

Principal's Report from Mr Coffey

Important Staffing News

It is that time of year again when we begin planning for the coming school year, in earnest and I can announce some updates to our staff for 2021.

We are excited to announce that Miss Elly Schumann has been offered an ongoing position as a PE/ Maths teacher here at Rainbow and Miss Millie Downing has also been translated to ongoing in her role as Primary Generalist.

Both of these young teachers have been with us for 2 years and in that time have displayed a passion and dedication to the students they teach and to continuously improving their practice.

Miss Mikala Roberts will continue her leave for an additional year and Mrs. Belinda Eckermann has notified us of her intention to resign from her teaching position to continue her blossoming career in art. We thank Mrs. Eckermann for her love of art and sharing it with students and staff and she is already sharing her passion and talents for art, in all of its forms with the wider community.

We will keep you informed of a farewell event for Belinda as soon as we know of the future COVID 19 regulations.

Student Survey Results

One of the high performing areas of our school is students' inclusion and participation. Our student attendance, NAPLAN participation and participation in the student survey is historically of an excellent level.

With the student survey this year, 58 out of the 84 participating students have completed the survey. In the senior school, there is 1 year 12 and 1 year 10 student keeping their home group from achieving a 100 % response rate and 2 year 8's and 2 year 9's who can help their classmates to achieve a perfect score.

Our junior students still have time to also achieve 100%!

The link for all students to access the survey is <https://research.orima.com.au/vic/schoolsurvey>.

This year there are 3 versions of the survey, the Standard Survey which most students will find accessible, the Accessible Survey that has reduced questions and simplified language and the Accessible Short Scale Survey that provides additional support for students undertaking the survey.

On-Site Learning

If you wish to access the on-site learning program please read the information on the school's Facebook page and the Skoolbag app to check for eligibility and how to apply for places. Applications for the coming week, **must** be sent to my email Alan.Coffey@education.vic.gov.au by 3:00pm each Thursday so I can arrange the required level of supervision.

Stay Informed

I encourage all parents and students to continue to access the Department of Health and Human Services website for the latest public health information.

<https://www.dhhs.vic.gov.au/coronavirus>

More information about schools and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated:

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

School Council and Parents and Friends

The next School Council meeting will be held on Monday the 14th of September at 7:30 pm.

The next Parents and Friends Association meeting will be held using Zoom on Friday the 11th of September at 10:00 am.

Join Zoom Meeting

<https://us04web.zoom.us/j/79373041341?pwd=VFpJYVJwRm9kdDlIN1ExVG1wellrdz09>

Meeting ID: 793 7304 1341

Passcode: 2XYJvq

Year 11 & 12 Progress Reports

Over the next two weeks, students of Year 10 ,11 and 12 are having one -on- one WebEx meetings with Mr Glover to discuss their Term 3 progress reports.

Each student will have their reports sent to them via email and have been asked to show and discuss the progress reports with parents.

If parents have any concerns or need clarification about their child's progress report, please contact Mr Glover.

Wellbeing Wednesday – Fun Activities

Pictionary

Here are a couple of images from our Pictionary session this week!
Can you guess what they are?



The handy work of Amaya & Giaan



Adalyn's creative work!

VCAL INNOVATORS

VCAL – Guest Speaker : Simon Matheson (written by Phoenix Oakley)

Simon talked to the VCAL class about his jobs that he has had and the experiences that he picked up from them.

He told us that when he left school he bounced around a few jobs until 2010 when he joined the army as a cavalry man.

He told us he learnt for four life lessons from his past experiences:

- Set goals
- Happiness Donut – enjoy your job
- Pay attention in school and develop your emotional intelligence
- Try to do one act of greatness every day (his army captain told him that)

Simon talked about trying hard in school and jumping at as many opportunities as possible so you have more range in what you want to do in the future. He also talked about how important it is to be in a job that you enjoy doing and making sure you're happy on a regular basis. He also said it's good to set goals and reflect on them to see how far you've come and if you don't complete one, don't look at it in a negative way.

*A big thanks to Simon for taking the time to talk to the VCAL students
and share his experiences and words of wisdom.*

LIBRARY CHAT – from Miss Wizz

The weather is warming up and spring is an awesome time to get outside in the sunshine with a good book – no wi-fi needed!

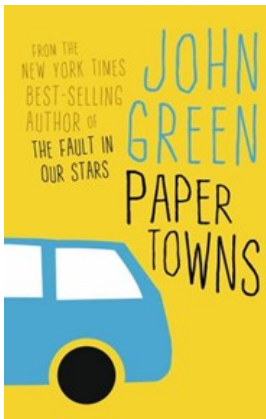
Last week's "Coming Soon" books have arrived, along with a number of John Marsden's "**Tommorow**" series. Book 2 "The Dead of the Night" has already been borrowed, but if you would like to be on the waitlist, let me know! Book 3 should be here next week and then we have a complete set ready to go!

We also have the "**Divergent**" series available to borrow – I know a number of students have loved these books, so hopefully more of you will be keen to read them as well.

NEW BOOKS



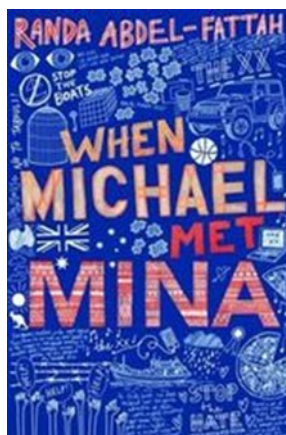
Moana Hope is one of fourteen children. No fan of dolls or dresses, footy has always been her passion, and she would spend hours playing kick-to-kick with her dad and brothers at the local park. When her father was diagnosed with terminal cancer, Moana cared for him until his death four years later. Footy and cricket provided an escape from the demands of domestic life, and she made state and national teams for both sports. But as women's football became more popular, being good at the game wasn't enough - players started being pressured about the way they looked. Moana refused to grow her hair or cover her tats, and for the first time in her life felt sidelined by the game. But later, inspired by a women's exhibition game, she realised what she was missing and returned with gusto to the game she loved. A high-flying athlete who is grounded by remarkable selflessness, Moana Hope is an inspiration for women and girls everywhere. *My Way* is her story.



Quentin Jacobsen - Q to his friends - is eighteen and has always loved the edgy Margo Roth Spiegelman. As children, they'd discovered a dead body together. Now at high school, Q's nerdy while Margo is uber-cool.

One night, Q is basking in the predictable boringness of his life when Margo, dressed as a ninja, persuades him to partake in several hours of mayhem. Then she vanishes. While her family shrugs off this latest disappearance, Q follows Margo's string of elaborate clues - including a poem about death.

Q's friends, Radar, Ben and Lacey, help with the search, and a post turns up on a website: Margo will be in a certain location for the next 24 hours only. The race is on! After an epic drive through the night, they catch up with Margo, and Q learns first-hand that the way you think about a person isn't the way they actually are.



A boy. A girl. Two families. One great divide.

When Michael meets Mina, they are at a rally for refugees - standing on opposite sides. Mina fled Afghanistan with her mother via a refugee camp, a leaky boat and a detention centre. Michael's parents have founded a new political party called Aussie Values. They want to stop the boats. Mina wants to stop the hate.

When Mina wins a scholarship to Michael's private school, their lives crash together blindly. A novel for anyone who wants to fight for love, and against injustice.

Continued on the next page.

COMING SOON



The incredible life of an astonishing athlete and now disability advocate - fully updated to include Wimbledon and French Open wins and more.

Dylan Alcott has never let his disability get in the way of what he wanted to achieve.

His family treated him no differently to any other kid, and it was the best thing they ever did. Growing up, Dylan always had a positive attitude to life. So when he discovered sport, he'd have a go at anything and could always be found at the centre of the action, giving his best and playing to win. Then he tried wheelchair basketball and tennis and was hooked.

Fast forward ten years or so, and the now three-time Paralympic gold medallist, Order of Australia recipient, world No 1 tennis champion, Logie winner and philanthropist combines elite sport with a love for music (he's a radio announcer and host of music show *The Set* and is famous for his crowd surfing). But Dylan's greatest passion is changing the way those with disabilities are perceived, and to inspire young people - whether they have disabilities or are able-bodied - to achieve their dreams. It's a passion that drives him every day of his life.

BORROWING

If you would like to borrow a book, please contact the college and leave a message for Miss Wizz at the front office – I am at school on Tuesdays and Thursdays, and can leave books at the office to be picked up. I am also happy to do home delivery if you need. Alternatively you can email me at ella.wisbey@education.vic.gov.au let me know if you want a recommendation!

REMEMBER – If there is a book you would like the library to get, please let me know and I will do my best to get it in for you.

Inspired Writing from Mrs Leach

Back in Term 2, students in Year 8 & 9 studied the text in English, 'By The River' by Steven Herrick. It tells the story of Harry Hodby whose small town was flooded. It is written in a narrative verse style which often looks like poetry.

It has been the inspiration for some terrific writing by the students as they wrote about personal events, people and places in their lives. I was most impressed by the standard produced by each student.

So I encourage you to grab a cuppa, sit back and read the following pieces of writing. Students have written a variety of stories... these are the ones inspired by people- some real, some fictional. Enjoy!



The Woman in the Window by Tessa Leach

Every time I ride my bike past the house I slow down to admire the beautiful garden.

Sometimes I see a person in the window
Waving as I ride past.

Sometimes I stop at the gate as she comes
outside to greet me.

We only talk for 15 minutes

But I could listen to her stories all day.

As I begin to get back on my bike

She picks a flower for me to take home.

I ride away with a flower in one hand

And waving goodbye with the other.

When I get home I put the flower in some water.

Every time I look at the flower I am reminded

Of the person that waves at everyone as they go
past.

The Old Lady by Shanae Bastin

You know the creepy town stories about a spooky house,

Mark and I decide we would see for ourselves.

We got on our rusty old bikes and rode a few kilometres out of town.

They say it's the third farm house from out of town, we come upon the house ...it's got to be about 1000 years old, seems as if it's about to fall down.

We get inside the gate and the crow on the old wooden beaten up mail box creaks loudly. As we stand and shiver with a chill down our spine.

We race back home and decide to come back the next day.

We ride back out and stand at the same spot, this time we go around the back. The door wasn't locked, we slowly open it with horror as it makes a horrifying creaking noise.

Walking across the floor boards, fearing we may fall in.

We scream in horror we see the shadow of these monsters...turns out it's just a few cats. We hear noise, it might be a TV.

We walk to the living room to see an old lady in a vintage rocking chair.

She was wearing a knitted jumper with a long pink skirt, as she rocked back and forth while watching the daily news.

She smelled like lavender.

The kitchen smelled like fresh baked cookies.

She greeted us with such a lovely soft voice.

Soon after she took us to the kitchen where she made us hot cocoa and let us have some fresh baked cookies.

We talked until the sun went down and we had to get back on our bikes and rode into town, knowing we will be coming back the very next day.



The Haunted Street by Lewis Cocks

My brother and I were going for a drive in our new Ford Raptor

when we were rudely interrupted in Haunted Street.

In the middle of the street stands, a crazy old woman dressed in a dusty old cloak and a scar on her right cheek.

Next to her is a very dangerous American Pit Bull Terrier...

the most dangerous dog in the world.

The Crazy woman picked up a stick and started walking towards us,

I yelled out "Jakob, Jakob, Jakob!"

I have never seen my brother this scared before.

Then the woman started walking faster.

I yelled out again "JAKOB!"

The woman stopped and started kicking her feet backwards,

I saw one of her legs and it had a bunch of scars and scratches.

I said to myself "oh man...stuff this".

I picked up Jakob, chucked him in the backseat and I took the wheel.

I reversed down to the start of the street and that is when Vin Diesel mode kicked in.

I was driving as if I was in the movie 'Fast and Furious'.

I looked back and the crazy woman was chasing us like a dog,

she was on her hands and feet with dribble coming out of her mouth.

It was the scariest thing I have ever seen,

I was screaming at the top of my lungs until I woke up.

I couldn't tell whether it was a dream or nightmare.

This week's recipe- Cheese & Bacon Muffins



Ingredients

2 bacon rashers (diced,)
1 tbs olive oil
3 eggs
3/4 cup milk
50 g melted butter
Pinch cayenne pepper (optional)
1/2 tsp salt
2 tbs parsley (chopped)
2 cups self-raising flour
1 cup tasty grated cheese

Method

Preheat oven to 190
Add oil to frying pan and cook the bacon until crisp
In a small bowl whisk eggs, milk, butter, cayenne, salt, pepper & parsley
In a large bowl mix the flour, bacon & cheese then stir through the egg mixture until combined.
Spoon into greased muffin tin
Bake for 25 minutes or until well risen and golden brown
Cool on rack.

Rainbow P-12 COVID-19 Cookbook

We have decided to make a cookbook while everyone is home during this quarantine period, to get everyone cooking with the fam bam!

Our aim is to have at least one recipe from each student to claim as their own that fits into one of the following categories:

- ◆ Baking
- ◆ Savouries
- ◆ Soups
- ◆ Mains
- ◆ Desserts



If you would like to submit a recipe, please follow the instructions below.

1. Pick a recipe you want to send in
2. Type out the recipe into a word document.
3. Cook the recipe and take a photo of the finished product. (If you would like to take photos of the steps along the way, please do so)
4. Have a title that says the student's name and the name of the recipe. Eg: Emily's Delicious Scones
5. Email the final recipe to: cookbookproject12@gmail.com

Please send through your recipes by the **end of term 3 (18th September, 2020)**. The recipe book will be given to everyone as a digital file for you to either print yourself or have digitally forever.

We can't wait to see what you cook up,
From Miss Teasdale & Miss Appledore



RUOK? DAY ACTIVITIES

WELLBEING WEDNESDAY 9TH	RUOK? DAY THURSDAY 10TH	FRIENDLY FRIDAY 11TH
RUOK? DAY ACTIVITIES & STICKERS IN JUNIOR PACKS FOR THIS WEEK		
JAMBOARDS FOR JR & SR STUDENTS		
WEBEX SESSION A WEBEX DANCE PARTY	DRESS UP IN YELLOW (PRIZES FOR BEST DRESSED) 9:00-9:20AM AVOCADO GROUPS 9:30-10:30AM RESILIENCE PROJECT YR 10-12 WEBEX SESSION B	2:30-3:30 RESILIENCE PROJECT YR 7-9

There may be more additions next week– we will keep you posted!

The Resilience Project

We are exceedingly lucky for our students to have the chance of attending a webinar with Martin Heppell from the Resilience Project. This is an absolutely fantastic program (just ask Miss Schumann) that builds on gratitude, mindfulness and empathy. The presentation will be on discovering resilience and how we can build on it.



TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy

**MARTIN HEPELL 60 MINUTE PRESENTATIONS FOR WIMMERA
STUDENTS**

YEARS 7, 8 & 9

**THE RESILIENCE PROJECT (TRP) IS INVITING YOU TO A
SCHEDULED ZOOM MEETING.**

**TOPIC: STUDENT PRESENTATION 'DISCOVERING RESILIENCE' WITH
MARTIN HEPELL**

FRIDAY 11TH SEPTEMBER 2:30 - 3:30PM

Join Zoom Meeting

<https://us02web.zoom.us/j/84444263907?pwd=Y3hrekNRZTJaWU13d0JpO53RscFBkEUT09>

Meeting ID: 844 4426 3907

Passcode: TRP2020



School Focused Youth Service

Uniting



Department of
Education & Training



TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy

MARTIN HEPELL 60 MINUTE PRESENTATIONS FOR WIMMERA STUDENTS

YEARS 10, 11 & 12

**THE RESILIENCE PROJECT (TRP) IS INVITING YOU TO A
SCHEDULED ZOOM MEETING.**

**TOPIC: STUDENT PRESENTATION, 'DISCOVERING
RESILIENCE' WITH MARTIN HEPELL**

**THURSDAY 10TH SEPTEMBER 9:30 - 10:30AM,
(RUOK DAY)**

Join Zoom Meeting

<https://us02web.zoom.us/j/81887204159?pwd=WFF3aUNNbERSOGJzYmxVNDNQY0YzQT09>

Meeting ID: 818 8720 4159

Passcode: TRP2020



School Focused Youth Service

Uniting



Department of
Education & Training



Forky presents the Wellbeing Info. section....

Pos. Ed. revisited

PEEC stands for Positive Education Enhanced Curriculum. At Rainbow P-12 College we use this program for Personal Learning.

Here is this week's focus...

Gratitude

This week's PEEC topic is 'Gratitude', which sits under the domain of Positive Emotions. Gratitude is about being aware of and thankful for the good things that happen in your life. Gratitude can be a positive emotion you experience in a particular moment, like being thankful when someone holds the door open for us. It can also be a way of life, like regularly appreciating the important things and meaningful people in your life.



Although gratitude comes more naturally to some than others, and we each feel and express it in our own way, we can all *choose* to be grateful. Research shows that gratitude helps us more fully enjoy our life experiences, protects us from stress and helps us focus on what we *do* have instead of what we don't have. That is, when we choose to be grateful we can't feel resentment, disappointment or envy at the same time. People who regularly experience and express gratitude tend to be more satisfied with their lives, have stronger emotional connections with others, and give back to society more.

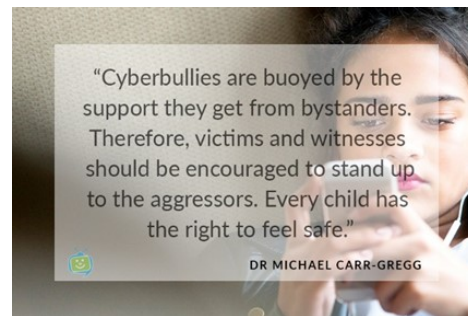
Gratitude can be nurtured and developed into a habit. We can model gratitude to our children by spending time with them and being present, and thanking those who are kind. We can teach our children to be grateful by encouraging them to notice the good things, to connect with what matters in their lives, and to thank others for the kind things they do.

Try this at home: Write a personal gratitude letter to someone who has made a positive difference in your life that you would like to acknowledge. Make sure the letter is personal, genuine, heartfelt, and handwritten. When you're done, mail the letter or personally deliver it to that person.



In this edition of SchoolTV – Cyberbullying

With the advent of the internet, smart phones and tablets, there is now a whole new digital dimension added to traditional schoolyard bullying. There was once a time when bullying victims were given some respite outside of school hours, but sadly these days, online bullying can occur 24/7. In today's world, teaching your child about online and cyber safety, is as important as learning to swim or cross the road! Cyberbullying can be identified as being the repeated behaviour by an aggressor with the intent to harm or embarrass. Technology enables these aggressors to share information widely and quickly, making this form of bullying extremely dangerous and harmful. However, the answer is not to shun the internet nor social media. Instead, parents are encouraged to embrace it and instil a family internet policy to protect their children without limiting the freedom to learn, explore and communicate online.



In this edition of SchoolTV, parents are provided with useful guidelines and advice on how to minimise the risks. Children have the right to feel safe, regardless of whether it is in the schoolyard or online.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **Cyberbullying** edition of SchoolTV

<https://rainbowp12.vic.schooltv.me/newsletter/cyber-bullying>



Smiling Mind Care Packs

There are three Smiling Mind Care Packs, each designed to support children during this turbulent time:

- Supporting Children's Emotional Wellbeing Through Mindfulness
- Helping Children Manage Worry & Anxiety
- Taking in the Good

Each pack is a downloadable pdf containing:

- Topic introductions – to give you a clear understanding of the topic and how the meditations and activities can support the mental health of your child
- Smiling Mind mindfulness meditations – to listen to together. These can be accessed from your smartphone, tablet or computer.

Printable activities designed to be both fun and to support conversations with your child. Each set of activities includes questions to help you kickstart important conversations. Simply download the pdf for your child or children's age group, choose a topic and get ready to play the meditation and complete an activity together. Meditations come from the Smiling Mind app which is 100% free to download and play. Activities can be printed and only need coloured pens, pencils and paper.

<https://www.smilingmind.com.au/kids-care-packs>