



BE KIND, WORK HARD,
BOUNCE BACK

Dream Big

Newsletter



Issue 4 - 24th February 2023

We are a Child Safe School

CELEBRATING STUDENT LEADERSHIP

This upcoming Monday, at our general assembly the main focus will be on celebrating our student leadership. This will include hearing from our student leaders for 2023, presenting badges, highlighting efforts so far and promoting the work of our 2022 School for Student Leadership team. We would love to see as many members of the school community at this assembly as possible. We are already very proud of the ideas, actions and attitudes of our student leaders.



**Partnership with Royal Far West,
Schools Services: The Better**

Learning Better Lives Initiative

Royal Far West has received one school year's funding from the Commonwealth Department of Education under the Emerging Priorities Program to provide a multi-disciplinary team to five schools in 2023. They will be piloting a whole-of-school service in five primary schools, across three states. **Rainbow P-12 College is exceedingly lucky to be chosen for this service in 2023.**

The Royal Far West "Better Learning, Better Lives" model offers a fully funded allied health multidisciplinary clinical service (approximately one day per week) for our school in 2023. The clinical mix will be tailored for our school and can include a speech pathologist, occupational therapist, a psychologist and a social worker.

It is designed to address the long-term impacts of developmental vulnerability, disadvantage and trauma by:

- building children's resilience across the school community
- helping teachers create classrooms that support children's diverse needs in challenging environments through workshops and direct coaching
- supporting parents to navigate the complex health, education and support systems for their children
- supporting the development of children by connecting them to available local services where possible and
- providing therapeutic allied health support via technology for identified children positively impacting the school environment and culture, leading to empowered staff, less stress, and more protective factors that help to break the cycle of disadvantage.

A team from Royal Far West Health will be visiting our school in the week starting Monday 20th March.

Calendar Term 1

March

Mon 27th

**Wed 1st
Fri 3rd**

**Tues 7th
Thur 9th**

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

**Tues 21st
Fri 24th**

Tue 28th

**April
Sat 1st**

**Tues 4th
Thu 6th**

Fri 7th

Week 5

Leadership Assembly
Little Desert Swim - Hsm
Parents Club AGM
Casual Day - Wear **Pink**

Week 6

Marc Van
Ag Field Days

Week 7

Labour Day public holiday
Whitcard Training
Man Cave/Flourish Girl

Week 8

Marc Van
School Photos Day

Week 9

Senior Aths

SSL Market

Week 10

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

THE RESILIENCE PROJECT PARENT & COMMUNITY PRESENTATION

THE

**RESILIENCE
PROJECT™**

The school has organised access to an online presentation for parents/carers. The Resilience Project's "Discovering resilience" presentation will be on Wednesday 15th March from 6:30-8:00pm. Here is an outline of the session:

The 'Discovering Resilience' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can be also practised at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.



Pivot

PIVOT SURVEYS

This year we are continuing with our PIVOT surveys. Students complete two teacher surveys a year for staff to gain valuable feedback on how we teach. The students also complete a weekly wellbeing check to monitor student wellbeing and to provide an opportunity for students to seek help if they are struggling. Please see the attached flyer for more details.

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.

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

Uniform

Please remember that students are required to wear correct uniform at all times. Expected uniform is outlined below.

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

Meeting Dates

Parents and Friends AGM 1st March

2023 - 7.30pm at school.

Webex available 26502576368

School Council 13th March

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



You are invited to a Special Assembly

**Monday (27th February) 8.50am
Rainbow P-12 College Hall**

Hear from our student leaders as they are presented with their leadership badges.

We encourage all members of our school community to come along and help celebrate our students

Our focus this week was: *Being an UPSTANDER*

Being an upstander is an important skill to foster in our young people. Throughout their lives they will come across situations where they see things happening that don't feel right to them. It could be online bullying, prejudice, unkindness or dangerous behaviour.

We hope to help our students build the confidence to speak up in these kinds of situations. We also encourage them to seek help when a problem or situation is a bit bigger than they think they can handle themselves.

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

Week 5

Focus and Expectations

Healthy Friendships

The importance of healthy friendships and respectful relationships

I will encourage others

I will keep my hands, feet and objects to myself

I will try to make and maintain friendships

Upcoming meetings and student events

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

Junior SRC: TBA



Cluster Swimming Sports at Hopetoun



Eighteen enthusiastic students from Years 3-6 headed to the Hopetoun swimming pool on Friday 17th February, to compete in the Southern Mallee Lakes Cluster Swimming Sports. The temperature was extremely warm for the spectators but perfect for the competitors. All students gave their very best and enthusiastically supported each other. Thank you to all parents and family members who made the effort to come along to support the children and assisted with jobs.



Championship

12 year Girls – 2nd Taylor Fisher 3rd Ruby Tregenza
11 year Boys - 1st Edison Stasinowsky 3rd William Glen
11 year Girls – 1st Inara Petschel 2nd Pippa Fisher
10 years Boys – 2nd Harry Fisher.



Everyone did a great job at the swimming day in Hopetoun. It was very hot, but we all still tried our best. I thought that everyone did a very good job. Many ribbons were won, making the day nice and exciting. *Haylee*

The Cluster Swimming Day was at the Hopetoun pool. It was a fantastic day and so much fun. I tried my best and every person I know did a fantastic job. I enjoyed swimming sports today. *Levi*

At Hopetoun Swimming Day there was so much action. Everyone did super fantastic swimming! It was so tough, and you could see the disappointment on people's faces when they came second by just a few seconds. Good job everyone who won a medal. *Pippa*

Hopetoun Cluster Swimming Sports was lots of fun. It was my first time and I got really tired. I tried my best and got a second ribbon for the freestyle relay. I swam in freestyle, breaststroke, and backstroke. *Koby*



Congratulations to **Harry, Taylor, Ruby, Inara, and Pippa** who have been selected on qualifying times to compete at the next level at Horsham on Thursday 2nd March. We wish them all the best.

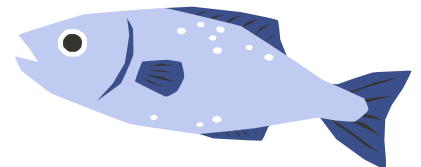


Pancake Day



Fishing Elective

Charlie getting rigged up to tackle a marlin under the watchful eye of volunteer Herbie Edmonds.



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>

REMINDER:

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

Position Vacant Cert III or Diploma Qualified Early Years Educator

Emerge Early Years Services is looking for a Cert III or Diploma Qualified Early Years Educator or someone who is working towards either of these qualifications to work at our Rainbow Kindergarten.

This position is a 3 day a week position working on Wednesday, Thursday & Friday for 6.25 hours per day.

For more information, please contact Kimberley Philip via email: kimberley@eeys.com.au or call 0428 485 933.



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>



Check Out the Social Media Platforms we are making.



Rainbow Grab



Rainbow Grab



Rainbow Grab



<http://linktr.ee/rainbo>

Discovering Resilience Webinar: see full page flyer at the end of this newsletter

Register here: https://us02web.zoom.us/webinar/register/WN_tWlIDrq3QbmIOzKvO5-SpA



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

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. 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.

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>

Contact Details

Kate Janetzki
on

Phone: 0427 633 458
or email

kate.janetzki@vt.uniting.org

Uniting

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.



Welcome to Pivot



The Feedback Platform for Schools

Pivot Professional Learning is an Australian-based Education Technology company dedicated to improving schools through evidence-based tools and insights. Pivot provides schools with a simple way to gather authentic and timely feedback on teaching practice, wellbeing and school leadership

Why do schools use Pivot tools?

Schools use Pivot to receive continuous and targeted feedback from students. This feedback is vital to improving learning, teaching and wellbeing.

Why are students being asked to use Pivot?

Research shows that student feedback is found to be one of the most reliable and effective tools for improving outcomes. Your school is dedicated to using student feedback as a way to understand and improve student experiences in the classroom.

Pivot helps school to:



Improve Relationships

Encourage ongoing collaboration between students and teachers to promote stronger relationships and improved student engagement in the classroom.



Improving Teaching Practice

Supports the professional development of teachers to improve teaching quality and student learning outcomes.



Improve the School Environment

Provides school leaders and teachers with meaningful data to improve the school environment for all students.

What to Expect

What do students have to do?

Students routinely complete short surveys where questions relate to teaching practice and student wellbeing. Teachers guide students through the survey process and are encouraged to engage students in conversation about the feedback they have received.



Data Use and Privacy

What happens with the data?

Pivot is dedicated to protecting student privacy. Data is accessed by school leaders and teachers engage with the data and respond to the needs of students. All data collected by Pivot is securely stored in their AWS Sydney-based servers and only accessible by those with the highest level of permission.

