



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

Dream Big

Newsletter



Issue 18 16th June 2023
We are a Child Safe School

PRINCIPAL'S PONDERINGS...

THE RAINBOW LAKE ADVENTURE

We were very lucky with the weather on Wednesday to have an exceedingly successful day planting Creeping Boobialla to encourage our little butterfly friend, the Golden-rayed Blue butterfly to visit the Rainbow Lake. Working side by side with the good folks from the Melbourne Zoo and Hindmarsh Landcare, the students did an absolutely brilliant job planting over 300 plants in designated areas around the Lake. What a great way to get involved in the community. We are hoping that this is the first of many community activities that the College will participate in. A big thanks to the Lake Committee for cooking the BBQ and giving the kids the opportunity to be involved in such an exciting adventure. A shout out to all staff who rolled up their sleeves to get involved and to Ella Clarke for her outstanding organisation of the day.



HIP HOP DANCING

WOW...Wednesday 14th was a mighty active day. Prior to the tree planting efforts, students from Grade 3 up were involved in some very entertaining Hip-Hop dancing from an exceedingly energetic Justin Seidel from the Freestyle Dance Ministry. His enthusiasm was definitely infectious and he had all the kids up and grooving (yep, old school term).

RAINBOW GRAB 'N' GO

If you have any food suggestions for Tuesday lunchtime please have a chat to either Mrs Petschel or one of the VM:PDS crew!



Calendar

Term 2

Week 9

June

**Mon 19th-
Thu 22nd**
Tue 20th
**Wed 21st-
Thu 22nd**
Fri 23rd

Longy Ag camp

Carers Expo

VCE PE excursion Ballarat

END TERM 2

Term 3

Week 1

July

Mon 10th
Thur 13th

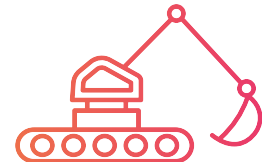
First day Term 3

Emmetts Ag trip

ADVANCE NOTICE:

4th & 5th Sept School Production

11th Sept Construction Begins



Meeting Dates

Parents and Friends General Meeting

19th June 1pm at school

Webex available 26502576368

School Council 17th July



Camps Sports and Excursions Fund

CSEF Application forms were sent home a few weeks ago. If you are eligible, these must be returned by 20 June.

PRINCIPAL'S PONDERINGS...CONT

AIP MID CYCLE REVIEW

On Tuesday I ventured to Warracknabeal Education Precinct to meet with other local principals to discuss the progress we have made on our Annual implementation Plan (our plan of attack for the year). It was good to compare notes and discuss ideas and initiatives. We are ticking along nicely with our goals and key improvement strategies in learning and wellbeing. If anyone would like a copy of our plan, please contact the school and we will send one out.

BUILDING WORKS TAKE #2 – UPDATE 6



The ducks are definitely on the move. There has been a lot of action since the last newsletter. The Building Works team has had two meetings and a rapid timeline has been put in place.

At the moment all aspects of the project are in budget. As part of the contingency plan we have been working on prioritising a tender options list. This is a list of items that we can modify or remove to ensure that we keep the project in budget. Staff, students and school councillors have all contributed to the order of tender items (just in case the contract offers come back over budget).

The tender documents were submitted on Thursday 15th June and, after a review, construction tender process will be completed on the 28th July. They are hoping for construction on site to commence on Monday September 11th (the last week of term 3)

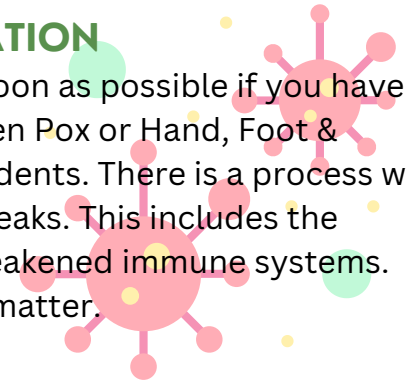
We are planning a community group action weekend on the 26th & 27th August (yep we know that there will be finals) when community groups can come in and collect items that they have earmarked. We will have another walk through prior to this weekend – date TBC. This process has to be completed prior to the 28th August.

We will also be planning a student free day in term 3 to shift furniture and get ready for the build. Date TBC.

Let's get quacking (sorry I couldn't help myself!)

POTENTIAL INFECTIOUS DISEASE SCHOOL NOTIFICATION

Could parents/carers please contact the school directly and as soon as possible if you have a suspected or confirmed case of any infectious disease like Chicken Pox or Hand, Foot & Mouth in your household. The school has a duty of care to all students. There is a process we have to follow to inform the school community of possible outbreaks. This includes the important task of ringing families who have children that have weakened immune systems. Thanks for your ongoing understanding and co-operation in this matter.

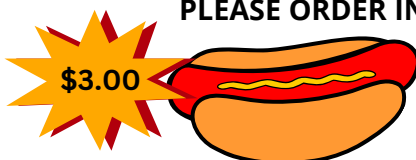


CANTEEN NEWS

Now that the weather is getting cooler junior students can now bring lunch to heat up on a **MONDAY, WEDNESDAY & FRIDAY!**

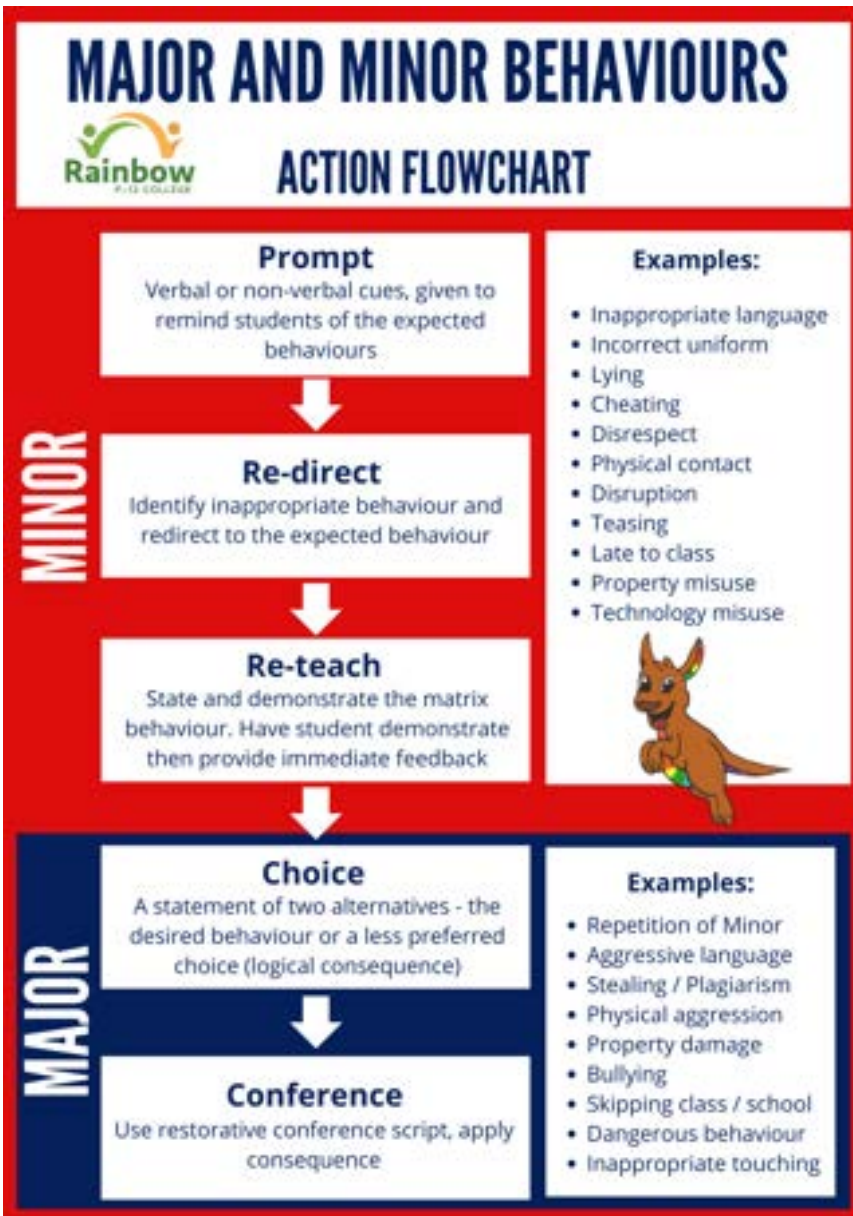
Starting **Wednesday 14th June** students can order Dim Sims and Hot dogs in bread on Monday, Wednesday and Fridays. Bakery food remains unchanged.

PLEASE ORDER IN THE MORNINGS SAME AS THE LUNCH ORDERS





School Wide Positive Behaviour Student Voice, Agency and Leadership



Consistent Responses to Behaviour

One of our next steps with the implementation of SWPBS is to ensure that, as a staff, we maintain a consistent response to unwanted behaviours in our school.

This flowchart gives staff and students a clear picture of this system. Ideally, minor behaviours are halted before they become disruptive and major. Teachers refer to the School Wide Expected Behaviours when re-directing students.

Major behaviours result in logical consequences if the student chooses not to adjust their behaviour. These events also result in a behaviour chronicle being logged and, if necessary, contact being made with the student's guardian.

This will be supported by the introduction of Acknowledgement cards next term to recognise and reward positive behaviours.

As a staff, we are committed to helping all of our students make good choices, and giving them the tools they need to participate positively in our school community.

As always, please contact Ella Clarke at the school if you have questions about SWPBS.

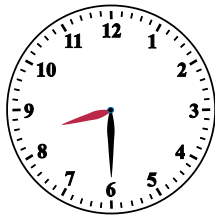
Upcoming meetings and student events

The Push Up Challenge: Throughout June

Jnr SRC Icy Pole sales: Thurs lunchtimes

Whole School Forum: Week 2 Term 3

Senior & Junior SRC Meeting: TBA



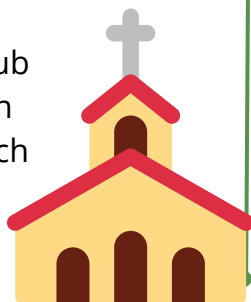
Supervision at school begins at **8.30am**, please ensure that your children are not here before then, unless prior arrangements have been made.

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.

Friday Club

For interested families, Friday Club is held every week. Students can 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



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.





Reading Awards

125 NIGHTS



Taylor



Edison



Inara



Harry



100 NIGHTS



Adalyn



COLOURED WORD WIZ KIDS



Nate
Indigo



Abdu
Orange & Green



Natas
Blue

Jump Rope for Heart – Jump Off

Once again the Junior school is participating in Jump Rope for Heart. We will hold our school Jump Off Day on Friday 23rd June (The last day of Term 2) at 11.15 am on the tennis courts at the school. Please note that students do not have to fundraise to participate in the Jump Off.



Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 35 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$75 million for the Heart Foundation's lifesaving work.

It's important you register your child online, so they can receive the full benefits of the program and participate in online fundraising. Simply follow the link below to get started.

During the next few weeks, you can share their online fundraising page with family and friends to help raise money for this great cause.

Students will be bringing home a pamphlet that contains general information and how to sign up.

Thank you for supporting the Jump Rope for Heart program!

Heart Foundation

Jump Rope for Heart

<https://www.jump rope.org.au/parents>

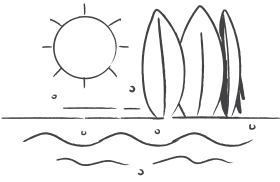
THANK
you

From the Year 7-12

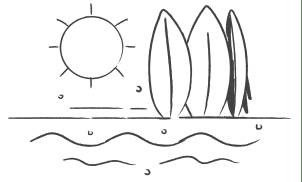
Students that attended
Surf Camp

We want to send out a huge **Thank You** to the staff members involved in organising and supervising the Surf Camp to Anglesea last week. Without Staff giving up a week away from their families, homes and work, a camp wouldn't be possible. We really appreciate all Staff for the amazing support including while surfing, doing the giant swing (not only students needing the support) or during the amazing Talent Show. We greatly appreciate every bit of effort that was put in to organising an amazing week away. Thanks so very much!





SURF CAMP



PLANTING AT THE RAINBOW LAKE



This Victorian butterfly is Endangered. It lives in the narrow bands of remnant floodplains that border a handful of salt-lakes in the west of the state. The Golden-rayed Blue Butterfly feeds on only one species of plant, known commonly as Creeping Boobiella.





*Proudly partnered
with...*



Opening times
STARTING IN TERM 3

**EVERY TUESDAY
12:40-1:20PM
EVERY 2ND THURSDAY
10:40-11:00AM**

Pride Month 2023

LGBT Pride Month is a month dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969.

You May have seen The Progress Pride Flag up at our school.



So what is the Progress Pride Flag?

The Progressive Pride Flag was created in 2018. Based on the iconic rainbow flag from 1978, the redesign celebrates the diversity of the LGBTQ+ community and calls for a more inclusive society. The light blue, pink and white stripes represent trans and non-binary individuals, and the brown and black ones represent marginalized People of Colour (POC) communities. The red in the flag represents life, Orange represents healing, Yellow represents sunlight, Green represents nature, The indigo or blue in the pride flag is for serenity and finally The last color, violet (or purple) represents spirit.



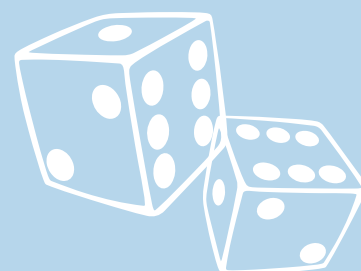
Join us

Western Victorian Careers Expo



Tuesday 20 June 2023
Wimmera Events Centre, Longerenong
9 am - 3 pm

- Hear from Manager Water Treatment, Dr Suzy McDonald about 'Local People, Local Careers' at 11.15 am in Room 2.
- Roll the dice for a chance to win an instant prize, a prize for your school valued at \$400, or a \$200 voucher for yourself!
- Speak to our team about the exciting career opportunities available with GWMWater!



YOU ARE INVITED TO OUR...

FREE END OF TERM Back to BUSES

FRIDAY, 23 JUNE

FOR
AGES 12+

FREE
FOOD

JEPARIT HALL
12 LOWER ROY ST

MUSIC AND LIGHTING BY: FREE BUSES AVAILABLE:

**VORNEHM AUDIO
VISUAL** **REGISTRATIONS
ESSENTIAL**

THIS IS A DRUG, SMOKE, ALCOHOL AND
VAPE FREE EVENT - ANY ENGAGEMENT
IN THESE WILL RESULT IN IMMEDIATE
DISMISSAL FROM THE EVENT AND
PARENTS WILL BE CALLED TO PICK UP.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT
YOUTH OFFICER ON 03 5391 4444 OR EMAIL
YOUTH@HINDMARSH.VIC.GOV.AU



TO REGISTER, SCAN THIS QR CODE OR VISIT
WWW.HINDMARSH.VIC.GOV.AU/80SDISCO

frequently asked questions about headspace Horsham

How can I refer to headspace Horsham?

You can find our referral forms on our website and email to info.headspacehorsham@vt.uniting.org.au, phone us 5381 1543 or visit the centre. The person seeking support is welcome to self-refer, however if they feel more comfortable contact can be made by a friend, teacher, parent, other family member, health worker or community agency.

Who is eligible for support?

Young people between the ages of 12 to 25 can receive a range of supports from headspace Horsham, with our services covering four core areas. These core areas are mental health and wellbeing, physical and sexual health, alcohol and other drug services and work and study.

What does support look like?

headspace Horsham offers free counselling sessions for young people that require support with their mental health, but we also offer a range of services from both headspace staff and via our partner organisations. Some of these alternative options include support with work and study, alcohol and other drugs, social groups and much more.

What happens if a young person is better suited for another service option outside of headspace Horsham?

The team at headspace Horsham can help navigate what can be a confusing service system, and if an alternative service is required we can support with the referral process in line with our 'no wrong door' policy.

How do I get more information?

You can follow our social media pages, visit our website, give us a call at the centre or just pop in and speak to a member of the team.

We want to hear from young people and community members so please complete this short survey so we can continue to improve and shape our services to best suit our community.



SPECIAL REPORT

Social Media INFLUENCERS

Social media influencers have become powerful individuals who often shape the opinions and beliefs of others due to strong connections with their audiences. In today's fast-paced digital world, attention has become a valuable commodity.

However, the impact of social media influencers on youth mental health is a growing concern, most recently, the controversial actions and statements of Andrew Tate. His rise to fame has made him a polarising figure, amassing a significant following of mostly young males. Educators and families have raised urgent concerns about the damaging nature of Tate's content, worried that his messages may radicalise students and create a generation of young men with regressive and harmful beliefs.

Young people often compare themselves to the idealised lives presented by influencers, leading to feelings of inadequacy, low self-worth and dissatisfaction. Social media algorithms may also expose them to inappropriate or harmful content such as explicit material, promotion of harmful behaviours, or distorted perceptions of body image or mental health.

It is important to guide a young person's social media use and promote open communication. Be curious to comprehend why they might be drawn to radical influencers, like Andrew Tate, and actively seek understanding as part of the solution. While not all influencers have a negative impact, parents play a vital role in ensuring a balanced approach to social media. By actively modelling kindness, respect and positive values, parents can help tackle the sway of radical influencers and be part of the solution to countering unhealthy masculinity.

This Special Report provides guidance on how to respond to misinformation and disinformation, instead encouraging critical thinking and emphasising the value of real-life connections. 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 consider seeking medical or professional help.

Click on this link to view the Special Report

https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-social-media-influencers-au