

Principal's Report from Mr Coffey

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It is fantastic to have our students and staff back, looking well rested and ready for term 2. We trust that everyone had the opportunity to spend time

with family and friends to take part in the activities you enjoy doing. Our school is beginning to feel like we are returning to almost a pre-COVID normal.

Intra and Inter school sports have resumed and students are participating in camps and excursions once again.

This weekend five of our Year 9 students, Clarissa Bigham, Celie Fuller, Marty Makin, Dylan Rose and Heidi Smith will



begin their nine-week adventure at the Snowy River Campus of the School for Student Leadership. During their stay, they will participate in a range of leadership development activities with other government school students from across Victoria. We wish them all of the best and look forward to finding out what their CLP (Community Learning Project) is upon their return.

This week at assembly, we presented two of our Year 8 students with participation certificates for their involvement in the VHAP (Victorian High Ability Program) for secondary mathematics.

Well done to Zander Eckermann and Aiden Preston on being selected for and completing the program.

This term Year 7 student, Amelie Fuller will be participating in the secondary English component of the VHAP.



Capital Works News

The architects have been busy during the school holidays evaluating the site and preparing for the consultation relating to the design of our facilities upgrade.

2021 Calendar

Term 2

April

Week 2

Wed 28

Parents & Friends meeting 10am

Fri 30

SM Cluster Cross Country @ Rainbow (please note change of venue)

May

Week 3

Mon 3

LD Senior Aths
Marc VAN

Tue 4

Week 4

Mon 10

Little Desert X Country
School Council meeting @ 7.30am

Tue 11 –Thu 13

NAPLAN

Week 5

Mon 31

GWR X Country

Important Meetings

The next School Council Meeting will be Monday the 10th of May at 7:30pm and the Parents & Friends Meeting will be on Wednesday the 28th of April at 10:00 am.



March Award recipients



Chelsea & Hugo

Victorian High Achievers Program– Maths



Aiden Preston & Zander Eckermann
(successfully completed the program in Term one)

Rainbow P-12 Cross Country Champions



All the Champions from the Rainbow P-12 Cross Country are pictured in the above photo

Bailey C, Erin , Phoenix O, Gracie, Mitch, Tessa, Lewis, Shekinah, Cooper, Nekeisha,
Parker, Lilly, Ryder, Fletcher, Amelie, Kane, Amaya, Taylor, Hugo,
Inara, Harry, Kayla, Koby. Evie & Nate

Reading achievements to end of week 10 and the holidays

25 nights reading

Prep Jurie

Year 5/6 Caleb

75 nights reading

Year 5/6 Addison, Annika
& Maggie

50 nights reading

Prep Nate, Elsie

Year 1/2 Hendrix

Year 3/4 Haylee, Callum &
Felicity

Year 5/6 Giaan, Eliza



Rainbow P-12 Cross Country

A full report on the Cross Country
which was run this morning will be
published in next week's Newsletter.



FLOURISH *girl*



"Wow, What a day! I honestly feel so blown away by the way each of the Rainbow students showed so much support, empathy and willingness to listen throughout the day. For me, there was an overwhelming amount of love and respect that I could feel in the room. The way the students really took the time to listen to each person's stories and opinions, give things a go and really step out of their comfort zone and challenge themselves was inspiring. I feel blessed to have been able to meet the students and deliver the workshop face to face after meeting some of the students online last year! Thank you so much for having us!"

Fiona

FLOURISH *girl*

SCHOOL IMPACT REPORT RAINBOW P-12 COLLEGE PROGRAM - YEAR 7-12 STUDENTS

ABOUT FLOURISH GIRL

Flourish Girl is a not-for-profit organisation that provides preventative mental health programs for teenage girls, parents & teachers. We focus on delivering powerful and engaging face to face and online in-school programs & mother-daughter programs to empower teenage girls and their mothers to become unstoppable women.

Our team of young, diverse and highly-trained female facilitators create safe spaces for girls and mothers, so they can equip themselves with the social and emotional tools they need to navigate through personal and relationship challenges.

SUMMARY

Intentions:

- To equip girls with the social and emotional tools to navigate through any life challenges
- To increase their self-confidence & connection to self
- To build a deeper sense of empathy, respect and support within their year level

Overview of the day

- The girls started the session feeling a bit nervous, however they all warmed up to our teams and really enjoyed playing ice-breakers and hearing stories from our team of facilitations. The girls loved that this was a break from the typical school routine.
- We gave girls the opportunity to learn how to check in with themselves and listen to others check in. Giving girls a guide called 'The Flourish Girl Check In' helped to structure their thoughts & emotions and also allowed others to practice deep listening.
- The girls got the opportunity to share their reflections on their relationship with themselves. A lot of girls shared courageously around the 'inner critical voices' they experience at times. They started to relate to one another more as they realised everyone was going through something similar
- The girls felt uplifted and empowered when they got the opportunity to create a vision of who they want to be and got to honour one another for their gifts, strengths and talents. It was powerful for girls to receive encouragement from their peers/ even girls they didn't know that well.
- The girls found new innovative ways to connect with themselves and their peers during this time.

FLOURISH *girl*

RESULTS

92% of girls would recommend our programs to other girls across Australia

100% of girls felt more connected to their peers after our program

Common themes:

The girls experienced the following common themes throughout the day:

- Less judgement towards other peers in their year as they realised everyone is feeling the same way during this time
- More connection & compassion with themselves and other girls in their year
- More confidence in themselves to speak up about their current challenges

TESTIMONIALS FROM THE GIRLS

The following are some powerful testimonies we received from the girls about the day:

- "I loved that you could choose if you wanted to share and that anyone could say anything and not be judged."
- "That no matter who we are or what we look like, were all so special."
- "I learnt that being open about your story, thoughts and struggles can be really help you get through it."
- "I realised that other people care about me."
- "Be more brave."
- "That we could open up and let out a cry and feel what other people are feeling."
- "It was nice to know that other people think the same thing and aren't always judging."

THANK YOU FOR TRUSTING US WITH YOUR GIRLS!

Thank you for investing into the lives of your girls, this impact report wouldn't have been possible without you putting this together.

If you have any questions about this impact report, please feel free to contact our CEO & Founder, Mandy Dante on 0404795585 or email her at mandy@flourishgirl.org

Lots of love,

The Flourish Girl Team

Shake Rattle & READ

Term 2

SRR - 9.30am at Rainbow P-12 College Library

PLAYGROUP - 9.30-11.30am at Kinder

April 26th Playgroup

May 3rd Shake, Rattle & Read

May 10th Playgroup

May 17th Shake, Rattle & Read

May 24th Playgroup

May 31st Shake, Rattle & Read

June 7th Playgroup

June 14th Public Holiday

June 21st Playgroup



For Sale

One new Albacutya Sports Top

Size Mens XL - \$36.50

Second hand uniform

Bannerman jacket size 10 - \$20

Polos 1 x XL, 2 x L, 2 x size 12 - \$15 each

Navy check dress 1 x size 12 -\$15

Please contact the office if you wish to purchase any of this uniform.

Canteen Emergency Workers

Tammy Bigham (M, W, F) 0427820684

Samantha Smith (M,W,F) 0431152327

Debbie Lowe (M,F only) 0488115973

Lauren Heinrich (W only) 0459363319

Kim Kajewski (Fridays only) 0448352251

If you require an emergency worker contact one of the above listed people or arrange a swap with a parent on the canteen roster.

\$20 payment to emergency worker.

Please contact the above emergency workers if you are unable to do your canteen duty.

Canteen Roster

Term 2

April

Fri 23 L. Heinrich/ N. Eckermann

Mon 26 S. Newton

Wed 28 L. Jochinke

Fri 30 N. Kruger/ C. Fuller

May

Mon 3 C. Petschel

Wed 5 C. Cocks

Fri 7 J. Fuller/P. Fisher

Mon 10 G. O'Halloran

Wed 12 N. Leach

Fri 14 K. Weir/ C. Fisher

Mon 17 R. Bastin

Wed 19 M. Heinrich

Fri 21 S. Cocks/ T. Tregenza

Mon 24 Sharon Smith

Wed 26 K. Preston

Fri 28 R. Boyle/M. Zadow

Mon 31 Renee Clugston

June

Wed 2 B. Eckermann

Fri 4 Samantha Smith

Mon 7 A. Riordan

Wed 9 A. Ey

Fri 11 T. Bigham/ A. Roberts

Mon 14 Queen's Birthday - no school

Wed 16 D. Camilleri

Fri 18 S. Clark/ F. Czuczman

Mon 21 C. Stasinowsky

Wed 23 E. Staples

Fri 25 C. Saul/ S. Millward/Coyne

