



BE KIND, WORK HARD,  
BOUNCE BACK

*Dream Big*

# Newsletter



Issue 16 2nd June 2023

We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### FLOURISH girl

Tessa was an absolute champion in her TV debut. She represented the College in a very confident and articulate manner! The image is from Flourish Girl Instagram account.



## INTER-GENERATIONAL ACTIVITY

Here are some photos from our very successful and rewarding Pizza Day with the residents from the Rainbow Hospital...This was held last Friday. Thanks again to Bec Bastin and the team at the hospital for making this happen.



## TRANSITION VISIT TO THE KINDER

On Wednesday 31st May the Prep-2 class made a visit to the Rainbow Kinder to have a transition session with the Kinder kids. It wonderful to see all the kids just get in and have a very solid and intense play session. Thanks to Veronica and Sue for co-ordinating these valuable sessions. Here are some action photos:

Evie & Elodie



Yosha



Tate & Logan



Abdu, Elsie & Jurie



## Calendar

Term 2

Week 7

- Mon 5th- Fri 9th Surf Camp - Senior school
- Wed 7th EcoLink (Prep - Grade 6)

Week 8

- Mon 12th No School - Public Holiday
- Wed 14th Hip Hop Dance Sessions (morning)  
Butterfly Habitat Planting Day (afternoon)
- Thu 15th GAT - Yr 11 - 12
- Fri 16th Form Captains Breakfast

Week 9

- Mon 19th- Thu 22nd Longy Ag camp
- Tue 20th Carers Expo
- Wed 21st- Thu 22nd VCE PE excursion Ballarat
- Fri 23rd **END TERM 2**

## Meeting Dates

- Parents and Friends General Meeting  
5th June 1.30pm at school  
Webex available 26502576368
- School Council 14th June



## 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

### BUILDING WORKS TAKE #2 – UPDATE 4

The ducks are very patient!



### RAINBOW GRAB 'N' GO

For term 3 we are hoping to have the Food Van open every Tuesday lunchtime and every second Thursday recess. We are looking at having some food options for the Tuesday lunchtimes ..and may have some exciting news in the next week or two!

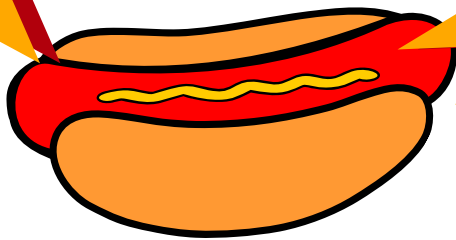
## CANTEEN NEWS

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

Starting **Monday 5th June** students can order Dim Sims and Hot dogs in bread on canteen days (Monday & Fridays).

**TO BE ORDERED IN THE MORNINGS SAME AS THE LUNCH ORDERS**

**\$3-00**



**\$1-50  
each**

**Dim Sims \$1-50 each**



**ZOOS**  
VICTORIA

### Butterfly Habitat Planting Day

On Wednesday 14th June the school will be partnering with Zoos Victoria to plant habitat for the Golden-rayed Blue Butterfly at Rainbow Lake.

Found exclusively in the Wimmera, the Golden-rayed Blue is the only butterfly known to be endemic to Victoria. Because of its very restricted distribution, threats, and likelihood of on-going population decline, it is listed as Critically Endangered on Victoria's threatened invertebrate advisory list.

The butterfly feeds on only one species of plant, known commonly as Creeping Boobiella. Rainbow Lake has been identified as an ideal spot to grow this plant, in the hope of attracting the butterfly to feed and breed at this location. The planting day is the first step in a long term plan, and the school will be involved in an ongoing capacity to look after these plants and monitor butterfly activity. We are very excited to have our students become citizen scientists in this project.

On the day, students are asked to bring hats, gloves and sturdy shoes. They will be planting, as well as learning about the natural features at Rainbow Lake. A BBQ lunch will be supplied.

Please look out for a note about the day that will be coming home with your child.



# School Wide Positive Behaviour Student Voice, Agency and Leadership



## Being an Upstander

We will be rolling out these "Be An Upstander" posters during term 3 as part of our School Wide Positive Behaviour Support.

We want all of our students to feel confident to speak up when they see unwanted behaviour around our school.

We often see students being upstanders - when they help other students in the yard, when they speak out against unkind behaviour, and when they don't join in with poor behaviour in the classroom.

Next week, with the secondary students being away on camp, the Junior School will take the opportunity to focus on improving behaviours in their classrooms.

## Upcoming meetings and student events

**The Push Up Challenge:** Throughout June

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

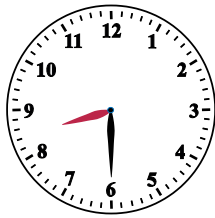
**Form Captain Breakfast:** Friday 16th June

**Whole School Forum:** Week 2 Term 3

**Senior & Junior SRC Meeting:** TBA



Keep encouraging your students to complete their push-ups (or sit-ups or squats) this month for the Push-Up Challenge, lead by our energetic school leader Tessa Leach. This event is raising money and awareness for mental health, and hopefully getting us all a little fitter at the same time!



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](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>

## CARS ELECTIVE

### How cool are the Kincrome guys?

Rainbow P-12 Cars elective have been incredibly lucky to have had approximately \$7000.00, yes that's right, \$7000.00 worth of brand spanking new Kincrome tools and tool cabinets donated to them from the guys at the Kincrome family.

This came about out of the student's in-class activity based around "punctuation, penmanship and paragraphing" which has been a focus our school improvement plan.

Mrs Leach (English teacher) had challenged all of the staff (because essentially everybody is an English teacher), to get each of their classes more involved in penmanship, paragraphing and punctuation in their written work.

Challenge accepted!!

The Cars elective students had been using Mr Robinson's tools (incidentally Kincrome branded), for a couple of years to pull apart old cars and motors and wondered what would happen to the program when Mr Rob retires and takes his tools with him.

They came up with the idea and pitched it to the teachers about writing to Kincrome to see if they might sponsor them given that the Kincrome guys had been up at the Rainbow Desert Enduro the year before and given away a heap of cool tools.

Mr Rob and Mr Young spoke to the students about how to properly format letters, where to look for the company's mission statement, contacts and the sort of questions that might be posed to politely ask for sponsorship. Drafts were completed and the sincere, genuine often funny, but always appealing from the heart letters were collected (all handwritten), and sent through to the marketing team at Kincrome in Melbourne.

**What we started with**

**WHAT WE GOT!!!**



**VS**



*Cars Elective kids very happy with their new tools.*

## .....Kingcrome Continued



*The Boys setting up the new tool boxes*



*Evan & Will*



*Sorting out the tools*

The students thought they might end up with a few stickers, a couple of hats and maybe a small socket set and were therefore completely "blown away" when the \$7000.00 tool set and cabinets rocked up at the school.

The guys from Kingcrome had been in contact with Mr Rob and indicated how impressed they were with the student's initiative, the sincerity of their letters and their desire to become lifetime users of tools that came in a "blue box with Kingcrome on the side". They resolved to send the tools up by carrier and looked forward to seeing how the students were going with things.

As a result, Thursday's class was spent unwrapping the tool sets, carefully assembling the cabinets and going through each piece painting identification marks on them so that they don't get lost or stolen. It really was like Christmas and to find hidden treasures such as the spare hacksaw blades secretly hidden in the handle of the hacksaw was an added delight. Labels have been added to each of the drawers and all those who contributed to the school obtaining the tools through their letters have been acknowledged on the inside of the lids. The school and especially the students have been so seriously impressed by the generosity of the Kingcrome people and are incredibly grateful for all they have done for us. Yes, there is a payoff in that the group of kids will be pestering their folks to build up their own Kingcrome sets and why wouldn't they! The tools are brilliant, fit for purpose, strong, versatile and exactly what we needed.

Sometimes it takes an initiative such as the penmanship and paragraphing to marry with a cool idea and belief that positives can come from genuine effort to achieve such an impacting result. Well done to the students and the biggest thankyou to the Kingcrome guys. Still almost impossible to believe!!

Oh, and it doesn't stop there either. The students will all be sending handwritten thankyous and you can see some of the sponsorship banners around the school. Watch out for the old car the kids are working on as it get a blue make over with white writing with, lets see....." Kingcrome" on it!!



*Jayde give it the thumbs up!*



## Greater Western Region Cross Country - Warrnambool

On Monday 29th May, **Honey-Rose** (26th out of 50 participants, 14 min 5 secs), **Lenny Weir** (38th out of 77 participants, 12min 26 secs), **Ryder Gould** (51st out of 77, 13min 06 secs) and **Will Fisher** (48th out of 69, 12 min 58 secs) represented Rainbow P-12 College at the regional Cross Country event in Warrnambool.

Their performances were a credit to their grit and perseverance.

A massive thank you to Krissy Weir, Chantelle Fisher and Craig Riordan for transporting the kids down to the coast and supporting their efforts.



## Reading Awards

Xavier



Haylee



Elsie



Ruby



100 NIGHTS





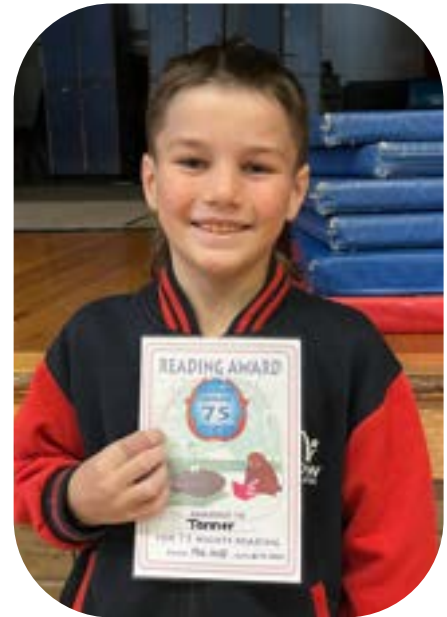
# 75 NIGHTS



Ava



Tate



Tanner



Nate



## MULTILIT MARVELS



Elsie & Jurie

## COLOURED WORD WIZ KIDS



Abdu



Cooper



James





This week's classroom focus is the...

# The Divine Year 9's



## FAVOUTITE SUBJECTS

MATHS- Faith

PE- Sally

AG- Amelie, Dustin, Fletcher & Will

GOLF- Parker

AG/CARS- Caleb

## FUNNY MOMENTS SO FAR



- Fletcher just being Fletcher
- Caleb falling over a chair in room 6
- Amelie getting het hair cut in class



## HIGHLIGHTS !

SCHOOL FOR STUDENT LEADERSHIP - SALLY &  
AMELIE

GWR CROSS COUNTRY - WILL

FLOURISH GIRL - FAITH

ELECTIVE CLASSES ( AG, CARS, GOLF ) - DUSTIN,  
PARKER, CALEB & FLETCHER



### **SPECIAL REPORT: Mobile Phone Separation Anxiety**

The use of mobile phones and technology in schools has been a highly debated topic internationally, including in Australia. Almost all states and territories in Australia, have implemented full bans on mobile phones during class, recess, and lunch times, while allowing students to carry their phones during travel to and from school.

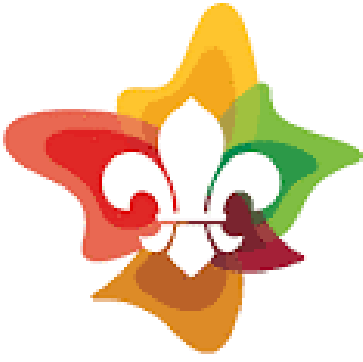
Critics argue that there is no evidence supporting the effectiveness of such bans, but this is a mischaracterisation. Studies have shown the positive impacts of mobile phone bans in schools. One study conducted in 2016, found that banning mobile phones led to an increase in student performance, with test scores improving by 6.4% of a standard deviation. Similar studies from Spain and Norway also supported these findings.

For parents concerned about mobile phone separation anxiety in their children, it is important to acknowledge it as a real issue and discuss the negative effects of phone addiction, such as sleep problems and mental health issues. Gradually introducing phone-free periods at home, setting clear expectations and boundaries and modelling healthy behaviours can help your child cope. It is also crucial to establish a support network and seek professional help if needed. Implementing mobile phone bans in schools allows for better focus on teaching and learning, minimising distractions and interruptions.

This Special Report will help address mobile phone separation anxiety and provide guidance on supporting your child's wellbeing during this transition period. 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.

**Enter this link to your browser to view the Special Report**

**[https://rainbowp12.vic.schooltv.me/wellbeing\\_news/special-report-mobile-phone-separation-anxiety](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-mobile-phone-separation-anxiety)**



# **1ST RAINBOW SCOUT GROUP**



Would like to invite all Past and Present members, their families & our community to join us to help celebrate

## **100 YEARS OF SCOUTING IN RAINBOW**

On Sunday 4th June 2023

9:30am St Pauls Anglican Church Service  
Followed by formalities at 11.30am at the Scout Hall,  
and BBQ lunch at 1pm

Please register at the Rainbow Post Office or on the Rainbow Scout Group Event page for catering purposes



Please wear your uniform, if you are a current Scout member or your Scarf if you are a past member.

If you have any Photos or memorabilia please bring them along or Post to our Facebook Page.

Please help us to spread the word, and we look forward to seeing you.  
For more information

Peter Pearce  
Ph 0457809797  
E: [gunnerpjp@bigpond.com](mailto:gunnerpjp@bigpond.com)

Tammy Bigham  
0427820684



Rainbow Centenary Scout Group