

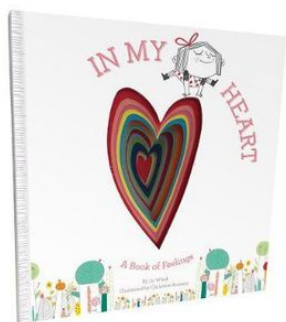


2019 Summer

From the Editor: mahoney.robyn@gmail.com

Welcome to Summer everyone. As one year wraps up there is always planning and preparation beginning for the year ahead. So it is with the Rainbows' year. May the evolution from one year to the next bring you renewed energy and hope as you prepare for the coming months.

RECOMMENDED RESOURCE



“In My Heart, A Book of Feelings”
by **Jo Witek** (toddlers - primary students)

Starring the same little girl in the same charming illustration style as Hello In There!, In My Heart explores emotions--happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad.

Toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. On the cover and the right side of each spread, a die-cut heart decreases in size, creating a multi-coloured heart the depth of the entire book.

While the official blurb specifies toddlers as a target group, this book is suitable for all primary school aged children.

AN IDEA FOR THE COMING SEASON

This past year students of all ages have been captured by the theme song from *The Greatest Showman*, responding very enthusiastically whenever they hear it. Below you will find a suggestion for including the song ‘*This is Me*’ in your next Rainbows season.

- Prepare a star for each person in the group with their name on one side (leader included)
- Play *This is Me* for students in one of your first meetings
- Discuss children’s ideas of what makes them who they are
- Assist participants to identify and write two or three of their good qualities on the reverse side of the star
- As the weeks progress reread the stars and add more qualities which come out of discussions
- Prior to the final celebration decorate and laminate the stars which are then a focal point for the culminating activity and something for the children to keep.

NEW SITE DOCUMENTATION

Each Registered Trainer is asked to complete a New Site Documentation form after the training of each NEW site and return to the Rainbows Head Office. The relevant form appears at the end of this newsletter.

A HELPING HAND

There are grants available from the Commonwealth Bank for victims of domestic violence.

Domestic & Family Violence Emergency Assistance ... - CommBank
<https://www.commbank.com.au/support/dv-assistance.html>

Applicants need to be a CommBank customer for three months or more.



From our USA Newsletter:

While much of what is presented in these articles is couched in America terms the strategies and suggestions are there for your consideration.

GRIEVING OVER THE HOLIDAYS

It can be extremely difficult to be cheerful during the holiday season when you are grieving or going through any type of adverse childhood experience.

[Read about](#) how you can support those you care about, especially over the holidays. Remember, a child's grief may not always be visible. Therefore, it's important to show support and know there are resources for those who are having a hard time during this season.

For tips on how to help a child with one of our six main pillars of loss, please click on the specific topic:

[General Grief](#)

[Parent or Sibling Death](#)

[Parent Separation or Divorce](#)

[Parent, Guardian or Sibling Incarceration](#)

[Deployed Parent](#)

[Parent or Sibling with Significant Illness*](#)

** please note: this article is specific to a cancer diagnosis, but much of the information is relevant for other types of illness*

NEWSLETTER CONTRIBUTIONS

If you wish to contribute to this newsletter please email your items to the editor at mahoney.robyn@gmail.com or mail to 15 Dawson Parade, Buderim 4556.



NEW SITE DOCUMENTATION
(not to be used for ORDERING materials)

Each Registered Trainer is asked to complete this form after the training of each NEW site and return to

Rainbows for the Children of Australia
c/o Keysborough Learning Centre
402 Corrigan Rd Keysborough Vic 3173
E: rainbowsaustralia@rainbows.org.au

REGISTERED TRAINER:

TRAINING DATES:

Coordinator:

Facilitators:

DATE:

CITY/STATE/TERRITORY:

MATERIALS FROM SPECTRUM PUBLICATIONS WILL ONLY BE AVAILABLE TO NEW SITES AFTER THIS FORM IS RECEIVED FROM THE REGISTERED TRAINER

Site Name:

Site Coordinator:

Site Address:

City/State/Territory/Post Code:

Phone:

Fax:

Mobile Phone:

Email:

The Site will be using: (Please tick)

Sunbeams___ Rainbows ___ Spectrum___ Silver Linings___ SL Indigenous ___

This site is: a School: ___ Church: ___ Agency: ___ Other: _____

School Principal or Agency Manager's Signature:

_____ Name printed: _____ Date: _____