Principal’s News

ASSEMBLY
Last Friday at our Assembly we welcomed Dr Sharman Stone, who had the honour of inducting our 2016 Student Leadership Team. Our School Captains Teagan and Feliz; Community Leaders Samantha and Julia and House Captains Olivia and Jessica then led the assembly and performed admirably. Our students’ talents were showcased in a multitude of areas as awards were presented for swimming, triathlon and diligence. Students also demonstrated their talents with drumming and singing in both English and Indonesian. Our swimming parent helpers were also acknowledged as without them, a quality swim program would be difficult to manage. The Assembly was a terrific celebration and a very big thank you to our parents and friends who attended.

BERWICK SECONDARY COLLEGE VISIT
For the tenth year we have had the pleasure of hosting Berwick Secondary College students and teachers. The BSC students arrived on Monday and shared their delight at visiting such a ‘clean, aesthetically pleasing school full of really nice, well behaved kids’. Our Year 9 & 10 students joined with the BSC students and completed community service activities around the town. Thanks to Leanne Talbot for sustaining this program and for all the extra work that it involved.

BUNNINGS ‘BUDDY BENCH’
Last Wednesday we welcomed Mr Mazzarella and Epsom Bunnings staff to officially present our students with the ‘Buddy Seat’. The Year 2/3/4 class then participated in “Sustainability” activities in the afternoon. We thank Bunnings, Epsom for their generous donation.

TRIATHLON
Congratulations to the 25 members of our Triathlon team who participated in the event at Boort last Wednesday. All participants completed the event which was a huge effort.

Jordann Broad performed extremely well in all three disciplines of the event to take out the NCD Triathlon Junior Girls Champion. Congratulations Jordann.
St. Patrick’s Day - Thursday, 17th March

St. Patrick’s School has invited our primary students to celebrate St. Patrick’s day with them next week. Due to the P-Year 4 students attending the excursion to Bendigo, only the Year 5/6 students will be attending. They will walk to St. Pat’s at 11.15, returning after lunch. Students need to wear anything green. St. Pat’s will be providing morning tea and lunch for our students.

Anti-Bullying Day at the College

On Friday, 18th March, Year P-6 students will participate in an Anti-Bullying day. The theme is “Take a Stand Together” and students are asked to wear something orange. There will be a number of activities to promote bully busters.

P-4 Bendigo Excursion - Ulumbarra Theatre

Permission forms have been sent home today for this excursion - please return by Wednesday, 16th March.

---

**Students of the Week**

**Ava** - for excellent attitude towards school and including lots of detail in her writing.

**Harmony** - for her generosity and help towards others and her lovely nature.

**Kaitlin** - for being helpful and having a positive attitude towards maths.

**Eloise** - for excellent reading at home and a positive attitude at school

**Zackerry** - excellent work in LOTE, Science and art and helping in the library.

---

Pyramid Hill College students and staff were very excited and lucky to receive a Buddy Bench on Wednesday, donated by Bunnings in Epsom, Bendigo. The “Buddy Bench” is where children feeling lonely, can go and sit, to remind other schoolkids that they would like a friend's company. I (Mrs Burke) sat on the Buddy Bench to try it out for comfort and I had five students come to talk to me in a matter of minutes. Janelle from Bunnings made it to Pyramid Hill eventually (after a breakdown in the morning) and helped us use decorated recycled drink bottles to make flower pots. Bunnings donated veggie plants to each student and a packet of coloured pencils. The students had great fun and we would sincerely like to thank Janelle and Bunnings and Mr. Mazz for coming to the rescue to bring the seat to school.

---

Easter Hat Parade

Thursday, 24th March

Year P-6 students will be making their hats in class time.

Prizes for best hats

---

Head Lice

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

---

Breakfast Club

Mondays, Wednesdays, Fridays
8.30 in the BER
Year 7-10 News

Uniform
We still have students wearing incorrect shoes for very odd reasons or no reason at all. Not being able to find shoes is a very poor excuse. The uniform policy clearly state what type of shoes students should be wearing for their own safety.

Berwick Visit
Year 9 & 10 students hosted 20 visitors from Berwick Secondary College on Monday night and Tuesday. The visit commenced with games and water aerobics at the pool after school on Monday followed by a BBQ tea, and lots of ‘chilling out’. Tuesday was a day of Community service with all year 9&10 students and Berwick students undertaking jobs around town. The Station is now very ‘spic and span’, The Neighbourhood House garden is trim and terrific, The Flats on Kelly street have had the front area tidies in a massive clean-up, the OP Shop has a new dustless window display and lots more rags cut up to sell, and the museum entertained the visitors with a tour of their collections. A huge thankyou goes out to the local volunteers who helped to oversee these activities and to the staff who assisted greatly. I think Miss Fox gets the Gardening award!!

Harmony Day
This year all years 7-10 students will be taking part in the Bendigo Festival of Cultures Harmony Day on March the 18th. The day will involve a visit to the Bendigo Art Gallery as well as dancing and singing performances on stage in the city centre. More information and permission sheets will be distributed at the end of this week. Students will not be paying for the Bus to Bendigo but will be required to bring water bottles, snack & lunch. Money may be taken to purchase lunch in the Mall if you wish.

Ag Trip to Moon’s Farm
The visit is planned for Thursday, 10th March and will go ahead, weather permitting, otherwise will be postponed until next week.

Year 7/8 Camp & Duke of Ed Camp
End of term and this camp are fast approaching. We hope that by then our hot spell of weather will have passed and everyone will be able to enjoy the stunning Grampian views and all the activities. The year 10 students who are currently working towards their Silver Duke of Edinburgh Award are very busy organising menus, food lists and activities. Please make sure that notes are returned to the office this week.

9/10 Street Arts Trip
The Loddon Shire are again sponsoring 6 of our year 9/10 students to attend a three day Arts immersion in Melbourne, where the students will work with practising artists, study the laneway arts of Melbourne, view the Top Arts Exhibition of year 12 work, attend Galleries and undertake their own arts projects. The trip will be combined with Boort, Wedderburn and East Loddon Schools and should be a great experience for those involved. Selection of students will take place before the end of this term. Selection of the participants is currently taking place.

Diary Dates
Grampians Camp - 21-23 March
Harmony Day Bendigo year 7-10 18 March
Street Arts Trip 20th -22nd April
9/10 Arts Connect Camp 31 May to 2 June

Mrs L Talbot 7-10 Neighbourhood Leader

Photos: Berwick Group and our students hard at work in community service and relaxing at the pool
It was so irritating, yet so effective.

I’m talking about my boyhood mate Terry’s habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

‘Hey Terry, you’re a ***&@*!‘
Shrug.
‘Hey Terry, everyone says your…….. *&@TR‘
Shrug.
‘Hey Terry, I’m going to tell on you!‘
Shrug.
His nonchalance used to drive everyone nuts.

So much so that he was rarely targeted for teasing despite the fact that he wasn’t sporty, he wasn’t cool and he was late maturing – all of which back then, as now, would put a boy in the ‘to be picked on’ category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even vitriolic taunts too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-react was for him to change his reaction.

So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say ‘Whatever’, and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can’t be ignored
Don’t get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don’t need to be aggressive about it, but they do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling’s best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings
Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and vitriolic taunts alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug
Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as ‘You may be right’, ‘Whatever’ or ‘I hadn’t thought of that’. 
4. A final breaking of eye contact that indicates that they are in control.

A word of warning
If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you’ll find out how damn infuriating nonchalance (even when it’s fake) can be.

Oh, and you’ll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.