



BE KIND, WORK HARD,
BOUNCE BACK

Dream Big

Newsletter



Issue 134 - 17th May 2024
We are a Child Safe School

PRINCIPAL'S PONDERINGS...

EDUCATION SUPPORT APPRECIATION DAY

On Tuesday the teaching staff organised a lavish morning tea to acknowledge and celebrate the wonderful work of all our ES staff. Each ES staff member received a card signed by all staff expressing their appreciation of the efforts and contributions they make.

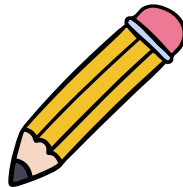


REAL SCHOOLS PARTNERSHIP

After much consideration, a Webex with Paul from Real Schools, a discussion at leadership, at staff level as well as a presentation at School Council we have decided to commit to a three year partnership with Real Schools. We believe this will provide us with the necessary support and feedback to improve our school culture and provide strategies to increase student connectedness and parental involvement. We are also hoping to work with them on a Cluster basis as well as we believe that strengthening our Cluster is essential.



REAL SCHOOLS



IN MY TRAVELS THIS WEEK

On Monday and Wednesday I ventured over to Beulah to be a challenge partner for the Beulah Primary School review (this happens every 4 years). From the review the school's strategic plan is mapped out. It gave me the opportunity to observe other classes and to learn lots about the review process...as our review is scheduled for term 3 2025! Thanks to Nathan Wright (Chief) and the staff and students of Beulah for welcoming me into their school and classes.

Calendar

2024

Term 2

MAY

Mon 20th

Thur 23rd

Fri 24th

Mon 27th

Wed 29th

JUNE

Mon 3rd

Mon 10th

Fri 14th

Tue 18th

Fri 21st

WEEK 6

Rainbow Lake Planting Day with Melbourne Zoo

Livin Well

Jumpy's Emporium



WEEK 7

GWR Cross Country

Cluster Winter Sports

WEEK 8

Junior School Incursion

Year 9 VET Immersion

Cluster Winter Sports

WEEK 9

Kings Birthday Public Holiday

STUDENT FREE DAY

Staff PD

WEEK 10

GAT

Write a Book in a Day

Jumpy's Emporium



Meeting Dates School Council

Wednesday 12th June

Junior SRC

Icy Poles \$0.50c

Wednesdays

at Lunchtime



PRINCIPAL'S PONDERINGS...CONT

RAINBOW LAKE PLANTING WITH ZOOS VICTORIA

Next Monday students from Prep-Year 9 (with some VM students) will be involved in an extensive planting session down at Rainbow Lake. The purpose of this is to provide more natural habitat to ensure our golden-rayed blue butterfly to visit this area on a more frequent basis. A letter will be sent home today outlining the timetable for the day.



ATTITUDE TO SCHOOLS SURVEY

Next Tuesday 21st May all students from Grade 4-12 will be completing the Attitudes to School Survey. This is an important survey as it provides genuine feedback on what the students think on a wide range of topics including student connectedness, bullying, motivation and engagement, resilience and lots more. This is the data that is used in the school review to gauge our progress and to guide us on what areas need improvement. In this newsletter there is a letter outlining the purpose of the survey in more detail.

FOOD LADDER ACTIVITIES

Next Tuesday the Food Ladder elective students are cooking up a feast (hopefully) using produce from their second harvest. There will be special guests from the Food Ladder venturing to Rainbow to see the Greenhouse in action and partake in some delicious food. The students will also be inviting a number of staff who have been actively involved in the project.

Below are some photos from the Greenhouse including our new labels.



INTER-GEN ACTIVITIES

I have included some photos from the Mother's Day activity from last Friday.

This Friday the Grade 5/6 students are venturing down to work with the residents to complete some paintings on canvas. (Stay tuned next week for those photos).



OUR STUDENTS IN ACTION



Eliza selling gifts for Mother's Day



Madi and Darcy
dressing up

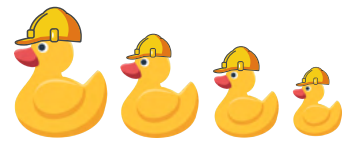


Annika cooking pizzas

BUILDING WORKS



Hopefully coming soon to a school near you! (maybe as soon as next Tuesday!)



Reading Certificates

MULTILIT



Elodie has completed
Multi Lit. Well done
Elodie!



Madi



Mitchell



Henry



50 Nights



CANTEEN



All students (Senior & Junior) can now bring lunches to be warmed up in the Canteen on Mondays, Wednesdays and Fridays. Foil trays are available to purchase - \$2 for 10.

yum!



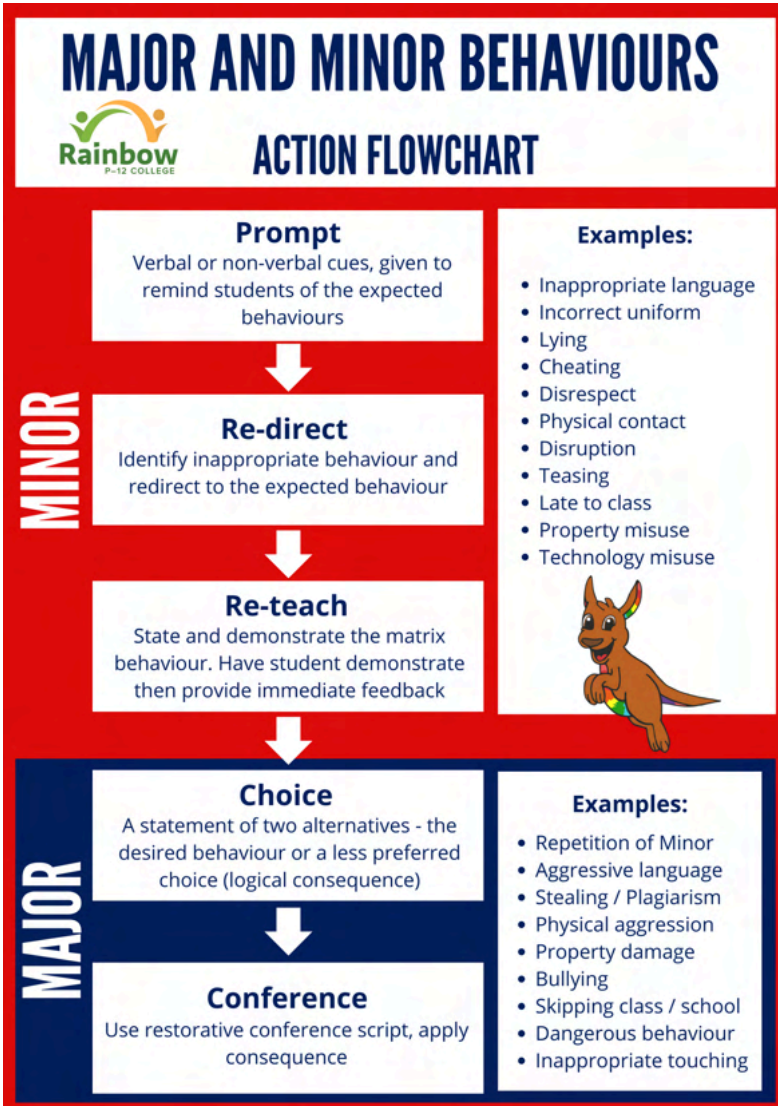
School Wide Positive Behaviour Student Voice, Agency and Leadership



Major and Minor Behaviours

This flowchart shows how we approach challenging behaviours at school. Our minor behaviours are addressed on the spot, with the staff member working from the top - a non-verbal or quick prompt to try and get a student back on track - to re-teaching the appropriate behaviour if necessary. These events are recorded in a chronicle, which helps us to see if any patterns are forming and address problems before they become major. Parents will only be contacted about minor behaviours if they are ongoing, or if they escalate into major behaviours.

Major behaviours will always be followed up by a co-ordinator, consequences applied and phone calls made to parents where necessary. They will also be recorded in a chronicle entry, and restorative steps will be taken. If you have any questions about our School Wide Positive Behaviour System, please contact Ella Clarke at the school.



Student Meetings and SRC Events

School Captains' Breakfast: Fri 28th June

SRC Meeting Dates:

Junior SRC: Thur 23rd May
Senior SRC: TBA

Dates for Jumpy's Wonder Emporium:
24th May and 21st June

Upcoming Casual Days

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 !!!!!



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



Stay at school each afternoon from **3pm until 5pm**. This gives you **TWO HOURS HOMEWORK TIME** without those annoying distractions lurking at home (like your phone, the TV or even younger siblings!!)

Study Buddies 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 **STUDY BUDDY!**

LITTLE DESERT CROSS COUNTRY

On Monday 13th May, the Little Desert Cross Country was held in Nhill. 14 students ventured across to showcase their running abilities. Our students' behaviour was excellent and their encouragement for one another was outstanding! We are lucky enough to have 6 students moving onto the Greater Western Region Cross Country in Warrnambool on Monday 27th May, and we wish them all the best.



Lenny



Taylor



Honeyrose



Clancy



Ryder



Harry



Will

All students showcased their determination to finish their races, with qualifying results as follows:

12/13 year old boys - primary	4th	Hugo Gould
12/13 year old girls - primary	3rd	Honeyrose
12/13 year old girls - secondary	5th	Taylor Fisher
15 year old boys	1st	Lenny Weir
	4th	Ryder Gould
16 year old boys	5th	Will Fisher

Congratulations



SPORTS EDUCATION IN PHYSICAL EDUCATION PROGRAM

(SEPEP)

This term the Year 7-10s are participating in a SEPEP unit in PE. In this unit the students have been split into teams and have been assigned roles to assist in running their very own competition. Over 6 weeks the students will battle it out through Ultimate Frisbee, Fast 5 Netball and Tchoukball. Over the term we will keep you updated with a ladder, game reports from the team journalists and even team profiles. Who will be the 2024 SEPEP Champions?

ROUND ONE – ULTIMATE FRISBEE



Bananas v Goats

Annika Petschel



In the first half the Blue Goats were the first to score with a quick game. Second point went to the Big Bananas with a big catch from Lenny Weir in the endzone. In the first half the Blue Goats scored 4 points while the Big Bananas were on 1. Second half there was a long tough game, but The Goats took the first 2 points. Last point in the second half went to The Bananas. Overall, the scores were Goats on 6 and Bananas on 2.



Cuties v Goats

Maggie Fisher



It was a good start to the game for the Blue Goats as they were leading 5-0. There were some very good passes from both teams as they both fought for the Frisbee. At the start of the second half, it was a tough for both of the teams. There were lots of drops and intercepts and it took a while for the teams to score until the Goats did. Overall, I think it was a game and both teams played well.

Score: Goats 8 - Cuties 0



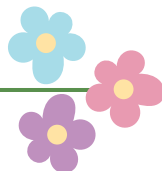
Bandits v Goats

Amaya Eckermann



It was a good game between the Bandits and the Goats, there were some good taps from both sides. There was a bit of crowding and some really good play. Zach Doxey from the Bandits made a unique and risky move of throwing the Frisbee towards the end zone and catching it himself which ended up effectively scoring a good point. In the end, the Bandits just played a bit harder earning themselves the win.

Score: Bandits 7 - Goats 1



Cuties v Bandits

Giaan Eckermann



Good game for the Cuties, first few pulls did not go well for them, but improvements were made. The wind was not favouring the Cuties, a lot of passes did get affected but after a slight strategy change for passing their performance did lift. The game overall was well played but really crowded. In the second half it was a lot louder, minor fights started and then they did start to get large and a lot of yelling happened. Overall, a good game and great victory for the Cuties.

Score: Cuties 3 - Bandits 2

SPORTS EDUCATION IN PHYSICAL EDUCATION PROGRAM (SEPEP)

ROUND ONE – ULTIMATE FRISBEE



Cuties v Bananas

Maggie Fisher



The game started off strong as both teams were fighting for the Frisbee. There were a lot of intercepts and dropped throws from both teams. The second half was definitely the strongest half as the scores were close until the Bananas had a really good game play down near their scoring end and ended up with an amazing goal. One of the down sides of the game was there was a lot of arguing with the umpires. The weather wasn't the best today due to a windy day but both teams pushed through.

Overall, the game was very good and both teams played at 100% intensity.

Score: Bananas 3 - Cuties 2



Bananas v Bandits

Giaan Eckermann and Mrs Marra



The first half was a Bandits dominated game thanks to some skilful catching and use of space. Whereas the Bananas were impacted by the amount of dropped catches which proved costly on the scoreboard. The Bananas had a lot of work ahead of the second half as they were down 4-0. The second half proved to be a complete reverse with Bananas fighting back to be only one point down with one minute to go. A dropped catch and a slip in the final seconds prevented the Bananas from making the game a draw.

Bandits held their lead and won 5-4.

Ladder	W	L	Pts
Black Bandits	2	1	7
Blue Goats	2	1	7
Cutie Patooties	1	2	5
Big Bananas	1	2	5



Rainbow P-12 College

EUPHORIA FORMAL

August 2nd 2024

Prep - Year 6 Semi Formal:

Tickets \$10

4pm - 6pm at the Rainbow Rec Reserve

Music, fun games and activities, party bags, finger food and drinks supplied



Years 7 - 12 Formal:

Tickets \$20

7pm - 10:30pm at the Rainbow Rec Reserve

DJ, Fun games and activities, grazing table and drinks supplied

Year 10-12's may invite a +1 (must be approved by Ms Petsch)

This is a drug, alcohol, smoke and vape free event



COMPLETE OUR SURVEY FOR YOUR CHANCE TO WIN!

YOUR SMILE CAN TELL A STORY ABOUT YOUR OVERALL HEALTH!

Partnering with La Trobe University, West Wimmera Health Service is conducting a quick and anonymous Oral Health Survey to find out more about oral health across our service area.

As a thank you, choose to enter for a chance to win one of three \$100 grocery vouchers!

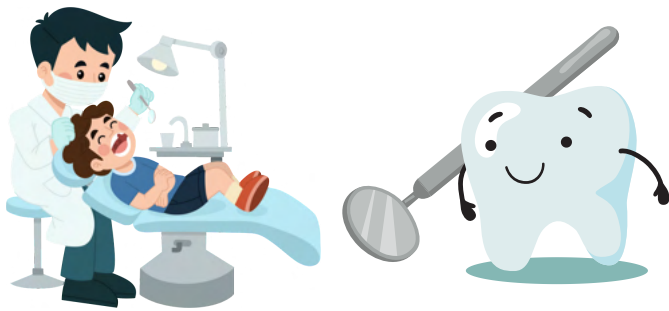
Don't miss this chance to shape the future of oral health in your community.

Take just 10-15 mins to share your insights on oral health. It's a window into your general health too!

For more info and to complete the survey, scan the code:



Violet Vines Marshman Centre for Rural Health Research



Rainbow Senior Badminton 2024 Season

Starts Monday 27th May & Wednesday 29th May.

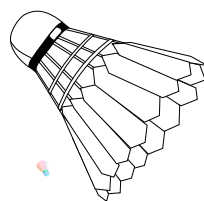
All interested players please enter your names to Jill Eckermann 0428 539 512 by 22nd of May.

New venue is the Mecca, Federal street Rainbow.

Practice, Come & Try Night

Wednesday 22nd May at 7.30pm

All new and previous players are welcome



BBQ RUBS & SPICES

Are you sick of tasteless meat?

We have the thing just for you!

Spice Lion, Australian hand mixed BBQ rubs and spices.

Spice Lion rubs are crafted with the highest quality ingredients, so you can truly spice up your dishes.

With our 100% natural rubs and spices, you can unlock recipes that will have your family and friends impressed and their taste buds come alive.

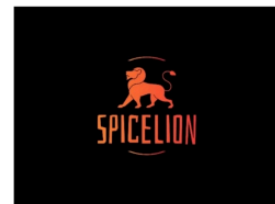
Spice lion is suitable for all occasions and skill levels.

\$5 for a small \$8 for a large.

So, if you want to get your hands on these magic rubs, call the school to place your order on **53951063**.



Small (60gms net)



Large (150gms net)

THIS IS PART OF MR LEACH'S \$20 BOSS ACTIVITY IN YEAR 8 HUMANITIES

From Kane and Evan (Kev)



Rainbow Junior Badminton 2024 Season

Starts Wednesday 15th May

At the Mecca, Federal street Rainbow

Time: 3.15pm

Cost: \$2.00 per night

All children must wear sneakers
any enquiries, contact Jill Eckermann

0428 539 512

Red Table Services

We offer:

- Dog walking
- Lawn mowing
- Plant watering

Call us today!

Zach: 0490 241 817

Lily: 0432 187 766

Calling hours:

Weekdays: 4pm – 5:30pm

Weekends 10:30am – 5:30pm



Prices:

Lawns – Small \$10, Medium \$15, Large

\$20

Dog walking - \$10 per hour (per dog)

Plant watering - \$12 per hour



BACK TO THE 90's

DISCO

**THIS IS A SMOKE,
DRUG, ALCOHOL
AND VAPE FREE
EVENT**

WHERE?

DIMBOLLA MEMORIAL

SECONDARY COLLEGE

WHEN?

FRIDAY 31 MAY 2024

TIME? 6:30PM-9:30PM

BUS REGISTRATIONS CLOSE 29 MAY 2024

for more information, please contact youth@hindmarsh.vic.gov.au
 or call 03 5391 4444.
 Register by scanning the QR code below or visiting
www.hindmarsh.vic.gov.au/events.



freezer
www.freeza.vic.gov.au



Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs' programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Thursday, 23 May 2024

9:30 am to 4:00 pm

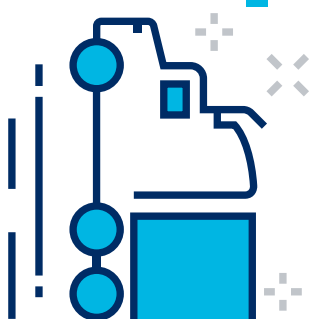
In front of Mecca, Federal Street
RAINBOW

For more information, go to servicesaustralia.gov.au/mobileoffice



SE156.2103

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs' programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

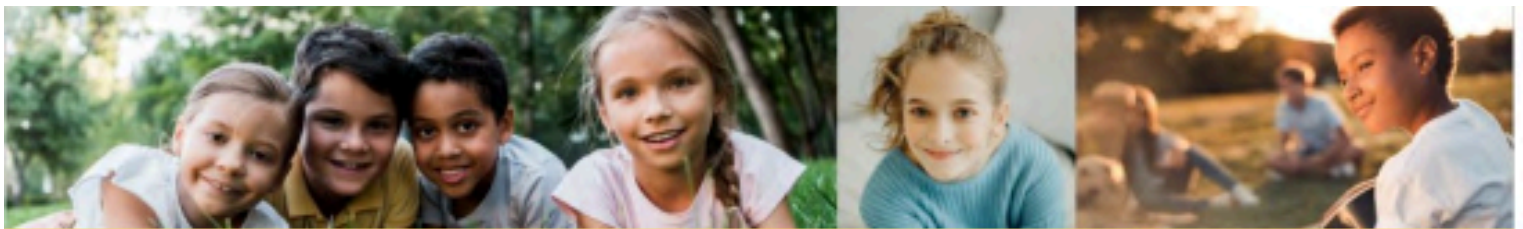
We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

SE157.2104



For parents, carers, grandparents, teachers and others involved in caring for or raising our kids



Strengthening Children and Teens Against Anxiety

How to strengthen all children and teens against anxiety, and build courage and resilience.

What could our children and teens do if they knew in their hearts they were brave enough?

All children and teens are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential - but it doesn't have to be this way.

This transformational session will provide the essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life.

Coming to the Horsham - *don't miss it*

June 4th—2 Sessions 1.30 to 3.00pm - 6.30 to 8.00pm

Venue: Church of Christ, 91 River Rd, Horsham.

Tickets \$15 - for bookings - <https://www.trybooking.com/1219309>



A very special thanks to the Horsham Lions Club

for sponsoring this event

Karen's books will be available for purchase. "Hey Warrior" has now sold over 200,000 copies



About Karen Young

<https://www.heysigmund.com/>

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.

