



**BE KIND, WORK HARD,  
BOUNCE BACK**

*Dream Big*

# Newsletter



Issue 12 5th May 2023  
We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### CLUSTER JUNIOR CROSS COUNTRY

Last Friday, 28th April the Junior School ventured to Beulah to participate in the Cluster Cross Country. Here, we also were involved in the Winter Sports try-outs for the upper junior kids and some games and activities for the lower junior students. A BIG thanks to Veronica Huff for all her organisation prior, during and after the event. Thanks to all staff that supervised and participated (great running from Jess and Montanna!) on the day. I was exceedingly impressed with the behaviour and participation of all our students. I was also very proud to see how our students supported and encouraged each other. Well done to all involved. I have included a photo that I believe sums up the feel of the day.



*Logan full of smiles!*

### NEW FACES

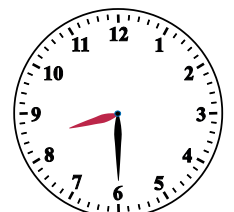
This term we have welcomed a few new student faces to the school, including Cooper Clugston in Grade 2 (the Clugston legacy continues!). Also joining us are the McIntosh lads - Roger (Foundation), Lawrence (Grade 4) and Tim (Year 7). Their parents, Phil and Kitz were exceedingly proud to see them start school!

### LITTLE DESERT SENIOR ATHS

Congratulations to all the Senior students who represented the College at the Little Desert Athletics in Nhill yesterday. It is an excellent achievement to make it to the next level of a sporting event and it takes courage and resilience to compete at this level.

### FORMAL

Next Friday the Senior students have their first Formal for the year. The theme is Royal Masquerade. It should be a great night if last years prom was any indication. A HUGE thanks must go to Clarissa Bigham for the time and effort she has put into planning and organising this event.



## Calendar

### Term 2

<b>May</b>	<b><u>Week 3</u></b>
<b>Wed 10th</b>	Jnr Little Desert X country Horsham
<b>Thur 11th</b>	Snr Little Desert X Country Murtoa
	<b><u>Week 5</u></b>
<b>Wed 24th</b>	Simultaneous Story Time
	<b><u>Week 6</u></b>
<b>June</b>	
<b>Fri 1st</b>	Cluster Winter Sports
	<b><u>Week 7</u></b>
<b>Mon 5th- Fri 9th</b>	Surf Camp - Senior school
	<b><u>Week 8</u></b>
<b>Mon 12th</b>	No School - Public Holiday

## Meeting Dates

**School Council** 8th May  
**Parents and Friends** General Meeting  
5th June 1.30pm at school  
Webex available 26502576368



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

## PRINCIPAL'S PONDERINGS...CONT

### DO IT FOR DOLLY DAY

Next Friday is a casual day for a very worthy cause of eradicating bullying. That is Dolly's Dream! It will be a gold coin donation. Please wear blue to support the cause. The SRC will be selling merchandise on the day.

**Do It**   
**For Dolly**  
**Day '23**

### COMMUNITY INVOLVEMENT

If any community groups would like some help with projects or would like to work with our students please contact the school.

### RAINBOW GRAB 'N' GO

We are ready and raring to test out the food van!

- ✓ Fridge has been installed
- ✓ Fryers have arrived
- ✓ Food safety inspection completed and passed
- ✓ VM students and a slightly excited teacher ready to go!



**CANCELLED**

Unfortunately the proposed trip to see "& Juliet" will not be going ahead as we didn't have enough numbers to make it viable.



### Tuning in to Kids® Online Parenting Group

Delivered by Royal Far West

Limited Spaces available for 2023:

- 9:30am-11:00am, beginning Tuesday 30 May & running weekly for 8 weeks (with a 3 week break from Tuesday 27 June – Tuesday 11 July)

This is a free online parenting group for parents/carers. The program aims to:

- Improve communication between you and your child
- Strengthen the bond you share with your child
- Better understand your child and their behaviours
- Help your child learn how to understand, express, and manage their emotions in a productive way
- Help your child learn skills which will support them to create and maintain positive relationships in life
- Connect with other likeminded parents/carers

If you are interested, please go to <https://www.trybooking.com/events/landing/1044281> to book or learn more.



# School Wide Positive Behaviour Student Voice, Agency and Leadership



## Acknowledging Positive Behaviours

To further encourage positive behaviours, the SWPBS team are in the process of designing a whole school rewards system. This will allow students to collect points which they will be able to trade in for rewards.

We are very keen to get feedback from the school community about how this might work, and the kinds of rewards you would like to see.

Currently we are thinking of things like canteen vouchers, fun school supplies and stickers.

Please share your own opinions and ideas with us by emailing  
[ella.wisbey@education.vic.gov.au](mailto:ella.wisbey@education.vic.gov.au)

We will also be rolling out acknowledgement cards later this term for teachers to hand to students when they notice them exhibiting positive behaviours around our school.



WATCH THIS SPACE NEXT WEEK TO HEAR FROM OUR STUDENT LEADERS ABOUT WHAT IS HAPPENING AROUND THE SCHOOL

### Upcoming meetings and student events

**Whole School Forum:** Tues 9th May  
**Senior SRC:** TBA

**Junior SRC Meeting:** TBA

**Jnr SRC Icy Pole sales:** Thurs lunchtimes

**Formal:** Friday May 12

### Formal

A reminder that the first Senior School Formal is going to be held on Friday 12th May (next week!!!)

This event is completely organised by our student body, this year led by Clarissa Bigham.

It is wonderful to see our students taking ownership of events like these, and we encourage all students to come along and help to make it a wonderful night





## 2023 Student Fees

2023 School Fees are now due. Please check at the office if you are unsure if you have paid or not.

Payment plans are available if required. Please see the front office staff to arrange this.

## Book Club

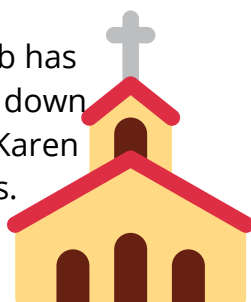
Issue 3 is due back to school by Friday 15th May.

## Book Club



## Friday Club

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



## 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)



## ICY POLES

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

## Student Absences

Please remember to inform the school if your child is away from school for any reason by either using Compass or phoning the office on

**53951063**



Check Out the Social Media Platforms we are making.



Linktree\* <https://linktr.ee/rainbow.grabngo>

# Reading Awards

25

Nights



Hugo



Emma



Lilah

75

Nights



Tyler

NEVER STOP READING

50

Nights



Ryley



Felicity



Lane



Logan



Ava

# GIRLS FOOTY

I just wanted to inform you about U14 girls footy that is starting in the Wimmera League and a side being entered in Warracknabeal with the Warrack Eagles FNC.

The girls have been training the last few weeks, excluding school holidays.

Girls from Warracknabeal and Jeparit had their last hit out on Sunday morning at ANZAC Park.

Sunday May 7th will see the girls take part in their first game/games at Central Park Stawell.

This will be a round robin format, with the girls playing 3 games for the day.

Games will be played with modified numbers and ground sizes.

The format is to help promote girls/women's/female football and encourage any girls with some interest to join and learn the game.

Four Sundays will take place throughout the season. This will enable any young netballer also with a slight bit of interest in footy to come along and have a kick and it will allow parents and volunteers to not feel burnt out with an additional day of children's sport.

Promoting and building the game of football for females is the main motivating factor here.

This is an exciting time for female football in our region!

Should anyone be interested in playing and joining, it's certainly not too late.

Please contact:

Justin Knorpp (U14 girls coach)

0429941083



## Rainbow Junior Badminton 2023 Season

Junior Badminton has changed to Wednesday after school in the school hall.

Starting on Wednesday 10th May. All new players and previous players are most welcome - 8 years old or older.

Cost \$2 per week with racquets supplied.

## UNIFORM

If you require any new uniform please order ASAP. Order will be placed with our supplier on Wednesday 10th of May.

## Rainbow Senior Badminton 2023 Season

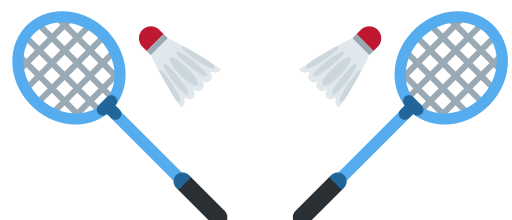
Starts on Monday 22nd May and Wednesday 24th May at the Rainbow P12 School Hall at 7.15pm.

Practice night Wednesday 17th May 2023.

All new players and previous players are most welcome.

Enter your names with Jill on 0428539612 by 7.30pm on Wednesday 17th May 2023.

Cost \$2 per week with racquets supplied.



# This week's classroom focus is **GRADE 3/4**



Emma



Bella



Ryley



Lane

This week in Grade 3/4 we have welcomed Lawrence into the class! Our students have enjoyed showing him the structure of our classroom and how to complete different tasks. The students have been focusing on 3D shapes in Maths by looking at their properties and how to create their own nets. Students have also been practising how to use persuasive devices in Literacy to convince the teachers we need a class turtle!

What a great week in 3/4!



Decorating the walls



Emma



Tyler



Koby



Koby & Lawrence



Murphy & Lawrence



## Southern Mallee Lakes Cluster Cross Country, 2023

Last Friday 28th April, in very cool conditions, the Southern Mallee Lakes Cluster Cross Country was held in Beulah. Our students' behaviour was excellent and their efforts and sportsmanship, outstanding. It was lovely to see friendships continue to develop between students from different schools. It was also great to note the presence of several Rainbow parents barracking for their children. Thanks to everyone who assisted in the running of the day.

13 students have qualified to run at the next level - Little Desert Cross Country in Horsham on Wednesday 10th May and we wish them all the best.



All students showed lots of grit and determination to finish their races with notable results as follows:

5/6 year old boys – Equal 1st – Eli Simpson & Logan Webb

7 year old boys – 2nd Xavier Hollamby

8 year old boys – 1st Tanner Bigham, 2nd Nate Clugston

9 year old boys – 1st Hendrix Clugston, 3rd Murphy Jochinke

9/10 year old girls – 3rd Adalyn Clugston

10 year old boys – 1st Harry Fisher

11 year old girls – 1st Honey-Rose, 2nd Inara Petschel, 5th Pippa Fisher

11 year old boys – 1st Hugo Gould, 4th Edison Stasinowsky, 5th Callum Fuller

12 year old girls – 1st Taylor Fisher, 2nd Ruby Tregenza

12 year old boys – 3rd Clancy Weir, 4th William Boyle



Rainbow P.D. College

# ROYAL MASQUERADE

Formal

Friday May 12th, 2023

6-10pm

Held at the Rainbow Recreation Reserve



Years 7 - 12

Years 10 - 12 are able to invite a +1.

All +1's are to be approved by Ms Petschel

Light nibbles will be provided

Tickets:

\$10 - prepaid

\$15 - at the door

*Royal Masquerade inspired formal dress.  
Masquerade masks are required for the beginning  
of the night.*



RAINBOW P-12 COLLEGE

# EDUCATION WEEK OPEN DAYS

THE RAINBOW AND WIDER COMMUNITIES ARE INVITED TO OUR CLASSROOMS TO SEE THE WONDERFUL THINGS OUR STAFF AND STUDENTS ARE DOING. COME AND GO AS YOU PLEASE BETWEEN THE DATES AND TIMES BELOW.

## Monday 15th May - 8:50am - 11:00am



- 8:50 - 9:00am - Whole School Assembly
- 9:00 - 10:40am - Period 1 and Period 2 - visit classrooms
- 9:30 - 10:30am - Shake Rattle and Read
- 9:00 - 10:40am - Hands on Learning (West Paddock)
- 10:40 - 11:00am - Recess - chat and catch up with the staff



## Friday 19th May - 12:40pm - 3:00pm



- 12:40 - 1:20pm - Lunch time
  - Coffee sold by the VM Class through their "Grab 'n' Go" food van
- 1:00 - 1:20pm - SRC meeting - view student voice
- 1:20 - 3:00pm - Period 5 and Period 6 - visit classrooms

FOR MORE INFORMATION, PLEASE CONTACT RAINBOW P-12  
COLLEGE ON 03 53 951 063

## JR Storm Clean up Roster - Rainbow

If your allocated weekend doesn't suit then please arrange a swap with someone else and let your team leaders know.

### EXTRA HANDS ALWAYS WELCOME ESPECIALLY FOR OUR FIRST HOME GAME 6<sup>TH</sup> MAY

#### Round 4

4<sup>th</sup> May – 7<sup>th</sup> May

Lewis Cocks Family \*

Shanae, Nekeisha, Kane Bastin Family

Tom Schumann

Rylee Cocks

Xavier Evans (Hiscock) Family

Joad Fuller

Lilly Williams Family

Matthew Thomas

Shekinah Hurlstone Family

Holly Doxey Family

Murphy Jochinke Family

Xavier Oakley

Bridget Dorrington

Lucy Dorrington

Xavier Hollamby Family

Hannah McIlree

LEADER – Caroline Cocks

0428300503

#### Round 7

25<sup>th</sup> May – 28<sup>th</sup> May

Celie Fuller Family \*

Zander, Amaya, Giann Eckermann Family

Bailey Clark

Murphy Leach

Lucas Edelsten

Parker, Ryder, Hugo Gould Family

Lily, Emma, James Saul Family

Heidi, Sally Smith Family

Cooper, Baxter, Edison, Elsie Stasinowsky Family

Ava, Sadie Lester Family

Gracie Hurlstone

Bronte Michael

Max McKenzie

Hendrix, Nate Clugston Family

Macey Laverty

LEADER – Jon Fuller

0429957208

#### Round 11

29<sup>th</sup> June – 2<sup>nd</sup> July

Lenny, Clancy, Koby Weir Family\*

Clarissa, Phoebe, Jasper, Kolby, Tanner

Bigham Family

Will, Adison, Pippa, Mitchell, Henry

Fisher Family

Chantelle Fisher

Aidan Gelligen

Jordy Leach

Evie, Eli Simpson Family

Phoenix Oakley

Jayde-Rose Kajewski Family

Tessa Leach Family

Allan Roberts

Ayla, Charlie Roberts Family

Peter Weir

Eliza Clarke Family

Elly Schumann

Maddi Marra

LEADER – Krissy Weir

0407810502

For those that may wish to clean outside of regular working bee hours we will make a key available at the Bow Bakery

Friday Working Bee from 4pm

#### Round 15

3<sup>rd</sup> Aug – 6<sup>th</sup> Aug

Caleb, Ruby Tregenza Family\*

Jaime, Dustin Eckermann Family

Simon Clugston

Jakob Cocks

Elodie, Judson Robinson family

Jordi Cocks

Thomas Long

Fletcher, Evan, Felicity Keller Family

Natas Morris Family

Lucy Thomas Family

Caleb Heinrich Family

Will Glen Family

Adalyn, Hayden Clugston Family

Maggie, Taylor, Harry Fisher Family

Penny Fisher

Remy George

Bianca Orr

LEADER – Tracey Tregenza

0429951123

Sunday Working Bee from 10am

# The State of Youth Mental Health



## **This month on SchoolTV - The State of Youth Mental Health**

Parents and carers can play a crucial role in their children's mental health. As a result, staying informed on the current state of youth mental health is vital, as it not only affects individuals, but also families and communities. According to recent research, the frequency of mental health disorders among young people is increasing, with anxiety, depression, and self-harm being among the most common challenges.

One of the reasons being attributed to this rise is the heightened stress and anxiety that many young people face in today's society. Academic success, social media, and family issues are all influencing factors. Many young people are still suffering the long-term consequences of the pandemic, such as social isolation, uncertainty, and loss.

Parents can play an important role in their children's mental health. Creating a safe and open environment for your children to talk about their emotions, thoughts, and feelings is vital. Encouraging healthy habits like regular exercise, a balanced diet, and proper sleep can help reduce their stress levels and boost your child's overall mental health. There are also many resources and services available to children, adolescents, and their families, such as school counsellors, various mental health organisations, support lines, and of course, mental health professionals. It is important to remember that seeking help is a show of strength, not weakness, and that early intervention is critical in addressing young people's mental health difficulties.

This edition of SchoolTV, discusses some of the major mental health issues affecting young people and how to support a child experiencing them. 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/state-youth-mental-health>