



Zest



Social
Intelligence



Self-Control



Curiosity



Optimism



Gratitude



Grit

Leadership Report / Weekly Roundup

STUDENT FREE DAY - WEDNESDAY 10th AUGUST

COMMUNITY CATCH UP

Yesterday I had my first community catch-up from 9:30-10:30am at Bully's Café.

While I wasn't inundated with visitors I was able to have a great chat to one parent about a number of issues and ideas. The next meeting will be towards the end of August. Date & venue TBC.



UNIFORM

Just a reminder that we are in the process of reviewing the school uniform in readiness to make it gender neutral. It will be discussed at Parents & Friends next week (Wed 3rd August) and School Council on the 8th August. If you have any ideas or suggestions please contact the school.

VCAL MASTERCHEFS

Remember the next meal will be on Tuesday 2nd August – with an Asian theme. It will cost \$20. There is an order form attached to this newsletter and they will also be on the table outside Mrs Petschel's office.



GOOD NEWS

Rainbow P-12 College has been lucky enough to be the recipient of one of the Lynne Kosky Memorial VCAL Grants. Lynne Kosky was a very passionate and proactive advocate for hands on learning. The amount of \$6250 will go towards supporting the VCAL restaurant and purchasing equipment and resources for the Foods area.



Calendar

Term 3

August

Week 4

Lots of learning and fun in the classroom

Week 5

Mon 8th- Fri 12th Book Fair - CLS

Tue 9th- Wed 17th Somers Camp

Wed 10th Student Free Day Staff PD

Thu 11th "Livinwell" Mental Health talk (Yr 7-12)

Week 6

Mon 15th - Wed 17th Grand Military Museum Tour (Elective students)

Fri 19th SM Cluster Performance

Week 7

Thu 25th Man Cave and Flourish Girl

Fri 26th SM Cluster Athletics (P-6) Senior Prom (7-12)

Week 8

Mon 29th - Fri 2nd Yr 6/7/8/9 Surf Camp

September

Week 9

Mon 5th Wed 7th Parent/Teacher Interviews GAT

Week 10

Mon 12th - Fri 16th Sailing Camp (Yr 9)

Fri 16th Last Day of Term

Upcoming Meetings

School Council - Mon 8th August

Parents and Friends

August 3rd - 7.30pm, Webex

Available - 26502576368

BUILDING WORKS – UPDATE #19 2022

- Staff met with the architects online to go through rooms/areas of interest including the Music/Media & Canteen area and the Arts/Senior area. (Last week they discussed the science/STEM area).
- The Building Works team had a meeting on Thursday to continue to plan for when the works start on-site.



COVID UPDATE

Unfortunately, we have had an increase in cases this week. Please be vigilant and mindful. We strongly recommend that all staff and students adhere to the following actions to keep themselves and others safe and protected:

- Wearing masks indoors
- Maintaining social distancing
- Using hand sanitizer on a regular basis

The school has a good supply of masks and RAT tests that are available at any time. **IF YOUR CHILD SHOWS ANY SYMPTOMS OF COVID OR THE FLU PLEASE KEEP THEM AT HOME UNTIL THEY HAVE RECOVERED.** Thanks for your support and understanding on this.



SCHOOLTV

In this week's newsletter we have a report on sextortion. This is a very real and scary issue. According to the eSafety Commissioner, 'sextortion' is a form of blackmail where someone threatens to share intimate images of you unless you give in to their demands. See the article for the link.

Uniform Expectations

As you know, it is an expectation of the school that all students wear the correct uniform, every day. Lately we have had many students wearing various non-uniform items of clothing.

The students have been spoken with about this, and we have explained that attendance at extra-curricular events such as the Prom, excursions and camps will be dependent on them wearing correct uniform.

We understand that sometimes there are reasons for students to be out of uniform and we ask that parents send a note on these occasions.

We believe it is important for students to demonstrate their willingness to follow school expectations such as the wearing of uniform, as we demonstrate our willingness to give them opportunities for activities outside of school hours.

Girls: Blue pants Boys: Blue or grey pants

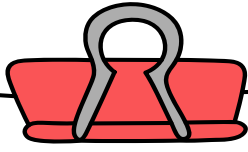
Canteen

The Canteen will be **OPEN** on Mondays and Fridays for lunch orders and counter sales.

Junior students can bring lunch to be heated, however foil trays with lids will be required as meals will be heated in the pie warmer. **Trays must be named** and are available to purchase from the office - \$2.00 per 10 trays.

Please note: meals cannot be frozen.





Student Voice, Agency and Leadership (SVAL)

UPCOMING EVENTS

JUNIOR SRC MEETING: TBC

SENIOR SRC MEETING: TBC

STUDENT FORUM: August

FUNDRAISING/EVENTS: Prom - 26th August

Community Catch Up

Principal Colleen Petschel welcomes community members to meet and have a chat about any ideas, suggestions or questions they have about the College.

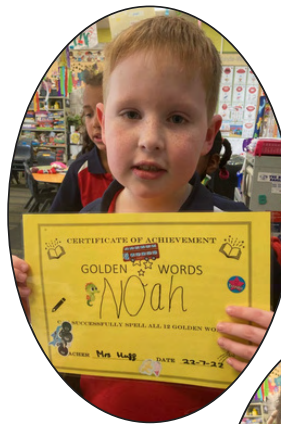
Date: TBC
Time: TBC
Location: TBC



Student Achievements

Congratulations to Sadie for completing the entire Multilit program, and to Emmi-Lee for completing the first 100 sight words.

Also congratulations to Noah, James, Jurie, Evie and Louis who have all been working hard to get their next coloured words certificates.



Are you going to Ballarat soon?

We are looking for someone to deliver 2 KitchenAid mixers to a business in Ballarat for servicing. If this is something you can help us with, please contact the office.



What's been going on around our school?

Amazing Artistic Adventures

The Amazing Arts Activity Group painted plaques to decorate the top of cakes. They used their imagination to create some great designs. The students also learnt how to use modelling paste to make animals as a decoration for cakes.

Riley did an amazing job of making a penguin.

It has been wonderful to see the grit, zest and persistence displayed in this elective.

The students will finish this project next week and are looking forward to learning the art of tie dying. **REMINDER:** please bring your white cotton tshirt next week for tie dying.



Grade 2/3 Foods

Grade 2/3 made Lunch Box Pizza muffins this week. They were very tasty!



Emma and Koby proud of their muffins.



Lane, Sadie and Emmi-Lee very happy with their produce.



Fishing Elective



The Fishing elective class went to the Rainbow Lake on Wednesday to look at lure actions and practice casting under tuition of Alan Edmonds, president of the Hopetoun Angling Club.



The BOOK FAIR is on again!

The Annual Scholastic Book Fair will be held from August 8th to 12th in the Junior Building

See next weeks newsletter for times.



Junior School Athletics Practice

Over the next few weeks, students will be working on developing their athletics skills. As classes will be going out most days (weather permitting) we ask that students bring their runners each day. If their runners are not required at home, they can leave them at school.

Helpers are needed for the Athletics (Friday 26th August 2022) If you could assist with the marking of the oval (prior) or assisting on the sports day, please complete the form below and return to Mrs Gregory as soon as possible. Your assistance is greatly appreciated.

Valma Gregory and Veronica Huff.

Name _____ will be able to assist marking the oval and/or assist on the sports day.

Signature: _____



SEXTORTION: what you need to know

SPECIAL REPORT

You may not be familiar with the term, but 'sextortion' is a form of blackmail where someone threatens to share intimate images of you unless you give in to their demands. It has been an issue for more than a decade, with many adults falling victim to this type of online crime. More recently though, it has been reported that there has been a higher rate of adolescent males falling victim, but that is not to say that young females are not also targeted.

Across the globe, organised criminal gangs are using social media, chat apps, instant messaging platforms and online games to target and connect with their victims. Recently, there has been a 400% increase in this type of crime being reported to police in Australia alone with these figures being replicated in most western countries. Any child that uses an online account to connect on social media, chat apps, instant messaging platforms or online games needs to understand the dangers associated with engaging with random people that they don't know personally. Therefore, it is vitally important for adult carers to be aware of this serious issue and to start having an age appropriate conversation with their young person as early as possible to help protect them from online offenders making demands.

Even though your young person's online account may be set to private, random people can still message your child. Managing devices can be difficult especially with older teens, but it is important to weigh up the risks and dangers. Sadly, even good kids who never make a poor decision elsewhere in their life, can and do make poor choices online.

This Special Report explains how your young person can fall victim to such a crime and what action to take to support them. 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-sextortion

WWW.FLOURISHGIRL.ORG

FLOURISH *girl*



PARENT INFORMATION BROCHURE

WHAT TO EXPECT FROM OUR
PROGRAMS WITH YOUR GIRLS!

A Letter From Us!

DEAR PARENTS/GUARDIANS,

Thank you for taking the time to read this! We are really looking forward to working closely with your girls on their emotional and mental wellbeing.

Teenage girls are in a time where there is a lot going on developmentally, and giving them the opportunity to be a part of our programs can create a positive impact on the women they want to become.

We wanted to provide a document that will help you to further understand who we are and what we will aim to accomplish by working closely with your girls.

Thanks again for your unwavering support and love for your girls. We truly wouldn't be able to do the work that we do without you.

Love always,

Mandy Dante
CEO & Founder of Flourish Girl



"As a teenager I really struggled particularly with dealing with the social cliques, body image issues and constantly trying to fit in. So I really wanted to make a difference to young girls of the next generation to help them become strong powerful and confident women."

WHAT IS

FLOURISH *girl*



Flourish Girl is a not for profit charity that works with teenage girls between 13-18 years old to build their **self-awareness, self confidence and social connectedness** within their school community and other trusted relationships. We encourage students that identify as non-binary to be a part of this journey.

We work with schools to deliver The Flourish Girl Journey, a three touch point journey of one-day transformational programs that provide a safe space for girls to develop the social and emotional tools they need to connect deeper with themselves & with people around them.

OUR VISION

A world where girls have healthy relationships with themselves, friends, family and play an impactful role in their community.

OUR MISSION

Empowering girls to become powerful and unstoppable women within their communities by providing them with programs, role models and impactful tools.

OUR IMPACT SO FAR!

From our latest annual impact report, it was reported that:

96%

of girls would recommend our programs to other girls across Australia

97%

of girls feel more connected to their peers after our programs

What happens in our programs?

Our aim is to provide a safe, supportive and fun environment for girls to discover the women & leaders they want to become in today's world. How we do this is by breaking our program down into three main sections throughout the day.

ENGAGE the girls

We give girls the opportunity to feel comfortable and safe in the space today. They discover what tools are needed to connect deeper with one another, including themselves!

UPROOT current limitations

Girls discover powerful social & emotional tools to help them navigate through any current or future challenges they may come across with in life. We are all about giving practical tools for our girls!

FLOURISH into an unstoppable woman!

Girls develop their self-esteem & independence, by realising the power of community over competition and the power of positive face to face relationships.

These girls have an opportunity to create a vision of the young women they want to become and start to create a pathway to achieving this!

The Flourish Girl Journey

What is missing in today's world is a healthy journey of what it looks like to become a woman in the 21st century. We believe that in order for girls to flourish into confident, authentic and connected young women, there needs to be a **journey to womanhood that includes deep behavioural work, not just a one-off program.**

This is why we created The Flourish Girl Journey. Here is what The Flourish Girl Journey could look like at your school.



Fg

The Flourish Girl Journey

Level 2: Flourish with Others

This program is designed to encourage girls to look out for their peers as well, whilst also taking care of themselves and their boundaries. We show girls in this program the power of community over competition. We provide a safe space and practical tools for girls to use to know how to deepen their relationships with the girls in their year level. In saying this, girls will continue to build on their self-awareness (which they learnt from Level 1).

Key Outcomes:

- Girls learn how to have respectful relationships with their peers.
- Girls learn how to have a conversation with their peers that are authentic, supportive and honest.
- Girls learn how to manage difficult conversations with conflict and judgment.



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The Flourish Girl Journey

Level 1: Flourish with Self

This program is designed to give girls the opportunity to build the social and emotional tools they need to connect deeper with themselves. Girls learn how to become more resilient and compassionate to themselves first before they look to help and support others. When girls learn to develop a healthy relationship with themselves, it creates space for them to feel more confident to speak up, ask for help when they need it and be authentic in who they are.

Key Outcomes:

- Girls address the relationship they have with self-judgment.
- Girls experience and unpack how societal expectations impact themselves.
- Girls learn to own the power of their own stories.
- Girls realise that sharing vulnerably creates more connection.
- Girls learn to build their self-awareness skills.
- Girls create their own personalised tools and strategies to be more resilient moving forward.



Fg



every girl is a flourish girl

Level 3: Flourish with Community

This program is designed to encourage girls to think bigger than 'helping their friends'. We show girls that they have the leadership abilities to change culture within a community. Girls feel encouraged to speak up and share their ideas on how to create sustainable change in their communities.

Key Outcomes:

- Girls learn to trust their own creativity and bring it to the table.
- Girls realise the importance of leading themselves first before leading others.
- Girls realise and activate their own leadership potential.
- Girls learn the fulfillment of giving back to their community.

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How to best support your girl before our program?

We believe that you play an important role in shaping your girl's experience with us at Flourish Girl. It's important to not give any information away about what we will be doing in the program, we always believe that girls absorb so much more when they come as a blank canvas.

Also refrain from asking too many questions, as this can make them feel anxious. The best thing to do is keep it very simple by sharing 1 story about what life was like for you when you were your daughter's age. This gives girls the opportunity to get familiar with the power of storytelling, which is a core essence of our work.

How to best support your girl on the day?

On the day of the program, knowing that today isn't a 'typical' school day can make girls feel a bit nervous. The best way to support her if she is nervous is to reassure her that she won't be forced to do anything if she doesn't feel comfortable. The philosophy at Flourish Girl is that we believe that girls can choose how they want to participate on the day.



Testimonials

"As a Psychologist and a mother, I highly recommend this workshop. I feel privileged to have had the opportunity to share this experience with my teenage daughter and am very grateful for the positive impact it has had on our mother-daughter relationship."

- Mother of a Year 9 girl

"It was amazing to see that a friendship issue had been resolved by openly talking about misunderstandings. The girls became a closer year level due to their honesty in this session."

- Year 9 Teacher at Balcombe Grammar

"Thank you Flourish Girl for providing such an empowering day for our year nine girls. They learnt a lot about each other and found comfort in realising that many of them are facing the same sorts of pressures and social issues. It was really inspiring to be apart of. We look forward to working with Flourish Girl next year."

- Year 9 Wellbeing Teacher at Mount Scopus College

"My daughter came home and shared how happy she was that she wasn't alone in her everyday struggles. You gave them a voice, a listening ear and the tools to move forward. Thankyou!" - Mother of a Year 8 Student

Should definitely come back again!!

I'm one of the yr 8's from your took us a few weeks ago- and we were all very grateful for you guys!!

In fact, after our talk when we came back these boys made fun of this girl and all of us girls went up to the boys and stood up for ourselves. So thank you for changing our perspective of our world ❤️ and for showing us that we girls have to stick together 😊

Thank you so much for today. Monique and Mandy came to my school today and I have never had such an eye opening positive experience like this one. I got the opportunity to talk to people I wouldn't normally talk to and got to learn their stories and tell them mine. Thank you, thank you, thank you, thank you. There is not much more to say than thank you. I hope one day I can use all the things you have taught me to become a better person. 💜💜

For more information:

If you have any further questions, We are more than happy to support you.

Please contact our CEO & Founder, Mandy Dante

E: mandy@flourishgirl.org

W: www.flourishgirl.org

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Tue AUGUST 2nd

FOOD CHOICES

NAME :

ENTRÉE

- ☐ Chicken Soup
- ☐ Spring rolls

SIDES

Select one or 1/2 both

- ☐ Noodles
- ☐ Fried Rice

MAINS

Select TWO

- ☐ Dumplings
- ☐ Sushi
- ☐ Sweet & Sour
Pork
- ☐ Lemon Chicken

DESSERTS

- ☐ Fried ice
cream
- ☐ Mango sticky
rice

DRINKS : Boba tea, coffee, Hot chocolate or soft drink