



Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



Newsletter

September 16th, 2022

Diary 2022

October

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- 5 Parent/Teacher/Student Interviews
- 7 House Athletics
- 14 Yr 5/6 Cricket — Boort



See you all next term
October 3rd

The Dental Van will be visiting in the first week of Term 4.

All students who have returned their forms will be seen to.

More information to come

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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Website: www.pyramidhill.vic.edu.au

Principal's News

Term Three Concludes

Congratulations to all students for their efforts in term three. It has been an extremely busy one, which has been filled with camps, excursions, numerous sports days, community events and culminated last night with the school disco. A big thank-you to students and their families also for their support during the School Review process

The holidays have now arrived and I thank all students, parents and staff for their efforts this term. I hope that you are able to enjoy a little 'down' time over the next two weeks. Enjoy the break!

School Disco



A big thank-you to the Mrs Cain and the SRC for organising the Disco. It was great to see students across Foundation-Year 10 enjoying the opportunity to socialise together. Thank-you very much to our committed PHC staff for

Progress Reports and Parent-Teacher-Student Interviews

Progress reports are now available for Semester Two on Compass (instructions are attached to the Compass post sent out on Friday). Progress Reports give teachers the opportunity to update families on student's progress throughout term three. If you are having difficulty accessing the Progress Reports please contact

sean.mccann@education.vic.gov.au

For any queries/questions about any aspect of the reports, please contact the office at the College on 54557377 or make a booking for Parent-Teacher-Student Conferences, which will take place on Wednesday October 5th (First Wednesday of Term Four). To make a booking, please use the below information.
BOOKING LINK

<https://www.schoolinterviews.com.au/code/ghjm6>

If you have any difficulty booking a time, please contact the College on 54557377 or email sean.mccann@education.vic.gov.au. Alternative meeting times can be made for families, who are unable to attend.

Sandhurst Division Athletics

On Monday 12th September we had 6 students who competed at the Sandhurst Division Athletics. Well done to the following students who competed on the day: Siri, Cooper, Isabella, Tristan, Jamison and Brady.



Siri was successful in gaining a third place in the Shot Put.

Professional Practice Days

Last Friday staff had the opportunity to participate in a Professional Practice days. Professional practice days are designed for teaching staff to undertake professional development to improve their teaching practice, such as teams of teachers planning curriculum or teams visiting other schools. Staff had the opportunity to visit a number of schools in the region, which included: East Loddon P-12, Marist College, Bendigo Technical School and Lockington Consolidated School.

LAST CHANCE

2022 Parent/Caregiver/Guardian Opinion Survey

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. We encourage all families to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

The Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 15th August to Friday 16th September**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones.

Last year we used the survey results when planning the curriculum, extra curricular activities and special programs. We also used the survey results when reflecting and improving our learning and teaching practices.

An invitation and instructions on how to participate will be distributed to all families on Compass. If any parents need assistance accessing Compass please phone the school to make an appointment. We are only too happy to assist you through this process.



Jacob performing his VET music assessment task Out Of Time by The Weeknd



Congratulations Harry Goodes. NCD 15 years age group champion

Hats are now compulsory for all students.



Replacement hats are available at the office for \$12

Year F-6 News

Workers of the Week



Lucy Scott: excellent student and helper.

Ruby Roberts: trying very hard with her reading and writing.

Athena Wiltshire: reading consistently at home and working on giving verbal summaries.

Sophie Pickles: good friend and caring for others.

Sophie Twigg: great term's work.

Mrs Cain (Year 6): organising the disco for everyone.

Tristan Broad: getting everyone involved at the disco and making sure no one misses out.

Jed Stewart: outstanding effort in organising and setting up the SRC Hollywood disco.

Mia Braun: outstanding effort in organising and setting up the disco.

Riley Fergusson: outstanding effort in his role at the disco.

Elsie Poole: consistent and outstanding effort in all homework tasks over the term.

Tyler Manton: becoming more aware of his needs as a learner.

Reading Nights:

Congratulations to these students for their reading efforts.

100 nights - Sophie Pickles, Tyler Manton

150 nights - Maddie Leerson, Ruby Roberts, Matt Policarpio

200 nights - Kerenza Archbold, Tia Gould, Tristan Broad.

Cross Country



Congratulations to the school age group champions for the Cross Country held this term.

Year F/I Visit the Pre-School

On Tuesday 6th September the Year F/I visited the Pre-School to meet the new Preps for 2023 and to have a play. We had a great morning playing outside in the sandpit, on the playground and with the toys.

The Year F/I took their books they had made to read to the Pre-school children. Mrs Mann, Nicky and the pre-schoolers were very happy to see them.

Thank you to the Pre-school for having us for the morning- we thoroughly enjoyed it. We look forward to hosting the pre-schoolers at the College next term to do some activities with us.

Some thoughts about our visit from our Year F/I.

We went to the pre-school today and I played with Libby.
by Edie

I like playing with the cars. by Kerenza

I read my book to Libby and Kirk. by Tobias

At the pre-school there were swings and it was so much fun.
by Jasper

We went to the pre-school today. It is my birthday today. I am six.

by Ronnie

I read a book to Isabelle and I saw Pippa. I drew a picture. Pippa read a book to me and Libby read a book as well.

by Lucy

I played with Jasper on the swing and went on the slide. I drew a picture and played on the trampoline.

by Kirk



Thank you SRC and Mrs Cain

A big thank you to the SRC and Mrs Cain for all the exciting activities you have planned for us over this term. A very big thanks for the effort that was put into organising the disco, it was an amazing night that everyone enjoyed immensely. Everyone danced the night away, enjoying the pizza and one another's company. It was great to have St Pat's students and staff join in the fun also. It was a fabulous way to finish off the term.

The Princess' New Clothes Play

Year F-3 were lucky enough to be invited to St Pat's on Wednesday to watch their play they put on called "The Princess' New Clothes". It was very good with the students doing an excellent job acting and saying their lines. It was also very funny when John came out as the "Hairy Fairy", we all laughed. We would like to thank St Pat's students and staff for the invitation, we all enjoyed it.

Congratulations to our Girls

Congratulations to our Under 13 Pyramid Hill netball ladies for winning the netball grand final on Saturday. The Under 15 Pyramid Hill netballers didn't win but they should be proud of the game they played, never giving up. Better luck next year. Also congratulations to Sophie Gilmore on winning her U13 grand final for Leitchville/Gunbower.

Sports Dress Up Day

We had tennis, AFL Football, netballers, cricket, basketball, baseball players and many more sports attend school on Wednesday, 7th September as part of the Sports Dress Up Day. It was great to see so many students take the time and effort to dress up. Thank you to the SRC and Mrs Cain for organising the day.

Get Well Soon Mrs McKinnon

We were very sad to hear Mrs McKinnon has had a buster and broken her arm. We hope she is feeling better and can join us at school soon.

Not on the Bus

If you are not on the bus, please make sure you get your name ticked off in the office so we are not holding up the bus for everyone else.

End of Term

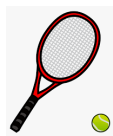
I wish everyone a safe and restful holiday. We need to rest up ready for a very busy Term 4 as we have lots of great activities organised. Don't forget the Parent/teacher interviews in the first week back, we would like to see all parents if possible.

SRC Disco



Loddon Valley Junior Tennis

Teams will be allocated to balance abilities.



October - February

Date to be confirmed

10am - 12 noon

\$50 Games played at Dingee, Calivil and hopefully Pyramid Hill.

Queries to: Michelle Balic 0400 278 570

Tennis Coaching

Friday after school - more details to come.

\$10 a lesson or \$90 per term

Minimum numbers needed.

Register direct to Alison Farrar 0427 551 253

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

End of Term 3

Thank you to everyone for their efforts across the term, we hope you have a restful and enjoyable break.

Sporting Finals

Congratulations to all members of the College and community competing in sporting finals over the weekend/ last month. You should be proud of your efforts over the year.

Disco

Thank you to Mrs Cain and the SRC team for their organisation of the disco. We are very lucky to have the opportunity to participate in activities like this. Thank you to all of the staff involved.

Student of the Fortnight

Congratulations to Cohan Lobb, James Bojo and Chloe Stevens for being our students of the fortnight. Cohan received his award for being a respectful learner by working on his focus in class. James received his award for his consistent positive approach to learning and working collaboratively with his peers. Chloe received her award for her focus in class and representing the College at the NCD athletics. Well done Cohan, James and Chloe.



Hands on Learning (HoL)

It was excellent to have our School Support Manager, Michelle Barton, attend our HoL session last Thursday. Michelle was able to see the progress we have made on various projects, complete some pruning and grafting and offer us some ideas for the future. The last two weeks has seen the team complete some more grafting and pruning, making various wooden objects and features, cleaning store rooms, working on props for the disco and continuing on the bike track and ga ga pit. Well done to the team for their efforts this term.



Duke of Edinburgh Practice Camp

We had seven students complete the practice journey in Mt Terrick Terrick National Park. This experience was to prepare students for their major journey later next term. On Monday, the team started bushwalking at Reigels Rock and made their way to Mitiamo Rock for some sightseeing and exploration. After this we made our way to the Mitiamo Golf Club where we cooked our evening meal, played some games and camped the night. Tuesday morning saw us bushwalking to Bennetts rock from the Golf club. Overall the students covered approximately 13km and successfully completed the requirements of the journey. Students will now go into planning their major experience in term four. Thank you to Mrs Moon and Mr McCann for their assistance on the camp. Thank you to Adam Gould and the Mitiamo Golf Club for allowing us to camp there and to Rowan Broad for providing us with firewood.



SRC Disco Photos



LASER TAG & LIVE MUSIC

FOR STUDENTS GRADES 5 - YEAR 12

FRIDAY 16TH SEPTEMBER
(LAST DAY OF TERM)

6-10PM
6-7PM FOR PRIMARY SCHOOL AGED STUDENTS ONLY

THORNLEY HALL, 48 MURRAY ST KERANG -
KERANG TECHNICAL HIGH SCHOOL

FREE ENTRY
MUSIC BY 'THE KNOWN'

BBQ & SNACKS AVAILABLE - GOLD COIN DONATION
(FUNDS SUPPORTING ROTARY CLUB OF KERANG)

TO REGISTER:

MATT ALLAN - NOCH MATTHEW.ALLAN@NOCH.ORG.AU PH: 5451 0200	HANNAH GARDINER- KTHS HRGAR7@SCHOOLS.VIC.EDU.AU	LACHLAN GILES - MSA LACHLAN@MALLESPO RTSASSEMBLY.ORG.AU PH: 0477 960 219
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FREE SWIM TEACHER COURSES

Enrol now

Course details

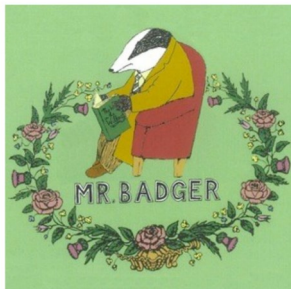
www.lsv.com.au/training
Life Saving Victoria Ltd
(RTO ID: 21799)

Free swim teacher courses

Contact us to learn more

On Friday 12th August, Sport and Recreation Victoria (SRV) launched the new **Youth Aquatic Accreditation Program**, as part of Victoria's Youth Strategy 2022-27. As a result of this great initiative, Life Saving Victoria (RTO ID 21799) is able to offer a range of fully funded accredited Swim Teacher training.

Gannawarra Library Service Presents
MR BADGER tells the story of
The Wind in the Willows



Mr Badger tells this much loved story celebrating the joys of nature and friendship.
A delightful storytelling performance for the whole family.

Cohuna - 3.00pm
Monday, 26 September

To book your place at this free event,
call 5452 1546 or 5456 4124



Welcome Spring



Celebrate the new season with miniature gardens, diamond painting and a visit from Mr. Badger himself!

Miniature Gardens
Suitable for all ages

Kerang - 10.30am Tuesday, 20 September
Cohuna - 10.30am Thursday, 22 September

MR BADGER tells the story of *The Wind in the Willows*
Suitable for all ages

Cohuna - 3.00pm Monday, 26 September

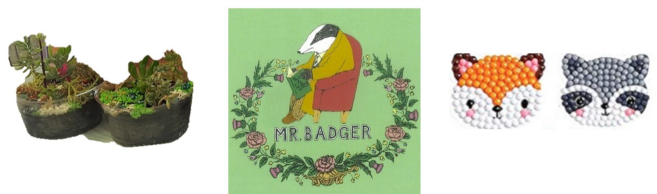
Diamond Painting 5+

Kerang - 10.30am Wednesday, 28 September

Bookings


Phone 5452 1546 or 5456 2124

Children to be accompanied by an adult



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.



- 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 spacerRepeat 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

For more information visit the Better Health Channel:

www.betterhealth.vic.gov.au/thunderstormasthma