



BE KIND, WORK HARD,  
BOUNCE BACK

*Dream Big*

# Newsletter



Issue 3 - 17th February 2023  
We are a Child Safe School

## SWIMMING SPORTS

Last Friday we had our College swimming sports. I was once again exceedingly impressed with the participation rates and enthusiasm of all our students. As a marshall on the day it was mighty impressive to have kids come up to you to ask to go in more events! Congratulations to Albacutya who were just too strong on the day (Good effort from all Hindmarshians too). The House captains organised their teams in a very efficient and motivated manner.



A huge thanks to Elly Schumann and Valma Gregory for their excellent preparation and planning. Thanks also to the Parents & Friends for organising the BBQ and to the Lions lads who helped cook it. A big thanks to all the parents who volunteered for jobs (we just need to work on them for a relay team next year!!)

Overall a great team effort from all parts of the school and wider Rainbow community.

Good luck for those junior students representing the College at the Cluster Swim in Hopetoun today!

## SWPBS ROLLOUT

A very public shout out to the SWPBS team for all their hard work in rolling out the SWPBS program for the start of the year. The effort and detail have definitely made for a seamless integration into the everyday interactions and activities of the school. So to Ella Clarke, Steven Glover, Jess Hollamby and Elly Schumann – take a bow!

## Calendar Term 1

### February

**Tue 21st**

### March

**Wed 1st  
Fri 3rd**

**Thur 9th**

**Mon 13th  
Wed 15th  
Thur 16th**

**Fri 24th**

**Tue 28th**

**April  
Sat 1st**

**Thu 6th**

### Week 4

Pancake Day

### Week 5

Parents Club AGM  
Casual Day - Wear Pink

### Week 6

Ag Field Days

### Week 7

Labour Day public holiday  
Whitecard Training  
Man Cave/Flourish Girl

### Week 8

School Photos Day

### Week 9

Senior Aths

### Week 10

P-12 Cross Country  
Last day of Term 1.

## Meeting Dates

**Parents and Friends AGM 1st March 2023**

7.30pm at school. Webex available  
26502576368

**School Council 13th March**

## 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)

## WELCOME BBQ

Thanks to all the parents and students who ventured out in the heat to attend the Welcome BBQ yesterday (Thu 16th). There was lots of informal mingling, some intense games of Jenga and Connect 4, a number of informative presentations, some great questions and a delicious BBQ, organised by Parents & Friends and cooked by the terrific trio of Mr Cook, Mr Glover & Mr Koning! The SRC also sold drinks during the afternoon - thanks to all who were on the roster.

Thanks to all staff who helped set up and clean up. It really does take a team to raise a village (Ask Mrs Huff for more details on this!)

One of our main aims this year is to provide more opportunities for all members of our school community to visit the school and see the kids in action. We are exploring the possibilities of having more open sessions each term.

Education Week, Book Week and Science Week are just some of the events that will be organised to include parent/carers visits and involvement. We hope to put a calendar out of when these events are on for people to plan in advance.

## SCHOOL COUNCIL ELECTIONS

There are still positions available on school council for 2023 in all sections (parents, staff & students). Please contact Colleen Petschel for more details as the nominating period will be extended to fill the positions.

# IMPORTANT NOTICES...

### Uniform

Please remember that students are required to wear correct uniform at all times. Expected uniform is outlined below. If a student is deemed to be in inappropriate uniform, eg ill-fitting or sports attire, parents will be contacted.

**HATS** - In accordance with our SunSmart policy, **broad brimmed** hats are to be worn outside during terms 1 and 4. New school hats can be purchased from the office for \$10.00

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

### 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.

### 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



# School Wide Positive Behaviour Student Voice and Agency



## Our focus this week was:

### ***Classroom Productivity and Manners***

Now that we are into the third week of our term, we felt it was time to re-focus on how we can be productive and polite classmates. In Morning Circle and in class, staff encouraged students to think about what being ready to learn looks like, reminded them of the things they need to bring to class and how to speak respectfully to others. In Avocados, groups did activities that allowed them to practise their problem solving skills, while demonstrating **Grit** and **Curiosity**

## Senior SRC News

Today's casual day raised \$114 for the Fiona Elsley Cancer Research Institute, in support of two oncologists who look after our community members with cancer. Please see the back of this newsletter for donation details if you would like to contribute to this cause

## Student Leaders

We have some socially minded students currently working on projects to benefit the community. Phoebe, Holly, Nekeisha and Lilly are busy planning their Breast Cancer Awareness Market Day, to be held at the Oasis on April 1st.

Tessa Leach has been signing people up for the Push-Up Challenge in June, to raise awareness for mental health.

Next week, Taylor, Clancy Ruby and Inara will attend a Leadership Development course in Horsham.

## Week 3

### Focus and Expectations

#### Classroom Productivity and Manners

The importance of a productive and polite classroom

I will arrive on time, ready to learn

I will respect classmates and allow them to learn

I will be a problem solver and ask for help

## Week 4

### Focus and Expectations

#### Being an UPSTANDER

Why is being an upstander important?

I will be a problem solver

I will listen to, support and encourage others

I will focus on what I can control

## Upcoming meetings and student events

**Junior SRC:** Thur 23rd Feb @ Lunchtime

**Casual Day:** Friday 3rd March - Wear **PINK**

Raising money for the Breast Cancer Awareness market day - Gold Coin donation

**Senior SRC:** TBA

**Senior Prom Committee:** TBA





## Student Achievements

### Golden Words

Congratulations to Elodie who can now spell all of the Golden Words, and to Abdu, who can read them all. Great work!



### Swimming Sports

What a day we had at our Swimming Sports event with the weather being the warmest we have had in several years. The vibe on the day was one of enthusiasm, personal bests, and celebrating the achievements of others. It was fantastic to see our students cheering on each other and demonstrating positive participation. It was also fantastic to see a large number of people at the pool supporting the students. The food supplied by the Parent's Club and snacks/drinks supplied by the YMCA kept us going throughout the day.

Congratulations to Harry Fisher, Inara Petschel, Taylor Fisher and Will Fisher who broke records on the day and to all the age group medal winners. To the delight of Mrs. Solly, the winning house was Albatcutya. Phoebe Bigham was named the winner of the Stan Gould Most Outstanding Performance Award and listed below are all the age champions from the day.

- 6 year old – Eli Simpson
- 7 year old – Elodie Robinson and Louis Glen
- 8 year old – Evie Simpson and Nate Clugston
- 9 year old – Emmi-Lee and Koby Weir
- 10 year old – Emma Saul and Harry Fisher
- 11 year old – Inara Petschel and Edison Stasinowsky
- 12 year old – Taylor Fisher and James Fuller
- 13 year old – Addison Fisher and Evan Keller
- 14 year old – Maggie Fisher and Lenny Weir
- 15 year old – Phoebe Bigham and William Fisher
- 16 year old – Nekeisha Bastin and Cooper Stasinowsky
- 17 year old – Shekinah Hurlstone and Lewis Cocks
- 18 year old – Lucy Thomas and Flynn Smith

As the old saying goes, many hands make light work so please accept our thanks if you assisted in any way running the day.

Elly and Valma





## More Swimming Sports fun!



## The Annual Teddy Bears' Picnic



**The P/1/2 students with their Grade 5/6 buddies and lots of cuddly friends!**



**Maddison and Jurie**



**Haylee and Hayden**



**Abdu and Will**



**Natas**



**Logan**



**Felicity**

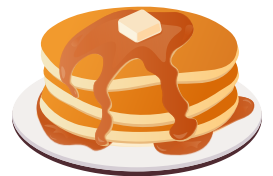
Yesterday heralded the annual Prep/1/2 & buddies Teddy Bear Picnic. The teddies were introduced to each other during "Circle Time" with the expectation of them solving any problems that occurred throughout the day clearly laid out!!

The action started with "Bobs and Statues". This was closely followed by a "Pass the Feather Duster" game invented by Mrs Gregory and a "Pass the Parcel", won by Logan.

Then the feast commenced and boy were there a variety of yummy treats!! Thanks to everyone involved in the preparation and setting up of the food for our picnic. Lots of bonding took place between the buddies and heaps of fun was had by all.



# Pancake Day



Tuesday, 21st February, 2023 at the Rainbow Fire Station.

Please note: New prices for the Savoury and Sweet Pancakes \$6.00

Savoury Pancakes - \$6.00

Choices are: Crab Meat, Sweet and Sour Chicken, Spaghetti Bolognese & Tuna

Sweet Pancakes - \$6.00

Choices are: Strawberry and Ice Cream or Bananas and Ice Cream

Plainer Pancakes - \$2.00

Choices are: Maple Syrup, Lemon & Sugar, Jam & Cream, Ice Cream and Butter.

Each student needs their own envelope.

On the outside please write their name, class and their order and have correct money inside.

**Orders due by Monday 20th February.**

Junior students will be going for morning tea, Senior students are able to go for lunch.



We're looking forward to having The Man Cave come work with our Year 7, 8, 9, 10, 11, and 12 students on 16 March 2023.

The best way we can support the boys is by also ensuring the community around them is supported too. Please visit the link below as preparation for you to support the boys during this time.

<https://academy.themancave.life/pre-workshop>



**Keep an eye out for this!**

You will start seeing it around a lot more.



*You're invited*

to support Cancer Research by sponsoring

**Prof. George Kannourakis**

or

**Dr Prashanth Prithviraj**

as they ride the Ballarat Cycle Classic



**100% of donations to cancer research**



**FIONA ELSEY**  
CANCER RESEARCH INSTITUTE  
*Fighting cancer through research*





### **SPECIAL REPORT: The Wellbeing Barometer 2023**

Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting. Parenting is a learning journey and it's easy to feel stressed and overwhelmed when faced with raising happy, well and resilient young people today.

Every family has experienced some sort of difficulty or adversity in recent times, some more than others. As mental health concerns continue to rise, there have been some alarming statistics reported in relation to the mental health and wellbeing of young people. Unfortunately, the blueprint for parenting is often based on our own experiences, but this is no longer fit for purpose in raising children as citizens of tomorrow. Parents and caregivers play a vital role in providing the guidance needed to support children and adolescents as they reframe their worries and focus more on the things they can control in their life.

In this Special Report, we are seeking parent participation through a short survey. The survey is designed to provide a barometer to help gauge the state of student wellbeing within our community. We encourage you to take a few moments to complete the survey as this will help our school know the nature and extent of your concerns and determine how best we can support families in the months ahead. Responses remain anonymous and will only be reported on an aggregated basis. You are asked to base your responses on observations made in the last 12 months.

By working together we can continue to build relationships, foster connections, enable understanding and break down barriers as we navigate a pathway towards better mental health and wellbeing for all students. Please reflect on the information offered in this Special Report, and as always, we welcome your feedback. If this raises any concerns for you or your child, please reach out to the school or seek professional medical advice.

**Here is the link to your special report**

[https://rainbowp12.vic.schooltv.me/wellbeing\\_news/special-report-wellbeing-barometer-2023-au](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2023-au)



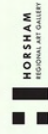
# Art Club

Term 1

## Come along and join in the fun!

Art Club is about supporting our emerging young artists in making and creating artworks. We'll help children discover new skills and express their ideas through a stimulating program of visual art practices guided by renowned local artists.

Runs weekly from Tuesday 14th February to 21st March, 4-5:30pm for children aged 7+. A course of 6 sessions for \$72.



This series of workshops is supported by the Victorian Department of Education and Training.



## Strengthening Parent Support Program



### What is the Strengthening Parent Support Program (SPSP)?

It is a program for parents and carers of children who have additional needs, a disability or developmental delay.

This parenting support program provides families with opportunities to participate in peer support groups and establish support networks with other families or carers in the local community.

The SPSP program is run by Uniting in Horsham but also reaches communities in the surrounding regional areas. Please contact the co-ordinator Kate Janetzki for further information.

You can also keep up to date by joining our Facebook page:

<https://www.facebook.com/groups/390018412226828>

Support group activities may include a night out at movies and dinner, an informal lunch and chat or seminars/workshops covering a range of helpful and educational topics.

**Contact Details**  
Kate Janetzki on  
Phone: 0427 633 458  
or email  
[kate.janetzki@vt.uniting.org](mailto:kate.janetzki@vt.uniting.org)

**Uniting**



# BREAST CANCER AWARENESS

***Pink Themed  
Casual Day***

**Friday the 3rd  
of March**

***Gold Coin Donation***

**All money will go towards  
The Pink Market**

