

## *Principal's Report from Mr Coffey*

### **Remote and In Control**

After our first full week of remote learning, it would be fair to say most people are managing the change in learning better the second time around. Staff will continue to keep in touch with our students and their parents/guardians to ensure everyone is connected and engaged with the learning program.

### **2020 Attitudes to School Survey**

The Attitudes to School Survey is an annual survey of student voice that provides data to support student wellbeing, engagement, school improvement and planning in schools.

This year's survey includes some additional questions on general health and wellbeing and students' experience of the coronavirus (COVID-19) situation. This means that the Victorian Student Health and Wellbeing Survey, About You, will not be offered separately this year.

The Attitudes to School Survey will be available online for students from Grade 4 to Year 12, until Friday 18th September. More information to follow.

### **On-Site Learning**

Once again we are able to provide an On-Site Learning program for eligible students. The learning program delivered on-site will be the same as the learning program delivered to students undertaking remote learning. Students learning on-site will be supervised by school staff on-site but follow the teaching and learning program provided by their classroom teacher. A ratio of one staff member to 10 students for supervision of students will apply.

As many staff are working from home delivering the Remote Learning program it is essential that we know the numbers of students accessing the on-site learning in advance so we can meet the 1:10 supervision requirement. 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](mailto: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**

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/departments/Pages/coronavirus.aspx>

### **School Council and Parents and Friends**

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

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

Join Zoom Meeting

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

Meeting ID: 793 7304 1341

# A week in the life of Rainbow P-12

Elimination game (earlier in term) & adventures during remote learning...



Mr "using my head" Coffey in action



Our special staff



Our very special staff



Miss "twinkle toes" Schumann



Guess who?



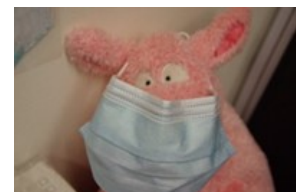
Mrs Gregory in a Webex with her class



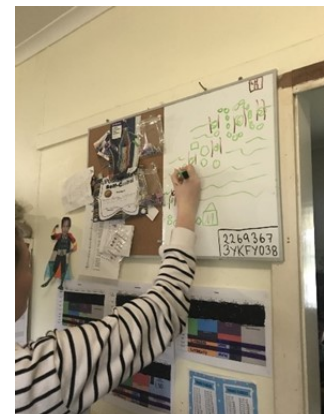
Mrs Solly & Miss Newton putting the Grade 4 packs together



I wonder who that could be?



Kolby using vegemite for the letter "v"



Phoebe trying to work out one of the bulleting brainteasers





## **Virtual Track & Field from Miss Schumann**

School Sports Victoria has launched the Virtual Track and Field Event. This allows all Victorian students to participate in track and field events at home and upload their results to the School Sports Victoria website. The focus is on participation and doing your best, not the best performance. Each entry wins points for our school as well as prizes to be won. We encourage you to participate in as many events as possible.

You can either directly enter the results onto the School Sports Victoria website or send your results to Miss Schumann who will enter them for you. Please let us know if you have any other questions.

On your marks, get set, GO!

Ready, set, Go! School Sport Victoria Virtual Track and Field starts with a bang. There are great events on offer. Participating students are eligible to win some prizes.

Virtual Track and Field offers a selected number of disciplines. Inspired by Olympians, Team Vic Alumni and SSV Ambassadors:

>> Sprints: (60m, 80m, 100m, 200m, 400m)

>> Run or walk: (800m, 1500m)

>> Jumps: (standing long jump and standing triple jump)

>> Throw: (tennis ball shotput)

>> Combined event: 100m sprint, standing long jump, tennis ball shotput and 800m run.

Students can take part in one or all the events. There are loads of great events on offer. What are you waiting for, hit the local oval, try your best?

<https://www.ssv.vic.edu.au/Pages/SSVVirtualTrackandField.aspx>



## **Cooking from Ms Clarke**

This week we I am starting weekly recipe section . While you are at home and especially on Wellbeing Wednesday you might like to do some cooking.

Honey Joys are an Australian classic. After the war Australian housewives were conscientious about food wastage, and very rarely was food thrown out and not repurposed.

If you make the honey joys and wish to send in a photo of your honey joys please email it to [rainbow.p12@education.vic.gov.au](mailto:rainbow.p12@education.vic.gov.au) and we will publish the photos in the Newsletter.

### **Honey Joys**

#### **Ingredients**

90 g butter

1/3 cup sugar

1 tablespoon honey

4 cup Kellogg's Cornflakes

#### **Method**

Preheat oven to 150°C.

Line 24 hole patty pan with paper cases.

Place butter, sugar and honey in small saucepan.

Heat over a medium heat until all ingredients are frothy.

Place cornflakes in a large bowl.

Pour honey mixture over cornflakes and stir well to coat.

Working quickly spoon into paper patty cases.

Bake in a slow oven 150°C for 10 minutes.

Cool on a rack.

Enjoy eating your honey Joys!



## Talk Time – Week 6 & 7

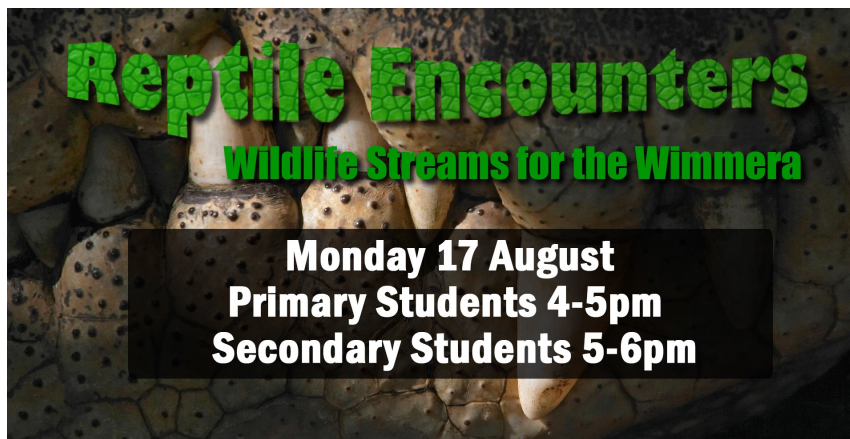
# talk

A mystery object in a paper bag. Have 3 clues ready to share. No live objects.

### SCHOLASTIC BOOK CLUB ISSUE 6 IS COMING!

When the new brochures arrive they will be distributed with the Junior school weekly learning packs.

If you wish to place an order please do it online and the order can be sent to the school or you can pay an extra fee to have it home delivered. Orders that are sent to the school will be sent out with the learning packs when they arrive. If you have any questions please contact Leonie Clarke on 53951063.



An initiative of



Hindmarsh  
Shire Council



Yarriambiack  
SHIRE COUNCIL



Horsham Rural City  
Council



We have great news! As part of Science Week, we will have 2 sessions with Reptile Encounters! You need to register on the link below to enjoy of a virtual tour with a lot of fun bringing the best of the Wimmera's creatures to a wild Live Stream experience to the community.

Date: Monday 17th August

Primary School recommended session 'Feathers, Fur and Scales' from 4-5 p.m.

High School recommended session 'Wildlife of Wimmera' from 5-6 p.m.

Free Registration here: <https://event.webinarjam.com/register/79/7v823uko>

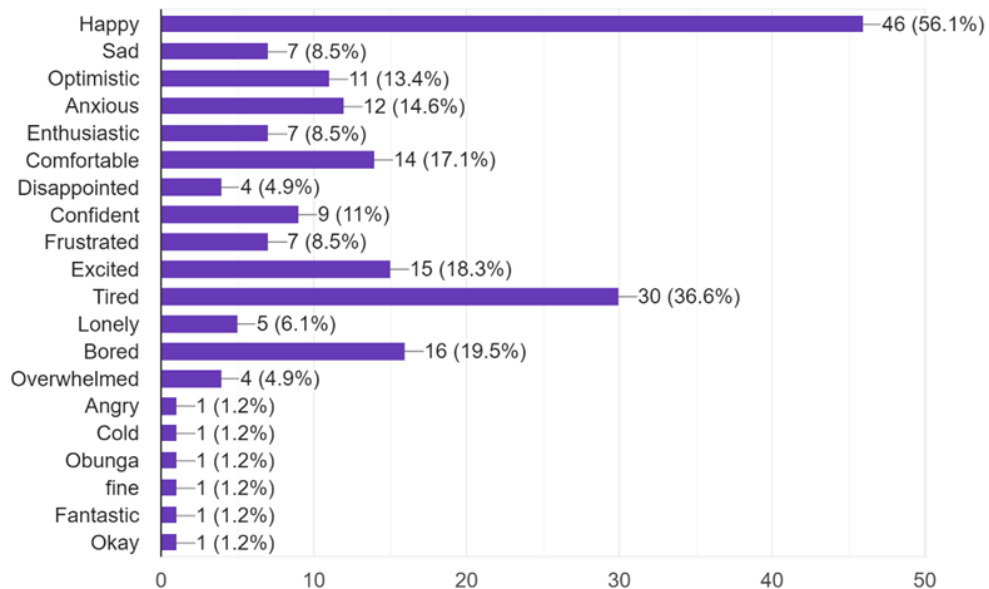
Welcome Science Week with these incredible shows sponsored by Yarriambiack, Horsham and Hindmarsh Shire Youth Council!

## Student wellbeing check in results

Here are the results of the wellbeing survey we got our students to complete last week. This will provide us with some baseline data in regards to how our kids are coping with the second round of remote learning.

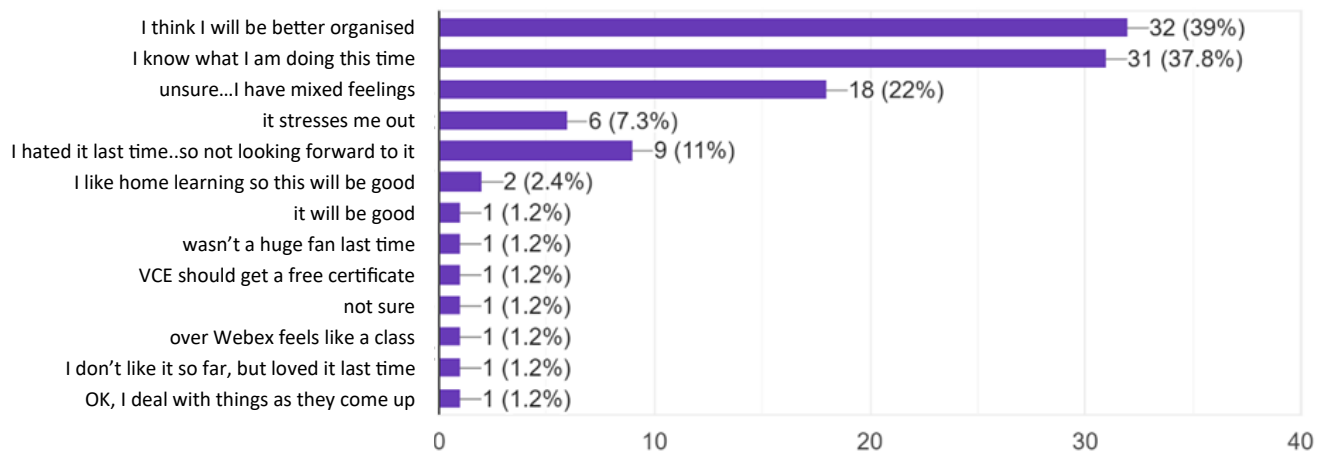
Today I am (check all that apply)

82 responses



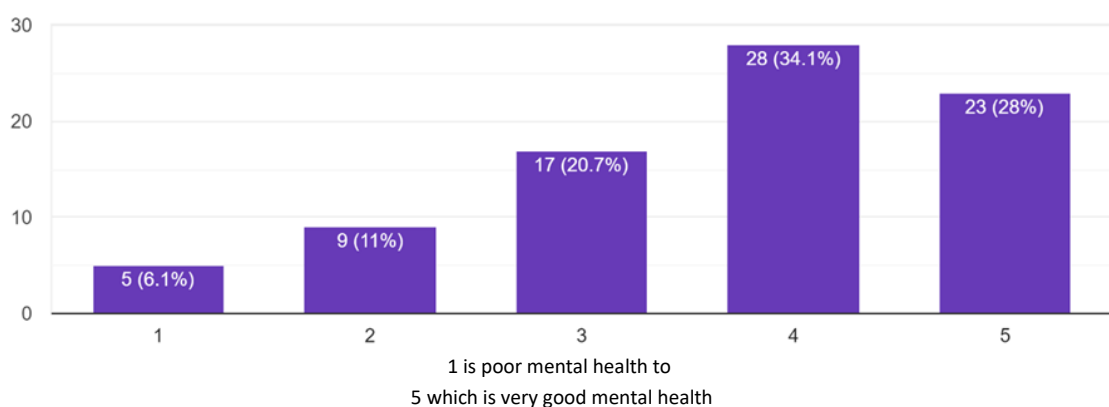
How do you think you will cope with remote learning the second time round?

82 responses



How would you rate your mental health at the moment

82 responses





**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...

### **Leadership and Teamwork**

This week's PEEC topic is 'Leadership and Teamwork', which sits under the domain of Positive Relationships. Using the strength of leadership, and the skills of communication and collaboration, are key to working well in a team. Leadership is about making things happen and supporting others to be their best. This involves being organised and committed, setting team goals, delegating tasks, encouraging others, and working hard for the success of the team. Strong leaders have a positive attitude, are compassionate and good listeners, set a good example, and inspire others. They are well respected and valued by the team.

A group of effective team members are good at helping, sharing and taking turns, and are loyal to the team.



Research shows that we are stronger when we are in teams. When we are working with others to meet a common purpose, we are able to achieve much more than our individual work combined.

*Try this at home:* Ask your children to list as many famous sportspeople as possible who are good leaders and good team players, giving reasons why. What makes them stand out? How do they act and react differently to others? Does good leadership always mean good teamwork and vice versa?

If you can DREAM it  
You can DO it!

~WALT DISNEY

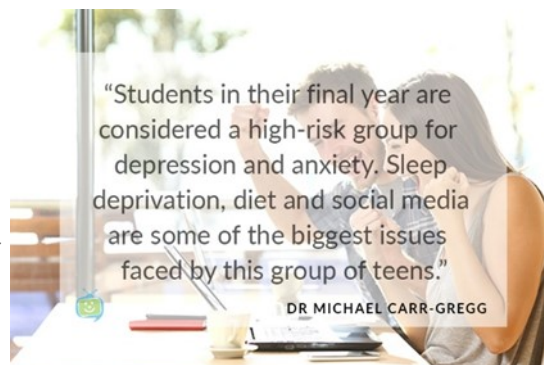


## In this edition of SchoolTV – Surviving Final Year

The final year of secondary school is a year of hard work and a huge commitment for students. With so much going on it can be hard to find the balance between study and life. It is a time when personalities start to emerge, there are more complex interpersonal relationships and there is the pressure to perform academically. With all of this going on, it's not surprising that some students have an emotional response and it is therefore extremely important for parents to know how to support their children during this time.

Some kids will need more support than others. Keeping the communication lines open with your child, their teachers, mentors and other parents will be crucial. Being aware of your child's mental and physical wellbeing can play a vital role in their success.

In this edition of SchoolTV, parents will discover practical advice for students and parents to help get through the final year of secondary school.



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 **Surviving Final Year** edition of SchoolTV

<https://rainbowp12.vic.schooltv.me/newsletter/surviving-year-12>



### SPECIAL REPORT

## Riding the Corona Coaster



Across Victoria, students and their families are experiencing challenging times with the state being in various stages of lockdown yet again. However, this second wave of the pandemic is now also beginning to impact other areas of Australia and New Zealand. Riding this corona coaster and navigating the ups and downs of the current reality is proving to be confronting for many people. The coronavirus has turned our lives upside down with some students returning to remote learning and parents continuing to juggle the home environment.

The uncertainty of not knowing what will happen next may have an impact on many students and their families. There is a concern that mental health issues such as anxiety, depression and substance abuse, will increase, especially amongst young people. In the coming weeks, it will be vital for adult carers to reduce the stress levels at home and make life seem more manageable.

As an adult carer, it will also be essential to look after your own wellbeing during this time. Ensure you make time to de-escalate your own nervous system and maintain your sleep routine, healthy eating habits, get some regular exercise and reach out virtually to friends and family.

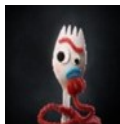
In this Special Report, families are encouraged to embrace the guidance offered to help minimise the impact of this corona coaster.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

**If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.**

Here is the link to your special report:

[https://rainbowp12.vic.schooltv.me/wellbeing\\_news/special-report-riding-corona-coaster](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-riding-corona-coaster)



## WELLBEING IDEAS....

Looking after our wellbeing during this time is mighty important.

Here are some words of wisdom from Michael Carr-Gregg (who is a guru in the mental health field) in regards to looking after yourself:

- Do your best
- Focus on what you can control
- Embrace rest
- Sleep-Diet-Exercise are the 3 most important things to focus on

On this page are a number of websites and apps that you can check out to help.

**Biteback : Mental Fitness Challenge** [www.biteback.org.au](http://www.biteback.org.au)



6 weekly challenges to help improve your mental fitness, increase happiness & reduce stress (the Year 7 PL crew completed this last term)

**Smiling Minds (website & app)**

<https://www.smilingmind.com.au/>

Mindfulness activities

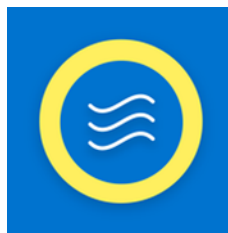


**Mind yeti –** [www.mindyeti.com](http://www.mindyeti.com)

Guided mindfulness for young people



**Reachout Breath (app)**



An app that helps you reduce the physical symptoms of stress & anxiety

**3 Good Things (app)**



A happiness journal where you write down 3 things that went well each day

**The Resilience Project (app & website)**

Includes a daily wellbeing journal



**eheadspace** <https://headspace.org.au/eheadspace/>

Provides free online & telephone support & counselling to people 12-25



**MoodGym** [www.moodgym.com.au](http://www.moodgym.com.au)



Online self help for depression & anxiety

**Institute of Positive Education**



INSTITUTE OF  
POSITIVE  
EDUCATION

<https://www.teachpeec.com/curriculum/secondary/free-remote-learning-resources/remote-learning-resources/>  
Wellbeing activities for senior students



# THERE'S MORE TO SAY AFTER R U OK?™



**Ask R U OK?**

How are you travelling?

You don't seem yourself lately – want to talk about it?



**Listen with an open mind**

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



**Encourage action**

Have you thought about speaking to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



**Check in**

Just wanted to check in and see how you're doing?

Have things improved or changed since we last spoke?

**R U OK? DAY™**  
10 September 2020

Learn what to say at [ruok.org.au](http://ruok.org.au)  
A conversation could change a life

# 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 students name and the name of the recipe. Eg: Emily's Delicious Scones
5. Email the final recipe to: [cookbookprojectp12@gmail.com](mailto:cookbookprojectp12@gmail.com)

Please send through your recipes by the end of term 3 (18<sup>th</sup> 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

