Principal's News

Welcome Back!
A big thank-you to students, parents and staff for a great start to the 2016 School year! This year, we welcome a new cohort of 10 Prep students, along with students from St Patrick’s College entering Pyramid Hill College at Year 7, as well as new students that have recently enrolled. Our current school population stands at 97. We also have two new staff members at the school. Rebecca Nunn is commencing her teaching career in the Grade 5/6 room and Sean McCann returns to the school as Assistant Principal, after a teaching stint in Bendigo.

Student Orientation Day
Thank-you to parents and students for attending Orientation Day and making it a great success. Homeroom teachers appreciated the time to meet students and family members and to establish goals for each student for the 2016 school year.

Newsletter and Letters Home to Parents
This year we are planning to utilise technology and instead of posting letters with Australia Post we will be using email as much as possible to communicate with families. Not only is this a cost effective process but also very efficient. We did trial emailing orientation letters to those families that had email addresses and our learning from this is that we do need to send read receipts with each email. So please make sure that the school is updated with your email address and that you do keep an eye on your inbox. Just a reminder that every Tuesday each family receives a hard copy of the newsletter. It is also available on the school website: www.pyramidhill.vic.edu.au. If you would like this to be emailed please let June know.

Building & Grounds
The school’s buildings and grounds look great; a special thanks to Ken Talbot, Bill Quinn and Judy Perry for their work in preparing the school for the start of the year. The Year 9/10 Locker Room has not been re-established yet however, the contractors assure us that this will be completed as soon as possible.

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 effective functioning of the College. Nominations open on Monday 8th February and close on Monday 15th February. A ballot, if needed, will close on Friday, 26th February. The first meeting of the new Council will be on Tuesday, 15th March.

Parent Representatives whose two years term has finished are Kim Lister and Michelle Miller. Michelle will not be seeking re-election as her youngest child has left the College. There are three parent vacancies on School Council - to make up the total constituting order of 8 parent members.

The DET Representatives whose two year term has finished are Tania Burke and Sharolyn Morris, who has resigned from the College. Fiona Moon, who is a current DET teacher representative will become the Executive Officer so there will be four DET positions vacant.

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.

Fiona Moon, Principal
Welcome back to school for 2016. Special welcome to Miss Rebecca Nunn, our new Year 5/6 teacher and our new Preps and other new students.

Classes for this year are:
Year P/1 - Kiralee Pascoe
Year 2/3/4 - Tania Burke
   Tracy Rogers (one day)
Year 5/6 - Rebecca Nunn

Swimming Program - P-6
♦ Swimming Program started today, 2nd February.
♦ Swimming days are Monday, Tuesday, Thursday from 2 - 3 pm.
♦ Students need to bring bathers, T-shirt or Rashie and towel. If your child has special sunscreen, please send it along.
♦ Students also need a bag to put their wet bathers and towel in.
♦ Don’t send students in bathers as we can swim in the middle of the day, so they need to be able to wear underwear for comfort and toileting.

Year 7-10 News

Welcome back to everybody!
Welcome to our two new Year 7 students from St. Pat’s - EJ Fernandez and Brianna Stevens. We hope you enjoy your years at Pyramid Hill College.

Home Room Teachers:
Year 7/8 - Bronwyn James & Lizzie Fox
Year 9/10 - Ian Everett & Marty Halliday

Welcome especially to our Year 10 students who will be our leaders for the year. Students are currently working on their presentations for the roles of College Captains, House Captains and SRC Leaders. We look for to a great year working with our leadership team. College Captains will be presenting on Friday 5th February.

Swimming
Students in Years 7-10 will be going swimming during PE Lessons, so please come prepared. Parents should not be expected to bring swimming gear to school when it has been forgotten.

Coming up
This term we have Berwick Secondary College visiting to work with Year 9 and 10 students. We will be having a Year 7/8 team building camp later in the term, and Year 9/10 will have an Arts Connect trip to Melbourne in term 2 to undertake cultural and vocational activities. There will also be a Shire Street arts trip to Melbourne in the last week of term 1 for selected art students.

Uniform
A reminder that hats are to be worn this term and that shoes should be black leather. Canvas shoes are not safe and students will be unable to take part in Technology, Agriculture, Foods or Arts subjects if the incorrect footwear is worn.

Tasmania Trip Payments
Just a reminder that payments may be made at any time to the office.

Managed Individual Pathways
Our new MIPS coordinator Sue Clay will be meeting with Year 10 students on the 18th February and 8th March this term. This time will be spent getting to know our students and assisting them with thoughts and plans for the future.

Diary Dates
Friday 5th Feb - Duke of Edinburgh Award Scheme notes due back
Monday 29th Feb - Berwick students arrive
Tuesday 1st March - Berwick Connections day

Mrs L Talbot
7-10 Neighbourhood Leader
Bell Times
Students are expected to be on time for school.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8.55 am</td>
<td>Warning Bell</td>
</tr>
<tr>
<td>9.00</td>
<td>TAP (Home Rooms)</td>
</tr>
<tr>
<td>9.15</td>
<td>Period 1</td>
</tr>
<tr>
<td>9.58</td>
<td>Period 2</td>
</tr>
<tr>
<td>10.41</td>
<td>Period 3</td>
</tr>
<tr>
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<tr>
<td>11.44</td>
<td>Period 4</td>
</tr>
<tr>
<td>12.27 pm</td>
<td>Period 5</td>
</tr>
<tr>
<td>1.10</td>
<td>Lunch</td>
</tr>
<tr>
<td>1.51</td>
<td>Warning Bell</td>
</tr>
<tr>
<td>1.56</td>
<td>Period 6</td>
</tr>
<tr>
<td>2.39</td>
<td>Period 7</td>
</tr>
<tr>
<td>3.22</td>
<td>End of the day</td>
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General Information

Red Sports Polo Shirts
Are available for PE and Sports - if you are new to the school or have grown out of your current shirt, please fill out an order form, (available from the Office) and return to school ASAP - we have orders ready to go to be embroidered.

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<tr>
<th>Type</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Shirts without names</td>
<td>$17</td>
</tr>
<tr>
<td>Shirts with logo and name on back</td>
<td>$20</td>
</tr>
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School Requisites
Payment for all school requisites should be paid 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.

Home Eco Payments
These can be paid by term - $30
- For the whole year - $120
- or $3.50 per session.

If payments are not made, students will not be allowed to take their cooking home, so please make sure payment is made by one of the methods.

Home Eco costs are heavily subsidised by the school and students are only asked to pay a minimum amount.

Music Lessons
There will be no Music Lessons this term, due to the term being short and the need to find another drum teacher since Tom Mewett is unable to continue. Further information will be sent home next term.

Student Details
If you have changed any of your contact details, emergency contacts for students, and email addresses, could you please let June know, so records can be updated.

Uniform
The College has a supply of blue polos, red sports polos and school jackets, so if you are needing these items, please call in to the office. An order is being placed for Size 6 jackets as we are out of stock. The Op Shop has a plentiful supply of second hand uniform items, particularly for boys.

SRC News

Swim Sports BBQ
The SRC is providing a BBQ at the Swimming Sports and an order form is being sent home.

Zooper Doopers
Will be on sale at school this week for 50c.

Year 5/6 students with their new teacher, Miss Rebecca Nunn

All welcome to support our students at the Swimming Sports Terrick - Yellow Loddon - Blue
Parenting ideas
INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Maintain a strong relationship with your teen

How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

Following through to teach responsibility

‘Following through’ means doing what you say you’ll do. If you say “You’re grounded” yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

Following through is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone’s individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax. It’s how a civil society operates. Drive too fast and you’ll receive a fine. Harm someone and hopefully you’ll be issued with a suitable punishment that matches the offence. ‘Cross a line and something happens’ is the accepted wisdom in our community, in school and in family-life.

It’s important that the consequence issued matches the misdemeanour. When we go too far – “you’re grounded for the term” – then we generally get resentment. Not strong enough – “you should apologise” and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager’s regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent’s best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that’s how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately and calmly and you’ll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent’s best friend when it comes to managing the behaviour of highly-charged teens.

Following up to reconnect

It’s easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they’ve said or done hurtful things. Once the dust has settled after discipline or a dispute then it’s time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel. It’s smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the other and you’ll come across as either too soft or too harsh. Use them in tandem and you’re more than likely hit the right parenting mark.