



## Newsletter

## **PRINCIPAL'S PONDERINGS...**

#### ANZAC DAY

It was great to hear the College mentioned in the address of the President of the Friends of the RSL (Peter Gosling) highlighting its continued active participation in the ANZAC Day ceremony.



Once again, our School Captains did us proud in representing the College at the ceremony. A huge thanks to Lewis, Heidi, Pippa and Edi. Not only did they lay the wreath, but they marched, handed out programs, organised and counted the collection and collected the chairs out in

the garden.

It was also mighty impressive to see the Scouts out in force with Adalyn and Tyler providing extra support for Peter Gosling during the service! Lilly W and Cooper S also represented the Hindmarsh Shire as Youth Counsellors at the service.

## LITTLE DESERT SENIOR ATHLETICS

Congratulations to all the students that represented the College at the Little Desert Athletics at Nhill on Tuesday. There were some very impressive results and PBs on the day. All students should be exceedingly proud of their efforts on the day. See the results section later in this newsletter.

## FOOD LADDER ACTIVITIES



On Tuesday the Food Ladder elective class planted the second harvest. This new harvest includes parsley (Prep/1 planted), oregano, lettuce x 2, spinach, chillies x 2 garlic chives and totsoi (bok choy's cousin).

However, prior to planting we had to remove the existing plants and root systems (some on the large side!!). The kale and spinach were donated to Hayden's Café and Nicky Kruger is hoping to make pesto out of the basil.





Issue 11 - 26th April 2024 We are a Child Safe School

Calendar	
Term 2	2024
<u>APRIL</u>	
	WEEK 3
Tues 30th	MARC Van
MAY	
Fri 3rd	Cluster Cross Country @ Beulah
	WEEK 4
Tues 7th	InterGen Activity
Thurs 9th	Junior School Mothers Day Stall
Fri 10th	Whole School Forum <b>Do It For Dolly Day</b>
	<u>WEEK 5</u>
Mon 13th Tues 14th	<b>LD X Country Junior</b> <b>&amp; Senior @ Nhill</b> MARC Van
Wed 15th - Fri 17th	Gr 3/4 Billabong Ranch Camp
	<u>WEEK 6</u>
Mon 20th	Rainbow Lake Planting Day with Melbourne Zoo
	<u>WEEK 7</u>
Mon 27th	GWR Cross Country
Wed 29th	Cluster Winter Sports
	ing Dates

Monday 13th May 2024

Junior SRC Icy Poles \$0.50c Wednesdays at Lunchtime

#### **PRINCIPAL'S PONDERINGS...CONT**

#### VOLUNTEERS

**Katherine Durant** and **Val Roll** have so kindly given their time and support to the College in volunteering to hear our junior students read. It is great to have community members offer their support to help our kids

Eli



learn. They also provide access to another trusted adult that cares about what they do. This also provides another opportunity to recognise the continued efforts of **Marg Mellington** who has provided MultiLIT support for our students for an extended period of time.

If anyone out there in the extended school community would like to volunteer their time to help our kids in any way please, contact the school to have a chat.

#### **OUR STUDENTS IN ACTION**



Maddi

## BUILDING WORKS

Lots of emails, phone calls and texts this week regarding:

- · Setting up of the worksite
- · Organising sub-contractors
- Planning for the computer servers to be relocated to the MPB The real action commences in the week starting Monday 20th May!







Darcy

Maryjane



How to Get (And Keep!) Your Child Motivated! Parents learn how to help their child set goals and maintain the motivation to achieve them across the year.	Wednesday 861 May 6:30pm
Help Your Child Prepare for Exams Parents learn how to help their child revise effectively, prioritise high-impact work, and build good routines in the run-up to exams	Wednesday 22nd May 6:30pm
Help Support Your Child During Exams Parents learn how to help their child manage stress and anxiety during exams, and how they can maximise marks in the exam roo	Wednesday Shawe 6:30pm
Ask Me Anything (Live Q&A) Parents can ask our study skills expert any burning questions in th run-up to exams, meaning we cover exactly what they want to kno	
Let Your Parents Kn	ow!
You can invite your parents to the sessions by sharing th We'll also be sending you an email with this link across i so you'll also be able to share this link directly fi	the next couple of days
https://go.elevateeducation.com/auschoo	olwebinars
In this email, you'll also be able to click th https://go.elevateeducation.com/auswebing to download promotional templates, flyers and	irresources





## School Wide Positive Behaviour Student Voice, Agency and Leadership



## Junior Leadership - Climb Your Own Mountain

On Tuesday 23rd of April, Junior School Captains Pippa and Edison, along with SRC Executive Harry, Adalyn and Kayla, went down to Horsham for the Climb Your Own Mountain leadership workshop presented by Lorin Nicolson. He only has 6% of vision and when he was 13, he had 40%. At the ripe age of 13 he rode all the way to the beach near Sydney from Tamworth. It was 250 km and his dad followed him in the car. All he could see was the white lines on the road and the very blurry shadow of the cars while they passed.

It was a lovely day and very inspiring. As a part of the workshop, we had to go up to someone from another school and talk to them. We also had to partner up and wear glasses that made us only have 6% of vision. We also had to do an obstacle course with your partner guiding you and running up and down a hill trying not to fall over. We also made a bracelet with the help of a partner while wearing the



**Pippa -** I thought it was a great and a really inspiring day!



glasses. It was an incredible day!



Harry - It was awesome. I loved to meet new people.

**Edison -** I liked it, but you had to step out of your comfort zone and meet new people.



Kayla - I loved how we got to realize what a blind person sees. Adalyn - I really enjoyed learning everything and having the extra things that were fun like wearing glasses and more.

## Student Meetings and SRC Events

Whole School Forum: Fri 10th May

School Captains' Breakfast: Fri 28th June

> SRC Meeting Dates: TBA

## **Upcoming Casual Days**

Fri 10th May - Dolly's Dream (wear blue) Fri 31st May - May 50K (wear red) Fri 28th June - Junior - Jump Rope for Heart (wear red) Senior - Push Up Challenge (wear yellow) Mon 19th Aug - BOOK WEEK (favourite book character)

Thur 31st Oct - Halloween

## From one of our School Captains, Heidi Smith The May 50k 2024!!!

Join us this May to leave MS behind!!! 1 in 3 Australians are impacted by Multiple Sclerosis. That's 33,000 Australians. By joining in the May 50k you can help fundraise to support research into the prevention, treatment and finding a cure for Multiple Sclerosis to change lives. To join the Rainbow P-12 College team type in the link below and click the red button that says join us!

https://www.themay50k.org/fundraisers/rainbowp12college We would really appreciate any support we get during this challenge and can't wait to smash out some Km's as we go through May! Thank you !!!!!

THE MAY 50K

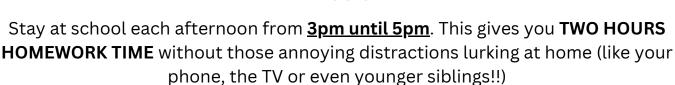
LEAVE YOUR LIMITS BEHIND







## HEY VCEs... WANT TO REDUCE YOUR WEEKEND HOMEWORK AND FREE UP TIME TO DO FUN STUFF? WELL YOU CAN!!



<u>Study Buddies</u> gives you the opportunity to get lots of uninterrupted homework done before tea time. If you stay and study four times a week after school, that's potentially eight wonderful productive homework hours, freeing up time on the weekend to relax, avoiding that Sunday night "I haven't finished my homework for Monday" panic and making teachers all over the school really happy



During this time, you can undertake homework, extra study or take an opportunity to catch up with your teachers for extra support where possible.

There will also be some shameless bribery in the form of afternoon tea/snacks on offer for those who are able to stay.

Please let Mrs Leach know if you are wanting to stay after school and be a **<u>STUDY BUDDY!</u>** 



































Come along for a unique shopping opportunity in preparation for Mother's Day and support the local Scout Group

HIGH TEA

\$10 Adult/Secondary Students - Admission includes Devonshire Tea, entry into the Lucky Door Prize and the opportunity to shop with the following retailers:

Lorraine Lea Linen Tupperware My Rainbow Home Natural Milk Skincare

Primary Students \$5 entry Raffle: \$2 per ticket 1st Rainbow Scout Group Contact: Tammy 0427820684 Claire 0428149978 Raffle Drawn 31st May 5th of May

2.00-4.30pm

at the Rainbow Scout Hall

# JOSH JONES

## Impact professional and social entrepreneur

From a childhood marked bv poverty, violence, and challenging circumstances to a purpose-led life, founding the Just Be Nice project with the aim of changing the way that people help people. The Founder and Director of trailblazing social enterprise - The Just Be Nice Project, Josh works daily to engage businesses, schools, organisations and communities in the process of creating extraordinary positive change in the world, through making ordinary positive change. Josh's goal is to constantly drive towards an outcome of genuine equality of opportunity for all people, build character, ask the tough questions and of course, Just Be Nice.



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Thu 9 May 2024 7:30 - 8:30 PM

FEDERATION UNI Auditorium 289 Baillie Street HORSHAM

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RSVP: eo@llen.com.au 0418 312 556

Calling all team players!

#Teachers #Parents #Community #Young People