as our school community gathered together and enjoyed an evening meal. Then it was onto the stadium to kick up our heels and have more fun. It was terrific to have the St Patrick's school community join with us for this event. Thank you to all students, parents, grandparents and friends who came along and joined in with the fun!



#### Reminder

**Music Lessons Term 4 fees are now due and payable to the office or by direct**

**Foundation/Year 7 Transition**  
**Next transition dates are as follows:**  
**Monday, Nov 21st.**  
**Monday, Nov 28th.**  
**Foundation 9-11am**  
**Year 7 2-3.20**  
**Tuesday, 13th Dec**  
**Foundation & Year 7 9am -3.20pm**

### 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





### **First Aid**

Rich River First Aid provided the Year 9/10 students on Wednesday with the opportunity to complete their Certificate 2 First Aid. This qualification not only looks impressive on their resume but has also provided important knowledge and skills that one day may save a life.



### **SSV Golf**

Congratulations to Brady Gilmore who participated in the State School Victorian Golf Championships at the Neangar Golf Club on Wednesday. Brady played an impressive round and learnt a lot about competition golf.



### **Shoctober**

Thank you to Pyramid Hill CERT (Sheridan Gunther) and Ambulance Victoria (Josh, Fiona and Sophie) for coming to Pyramid Hill College on Tuesday to inform our students on their roles in the community and also to upskill our students with emergency first aid procedures. Students were also given the opportunity to become familiar with an ambulance and the equipment it uses. This was a very valuable learning session for our students.



# National Ag Day 2022

Today we have had a great day as we have acknowledged the Australian agricultural industry and we are appreciative with what they provide for us all. Thank you to all our sponsors of the day, our students have certainly enjoyed it and have much gratitude for the wonderful resources they have received today.



## Year F-6 News

### Workers of the Week

**Jett Mitchell:** hard work in speech and with his reading and writing.

**Kirk Ceballos:** excellent presentation of his project.

**James Hercott:** great help with the younger students at the Billy Tea Bush Band.

**Bella Lobb:** trying her best in Maths.

**Kerenza Archbold:** trying hard learning to dance.

**Isabella Kunde:** best partner dancing at the Billy Tea Bush Band.

**Charlotte Pickles:** fantastic participation in the Billy Tea Bush Band.

**Tristan Broad:** Participation with younger students at the bush band.



### Reading Nights

**250 Nights:** Laura Poole

**150 Nights:** Alice Roberts



### Classroom Cup

Congratulations to F/1 on winning this week's Classroom Cup.



### Billy Tea Bush Band

The Billy Tea Bush Band finally made it to our school, after three years of postponements and it was worth the wait. St Pats School joins us during the day learning the dances with Mick and Phil. It was fantastic to see all ages mixing and dancing with one another. In the evening we enjoyed a BBQ tea and then the parents joined us for more dancing and fun. We would like to thank Mick and Phil who are great entertainers and showmen for a wonderful day and night. Thank you to Wendy and Carlene for preparing the wonderful food. A big thank you to the parents, staff and students who participated in the evening entertainment.

### National Ag Day

Today is National Ag Day and so to celebrate we dressed up as farmers and participated in a number of activities which included gum boot throwing and scarecrow building. The students received a show bag with lots of goodies donated by different Ag businesses. Thank you to Mrs Cain and the SRC for the fantastic day.



## 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

### Exciting Times

It has been excellent to have so many activities occurring at the College. We had Eloise, Kobi, Rylan, Jack and Jed participate in the HarvestEd three day online workshop. Thank you to Mr Mulvaney and Mr McCann for organising this for the students. This week we busted out some dance moves with the Billy Tea Bush Band and it was brilliant that the primary (both PHC and St Pats) and secondary students collaborated in a session at school and after school. Thank you to Mrs Burke for organising this for our school and community. Students in year nine and ten completed their first aid training on Thursday, we will certainly be in safe hands with them around. Today we celebrated National Ag Day by building scarecrows, throwing gumboots and sharing a meal together. Thank you to the SRC and Mrs Cain for their efforts within this. Thank you also to the parents, family members and community members who supported these events.



### Duke of Ed – Major Camp

The Duke of Ed students will head off to Daylesford to complete their major camp on Monday and Tuesday. The equipment list and itinerary are on Compass for students and parents to view. Students will be completing a journey which will involve bushwalking, horse riding, sightseeing, cooking on Trangias and camping at Mt Franklin. Thank you to Miss Fox for coming along on the camp.

### Hands on Learning

We were busy making Christmas presents again this week. Helen demonstrated to the students how to make candles and work continued on the cheese boards we started last week. It was excellent to complete the bike track bridge, make the scarecrow frames for Friday, mow and edge the lawns at the kinder, start on the wooden structure outside the multipurpose room and make many other wooden projects. Thank you to Mr Morison for assisting with using the router and to Helen for organising the Christmas projects.

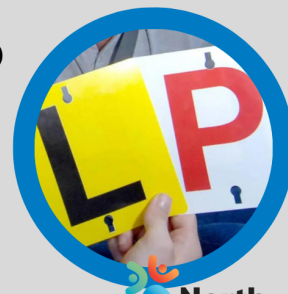


**BULOKE  
LODDON**



## Need help getting your P's?

The TAC L2P program helps young learner drivers (16-21) with limited access to supervising driver or vehicle to get on the road with trained mentors available to help them obtain the 120 hours necessary to get their licence.



North  
Central  
LLEN

For more information about this FREE program contact the North Central LLEN on 03 5491 1144 or email [l2p@ncllen.org.au](mailto:l2p@ncllen.org.au)



Buloke Loddon  
**TAC L2P PROGRAM**  
**Mentors Wanted**

Would you like to help young people learn to drive?  
Do you have at least two hours per fortnight to spare?

Are you over 21 years old?  
Do you hold a full current driver's licence?

The Buloke Loddon L2P program matches volunteer driver mentors to young learner drivers to assist them in gaining on the road driving experience in a vehicle that is provided through the program - all we need is your time (and interest).

If you are interested, please email [l2p@ncllen.org.au](mailto:l2p@ncllen.org.au) or contact the North Central LLEN on 5491 1144.



### APPRENTICE DIESEL MECHANIC (HEAVY VEHICLE TECHNICIAN)

Swan Hill Truck Service is a family-owned business that specialises in Heavy Vehicle Servicing, Repairs and Maintenance. We have been in operation for over 30 years and consist of a team of skilled and experienced employees.

If you are enthusiastic to learn, a good communicator and have the commitment to undertake an apprenticeship, then this could be the job for you!

As a Swan Hill Truck Service Apprentice, you will receive:

- Ongoing mentoring & Support
- On the job and classroom training
- Nationally recognised qualification upon completion
- Additional industry recognised training

To apply please send an up to date Resume to [helen@shts.com.au](mailto:helen@shts.com.au) or drop your resume to

Swan Hill Truck Service - 5 Shepherd Rd, Swan Hill.

# 4 STEPS OF ASTHMA FIRST AID

**1** Sit the person upright

**2** Give **4** separate puffs of blue/grey reliever puffer  
 – Shake puffer  
 – Put **1** puff into spacer  
 – Take **4** breaths from spacer  
 Repeat until **4** puffs have been taken  
 Remember: **shake, 1 puff, 4 breaths**  
 OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

**3** Wait **4** minutes  
 If there is no improvement, give **4 more separate puffs of blue/grey reliever as above**  
 OR give 1 more dose of Bricanyl or Symbicort inhaler

**4** If there is still no improvement dial Triple Zero (000) for an ambulance  
 Keep giving **4** separate puffs every **4** minutes until emergency assistance arrives  
 OR 1 dose of Bricanyl or Symbicort every **4** minutes – up to 3 more doses of Symbicort

Call emergency assistance immediately. Dial Triple Zero (000):

- If the person is not breathing.
- If the person's asthma suddenly becomes worse, or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If you are not sure if it's asthma.
- If the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid. Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

Protect yourself this pollen season. Managing asthma and allergies matters. Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au) or call 1800ASTHMA (1800 278 462) for more information. Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



# PROTECT YOURSELF THIS POLLEN SEASON

managing asthma and allergies matters

Brought to you by NOCH

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the grass pollen season runs from October through December. As the season approaches, there are some things you can do to prepare and protect yourself and those in your care:

- If you've ever had asthma** – talk to your doctor about what you can do to help protect yourself from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Remember, taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- If you have hay fever** – see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer – which is available from a pharmacy without a prescription.
- If you have hay fever, and especially if you experience wheezing and coughing with your hay fever**, it is important to make sure you don't also have asthma. Speak to your doctor today about whether you might have asthma, and if you do, get an asthma action plan.
- It's important for everyone in the community to know the **four steps of asthma first aid** so they know what to do if they or someone is having an asthma attack.
- And finally, where possible, **avoid being outside during thunderstorms** from October through December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it onto recirculate.

For more information visit the Better Health Channel: [www.betterhealth.vic.gov.au/thunderstormasthma](http://www.betterhealth.vic.gov.au/thunderstormasthma)

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

## JAPANESE ENCEPHALITIS VIRUS (JEV) VACCINATION CLINICS



Gannawarra Shire and North Loddon residents eligible to receive a Japanese Encephalitis virus vaccine can now access the vaccine through local immunisation providers for free. Call to make a booking.

- NDCH Medical Clinic**  
Ph: (03) 5452 1366
- Kerang Medical Clinic**  
Ph: (03) 5450 8060
- Boort Medical Practice**  
Ph: (03) 5451 5220
- Ochre Medical Centre Cohuna**  
Ph: (03) 5456 2609
- Gannawarra Shire Council**  
Ph: (03) 54509333

JEV vaccine is now available for anyone aged two months or older who lives or works in any of the high-risk local government areas (Gannawarra & Loddon) AND:

- Spend significant time outdoors (four or more hours per day), for unavoidable work, recreation, education or other essential activities, OR
- Are living in temporary or flood damaged accommodation (e.g. camps, tents, dwellings exposed to the external environment) that place them at increased risk of mosquito bites, OR
- Are engaged in the prolonged outdoor recovery efforts (clean up) of stagnant waters following floods\*

\* Vaccination can be administered after arrival in flood affected areas to those from other regions deployed for prolonged recovery efforts

Residents are encouraged to avoid being bitten by mosquitoes by limiting outdoor activity when mosquitoes are most active, wearing long, loose fitting clothes, and applying a mosquito repellent to exposed skin when

## PROTECT YOURSELF FROM THUNDERSTORM ASTHMA

- 1 Speak to your doctor or pharmacist about what you can do to protect yourself this pollen season.
- 2 Learn the 4 steps of asthma first aid.
- 3 Be aware of thunderstorm asthma forecasts during pollen season.

Protect yourself this pollen season. Managing asthma and allergies matters. Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au) for more information.

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