

Acting Principal's Report from Mrs Petschel

VCAL Job Camp

This Wednesday, Thursday & Friday our VCAL students attended a "JOB CAMP" on site. This has been a very valuable and professionally delivered incursion for our students. They learnt skills in :

- Safe Food Handling
- Barista skills (the coffee was a great hit)
- Café skills
- Responsible serving of alcohol
- Job skills – interview techniques

I have been exceedingly impressed with the enthusiastic participation of all the students involved – their focus, questions and willingness to get involved has shown an outstanding level of engagement. Well done.

In the Pink!

Today has been Pink Day to help raise much needed funds for the NBCF and the McGrath Foundation, to finance research and support to those suffering from Breast cancer. This has impacted our school and local community and as such is a cause very dear to our hearts. Photos of the day will be in next week's newsletter.

World Teachers' Day

Last Friday was World Teachers' Day which was an opportunity to recognise and thank the wonderful staff of Rainbow P-12 College for all their efforts, determination, passion and patience during a very dynamic and challenging year. I am very grateful (and proud) to be working with a team of outstanding individuals to ensure a quality education in a safe and caring environment. If you have a chance please thank our teachers!

Halloween

Last Friday also saw a casual day to celebrate Halloween (see photo page). Due to potential COVID restrictions we also provided a mini "trick or treat" session at the start of lunchtime. Thanks to all the students who got into the spirit of the day and dressed up, and all the staff who participated in the lunchtime session.

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

Information regarding the next School Council meeting, being held by Webex on Monday the 9th of November at 7:30 pm, will be emailed to all councillors.

Parents & Friends meeting will be held on Monday 16th November at 10am via Zoom. Details re the link will be provided at a later date.

Calendar

Week 6

| | |
|-----------|-----------------|
| Mon 9th | Vaccinations |
| Tues 10th | VCE Exams start |

VCE Exam Timetable

November

| | |
|-----------|--|
| Tue 10th | English |
| Fri 13th | Biology & Further Maths 1 |
| Mon 16th | Further Maths 2 Business Management |
| Tue 17th | Maths Methods 1 |
| Wed 18th | Maths Methods 2 |
| Thur 19th | Health & Human Development |
| Mon 23th | Chemistry |
| Tue 24th | Economics |
| Thu 26th | Environmental Science |

Parent Survey

Just a friendly reminder that the Parent survey closes next **Friday 13th November**. Our aim is to get 100% response rate. So if you haven't already completed the survey please make your best efforts to do so by next Friday. Thanks.

Rainbow P-12 College

Pink for Cancer Casual Day



We raised \$142.00 and for each student or staff member that dressed in pink we added another \$5.00 to make a grand total of \$542.00
(80 students & staff dressed in Pink– Great Effort)





REMEMBRANCE DAY

Lest We Forget

Remembrance Day is

Wednesday 11th November

We have Poppies and other merchandise for sale
at school

These include

Poppies & Badges

Ranging from \$2 to \$50

Pens \$5 & Keyrings

Flourish Girl Follow up

On Tuesday 6th October the girls from Years 7-11 attended an online session of Flourish Girl. From all accounts it was a very positive experience for all.

The good folks from Flourish Girl have sent through some information and activities that parents/carers can do with their girls as a follow up from the session.

You will also be pleased to hear that we have booked both Flourish Girl & The Man Cave in for March 2021.

These initiatives would not be possible without the generous and ongoing support from the Parents & Friends Association. Thank you.

An attachment has been emailed with this Newsletter and for further information please go to the Flourish Girl website.

www.flourishgirl.org

Talk Time – Week 6 & 7

talk

Make a poppy for
Remembrance Day.
It must be no bigger
than a saucer

Friendly Reminders

Medical forms for Asthma, Anaphylaxis & Allergies

Asthma, Anaphylaxis & Allergy forms that were sent home several months ago need to be completed and sent back to Leonie Clarke at the College.

If you have lost your form please call and a new copy will be sent home.

Absences

If your child/children are absent or going to be absent can you please send a Skoolbag absentee form, note or phone the school office on 53951063.

Please do not call, email or message the classroom teacher.

Uniform

Please ensure that students are in correct school uniform each day. If you require new uniform please contact the office so we can make an appointment for you to purchase uniform from our uniform shop.

Grade 4 – Poetry (Alliteration and onomatopoeia)

Halloween

It's Halloween, time to have some fun,
Go knocking on everyone's door,
Haunted heroic, hectic houses,
we couldn't ask for anything more.

Time to have a sugar high,
Treats for everyone,
Sweet, sugary, sour,
The fun has just begun.



What about the decorations,
Well there's tons of different ones,
Tall, tiny, topsy, turvy,
There might even be some puns.

Pumpkins here, pumpkins there,
Watch out you might get a scare,
Spiky, stubby, spooky,
They'll jump out at you from anywhere.

By Eliza Clarke

Alarm Clocks

Beep, bing, beep,
Peep, ping, peep,
Waking up early,
Beep, bing, beep.

By Annika Petschel



Horses

The Melbourne Cup comes
once a year,
You can also do some betting,
Clap, click, clop,
The people who are betting
are just sweating,

The Melbourne Cup is really fun,
They always think they can
win this year,
Fast, furious, fantastic,
It's really fun drinking beer,

Horses race in the Melbourne Cup,
As fast as fast can be
Hooves, horses, hoops,
Sometimes you can't even see.

The horses run to win the trophy prize,
Most of the time it hits them
with surprise,
Cup, clap, clop,
Just under them blue skies.

By Caleb Heinrich



A day in the life of Rainbow P-12 College

Halloween Rainbow version!

(Last Friday!)



Amaya, Annika & Giaaaaaaaaan!



Caleb in zombie mode



Annika in full costume



Great job William



Obviously these girls hate having their photo taken!



Napoleon Dynamite & friends!



Love Adalyn's hat



...and Jacob in Halloween mode



Travis just chilling in class!



Nekeisha & Parker...
our next power couple!



Phoebe & Chantelle in costume



A day in the life of Rainbow P-12 College



First Transition Day for our 2021 Prep kids Hungry Caterpillar action



Yosha, Evie, Hayden, Tanner, Noah, Elsie, Jurie & Nate
with their beautiful butterfly



Elsie, Evie, Noah & Jurie waiting for
their turn in the game



Ms Western and the Kinder kids listening to the story of
"The Very Hungry Caterpillar"



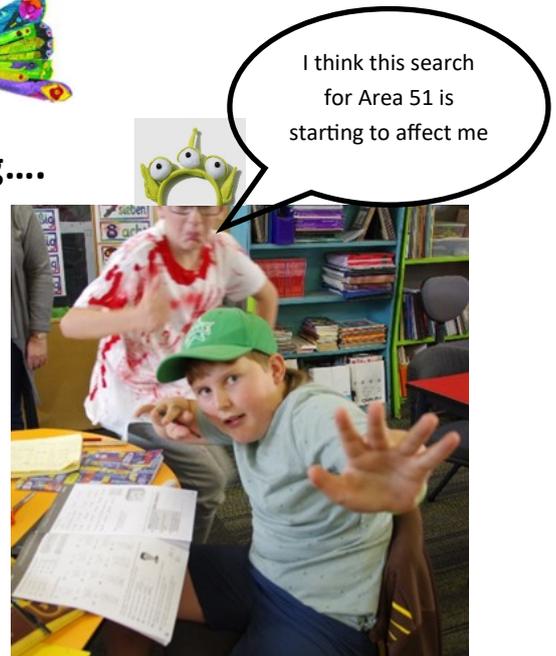
Kinder kids playing caterpillar, caterpillar
who's got your cupcakes?



...meanwhile at the top of the junior building...



Will & Sally working really hard???



Archer & Lenny...need we say more!

A day in the life of Rainbow P-12 College

VCAL JOB CAMP!



Our resident expert...Lachie R!



Great balancing act from Jas

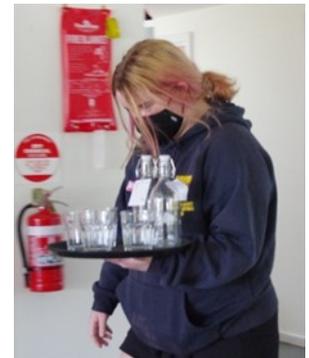


Aidan proud of his work

Look at that concentration from Lachie S



Phoenix in action



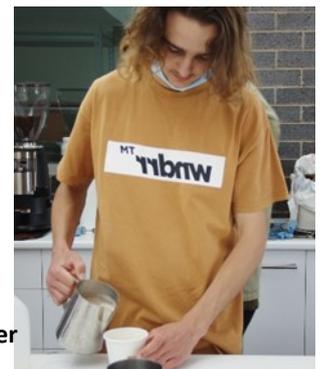
Nicole mastering the cafe skills



Lachlan doing the dishes with a smile!



Great style from Ash (with Maurice our presenter keeping a close eye on the skills)



Paddy working his magic



Manly men!



Maybe a bit too much coffee for Gracie



LIBRARY CHAT – from Miss Wizz

“Books are a uniquely portable magic” – Stephen King

It has been wonderful to see books being borrowed and swapped around amongst friends since we got back to school. I am loving chatting with students about the books that they are reading and hearing what they love (also what they don't!).

The **Darkest Mind** series has been very popular, dystopian fiction seems particularly relevant to us when we are experiencing uncertainty in our own lives.

A number of students have loved reading the **Divergent** series as well.

My reviews...



I recently read one of our new books, called Future Girl. It was set in Melbourne in a not too distant future where climate change has impacted on food availability, and people have become increasingly reliant on a nutritionally manufactured 'bio' food. The story is about a deaf teenage girl who discovers the power of communities, embracing differences and the importance of connecting with nature, ourselves and each other.

I loved this book - it has incredible artwork throughout the pages, as well as one of the most beautifully textured covers I have ever seen!



I have also started reading Punching the Air, which is a novel written in free verse, from the perspective of a young black man (Amal) who is wrongly charged with a crime. The verse is easy to read and extremely emotive. It is a great example of the power of poetic writing, where so much emotion and meaning can be conveyed through so few words.

“Amal feels real as the verse goes back and forth from past to present. You could feel the fear, anguish and depression as if they were your own.”

Delfina V Barbiero

This is a great choice if you would like to expand your reading.

BORROWING

If you have borrowed books during remote learning, please remember to bring them back in so that everyone gets a chance to read them. I would also love it if you would take a few moments to write a review/recommendation to pop in the cover of the book to help others make decision about what to read. Please make sure you fill out the borrowing sheet so that we can keep track of our wonderful books.

I would love to see more visitors to the library. I am there on Monday lunchtimes, so come and have a chat!

Helping our kids master disappointment

POSTED ON [OCTOBER 29, 2020](#)

Hasn't 2020 been a year full of disappointment?! From loss of job opportunities, travel opportunities, closed playgrounds and schools to forced separations from loved ones...it has been one endless ride full of disappointment. Interestingly, after eight months I have noticed that I cope with disappointment so much better. So obviously there is a lot of truth in the saying, practice can improve performance.

The same goes for our children. There has been a tendency in recent years for parents to protect their children from moments of failure or discomfort because it can create emotional distress. I often suggest that we need to [change the rules of the party game, Pass the Parcel](#), back to the old rules where there was only one winner! The reason I suggest this is that under five is a really important window in which children can learn about disappointment and, even more importantly, how to manage it. Yes it does 'suck' when we don't win, or we don't get what we want or others behave in ways that we would prefer they didn't. Our response to these moments is disappointment and it is a normal human response to those situations.

I have been fascinated by the findings of Lisa Feldman Barrett in her book, [How Emotions are Made](#), especially as it tips many of my understandings about emotions completely upside down. Feldman Barrett argues that we don't have a triune brain and that there is no part called the emotional brain per se. She has explored research in incredible depth and discovered that there are no universal emotions. Instead we all create our own unique emotional responses based on our brain's capacity to construct and predict everything we experience. This is called the theory of constructed emotion. Without diving too deeply into her research, essentially from birth we are creating, much like an architect, a version of our environment and our experience. We create our own concepts about emotions like what they are, where they come from and what they mean. Then we create our own unique way of managing them.

What does this have to do with helping our children with disappointment?

It means that if we are able to allow our children to experience as many authentic moments of disappointment as possible with our guidance and support, they will gradually create neural pathways that will help them manage and cope. Yes, from not being allowed a biscuit before dinner, not being able to get a pony, not having yet another story before bed, not being allowed to go naked in public...the list goes on from toddlerhood to teenage-hood. So many wonderful opportunities to practice understanding and navigating disappointment.

Consider for a moment the toddler who is learning to walk. We know they fall over a lot and yet there are no obvious signs that they are disappointed with their efforts.

Barrett would argue that is because they haven't formed a constructed emotion around failure – that will come later and largely in response to us big people. When they drop their dinner on the floor, or they throw their food or they fail to fall asleep when we want them to – they are forming those pathways that will trigger emotions particularly around disappointment. The traditional understanding is that humans are largely reactive creatures responding to things that happen around them. Barrett's theory is that we, together with our children, can help them become the architects of their own experience.

The difference between feeling ashamed and disappointed

Children who have been shamed when they experience quite normal toddler and infant experiences will tend to create the architecture that will make disappointment a reason to feel ashamed, rather than just feeling disappointed.

Maggie Dent article continued.....

If we are able to acknowledge that some developmentally normal behaviours are exactly that – rather than assign a meaning that our little ones are intentionally being destructive – then we are already helping them create more resilience and capacity for overcoming failure and disappointment. My [4 Steps to toddler genius](#) is a great place to start.

These same steps can be applied with our little ones as they get older with the addition that we start the process by validating how disappointment feels. It sucks! This is so helpful as it shows we understand how they feel and that it is absolutely normal and healthy to have that response when things don't go the way we want them to. I think it is helpful for us grown-ups to model managing our disappointment as well. We need to keep reminding our children that even though it isn't a pleasant feeling, disappointment is a normal response.

It does create a flood of different sensations throughout the body, depending on our prior experiences and our own unique temperament. There is no question that optimistic individuals can navigate disappointment a lot more effectively than our more pessimistic individuals! It seems some of that tendency may come in on our DNA and the more pessimistic child will need to work harder at being able to master the hidden gifts that disappointment can bring into their lives.

There are two different ways we can be disappointed.

One way we can be disappointed is through things that are out of our control such as changes made by others, like what happened during the shutdowns. This can also be around things that get cancelled, not being invited to a birthday party or a wedding.

Secondly, there are the disappointments that can come from things we do have control over like forgetting your lunchbox, losing a much-loved jacket, causing a friendship conflict because we said something mean or failing a test we never studied for.

This is an important thing to teach your kids – early and often. There are some things we can fix and some things we just have to learn to accept and adapt to.

Angela Duckworth in her excellent book *Grit: Why passion and resilience are the secrets to success* argues strongly that talent alone is not enough to reach a high level of success in life. Sustained practice and effort, when combined with an interest that has a sense of purpose to it, are the keys to genuine success in life.

The more that our children practice overcoming setbacks in moments of disappointment, the better they get at it. Rather than avoiding moments of disappointment, we need to be embracing them as a form of training for life. I know it's easier said than done!

As parents we can be enthusiastic and encouraging about recovering from life's challenging moments. I always found it helpful to look for the learning experience that was often hidden under each moment of disappointment. The failed test was often a chance to explore gaps in one of my son's learning or more-often-than-not a lack of preparation!

Setting a new goal following a moment of failure, can also be helpful as it refocuses a child towards a future possibility of success, rather than leaving them stuck in a pile of disappointed muck.

The old metaphor about getting back on the horse when you fall off seriously has some merit and it was one that my dad used often (even though we didn't have any horses on the farm). Having parents who display a strong 'have a go' mentality, even when you have no chance of winning, can also be really helpful. Persistence and grit (again, as explored by Angela Duckworth) are qualities that we can cultivate in childhood, especially through play experiences.

Maggie Dent article continued.....

We are meant to fall out of trees and we are meant to graze our knees when we run too fast. We can certainly lose our minds when we lose a game or miss a goal or target. However, recovering from these moments is what matters the most. Every one of those moments has a gift of grit for us and our children.

Playing endless games in real time with real humans is the other best way of learning how to lose and recover. No digital device will ever give you an authentic experience of disappointment and recovery. Indeed, in the virtual world you are often encouraged when you fail to have another go quickly, rather than feel the emotions that disappointment can bring. This can mean that children simply choose avoidance and distraction rather than authentic coping mechanisms.

Here are some tips to help you build disappointment 'smarts' in your kids:

Always validate how it sucks and feels unpleasant.

Don't avoid or minimise the emotions that arise.

Teach strategies to shift the emotional energy – deep breaths, walking, patting the dog, playing music.

How can you make it right? Celebrate effort and persistence.

Do you need my help?

Remind them of previous moments of disappointment that they have overcome.

Remind them about learning to be stronger and grittier.

Choose an affirmation that works "I have got this" or "I am, I can, I will," or "I am more than this..."

Reassure them of your love for them which does not change when things go badly – You love them always and forever – no matter what.

Accepting, understanding and even appreciating the role disappointment can play in raising a competent, confident, resilient child might not be something you have pondered on before.

We cannot leave it to chance to raise our children to believe that this rollercoaster ride we call life will ever be a peaceful field of daisies without any prickles.

Feeling disappointed in ourselves or in our lives, or in the world around us is normal because we are human. There is no perfect. The more that we can armour up our children with helpful information, strategies and a 'get back on the horse' mentality, the more we increase their chances of living meaningful, successful lives.

Remember, persistence and practice can improve performance and failure is just a part of life, not a sign that we are lousy parents.