

Leadership Report / Weekly Roundup

PAINTING THE SENSORY ROOM

On Thursday and Friday morning of last week a plethora of students worked tirelessly to paint the outside of the sensory room...and WOW, what a fantastic effort from all involved! I must make particular mention of Riley Muggeridge who worked tirelessly to complete all the outlines (even if it meant battling the sprinklers!!) His efforts really made the artwork stand out. Check out the action pictures later in this newsletter.



THANK YOU

I just want to make a couple of SHOUT OUTS to members of our community who have that quiet determination to make sure that Rainbow P-12 College keeps ticking along:



- To **Denis Huff**, for spending countless hours before and after school, as well as on the weekend, to make sure the grounds look immaculate
- To **Marg Mellington**, for the tireless voluntary hours she has spent doing MultiLit and listening to the kids read
- To **Graham Gregory**, for keeping the oval mowed and manicured on a regular basis
- To **Tammy Bigham**, for her outstanding efforts with school uniform
- To **Graeme Nuske**, for his never-ending support and approachability when it comes to anything to do with the school bus runs and hiring of buses.

Calendar

December

Fri 17th Last day of school (2.30pm dismissal)



January

Fri 28th Staff return

Mon 31st Students return

February

Fri 11th Swimming Sports - P-12

Fri 18th SM Cluster Swimming (Jun)

Mon 21st - Staff Training - Berry Street
Tue 22nd

March

Tue 1st Pancake Day

Mon 14th Labour Day Public Holiday (No School)

Thu 17th The Man Cave and Flourish Girl (7-12)

Fri 25th Photo Day

Tue 29th Senior Athletics (7-12)



Leadership Report and Weekly Roundup continued...

THE RESILIENCE PROJECT @ HOME

I thought I might just include this again. As we make our way into the holidays it could be a valuable resource. In conjunction with commencing The Resilience Project in 2022 we would also like to introduce the school community to TRP@Home. It is a hub of activities and ideas to inspire us all to spread happiness and build resilience.

Below is the link to the website:

<https://theresilienceproject.com.au/at-home/>



TRP@HOME

BUILDING WORKS UPDATE... On Monday the Asset Management Plan Phase 2 was successfully passed. This is exciting news as we now head into the schematic design phase. This is a phase where we will be canvassing the opinions and ideas of all sectors of the school community. Due to a number of factors, including COVID, our timeline has been pushed back by 5 months which basically means that building will not commence before term 4 2022.



Uniforms

There will be an opportunity on **Friday 28th January** to purchase and/or order uniform and to collect lost property at the same time.

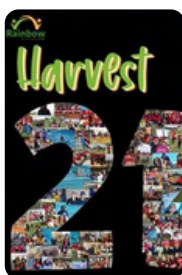
This will be in the MPB from 10am to 12pm.

Harvest Magazine

If you did not order a school magazine at the start of the year but would like to get one now, we have some available for purchase.

They are \$25 per copy.

To order yours please contact the school.



Canteen 2022

Term 1, 2022

The current canteen arrangement will continue during Term 1 in 2022. Canteen lunch order days will be Mondays & Fridays. An updated menu & price list will be published at the start of Term 1 in the newsletter.



Thanks to our wonderful community for another great year of learning. Please enjoy a safe and relaxing summer, and we look forward to seeing you all in 2022.

Hail to the Bus Drivers!

Thank you to our wonderful bus drivers who transport our students to and from school safely each day. They always welcome the students with a smile and we would like to extend our appreciation to them all -

Kenmare: Sharyn Cocks **Pella:** Don Pedder

Yaapeet: Denny Gould **Jeparit:** David Young

Thank you also to all the other drivers who have filled in during the year.

Piano Exams

Congratulations to Annika Petschel, Lily Saul, Baxter Stasinowsky, Breanna Francis and Cooper Stasinowsky who all achieved Honours in their recent piano exams. Well done under such difficult conditions this year.

Christmas Cards

If people could please save their Christmas cards this year, Mrs Huff would like to make use of them next year for craft activities. You can send them in with your child next year.

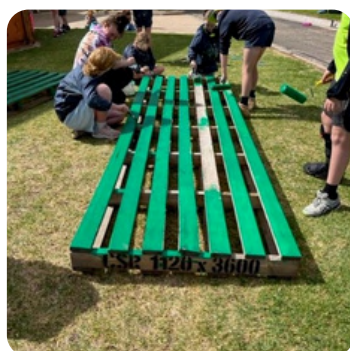
Thanks!



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

Painting the Sensory Room

Our sensory room is now an amazing underwater wonderland thanks to the creativity of our students.



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

School for Student Leadership "Stress-Less Day"

On Monday, our School for Student Leadership students completed their community project, holding a "Stress-Less Day" for the whole school. Students did sessions on mindfulness, relaxed in the sensory room, made smoothies and "frogs in the pond", did a rotation of fun activities and ended the day with games and a colour run. Well done to Celie, Clarissa, Heidi, Marty and Dylan for their excellent organisation and running of the day. You should all be very proud of yourselves.



Will, Parker, Charlie, Lilly, Nekeisha, Zander and Chantelle enjoying the colour run!



Cooper



Addison, Eliza and Ruby



Colour madness!



Run Sally!



Clancy, Hugo, Callum and Marty making smoothies



Celie entertaining the Prep students with a game of 'Duck, Duck, Goose'



Heidi making 'Frogs in the Pond' with grade Prep, 1 and 2 students



Clarissa leading the Year 7,8 and 9 students in a mindful colouring activity

Christmas Craft



Nate



Ava and Pippa



Annika, Amaya and Maggie



Ayla and Elsie

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

Reading Awards

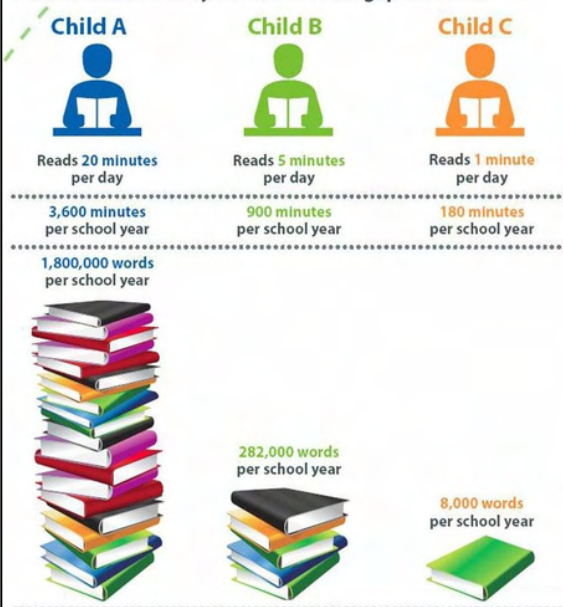
Reading nightly was a focus in the Junior School this year. There are many benefits of reading, and one of them is exposure to words, which can impact speech, writing ability, letter recognition, increasing vocabulary, and the list goes on. Reading every day can make an incredible difference! Studies have found that children who read for 20 minutes per day see 1.8 million words each year. Compare this to children who read for one minute per day who see 8000 words per year (Nagy and Herman, 1987).

Congratulations to all students who challenged their personal bests this year and made reading a part of their regular routine. The students who read for the most nights in each year level have been presented with a special award at assembly this week, recognising their achievement and congratulating their persistence.

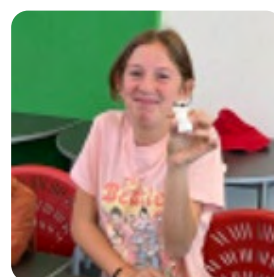
They are:

Prep – Elsie Stasinowsky (245)
Year One – Hendrix Clugston (224)
Year Two – Emma Saul (261)
Year Three – Harry Fisher (295)
Year Four – Inara Petschel (300)
Year Five – Annika Petschel (311)
Year Six – Maggie Fisher (310)

Regular reading impacts a child's success at school. If not addressed early the educational gap widens...



Adventures in the Kitchen



RAINBOW P-12 COLLEGE AWARD RECIPIENTS 2021

Award	Recipient
Outstanding Academic Award	
Prep	Evie Simpson
Grade 3	Pippa Fisher
Grade 5	Lily Saul
Grade 6	Baxter Stasinowsky
Year 7	Amelie Fuller
Year 8	Cooper Stasinowsky & Zander Eckermann
Year 12	Ian Norris-Burnett
Outstanding Character Award	
Prep	Tanner Bigham
Grade 2	Koby Weir
Grade 3	Adalyn Clugston & Pippa Fisher
Grade 4	William Boyle
Grade 5	Annika Petschel
Grade 6	Maggie Fisher
Year 7	Amelie Fuller
Year 8	Nekeisha Bastin
Year 9	Emma Boyle
Year 10	Mitchell Ey & Tessa Leach
Year 12	Bronte Eckermann
Music Awards	
P-6	Annika Petschel
7-12	Cooper Stasinowsky
Outstanding Sports Participation	
P-6	Oscar Clarke & Addison Fisher
7-12	Jessica Staples & Mitch Ey
Outstanding Sports Achievement	
P-6	Ryder Gould & Taylor Fisher
7-12	Phoenix Oakley & Tessa Leach
Hands On Learning Award	Charlie Roberts
Olympic Change-Maker Award	Phoenix Oakley
Rae Keam Scholarship	Lachlan Staples & Gracie Hurlstone
Lions Club Citizenship (Social Intelligence) Award	
P-6	Amaya Eckermann
7-12	Bronte Eckermann
Ampol All-Rounder	Erin Preston
SRC Contribution to the School	Jessica Staples
ADF Leadership	
10	Tessa Leach
12	Bronte Eckermann
ADF Innovators	
10	Tessa Leach
12	Ian Norris-Burnett
VET Award	Ashlei Francis
Anne Webster Mallee Excellence Award	Tessa Leach
PL Wood Award	Sharni Lowe
Arthur (Sam) West Literary Award	Ian Norris-Burnett
Dux Award	Ian Norris-Burnett

For parents and carers

Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

2 headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **ehheadspace:** 1800 650 890 www.headspace.org.au/ehheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- [Family violence information and supportservices](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - [Understanding mental health – fact sheet](#) (Orygen)
 - [Learn how to handle tough times](#) (headspace)
 - [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

For students

Wellbeing support during the school holidays

This guide provides tips to continue looking after your mental health and wellbeing during the school holidays and services to reach out to if you need support.

Actions that support positive mental health over the school holidays

Encourage your young person to:

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Seek professional help if needed.¹

Feeling it: [mindfulness resources and activities for students](#). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

2 headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

Supporting your friends

You and your friends are **most likely to turn to each other for support** before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website:

[How to help a friend going through a tough time.](#)

Mental health support

- **Your local GP** can provide you with additional support
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your [local headspace centre](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- **Contacting 000** if you need urgent assistance.

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Mental health resources

- [Mental Health Toolkit](#)
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)



Wyperfeld National Park / Junior Ranger programs

When

Details

Wed. 29th December 2021

10.00am – 11.30am

Wonga Visitor Centre

Nature Treasure Hunt

Discover nature's treasures with this Ranger led activity. Put your treasure hunting skills to the test by exploring the southern end of Wyperfeld National Park and all its natural wonders.

Friday 31st December 2021

10.00am – 11.30am

Wonga Visitor Centre

Birds of the Mallee

Explore the Mallee bush in Wyperfeld National Park and search for birds that live in this semi-arid environment with its diverse habitats. Discover the cryptic nature of our incredible Mallee birds and how they survive in this harsh landscape

Wed. 5th January 2022

10.00am – 11.30am

**Snow Drift Campground
Pine Plains**

It's a Bugs world

Delve into the world of bugs and practice your treasure hunting skills. Explore the northern end of Wyperfeld National Park – Pine Plains with a Ranger and uncover its natural wonders.

Friday 7th January 2022

10.00am – 11.30am

**Snow Drift Campground
Pine Plains**

Wildlife Detective

Become a Wildlife Detective by learning the secrets of the Mallee bushland. Tune your senses to discover who is hiding out of sight and use clues to find out who was in the park while no one was looking.

All Junior Ranger activities are free, and are suitable for children aged 6-12 years. Bookings are essential. Please visit www.juniorrangers.com.au

Please note that for participant safety we are running all our Junior Ranger activities in strict accordance with Department of Health guidelines. This includes restrictions on group sizes, as well as adherence to social distancing and hygiene related guidelines. For up-to-date health information visit www.coronavirus.vic.gov.au

While these measures are aimed protecting your safety, you acknowledge that you are participating in these activities at your own risk.

Can't get to an activity? Visit juniorrangers.com.au/make-and-do/ to find fun fact files, activity booklets and games you can use with your family in parks or at home anytime you like!