



Zest



Social  
Intelligence



Self-Control



Curiosity



Optimism



Gratitude



Grit

## Leadership Report / Weekly Roundup

### WELCOME TO THE WORLD YOUNG ROLLY!

On such a cool date, 22/2/22, Harry Glen Roll was welcomed into the world. Mrs Roll and young Harry (as well as dad) are all happy, healthy and ready to enjoy the adventures to come!



### PANCAKE DAY

Once again the CFA did not disappoint with PANCAKE DAY (the best day in the calendar by far). The pancakes were absolutely magnificent and the service and organisation were outstanding. **THANK YOU!**

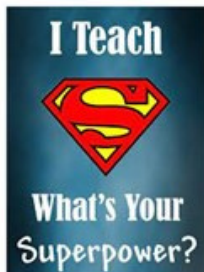
Just need to start the countdown for next year!

### WORKING BEE AT THE START OF THE YEAR

Humblest apologies that I neglected to acknowledge the great efforts of those people that came to a working bee in the holidays to pull down the fences in readiness to install the new fences. A big **THANKS** goes to Jon Fuller, Gene Fuller, Dean & Choni Petschel, Allan Roberts, Charlie Roberts, Chris Zadow, Denis Huff, George Roberts and Glen (Pud) Gould. It saved the school money which will now be used to buy a set of gates for the rear exit/entrance point.

### OUR STAFF

I am in absolute awe of the staff at Rainbow P-12 College as they continue to adapt and cater for the various needs of students in isolation or with positive results. Some of our staff are actually undertaking three different types of teaching at the same time – face to face in class, via Webex and on Google Classrooms. This is a mighty outstanding effort. This is on top of having to be constantly vigilant about their own health and safety, as well as maintaining a determination and commitment to providing an exemplary duty of care and education to the students.



## Calendar

### March

#### Week 6

**Mon 7th** - VCAL Job Camp (onsite)  
**Wed 9th**

#### Week 7

**Mon 14th** Labour Day Public Holiday  
(No School)

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

**Fri 18th** GWR Swim (Snr)

#### Week 8

**Tue 21st** Virtual AFL Camp session

**Fri 25th** Photo Day

#### Week 9

**Mon 28th** Immunisations (7-8)

**Tue 29th** Senior Athletics (7-12)

### April

#### Week 10

**Fri 8th** Last Day of Term

### Term 2

#### Week 1

**Mon 25th** ANZAC Day (No School)

**Tue 26th** Term 2 begins

**Fri 29th** SM Cross Country (P-6)

### May

#### Week 2

**Tue 3rd** P-12 Cross Country

**Thur 5th** Little Desert Athletics (7-12)

## Upcoming Meetings

**School Council** - Monday 7th  
March, 7.30pm

**Parents Club** - Tuesday 15th  
March, 10am

## Leadership Report and Weekly Roundup continued...

### BUILDING WORKS - UPDATE #3 2022



This is an acoustic counter that was installed to record sound levels around the school. This is to provide information about how much sound we make at school to ensure that it is within EPA levels and to measure the traffic sounds that can have a potential impact on student learning.

This information will be used in the building design process. The building works team is meeting next week to move to the next stage of the project. This will include organising an on-site visit. Next Tuesday at lunchtime there will be a special student forum focusing on the plans.



### COVID UPDATE



**Captain Covid**  
thanks you!

Thanks to all members of the school community who are being vigilant with masks and RAT tests.

Thanks also to the families, of those students who have tested positive, for their prompt actions and notification.



### WELLBEING ACTION TEAM

We are still looking for some interested and enthusiastic parents and carers to join our Wellbeing Action Team. This team includes staff, students and parents/carers who have an interest and passion in regards to student wellbeing issues and programs. The team usually meets once a term.

Please contact Mrs Petschel at the College if you are interested in joining our proactive team.



## Student Voice, Agency and Leadership (SVAL)

### UPCOMING MEETINGS

**SRC:** Today  
**JR SRC:** Today  
**STUDENT FORUM:** 8th March  
**FUNDRAISING:** TBA



**Student Forum:** This will be held at lunchtime on Tuesday 8th March. Students will have an opportunity to see plans and have a say on the building works.

**Junior SRC:** The Junior SRC will be selling icy poles at lunchtime on Wednesdays and Fridays, starting next week. Icy poles will be 50c each.



### Junior School Talk Time

The "Talk Time" topic in the Junior school for weeks 6 & 7 is:

**Share a time you were really brave**

# What's been going on around our school?

## Showcasing Student Writing

Please enjoy some more wonderful poetry  
from our talented Year 8/9 English class



### **In Cowper's Paddock**

After a long day Harry and I go to Cowper's Paddock and look  
for little pests.

We sit on a fallen tree while being watched by a fearsome  
hawk on the  
search for little mice.

One second we saw a hopping little rabbit, the next it  
was sent to the abyss with the hawk.

After that we decided to go home so we wouldn't be flying up  
into the sky  
with no escape.

**by Charlie Roberts**

### **The Colours of My Town**

Yellow the color of the melting sun.

Gold the color of the luscious wheat crop ready to harvest.

Blue the color of the sky the only thing keeping the clouds  
away.

Orange the color of the raging fire burning through hectares.

Pink the color of the sunset after a hard day of work.

Red the color of my school clothes washed and ready to  
wear.

Brown the color of the bare dirt from having no rain.

White the color of the sheep after been neatly shorn.

Green the color of the thick grass in the back yard.

**By Fletcher Keller**



### **Pearce Swamp**

Not a day passed by,  
Where I don't think about  
Harry.

I wait,  
For Harry,  
To hopefully come and see me,  
I watched,  
The lizards on the logs,  
Tails splashing.

In the water.  
I went for a swim,  
Found a silver ring,  
At bottom of Pearce Swamp.

I left it for Harry,  
So, I will always be with him.  
Then I hear,  
Harry's voice in the distance,  
As he walks over  
The hills he is talking,  
To himself as he always does.

He starts to talk to me,  
About school.

I start to miss school,  
All my friends,  
How I would tell Harry,  
All my stories.  
How he missed me,  
What happened to Miss  
Spencer.

He finds the ring,  
But doesn't take it,  
Instead, he places it on my  
cross.

He leaves me at,  
my peaceful place,  
at Pearce Swamp

**By Holly Doxey**

## **Linda's funeral**

I sit there staring at the coffin  
that Linda lays in.  
I picture her reading to me  
under the fig tree,  
while I get lost in her deep blue eyes.  
Her smile so pretty  
I couldn't stay mad at her.

Tears start pouring down my face,  
the same way the water  
took Linda downstream.  
It's my turn to say goodbye  
I get up in front of everyone.

Standing there in silence,  
the only thing that has my attention  
is Linda.

I whisper to her  
"I will miss you with all my heart  
I love you and nothing  
will ever change that.

They carry her out  
and drive her to the cemetery  
where they bury her.

But I didn't go  
I went down to Linda's cross  
at Pearce Swamp.  
There I know she will be  
looking down on me  
from heaven.

**By Nekeisha Bastin**



## **Directions Home**

As I place the fruit I just bought in my basket,  
I prepare for the walk home.  
I pass people chattering,  
Talking in the warm day.  
I smell the fresh bread baking,  
Nearly ready to sell.

I go to the edge of the forest,  
It's cooler in there.  
Finding the windy path,  
Half covered in leaves and grass.

As I walk,  
I hear baby birds chirping,  
Waiting for their mothers to return with food.  
There are many small turns and bumps,  
Room on the path for two.

As I walk rays of sunlight,  
Shine through the tree tops.  
I turn the corner in the path,  
Then I turn another.  
Avoiding a dense patch of trees.

I reach the front gate,  
It creaks when it swings open.

The handle cool against my hand.  
I walk down my path to the front door.

To the left I see a creek,  
Full of cold calming water,  
Running away.  
To my right is the woods,  
Always more to explore.

Going up to my front door,  
I am home.

**By Phoebe Bigham**





# What's been going on around our school?

## Grade 6 Leadership Day



**Our students working as a team to lift the teacher into the air!**

On Thursday the 24th of February, the year sixes went to Horsham and met a man named Lorin who is legally blind (Lorin can only see 6% of what we see). Although legally blind Lorin is an amazing guitarist and has even written his own song.

When Lorin was younger, he lived in the middle of New South Wales. One day he decided that he wanted to ride his bike to the beach but only his dad supported him. One day they set off and after three long days of riding he made it to the beach.

Lorin brought in these glasses that when you put them on you could only see what he saw. While wearing these glasses you and your partner had to make a keychain and you had to lead each other around the playground while wearing the glasses.

Participating in this day helped us learn about leadership, teamwork, communication and to have trust in others. These are the qualities of a good leader.

**By Eliza Clarke**



**Evan guiding Riley**

On Thursday, the 24th in February the year sixes went to a leadership day in Horsham. Lorin, the person who took the day, is legally blind and can only see 6% of things that we can see. Lorin lived in the middle of New South Wales and rode his bike all the way to the beach. He told us all about his family and life.

After lunch we had to do two activities - making keychains and guiding our partner around the playground while wearing special glasses which limited our sight to 6%.

It was a great day and we learnt:

- the ten things you need to be a good leader,
- not be afraid to fail,
- everything is easier working together and that you cannot do everything alone.

**By Addison Fisher**



**Giaan communicating with Annika on how to make the keyring**

# What's been going on around our school?

## Grade 6 Leadership Day

On Thursday the 24th February, year 6's went to the Wimmera Leadership Day in Horsham. When we arrived we met a guy called Lorin. He had retinitis pigmentosa which caused him to only be able to see 6% of what we see. Lorin told us about his life when he growing up. He told us about when he rode his bike to the beach from in the middle of New South Wales. Lorin also told us the worst bits about being legally blind which included not being able to see his children smile, not being able to apply for most jobs, and not being able to live independently.

After this we did two activities with a partner. In these activities one of us wore a pair of special glasses which made you only to see a limited amount of colours and shapes. This made simple tasks really hard, like making a keychain or walking around. In both these activities you needed help from your partner. These activities taught us that working together works much better and that if you want to be successful you need to mix with successful people.

We also learnt a lot about being good leaders and not giving up. He taught us that it's good to be a team and lots can be achieved if you work as a team. Lorin told us were all leaders, every one of us.

**By Amaya**

## Electives - Amazing Art Adventures

**Special thanks to Gail Nicholls, Amanda Sluggett and Marg Unger who have generously donated supplies for our scrap booking projects.**



**Left: Students enjoyed looking at the many scrap booking materials available at "Mallee Magic".**



**Left: Giaan, Riley and Amaya getting expert scrapbook tuition from Mrs Unger**



**Lilly and Holly organising their scrapbook page with great detail.**



**The Amazing Art Activity Group proudly showing their scrapbook covers on their journals.**



# What's been going on around our school?

## **Pancake Day!**

**A favourite day for many students and teachers. Thanks once again to the Fire Brigade for organising this popular event.**



**Felicity enjoying every mouthful!**



**Kolby a very satisfied customer**



**William savouring the taste!**



**Clancy very busy eating his pancake.**



**Tyler gives the pancakes the thumbs up. A 10 out of 10 for sure!**



**Millie enjoying her pancake. Definitely restaurant standard!**



**Emma has every reason to smile with a strawberry and ice-cream pancake. Yum! She also enjoyed more for her tea.**



**Grade 6 and Prep/1 students rubbing their tummies in satisfaction after they ate their tasty pancakes.**

## **Declaration of Ballot** **School Council Election 2022**

Allan Roberts

Peter Stasinowsky

Fred Saul (new)

Lisa Jochinke (new)

Have all been successful in gaining a  
position as a Parent member of the  
Rainbow P-12 College School Council.

&

Moiria Fulton

Veronica Huff

Are our newly re-elected DET members.

&

Clarissa Bigham

Is our new student member.

Colleen Petschel

Acting Principal





# Managing OVERWHELM



Due to the pandemic, recent world events in the Ukraine and the impacts of the floods in Queensland and NSW, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

Unfortunately, our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this 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-managing-overwhelm](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-managing-overwhelm)