Principal’s Page  प्रिंसिपल पृष्ठ

Nelson Mandela Day

Every now and then we have opportunities in our life to meet outstanding people who have made a large difference in this world. On Friday last week we met some people who had such an effect. We met and heard from Her Excellency Koleka Mqulwana, High Commissioner for the Republic of South Africa; Ms Yvonne Chaka Chaka, United Nations Ambassador and singer extraordinaire; Dr Arun and Jaya Sharma directors of DOST (a charitable Trust) and Jude Perera MP from Cranbourne who all gave us a glimpse of the remarkable man that Nelson Mandela was to them and the world - a great privilege for all of us present. The whole event was to launch in Nelson Mandela Day Australia. After talking with a number of teachers, it is clear that we will be celebrating Nelson Mandela Day each year on the 18th July by serving the community for 67 minutes. 67 minutes represents the years of service Nelson Mandela gave for his country. All children received a gift from the South African High Commission of a lolly bag. The school received books for our library on Nelson Mandela, two bicycles with helmets and a cheque for $500 for our Breakfast Club from DOST ‘a friend indeed’, together with a protea tree that has been planted in our school grounds which we hope will flourish for many years to come.

There was an article that mentioned the school in Saturdays Age on page 3 and also a mention in the Sydney Morning Herald. There are more to come I have been informed. Our presence is being noticed in Cranbourne and beyond. I have included some photos of the morning.

“Education is the most powerful weapon which you can use to change the world.” Nelson Mandela

Colin Avery
Principal
Parents Advice from Michael Grose…

Recently I asked a group of parents what stopped them from being the parents they wanted to be.
The unanimous answer was TIME!
Dig a little deeper and the issue was busyness, lack of energy and lack of personal time. It seemed that busyness of life in general as well as in many cases combining work with parenting, impacted on their relationship with their children, their partner and also their own well-being.
Sound familiar?
Last week I took part in an online web TV event with some amazing experts from around the world on the topic: How to Achieve a Balanced Life while Achieving Success. The contributors each had some wonderful perspectives to give around this important topic. http://www.topgunba.com.au/july-14th-8-00am-aest-top-gun-web-tv-event/?utm_source=MailingList&utm_medium=email&utm_campaign=Happy+Kids+524

If you are pushing yourself too hard at work or at home I know you’ll find some gems in this video that will help.

Why not share it with others?
My parenting philosophy is that you are a person first, partner second (if applicable) and a parent third. Most of us have this the other way around so that we always put others first to the detriment of our own well-being. That’s okay in short bursts, but if that becomes your default mechanism then eventually you’ll become frazzled, worn-out and less effective than you’d like to be as a parent.

Tips for staying active this winter!
Exercise Induced Asthma (EIA) is a common trigger for asthma.
However, it does not need to be a barrier to children participating in sports and physical activities.
Here are some tips to help prevent EIA in students:
Before Exercise take your reliever medication 5-20 minutes before warming up.
Warm Up before exercise as normal.
During Exercise watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. It is not recommended that the student should return to the sporting activity after a second occurrence of asthma symptoms.
After Exercise cool down as usual. Note that asthma symptoms can present up to half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.
Other things to remember:
Ensure all children have current Asthma/ Action Plans
A drop in air temperature makes air colder to inhale and acts as a greater trigger. Encourage children with asthma to participate fully.

Final Day for Snow Trip
Payment is Friday 25/7

Jeans for Genes
Friday 1st August is the 21st Anniversary of Jeans for Genes Day. The SRC has arranged for Rangebank Primary to participate by inviting students to wear denim and bring a gold coin donation to raise money for this great cause. Jeans for Genes is an iconic fundraising campaign run by the Children’s Medical Research Institute, to find cures and treatments for childhood disease.

Fruit Club Volunteers
If you have any spare time on a Thursday morning and would like to volunteer to help cut fruits for our students, please leave your details at the office

CHANGE OF DETAILS
If your contact details have changed please ensure that they are updated immediately at the office in case of an emergency situation. This includes all parent/guardian and emergency contacts, addresses, etc.

AMART SPORTS DANDENONG
Last day today
MASSIVE SHOE SALE!!!!!
Over 50 pairs of shoes at $50.00 ea
Who's in Charge?

Does your child hurt, intimidate or abuse you?
Do you feel you are losing control?

Want to better handle conflict?

"Dear Andy — How are you? Your mother and I are fine. We both miss you and hope you are doing well. We look forward to seeing you again the next time your computer crashes and you come downstairs for something to eat. Love, Mom and Dad."

The Who's in Charge? group is a 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.

The group aims to:
- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and wellbeing
- Help you feel more in control and less stressed

Starting – Wednesday 30th July 2014 @ 9:30am - 12pm
Finishing – Wednesday 10th September 2014 (longer session)

At Pakenham Consolidated Primary School
2 Rundell Way, Pakenham 3810 (In before & after school care room)

**Enquiries & Enrolment (essential):**
Contact the Group Workers at Cranbourne on 5990 8400

**Gold Coin Donation**
Further info on violence to parents: www.eddiegallagher.id.au
Canteen Roster Term 3
Friday 25/7
Janet Adams, Barbara Shoesmith, Loo Lawrence, Nicole May & Cameron Jeffs

Friday 1/8
Natalie Goodman, Shell Clapton, Nicole May, Shelly Lynch & Janet Adams

Friday 8/8
Janet Adams, Rebecca Halton, Jenelle Proudlock, Lisa Smith, Loo Lawrence & Cameron Jeffs

Friday 15/8
Janet Adams, Jenelle Proudlock, Christine Willerton, Rita Jenkins & Kerry Parsons

Friday 22/8
Janet Adams, Barbara Shoesmith, Cameron Jeffs, Rebecca Halton, & Natalie Goodman

Friday 5/9 Subway Lunch
Friday 12/9
Janet Adams, Loo Lawrence, Barbara Shoesmith, Kerry Parsons & Sam Gaskin

WE ARE NOW AT
RANGEBANK PRIMARY SCHOOL!

Who we are?
A Family Owned Private Tuition Company. We have been servicing the suburbs of Melbourne, Sydney and Brisbane for more than 15 years.

What we do?
Teach English and Mathematics for Prep to Year 10 students who require that extra help, or just wishing to learn in advance.

Where are we?
RANGEBANK Primary School on Saturdays during the School Term.

Class Times?
9.30am to 12.30pm and 1.30pm to 4.30pm

ENQUIRE NOW!

Web: www.nqt.com.au  Phone: 1300 791 878

Schools are often looking for organisations who are able to assist us. Stockdale and Leggo Real Estate have very generously offered to assist us in marketing our school in the Cranbourne area. In return, we are very happy to encourage our community to use Stockdale and Leggo Cranbourne as a worthy company to contact if you are wishing to buy, sell or lease your home. Please speak to our fabulous office people who will forward your name onto Stockdale and Leggo. This also applies to family, friends or acquaintances.

The school then profits from a recommendation fee and of course the communication to new families ‘that Rangebank Primary is a great school’ is passed on by Stockdale and Leggo.

THOMPSON ROAD CLINIC

General Practitioners  Dental  Podiatry
Diabetes Educator  Dietician  Psychology
Speech Therapy  Pathology  Physiotherapy
Radiology Now Open

Cranbourne’s Family Friendly Medical Clinic
BULK BILLING
For all Under 16’s & Pensioner & Health card Holders
Ph 5996-9000
Cnr Thompson & Woodbine Road Cranbourne
Visit us at www.thompsonroadclinic.com.au

Keyboard Kids Music School
0417 390 489
Keyboardkids@bigpond.com
Learn the Piano Free Trial Lesson
Looking for ways to enhance your child’s learning, then music may strike the right chord
Keyboard Kids Music School would like to offer your child the opportunity to learn the piano. Lessons are held during school time and also after school hours.

Cost: 30 min private lesson-$28
20 min private lesson-$19
30 min shared lesson (group of 2)-$18

Please email keyboardkids@bigpond.com for an enrolment form or call Shelly for more information on 0417 390 489
Learning to play a musical instrument has been shown to have great benefits for a child’s development.
TERM 3 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 29th JULY
NO LATER THAN 9:30AM.

Date: Friday 1st August

Name: ...........................................  Grade: .................

Please tick

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<th>Lunch Choices</th>
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<tr>
<td>Pizza Muffin Chicken &amp; Cheese</td>
<td>$3.00</td>
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<tr>
<td>Pizza Muffin Ham &amp; Cheese</td>
<td>$3.00</td>
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<td>Home Made Spaghetti Bolognaise</td>
<td>$3.00</td>
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<tr>
<td>Cheeseburger (meat, cheese, lettuce, tomato sauce)</td>
<td>$3.00</td>
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Snack Choices

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<tr>
<td>Home Made Choc Chip Cookie</td>
<td>$0.60</td>
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<tr>
<td>Custard Tart</td>
<td>$1.20</td>
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<tr>
<td>Sponge Roll Cake</td>
<td>$0.60</td>
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Drink Choices

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<td>Milk $1.50</td>
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<tr>
<td>Chocolate</td>
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<td>Strawberry</td>
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<td>Honeycomb</td>
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Juices $1.00

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<tr>
<td>Apple</td>
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<td>Tropical</td>
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<td>Orange Juice</td>
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Please add 20cents if you do not have your own brown bag to send

Total:........................

Please place order and money in a paper bag. Limited stock is available over the counter.

Please be aware that some items may contain traces of dairy products, eggs and or nuts. If your child has allergies or intolerances please contact the canteen via the office for information on all items available.