



BE KIND, WORK HARD,  
BOUNCE BACK

*Dream Big*

# Newsletter



Issue 7 - 17th March 2023  
We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### OUR YEAR 12 STUDENTS

At Tuesday recess the Year 12 students made a very generous, caring and unbelievably thoughtful presentation to the staff. I must admit just typing this makes me a tad teary! Thank you to Lucy, Mitch, Flynn, Anthany, Tessa, Shanae & Ayla. Words cannot really express how much the staff appreciated this touching gesture at a time when they really needed a boost.



To our staff at our School,  
  
We've been thinking of you in this rough start of the year, losing two of your valued staff family, we understand how trying these times have been and we see you persisting through.



### THE MAN CAVE & FLOURISH GIRL

Once again, we had some great sessions with the crews from The Man Cave and Flourish Girl. The senior students really do look forward to these days and their participation, honesty and support for others is outstanding. Rainbow P-12 has developed a really positive reputation amongst the presenters and is seen as always providing a wonderful experience for all involved. We did not disappoint this year as the presenters raved about the kids in both sessions. This makes one little Principal very proud! This is a chance to build relationships between students and between staff and students. It can and has literally provided life changing moments. We are very privileged to have developed deep and long term partnerships with both organisations.

This year the Flourish Girl team also had a videographer (fancy name for a person with a camera) took video footage of the girls in action (vision -no audio) and interviewed a number of girls and staff about the value of their program. I think if you subscribe to their social media pages you may be able to see some of the footage soonish!

**FLOURISH** *girl*

## Calendar Term 1

### March

**Week 8**  
RfW Health Visit  
  
Marc Van  
Auskick Clinic  
**School Photos Day**

**Week 9**  
Yr 7 & 10 Immunisations  
Senior Aths  
Parent/Teacher interviews

**April**  
**Sat 1st** SSL Market

**Week 10**  
Marc Van  
P-12 Cross Country  
**Last day of Term 1**  
Good Friday

## Meeting Dates

**School Council** 15th March  
**Parents and Friends General Meeting**  
1st May 1.30pm at school.  
Webex available 26502576368



## School Photos

Envelopes have been sent home this week. If you require a Family envelope, these are at the Front Office.

## Yr 7 & 10 Immunisations

Yr 7 & 10 students will have Immunisation cards, please fill these out and return to school ASAP

## PRINCIPAL'S PONDERINGS...CONT

### NAPLAN

The NAPLAN testing period started for some on Wednesday. Technical issues and power outages made for some interesting times. However Grace showed a lot of persistence and problem solving skills to manage the issues and rest the schedule



### ROYAL FAR WEST HEALTH VISIT



Next week we will have a visit from the crew from Royal Far West health. They will be focusing on the junior school and provide us with much needed access to health practitioners like Speech Therapists, Psychologists and Occupational Therapists. A letter went home to each junior students this week with more details, consent and referral forms. Please contact the school if you have any questions regarding this visit.

### INTER-GENERATIONAL PROJECT – OUR FIRST STEPS!

Last Tuesday Ayla, Miss Wedding and myself (Mrs Petschel) had a Webex meeting with Angela, the DON at Rainbow Hospital and Cassy from West Wimmera Health Service. We discussed the setting up of a partnership to apply for some grant money to design and run an Inter-generational program in Rainbow. Exciting times ahead.

Next Wednesday we undertake our first activity of the project. The Prep/one students with their buddies will venture up to the hospital to enjoy morning tea with the residents from the Hostel. A letter went home to all students involved this week. This project has so much potential to build connections!



### THE IMPORTANCE OF SLEEP

I have been working through a course called Emerging Trends in Learning. One thing they cannot emphasise enough is the importance of sleep. I have included an article discussing how parents can help their children develop good sleep habits as well as some information about a sleep app called Sleep ninja which is an app to help young people improve their sleep.



### PINK MARKET DAY – SATURDAY 1st APRIL

Only 14 days to go! The posters are up and the countdown is on for the 2022 School for Student Leadership project of the Pink Twilight Market from 3-7pm. The girls are exceedingly passionate about their project. Please mark the date in your calendars!

### ICY POLES

The Junior SRC will be selling Icy Poles at lunchtimes on **Thursdays** for 50 cents



### Friday Club

For interested families, Friday Club has started again. Students will walk down to the Lutheran Church Hall with Karen Koning after school on Fridays

### REMINDER:

Supervision at school begins at **8.30am**, please ensure that your children are not here before then, unless prior arrangements have been made.

### DO YOU WANT A PRINTED NEWSLETTER?

If you would like a printed newsletter from now on, you need to opt-in by contacting the office on 53951063 or emailing [rainbow.p12@education.vic.gov.au](mailto:rainbow.p12@education.vic.gov.au)

### 2023 Student Fees

2023 School Fees are now due. Please pay at the front office, payment plans are available if required.

Please see the front office staff to arrange this.

### Canteen

Canteen will continue to operate on Monday and Friday. Please see the new price list in the first newsletter and please note that **prices have changed** from last year.

Juniors can still bring their food (in foil containers) to be heated.



# School Wide Positive Behaviour Student Voice Agency and Leadership



## Projects, Projects and more Projects!!

We have so many great student-driven activities being planned in our school at the moment. Here is a snapshot of a few of them:



- Holly, Lilly, Phoebe and Nekeisha are busy putting the final touches on their Breast Cancer Awareness Market Day
- Sally and Amelie are working on their SSL Community Learning Project, which is to get firepits installed at Rainbow Lake
- The VM/VCAL students have an extremely exciting project in the works - we are looking forward to the launch of Rainbow Grab 'n Go

### Our focus this week and next week is:

#### *Having a Growth Mindset and The Power of YET*

With NAPLAN, Senior Athletics and the Cross Country coming up we felt it was a good time to remind students that they can achieve big things, even if they can't do it straight away.

The power of the word **YET**, is that when we use it at the end of an 'I can't...' statement, it turns that statement into a positive for the future. 'I can't count to 100 **YET**', implies the knowledge that **'I will be able to count to 100 one day.'**

This allows students to feel positive about making small steps towards a bigger goal and feel pride at every step of the way.

Try including the Power of YET at home, and see if it can help channel positive energy in the family!

## Week 7 Growth Mindset

### The Power of Yet

•Set goals and work to achieve them

•Willing to ask questions and learn from mistakes

•Believe that ability and intelligence can be developed

## Week 8 Focus and Expectations

### The Power of YET

SMARTER GOALS lead to BIG DREAMS

Make your goals about you, not others

Working together to achieve goals

### Upcoming meetings and student events

Senior SRC: Tues 20th March - Lunchtime

Junior SRC: TBA

Prom Committee: TBA

Jnr SRC Icy Pole sales: Thurs lunchtimes

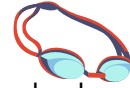
SSL Breast Cancer Awareness Market: Sat 1st April

Cross Country Baked Potatoes: 6th April





## GWR Senior Swimming



On Tuesday 14th March the Greater Western Region Swimming Sports Event took place in Horsham. Representing Rainbow P-12 College was **Maggie Fisher**. After winning her 50m Butterfly event at the Little Desert Region competition Maggie was invited to move on to the next stage. Maggie competed at her very best level demonstrating our character values of grit and optimism. We are very proud of her efforts and will no doubt see her reach this level again.

A special mention to Nekeisha Bastin and Cooper Stasinowsky who also made it to the Greater Western Region level but were unable to compete.

## SENIOR ATHLETICS HELPERS

Our Senior Athletics Event will be held on Tuesday 28th of March at the Recreation Reserve. Prior to the event the Oval will need to be marked for the running tracks and throwing events areas. If there is anyone willing to assist in this task, could they please contact Elly Schumann via the College on 5395 1063. We are also looking for helpers on the day to assist in timing and running of all the events. If you are willing to be a helper on the day please also contact the College. Thanks in advance,



Elly Schumann, Senior Sports Coordinator



**Full School uniform to be worn on photo day.  
Friday 25th March.  
See below for a correct uniform.**



All Students are expected to wear:

- Rainbow P-12 Polo Top
- Either navy shorts, navy skorts, navy pants, navy tracksuit pants, navy & white checked dress or navy winter skirt (with navy tights)
- Junior students can wear their sports top on PE days.
- Bannerman jacket

Footwear

- **All black shoes** and black socks
- Workboots for tech area

(change into gear like on PE days)

Headwear

- Rainbow P-12 wide brimmed hat
- Rainbow P-12 College Beanie

### Unique Student Identifier - USI

Just a reminder if your child has a **USI** number could this please be provided to the office. ALL Ag students require these this year. To get a USI please go to <https://www.usi.gov.au>

## PARENT/TEACHER INTERVIEW DATE

Parent/Teacher Interviews Information has been handed out to families in regard to the Parent/Teacher Interviews that will be conducted on Wednesday 29th of March. The booking system on Compass is open to all for families to book interview times with all relevant teachers and instructions on how to do this was included in the information. The booking system will close on Tuesday 28th March at 3:00pm to allow teachers and staff to prepare for their interviews. Please call the College if you need any assistance with booking or would like to book in with a teacher on a different day.

Ella Clarke is one of the staff members who will be unavailable on Wednesday 29th March but is open and welcome to organizing interviews with families another time.

Thank you, Elly Schumann Parent/Teacher Interview Coordinator



## Form Captains Breakfast

This year we have asked Form Captains to become more active in the school, acting as role models for their class, taking responsibility when needed and representing the views of their classmates.



On Wednesday we held our first Form Captain breakfast meeting. This was an opportunity for these students to speak with the School Wide Positive Behaviour Team and Mrs Petschel and ask questions about new initiatives in the school, such as Morning Circle, Ready to Learn Plans and SWPBS. It was good for us to hear their thoughts and be able to address the concerns they had.

These breakfasts will be held once a term so that we can keep track of how our students are feeling about our school. We will also hold whole school forums throughout the year, to allow all students a voice.



## MOTHER'S DAY GIFTS

The junior students will be making their Mother's Day gifts during their art classes again this year.

To participate, EACH STUDENT will need to pay \$10.

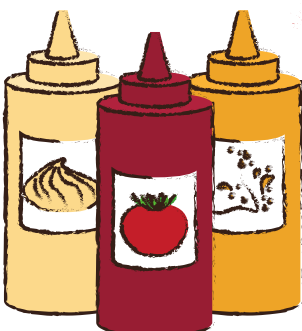
This can be paid in an envelope with your name and class to Mrs Huff or the office by Monday 3rd April.



## Thank You

The Parents & Friends Committee would like to thank Emma G, Gemma, Bec, Jo, Gilda, Stef and Liz along with Choni, Shell, Beck and Lisa, for their time and effort in serving at the Enduro Street Party Friday night. Thank you to everyone else who volunteered for a shift or to help in some way.

It was a great success with constant customers, which left us sold out 😊



# WANTED

The HHD class is looking for donations of empty squeeze sauce bottles. If you have any to donate, please drop them off to the office.



Check Out the Social Media Platforms we are making.



Rainbow Grab 'n' Go



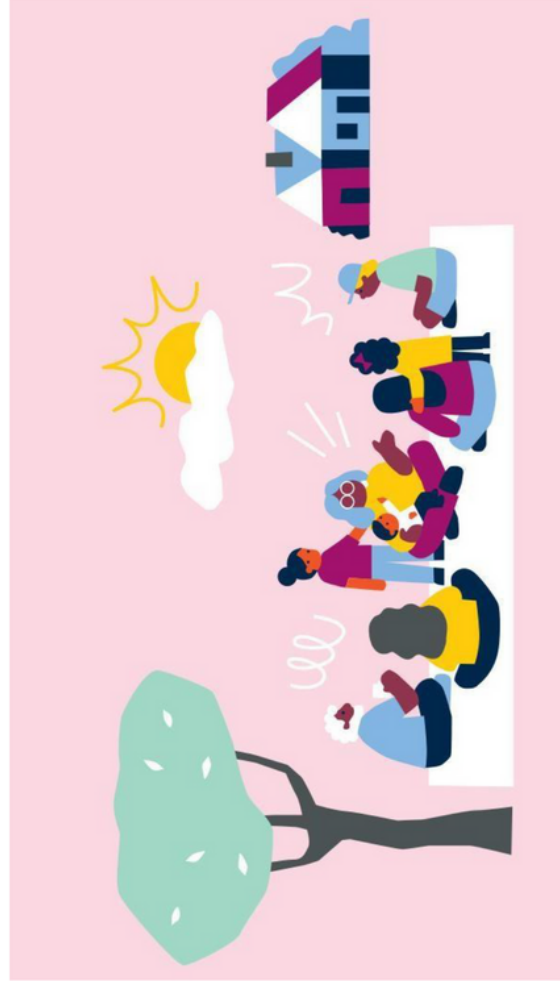
Rainbow Grab 'n' Go



Rainbow Grab 'n' Go



<https://linktr.ee/rainbow.grabngo>



## Rainbow Cuppas & Catch-Ups.

**Come join in the fun!**

**For parents and young children/babies**

Come along and join us to connect with other parents/carers, while your children participate in fun activities.

**Activities will include but are not limited to:**

- Outdoor play (depending on weather)
- Sensory play and messy play
- Arts and crafts

And much, much more!

Drinks and light snack provided – subject to current Covid restrictions.

Please bring spare clothes for children. ☺

Visit  
[unitingvictas.org.au](http://unitingvictas.org.au)

## Wimmera Mallee Female Football League

### Season 2023

### U14 Youth Girls

### Information Sheet

**Age Group:** Youth Girls U14 Years (aimed at 10-14 years)

**Season Duration:** 12 week program commencing April—July

**Program:** Combination of training with Competition games via initial 4-5 team League structure

Season 2023 looks to provide introduction and participation for U14 Girls to AFL, with a combination of skills based training and

Competition games, delivered locally in the Wimmera Area at local venues by WFNL Club Hub bases.

Further enquiries to: Justin Knorpp 0429 941 083





**Royal Far West**  
Children's health, country-wide



*We'll be visiting soon*

**Royal Far West clinicians will be onsite at our school.**

Royal Far West clinicians will be visiting our school this year to provide a range of allied health services for students, and to plan and/or deliver associated professional development activities for our teachers and support staff.

This first visit will help the RFW team build their understanding of how our school operates. They may also provide individual occupational therapy, speech pathology and psychology, for some of our students. If you have specific concerns regarding your child's speech and language, fine or gross motor skills, or behaviour, ask school staff about the referral process.

It is possible that your child may be observed in the school setting by clinicians during the visit, and that the clinicians may suggest further assessment to determine if additional individual support is required, or recommend additional school-level supports that may be helpful. Please let the school know if you have any questions about this, or if you do not want your child observed during the visit.

***Royal Far West Onsite: Monday 20th - Thursday 23rd of March 2023***

**Please speak with school staff to learn more**





Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- Sleep tips for children and Facts about sleep for parents and school staff, from the Sleep Health Foundation
- Why sleep is so important, from the Kids Helpline's
- Sleep explained, from the Better Health Channel.



# What's Sleep Ninja?

Black Dog Institute developed **Sleep Ninja**, the first adolescent-focused app which helps young people improve their sleep.

Based on **Cognitive Behavioural Therapy for Insomnia (CBT-I)**, across six 'training sessions', Sleep Ninja teaches strategies to develop healthy sleep habits and improve sleep quality. The 'choose your own adventure' style chat function allows young people to learn about sleep in a fun, interactive way under the guidance of the Master 'Sleep Ninja'. Users of the app are awarded with 'belts' on completion of the training sessions with the ultimate goal of receiving a black belt in sleep.

The app also features:

- > A sleep tracking function.
- > Recommended bedtimes based on sleep guidelines
- > Reminders to start a wind down routine each night.
- > Clinician-guided relaxation audio to help prepare the mind and body for sleep.
- > A series of sleep tips and general information about sleep.

# How does it work?

Developed in consultation with young people and their parents, Sleep Ninja is designed for use during the day, not at bedtime.

The app:

- > Educates young people about the importance and role of sleep.
- > Helps them become aware of any habits contributing to poor sleep (e.g. sleep environment, daytime routine, bedtime routine).
- > Teaches both behavioural and cognitive strategies to change their unhelpful sleep patterns.

# Who's it for?

This app is suitable for young people aged 12-16 years who are experiencing mild to moderate sleep difficulties such as difficulty falling asleep or staying asleep, poor sleep quality, or not getting enough sleep.

If sleep disturbance is causing significant distress or is impacting school, work or other important areas of life, we recommend that they talk to a trusted adult or see a doctor.



# The problem of sleep disturbance

Sleep disturbance refers to difficulty getting enough good quality sleep, at the appropriate times.

Up to 40% of young people experience some form of sleep disturbance, with most not getting the recommended 8-10 hours of sleep per night (particularly on school nights).

Insomnia, which is the difficulty initiating and maintaining sleep such that it has a negative impact on daytime activities<sup>1</sup> affects around 10% of young people, with many more experiencing some insomnia symptoms.<sup>2,3</sup>

These sleep difficulties have an adverse impact on all aspects of a young person's life, including their mental health.

# Benefits for young people

Research shows that using Sleep Ninja can reduce sleep disturbances among young people. Depression and anxiety symptoms have also been shown to reduce after using the app.<sup>4</sup>

Sleep is important for general physical health and wellbeing.

Sleep can help with:

- > Growth.
- > Restoring energy.
- > Repairing injuries or illness.
- > Psychological wellbeing and mood.
- > Getting along with others.
- > Concentration, memory, school performance.

Not getting enough sleep can lead to:

- > Having trouble paying attention, concentrating, learning and solving problems.
- > Doing poorly at school, impairment in sports performance or other hobbies, too little energy to spend quality time with friends or family.
- > Increased risk of injury.
- > Increased risk of mental health problems.
- > Increased risk of physical health problems.
- > Irritability, aggression, difficulty dealing with stress, outbursts towards friends or family.

# What's the commitment?

Users level up and reach their next 'belt' by completing one training session and tracking their sleep for three nights (out of a 7-night period). Therefore, it takes approximately 6 weeks to complete the Sleep Ninja program (6 training sessions/ modules).

In a typical week, the user:

- > Completes a training session (takes about 5-10 minutes to complete).
- > Puts into practice what they are learning.
- > Unlocks the next level by tracking their sleep for a minimum of three nights to encourage a healthy sleep routine.
- > Uses the optional functions e.g. relaxation audio and reminders to wind down.

# How do I access Sleep Ninja?

- > The Sleep Ninja app is coming soon to the App store and Google Play.
- > We are currently taking expressions of interest from schools and parents who would like to be delivery partners in supporting this program during 2023.
- > For more information about Sleep Ninja, and how to get this app out to young people, please send your expression of interest to [sleep@blackdog.org.au](mailto:sleep@blackdog.org.au)

- .....
1. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.).
  2. Ohayon, M.M., et al. (2000). Prevalence and patterns of problematic sleep among older adolescents. Journal of the American Academy of Child and Adolescent Psychiatry, 39, 1594-1556. <https://doi.org/10.1097/00004583-200012000-00019>
  3. Twenge, J. M., et al. (2019). Age, period, and cohort trends in mood disorder indicators and suicide-related outcomes in a nationally representative dataset. Journal of Abnormal Psychology, 128(3), 2005–2017. <https://doi.org/10.1037/abn0000410>
  4. Werner-Seidler, A., et al. (2022). The effects of a sleep-focused smartphone application on insomnia and depressive symptoms: a randomised controlled trial and mediation analysis. The Lancet. <http://dx.doi.org/10.2139/ssrn.4200346>

## More information

[blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/](https://blackdoginstitute.org.au/resources-support/digital-tools-apps/sleep-ninja/)