

Leadership report - Weekly roundup

Remote learning 5.0

At Rainbow P-12 College, at the moment, you will find a little dorky Acting Principal bursting with pride in regards to the way all aspects of our school community have embraced the challenges of Remote Learning.

In the blink of an eye (and at very short notice) the staff were able to switch to remote learning and adapt the learning to suit the changing conditions. While the staff can say they are seasoned veterans at remote learning it is still a huge shift both physically and mentally. I have been exceedingly impressed with, and humbled by the staff's dedication, commitment, innovation and flexibility to ensure the continuity of student learning.

The uptake by our students has been incredible. All students from P-12 have made a concerted effort to engage and join in all classes and activities. While many will never readily admit it they really do value their learning and enjoy the connections of school. I could not be prouder of the way our students have shown a willingness to adapt to the flexible learning conditions.

None of this would have been possible without the support and involvement of all parents/carers and guardians. We understand that remote learning has its own set of challenges on the home front and we sincerely appreciate the efforts parents/carers and guardians put in to supporting their child/rens learning. Together we achieve! (so proud!!!)



Mental wellbeing

Our mental health has really taken a battering over the life of Covid-19 with lockdowns, remote learning and all the challenges along the way. I must admit that every time we head back into remote learning it knocks the confidence and wellbeing around a bit.

While we always make the mental health and wellbeing of our students our top priority during this time we move up another gear to ensure that remote learning does not have an adverse impact on how students feel about themselves, their learning and the future.

From daily check-ins, informal chats and making ourselves accessible for what ever our students need be assured that our staff are here to support them every step of the way.

Contact details for support networks are featured later in this newsletter.

Calendar

Week 3

Thu 29 GAT
(unless otherwise notified)

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

Week 8

Fri 3 SM Cluster performance

Week 9

Mon 6 & Tues 7 Production
Tue 7 & Wed 8 School review days

Thu 9 RUOK? Day

Fri 10 LD Aths

Week 10

Wed 15-Fri 17 Yr 3/4 Camp
Roses Gap
Fri 17 School finishes at
2.30pm

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.

Leadership report - Weekly roundup continued.....

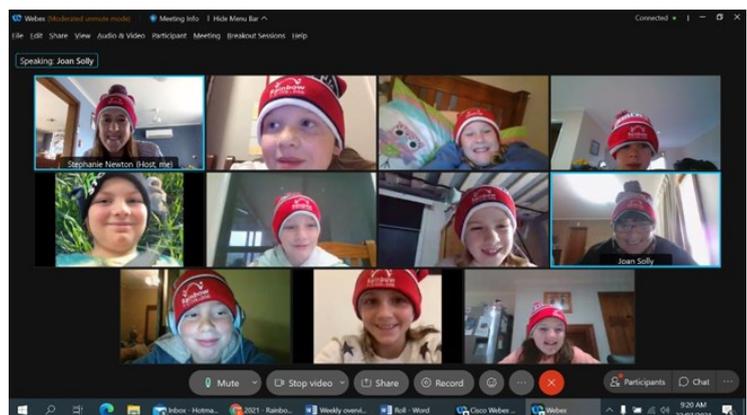
Parents/Caregivers/Guardians survey

The Parent Survey is now open. We have decided to send the survey out to all families this year. You will be receiving a letter in the mail with the specific details of how to complete the survey. The upcoming review and new strategic plan for the next four years makes your feedback invaluable. More information later in the newsletter.

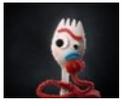
Beanies

It was with huge excitement that we received our school beanies this week. Congratulations to **Lewis Cocks** for the design and to the Senior SRC for providing each student and staff member with a beanie at no cost. It was a great initiative from **Gracie Hurlstone**, the SRC President to send out the beanies with the junior packs (thanks to Mr Rob for doing a drive around to drop some of the beanies around town & district & Mr Glover for the Jeparit drop off). I think the staff were as excited as the students to get them! It is great to see everyone wear them with pride.

Beanie Brigade



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



6 weekly challenges to help improve your mental fitness, increase happiness & reduce stress (the Year 7 PL crew completed this last term)

Smiling Minds (website & app)

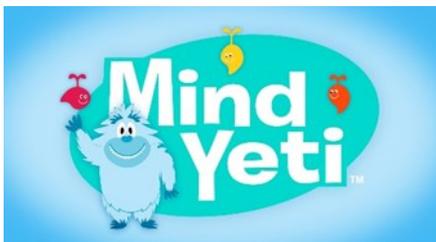
<https://www.smilingmind.com.au/>

Mindfulness activities



Mind yeti – 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



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

Reading achievements to the end of Week 1



This week we congratulate
the following students



Reading awards for students will be presented
at the next school assembly.

50 nights reading

Year 1/2: Phoenix Wairau

75 nights reading

Prep: Jurie, Yosha

Year 1/2: Sadie

100 nights reading

Year 1/2: Murphy

125 nights reading

Prep: Evie, Elsie

Year 3/4: Adalyn

Year 5/6: Lily, James

150 nights reading

Year 1/2: Emma

Year 3/4: Inara, Taylor, Ruby,
Harry

Year 5/6: Amaya, Addison, Giaan

Parents survey

WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted with parents/caregivers/guardians (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 19th July to Sunday 22nd August**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek. Please speak to your child's teacher if you would like more information.



Mental Health Services and Support

Beyond Blue

24/7 mental health
support service

1300 22 4636
beyondblue.org.au

headspace

Online support and
counselling to young
people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: [headspace.org.au/eheadspace](https://www.headspace.org.au/eheadspace)

Kids Helpline

24/7 crisis support and
suicide prevention services
for children and young
people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people
impacted by sexual assault,
domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and
suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and
counselling service for
people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling
service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support
and referral

1800 184 527 (9pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm,
call 000 or go to your nearest hospital emergency department.



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

Luckily I got out and about to capture a few classes in action last week.....



Lenny, Maggie,
Mrs Gregory & Oscar



Archer, Kane & Annika on a
Maths Program.



**Maths classes
around the rooms..**



Sharni & Amaya engrossed
in problems!!



James & Evan hard at work!



Callum, Felicity & Adalyn enjoy
Place Value games



Inara, Pippa & Ruby playing
jig-saw numbers



Harry & Clancy mastering Mathletics!

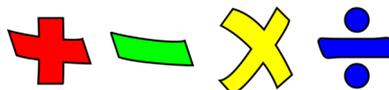


Pippa & Hugo playing a
Maths card game



Mitch hard at work

**Lots of concentration
in the senior
Maths classes!!**



Aidan right into it!

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



Bailey making his Learning Intentions clear to Chelsea and Bronte



Guten Tag!



Lilly, Phoebe, Nekeisha and Amalie practicing for the German Poetry Competition



**All about the weather...
Grade 1/2**



The Grade 1/2 class have been learning about the weather and were most interested in observing the clouds before the storm last week. They were very pleased about the rain falling that afternoon



Hendrix, Elsie, Hayden & Jurie learning the rules of the kitchen

Kids in the Kitchen



Hayden & Jurie drawing the rules.



Mrs Bull explaining the rules of working in the kitchen before they made their jelly

CAREERS AND PATHWAYS NEWS from Mrs Leach

Our students are continually having to think about their pathways through school and beyond and we do our best to help them navigate through their options and decisions. This year has again presented new and interesting challenges in many ways. There is an absence of Work Experience opportunities usually afforded Year 10 and 11 students, many University and TAFE Open Days will be virtual this year, with restrictions on students' access to campuses across the state and the processes and requirements by which Uni and TAFE places are determined is ever-changing at present as well. With this in mind, I have outlined some information which I have re student pathways.

OPEN DAYS

Tertiary Institutes around Australia usually hold Open Days and On-Campus Experiences for students at various times during the year. However, a lot of this is moving to online and virtual platforms again this year. I have emailed a link to Year 12 VCE students with dates for Victorian and South Australian Tertiary Institutes to the students or they can be found listed at [Aus-sie Educator](#) (search Open Days on this site and it should get you to the right place). They are well worth checking out for any Year 10, 11 and 12 students to help them, and parents, make decisions for this part of their lives. You can attend virtual webinars, information sessions, virtual campus tours and even check out accommodation, albeit online. Please consider this in the next couple of weeks, plan ahead and make the most of the opportunities. They can be invaluable experiences and assist immensely with the decisions which must soon be made.

VTAC (The Victorian Tertiary Admissions Centre)

The Year 12s who are considering going on to further study next year will need to apply through VTAC or SATAC (for SA unis). This process opens in July and remains open until September. It also opens again once students have their results in December. Along with this, students and their families need to think about moving away, accommodation etc beyond Year 12. I am unsure as yet whether I will be able to hold an information session to help you through this process. I will send home a separate letter with details of this session if we can make it happen or an alternative arrangement if we can't.

VCE/VCAL SUBJECT SELECTION

Year 10 and 11 students need to be thinking carefully about their pathway through VCE or VCAL in Years 11 and 12. With this in mind, I will aim to hold an information session in Term 3 which will outline the requirements and considerations for these choices. Of course, this will depend on COVID restrictions etc. This will be followed by a one-on-one meeting with students, parents and me at which we will discuss, and hopefully plan, your child's pathway through this part of their schooling. I will send home a separate letter with details of this session, once known.

ANYTHING ELSE...

I am more than happy to help any students and/or families with pathways through school and beyond. It can be an exciting, but equally confusing time for all concerned. Please don't hesitate to contact me at the College if I can help in any way.

Canteen Roster

Term 3

July

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

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.