



Pyramid Hill College

Respect ● Learn ● Community

Pyramid Hill College is a Child Safe School



Newsletter

May 10th, 2024

Diary 2024

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Principal's News

Walk Safely to School



Students participated in National Walk Safely to School Day this morning. Now in its 25th year, this event is an annual campaign which encourages all students to walk safely and regularly to school.

It is important for children and young people to be active every day. Physical activity has many social, emotional, physical and mental health benefits. Walking to school is a great way to incorporate physical activity into a daily routine to support health development. Regular physical activity, especially walking, can improve self esteem and confidence, help concentration and improve overall fitness. Encouraging kids to be active each day establishes good habits that can stay with them throughout their lives.

Bus Route Information

Due to much needed roadworks on the Boort-Pyramid Road there will be some variations to the Yarrowalla and Durham Ox Bus routes from **THURSDAY 16TH May – THURSDAY 6TH JUNE.**

Timetables will be distributed to the families on the Yarrowalla and Durham Ox routes on Monday 13th May.

Students who travel on the Charlton bus Monday (Year 9) and Thursday (Year 10) will need to meet the bus (VLine bus stop) ten minutes earlier and ten minutes later on the return trip.

Departure times for the NCTTC bus:

Monday: 8:10am

Thursday: 8:05am

Vic Roads Information

Boort-Pyramid Road – works details:

Working hours throughout works are 7am to 5pm each day, Monday to Friday, closure remains in place when works aren't happening.

Thurs 9 May to Wed 15 May, the road will be under shuttle flow; meaning each direction of traffic will take turns to share one lane. The bus will retain access during this time.



3 WEEKS
UNTIL MSP PHOTOGRAPHY
VISITS OUR SCHOOL

Please call MSP on 5482 3190 if you have any questions.

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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Thurs 16 May to Thurs 6 June – road closed to all through traffic, including at the Yarrawalla South Road/ Boundary Road intersection access will be maintained where possible for properties directly adjoining the work site; for local farm residents/machinery/critical access only
 Due to the nature of works, we are unable to safely escort school buses or other large vehicles through site

Fri 7 June to late June, shuttle flow in place again with works continuing.

Sandhurst Division Cross Country

Congratulations to our Primary Cross Country runners last week. A sensational effort competing at such a huge event. All runners had the option to participate in the Blue (highest) or Red division (2nd highest). Here are the results: 10 year girls blue division: Nevaeh 46, Olivia 83, Athena 135. 10 year boys red division: Zeb 144, Kyle 146. 9 year boys red division: Tobias 53, Kirk 70. 9 year girls blue division: Tia 31. 8 year boys blue division: Aser 8, Jasper 11. 11 year boys blue division: Samer 31, Harry 134. 11 year girls blue division: Xanthe 79. 12 year girls blue division: Isabella 32.

These are remarkable results given the fact there were over two thousand participants.

Mother's Day Breakfast



What a wonderful celebration we had on Tuesday with our Mother's Day Breakfast, the event is certainly growing in popularity. Thank you to all the mums, grandmas and friends who came along and how special was it to have some grandads with us as well. We hope that you enjoyed our time of sharing. A big thank you to our students who cooked the pancakes and organised the room; and the College staff who arrived early and worked tirelessly to ensure a successful event. The event raised \$129 for Breast Cancer Research.

Fiona Moon, Principal.

Calder Winter Sports

Congratulations to our Year 3, 4, 5 and 6 for their excellent participation in the Calder Sports on Thursday. PHC students were active participants and provided an inclusive and fair environment for their teams.

Students participated in the following sports:

- Tee-Ball
- Soccer
- AFL
- Hockey
- Netball
- Newcomb



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 F-6 News

Mother's Day Breakfast

It was great to see so many mums, grandmas and special friends on Tuesday for our annual Mother's Day Breakfast. They enjoyed pancakes, toast, fruit salad and yoghurt. Thank you to Ms Tracy, Wendy and their band of helpers. We wish all our mothers, grandmothers and special friends a very happy Mother's Day on Sunday.

Camps & Excursions

Year F/1- Kyabram Fauna Park excursion is on Friday 7th June. The note and money, is due back on Monday 27th May.
Year 2-6- Beechworth/snow camp on Monday 22nd to Wednesday 23rd June. The note and \$50 deposit is due on Monday 13th May. Please note: full payment must be made before departure of camp.

If you are not going, please return your note so we know as other arrangements can be made.

A list of clothing and things you will need for the camp has been sent home.

Beauty & the Beast Musical- Wednesday 23rd October.

Notes and money needs be returned by so we can finalise the tickets.

Calder Sports

Well done to the Year 3-6 students who participated in the Calder Sports at Boort on Thursday. It was an excellent day with students playing netball, newcome, football, T ball, minkie hockey and soccer and mixing with other students from different schools. Thank you to the organisers and teachers who accompanied the students.



Workers of the Week



Mae Stevens: being organised, ready to learn, listening carefully and working hard.

Tobias Wiltshire: jumping in at Calder Sports and having a great go at a new sport.

Max Twigg: great effort at the Calder Sports.

Sophie Pickles: having a go with her writing.

Kerenza Archbold: always being a great friend in our classroom.

Mae Stevens (Year 6 award): "being very nice out in the yard".

50 Nights Reading



Congratulations to William Pickles, Pearl Wigg, Nadia Holland, Matt Policarpio and Aliya Clark on reading for 50 nights. Well done to Tobias Wiltshire for reading for 100 nights.

Classroom Cup



Congratulations to Year 2/3 on winning the Classroom Cup.

Cancer Council
Australia's Biggest Morning Tea

**Pyramid Hill College
Biggest Morning Tea & PJ Day**

Families are invited to come along
and join our
Biggest Morning Tea Fundraiser
Wednesday 15th May at 11am
Gold coin donation
Raffle tickets sold on the day -
\$1 each

Years 7-10 News

Mother's Day

We wish all our mothers, grandmothers, and special others a fantastic day on Sunday. Thank you to those who attended the special breakfast during the week and to the SRC for organising the Mother's Day Stall.

Camps

Thank you to those who have returned expression of interest notes for the year seven/eight and year nine/ten camps. Students attending the year seven/eight camp to 15 Mile Creek will receive notes with additional information and permission/medical forms next week. Please complete and return these forms to the College ASAP. Expression of interest forms for the year nine and ten Bogong camp are due by May 20th.

Homework

A reminder that students in year 7-10 have weekly English and Maths homework to complete. Completing homework assists in embedding the content covered in classes and sets students up for success in the future through developing their organisational skills. Setting up routines to complete homework can be beneficial and if students need support, they are encouraged to attend homework night at the College or make a time to meet with their teacher during the week.

HANDS ON LEARNING

A program supported by Save the Children

Students in Hands on Learning travelled out to Billabong Organics (Smith's Apple Farm) to learn all aspects of apple farming. Students have gained so much knowledge from their excursion and we would like to thank the Smith family for their hospitality.



Wellness Whispers



Post-Viral Fatigue, Brain-Fog & Depression:

Our annual cold & flu season is upon us and with so many people I know already suffering, what better time to discuss mental-health! But what does our mental health have to do with our physical health when we're unwell, you may ask?

For starters, when we're feeling sick and unable to function as usual, we may not only suffer physically, but also emotionally and mentally the longer it goes on for. Muscle pains, headaches, congestion, runny noses, sore throats, fevers, insomnia, inability to focus, tiredness, no energy, inflammation and more, we understand can lead to physical issues such as weakness, dehydration, vitamin deficiency and a weakened immune system – But did you know a low mood is also a cold and flu symptom?

Post-Viral symptoms such as fatigue, lack of motivation, anxiousness, low mood, sleep disruption, difficulty in focusing and gut problems if continuing for more than a couple of weeks, can sometimes lead to post-viral syndrome and/or post-viral depression. Post-Covid depression has been well documented. If you experience post-viral symptoms lasting more than a couple of weeks, see your doctor.

Good self-care during your time of illness is essential for both your physical and mental health! Try to ensure you:

Stay hydrated and rest, even if you have difficulty sleeping

Practice good hygiene

Eat healthy when you can and avoid alcohol

Get outside for some sunshine and vitamin D

Call a loved one

Listen to music, read a book or do something you enjoy

Cuddle your pet

Challenge your negative thoughts.

If you need help see your doctor or call Lifeline on 13-11-14.

Reminder:

If your child is leaving early or arriving late, please write a note in their diary. Both junior and senior students have been given diaries.

The diaries are there to help with communication of students, parents and teachers.