

Leadership report - Weekly roundup

Welcome to Term 3

Hope we have all had a great break and are ready and raring to go for a mighty action packed term. Here is just a brief list of some of the main activities for the term:

- ◆ Write a Book in a Day
- ◆ German Poetry Competition
- ◆ GAT
- ◆ SM Cluster Junior Athletics
- ◆ Stage Production
- ◆ Our school review



Production

Rehearsals and preparations are in full swing for this year's production of Mash, Spuds, McTavish & Mason. It is great to see that the script for the production this year is written by a local Rainbow lad Rob Koning. A Truckie by trade but playwright and poet in his spare time! This goes to prove that if you put your mind to it you can achieve anything..and as the Year 7/8 students know any goal set requires hard work, grit and motivation. Can't wait to see the script acted out on stage. Refer to the article later in the newsletter for dates and more details.



Sharni Lowe's Speech

Staff were very privileged to hear Sharni's speech in Wednesday's staff meeting. She wrote this in her tutoring group but was too young to participate in the public speaking competition. All I can say is WOW! She presented her speech on Homelessness & Mental Health in the LGBTQIA + Community in an articulate and passionate manner.

It was obvious that she put a lot of time and thought into the message. She deservedly received three rounds of applause. Can't wait to hear and read more of her work. Well done Sharni!



School Review survey reminder

It would be wonderful if we could have a greater response rate for the parent feedback survey as your opinions and ideas are invaluable.

Below is a link to a brief survey that asks a number of questions in regards to what the school does well and what you would like to see the school do more of (or less of) as well as identifying highlights of the past four years.

<https://www.surveymonkey.com/r/ZWCM6WY>

The survey will be open until the end of the third week of Term 3. We value everyone's input so please take the time to fill it out and be involved in shaping education in Rainbow for the next four years!

2021 Calendar

July

Week 1

Fri 16 Footy Colours Casual Day
Gold coin donation

Week 2

Mon 19 Write a Book in a Day
Year 5 to 9

Tue 20 Production rehearsal
3.35 - 5pm

Wed 21 German Poetry Competition
Years 4 to 8

Week 3

Tue 27 Roadsmart program
Yr 10 to 12

Production rehearsal
3.35 - 5pm

Thu 29th GAT

Aug

Week 4

Mon 2 - Fri 6 **Book Fair**

Tue 3 Production rehearsal
3.35 - 5pm

Wed 4 Parents & Friends @ 10am

Week 5

Mon 9 School Council @ 7.30pm

Tue 10 Production rehearsal
3.35 - 5pm

Week 6

Tue 17 Production rehearsal
3.35 - 5pm

Week 7

Tue 24 Production rehearsal
3.35 - 5pm

Fri 27 SM Cluster Aths @ Rainbow
Yr 12 Study Day

Important Meetings

The next School Council Meeting will be Monday 9th August at 7:30pm and the Parents & Friends Meeting will be on Wednesday 4th August at 10am.

MultiLit



Congratulations to Kolby for completing his 200 sight words for MultiLit



In and Around our School from Mrs Solly

Most weeks in the newsletter I will be putting some articles in about what is happening at school. I hope you enjoy looking at the great things we do in and around our wonderful School.



School Start time

Please remember that there are no teachers **on duty** until 8.30am each day.
Please ensure students are not at school prior to this time

Coughs, colds & bugs

If your child/children are not well please do not send them to school until they are better.

Reading achievements to the end of week 10



This week we congratulate the following students



50 nights reading

Year 5/6: Caleb, Zach

75 nights reading

Year 3/4: Ava, William

100 nights reading

Prep: Nate

Year 1/2: Hendrix

Year 3/4: Edison

150 nights reading

Year 5/6: Annika, Maggie

125 nights reading

Prep: Hayden



Great Victorian Bike Ride from Tessa Leach

Hey everyone!

Welcome back to school for term three! The GVBR is rapidly approaching so we need to begin really cementing in numbers and involvement.

The early bird applications close soon.

There will be a meeting on Friday the 16th of July.



You **NEED** to be at this meeting if you are thinking about doing the ride. There will be information at the meeting and questions answered to the best of my ability

Legacy Public Speaking Award - from Miss Wizz

On Friday 25th June, Nekeisha Bastin, Cooper Stasinowsky and Phoebe Bigham participated in the Legacy Junior Public Speaking Award in Horsham. Students from St Brigid's College and Nhill College were also in attendance, and students from Kaniva College presented their speeches the day before via video conferencing. All participants spoke exceedingly well, impressing the judges with their knowledge and confidence. The impromptu speech topic was "How my family and I coped with the Covid lockdowns" and although all students found it difficult to present a speech after only 5 minutes preparation, I think our group did a marvellous job. As you may have seen on our Facebook page or in the local paper, Nekeisha Bastin was the runner-up on the day and will now present her speech at the next level in Ballarat in September. The judges commented that her speech about the fast fashion industry and ethical fashion was very eye-opening.



Nekeisha Bastin
Runner up in the
Legacy Public
Speaking Award



The R P-12 team
Cooper, Phoebe &
Nekeisha

Sharni Lowe also participated in the tutoring sessions, but was too young to compete in the competition. Instead, Sharni presented her speech to the College staff at a staff meeting this week. It was great to see a grade 6 student taking the opportunity to extend herself.

We all know that public speaking is extremely nerve-wracking, but it is also a skill that stands people in good stead throughout life.

Phoebe, Cooper and Nekeisha should be very proud of their performance on the day, as well as the hours and hours of work that went into preparing their speeches. As their teacher, I was extremely proud of the enthusiasm with which they approached this opportunity, and the way they constantly worked on developing their skills.



Production news

Our 2021 production preparation is in full swing, with rehearsals taking place at lunchtimes and after school on Tuesdays. The students are performing an original play called "Mash, Spuds, McTavish and Mason" written by local lad Rob Koning. The production is on **September 6th and 7th**, so make sure you mark those dates on your calendar!



Parents of students involved, we will be sending out information regarding costumes in the coming weeks. Please encourage your children to practice their lines with you, as we would like to have them memorised by week 4 if possible.

Camera donation



The College has been exceedingly lucky that Les Graetz has decided to upgrade to a new camera. He has very generously donated his "tried and trusted" Canon EOS 70D SLR camera to the school.

Les in action!



This means that the school now has a number of cameras available for student use.

If you are keen to be part of a Camera and Photography Club please see Mrs Petschel for further details.

What's been going on in and around our school?



Ryder enjoying tasting his whizz fizz



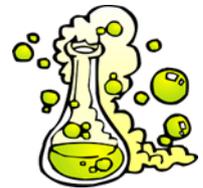
Mmm.. Maggie and Amaya think this is finger licking good



Addison and Eliza like the taste of their experiment



Science in the Junior School



This passes the taste test with Riley and Jasper



Sharni and Archer think it tastes just right



Annika making a big bubble!!



Edison makes an enormous bubble



Ryder makes an impressive bubble



James and Eliza designed their electrical circuit

What's been going on in and around our school?



Jacob and Jasper experimenting



Zach and Riley trialing



Sharni and Archer working on their experiment

More Science in the Junior School...



Plenty of muscles required!

"My Space"

held
last term

**Many hands make
light work!!**



Hard Yakka!!!



Where to next? Team meeting!



Mrs Petschel admiring
the tasty
Spaghetti Bolognese. Yum!



Pippa and Ava enjoying their meal

School for Student Leadership

Greetings from the students from School for Student Leadership (SRC). As you are aware, we have now returned from our 9-week journey. We are here to give a recap of what we did and our experiences.

We did so many amazing activities that built our motor skills and relationships. Some of our main activities were Surfing, Bike Riding and Bridge Building. These activities were designed to put you on the edge of your comfort zone which made it grow exponentially as our journey continued.

Our biggest activity was our two expeditions. Both of these expeditions had two main activities. Expo one was all about us getting to know our expo team better and walking long distances and Expo two was all about canoeing and as always, having a good time.



Expo 1



Bridge building - the final product



Expo 2



Half day bike ride to Marlo



Introduction to canoeing

Expo skills with Miss Reichelt our teacher & Mr Brown the overnight supervisor



Dear Mum and Dad, Please Stick With Me

by Helene Wingens

Dear Mum and Dad,

Please stick with me.

I can't think clearly right now because there is a rather substantial section of my prefrontal cortex missing. It's a fairly important chunk, something having to do with rational thought. You see, it won't be fully developed until I'm about 25. And from where I sit, 25 seems a long way off.

My brain is not yet fully developed

It doesn't matter that I'm smart; even a perfect score on my math SAT doesn't insulate me from the normal developmental stages that we all go through. Judgement and intelligence are two completely distinct things.

And, the same thing that makes my brain wonderfully flexible, creative and sponge-like also makes me impulsive. Not necessarily reckless or negligent but more impulsive than I will be later in life.

Please stick with me.

So when you look at me like I have ten heads after I've done something "stupid" or failed to do something "smart," you're not really helping.

You adults respond to situations with your prefrontal cortex (rationally) but I am more inclined to respond with my amygdala (emotionally). And when you ask, "What were you thinking?" the answer is I wasn't, at least not in the way you are. You can blame me, or you can blame mother nature, but either way, it is what it is.

At this point in my life, I get that you love me, but my friends are my everything. Please understand that. Right now I choose my friends, but, don't be fooled, I am watching you. Carefully.

Please stick with me.

Here's what you can do for me

1. Model adulting.

I see all the behaviours that you are modelling and I hear all of the words you say. I may not listen but I do hear you. I seem impervious to your advice, like I'm wearing a Kevlar vest but your actions and words are penetrating. I promise. If you keep showing me the way, I will follow even if I detour many, many times before we reach our destination

2. Let me figure things out for myself.

If you allow me to experience the consequences of my own actions I will learn from them. Please give me a little bit of leash and let me know that I can figure things out for myself. The more I do, the more confidence and resilience I will develop.

3. Tell me about you.

I want you to tell me all the stories of the crazy things you did as a teen, and what you learned from them. Then give me the space to do the same.

An interesting way to describe brain development in teenagers.

A letter from a teenager.....

4. **Help me with perspective.**

Keep reminding me of the big picture. I will roll my eyes at you and make all kinds of grunt-like sounds. I will let you know in no uncertain terms that you can't possibly understand any of what I'm going through. But I'm listening. I really am. It's hard for me to see anything beyond the weeds that I am currently mired in. Help me scan out and focus on the long view. Remind me that this moment will pass.

5. **Keep me safe.**

Please remind me that drugs and driving don't mix. Keep telling me that you will bail me out of any dangerous situation, no anger, no lectures, no questions asked. But also let me know over and over and over that you are there to listen, when I need you.

6. **Be kind.**

I will learn kindness from you and if you are relentless in your kindness to me, someday I will imitate that behaviour. Don't ever mock me, please and don't be cruel. Humor me-I think I know everything. You probably did as well at my age. Let it go.

7. **Show interest in the things I enjoy.**

Some days I will choose to share my interests with you, and it will make me feel good if you validate those interests, by at least acting interested.

One day when the haze of adolescence lifts, you will find a confident, strong, competent, kind adult where a surly teenager once stood. In the meantime, buckle in for the ride.

Please stick with me. Love, Your Teenager



SPECIAL REPORT COVID Fatigue & Youth Mental Health

The physical impact of the pandemic has mostly spared our young people, however as the nation remains to be on alert and in various stages of lockdown, restrictions continue to be mandated. The pandemic has had a great affect on our young people with many paying a heavy emotional and developmental price. Psychological disorders are on the rise and emergency interventions have skyrocketed.

As hard as it is being a young person today, it's also draining being the parent of one. It has been reported that many parents are struggling to keep their child's mental health afloat, often proving it is difficult to juggle parenting responsibilities whilst at the same time providing much needed emotional support for their children.

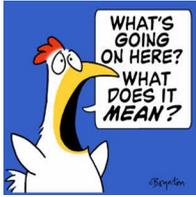
Unlike the coronavirus itself, the emotional blowback of the pandemic cannot be vaccinated away. Psychologists are seeing more depression and anxiety across all age groups, but in adolescents it seems to be on steroids, with some choosing to self-medicate using alcohol or other drugs. When they look into the future now, they're looking at one that wasn't what they envisioned before.

This report explains the current state of youth mental health in a post-COVID era and offers guidance on how best to support young people today. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If this Special Report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report

https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-covid-fatigue-youth-mental-health



**STUDENT VOICE, AGENCY
& LEADERSHIP
(SVAL)**

UPCOMING MEETINGS

SRC: 20th JULY

JR SRC: 14th JULY

(Held yesterday)

STUDENT FORUM: 20th JULY

**FOOTY COLOURS
CASUAL DAY FRIDAY
16th JULY**



SRC

- Casual days
- Enduro catering
- The beanies are on the way!

JR SRC

- Starting to sell icy poles next week

Year 7 & 8 Foods Class

When you have so many lemons what do you do?
Turn them into homemade lemon cordial.
That's what Mr Smith's Year 7/8 foods class did today.



Amelie & Sally cutting and squeezing the lemons



Cooper, Fletcher & Caleb preparing the lemons



Breanna, Chantelle, Ben & Kayden making their cordial



Organized by the Junior SRC and starting on the 20th of July throughout term 3 we will be selling **Zooper Doopers** at lunchtime every Tuesday, Thursday and Friday for 50c per icy pole.

If your child wishes to purchase one please send the money with them to school.

The money raised will go towards new playground equipment to make our school a fun friendly place.



youth reference group

Are you?

- Between 12 and 25?
- Passionate about youth mental health

The Youth Reference Group are Looking for New Members

Responsibilities and Benefits

- Support local headspace activities.
- Participate in meetings and be involved in the planning and the delivering in programs and events.
 - Act as a representative of headspace Horsham.
- Maintain regular contact with the group.
- Meet other young people passionate about youth mental health.
- Gain experience that can be added to resumes and create future opportunities.
- Receive training in mental health, alcohol and other drugs, media and other skills.
 - Become a community advocate for youth mental health.
- Develop a range of skills including working in groups, fundraising projects and independence.

For more information visit our centre at 77 Hamilton Street Horsham, 3400 or call 53 811543.

Email: info.headspacehorsham@vt.uniting.org

Bus travellers

For our system to continue to work efficiently, if you are going to pick up your child/children from the school can you please send a note or write in their diaries.

If you have a change of plans during the day we need to know in advance, so if possible it would be appreciated if calls could be made before **2pm** on the day of the change.

Thank you

Tissues

If each family could supply a box of tissues to be used in the classrooms it would be very much appreciated.

You can drop them into the office or send them to school with your children.



Canteen Emergency Workers

Tammy Bigham (M, W, F)	0427820684
Samantha Smith (M)	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.



Term 3

July

Fri 16	K. Kajewski
Mon 19	S. Newton
Wed 21	L. Jochinke
Fri 23	Roschelle Clugston/ R. Keller
Mon 26	C. Petschel
Wed 28	T. Bigham/ A. Roberts
Fri 30	T. Gould/ E. Lester

Aug

Mon 2	G. O'Halloran
Wed 4	K. Preston
Fri 6	M. Heinrich/G. Morris
Mon 9	R. Bastin
Wed 11	Sharon Smith
Fri 13	N. Kruger/ C. Fuller
Mon 16	J. Thomas
Wed 18	E. Staples
Fri 20	K. Weir/C. Fisher

Mon 23	Samantha Smith
Wed 25	B. Eckermann
Fri 27	S. Millward/C.Saul

Mon 30	C. Stasinowsky
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Sept

Wed 1	C. Cocks
Fri 3	E. Clarke/ M. Zadow
Mon 6	Renee Clugton
Wed 8	N. Leach
Fri 10	N. Eckermann/ L. Heinrich
Mon 13	A. Riordan
Wed 15	A. Ey
Fri 17	J. Fuller/ P. Fisher