



BE KIND, WORK HARD,  
BOUNCE BACK

*Dream Big*

# Newsletter



Issue 16 - 31st May 2024  
We are a Child Safe School

## PRINCIPAL'S PONDERINGS...

### SO PROUD!

This Principal cannot be any prouder of our school leaders at the moment as they have worked tirelessly to raise money for a number of very worthy causes.

### MND ICE BUCKET CHALLENGE

Take a bow Holly Doxey and Phoebe Bigham. What an outstanding effort. Their organisation and enthusiasm made this challenge such a success. Thanks must also go to the following: **A FIGHT MND EVENT**



The brave staff who "volunteered" to have ice poured over their heads

The senior school captains and SRC presidents who also got involved in the action

The parents and community members who attended the event

The very excited student crowd who added to the atmosphere

The SRC reps who helped with filling the ice buckets

And everyone who supported the event financially, including Southern Mallee Thunder - Total raised for MND was **\$5313!!**



### CONGRATULATIONS

A huge congratulations to all our students who competed in the GWR Cross Country in Warrnambool on Monday. What an absolutely fantastic effort to represent the school at such a high level.

## Calendar

### 2024

#### Term 2

#### JUNE

Mon 3rd

#### WEEK 8

Junior School Incursion  
Year 9 VET Immersion

Mon 10th

#### WEEK 9

Kings Birthday Public Holiday

Fri 14th

**STUDENT FREE DAY**  
**Staff PD**

Tue 18th

#### WEEK 10

GAT  
Inter-Gen Visit  
Write a Book in a Day

Fri 21st

Jumpy's Emporium



Mon 24th-  
Wed 26th

#### WEEK 11

Longy Ag Camp

Fri 28th

Form Captains Breakfast

**End Term 2**

**2:30pm Finish**

#### Term 3

#### JULY

Mon 15th

#### WEEK 1

First Day term 3



## Meeting Dates School Council

**Wednesday** 12th June

**Junior SRC**  
Icy Poles \$0.50c  
**Wednesdays**  
at Lunchtime



## PRINCIPAL'S PONDERINGS...CONT

### MS MAY 50K

A huge shout out to Heidi Smith who has walked her legs off (not literally) to raise money and awareness for research into the prevention, treatment and (hopefully) finding a cure for MS. Her passion, drive and commitment has meant that many have supported this cause with early morning walks and runs as well as staff and student walks at school. I am so pleased to say that Heidi reached her target! I, for one, am exceedingly appreciative of her efforts! Thank you.



*Hayden, Evie, Elsie  
& Elodie*



*Shekinah, Heidi &  
Clarissa*



*Tyler & Will*



*Staff*

### SM CLUSTER WINTER SPORTS

Well done to our Cluster footy and netball teams that represented the Southern Mallee Cluster at the recent Winter Sports in Horsham. Thanks to Peter Cook and Bronte Michael for accompanying the Rainbow crew and to Nathan Wright and Zoe Weir for coaching the teams. Please check out the reports from Pippa, Felicity, Adalyn and Edison in this newsletter.

### VR IMMERSION GOGGLES

On Monday our Year 7/8 and Year 9 Personal Learning classes as well as our VM WRS skills class were lucky enough to have access to a Vic Vice - Virtual Reality Careers session from the WSMLLEN. Students and staff were able to try out some VR immersion goggles that provided an insight into a number of industries and career options. Thanks to the LLEN for making this happen!



*Aiden & Ryder*



*Mrs Leach*



*Chantelle*



*Caleb*



## PRINCIPAL'S PONDERINGS...CONT

### PMP YOGA!

The VM PDS students tried some yoga and other challenging activities with the Prep/One class with some very interesting results!



*P/1's with Lilly and Chantelle*



*Henry*



*Maryjane*



*Henry, Eli & Roger*



### HEADSPACE SESSIONS

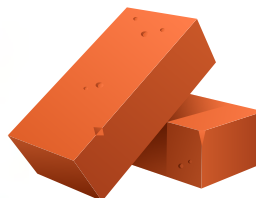
This week we were visited by the good folks from Headspace who ran a number of sessions for our senior students. The VCE students attended a session on 'transition from school' and 'self-care' while our Year 7-10 students attended sessions on 'self-care' and 'how to look after your mental health'. There were some very valuable messages in all sessions.



### BUILDING WORKS

This week there has been a lot of action behind the fences! You may have noticed a container arrive in Albert Street as they start to unload equipment and start preparation to establish the worksite. The fences have also been shifted out as they organise the site ready for the demolition to start. There was also a person walking around on Thursday and Friday with some very cool camera gear taking lots of photos for what they call a "delap" report (to document everything prior to works starting).

We will be having our first official site meeting at some stage next week. The moving of the computer servers will occur in the first week of the holidays and then basically demolition of the science wing will start!



# Reading Certificates

**50** Nights



Kolby



Poppy



Phoenix



Koby

**75** Nights



Judson



Tom



Maryjane

**100** Nights



Logan



# Reminders

## CHICKEN BURGERS

Please return  
Chicken Burger  
forms by **Tuesday**  
**7th June**



## 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.

**Happy  
70th  
Birthday!  
Mrs Solly**

We wish Mrs Solly a very Happy  
Special Birthday.  
She celebrated with family and  
friends at Hopetoun on Sunday 26th  
May.







# School Wide Positive Behaviour Student Voice, Agency and Leadership



## Celebrating Consistency

Over the past 7 weeks of term, the following students have received Consistency Cards for following our Whole School Expectations and setting a great example to those around them.

### 3 Cards

Dustin  
Jurie  
Evie

### 2 Cards

Phoenix  
Addison  
Tanner  
Honeyrose  
Elsie  
Ryder  
Baxter  
Koby  
Eliza

### 1 Card

Judson  
Henry  
Murphy  
Ryley  
Jacob  
Maggie  
Noah  
Xavier  
Maddi F.  
Bella  
Inara  
Eli  
Lilly W

Heidi  
Melissa  
Amelie  
Lilah  
Harry  
Tyler  
Felicity  
Emmi-Lee  
Natas  
Hendrix  
Kayla  
Yvie  
Clancy



Thank you for consistently displaying our school values!



This card earns you 5 Buckaroos

## Respecting Our Environment

These nature sculptures were made in Avocados this week from found materials.



## 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 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**

# Greater Western Region Cross Country



Monday 27th May saw 4 Rainbow P 12 students travel down to Warrnambool to compete in the Greater Western Region Cross Country.

## Primary

- Girls 12/13yrs – Honeyrose Kotzapetros
- Boys 12/12yrs – Hugo Gould

## Secondary

- Girls 12/13 years – Taylor Fisher
- Boys 15yrs – Lenny Weir

Our students were competing against schools from the South Western area of Victoria and the competition was fierce. We are very proud of our students for getting to this level. Special mention to Lenny Weir who came 18th out of 64 runners.



## IMPORTANT INFORMATION



### SCHOOL SAVINGS BONUS

You may have seen details in the recent Victorian Budget regarding the School Saving Bonus. This is a one-off support payment of \$400 for each eligible student to help families cover the costs of activities and school uniforms in 2025.

It will be available to parents and carers of every child enrolled in a Victorian Government school in 2025. Families will receive the bonus as credits on their school accounts that will help meet the costs of your children's activities and uniforms.

The School Saving Bonus support payment will be in addition to the current CSEF and State Schools' Relief programs and will not require a Health Care Card.

There will be further information provided later in the year.

## AUSTRALIAN EARLY DEVELOPMENT CENSUS

### Building a National Picture of Child Health

From May 2024, our school will be participating in the Australian Early Development Census (AEDC). The AEDC is a teacher-completed census (similar to a questionnaire) which provides a comprehensive picture of how children have developed by the time they start their first year of full-time school.

The AEDC is an Australian Government Initiative and is completed nationally every three years. Children don't miss any class time while the AEDC is completed, and parents/carers don't need to supply schools with any new information.

The data collected through the AEDC is used by schools, communities and governments to better understand children and families' needs, and identify the services, resources and support they need.

AEDC data is reported at a school, community, state/territory and national level. **AEDC results for individual children are not reported and the AEDC is not used as an individual diagnostic tool.**

Some teachers have found that completing the AEDC made them more aware of the needs of individual children and their class, and that the data was useful for planning for transitions to Year 1 and developing programs. Participation in the AEDC is voluntary, however the AEDC relies on all schools with children in their first year of full-time school participating in the collection.

Parents/carers don't need to take any action unless they choose not to include their children in the census. Please let us know if you wish to opt-out your child/ren.

To find out more about the AEDC and how it is being used to help children and families visit: [www.aedc.gov.au](http://www.aedc.gov.au). If you have any questions, please get in contact with Mrs Petschel.





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.





# Frog in a pond



We will be selling frog in ponds on Wednesday the 5<sup>th</sup> of June. We will be selling them for \$3 out of the grab and go van at the multipurpose building at lunch.

\$3



From Kane



This is part of Year 8 Humanities \$20 Boss Project.



**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.

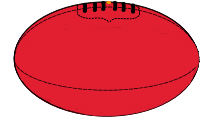
**There will also be some shameless bribery in the form of afternoon tea/snacks on offer for those who are able to stay.**

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





# Junior Cluster Winter Sports



## Netball Report

On Wednesday the 29th of May, we travelled down to Horsham to represent Rainbow as part of the Southern Mallee Lakes. As soon as we arrived, we got dressed into our Southern Mallee Lakes shirt. Then we warmed up ready for our first game. Unfortunately, we lost all our games. We played in random positions and took turns on the bench, but still cheering on our teammates. Our favourite parts were how everyone played fair and how we never gave up when it was getting hard. We had some shots and we all encouraged each other. We were in Division 1 which is hard to win, but everyone played very well and tried their best. Horsham Primary School ended up winning overall.

Thank you to Mr. Cook for driving the bus and to Bronte who umpired the netball - also Rowie who jumped in and umpired one game. A big thank you to Miss Weir from St Joes for coaching us girls!

*By Pippa, Felicity and Adalyn*



## Football Report

Our first game was against Edenhope. The first half was goal after goal for SML. Then the other half we had to be a bit kinder in ruck because Bella is fit and they were tiny. In the end we won. We went straight to a different game and that was against Holy Trinity Lutheran Horsham. It was a tough half and they got a goal by kicking the ball off the ground. Finally, we got a goal to match them. At halftime we huddled up and rearranged our positions. In next half of the game, we got an early goal and then we got another to finish the game.

After our break we had to play against Edenhope again and we smashed them again, but they managed to get a goal because we were getting tired.

### THE FINAL!

It was against Holy Trinity Lutheran Horsham again. We went into this puffed and tired. We sucked it up and played. Unfortunately, we didn't have our good ruck woman, but we did our best. Some of us were so exhausted that we could hardly walk. We tried so hard but ended up losing so we didn't get to Greater Western Region. We won 3 out of 4 games and were very proud of ourselves.

Thank you Mr Cook and Mr Wright for looking after us all and Mr Cook for driving us.

*By Edison and Callum*





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.

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

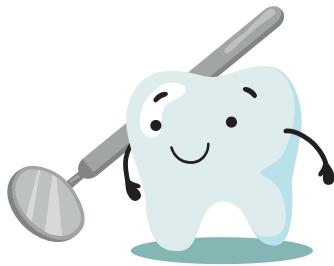
As a thank you, choose to enter for a chance to win one of three \$100 grocery vouchers!

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

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



Violet Vines Marshman Centre for Rural Health Research



### Red Table Services

We offer:

- Dog walking
- Lawn mowing
- Plant watering



Prices:

Lawns – Small \$10, Medium \$15, Large \$20

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

Plant watering - \$12 per hour

Call us today!

Zach: 0490 241 817

Lily: 0432 187 766

Calling hours:

Weekdays: 4pm – 5:30pm

Weekends 10:30am – 5:30pm



# 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.

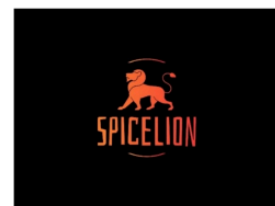
Spice lion is suitable for all occasions and skill levels.

**\$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)



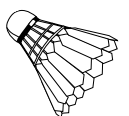
### Rainbow Junior Badminton

Due to the Southern Mallee Thunder training being on Wednesday 5th June, **Junior Badminton will be on Thursday**

**6th June.**

(then back to Wednesdays)

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



# SEPEP – ROUND TWO – FAST 5 NETBALL



## Bananas v Goats

Clancy Weir



The game started off good. The defence was very impressive. Both teams were playing very well. For all of the game the Bananas could stay with the ball. The Goats had been doing good passes. Bananas best shooter was Ruby Tregenza. You could tell both teams were using team work. Overall, it was a good game and the Bananas got a win.

Score: Bananas 5 - Goats 4



Photography by Addison Fisher



Photography by Zach Doxey



## Cuties v Bananas

Maggie Fisher



The game started off well with the Cuties leading by 2 goals to 0. The Cuties have been very accurate when shooting and are very good at getting rebounds at both ends of the court. The Cuties two main shooters Parker Gould and Clancy Weir work very well in the ring together. The Bananas have a very strong defending end in the second half as they had lots of intercepts. Overall, the game was very entertaining and funny to watch and the Cuties won 8 to 4.



## Cuties v Bandits

Giaan Eckermann



The game started off well and the defence in the rings was impressive. The game was well played and very fair. Although the teams were playing really well, their communication defiantly needed work. There was great shooting from the Bandits which impacted the game a lot. Overall, it was a great game to watch and lots of good teamwork was shown.

Score: Cuties 2 - Bandits 9



Photography by Haylee

Ladder	W	L	Pts
Black Bandits	4	2	14
Big Bananas	4	2	12
Blue Goats	3	4	12
Cutie Patooties	2	4	10

# SEPEP - ROUND TWO - FAST 5 NETBALL



## Goats v Bandits

Amaya Eckermann



It was an interesting game between the Goats and the Bandits. We saw some really good teamwork. Bandits put a fair bit of pressure with the Goats being called up for a few held balls. Kane Bastin worked really well, working the ball down the court with his teammate Jayde Kajewski. Maggie Fisher and Jayde Kajewski worked really well in the ring too with some nice goals. The Bandits really gelled well and that reflected in their score.

Overall, it was a good game.

Score: Bandits 6 - Goats 1



Photography by Eliza



Photography by Zach



## Cuties v Goats

Maggie Fisher



The Goats started the game off well with a quick 2 goals to 0. As soon as the game started both teams were arguing with the umpire. The Goats had a strong defence all throughout the game. At the end it was close in the last minute. The Goats were up by only one goal and managed to win the game.

Score: Goats 6 - Cuties 5



## Bananas v Bandits

Annika Petschel & Mrs Marra



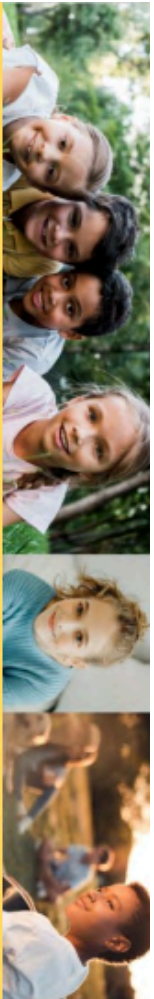
It was a strong performance from the Bananas who were unstoppable with the ball. A strong defence lead by the coach Lenny Weir contributed to this along with Ruby Tregenza staring in goals. Despite this the Bandits did display good passing and teamwork skills.

Score: Bananas 12 - Bandits 1



Photography by Addison





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.eventbooking.com/1219309>**



**A very special thanks to the Horsham Lions Club for sponsoring this event**

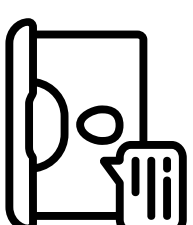
Karen's books will be available for purchase. "Hey Warrior" has now sold over 200,000 copies



### About Karen Young

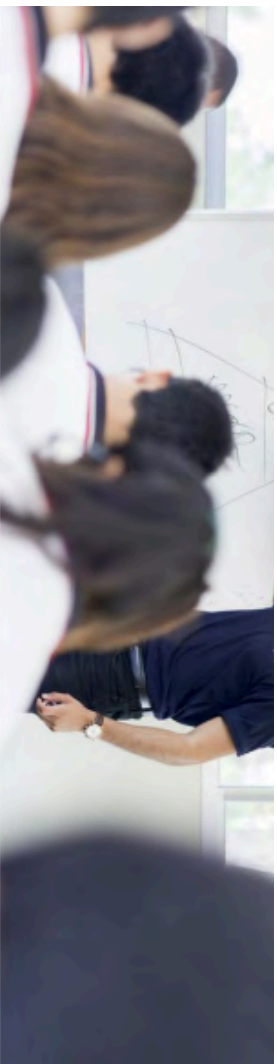
<https://www.heystagram.com/>

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 Stigmund', 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.



***Elevate Education will be hosting their next parent webinar on supporting your child during exams on Wednesday 5th***

***June 6:30pm - 7:30pm***



Elevate Education's Term 2

## Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

***How to Get (And Keep) Your Child Motivated***

8th May 6:30pm

***How You Can Help Your Child Prepare for Exams***

22nd May 6:30pm

***How You Can Support Your Child During Exams***

5th June 6:30pm

***Ask me Anything (Live Q&A)***

19th June 6:30pm