

Principal's Report from Mr Coffey

Stay COVID Safe!

Via the recent media releases, parents would now be aware that face masks are compulsory in all Victorian Secondary Colleges from Monday, 3 August 2020 (primary students are not required to wear masks). The expectation is that masks will be supplied by parents and worn in school. We are expecting, but not guaranteeing, that Rainbow P-12 College will have a limited supply of masks, provided by the Department, for students who are unable to purchase these masks prior to Monday.

Teachers and education support staff will not be required to wear face coverings while teaching, but those who wish to do so, can. Teachers should wear face coverings in other areas of the school when not teaching (for example, in the staffroom, on yard duty and when providing first aid or taking temperatures), and when travelling to and from school.

Students or staff who have a medical condition - including problems with their breathing, a serious skin condition on the face, a disability or a mental health condition - are not required to wear a face covering. In these cases a medical certificate is required for an exemption.

In cases where masks are not able to be worn, social distancing practices will be adhered to.

Information about types of face masks can be found on the DHHS site: <https://www.dhhs.vic.gov.au/face-masks-covid-19>

Let's all work together to keep our community COVID Free!

Please Remember

Avoid touching your face or face covering/mask. Practice good hand hygiene, washing or sanitising hands before removing a face covering/mask, and before touching a face covering/mask to put it back on.

Parent Teacher Interviews

As our planned Parent Teacher Interviews were cancelled, due to the Term 1 school holidays being brought forward, we are trying a different way of discussing your child's progress.

Every family should now have been contacted by a staff member from the school to ask if you would like any of your child's teachers to call you.

You can request a call from any of the teaching staff. The teachers have also compiled a list of students that they wish to discuss.

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 on Monday the 10th of August at 7:30pm.

The next meeting of the Parents and Friends Association 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

A week in the life of Rainbow P-12 College

A punny version!

Here are some photos of our VCAL bright sparks!

We were exceedingly lucky to get a masterclass from Heather Davidson & Dion Paech about how to wire up power and lights to the sensory room.
A BIG THANKS FOR THEIR TIME (AND PATIENCE!)



Jas in action



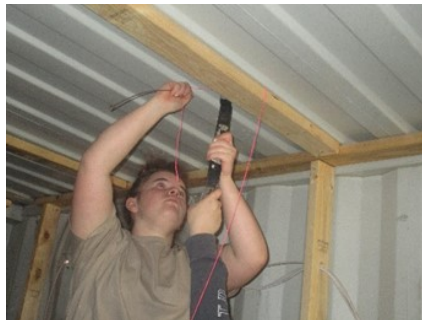
The great teamwork of Ash & Gracie



Max in full workman mode!



Precision work from Lachie



Nicole nailing in some support string



Matt & Aidan measuring up!

+++++

The Nerve of these kids in Psych!



Marty & Heidi explaining their neuron



Jess & Shekinah presenting their masterpiece



Ayla in full teaching mode



The impressive efforts from Emma & Clarissa



Celie & Ayla's work



A close up of Marty & Heidi's creation

DUKE OF EDINBURGH CLASS

The 8/9 Duke of Edinburgh class of 2020 would like to inform you that we have started up the Cove Café. We will be selling chocolates, chips and much more. It will be open on;

Monday- morning and recess

Tuesday-morning, recess and lunch

Thursday- morning, recess and lunch

Friday- morning and recess

On Tuesday and Thursday we will be providing meal options. For senior students they can order in the morning or by recess. Junior students can order by lunch order. (more information to be sent out on this)

Preferences will be advertised in the newsletter for the upcoming week (starting next week)

The Cove Café

\$1 dim sim

\$3.50 hot drinks

\$5 lunch time meals – Tuesday & Thursday only

\$3 milkshakes

\$2.50 Ice-creams

Updated menu will be published in next weeks newsletter.



Chocolates

We are also selling chocolates. They will be available from the Cove Café, Bow Bakery & Mrs Petschel's office

\$1 for 2 Freddo frogs

\$3 Natural confectionery lollies

\$1 chocolate bars

Rainbow Badges

To raise money for our Duke of Edinburgh activities we are also selling Rainbow badges. They are available at school for \$4.00 each.



Talk Time—Week 4 & 5 (Junior School)

After some time in isolation, Talk Time is back!

Tell us about a tradition in your family. It must be specific to your family, not just that you have cake at birthdays.



School uniform

Can parents and carers please ensure that students are in correct school uniform. If you require any new or additional uniform please contact the office and we will arrange a time with our uniform shop coordinator to purchase new uniform.

Water Bottles

Can parents/carers please ensure that students bring a water bottle each day to school. Our bubble taps are not able to be used but water bottles may be refilled in the Junior building.

Positive Education at Rainbow P-12 College

In its most basic essence, our Positive Education Model can be thought of as a road map of what people want for themselves: good health, frequent positive emotions, supportive relationships, a sense of purpose and meaning, the accomplishment of worthwhile goals, and moments of complete immersion and absorption - a life where a person uses their character strengths in ways that support the self and others, and that has flourishing at the heart.

Our model aims to build a positive culture that places wellbeing at the heart of education.

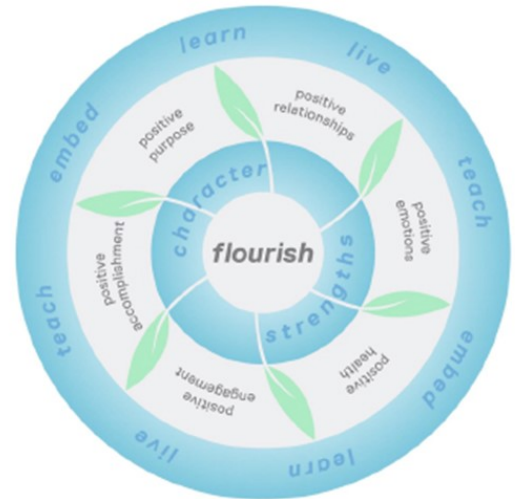
We consider the implementation of Positive Education to be an ongoing journey where continuous learning, applying and reflecting are practised and feedback is always welcomed and encouraged.

In the below video link, Institute of Positive Education Director, Justin Robinson, gives an overview of the different aspects of the model that we have used as our template at Rainbow.

<https://youtu.be/nzTcA673j9U>

In future newsletters we will be including articles that will focus on specific sections of the main domains of :

- Positive Engagement
- Positive Relationships
- Positive Emotions
- Positive Accomplishments
- Positive Purpose
- Positive Health



To kick things off here is our first article...

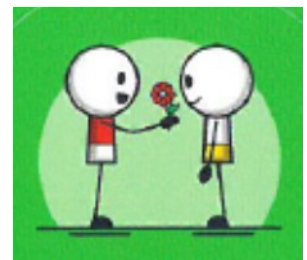
Empathy and Compassion

This week's PEEC topic is 'Empathy and Compassion', which falls under the domain of Positive Relationships. Empathy refers to understanding and experiencing the thoughts and feelings of others – the ability to put yourself in someone else's shoes. Compassion involves experiencing empathy and includes a desire to help those in need.

Humans are social beings. Empathy and compassion help us form emotional bonds with others and enable us to contribute meaningfully to our social groups. Researchers have found that children as young as two years old are naturally helpful, even when the person in need is a stranger and there is no reward involved.

We can practice empathy by identifying others' emotions, actively listening and recognising their points of view. Studies have shown that one way to increase our levels of empathy is by doing volunteer work. Through deliberately engaging in others-focused, helping activities, we can develop our understanding of others' lives and support their needs.

Try this at home: When watching a movie with your children, ask them to name each character's emotions and points of view. What might they be thinking or feeling in a particular scene? Why might they be thinking or feeling this way? Can they relate to those thoughts or feelings?





Smiling Minds has produced a number of Digital Care Packs to support kids' mental health throughout the COVID-19 pandemic and beyond.

These Care Packs provide tips and guidance on how to build positive mental health in children, and offer a range of simple, evidence-based activities that can be used with children aged five to 12 years to provide immediate relief against worry and anxiety, or used to support a proactive positive mental health approach.

Each pack explores related topics and contains downloadable activities for children

Topics include :




Supporting children's wellbeing through mindfulness

Foundational activities that will help you and your child learn the basics of mindfulness, and get a head-start on managing emotions.



Helping children manage worry and anxiety

More in-depth activities that use mindfulness to help children learn effective ways to manage stress and anxiety.



Focusing on the positives

Everyday activities you can use with your child to keep focussed on wellbeing, resilience and positive mental health.

To access the free Care Packs simply complete the form at the link below :

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



In this edition of SchoolTV – RESILIENCE

Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as

being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience.

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 **Resilience** edition of SchoolTV



<https://rainbowp12.vic.schooltv.me/newsletter/resilience>