

## *Principal's Report from Mr Coffey*

### **Keep Calm and Carry On**

With week 5 of the term just around the corner, I thought I'd write to you to express our support, for the fantastic work you are doing at home supporting your children with their learning. It hasn't been an easy transition for parents and teachers alike. Many of the students are more able to manage and use the technology required for on-line learning.

I believe we have the appropriate supports in place for the staff here at Rainbow P-12 College. Staff have the option to find the right balance between working from home and working on site that suits their individual needs. There has been a reduction in the face-to-face teaching hours to compensate for the additional preparation time, required to prepare and deliver the on-line program. Many of the staff, have also offered to perform supervision for the small number of students eligible to attend on-site. The support and comradery they are showing for each other is inspiring.

The Leadership Team at the school are aware of the additional pressure the on-line learning program has placed on our school families. In order to capture how the parents and guardians are coping with this remarkable change we will be distributing a Parent Survey within the next week to identify what support is needed.

From the feedback we have received so far, it seems that parents are most concerned that if their child doesn't complete all of the work they are failing their child as a parent. Please remember you are their parent not a teacher just as we are teachers and not parents. I don't mean this in a negative sense. The work that is being presented on-line and in print should be able to be completed by the students without Mum or Dad having to teach it. The survey will provide sections where you can provide this feedback for us. Just as the on-site learning doesn't provide teachers but rather supervising staff the on-line and print material learning should be the same.

It has been interesting to observe how some students are responding. Most are managing the challenge as they do in the normal school setting. Some are trying to avoid doing the work as they do in the normal school setting and some need additional one-on-one support as they do in the normal school setting.

At the moment, we can't do a lot about the second observation, other than continue to monitor that the students are regularly submitting their work. We are beginning to recommence some of our individual intervention programs on-line to provide greater support for the students who need additional one-on-one support.

My overall advice would be, that once school returns to "normal" you will still be your child's parent and that is the most important relationship. Please don't jeopardise that most precious relationship over what will be a small part of their school life. Things will return to normal again and in the span of 13 years of education what we are doing now will be a small part. Each week we are all getting better at undertaking on-line learning and we are doing our best. In the words of Jonesy from Dad's Army "Don't Panic!"

### **Stay Informed**

I encourage all parents and students to access the Department of Health and Human Services website for the latest public health information.

<https://www.dhhs.vic.gov.au/coronavirus>

### **2019 Annual Report to the School Community**

The 2019 Annual Report will be available on Facebook, the Skoolbag app, the school website and print copies will be available at the front office.

### **School Council**

The next School Council Meeting will be Wednesday the 10<sup>th</sup> of June at 7:30pm. More information will be sent out to councillors regarding how the meeting will be held.



## 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 are doing this!)

### Smiling Minds (website & app)

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

Mindfulness activities

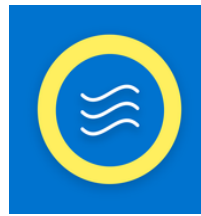


### Mind yeti – [www.mindyeti.com](http://www.mindyeti.com)

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

<https://www.teachpeec.com/curriculum/secondary/free-remote-learning-resources/remote-learning-resources/>

Wellbeing activities for senior students



## **Ingenuity in action (Real life application of our 3D printers)**

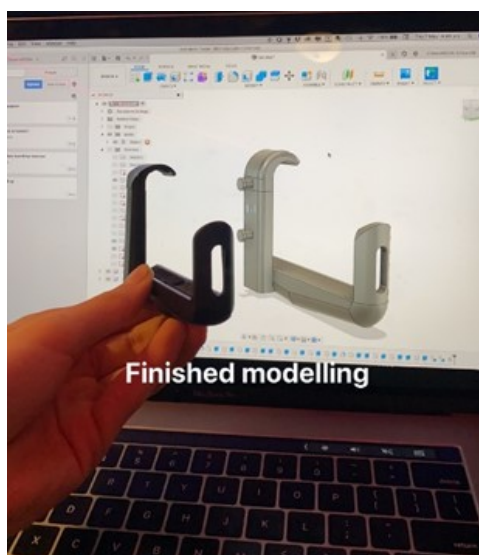
Our junior staff had a bit of an issue!

They needed a stand to hold their mobile phones while taking their gloriously entertaining class dojo videos.

Miss Downing came up with an innovative answer using Lego to hold the phone but...we needed something more!

Our resident "student-teacher" Nico Roll one again came to our rescue! After a brief discussion he came up with a plan to 3D print some holders that would screw into camera tripods.

Here is a photo of part of the process.



## **Hindmarsh Shire Youth Council**

Please read the information below.

# WHAT'S YOUR IDEA OF ONLINE FUN?



THIS IS GONNA BE FUN!

We have some fun activities and competitions planned, but we need your input! Please take a minute to do our Youth Activities survey @ <https://www.surveymonkey.com/r/J7MZVL5> and let us know how you would like to spend your time in lock down

# 8/9 DUKE OF EDINBURGH CHOCOLATE FUNDRAISING

The 8/9 Duke of Edinburgh class is usually involved in a number of fundraising activities throughout the year so that they can be self-sufficient and financially support their planned activities.

Things are a little bit different this year!

However, as a class we have tried to be flexible and adapt to the changing circumstances.

This is why we are organising our usual chocolate/lollies fundraiser remotely!

Here is how it will work :

## **JUNIOR SCHOOL**

1. The details of items available & prices will be posted on the Junior class story on Class Dojo
2. Your parents can message an order through to Mrs Petschel
3. All orders need to be in by **Thursday 3:30pm**
4. It will be organised and put in the junior school package bags that you pick up Friday
5. You are to put the money (will need to be correct amount) in a clearly named envelope in the family bag that you drop off on Friday
6. This will be available on a weekly basis *(a hard copy of the order form will also be sent home in the pack)*

## **SENIOR SCHOOL**

1. The information will be posted on the Facebook page.
2. You will send through your orders to your Homeroom teacher who will then pass them on to Mrs Petschel
3. All orders need to be in by **Thursday 3:30pm**
4. Orders will be organised in a tub with names clearly marked
5. The box will sit outside the staffroom under the verandah on Friday during school time for people to drop off their money and pick up their order

**THANK YOU FOR SUPPORT THE 8/9 DUKE OF EDINBURGH STUDENTS**

## WHAT WE HAVE AVAILABLE...

NAME	PICTURE	QUANTITY	PRICE EACH	TOTAL PRICE
Freddo Frog 12gms			\$0.50	\$
Caramello Koala 15gms			\$0.50	\$
Freddo Strawberry 15gms			\$0.50	\$
Freddo Milky top 12gms			\$0.50	\$
Toblerone 35gms			\$1.00	\$
Boost 38gms			\$1.00	\$
Timeout 32gms			\$1.00	\$
Crunchy 30gms			\$1.00	\$
Cherry Ripe 35gms			\$1.00	\$
Snakes 200gms			\$3.00	\$
Sour Squirms 180gms			\$3.00	\$
Party Mix 180gms			\$3.00	\$
Fruity Chews 180gms			\$3.00	\$