



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

*Dream Big*



# Newsletter

Issue 5 - 3rd March 2023  
We are a Child Safe School

## CELEBRATING STUDENT LEADERSHIP



Our general assembly celebrating student leadership on Monday was a great success. Our senior school captains started the assembly with detailed summaries of their focus on mental health and closer ties with the community. Both Ayla and Tessa were very

articulate as they outlined activities and projects that they are organizing this year. This was followed by the junior school captains talking about their leadership day and what skills they had developed. (they overcame initial stage fright to do us proud!)

The SRC Presidents, Heidi and Inara outlined their plans for the year and we were introduced to the executive teams of both the senior and junior SRC. Miss Schumann discussed the important role of our House Captains, Mr Glover explained the new role of the form captains with student voice in the SWPBS framework and Mrs Petschel talked about the role of our Bus captains. Holly and Lilly from the 2022 School for Student Leadership team spoke about what they learnt from their experiences and they also promoted the upcoming casual day and Market day.

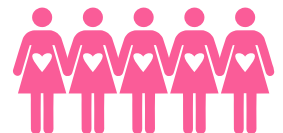
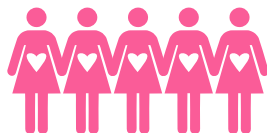
The Parents and Friends Association helped hand out a number of badges. They generously share the cost of the badges with the SRC. They were represented by Choni Petschel and Roschelle Clugston. A huge thanks for their support and help at assembly.

We were also very lucky to have the Mayor of the Hindmarsh Shire Council, Brett Ireland present at the assembly. He spoke about the importance of student leadership and the fact that Rainbow is always well represented in the Hindmarsh Youth Council.

We have a great leadership team in place for this year and one very proud principal looks forward to working with them and encouraging them to DREAM BIG

### PINK MARKET DAY – SATURDAY 1st APRIL

Definitely not an April Fool's Joke but a very worthy and important cause – Breast cancer support. The posters are up and the countdown is on for the 2022 School for Student Leadership project of the Pink Twilight Market from 3-7pm. The girls are exceedingly passionate about their project. Please mark the date in your calendars!



## Calendar Term 1

### March

**Tues 7th**  
**Thur 9th**  
**Fri 10th**

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

**Tues 21st**  
**Fri 24th**

**Tue 28th**

### April

**Sat 1st**

**Tues 4th**  
**Thu 6th**

**Fri 7th**

### Week 6

Marc Van  
Ag Field Days

**BOOK CLUB DUE**

### Week 7

Labour Day public holiday  
Whitecard 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

## Meeting Dates

**Parents and Friends General Meeting**  
1st May 1.30pm at school.  
Webex available 26502576368  
**School Council 13th March**

## SWIMMING SPORTS



Congratulations to all senior and junior students who participated in the Little Desert Swimming this week. It is an absolutely fantastic effort to compete at this next level and at the time of writing this I believe some students may have even made it to the next level. You all represented the school in a very impressive manner. Thanks for the staff and parents who provided support for this to happen.

## PARENTS & FRIENDS ASSOCIATION



The P&F Association had their AGM and a standard meeting on Wednesday 2nd March at 7:30pm. It was great to see some new faces and parents willing to step up and take on roles. While the technical issues were slightly painful the meeting was very productive. I thank those parents who small in number were big in persistence and determination!

## REMINDER...THE RESILIENCE PROJECT PARENT & COMMUNITY PRESENTATION

**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.*

## SCHOOL COUNCIL ELECTIONS

There are still a number of 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 10th March in an attempt to fill the positions.

**BOOK CLUB** Due  
Friday 10th  
March



## Uniform

Please remember that students are required to wear correct uniform at all times.

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

## 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 Tuesdays and Thursdays for 50 cents

## 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 Agency and Leadership



Well done to all students who spoke at our Monday Leadership Assembly.

## Our focus this week was:

### *Healthy and respectful friendships*

It was wonderful to listen to students from all year levels talk about what being a good friend looks and sounds like. They identified many important aspects of being a good friend, such as:

- \*encouraging each other*
- \*having fun together*
- \*empathy*
- \*not arguing, not letting small arguments ruin the friendship*
- \*loyalty*
- \*being trustworthy*
- \*cheering each other up*
- \*being caring and compassionate*
- \*being supportive*
- \*listening to each other*
- \*enjoying each others' humour*
- \*being silly together*
- \*celebrating birthdays*

What an amazing list! We hope that all of our students and community members have people like this in their lives!

## Form Captain Breakfast Meeting

On Wednesday morning our Form Captains from P-12 will have a breakfast meeting with the SWPBS team to give feedback about the implementation of the whole school expectations, and ask any questions that their classes might have.

## Upcoming meetings and student events

- Senior SRC & Prom Committee:** Tues 7th March
- Form Captain Breakfast meeting:** Wed 8th March
- Junior SRC:** Thurs 9th March
- SSL Breast Cancer Awareness Market:** Sat 1st April
- Jnr SRC Icy Pole sales:** Tues and Thurs lunchtimes



## 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

## Week 6

### Focus and Expectations

#### Respecting the school Environment

The importance of caring for our environment - both in school and out

I will complete my yard duty and canteen duty

I will put my rubbish in the bin

I will clean up after myself in the classroom

# Senior LD Swimming at Horsham



Our swimming team: Giaan, Maggie, Nekeisha, Eliza, Phoebe, Kayden, Copper, Lenny, Zander and Jasper. Absent for the photo were Aiden, Feltcher and Evan



Age Group Champion  
Maggie Fisher

On Monday we had thirteen students representing our school at the Little Desert and Black Ranges Swimming Carnival in Horsham. All students swam very well and should be proud of their efforts. Swimming in a 50 metre pool, against some competitors who are members of swimming clubs can be daunting, but our swimmers took on the challenge with a positive attitude. Proving the old saying "You've got to be in it to win it" was Maggie Fisher, who competed in every event for her age group and was awarded the Age-Group Champion for the Little Desert competition.

An obligatory Maccas stop on the way home capped off a great day. Thank you to all the students for their great attitude, and for helping out with our lane timing job. Also thanks to Gracie Hurlstone and Miss Wizz for taking the students to Horsham for the day.

Parents & Friends  
are looking for helpers for  
the Street Party on Friday  
10th March .  
Phone Roschelle on  
0417 087911

## 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.



Our Year 12 students helped the Prep, 1 & 2 class with a cutting activity.

## Leadership Day in Horsham

We had a wonderful experience learning how to be good leaders and role models. We participated in fun activities to build our communication skills and were inspired by the presenter Lorin Nicholson who was blind but that did not stop him from achieving many things.

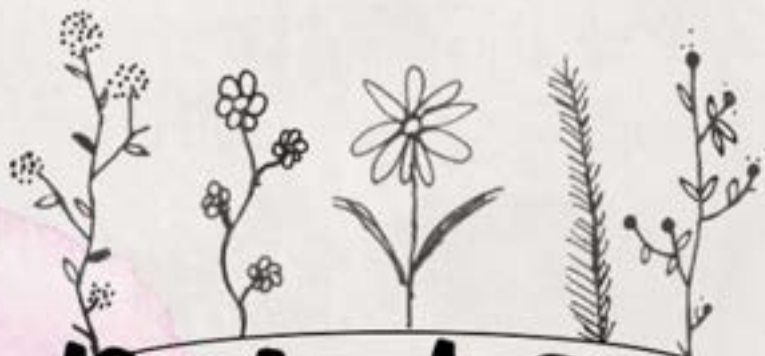
The three main things that we took from the day were:

- Don't take things for granted,
- Be grateful for what you have because not everyone can do or have what you do,
- If you want to be successful mix with successful people.

Inara, Ruby, Clancy, and Taylor



Not long now and you  
will see what we have  
been working on...



**Rainbow**  
Grab 'n' Go

## 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@eeyes.com.au](mailto:kimberley@eeyes.com.au) or call 0428 485 933.



## THE MAN CAVE

DECONSTRUCT. CHALLENGE. REDEFINE

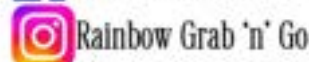
We're looking forward to having The Man Cave come work with our Year 7, 8, 9, 10, 11, and 12 students on 16 March 2023.

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.



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

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

Register here: [https://us02web.zoom.us/webinar/register/WN\\_tWlIDrq3QbmlOzKvO5-SpA](https://us02web.zoom.us/webinar/register/WN_tWlIDrq3QbmlOzKvO5-SpA)



## School Captains

Ayla Roberts, Tessa Leach (Senior School)  
Clancy Weir, Taylor Fisher & Ruby Tregenza  
(Junior School)



## SRC Members

Tessa Leach, Holly Doxey, Lilly Saul, Oscar Clarke,  
Annika Petschel  
Levi Sugden, William Boyle, Inarra Petschel, Haylee  
Harris, Amaya Eckermann



# STUDENT LEADERSHIP TEAM



## Hindmarsh House Captians

Anthony McKay, Clancy Weir, Tessa Leach, Shanae  
Bastin, Taylor Fisher, Levi Sugden & Haylee Harris



## Albacutya House Captians

Mitchel Ey, Lucy Thomas, Lewis Cocks, Flynn Smith,  
Heidi Smith, Ruby Tregenza & Inarra Petschel



## Form Captians

Tessa Leach, Ayla Roberts, Clancy Weir, Oscar Clarke,  
Taylor Fisher, Ruby Tregenza, Kolby Bigham, Lilah  
Bainbridge, Tanner Bigham, Xavier Hollamby & Amaya  
Eckermann



## Bus Captians

Natalie Jenns, anthany McKay, Mellissa Clark, Flynn  
Smith, Heidi Smith, Clarissa Bigham & Breanna Francis

# 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.





# march newsletter

everything happening within our centre and the community at large for young people



## whats on in march

1st

### Zero discrimination day

On Zero Discrimination Day, we celebrate the right of everyone to live a full and productive life—and live it with dignity.

16th

### national panda day

celebrate these adorable bears today and raise awareness of their endangered status.

17th

### st. patrick's day

grab some headspace green with your mates and celebrate together!

march is work and study month at headspace! looking for some support around your studies or with work?



Scan the code to find out more and sign up or call 1800 810 794.