College Captain Presentations

This morning it was an absolute pleasure to sit and listen to our year 10 students present their speeches for the position of College Captain. If only everyone could have seen just what our senior students are capable of, they would all agree that the goals of the College are being met and that we are producing high calibre young adults. A huge congratulations must go to Abbey Dingwall, Steven Gunther, Daniel Hercott, Jasmine Lacey and Hugh Miller who all prepared speeches, and put themselves up for election to the position of College Captain. Congratulations on your outstanding efforts and mature approach to the task.

After a voting process by all students and staff, the successful candidates for the position of Pyramid Hill College Captains for 2015 are - Steven Gunther and Daniel Hercott. We wish them well as they take on this important role.

House Captains and SRC Representatives will be elected tomorrow.

House Swimming
Sports
Pyramid Pool
Friday, 13th February
9.00 am Sharp
Buses will take students directly to the pool in the morning. P-2 students will come to school as normal and will be taken to the pool in time for lunch.

P-2 Program starts at 1.30
BBQ lunch - order forms due back tomorrow - with money please.

Pool kiosk will be open from 10.30 am and Snow Cones will be for sale for $1.00

Parents should come prepared for the parent/student race!!

Icy Poles
For sale at school
Tomorrow
50 cents

Pyramid Hill College
Kelly Street, Pyramid Hill, 3575
Tel: 5455 7377 Fax: 5455 7106
Email: info@pyramidhill.vic.edu.au
Website: www.pyramidhill.vic.edu.au

Parent Info Session re Free Program - 16th Feb, 2–3.30pm

Have you ever thought about wanting some new ways to help your child cope with the ups and downs of life? To help teach your kids about strong feelings and how they can manage them better? To learn parent approaches to remain calm when things get stressful in your family? These feelings skills are really important to help children make and keep friends, do well at school and feel good about themselves.

Parents of children in Pre-School to grade 6 have an opportunity in Term 2 2015 to participate in a free parent program at our school. It is an 8 week program which runs from 1.15 am to 3.15pm on Mondays at Pyramid Hill College commencing on Monday 13th April 2015 and conclude on Monday 1st June 2015.

If you would like to find out more about the program, please come and meet presenters Kerry Holland and Megan Rohde from Bendigo CASEA (Bendigo Health) from 2.00 to 3.30 pm on Monday 16th February 2015 at Pyramid Hill College.

If you cannot make this time and would like some more information on the program please call Kerry or Megan directly on Ph. 5442 7596.

To express your interest in this program, please R.S.V.P – June Smith Ph. 5455 7377. Email: smith.june.l@edumail.vic.gov.au by Thursday 12th February, 2015
**Year P-6 Learning Neighbourhood**

**Swimming Program - P-6**
Students swimming times are -  
Monday and Friday - after recess - 11.45  
Tuesdays - after lunch - 2.00

**Swimming Sports - Friday, 13th February**
Junior Program commences at 1.30 at the Pool.  
Preps, Years 1 and 2, need to come to school as normal,  
bringing their swimming gear with them. Students will work in the classroom for the morning. At 12.30, we will gate changed at school, then take the bus to the pool, where we will eat lunch, including the BBQ, if ordered. Swimming activities with St. Pat’s students will commence at 1.30.

Students need to bring:
♦ Swimming gear in names bag  
♦ Healthy snack, recess and lunch if no BBQ  
♦ Water bottle  
♦ Sunscreen (if your child requires special sunscreen)

Students may go home from the pool at the end of the day with their parents, but please let their classroom teacher know.

*Prep students* will not be required at school on Wednesdays until after the Labour Day Holiday (9th March).

**Soldiers’ Care Packages**
Last year we sent four Care parcels to our soldiers serving in the army and air force.

Last week received a letter from Rachele Karmiste, who is a medic in the Royal Navy, based on HMAS Success, which is in the Middle East region at present.  
She was thrilled to receive the package and letters from our students on Christmas Eve. She wrote individual messages to the students, answering their questions and also sent photos of herself on the ship, with the package.

Thank you to all those who donated items for the packages.

**Healthy Living**

We made a strawberry smoothie in Healthy and decorated our glass with some kiwi fruit.

William Hercott with his smoothie.

**New Indonesian Language Assistant**

My name is Tiara Cita Maharani, but people call me Tiara. I was born in Ciamis, West Java on June 9, 1991. I live with my mother and my brother in Majalengka, West Java. My mother is a teacher. She teaches accounting in a vocational school. My brother is in college. He’s studying Resort & Tourism Management in NHI, Bandung.  
My hobbies are reading and dancing. I like reading detective novels or everything. I like traditional dances, especially jaipongan. Besides, I also like to cook.  
I’m so happy to be an Indonesian Language Assistant to Pyramid Hill College. The staff and students are so wonderful. Hopefully, I can be a part of Pyramid Hill College and contribute to any events and celebrations.

**Indonesian**

**Swimming Sports**
All 7-10 students are required to attend the sports. It is not ok to be away. If for any reason a student is unable to participate in the water activities, there are always leadership and helper roles that need to be filled. In order for a student to feel comfortable in all school settings they must be present at all school functions, as absent only makes anxieties worse.

**Level 2 First Aid**
All year 9 students have received their First Aid workbooks, as well as year 10 students who haven’t previously completed this course. Students will complete these booklets in home room meetings and at home, then they will undertake a day of training and assessment. Year 10 students with their First Aid Certificate will update on the same day. This $180 course is provided by the College at no cost to the students.

**Berwick Students to Visit**
Wednesday 4th and Thursday 5th of March. Traditionally this has been a great chance for our year 9/10 students to make new friends and introduce the city kids to a little of our country lifestyle. All students from both schools will undertake a session of community service on the Thursday.

**Reminder to Year 7 & 8 – It’s not OK to be away – you fall behind and your friends miss you!!**

**Year 7-8 ‘Mates Camp’**
Congratulations to all year 7 and 8 students who have settled into the routines of their classes very quickly. It is great to see that all students are putting their hands up for jobs and participating enthusiastically in all areas. At present staff are busy organising a camp for year 7 and 8 which will focus on team building, self-esteem, friendships and fun. This camp will hopefully take place this term depending upon the availability of appropriate campsites. More details will be coming soon.

**Duke of Ed Practise Canoe Camp**
Wed 18th March – Friday 20th March
Work Experience- Year 10 only
Dates 14th – 18th September - the last week of Term

**School Council Elections**
Nominations for the vacant positions on School Council are now called for. Please consider becoming involved in this vital aspect of the College governance. Your views and input would be greatly appreciated and a critical aspect of the effective functioning of the College. Nominations open on Monday 9th February and close on Monday 16th February. A ballot, if needed, will close on Friday, 27th February. The first meeting of the new Council will be on Tuesday 24th March. Parent Representatives whose 2 years term has finished are Rowan Broad, Kelly Stewart and Robert Moon. The DEECD Representative whose 2 year term has finished is Fiona Moon. For this year there are 4 Parent and 2 DEECD Representative Vacancies on School Council. 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.

Joe Mazzarella,

**Music Lessons**
Students in Years 3-10, wishing to have music lessons this term/year, need to return the attached form, together with payment for first term by Monday, 16th February.

**School Requisites**
Payment for all school requisites should make as soon as possible please. If you are unsure about what is owing, please contact the office. Parents are able to use EFTPOS (available in the office) or Online Banking for any payments to school.
Banking details are:
BSB 083-693
A/c No. 60880 2159
Please identify your payment when processing.

**Immunisation**
Cards have been sent home for all Year 7, Year 8, Year 9 and Year 10 students. Could you please sign and return these by tomorrow if possible, even if you do not wish your child to be immunised.

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**Homework Night**
Will start on Thursday, 12th February and will be on every Thursday after that
In the Science Room from 3.30—4.30
(Healthy Snack included)
Teacher assistance available
All students from Years 5-10 welcome

**Every Day Counts**
We have reactivated the “Student Whereabouts” book in the office, so if a student is late to school or leaves early, they must sign in and out giving a reason for their late arrival or early departure.
Students will also need to account for their absence with a note/phone call/diary entry as to why they have been absent.

Joe Mazzarella,
Making a Smooth Start to Secondary School

by Michael Grose - Australia’s No 1 parenting educator

**Getting used to new subjects and new teachers, as well as forming new friendships, are just some of the requirements of this transition.**

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that many research projects indicate that children’s learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the **Four P’s** to help your young person settle in:

1. **Promote friendships**
   - The quicker kids form new friendships the sooner they’ll feel comfortable in their secondary school surroundings.
   - Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. **Practice patience**
   - Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. **Pursue a positive attitude**
   - Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

4. **Process their day**
   - Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school.
   - Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person’s school is by actively promoting the school’s values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person’s new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!