



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

*Dream Big*

# Newsletter



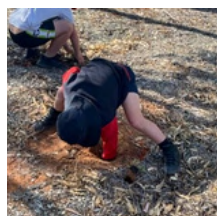
Issue 15 - 24th May 2024  
We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### WHAT AN ACTION PACKED WEEK!!

#### RAINBOW LAKE PLANTING WITH ZOOS VICTORIA

On Monday students from Prep to Year 9 as well as the VM PDS class and HOL ventured out to Rainbow Lake to work with Zoos Victoria and the Lake Committee to plant nearly 500 plants. The students worked tirelessly throughout the day to plant, water and put up protection for each of the plants. There were also walks around the lake and bug discovery activities run by Zoos Victoria. A huge thanks to the Rainbow Lake Committee and Wayne Nitschke from the Lions Club for cooking and serving the BBQ lunch. Thanks also goes to Jonathan Starks from the Hindmarsh Landcare Network who worked with and encouraged the students. To all the students and staff that were actively involved in enhancing such a valuable community asset – Well done!



#### INTER-GEN PAINTING & READING ACTIVITIES

On Tuesday the Grade 2/3/4 students went down to the Hospital to read to the residents (an activity the residents had requested!). It was great to see the growing connection between the students and residents (James & Leon in particular!)

There was a buzz in the room as the interactions and discussions grew... and all were slightly disappointed when we had to head back to school. I have also



included some photos from the painting session that happened last Friday. A big thanks to the staff at both the College and the Hospital who support these activities. They really are very rewarding and heart warming experiences.



## Calendar

### Term 2

#### MAY

Mon 27th

Tue 28th

Wed 29th

#### JUNE

Mon 3rd

Mon 10th

Fri 14th

Tue 18th

Fri 21st

Mon 24th-

Wed 26th

Fri 28th

### 2024

#### WEEK 7

GWR Cross Country

Headspace Session

Cluster Winter Sports

Headspace Session

#### WEEK 8

Junior School Incursion

Year 9 VET Immersion

#### WEEK 9

Kings Birthday Public

Holiday

#### STUDENT FREE DAY

Staff PD

#### WEEK 10

GAT

Inter-Gen Visit

Write a Book in a Day

Jumpy's Emporium



#### WEEK 11

Longy Ag Camp

Form Captains Breakfast

End Term 2

2:30pm Finish



## Meeting Dates School Council

**Wednesday** 12th June

### Junior SRC

Icy Poles \$0.50c

**Wednesdays**

at Lunchtime



## PRINCIPAL'S PONDERINGS...CONT INTER-GEN CONT'



*Emmi & Edna*



*Noah & Nola*



*Bella, Pat & Emma*



*Phoenix, Colin & Callum*

## NATIONAL SIMULTANEOUS STORYTIME



On Wednesday Miss Newton read the selected book *Bowerbird Blues* to the Junior School. Students were then involved in activities focused on the story. The Prep/1 students also went down to the kindergarten to have a play and complete some very creative bowerbirds.



## LIVIN' SESSION

On Thursday the Year 7-9 students attended a free video session from the Livin' organisation. This organisation focuses on good mental health and promoting strategies to deal with those tough times. They discussed the mental health continuum and the importance in asking for help and support. If one student got one thing out of the session it was definitely worthwhile!



## ATTITUDE TO SCHOOLS SURVEY

Thanks to all our students from Grade 4 -12 who approached the completion of this survey in a responsible and positive manner. We will share and discuss the results with our students when they are released later in the year.

## FOOD LADDER ACTIVITIES

On Tuesday the Food ladder crew set up the outside garden bed and planted the blueberry tree, some carrots and set up a snow-pea tripod. They also planted strawberries in the Vegepod and put together the wheelbarrow from Bunnings. In the absence of the planned lunch the students did a practice run making cob loaf and garlic bread.

*Jayde & Amelie*



*Taylor, Sally & Maggie*



*Amaya*



*Some serious wheelbarrow building*

## BUILDING WORKS

Let the real adventure begin! Michael Hanel, our Site Manager has started on site this week. He has had people up to mark out the services that are underground and is in the process of setting up his office in the old music room.



*Michael Hanel*



*the Adventure begins*



# School Wide Positive Behaviour Student Voice, Agency and Leadership



## Explosion Card



This week Maggie Fisher was awarded with an Explosion Card in recognition of the initiative she showed getting support for our Food Ladder class from Bunnings in Horsham. Well done Maggie, these tools and supplies will be a great asset to the class and the school as a whole.

## The Grand Adventures of Jumpy



On Monday Jumpy headed down to the lake for the planting day with Zoos Victoria.



Jumpy has also been joining classes and helping Mrs Petschel with the enormous job of being Principal.



## Student Meetings and SRC Events

School Captains' Breakfast: Fri 28th June

SRC Meeting Dates:

Junior SRC: Tues 9th June

Senior SRC: TBA

Dates for Jumpy's Wonder Emporium:  
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

# Reading Certificates

**25**  
Nights



Maddy

**50**  
Nights



Lawrenz



Ryley



Xavier



Emma



Harry

**75**  
Nights

**100**  
Nights



Tate

**Excellent**



Edison



Nate



Hendrix

**GREAT JOB**



Tyler

## Reminders



### 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.

Normal lunch orders can be ordered on Monday and Friday.

### FORMAL

Please return Junior Formal ticket forms as soon as possible. Senior students please see Clarissa/Phoebe/Holly to buy tickets



### CSEF FORMS

If you currently have a Health Care Card and haven't already provided the details to school, please do so. The closing date for the Camps, Sports and Excursion Fund is fast approaching.

### STATE SCHOOLS RELIEF

If you require assistance to purchase uniforms, please call or email the office. Assistance is offered on a case-by-case basis, a health care card is not required.



# 3/4 BILLABONG CAMP

Last week I went to camp and had a blast. Here are some of the things, I did at Billabong Ranch Echuca!

First, we arrived after a three-hour drive, The air was breezy and fresh, we saw a lot of sheep and cows. We even saw Pomeranian puppies that were for sale!

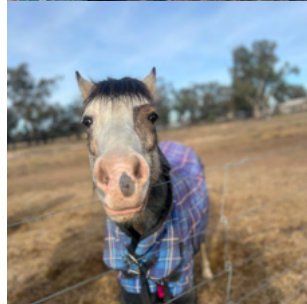
Then we were taken to "The Shack" and had a very friendly introduction from a staff member and we were also introduced into our small and cute rooms.

After that, we went camel riding. It was a little scary, but I got used to it. What really caught me off guard was that the camel behind me started tugging my shirt. I felt my wet shirt and it felt really slobbery and disgusting, but that was nature, so I left my slobbery shirt alone. Next, I went to the bungee trampolines. I loved jumping in the air and doing silly poses. One of my silly poses was the 'chicken pose'. After the bungee trampolines, we had our BYO lunch and then had low ropes. Low ropes were a little bit hard, but it was still cool. After low ropes we spent some pocket money on souvenirs, ice creams, drinks, and lollies. Then we participated in a self-guided animal walk. We even saw a bull.

For dinner everyone got lasagna and chips with salad. For dessert we all had fruit and ice cream.

After having a full tummy, we went for a night walk and saw a lot of sleepy animals with one of the Billabong Ranch staff, called Zoey. On the other days we did archery, bush first aid, orienteering and lots of initiative games where we worked as a team. There was a talent show and Mr Leach did a silly magic trick. After a long 3-day camp, I think that I had a great time, and I would rate Billabong Ranch a 5-star review.

Written by Yvie Le Bas



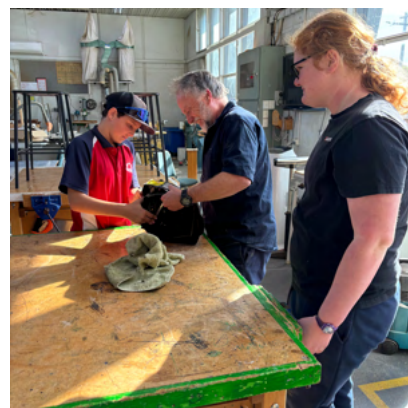
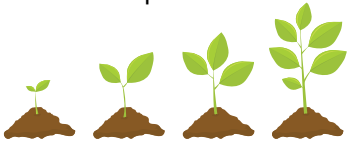
**Grade 3/4  
ready to  
head off to  
camp!**



# AG CLASS



In Ag, the students have been performing a germination test and doing a couple of trial plots.



# CARS ELECTIVE

In cars, we have been working on various projects, each contributing to our understanding and maintenance of different car models. We have also been becoming familiar with small motors, a crucial component in many of our vehicles.

## 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 !!!!!



*Heidi, Clarissa & Holly*

The girls have been walking in Period 2 on a Tuesday and have been joined by Mrs Leach, Mr Stenhouse and Georgia.

A nice little way to get the km's up and good for the mind also.



**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!**

*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!

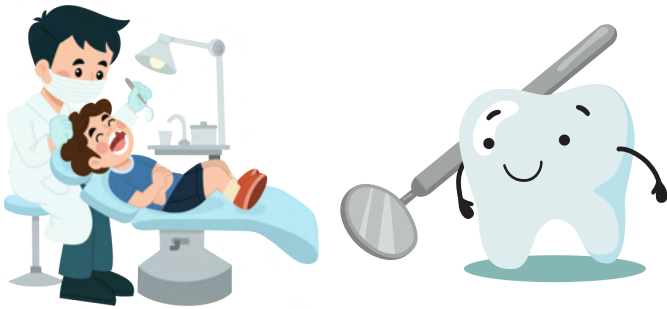
Don't miss this chance to shape the future of oral health in your community.

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.

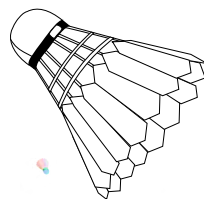
All interested players please enter your names to Jill Eckermann 0428 539 512 by 22nd of May.

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.

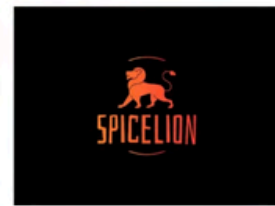
Spice lion is suitable for all occasions and skill levels.

**\$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

# WARNING SIGNS AND SYMPTOMS:

Life is full of ups and downs – this is all very normal in small doses!

Warning signs and symptoms can vary a lot from person to person. Some warning signs and symptoms might include:

- + Loss of joy
- + Nervousness
- + Social withdrawal
- + Substance use
- + Poor concentration
- + Prolonged sadness
- + Change in sleep
- + Loss of self-esteem
- + Dramatic weight/appetite change
- + Suicidal thoughts

These are important to know. BUT what seems to be most important is: Knowing and understanding the people around you well; knowing and understanding yourself well. A change from what is normal behaviour for them or for you is often the first sign of struggle street.

**IF IN DOUBT, REACH OUT.**



# PARENT HANDOUT

## SELF-CARE FOR FAMILIES



- Watch a movie together
- Exercise together
- Talk openly about feelings
- Have family dinners
- Limit screen time

Do things that make YOU feel good about YOU! This stuff is great to do every day, but can be really useful around things like exam time, when assignments are due, and in the lead up to a sporting event.

**LOOKING AFTER YOURSELF IS NOT ONLY GOOD FOR YOUR OWN MENTAL HEALTH BUT WILL ENABLE YOU TO HELP YOUR FAMILY EVEN MORE EFFECTIVELY.**



## HOW TO HELP

### YOUR FRIENDS, FAMILY & CHILDREN

**TAKE WHAT PEOPLE HAVE TO SAY SERIOUSLY**

**PREPARE YOURSELF TO LISTEN, NOT TO SOLVE THEIR PROBLEMS**

**GIVE THEM TIME TO THINK AFTER YOU ASK THEM A QUESTION**

**ENCOURAGE ACTION**  
ONE OF THE MOST POWERFUL QUESTIONS YOU CAN ASK SOMEONE IS: "HOW WOULD YOU LIKE ME TO HELP YOU?"

When parents talk openly about mental health with their children, they are more resilient to developing mental health conditions themselves.

Try not to take it personally if your child or young person doesn't want to talk to you about what's going on – but don't give up. Patience, patience, patience. Your interest shows them that you're willing to talk about their mental health whenever they're ready.

**SOMETIMES PROFESSIONAL SUPPORT IS REQUIRED.**

## PROFESSIONAL SUPPORT

### WHEN TO SEEK HELP

- 1 If warning signs and symptoms persist for longer than 2 weeks.
- 2 If how you are feeling about anything is causing you significant distress – "why can't I shake this?"
- 3 If the way you are feeling is stopping you from doing things you can usually do or the things you usually enjoy doing.

A LOCAL GP IS GREAT FOR REFERRAL TO A MENTAL HEALTH PROFESSIONAL FOR AFFORDABLE PSYCH SESSIONS VIA MEDICARE.

**FIND A LOCAL GP HERE**

SOME WONDERFUL INFORMATION ABOUT VARIOUS HEALTH PROFESSIONALS WHO CAN PROVIDE SUPPORT AND DIFFERENT TREATMENT OPTIONS IS CONTAINED HERE

**BEYOND BLUE**

HEADSPACE IS GREAT FOR RELIABLE RESOURCES AND INFORMATION, OR YOU CAN SPEAK TO A QUALIFIED PROFESSIONAL FOR FREE FACE-TO-FACE, ONLINE, EMAIL OR OVER THE PHONE

**HEADSPACE**

FOR EMERGENCY HELP: EMERGENCY – 000 | LIFELINE – 13 11 14 | KIDS HELP LINE – 1800 55 1800

## HOW TO KICKSTART A CONVERSATION

**DON'T SHY AWAY FROM SPEAKING WITH YOUR CHILDREN AND/OR YOUNG PERSON ABOUT MENTAL HEALTH. THAT SAID, KICKSTARTING THE CONVERSATION CAN BE DAUNTING FOR SOME. HERE ARE SOME TIPS FOR GETTING STARTED.**

Let your young person know you are concerned about them and create an environment where they can open-up. You could try saying:

"I'm worried about you. Can we please talk?"

"I have been noticing you are (sad/distant/angry/not yourself). Can we talk about what is bothering you?"

"You haven't been acting like yourself lately, can we have a chat about what's going on?"

Lastly, do not obsess over the perfect thing/s to say. Research has revealed that just offering your support is one of the greatest things you can do. Let your young person know you are there to support them in any and every way you can.

# WWW.LIVIN.ORG

# WARNING SIGNS AND SYMPTOMS:

Life is full of ups and downs – this is all very normal in small doses!

Warning signs and symptoms can vary a lot from person to person. Some warning signs and symptoms might include:

- + Loss of joy
- + Nervousness
- + Social withdrawal
- + Substance use
- + Poor concentration
- + Prolonged sadness
- + Change in sleep
- + Loss of self-esteem
- + Dramatic weight/appetite change
- + Suicidal thoughts

These are important to know. BUT what seems to be most important is: Knowing and understanding the people around you well; knowing and understanding yourself well. A change from what is normal behaviour for them or for you is often the first sign of struggle.

**IF IN DOUBT, REACH OUT.**



# STUDENT HANDOUT

## SELF-CARE STRATEGIES



Do things that make YOU feel good about YOU! This stuff is great to do every day, but can be really useful around things like exam time, when assignments are due, and in the lead up to a sporting event.

Set aside time each-and-every day to practice self-care. Even if it is just a few minutes do something that makes you feel good about you.

**LOOKING AFTER YOURSELF IS NOT ONLY GOOD FOR YOUR OWN MENTAL HEALTH BUT WILL ENABLE YOU TO HELP YOUR FRIENDS EVEN MORE EFFECTIVELY.**

[CLICK HERE FOR MORE LIVIN TIPS AND TRICKS](#)



## HOW TO HELP YOUR FRIENDS & FAMILY

TAKE WHAT PEOPLE HAVE TO SAY SERIOUSLY

PREPARE YOURSELF TO LISTEN, NOT TO SOLVE THEIR PROBLEMS

GIVE THEM TIME TO THINK AFTER YOU ASK THEM A QUESTION

ENCOURAGE ACTION ONE OF THE MOST POWERFUL QUESTIONS YOU CAN ASK SOMEONE IS: "HOW WOULD YOU LIKE ME TO HELP YOU?"

It starts with doing something. If in doubt, reach out. You will not make things worse if you reach out and ask your friend "How are you going?" "How are you REALLY going?"

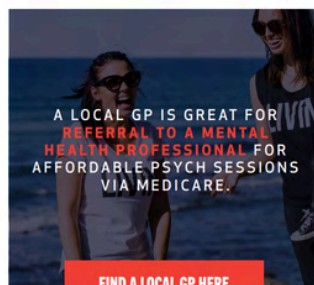
**SOMETIMES PROFESSIONAL SUPPORT IS REQUIRED.**

## PROFESSIONAL SUPPORT

### WHEN TO SEEK HELP

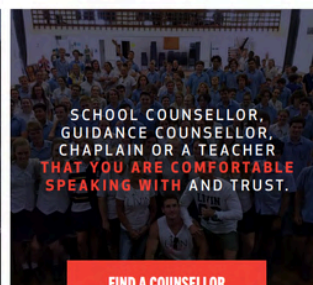
- 1 If warning signs and symptoms persist for longer than 2 weeks.
- 2 If how you are feeling about anything is causing you significant distress – "why can't I shake this?"
- 3 If the way you are feeling is stopping you from doing things you can usually do or the things you usually enjoy doing.

[WWW.LIVIN.ORG](http://WWW.LIVIN.ORG)



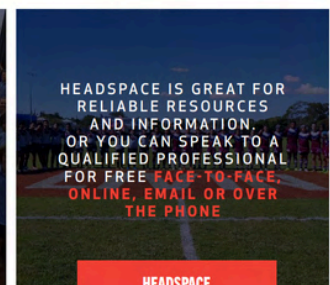
A LOCAL GP IS GREAT FOR REFERRAL TO A MENTAL HEALTH PROFESSIONAL FOR AFFORDABLE PSYCH SESSIONS VIA MEDICARE.

FIND A LOCAL GP HERE



SCHOOL COUNSELLOR, GUIDANCE COUNSELLOR, CHAPLAIN OR A TEACHER THAT YOU ARE COMFORTABLE SPEAKING WITH AND TRUST.

FIND A COUNSELLOR



HEADSPACE IS GREAT FOR RELIABLE RESOURCES AND INFORMATION, OR YOU CAN SPEAK TO A QUALIFIED PROFESSIONAL FOR FREE FACE-TO-FACE, ONLINE, EMAIL OR OVER THE PHONE

HEADSPACE

## 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?

DIMBOOLA 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](mailto: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](http://www.hindmarsh.vic.gov.au/events).

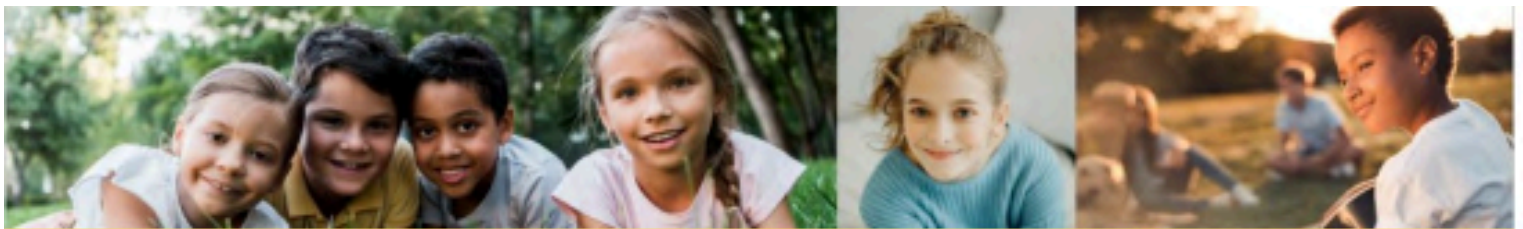


Hindmarsh  
Shire Council



freeze  
[www.freeze.vic.gov.au](http://www.freeze.vic.gov.au)





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.

