



BE KIND, WORK HARD,  
BOUNCE BACK

*Dream Big*

# Newsletter



Issue 28 8th September 2023

We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### VISIT FROM JACINTA ERMACORA

We were very lucky to be visited by Jacinta Ermacora, the Member for Western Victoria in the Legislative Council and Jo Day (SEIL..and my boss!) Jacinta talked to our junior and senior school captains about the skills involved in the leadership role. She presented Long Service recognition gifts to Murray Robinson (40 years) and Joan Solly (50 years) and discussed their lengthy association with Rainbow Education. She also checked out the plans for the upcoming building works and visited the Prep-2 cooking class where Tanner Bigham gave a very detailed account of what they had cooked. Jacinta was also very impressed with the Rainbow Grab 'n' Go and the way we had set up the hall. She also mentioned the warmth and positivity of the school and the students...well done folks!



### PRODUCTION – HOLKA POLKA

Wow! What an absolutely brilliant performance from the cast and crew. There were so many great (and really funny) lines and interesting characters. Each and every student stepped up to provide two nights of pure entertainment. A huge thanks to Ella Clarke, Lis Staples and Mal Smith for their dedication and commitment to getting the show up to such an impressive standard. Thanks must also go to Roschelle Clugston for her outstanding efforts with the costumes and to Pete Solly who was called up at the last minute to do lighting on the first night (very much appreciated). Exceedingly proud of every actor... from the witches to the gnomes and everyone in between. Well done! (See photos on the next page and later on in this newsletter)



## Calendar

### Term 3

#### SEPTEMBER

#### Week 10

**Mon 11th** Yr 9/10 Sailing camp  
**Wed 13th** Piano Exams - Mildura  
**Thurs 14th** R U OK Day  
**Fri 15th** Footy Colours Day

#### End of Term 3

#### Term 4

#### OCTOBER

**Mon 2nd** Term 4 begins  
**Tues 3rd - Fri 6th** Yr 5/6 Cluster Camp Melbourne

#### Week 2

**Tues 10th** Parent Teacher Interviews

#### Week 3

**Tues 17th** **RAINBOW SHOW**  
**No School**

#### Week 4

**Tues 24th** English Exam

**Thurs 26th** Physical Education Exam  
**Fri 27th** Biology Exam

#### Week 5

**Mon 30th** Psychology Exam  
**Tues 31st** Economics Exam



Don't forget HATS  
are required Term 4

## Meeting Dates

### School Council

11th September

### Parents and Friends

General Meeting 9th October

10am at school

Webex available 26502576368

## PRINCIPAL'S PONDERINGS...CONT



### VET MUSIC PERFORMANCE

On Wednesday afternoon we were privy to a very impressive performance from the VET music students. Visiting and performing at schools made up part of their assessment. What made this extra special was the fact that one of our very own students was up on stage performing. Chantelle Muggeridge did us proud with her singing.

They had the students and staff clapping and up on their feet dancing along to the songs (including an ABBA number that had Mrs Huff dancing away) It was so good to see Chantelle able to share her talents with the rest of the school!



### INTER-GEN PROJECT

On Monday the year 7-8 PL class will be cooking lunch (Lasagna & Pizza) for the Retired and Activity ladies and completing some activities for RUOK? Day. They have also been exceedingly busy designing a poster of all the Inter-Gen activities so far this year. They are hoping to display at the Rainbow Show.

### UNIFORM

As term 4 is just around the corner I just wanted to send out a friendly reminder to families about summer uniform:

- Shorts(and skorts) are navy blue in colour and must not be bike shorts, Lycra material or football shorts
- Shorts/skorts also need to be of an appropriate length and cut for school uniform (if this is not the case families will be contacted)
- Broad brim hats are compulsory out in the yard during term 4 - The school hat is the preferred option.

### COMMUNICATION



#### LET'S TALK

If you have any ideas, suggestions or issues with the school please come and have a chat about your ideas and/or concerns. We encourage feedback and definitely want to know if something is bothering you or if we can do better. First hand communication also provides the best opportunity to get all the facts and clear up any misunderstandings or misinformation. When opinions are posted on social media it is very easy to lose control of the conversation.

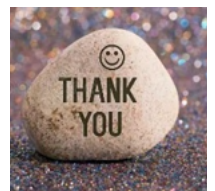
### BUILDING WORKS TAKE #2 – UPDATE 16



- Our meeting scheduled for this week has been postponed until Wednesday 27th September.
- On the request of the Project manager and the VSBA our "remove resources" weekend has been postponed until further notice
- On Thursday the VM PDS students arranged the classrooms in the hall...a very big thanks to the VM students for their help with this.
- If all things go to plan from now we should be looking at a mid-November starting date.

### PARENTS/CAREGIVER/GUARDIAN SURVEY

Thanks to the 23 families who completed the parent survey. We really appreciate your willingness to take the time to provide feedback on our performance. This number represents 40% of our total family number.





# School Wide Positive Behaviour Student Voice, Agency and Leadership



## School Captain Report

Hi everyone!

A lot has been happening around the school lately! School is really starting to kick into gear for year 11s and 12s especially (exams are swiftly approaching...) as we finish content and begin revision, and other year levels are also itching for the end of term to happen so that they can enjoy the holidays, just as the weather is starting to warm up too!

We've recently had the production nights on Monday and Tuesday, I can say – even as an onlooker from the side of the stage – it was very funny and creative, as well as presented wonderfully. All students involved in the production, both on stage and off, should be very proud of themselves. I would also like to shout out to Ms Wiz and Mrs Staples who worked tirelessly leading up to and on the night of the production. Their efforts certainly do not go unnoticed and without them we would not have the awesome opportunity to have a school production.

The start of the building works have been looming overhead for the last few weeks as we had an 'Our Space' session to clean out rooms ready for renovation! It was quite a job to clear out whole classrooms and move things around in preparation, although some students did find the fun in it! I know it's certainly weird to be seeing empty classrooms and minimal furniture, as well as things being in places they usually aren't – like bookshelves in the canteen!! A huge thank you to all the kids and teachers that put in a lot of effort to the Our Space session, it was a lot of work but we all worked together and got a lot done, which was awesome!

Another cool thing that has been happening is the Rainbow Grab 'n' Go has been in use! The VCE-VM kids have been putting on quite a show of coffees, hot chocolates and an array of both sweet and savory foods! I have enjoyed my fair share of drinks and am very happy with how good it is! I really appreciate the efforts that these students (including the other school captain, Ayla) have been putting in. If you get a chance next time they're open, I would definitely recommend buying something.

Buckaroos! These have been floating around the school for a little while now and, not to brag, but I myself have earned a few over the weeks. I have found them a great way to reward good behaviour and I like the amount of effort that teachers are putting in to acknowledge when students do something good (we're not always ratbags). It goes to show that even small acts of kindness can be rewarded and rarely go unnoticed. It's always a nice surprise to have a teacher approach you with one of these cards.

Overall, it has been awesome to see all the cool things that the school has been doing. I could write a lot more but I'd like to keep this short and sweet. Spring has sprung and the weather is beginning to be really nice outside. I'm loving the sunshine and warmth lately. I hope everyone has a great rest of the term and enjoys the school holidays.

Remember to stay safe and come back in one piece!

Thanks everyone,  
Tessa Leach



### Meetings and Events

**SRC Icy Pole sales:** Thursday  
lunchtimes

**Senior SRC Meeting:** TBA

**Junior SRC Meeting:** TBA

**Whole School Forum:** Friday  
13th Oct

### Upcoming Casual Days

**RUOK Day:** Thursday 14th  
September

**Footy Colours Day:** Friday 15th  
September



# BOOK CLUB

Issue 7  
Coming soon



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

**Some 2023 School Fees are still 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**



## RAINBOW GRAB 'N' GO

The Rainbow Grab 'n' Go team will be selling wraps next Tuesday for \$6. There will be three options including Sweet Chilli Chicken, Salad and Ham & Cheese.





# READING AWARDS

## 75 nights



Elodie



Levi

## 100 nights



Koby



Maddi



## 125 nights



Ava



Abdu

## 150 nights



Nate



Eli



## MONDAY

Canteen open  
Bakery  
Hot Dogs  
Dim Sims

Heated up lunches  
(junior school)

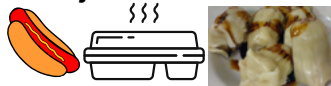


## CANTEEN

### WEDNESDAY

Hot Dogs  
Dim Sims

Heated up lunches  
(junior school)



## FRIDAY

Canteen Open  
Bakery  
Hot Dogs  
Dim Sims

Heated up lunches  
(junior school)



Hot Dogs \$3

Dim Sims \$1.50

Tomato, BBQ and Soy sauce available.

## Celebrating Consistency

Congratulations to our students who have been recognised this week for consistently displaying positive behaviours and character strengths.

**Murphy Jochinke**

**Taylor Fisher**

**Edison Stasinowsky**

**Adalyn Clugston**

**Koby Weir**

**Pippa Fisher**

**Phoenix Wairu**

**Jurie Ali**

**Eliza Clarke**

**Giaan Eckermann**

**Addison Fisher**

**Oscar Clarke**

**Amelie Fuller**

**Faith Fornaro**



**Week 10 - 12 Sept**

Tuesday - Wraps

Thursday - Coffee



## OCTOBER SHOW

The Parents & Friends Committee are seeking volunteers to help make and serve food for the

Rainbow Show Luncheon on Tuesday 17th October. This is one of our biggest fundraisers for the year and there is a lot of work that goes into running this event.

If we don't have enough volunteers by the end of the term, Friday 15th September, we will need to withdraw from catering the show luncheon.

All help would be greatly appreciated. If you are able to spare some time you can answer on the 'Parent Helpers 2023' Group Chat in messenger or please contact

**President**

Choni 0429 178 959

**Secretary**

Roschelle 0417 087 911

**Treasurer**

Rebeckah 0478 190 636



## ATTENTION

Our community is currently experiencing a large number of colds and flu. If your child is unwell or experiencing any symptoms, please do not attend school.

Please wash your hands with soap and water thoroughly and frequently.



# Holka Polka

*From Miss Wizz*

Wow, what an amazing production from our very talented students this week! We have been working on "Holka Polka" for all of Term 3, and Mrs Staples and myself are so proud of the growth and development that we have seen from our young actors. Thank you and well done to Breanna, Chantelle, Faith, Dianella, Eliza, Addison, Annika, Amaya, Lily, Adalyn, Pippa, Kolby, Haylee, Hugo, Maddison, Bella, Levi, Will G and Will DK for their on-stage performances.

Also thanks to Oscar on lights, Clarissa for make-up and Tessa for prompting.

Also thanks to Mr Smith and the HOL students for our sets, Mr Smith for doing the sound, Nico Roll for finding the sound effects for us, and Peter Solly for stepping in at the last minute to run the lights on night one.

Last of all, a huge thanks to Roschelle Clugston for all the hours she spent creating the amazing costumes. I can honestly say that without that support, our production would not have looked nearly as wonderful as it did. You are a marvel!





# Holka Polka





# GOOD LUCK JR STORM

We were lucky enough to have the Bus Kinder kids lend a hand when we were putting up our sign.



From everyone at the School we wish the Senior team for Jeparit Rainbow Football Netball Club the best of luck for their Grand Final debut in the HDFL on Saturday at Quantong Recreation Reserve.

## GO STORM!

Students were very excited to have some of the Storm Seniors come for a visit on Friday.



Local Footy Colours Day - many students dressed up in their black, green and white.



# We are here to help.



Early Help provides short term support to parents and other important adults in children's lives that can strengthen their capacity to provide safe and nurturing environments.

Are you experiencing overwhelming changes, stress or isolation?

If so, we are here to help.

Early Help practitioners can provide support in many areas:

- Improve quality of parent child interactions.
- Increase parental/carer confidence to respond positively to parenting challenges.
- Increased awareness by parents/carer self-care and wellbeing.

- Improved participation of children in MCHN, kindergarten, and school
- Increased social connection of parents/carers and children.
- Assisting referrals into paediatric, speech therapy, OT & counselling services.

Early Help practitioners are a great support to have someone to work with your family and assist with any early concerns you and your family may have, so you don't have to do it on your own.

## Get in touch

**T** 03 5362 4000  
**E** [earlyhelp@vt.uniting.org](mailto:earlyhelp@vt.uniting.org)

## Uniting

**Uniting Early Help** will be attending Rainbow P12 College on the following dates, please get in touch if you would like to speak to the visiting practitioner or alternatively call Esther to book an appointment on 0448 562 184.

Tuesday 12th September

Tuesday 26th September – School Holidays so won't be attending.

Tuesday 10th October

Tuesday 24th October

## SEPTEMBER 2023 SCHOOL HOLIDAY PROGRAM WEEK 1



### MONDAY 18 SEPTEMBER

**Latin Zumba**  
Jeparit Hall  
10am - 11am  
**Latin Zumba**  
Rainbow Mecca Supper Rooms  
2pm - 3pm

**The Big Trip 2: Special Delivery - Outdoor Cinema**  
Rainbow Oasis  
7pm - 9pm

### TUESDAY 19 SEPTEMBER

**Science with Jo**  
Dimboola Library  
10am - 11am  
**Science with Jo**  
Nhill Library  
2pm - 3pm

### WEDNESDAY 20 SEPTEMBER

**Crafty Art with Danelle**  
Dimboola Library  
10am - 11am

**Science with Jo**  
Jeparit Library  
10am - 11am

**Science with Jo**  
Rainbow Library  
2pm - 3pm

**Fishing Workshop**  
Dimboola  
(Rowing Club)  
1pm - 3pm

### THURSDAY 21 SEPTEMBER

**Crafty Art with Danelle**  
Nhill Library  
2pm - 3pm

**Argonauts - Outdoor Cinema**  
Jeparit Oval  
7pm - 9pm

### FRIDAY 22 SEPTEMBER

**Fishing Workshop**  
Jeparit  
Fishing Pontoon (Peterson Ave)  
9:30am - 11:30am

**Crafty Art with Danelle**  
Rainbow Library  
10am - 11am

**Fishing Workshop**  
Rainbow Lake  
1pm - 3pm

**FREE BUS FROM NHILL REGISTRATIONS ESSENTIAL**



### MONDAY 25 SEPTEMBER

**Crafty Art with Danelle**  
Jeparit Hall  
10am - 11am  
**Latin Zumba**  
Nhill Memorial Community Centre  
10am - 11am

**Latin Zumba**  
Dimboola Library  
2pm - 3pm

**Mummies - Outdoor Cinema**  
Dimboola Recreation Reserve  
7pm - 9pm

### TUESDAY 26 SEPTEMBER

**Level Up! Gaming**  
Rainbow Neighbourhood House  
12pm - 4pm

**Cooking with Sharon**  
Dimboola Library  
10am - 11:30am

**Cooking with Sharon**  
Nhill Library  
2pm - 3:30pm

### WEDNESDAY 27 SEPTEMBER

**Cooking with Sharon**  
Jeparit Library  
10am - 11:30am

**Cooking with Sharon**  
Rainbow Library  
2pm - 3:30pm

### THURSDAY 28 SEPTEMBER

**Teenage Mutant Ninja Turtles: Mutant Mayhem**  
Nhill Cinema  
1pm - 3pm

### FRIDAY 29 SEPTEMBER

**Public Holiday**

scan to register



## REGISTER NOW!

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision.

For more information visit [www.hindmarsh.vic.gov.au/events](http://www.hindmarsh.vic.gov.au/events)

or email [youth@hindmarsh.vic.gov.au](mailto:youth@hindmarsh.vic.gov.au).



## Year 9/10 Humanities

The Year 9/10 Humanities class have been learning about the United Nations Sustainable Development Goals (SDGs). As part of this learning, they were asked to produce an article for the newsletter educating people about one of the goals they studied, and how we as a community can contribute towards these goals.

**Dear Leadership Team,**

We are learning about the Sustainable Development Goals (SDG) in Humanities. We are focusing on Goal 15 which is based around Life on Land. Life on Land focuses on protecting our land and sustainably using our resources. We want to focus on this goal in the hope we can improve the schools sustainability. The school is currently rated 1 out of 5 stars, and we feel this is not a good look for our school. We want to try to improve our rating by getting chickens for the school.



The chickens would reduce the amount of food waste our school produces as they would eat the scraps. It also means that we would be able to dispose of our food scraps in a better way than throwing it out. They also would fertilise our plants which would boost food production for the cooking classes as well as eggs for the cooking classes as well.

Chickens naturally fertilise plants, and we wouldn't have to buy artificial fertiliser. Artificial fertilisers, if not fully used by the plants, can pollute water and air quality. If we used natural fertiliser that means the land would reap the benefit.

Chickens get rid of pests and weeds, which means our plants would be able to grow better, without being sprayed as much. This would also lower the cost of sprays to keep weeds out of our gardens and would mean that there would be no water and air pollution from the



substances.

We would be able to make the chicken coop from recycled materials meaning that there would be less rubbish going into landfill, and it would be a good project for the kids in ag or tech classes.

You can help us with this project by allowing us to get chickens. Clearly you can see the benefits of having them here at school for our SDG, Life on Land. The chicken coop would be made of recycled materials, which means it would be cost efficient and help the environment at the same time. It would allow us to feed our food scraps to the chickens, and in return they would fertilise our plants and give us eggs for cooking classes.

Yours Sincerely,  
Amelie, Holly, Breanna, Will, Caleb, Charlie



# Affordable and Clean Energy

Affordable and clean energy is the 7th Sustainable Development goal brought forward by the United Nations. Its aim is to ensure that all people have access to sustainable, reliable, affordable and modern energy around the world. This also involves making sure everyone has access to clean and efficient cooking technology.

7 AFFORDABLE AND CLEAN ENERGY



## How you can help achieve affordable and clean energy!

- Find a Goal 7 charity you want to support, to donate money to that charity whether it's a little or big donation.
- Switching off appliances at the powerpoint, turning off lights when you're not in that space.
- Turn off your air conditioner when you're sleeping, instead use a fan or have a window open.
- Buying rechargeable batteries or electronics.
- Not using multiple devices at the same time, only using them when necessary.
- Using solar energy sources, having solar panels in your home for heating and electricity.
- Use solar technology such as radio, charger and lights.



## Renewable Resources

It is important that we try to make renewable resources and power more affordable in our efforts towards clean energy. The renewable resources are sunlight, water, wind and also geothermal sources such as hot springs and fumaroles. The non-renewable resources are fossil fuels such as coal and petroleum. The environment provides us with solar, wind, hydropower, geothermal, biofuels, natural gas, petroleum and uranium. The less we use these non renewable resources, the closer we will be to affordable and clean energy.

### ENERGY SOURCES



## Some charities you can support are,

- Smart Energy Council: <https://smartenergy.org.au/about/donations/>
- WWF Australia: <https://wwf.org.au/donate/donate-now-for-a-renewables-nation/>
- First Nations Clean Energy Network: <https://www.firstnationscleanenergy.org.au/donate>



# Zero Hunger - Reducing food waste in our community

By Sally, Cooper, Faith, Aiden, and Parker



## What is the target Zero Hunger?

The zero hunger SDG (Sustainable Development Goal) is to focus on making healthy food sources more accessible to everyone. This SDG is also focused on reducing food waste in our communities.

In your household you must aim to reduce food waste in different ways. One can reduce food waste by feeding scraps to animals, composting, double checking whether food is not edible before throwing it away, and donating uneaten food instead of throwing it in the waste. Partaking in these actions would greatly benefit those of less fortunate communities. Making it so that there is more food accessible for everyone in the community.



Australia as a whole throws away 7.6 million tonnes of food each year. Think how much of this food can be donated or used in different ways to benefit our communities, in fact up to 70% isn't actually rotten food but edible food, perfect for consumption.







Understanding the growing challenges related to mental health among young people is an important consideration. Anxiety, depression and self-harm -- are all causes for concern. Factors like academic pressure, social media, family dynamics, and societal expectations, are contributing to these issues. It's therefore crucial for parents and caregivers to take action early, remove the stigma around discussing mental health, and offer accessible support to address these issues and the wellbeing of their children.

R U OK? contributes to suicide prevention year round by urging people to invest time in personal relationships and empowering informal support networks to identify signs of distress. We urge all families to take part, emphasising the value of genuine human relationships and reminding everyone to ask the important question, "Are you OK?"

Engaging in R U OK?Day activities goes beyond the classroom; it's a commitment to our students' overall development. By talking openly about mental health, schools create safe spaces where students feel understood, valued, and supported. As parents and caregivers, you can contribute by fostering open conversations, normalising feelings and breaking down mental health stigmas. Participating in R U OK?Day promotes compassion and shows our dedication to the wellbeing of the entire school community, reaffirming that together, we can truly make a difference.

This Special Report provides guidance on how to talk to your child about mental health and engage in meaningful discussions. 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.

Here is the link to your special report  
[https://rainbowp12.vic.schooltv.me/wellbeing\\_news/special-report-r-u-ok-day](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-r-u-ok-day)