



Zest



Social
Intelligence



Self-Control



Curiosity



Optimism



Gratitude



Grit

Leadership Report / Weekly Roundup

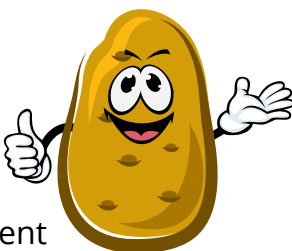
CROSS COUNTRY

Last Friday we had the Cluster Cross Country at Jeparit. The weather just held off long enough for us to run the event, the footy and netball trials and group activities. Thanks to the parents that volunteered to help us out on the day. The staff were **SO PROUD** of the efforts of all the students in the way they approached every aspect of the day. Our character strengths were definitely on display! Well done to all involved. It has been a cross country extravaganza as on Tuesday we had the Rainbow P-12 College Cross Country down at the Recreation Reserve. A big THANKS to Elly Schumann and Veronica for their outstanding organisation. Thanks also goes to our versatile groundsman, Denis Huff who assisted with the preparation of the track...very much appreciated. Once again it was fantastic to see students try their personal best. It was also great to see how students supported and encouraged each other during the run right across P-12.



SRC BAKED POTATOES

At lunchtime on Tuesday the SRC, under the superb leadership of Tessa Leach, organised baked potatoes. A big thanks to the SRC and the VCAL class for the preparation and serving of these magnificent culinary delights!



RECORD MANAGEMENT

Next week we are having a visit from the Schools Record Management Unit to help us archive and organise our school records. Thanks to the Hands On Learning crew and the VCAL lads who helped shift all our records to room 10 for sorting. The HOL team had the unenviable task of moving them from the top of the squash court. Thanks again for all your hard work to complete this task.

Calendar Term 2

May

Mon 9th

Week 3

Little Desert Cross Country (7-12)

Tue 10th

3/5 Writing NAPLAN

Thu 12th

3/5 Reading NAPLAN

7/9 Writing NAPLAN

Fri 13th

3/5 Lang. Conv. NAPLAN

7/9 Reading NAPLAN

"Do It For Dolly" Casual Day

Week 4

Mon 16th

3/5 Numeracy NAPLAN

7/9 Lang. Conv. NAPLAN

Tue 17th

7/9 Numeracy NAPLAN

Week 5

Wed 25th

Simultaneous Storytime

Week 6

Mon 30th

GWR Cross Country (senior)

June

Wed 1st

SM Winter Sports (junior)

Week 7

Mon 6th

Production

Tue 7th

Week 8

Mon 13th

Queen's B'day public hol.

Week 9

Tue 21st

Careers Expo

Fri 24th

End of Term (2.30 finish)



Upcoming Meetings

School Council - Mon 9th May
Parents and Friends - Wed 18th May 7.30pm

PARENTS & CARERS WE NEED YOU!

The canteen is now open to all students from Prep -12 on Mondays, Wednesdays & Fridays. Junior meals will now be heated, reheated or cooked over at the canteen on these days. On Tuesday and Thursday junior students must bring lunch that needs no preparation. Noodles will NOT be allowed for junior students. **FOR THIS TO WORK EFFECTIVELY WE NEED PARENTS/CARERS TO PUT THEIR NAMES ON THE ROSTER** (see form later in newsletter).

BUILDING WORKS - UPDATE #9 2022

This week we had two meetings regarding the building works.

- On Monday we sat down with the Barengi Gadjin Land Council to start a conversation as to how the new build can reflect and respect the Wotjobaluk land that we are on.
- In the second meeting on Thursday the school building works team were shown the first 3D images of what the school could look like....WOW!
- Next Monday the Architects are going to Webex into School Council to give an update on the progress.

COVID UPDATE

The new COVIDsafe guidelines for Term Two include :

- RAT testing will continue for at least the first four weeks of Term 2.
- Masks are no longer compulsory for staff and Grade 3-6 students (but are still provided for any staff member or student who wants to continue to wear them)
- Close contacts of positive cases no longer need to isolate at home **BUT** must wear masks at school and RAT test 5 out of the next 7 days.

Thanks to all students, parents and staff who have continued to support the school in our endeavour to provide the safest possible environment.



Student Voice, Agency and Leadership (SVAL)

UPCOMING EVENTS

STUDENT FORUM: 10th May

FUNDRAISING:

Do it for Dolly Day - May 13th

Do It For Dolly Day

A "blue" themed casual day will be held to raise funds for Dolly's Dream.

Wristbands will be available to purchase for \$2, and the casual day is a gold coin donation. Do It For Dolly Day is about raising awareness of online bullying, to help make Dolly's own dream of a kinder and safer world for Australia's kids and communities a reality.

Canteen Roster

Mon 9th - Catherine Saul/Sandra Millward
Coyne

Wed 11th - E. Clarke

Fri 13th - E. Staples/ Catherine Fuller

Office Hours

A friendly reminder that the school office hours are as follows:

Monday & Tuesday - 8.30am to 3.15pm.

Wednesday, Thursday & Friday - 8.30am to 3.40pm

On Monday & Tuesdays the office staff attend staff meetings, hence the 3.15pm close.

Talk Time

The Talk Time topic for weeks 2 and 3 is

"Share your favourite book or movie character"

What's been going on around our school?

Southern Mallee Lakes Cluster Cross Country

Last Friday 30th April, in very overcast conditions, the Southern Mallee Lakes Cluster Cross Country was held in Jeparit. After the running, the Grades 5/6 students were involved in Football and Netball trials, Grade 3/4 had a games session and the P-2 students had games and construction activities.

Our students' behaviour was excellent, and their efforts and sportsmanship outstanding. It was lovely to see friendships continue to develop between students from different schools. It was also great to note the presence of several Rainbow parents barracking for their children.

Special thanks to Jeparit Primary School for hosting the day.

10 students have qualified to run at the Little Desert Cross Country in Kaniva next Monday 9th May and we wish them all the best.

All students showed lots of grit and determination to finish their races with notable results as follows:

5/6 year old boys

3rd - Hayden Clugston

7 year old boys

1st - Tanner Bigham, 3rd - Nate Clugston

8 year old boys

2nd - Hendrix Clugston

9 year old boys

1st - Harry Fisher, 5th - Kolby Bigham

10 year old boys

2nd - Hugo Gould, 3rd - Callum Fuller

11 year old boys

4th - James Fuller, 5th - Clancy Weir

12 year old boys

1st - Kane Bastin, 2nd - Caleb Heinrich

8 year old girls

3rd - Emmi-Lee

9 year old girls

2nd - Adalyn Clugston

10 year old girls

1st - Honey-Rose, 2nd - Inara Petschel,

4th - Maddi Francis

11 year old girls

1st - Taylor Fisher, 2nd - Ruby Tregenza,

5th - Haylee

12 year old girls

2nd - Annika Petschel, 3rd - Giaan Eckermann, 4th - Addison Fisher



What's been going on around our school?

Cooking Elective



Breanna, Chantelle and Lilly are pretty impressed with the cinnamon doughnut muffins they made in their Cooking elective last week!

Photography Elective

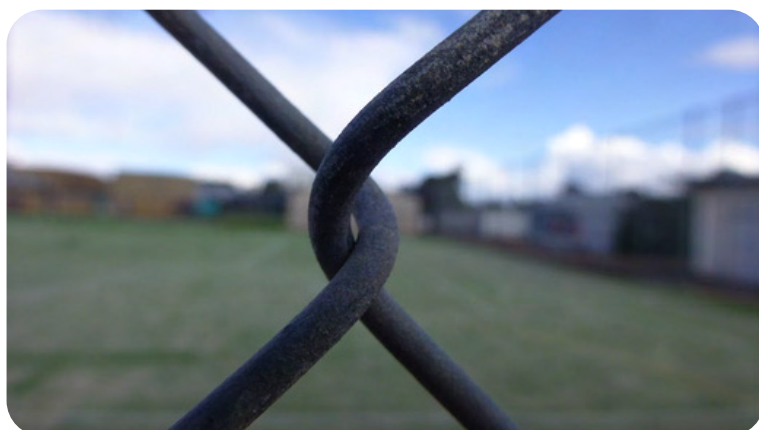
STEM Elective



Fletcher and Caleb showing off their work in the STEM Elective. Students had to design a repair strategy for a cat trap so it would work more effectively.



Dustin played around with perspective here, using the pencil pines as goalposts.



Eliza experimented with macro photography, capturing the details in this fencing wire.

2022 Canteen Lunches

Bakery Price List - Monday & Fridays only

Hot Food

Pies

Plain	\$4.70
Curry	\$4.80
Pizza	\$4.80
Potato top	\$4.80
Steak & bacon	\$4.80
Steak & onion	\$4.80
Steak & Mushroom	\$5.20
Chicken	\$5.20
Bushman	\$5.20
Pastie	\$4.70
Party pie	\$1.70
Party pastie	\$1.70
Sausage roll	\$3.70
Sauce	20c

Salad Rolls

Salad roll (no meat)	\$6.00
Ham salad roll	\$6.00
Chicken salad roll	\$6.50

Wraps

Chicken, cheese, lettuce & mayo	\$6.00
Ham, cheese, tomato & mayo	\$6.00

Treats

Pink Biscuit	\$2.40
Iced donuts (pink or brown icing)	\$3.40
Hedgehog	\$3.00
Eclair	\$3.60
Matchstick	\$3.60

Canteen Counter Sales Price List

Noodles- Chicken or beef (senior school only)	\$3.00	Ice creams (assorted prices depending on stock available)	
Soup (cup of soup packets) (senior school only)	\$2.00	Chips 45g	\$1.80
Milkshakes (no extra ice cream or topping)	\$4.00	Chocolates (when available)	60c
		Sun Fruits	10c
		Fruit Boxes	\$2.00

Clarification of Canteen Operation

Senior students can order bakery lunches on Mondays and Fridays, order to be written on brown paper bags with correct money. They have access to counter sales (as above) on Monday, Wednesday and Friday lunchtimes.

Junior students can order bakery lunches on Mondays and Fridays, order to be written on white paper bags with correct money. Milkshakes can be ordered on Monday, Wednesday and Fridays, but must be ordered in the morning, on a white paper bag or envelope with correct money. They have access to counter sales (as above) on Monday, Wednesday and Friday after they have eaten their lunch on the verandah.

Name: _____

Days Available (please circle)

Monday

Wednesday

Friday

OR

☐

I am not available but can pay an emergency worker to cover my shifts

A Message from the Parents and Friends Committee

Dear Parents/Carers

This year the Parents and Friends propose a new idea for the Fete, at the end of term 2. Instead of having the usual stalls and lack of children's entertainment, we would like to try having:

A scavenger hunt around the school premises

**Mini tabloid games with a variety of individual, group and parent/student games
and**

A talent show to showcase our school and community talent.

The only way events like this can run, is with the support and help of the families of the school.

Please provide any feedback on this form and return to the office by Friday 13th May.

Thank you

☐

I am willing to volunteer my time to help with this event

☐

I am willing to participate in individual, group or parent/student games

☐

I am willing to participate in the talent show

☐

I am unable to participate or volunteer for this event

Please tick as many boxes as necessary

Name (optional):

Comments:

JR STORM Pre-Game and Post Game Clean Up – Rainbow Home Games

After a lack of voluntary support in recent years to get our venue clean and tidy before and after games, the time has come to make a roster to ease the load.

Along with a copy of the roster, below is a list of tasks that need doing prior to and after each game, some could be completed on a Thursday night while training is on otherwise, they need to be done on Friday and Sunday. A team leader has been nominated for each round and you can communicate with them if - for example - it suited you to go and do some of the jobs on a Friday morning instead of the traditional Friday afternoon, or Saturday night instead of Sunday or if you've arranged to swap your week. The team leader is not expected to organise you to turn up they will just EXPECT THAT YOU WILL TURN UP.

Jobs Pre-Game - Friday

General Clean up outside and distribute the bins around the ground

Footy Changerooms cleaned (visitors could be done Thursday)

Netball Changerooms cleaned (could be done Thursday)

Inside Toilets Cleaned

Windows cleaned if required (could be done Thursday)

Brush down front of social rooms if required (could be done Thursday)

Sweep or blower vac front of social rooms if required (own blower vac required)

Empty all inside bins and put new bin liners in them

Clean all benches

Clean tables in social rooms

Vacuum Carpet in social rooms

Check main hall for cleaning but should be fine pre game

Sweep & Mop hard floors (note different mops & buckets for different areas)

Set up tables/chairs in the hall if there is a tea or function on Saturday night

Put any full bins out, have the team leader arrange a special garbage collection if required

Jobs Post Game – Sunday

Clean up around the oval and empty all bins into wheelie bins

Line the bins up to be emptied

Empty all inside bins and put new bin liners in them

Netball Changerooms cleaned (could be done Saturday)

Footy Changerooms cleaned (could be done Saturday)

Inside Toilets Cleaned

Windows cleaned if required

Empty all inside bins and put new bin liners in them

Remove all waste from inside

Clean all benches

Wash any dishes left from Saturday

Clean tables in social rooms and the hall if they were used

Put away tables and chairs in the hall

Vacuum Carpet in social rooms and the hall if it was used (we only have one vacuum if you wanted to bring extra it is helpful)

Sweep & Mop hard floors and coolroom (note different mops & buckets for different areas)

Leave mops/buckets outside to dry someone will put them away later

Chook bucket – if someone wants to take it feel free otherwise leave and it will get collected

Leftover food stuff either disperse between you or leave in the fridge to be checked later

JR Storm Clean up Roster - Rainbow

If your allocated weekend doesn't suit you please arrange a swap with someone else and let your team leaders know.

Round 4

5th May – 8th May

Lewis Cocks Family *
Shanae, Nekeisha, Kane Bastin Family
Nicholas Clugston
Rylee Cocks
Mitchell Ey Family
Joad Fuller
Lilly Williams Family
Matthew Thomas
Gracie, Shekinah Hurlstone Family
Holly Doxey Family
Murphy Jochinke Family
Bridget Dorrington
Lucy Dorrington
Xavier Hollomby Family
LEADER – Caroline Cocks
0428300503

Round 7

26th May – 29th May

Celie Fuller Family *
Zander, Amaya, Giann Eckermann Family
Bailey Clark
Maddi Senecko
Lucas Edelsten
Parker, Ryder, Hugo Gould Family
Paddy O'Halloran Family
Heidi, Sally Smith Family
Cooper, Baxter, Edison, Elsie Stasinowsky Family
Ava, Sadie Lester Family
Sophia Bull Family
Max McKenzie
Hendrix, Nate Clugston Family
Laura Sleep
LEADER – Jon Fuller
0429957208

Round 9

16th June – 19th June

Caleb, Ruby Tregenza Family*
Clarissa, Phoebe, Jasper, Kolby, Tanner
Bigham Family
Will, Adison, Pippa Fisher Family
Aidan Gelligen
Jordy Leach
Evie, Eli Simpson Family
Phoenix Oakley Family
Kaden Petschel Family
Tessa Leach Family
Allan Roberts
Ayla Roberts Family
Peter Weir
Eliza Clarke Family
Elly Schumann
Maddi Marra
LEADER – Tracey Tregenza
0429951123

Round 16

11th Aug – 14th Aug

Lenny, Clancy, Koby Weir Family*
Jaime, Dustin Eckermann Family
Simon Clugston
Jakob Cocks
Tyler Edelsten
Fletcher, Evan, Felicity Keller Family
Marty Makin Family
Lucy Thomas Family
Bronte Eckermann
Liam Preston
Adalyn, Hayden Clugston Family
Maggie, Taylor, Harry Fisher Family
Penny Fisher
Georgina Morrison
Kate Schnaars

LEADER – Krissy Weir
0407810502

For those that may wish to clean outside of regular working bee hours we will make a key available at the Bow Bakery
Friday Working Bee from 4pm
Sunday Working Bee from 10am



Throughout 2022, we will be working closely with The Resilience Project to support the wellbeing of our school community.

The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy & Mindfulness. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers. This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here: Part 1: Meet Hugh and learn about The Resilience Project - <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit The Resilience Project's Support Page.

We will be in touch to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.



does your young person self harm?

Engaging with your young person about the topic of self-harm can be a challenging experience for both the young person and their loved ones.

Around one in ten young people say they've harmed themselves at some point in their lives, often reporting they do so due to feeling overwhelmed by intense emotions. This can be hard for family and loved ones to understand, raising questions around why their young person is self-harming, how to best support them, and how to recognise the signs.

Come join our eheadspace mental health clinicians and Family & Friends National Reference Group to explore questions related to young people engaging in self-harm behaviours.



Connect: headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



study support and tips

There's no one single way to study, with so many different study techniques out there the key is finding what works best for you!

Join this chat to learn some tips and tricks to help you maximise your study time and reduce stress so you can tackle exams and assignments with confidence.

**Wednesday 18 May 2022
7-8 pm**

To register:

Visit headspace.org.au/groupchats to set up an account or join anonymously as a guest.

You can also submit a question beforehand by going to the chat link and logging in.

The transcript will also be available to read afterwards if you're not able to join live.



Connect: headspace.org.au/group-chat

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



looming guilt and regret

We all make mistakes... some are easier to fix than others, some don't need fixing and sometimes no matter what we do we can't fix a mistake.

This is one of the times we can feel stuck with guilt and regret which are two of the more uncomfortable emotions to sit with. They can even make us feel like withdrawing from situations or people. Many of these mistakes we can learn from and make your thoughts work for you instead of against you.

Join us at eheadspace as we talk about ways to manage these feelings, ways to forgive yourself and how to move on with greater skills for the next hurdle.

**Tuesday 24 May 2022
7-8pm AEST**

To register:

Visit <https://headspace.org.au/groupchats> to set up an account or join anonymously as a guest.

You can also submit a question beforehand by going to the chat link and logging in.

The transcript will also be available to read afterwards if you're not able to join live.



Connect: headspace.org.au



my superpower is sleep

Sleep is essential for our mental and physical wellbeing. In our adolescent years, sleeping patterns can change.

While some changes might suggest sleep problems, for most people, changes to our sleep routine is quite normal. You might find yourself wanting to sleep for a bit longer or find yourself sleeping at different times to what you normally do. While changes are to be expected, there are still lots of things you can do to ensure you get good quality sleep.

Join us to talk more about sleep, how it impacts our wellbeing and learn some great tips on getting a good night's sleep.

**Sunday 15 May 2022
7-8pm AEST**

To register:

Visit <https://headspace.org.au/groupchats> to set up an account or join anonymously as a guest.

You can also submit a question beforehand by going to the chat link and logging in.

The transcript will also be available to read afterwards if you're not able to join live.



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