



Zest



Social
Intelligence



Self-Control



Curiosity



Optimism



Gratitude



Grit

Leadership Report / Weekly Roundup

DO IT FOR DOLLY DAY – SPEAK EVEN IF YOUR VOICE SHAKES

Rainbow P-12 College supports this very powerful message and worthy cause.

Do it for Dolly Day is dedicated to bringing the community together, spreading kindness and uniting in taking a stand against bullying.



STUDENT FREE DAY - PROFESSIONAL DEVELOPMENT DAY FRIDAY 10th JUNE

A letter will be going home today providing more details about the whole school Professional Development Day that will be held on Friday 10th June.



CANTEEN

This week the School Council discussed the possibility of employing someone to run the canteen. This would alleviate the issues we currently have with rosters and constantly chasing people up to fill spots (from an ever-reducing number of options).

If you are interested, or have any feedback or advice on this proposal, please contact the school and talk to Colleen Petschel.



Calendar Term 2

May

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 School Production

Tue 7th "The Mason Files"

Tue 7th- Attitudes to School
Thu 9th Student Survey

Fri 10th Student Free Day

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 - Wed 15th June

Parents and Friends - Wed 18th

May 7.30pm in the Grade 4/5 classroom. Those who can't attend in person can Webex in using this meeting number:
26502576368

BUILDING WORKS - UPDATE #11 2022

This week saw the presentation of the 3D images to School Council. The potential stages of building and the logistics of working as a functional school during the building process were also discussed.



COVID UPDATE

COVID is alive and rather active in Rainbow at the moment.

Please continue to social distance, RAT test twice a week and use masks if you need. This is a team effort where working together will ensure the best possible protection against the disease.

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

JUNIOR SRC MEETING: Thursday
26th May

STUDENT FORUM: June

FUNDRAISING:

Junior SRC

A Junior SRC meeting was held on Tuesday. Students discussed fundraising options and raised concerns about holes in the playground and the hardness of the football area. These concerns have been taken to the principal for further investigation.

Student Forum

A student forum was held on Tuesday morning and was well attended by students from across the school. Topics discussed were the potential School Fete, the football area and building works. Students were encouraged to use suggestion boxes around the school to continue giving feedback and sharing ideas.

Student Achievements



Noah has achieved ALL his coloured words

Tanner got his aqua words and Xavier got his purple words



Hendrix has achieved 200 sight words in MultiLit

Canteen Roster

May

Mon 16 E. Eckermann/ L. Jochinke

Wed 18 E. Clarke

Fri 20 K. Weir/ C. Fisher

Mon 23 R. Keller/ F. Czuczman

Wed 25 C. Cocks

Fri 27 T. Gould/ A. Riordan

Please contact the school on 53951063 to let us know when you are available for canteen duty, as after the 27th we have nobody to work on canteen for the rest of term.

Times for canteen duty are:

Monday & Friday 11.30am - First person on roster to pick up orders from the bakery and the second person to collect key and money from the office.

Wednesdays 12 noon - Pick up key and money from the office.

If there are changes to the times, you will be notified the morning of your canteen duty.

If you are unable to work, please make your own swaps or contact an emergency worker. \$20 to be paid to the emergency worker. Emergency worker contacts details - Tammy Bigham 0427820684

Heating of Junior Lunches

Please make sure that your child/children's name is clearly labelled on their lunch, and put sandwiches in a container or wrap in foil.

Talk Time

The Talk Time topic for weeks 4 and 5 is

"Demonstrate a skill and teach others"



New Parking Restrictions

We have four new signs outside the school in Albert Street to designate No Standing times.

These restrictions are in place to allow our students safe access to the school, so please become familiar with them.



Rainbow Senior Badminton

Hit-Up and 'Come and Try' Night

Wednesday 25th May

7.30pm at School Hall

Names to be entered in the book at IGA by 25th May for the 2022 Comp.

Rainbow Junior Badminton

Mondays at 3.30pm

In the school hall starting on 16th May

If you are 8 years or older come and have a go. Cost: \$1.00.

What's been going on around our school?

Sports Galore!

Rainbow P-12 Cross Country

On Tuesday 3rd May all students from P-12 made their way to the Rainbow Recreation Reserve to compete in our annual Cross Country event. The conditions were perfectly mild for all our races and all our runners demonstrated great zest and grit as they ran distances from 400m to 5km.

Throughout the day students were seen supporting their peers as they competed and those who were not competing were quick to help staff at checkpoints and junior activities. The event ran smoothly thanks to the efforts of staff who assisted throughout the morning and due to the amazing set up work of Denis Huff. A big thank you also to all parents and friends who came to support the students and to Veronica Huff and Elly Schumann for organising the event.



Our age-group champions

Little Desert Cross Country

From the Rainbow P-12 Cross Country 16 students went on to compete at the Little Desert competition in Kaniva on the 9th of May. All competitors did an incredible job at representing our school by organising themselves for their events and participating with determination.

Out of the 16 students, four have qualified to compete at the Greater Western Region Cross Country later this month. These students include Tessa Leach (1st place), Honey-Rose (2nd place) and Lenny Weir and Melissa Clark who both placed 4th in their age groups.

Congratulations and good luck to these students.

Thank you to Peter Cook for driving the bus to Kaniva and Chantelle Petschel for assisting and supporting the students.



Tessa with her first place medal



Honey-Rose came second in her race

What's been going on around our school?

Little Desert Athletics

On a very chilly 5th of May, 19 students travelled to Nhill to compete in the Little Desert Athletics event. Despite the cold weather all students competed to the very best of their abilities and as a school were very successful with many students placing in the top 3 of their chosen events. Some of these students will now be eligible for the Greater Western Region Athletics later in the year.

The students also demonstrated great sportsmanship by supporting one another at their events, as well as their fellow competitors. Thank you to Nadia Wedding for driving the bus and organising the students and to Lis Staples for assisting with the running of the Javelin event.



Our athletics competitors at Nhill

Retelling Narratives

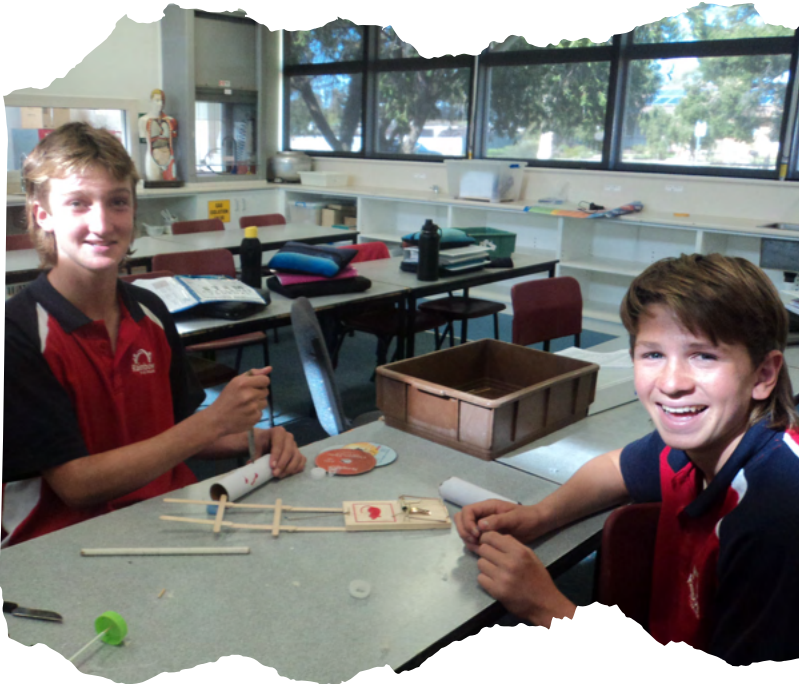
Students in grades Prep, 1, 2 and 3 have been practising oral retelling of narratives as part of our literacy program.

The students used various objects or toys as props when sharing their stories with the class. The retelling assists children to write narratives with more confidence by using oral language as a scaffold to their learning.



What's been going on around our school?

STEM Elective



Will and Parker working on their Mousetrap car.
The class have been modifying their designs to minimise wasted energy.

Kinder - Prep Transition

The Prep/1 students visited the kindergarten last week. These activities are an important part of our transition program, making the move from kinder to school easier through building strong relationships.



Louis



Elodie and Judson



Jurie and Elsie



Xavier

Cooking



Happy students Nekeisha and Chantelle with some chocolate treats for their lucky mums



Focus from Chef Breanna



RESILIENCE PROJECT™

This week's presentation from The Resilience Project focuses on Gratitude.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us. Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2 of the series here:

Gratitude <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

There are many ways in which you can practise gratitude, including starting a Wellbeing Journal. A few ideas to get started from [Psychology Today](#):

- Keep a journal of, or in some way note, big and little joys of daily life.
- Write down "three good things" - identify three things that have gone well for you and identify the cause.
- Write thank-you notes to others.
- Think about people who have inspired you and what about them was most significant.
- Engage in "mental subtraction." Imagine what your life would be like if some positive event had not occurred.

For mental health resources and support information, visit:

[The Resilience Project's Support Page.](#)



Screen Time



As a result of the global pandemic, there has been a noticeable shift in the amount of time people spend on screen-based devices. Families are transitioning back to pre-COVID routines but many are still struggling to re-establish the boundaries and rules around screen use.

Some continue to deal with digital conflict and tech-tantrums on a daily basis. The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal.

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see us do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural, and even physical domains.

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition

<https://rainbowp12.vic.schooltv.me/newsletter/managing-screen-time>



Call-out to the Hindmarsh Shire Schools & Creative Community, we are looking to update our Youth Council Logo and need your help!
A \$50 Prize is up for grabs.

We have provided you a blank 'H' outline that we would like you to base your logo design around.

Rules are as follows:

- Your design needs to work around the 'H' outline on the poster- you can work outside the lines though! You can include the words 'Hindmarsh Shire Youth Council' - or we can add these as text after.
- The design can be digital or by hand.
- By entering you agree to have your name and work published on Hindmarsh Shire Council's social media accounts and in print across in all forms.
- You Must be between 12-25 years old and live within Hindmarsh Shire to enter.
- If your design is chosen, we'll work with you to make sure the image is in a format that works for all our different uses.

Go to www.hindmarsh.vic.gov.au/youthprojects for an online copy of the design template and application form, or use the ones attached to this newsletter.

COMPETITION ENTRY FORM



Youth Council Logo Redesign Competition

First Name*:	Last Name*:
Contact Number*:	Age (12-25 years only)*:
Town (must be in Hindmarsh)*:	
How did you hear about this competition?	

By submitting your entry, you agree to have your name and work published on Hindmarsh Shire Council's social media accounts and in print across in all forms.

If your design is chosen, we'll work with you to make sure the image is in a format that works for all our different uses.

This competition closes on Sunday 26 May 2022. No late submissions will be accepted. Winners will be contacted directly and also announced online.

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