Newsletter No 23
Thursday, 31st July, 2014
www.rangebankps.vic.edu.au

Principal’s Page

Nelson Mandela Day
There were two messages that I feel would be good to share with parents and children who may not have been at our Nelson Mandela Launch. This one is from our Prime Minister, Mr Tony Abbott.

MESSAGE FROM THE PRIME MINISTER
NELSON MANDELA INTERNATIONAL DAY 2014

I am pleased to provide this message for Nelson Mandela International Day.

Nelson Mandela was one of the great figures of the last century. He was the father of modern South Africa. He brought forgiveness to a broken country. He was a moral leader, as well as a political leader, and the whole world honours his contribution to our shared humanity.

While the world may never see another Nelson Mandela, he has inspired countless people throughout the world to live more courageous and honest lives.

He showed the world that anyone can make a difference if they are prepared to have a go to help others.

On Mandela Day, people are encouraged to give 67 minutes of service to their communities – one minute for every year he gave to public service.

It’s not what we have to do but what we choose to do which is the true measure of our humanity. I congratulate members of the South African High Commission and students at Rangebank Primary School for answering this call to serve the community.

I send my best wishes as you celebrate Mandela Day.

The Hon Tony Abbott MP
Prime Minister of Australia
17 July 2014

Have you also noticed Rangebank in the local Star newspaper? If not, look for Thursday 24th July.

Enrolments for 2014
If you have a child for who will start at Rangebank in 2015, please enrol now so that the school can plan to make the year an excellent one for all!

Colin Avery, Principal and proud to be
WHAT'S ON

Friday 1st August
Grade 6 Mt Baw Baw Snow Excursion

Friday 1st August
Jeans for Genes Day. Wear your denim jeans to school.
Gold coin donation

Tuesday 5th August
Rangbank Pre-School to visit us

Thursday 14th August
Curriculum Day-- No students To Attend School

Friday 5th September
Fathers Day Breakfast & Stall
More information in coming weeks

Wednesday 17th September
The Arts School Production for grades 3-6 at the Drum
Theatre in Dandenong. Fill in form of attendance by
Friday 25th July

Friday 24th October
Trivia Night-If you would like to volunteer to help on the night or book
a table, please do so at the office

Wednesday 5-7th November
Grade 5 Camp Allembee. Three day fully catered camp. Cost $225.00.
A non refundable deposit of $50 due Friday 8th August

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Jeans for Genes

Friday 1st August is the 21st Anniversary of Jeans for Genes Day. The
SRC has arranged for
Rangbank 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.

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Curriculum Day Thursday 14th August

Thursday 14th August is a Pupil Free Day

Children are not required to come to school
on this day.
The staff at Rangbank will be visiting other Primary
Schools on Thursday 14th August. Staff will be
observing the VCOP and Big Write Program at these
schools. VCOP (Vocabulary, Connectives, Openers
and Punctuation) is about teaching language through
which to develop children’s writing in the Big Write.

Seeing a program in action will help the staff to
appreciate the structure of the program at Rangbank
Primary School.

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Connections

A group for adults who have experienced
significant change, i.e
death, separation,
migration, disability,
financial or mental health issues. Explore the range of emotions
that accompany loss. Share the challenges. Learn strategies to
assist you to manage grief.
A four week program running on Tuesdays
Venue: Hampton Park Uniting Place, 1 Coral Dve Hampton Park
Tuesday August 12th -Tuesday Sept 2nd
at 9.45am -12.15pm
Enquiries and enrolment contact:
Bronwyn Atkin or Megan Clarke
on 5990 8400 Gold coin connections

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Parents Advice … taken from Michael Grose

Recently, I was listening to world class presenter Allan
Parker talking about how to have greater impact and in-
fluence on people, when he uttered a gem that changed
my whole way of thinking. Allan said:
“People won’t do what you tell them, they’ll do what
we ask them.”

Put a parenting spin on, and it looks like this:
“Kids won’t do what we tell them, they’ll do what we
ask them.”

Doesn’t that just make your head spin?
It means that we need to get smarter about how we
frame up messages, if we want to influence our kids.
This maybe a struggle if you constantly use the language
of coercion (“Do this, do that, and do it cos I say”) to get
cooperation.

BUT we can all change our ways, and build our parent-
ing capacities.

These 5 tips will get you on your way:
1. Invite cooperation and participation: “Nana staying
for a few days. What can you do to make her feel wel-
come.”

2. Tell them what you will do: “I’ll put the meal on the
table when it’s set.”

3. Use more ‘when…..then’ statements: “When you’ve
done your homework then we’ll play a game.”

4. Offer a choice (of only two options): “You can stay
inside if you are quiet. Outside if you want to be noisy.”

5. State the family rule or expectation: “We put toys
away before dinner.”

Use the language of cooperation more if you
want cooperative kids.

More ideas for gaining cooperation from kids?
The Cooperative Kids section in Parentingideas Club
is the most visited section as it’s full of age related tips and
tools to help you get more cooperation from kids. Parent-
ingideas Club – expanding parent capacities and taking
your parenting to a new level. Not member yet? Join
now.
HEADLICE

Head lice are parasitic insects found most commonly behind the ears and near the neckline at the back of the neck. The medical term for head lice infestation is Pediculus humanus capitis. There are 6 – 12 millions cases of head lice in the United States every year more commonly in children than adults. Head lice infestations are actually rare in African Americans possibly because the louse prefers a specific hair shape and width. A head lice infestation can be psychologically disturbing, but head lice are not a health hazard and are not responsible for the spread of any disease.

Head Lice Life Cycle

The life cycle of the head louse has three stages: nit, nymph, and adult. The life cycle of a single louse from egg to egg is about 1 month.

Nits: Head lice eggs are called nits. Nits are laid by the adult female louse and are attached to the base of the hair shaft by strong cement. They are located close to the scalp because they require body heat for incubation. More nit characteristics:

- Size - 0.8mm by 0.3mm
- Shape – Oval
- Color - Yellow to white
- Location – Within 6 mm of the scalp
- Duration - Nits take 6 – 9 days to hatch.

Nit Picture

Nymphs: When an egg hatches, it releases a nymph. The nit shell stays attached to the hair and turns a dull yellow color. The nymph looks like an adult louse but is smaller. As the nymph grows, it molts out of its exoskeleton 3 times before it becomes an adult. More nymph characteristics:

- Size – Variable but about the size of a pinhead
- Shape – Same shape as the adult louse
- Color – Yellow to rust-colored
- Location – Close to the scalp, especially behind the ears and at the neckline
- Duration – Nymphs become adults after about 7 days

Nymph Picture

Adult: The adult louse feeds about 5 times a day by piercing the skin with its claws, injecting irritating saliva, and sucking blood. Lice do not become engorged like ticks, but their color changes to a rust color after feeding. Head lice hold onto the hair with hook-like claws found at the end of each of their 6 legs. Adult lice are active and can travel quickly. More adult characteristics:

- Size – The size of a pinhead. The female louse is larger than the male.
- Shape – Oval with 3 legs and claws at the end of each leg
- Color – Rust
- Location – Close to the scalp, especially behind the ears and at the neckline
- Duration – Adult lice can live up to 30 days on a person’s head

Reproduction – An adult female can lay up to 8 nits per day

Here is a diagram of the life cycle of the head louse:

- Days 8-11: Mrs Louse starts laying eggs
- Days 15: Louse dies
- Days 7-10: Egg laid on hair shaft
- Day 11: Louse becomes an adult
- Day 16: Louse becomes a teenager
- Day 18: Louse finds a mate
Rangebank Primary School
31 JULY, 2014
SHERPA KIDS BEFORE & AFTER SCHOOL CARE
OPEN MONDAY TO FRIDAY DAILY
Conducted at the School

Dear Parents,
Welcome and thank you to all our newcomers. Places are starting to fill up and we are excited with our growing numbers. The children are happy as they now have more friends to play with. Soon will be having teams for our sports and challenge activities.
Just a reminder of the early start at 6.45am in the mornings and late close at 6.30pm in the evenings, for Parents rushing off to work early and finishing late.
Please also be aware that anyone can use this service, if you are looking for time to do your odd jobs in the afternoons.
If you are not aware of your subsidies for Child Care, please contact Centre Link or ask us.
Any parents studying or intending to study, please ask Centre Link or us about JET Funding. If eligible, you will be entitled to even further savings. Please visit THE OSHC ROOM, or call us to book your child in.

What We Offer
- Low Fees - $14 to $16.00 per session (based on fulltime rate excluding CCB and CCR) compared to other schools where costs begin at $20 to $26 per session
- Safety and Security of your children as they do not leave the premises till picked up by you
- Great, Fun, Interactive Programs led by Qualified, Caring and Supportive Staff
  - Healthy snacks, fresh fruit and breakfast daily
  - Popcorn, munchies and ice-cream on Fridays with a movie
  - Homework assistance, reading, maths and sports

Rangebank Primary School Out of School Hours Care Program
TERM 3 Information 2014
Rangebank Primary School OSHC
14-36 Lesdon Avenue
Cranbourne VIC 3977
Sherpa Kids: 0413 137 571
Program Manager: 0423 166 627

<table>
<thead>
<tr>
<th>Opening Hours</th>
<th>6:45am to 8:45am Vacation Care &amp; Curriculum Days On Demand</th>
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<tbody>
<tr>
<td>Before School Care</td>
<td>3:15pm to 6:30pm</td>
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<tr>
<td>After School Care</td>
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Childcare Benefit
SHERPA KIDS Out of School Hours Care Program can offer eligible families a discount on their fees.
Please contact Centrelink on 13 61 50 to register for your CCB / CCR eligibility.
Families will then receive a letter informing them of their percentage of Child Care Benefit (CCB) subsidy available to them.
Please note we can only reduce your fee from the date your Centrelink assessment is made. Application for CCB should be done before commencing care.

Bookings
Please choose carefully the days your child/ren require care as booked days of care will be charged for whether your child/ren attends the Program or not. Fees are not charged on the following days if your child /ren do not attend.
Curriculum days, early dismissals, School camps, Parent / Teacher interviews, Public Holidays.

Payment of Fees
Casual users must pay for care on or prior to the day of care. Permanent users will be invoiced weekly and must pay one week's in advance and must pay via Ezi-debit.

Late Fees
The Program closing times are 6.30pm. Late fees of $1.00 per minute apply after this time.

Food
Breakfast is available from 6:45am to 8:00 am. Afternoon Tea is provided for all children attending.
We have a nut free policy and request that no nut products are packed with your children's lunches or snacks. Children are discouraged from sharing food from home in consideration of other children's risks to allergies. We do regular cooking activities. Please ensure that any allergies your child may have are listed clearly on their enrolment forms.

Fees
Booked days (5 days)  | BSC $14.00 / ASC $16.00  | Casual Non Booked BSC $19.50
Booked days (less than 5 days)  | BSC $15.50 / ASC $17.50  | Casual Non Booked ASC $21.50

For Further Information, please call Rose on 0413 137 571 or 0423 166 627 or email your enquiry to vic@sherpa-kids.com.au
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.
TERM 3 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 5TH AUGUST
NO LATER THAN 9:30AM.
Date: Friday 8th August

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

Please tick

Lunch Choices
...... Pizza Muffin Chicken & Cheese $3.00
...... Pizza Muffin Ham & Cheese $3.00
...... Home Made Spaghetti Bolognaise $3.00
...... Cheeseburger (meat, cheese, lettuce, tomato sauce) $3.00

Snack Choices
...... Home Made Choc Chip Cookie $0.60
...... Custard Tart $1.20
...... Sponge Roll Cake $0.60

Drink Choices
Milk $1.50 Chocolate ........ Strawberry....... Honeycomb.......

Juices $1.00 Apple......... Tropical........ Orange Juice....... 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.