Upcoming Events

Principal’s Page

Year 6 Snow Trip
From the wonderful smiles on the faces of the returning year 6 students who had ventured to Mount Baw Baw for some snowboarding or tobogganing the day was a successful one. The weather was suitably winter weather but the children all had the correct clothes on and were well prepared by their teachers. Can we thank Debbie Rolfe, Lisa Moisi, Michelle Bold, Kylie Peters, Scott Wellard and Rob Ferguson (parent) for giving their time.

Parent Surveys
A very special thank you to all the 47 parents who returned the school survey. This is one of our best returns for some years. I hope that the children who returned the forms enjoyed their chocolate frog as a treat for returning the survey. Later this year the results should come out to schools and we will know whether the parents feel that we are on track and improving each year.

School Council
Finance meeting on Monday 18th Aug at 3:30 pm.
School Council meeting on Tuesday 19th Aug at 6:30 pm.

Boys on the G
Six Rangebank boys were invited to play through the Auskick program on the mighty ‘G’. Apparently a few of the boys said they would be back!
Congratulations to Jaxon Ignace, Matthew Jenkins, Vanish Prasad, Bryce Stoman, Shane Saunders and Brody Ball.

Parking
The school will be in discussion with the City of Casey about improving our parking arrangements. If you have an suggestions, please let the office know so that the idea can be passed on.

Principal For A Day
Yesterday Rangebank had the privilege of Mr Jude Perera, MP for Cranbourne as our Principal For A Day. Mr Perera was given a tour of the school, a meeting with all the year’s 3-6 children, a meeting with all school leaders and a time to meet our staff at morning tea. Mr Perera said that he enjoyed the day immensely and to see the great work that children at Rangebank Primary are doing. It is always a pleasure to take guests around our wonderful school because the students are so well mannered. Mr Perera talked to us about Parliament, elections, leadership, and working / practising at our skills to improve. We thank Mr Perera for taking the time to visit.

Colin Avery, Principal of a welcoming school
Thursday 14th August
Curriculum Day – No students To Attend School

Monday 18th –Friday 22nd August
This is Book Week with 2 competitions Treasure Hunt & Super Hero drawing
Friday 22nd August
Dress Up Heroes Day with a parade at 9.10am. Please donate a library book to the library
Thursday 4th September
Grade 2 Taskworks Excursion
Cost $25.00 due by Monday 1st September
Friday 5th September
Fathers Day Breakfast & Stall - Gifts ranging form $1.00 to $5.00
More information in coming weeks
Wednesday 17th September
The Arts School Production for grades 3-6 at the Drum Theatre in Dandenong. Production starts at 7.00pm & need to be seated by 6.50pm
Wednesday 15th October
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.

SHRUG– CONCERT TICKETS ON SALE

Adult: $22.00 Child: $14.00. Please purchase tickets by Friday 12th September unless sold out prior
NO TICKETS WILL BE SOLD ON THE NIGHT

Parents Advice … taken from Michael Grose

Self-consciousness can be awful. It’s the feeling you get that everyone is looking at you.
Self-consciousness can come and go.
Often eldest boys when in pre-school are extremely shy and self-conscious. It can make them do silly things. Then self-consciousness revisits later in early adolescence for many boys.
Early teen girls often suffer from it, particularly if they are early or late maturers.
Some kids just hate to do anything in public for fear of being noticed......and perhaps laughed at. They think, quite wrongly, that everyone is looking at them. The truth of the matter is that most people aren’t looking at them. If they are performing in a school concert most adults have eyes only for their children. They won’t really take too much notice of any other children, unless of course, they fluff their lines badly or muck-up big time. Otherwise, they won’t even notice other children.
However logical you may be self-consciousness can still hold many kids back. Here are some ideas to help your child or young person conquer self-consciousness:

1. Help them prepare for public performances. They can practise a talk or even rehearse an opening line to help them break the ice in social situations. Practice leads to competence, which often alleviates self-consciousness.

2. Use baby steps in social situations: If they feel uncomfortable meeting a whole bunch of new people, then they can just meet one new friend at a party, rather than try to meet too many people, which can be overwhelming.

3. Practise strong self-talk: Self-conscious kids often have atrocious self-talk. They say everyone is watching them enter a room, when the reality is quite different. Help them develop some realistic and more assertive messages about themselves. (Parenting ideas Club members can find more about self-talk in the Bring out your child’s Confidence manual in the Downloads section.)

4. Catch kids being brave: What you focus on expands so make sure you highlight kids’ being brave and overcoming possibly embarrassing situations. Also let them know that even though they may have stumbled or fluffed a line or two, the room didn’t cave in. It wasn’t so bad.

5. Breathe in, breathe out: Some children and young people can be so debilitating by their self-consciousness that they work themselves into a frenzy with worry. Deep breathing where they count to 3-breathing in, but count to 6 when breathing out will help kids regain calm, control and hopefully, their perspective.

Self-consciousness is something that many adults suffer from too, so these ideas may hold true for you.
Self-consciousness may not be something we can completely eradicate but it is something we all can learn to control so it doesn’t stop us, or our kids, doing what we want to do.

For better, more sophisticated and more effective confidence-building and anxiety-beating techniques visit my online parenting manual that is also known as Parenting Ideas Club.
There are 1,000’s of strategies waiting to be used. Take your FREE Trial now.

PS: Take your trial this week and you’ll get my special report next Monday ‘20 jobs to work your way out of by the time your child turns 10’. Take your FREE Trial now.
Next week is BOOK WEEK. We will be having two competitions through the week as well as a parade.

**TREASURE HUNT** - A treasure hunt will be organized for Prep to Grade 2 and Grade 3 to Grade 6. The children will need to help Pirate Rolfe who has lost her treasure. Children will use the clues to find the special letter each day and write this letter on a piece of paper to be put into our clues box. These letters will spell a word that will help to find the treasure.

**SUPER HERO DRAWING COMPETITION** - There will be a drawing competition. The task is to create a new Rangebank Super Hero. Children draw on an A4 sized paper and hand this to Mrs Ignace by Thursday and they will be entered into the competition to win a wonderful prize. Prizes will be given out to the most creative in each of the grade levels. Make sure your child's name and grade are written on the entry.

**BOOK WEEK ROTATION DAY (Friday)** - All children will be in mixed groups of Prep to grade 6. They will visit different classrooms and work with different teachers to complete activities based on a variety of picture story books.

Don’t forget to come along to our **HEROES DRESS UP PARADE** on Friday morning.

All prizes will be given out at our Friday afternoon assembly.

HAVE A GREAT BOOK WEEK EVERYONE!
BOOK WEEK  
HEROES  
DRESS UP DAY  
FRIDAY 22\textsuperscript{nd} AUGUST  

*Parade at 9:10am on netball court or Multi Purpose room depending on weather*

Dress up as your favourite super hero or hero from a book such as Snow White, Harry Potter, Wimpy Kid or Batman

We are asking everyone who is dressing up to donate a book to the library. Our library needs to replenish its books as many of them are falling apart and are extremely old.

Do you have a used children’s book that you no longer want? Then send it along to school on this day and we will put it into our library for other children to enjoy. The book must be of good quality.
Canteen Roster Term 3
Friday 15/8
Janet Adams, Jenelle Proudlock, Christine Willerton, Rita Jenkins & Kerry Parson
Friday 22/8
Janet Adams, Barbara Shoesmith, Cameron Jeffs, Rebecca Halton, & Natalie Goodman

Friday 5/9 Subway Lunch

Wednesday Canteen Sales
Hot Food Sales
Party pies / Sausage rolls $2.00 or 80c
Dim Sims 3 for $2.00 or 80c
Noodle cups $2.50
Cup of Soup $1.00

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.

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
TERM 3 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 19th AUGUST
NO LATER THAN 9:30AM.
Date: Friday 22nd August

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

Please tick

Lunch Choices

........ Pizza Muffin Chicken & Cheese $3.00
........ Pizza Muffin Ham & Cheese $3.00
........ Home Made Spaghetti Bolognese $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.

Student of the week awards

Foundation A – Alexandra (Lexi) Fleming
Foundation B – Rayyan Sahib, Jorja Wallace, Maddison Kucera
1A – Aisea Litova, Ty Clark, G So Tim, Dylan Anderson,
Shae Scott, Emily Radford
1B – Brooklyn Van Deelen, Ava Gibbs, Videll French,
Oscar Boyd , Hope Orchard
2A – Cleo Anton-Moor, Lachlan Fox, Alex Roth, Rhinoa
Robinson , Lachlan Fox
2B – Riley Van Leeuwen, Alexander Hodges, Kyarah
Jenkins, Zachery Brown
2C- Sean Williamson, Desiree Moimo, Mrs Jellett
3A – Ashton Marcos, Rebekah Spencer , Rees Jones
3B- Jessica Proudlock, Ky Williams, Teagan Milne
3C – Amber Jade Rawle, Sauleola Maalo, Kaitlyn Cooper
4A – Kaylah Heurtan, Jalon Firth, Taylan Reed
4B – Jasmine, Anton Moor, Lee Anderson, Margarida
Ferreralnacio
5A- Bailey Slater, James Jerome
5B- Georgia Hoyling, Shania Willis, Hannah Quinn
6A- Joel Ball, Belle Luke
6B- Riley Simmons, Hailey Bos

Call us Today
0418 590 371
$25 OFF
Jobs over $200,conditions apply