



**2015
SUMMER**



From the Editor:
margaret.henderson@catholic.tas.edu.au

AS A NEW YEAR BEGINS

As we begin again to gather our groups and to train facilitators we hope that everyone has a happy and rewarding year. Maybe it is timely to reconsider our goals, which are

- * to enable our young people to work through their grief process
- * to improve their self-esteem
- * to focus more on their learning.
- * to develop better patterns of behaviour
- * to gain inner contentment.

I hope that for each of you at least one of these goals will be discernable as a result of your dedication to these children. They always remind me of the young Grade 4 child who had experienced great sadness in his life and after a year of Rainbows wrote on his evaluation. 'Rainbows maks my troubles go down.' (sic)

We know that we can accomplish all of these goals by

- * the peer support offered by Rainbows
- * being a nurturing adult
- * offering a secure sharing environment
- * modeling acceptance of all.
- * developing appropriate coping tools.

NEW JOURNALS

The updated Facilitator Manuals and participants' Journals for the Primary School are well and truly being used and appreciated.

WEBSITE

Even though progress is slower than we had hoped, work is continuing on our new website. Please log onto www.rainbowsforkidsandteens.org.au rather than the old address at this stage. If you can't get any access, it may be due to the web designer working on the site and you need to wait a day or so. Thank you for your patience.

NEW ORDER FORM

This is appended to this newsletter

SILVER LININGS

This community crisis response program for indigenous youth is available now. The generic levels 1,2,and 3 of Silver Linings will be available in early March. Please get your orders in to our distributor, Spectrum Publications, using the new order form, which is attached to this newsletter.

LOCAL FUND RAISING

Victoria and NSW were highly successful last year in their fund- raising and this money will be used to print both Silver Linings and the Secondary Facilitator manuals and Participants' Journals.

If other groups have fund raisers please let us know as these can provide ideas as well as inspiration. Unbeknown to many of us there are many people who are working for Rainbows in a volunteer capacity behind the scenes. One person I hear about often is Greg Shimmen in the WA office. Greg your efforts are not unnoticed and we thank you. There are others who are keeping the books in order, proof reading, making amendments to texts, chasing up material available in Australia and so the list goes on. A vast network of volunteers. Thank you to one and all.

AN IDEA

Rory's Story Cubes are available from games shops for \$16.99.

Suitable for children 8 years to adult.

Roll one of nine die and tell your personal story to match the action picture.

A continuous story line can be told by an individual or group.

www.storycubes.com

Thank you to Pam McGrath NSW

If you wish to contribute to this newsletter please email your items to the editor at margaret.henderson@catholic.tas.edu.au or mail to PO Box 102 North Hobart TAS 7002

NT News for Rainbows

As reported in the last newsletter, the Rainbows program was only rolled out in the NT during last year with the amazing result of 7 out of our 17 Catholic Schools having incorporated this program as part of their well-being programs.

To keep the ball rolling, in November last year the Territory's first Rainbows facilitator course was run by Colleen McTaggart, Well-Being Coordinator at St Joseph's in Katherine which is 320km South of Darwin. Amongst the 8 participants were the school counsellor, four teachers and three Inclusion Support Assistants (ISAs). It was excellent to see the involvement of Indigenous staff in this training as the number of Indigenous students at the College has increased to being 27% of the school population.

The next Rainbows Facilitator's Course will be held by ILonka in Darwin in March this year, hoping to encourage more schools to implement this program.

We would like to thank Debbie Holmes for her inspiring tips and hints and for her tireless efforts to answer questions.

ILonka Guse