



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

*Dream Big*



# Newsletter

Issue 4 - 23rd February 2024  
We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### PANCAKE DAY

On Tuesday 20th February, the school had it's own version of Pancake Day for students and staff. This was an idea that came from our Senior SRC Presidents.

The amount of time and effort that went into the planning, preparation and cooking of pancakes was phenomenal. Phoebe worked tirelessly on the weekend and most of Monday to ensure all the pancakes were cooked and ready to go. I bet by the end she was flipping them in her sleep!



### FUN FACTS FROM PANCAKE DAY

- *Approx 180 pancakes were made.*
- *The SRC and their helpers put in over 15 hours of work.*
- *\$600 profit for our SRC*
- *113 students and staff had full stomachs from the delicious pancakes*

The organisation on the day was outstanding and Holly and Phoebe ensured that students and staff were fed in a timely manner. A big thanks goes to SRC members for their support on the day... particularly the Year 8 girls.

It was also good to see the Rainbow Grab 'n' Go have its first outing for the year providing free hot chocolates for students, until they had a little water issue! Well done to Shekinah for working independently to set up the van.

**Congratulations to Phoebe and Holly for their initiative, determination and commitment to the task, the student support crew for their help and assistance and to Nekeisha and Shekinah for getting the food van up and going!**



*Emma, Maryjane & Pippa*

**Thank you also to Tammy, Rowena and Gemma for your help.**



## Calendar 2024

### FEBRUARY

**Mon 26th**

**Tues 27th**

### MARCH

**Tue 5th**

**Thur 7th**

**Mon 11th**

**Wed 13th**

**Thurs 14th**

**Fri 15th**

**Thur 21st-**

**Fri 22nd**

### Week 5

LD Swimming sports

Man Cave &  
Flourish Journey

### Week 6

MARC Van

Ag Field Days Trip

### Week 7

**Public Holiday**

NAPLAN starts  
Elevate Study Skills  
Session

School Photos

### Week 8

Year 11/12 Grand Prix  
NAPLAN finishes

## Meeting Dates

### School Council

13th March 2024

### Parents and Friends AGM

4th March 2024 @ 7-30pm

Webex available 26502576368

## Junior SRC

Icy Poles \$0.50c

**Wednesdays**

at Lunchtime



## PRINCIPAL'S PONDERINGS...CONT

### FOOD LADDER UPDATE

At the end of last week we said goodbye to Veronica as she ventured around the country checking on other Food Ladders. Nigel helped us complete our first plantings and trained up the students and teachers in how to maintain and operate the greenhouse effectively. We have been so fortunate to have Veronica and Nigel assist us with construction and set up. Their guidance and knowledge have meant that we are ready to do great things with this wonderful resource. I must make mention of the innovative, enthusiastic and passionate approach the students in the Food Ladder elective have taken throughout the journey thus far. It was also very pleasing to hear both Veronica and Nigel's positive comments following their interactions with our school.

Stay tuned for some exciting details about this venture in the near future.



FOOD LADDER



Food Ladder Elective kids



Grade 2,3,4 learning about the food ladder



Giaan

### ROYAL FAR WEST OUTREACH VISIT

Next week, we have the pleasure of welcoming the Royal Far West team back to our school. They will be completing some assessments, undertaking observations and catching up with students they work with. We are very lucky to be working with them again in 2024. This is possible thanks to the very generous support of By Five. Please see the flyer attached for more details.

### THE MAN CAVE & FLOURISH JOURNEY



Next Tuesday we will once again be joined by the crew from The Man Cave and Flourish Journey as they work with our Senior Students to provide support, a shoulder to lean on and strategies to help our students navigate through the ups and downs of adolescence!



### SCHOOL COUNCIL POSITIONS AVAILABLE!

A position on School Council is a two year tenure. This means that every year there are positions available for parents/carers, students and staff to get involved in the processes and procedures that relate to the operation of the school. In 2024 we have the following positions vacant:

- 7 parent positions
- 2 student positions
- 4 staff positions.

If you are interested in School Council please catch up with past or present members for an insight into how the School Council operates. For details please see the Notice of Election and Calls for Nominations sheet in this newsletter. Nomination forms are available at the office.

### BUILDINGS WORKS UPDATE



We have had some progress with the paperwork. Today I signed Form 28, this is the Tender Evaluation form. This allows for the next step to take place which is to write up a Letter of Contract. We are getting closer... even if it is at the pace of a very cautious and elderly snail!





# School Wide Positive Behaviour Student Voice, Agency and Leadership



## Whole School Forum

The Forum today was chaired by our school captains. Here are some of the issues raised:

### Junior School

- Students would like hot chips or hot roast rolls on cold days. *We will look into this.*
- Also, ice-creams or icy-poles on hot days. *This could be taken to the Junior SRC to arrange.*
- The Year 5/6 class are missing having Art. *We will let them know when Art is timetabled.*
- Downballs are rolling under the temporary fencing. *We will look at mesh to stop this.*

### Senior School

Shekinah, Lewis and Heidi addressed the NON NEGOTIABLES in using the hall during breaks:

- Sitting on furniture properly, not throwing things, making sure rubbish is in bins and bins are emptied if they are full, keeping the area neat and packing up anything that is out (games etc) before the end of lunch.

### Students decided the following regarding the hall:

- Happy for people to sit wherever during breaks, as long as the older kids aren't taking up all the couches and not allowing the younger students on them.
- Packing up books into lockers after class so that there isn't the problem of people's things being messed up during recess and lunch.
- Agreed that students will not be in the hall at recess, and no use of computers at recess.
- Lunchtime use of devices to be limited to second half of lunch. We will monitor this and check in how it is going in a few weeks.

### Other concerns:

- Students would like more games to play in breaks. *Miss Wizz will look into this*
- Still concerns about lighting on the stage area. *We are working on this, there are electrical constraints.*
- PA system not working in Hall. *Again, we are working on this*
- Need a broom in the hall. *We will get a new broom, but history shows that they get broken - please take care of our equipment!*
- We don't have the toastie maker in the canteen anymore. *We will return it - again, please make sure that it is used appropriately and cleaned after use.*

*Thank you*

**To all students who  
attended and contributed  
to the student forum. Your  
input was appreciated.**

### **Student Meetings and SRC Events**

**Wednesday 12th - 13th Mar: Youth  
Leadership Conference (Melbourne) - For  
Senior School Leadership Team**

**Thursday 28th Mar: Form Captains'  
Breakfast**

**SRC Meeting Dates: Senior - Next week**

# Rainbow P-12 College School Uniform Hoodie Order

Dear Parent/Guardian/Families,

Rainbow P-12 College will be doing another order of the new uniform hoodies introduced in 2023.

The hoodies (pictured) are navy-blue with the inside of the hood red, with the Rainbow P-12 College logo in white.

These hoodies are for Grades Prep through to Year 11, as Year 12's have their own VCE hoodies.

They are Australian-made through the company Fashion Club Wear, which Rainbow P-12 College have used previously for the VCE and school uniform hoodies.

**Costs: \$69 per hoodie**

## **Sizing:**

Hopefully by the time this has gone out, the sample sizes will have arrived and will be at the front office to try on. If you wish to try on sizes, please pop into the front office between Monday 26th February and 11th March. The sample sizes will only be available to try on for 2 weeks. If you cannot get into the College to try on the sample sizes, there are sizing details on the online shop.

## **How To Order:**

Orders will be made through an online shop where you put in your order any payment online through Fashion Club Wear. Please see the attached flyer for instructions on how to order the school hoodie on the online shop.

We anticipate to only be putting in one order at the very beginning of each year.

If you require any more information regarding these hoodies, please feel free to contact the front office at the College.

Thank you.



## PANCAKE DAY PICS



**COME AND TRY  
NIGHTS:**

**CUBS  
7.5 - 11 YEARS  
SCOUTS  
11-15 YEARS**

**ALL ADULTS AND YOUTH  
ARE INVITED ALONG TO  
CHECK OUT WHAT WE  
DO.**

**SCOUT HALL @ RAINBOW  
REC RESERVE**

**RAINBOW  
SCOUT  
GROUP**

**27TH FEBRUARY  
5TH MARCH  
12TH MARCH  
3:30PM  
TO  
5:00PM**



**ENQUIRIES CALL  
CLAIRE: 0428149978**



## Friday Club

Friday Club is back for 2024 starting on 23rd of February. Any interested students please meet Elissa at the Bus Gate on King Street on Friday afternoon.



## Sports T-shirts

A Sports T-shirt order will be placed on 6th March. They are \$40 each and available in Hindmarsh or Albacutya colours. Please contact the office to order. Samples are available to try on.



## CANTEEN 2024

Canteen will run **Monday** and **Friday** for Bakery items, hot dogs & dim sims, milkshakes, lollies, chips & ice creams.

**Heated lunches will continue in terms 2 & 3.**

Primary student lunch orders to be written on a white lunch bag. Bags are available from classrooms.

Please include Primary milkshakes on the lunch order bag.

Secondary students lunch orders are to be written on a brown lunch bag.



## Reminder to Parents

If you are dropping your children off in the morning before school, or picking them up at the end of school in your car you must do so via **McKenzie Lane**. Any entry into school grounds must be through the front office located at the front of the hall. If you are dropping off after school has started, please escort your child into the front office. This also applies if you are collecting during the day - please come to the office.

**These rules are in place to keep your children safe!!**

**SHAKE  
RATTLE  
&  
READ**

TERM 1

FEBRUARY  
MONDAY 26TH

MARCH  
WEDNESDAY 13TH  
MONDAY 25TH

9.30AM

RAINBOW  
REC  
RESERVE

# Notice of election and call for nominations

An election is to be conducted for members of the school council of (school name below)

RAINBOW P-12 COLLEGE

Nomination forms may be obtained from the school and must be lodged by 4.00pm on

WEDNESDAY 28th FEBRUARY 2024

The ballot will close at 4.00pm on

FRIDAY 1st MARCH 2024 (IF REQUIRED)

Following the closing of nominations, a list of the nominations received will be posted at the school.

The terms of office, membership categories and number of positions in each membership category open for election are as follows:

## Membership category

Parent member

Term of office	Year
From the day after the date of the declaration of the poll in 20	24
to and inclusive of the date of the declaration of the poll in 20	26

Number of positions:

7

## Membership category

School employee member

Term of office	Year
From the day after the date of the declaration of the poll in 20	24
to and inclusive of the date of the declaration of the poll in 20	26

Number of positions:

4

## Membership category

Student member

Term of office	Year
From the day after the date of the declaration of the poll in 20	24
to and inclusive of the date of the declaration of the poll in 20	26

Number of positions:

2

Following the closing of nominations, a list of the nominations received will be posted at the school. If

the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

## Principal signature



# RAINBOW P-12 COLLEGE (2<sup>nd</sup> round)

## HOODIE

ONLINE OPENING DATE: MONDAY 26th FEBRUARY, 2024

**ONLINE CLOSING DATE: SUNDAY 10th MARCH, 2024**



Hoodie = \$69

Follow the following easy steps to order your garments online.

1. Go to [www.fcw.com.au](http://www.fcw.com.au)
2. Click on 'School Uniforms Shop' (a third down the page)
3. Find your school logo and click on that.
4. This page will then give you up to date information such as **cut-off date for orders and delivery.**
5. Select the relevant garment or package (if applicable)
6. Select size and quantity.
7. Then click ADD TO CART.
8. If you wish to proceed to checkout click CHECKOUT or to continue shopping click CONTINUE SHOPPING
9. At any stage if you wish to view your cart, click on the trolley icon at the top of page

Please make sure you have referred to the size chart and ordered the correct size.

Fashion Clubwear only manufactures to order. There will be an administrative charge of \$15 (Incl. GST) if any changes are required to your order prior to the shop being closed. Once the shop is CLOSED, NO changes can be made to your order. NO refunds will be given after your order has been submitted. Late orders will not be accepted.

Upon successful completion of your order, you will be emailed a copy of your order as confirmation. If you don't receive a copy of your order by email, either your order was not successfully completed or the email address you provided was incorrect.







**Royal Far West**  
Children's health. country-wide



*We'll be visiting soon!*

### Royal Far West clinicians will be onsite at our school.

Royal Far West clinicians will be returning to visit our school this term to provide a range of allied health services for students, and to plan and/or deliver associated professional development activities for our teachers and support staff.

This visit will provide an opportunity for clinicians to deliver some face-to-face services to support the wellbeing of the students and school community, such as in-class activities, school staff support workshops and parent/carer learning opportunities. They may also provide individual occupational therapy, speech pathology and psychology, for some of our students. If you have specific concerns regarding your child's speech and language, fine or gross motor skills, or behaviour, ask school staff about the referral process or speak with a clinician during the visit.

It is possible that your child may be observed or involved in classroom activities the clinicians run in the school setting during the visit. They may also suggest further assessment to determine if additional individual support is required or recommend additional school-level supports that may be helpful. Please let the school know if you have any questions about this, or if you do not want your child observed or involved in activities during the visit.

*Royal Far West Onsite: February 26th to March 1st, 2024.*

**Please chat with school staff to learn more!**



## SPECIAL REPORT

# Toxic Achievement Culture



### SPECIAL REPORT: Toxic Achievement Culture

Toxic achievement culture is characterised by the entanglement of self-worth, achievement and the relentless pursuit of academic or extracurricular success - at any cost! This phenomenon goes beyond the mere quest for success. It embeds a belief in students that their merit is exclusively tied to their achievements, often propelled by intense external pressures from families, schools, and society.

Some students are overfilling their schedules with activities aimed at "getting ahead". However, the consequences are proving to be detrimental on students' mental and physical health resulting in burnout and heightened levels of stress. This culture is also being aggravated by parental expectations, peer competition and a relentless comparison ethos often driven by social media.

There is nothing wrong with having ambition, but it's crucial to ensure that this desire doesn't push our young people into a toxic cycle of achievement and make them feel that they must achieve in order to matter. The relentless drive to excel is leading many students to prioritise accolades over genuine learning and personal growth, often at the expense of their own wellbeing and interpersonal relationships. As adult carers, we need to advocate for a more balanced and holistic approach to achievement, emphasising the importance of resilience, wellbeing, and the pursuit of diverse interests.

This Special Report will help you understand the signs of toxic achievement, and how to address them so as to teach students how to adopt a better work/life balance.

Here is the link to your Special Report

[https://rainbowp12.vic.schooltv.me/wellbeing\\_news/special-report-toxic-achievement-culture](https://rainbowp12.vic.schooltv.me/wellbeing_news/special-report-toxic-achievement-culture)