

## *Principal's Report from Mr Coffey*

### **Return to Remote Learning**

I didn't expect to be writing about a return to Remote Learning when last week's newsletter was published. We'd had a great start to Term 3 and were eagerly looking forward to continuing the intervention and additional support work with our "Priority" and "Focus" students that we'd commenced in term 1.

With more advanced notice than the first round of Remote Learning and the experiences gained from Term 2, we have had more time to plan and prepare and have modified what and how we are delivering our learning program, this time around. We were very fortunate too, that DET provided an additional pupil free day which was approved by School Council, for last Wednesday August the 5<sup>th</sup>.

We have taken on board the valuable feedback we received from students, parents and staff through the surveys. We will continue to have the Wellbeing Wednesday and have streamlined the number of classes and amount of work required by students, to improve the quality of work produced by students and to reduce the anxiety and stress caused by the sheer volume of work we delivered via classes in term 2.

We will also be surveying students and parents regularly to monitor and modify the suitability of our program.

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 on-site will apply.

As many staff are working from home delivering the Remote Learning program it is essential that we know in advance 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.

Until next week stay safe!

### **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/department/Pages/coronavirus.aspx>

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

The School Council meeting scheduled for Monday the 10<sup>th</sup> of August has been cancelled so the next 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

## Students of the Week & July Award Winners



Clarissa, Kolby and Shekinah Peace Out

## RUOK? Day – Thursday Sept. 10<sup>th</sup> 2020

**THERE'S MORE TO SAY AFTER RUOK?**

What you're going through isn't easy. It's good we can talk about it.

Have you been feeling this way for a while?

That's tough. Keep talking, I'm listening.

**RUOK? DAY**  
10 September 2020

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

The Year 7 Personal Learning class will be organising activities, food and things to buy on this day. Stay tuned for more details! (even if it is remotely!!)

## 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...

### Forgiveness

This week's PEEC topic is 'Forgiveness', which sits under the domain of Positive Relationships. Forgiveness plays an important role in maintaining kind, caring and satisfying relationships. It is also key to fixing relationships that have been hurt and trust that has been broken.

Disagreements, arguments and mistakes are a natural part of relationships. Forgiveness is about letting go of grudges and giving another chance to those who have made mistakes (including ourselves!) Forgiveness involves a shift in thinking - from wanting to get back at those who have harmed us, to wanting to do them good.

Research has shown that forgiveness not only helps to fix relationships, it also has a positive impact on the wellbeing of the forgiver. Those who are more forgiving tend to experience less anxiety and hostility, and are more satisfied with life.

*Try this at home:* Write a forgiveness letter without sending it. Start by thinking of someone from your past who you are holding a grudge against. Describe what they did to upset you. Then write about how holding this grudge is affecting you and how it is affecting the other person.



### In this edition of SchoolTV - DEPRESSION

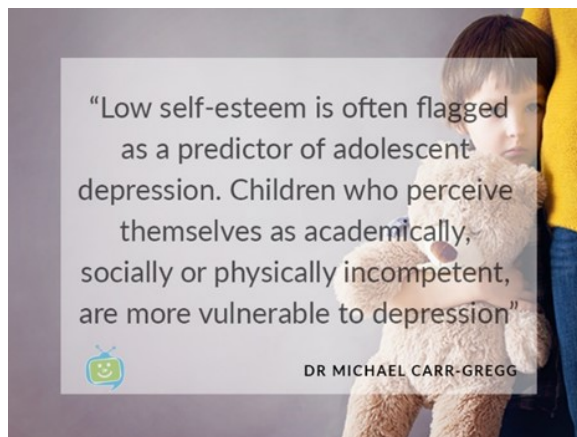
When kids feel sad, irritable or anxious most of the time, this is not considered a 'normal' part of adolescence. Depression may be indicated by uncharacteristic behaviour such as social withdrawal, changes to academic performance, use of drugs or alcohol, or even engaging in risky behaviour. The symptoms and signs are a combination of what a parent can see externally, plus what a child is feeling internally.

Every child can feel sad or down in response to a particular situation. However, these feelings should only last a short time and should not interfere with a child's day-to-day activities.

Should the sadness continue for longer than two weeks, then your child could be at risk of depression. This is more than just sadness, it is a serious health problem with no singular cause. Usually depression is the result of a combination of things.

In this edition of SchoolTV parents will learn how identify the signs of depression and what the effects are on their child's wellbeing and overall health.

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 **Depression** edition of SchoolTV

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



# Mask Up Tuesday

