Trivia Night
On a beautiful Friday night, over 80 Rangebank community members appreciated and a great way to support the school. Colin Avery - Principal of Rangebank Primary where transition happens. So thank you everyone for a great night and the school has raised through the Trivia Night over $2000 to update our take-home reading books for children.

Parent Survey
We have received the results of our parent survey. I have included some of them here. Thank you to all the parents who responded to give our school a clear picture of how we are going and areas where we can improve.
TERM 4 Monday 6th October –Friday 19th December

Monday 3rd November
No Breakfast Club

Wednesday 5th Nov –Week 4
Foundation and Grade 3 swimming program. Students leave at 11.15am, swimming from 11.45am until 12.30pm. Students return to school around 12.50-1.00pm. Students will have their recess early on their swimming day

Tuesday 4th November
Public Holiday –Melbourne Cup Day

Wednesday 5th Nov
Order Senior Production (Shrug) Photographs. On sale in the library from 3.30pm-4.30pm. Must be paid for on this day $2.50 each

Thursday 6th November
Foundation Transition Program Week 2
Students will be linked with their Foundation Buddy

Wednesday 5-7th November
Grade 5 Camp Alleenbee. Three day fully catered camp.

Friday 21st November
Grade 4 Kryal Castle. Cost is $50.00. Money & permission form must be returned by Tuesday 18th November

Thursday 18th December
Last School Day for Students

Student of the week awards
Foundation A – Kongkea Tim, Julian Miranda
Foundation B –Cody Quinn
1A – Ty Clark, Kai O’Dwyer, Shae Scott
1B – Tim Chol, Charlie Weekes, Katherine Matheson
2A – Tarni Nicol Liam Trevillian
2B – Shaun Wallace, Jackson Thompson
2C- Rhinoa Robinson, Desiree Moimoi
3A – Kyan Slater
3B- Sarah Blake, Rowan Barkway
3C – Isabelle Weekes, Ethan Davies
4A – Amy Woolles, Miracle Moimoi
4B –Felix Le, Tara Scott,
5A- Jordan Goldsworthy, Mara Maalo
5B- Mackenzie Buckenan, Loretta Apulu
6A- Emily Morss, Lizzie Halton
6B- Kaitlyn Pellow, Chloe Ferguson
PE – 3C
Music – Grade 6B
Art – 4A, 3C, 1A
Science- 1B

Michael Grose
I just returned from a research trip to the Yale Centre for Emotional Intelligence near New York, home of the RULER Program – the world’s best emotional intelligence program for children and families. This research trip is a fore-runner to the introduction of the RULER Program tools for all ParentingIdeas Club members. I can’t wait to share these wonderful emotional intelligence tools!
The thing that I love about the RULER Program is that it’s totally evidence-based. It’s effectiveness is backed by mountains of scientific evidence, so credibility is assured. Speaking of evidence-based, it’s timely to share 10 research-backed tips for raising what most parents want – happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. Disregard your child’s birth order and you miss a vital clue to your parenting puzzle. Eldest children as a cohort experience greater mental health problems, particularly anxiety, than children in any other position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases rather than places extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their well-being and frame of mind. When peer relationships are smooth children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the well-being of teenage girls is highly influenced by their peer groups. A positive peer group is usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective. Parent well-being begins with attending to your own needs at least in short bursts and not feeling guilty for doing so.

4. Siblings relationships matter
Relationship-building is important but how do you go about teaching kids to get on. Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationship problems that have broken down. Start with siblings first. For only children, make sure you build these skills through interactions with peers. Research shows that over the long haul healthy relationships makes kids happier.

5. Developmental matching matters
A number of studies point to the fact that much of what is considered poor parenting has actually got more to do with poor development matching. Put simply, a parent who raises an eleven-year-old like an eight-year-old may find that conflict and resistance becomes their constant companion; and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are the parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term then extensive British research shows the way – the links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and well-being are strong. This is the approach ParentingIdeas consistently promotes and our strategies fit this framework.

7. Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s well-being to regular family mealtimes. Importantly, there is a high correlation between Cont/. Page 5
**IS YOUR CHILD A SMART SCHOOL SAVER?**

We measured the ‘Savings IQ’ of the nation and found Australians who learn about money at school grow up to become smarter savers.

To find the next generation of savers, we’re launching a national competition.

Have your child tell us in 50 words or less what they are saving for, and how they plan to save their money to achieve it and they could win:

- An iPad for themselves and one for their school (six regional winners)
- $1,000 for their savings (one national winner)

Enter now at commbank.com.au/smartschoolssavers

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**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.

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**THOMPSON ROAD CLINIC**

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**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
Supper Soccer Kids

S.S.K is a soccer clinic for boys & girls between the ages of 5-12 to come & learn the skills of the game in a fun & enjoyable environment. Every session runs for 45 minutes with activities that will develop their skills in dribbling, passing, controlling the ball and working in a team. Every session will also end with a game. S.S.K is run during every school term and all sessions are indoors, so no matter what the weather is like it will always be on.

For clinic locations, session times and fees, please call Greg on 0413 919 727 or email at supersoccerclinic@gmail.com

“SAFMinds: At Home

SAFMinds offers parents and carers a series of information forums which will focus on helping parents and carers understand their role in supporting their child’s mental health and wellbeing, and connecting them with school and mental health resources within their local community. In addition, parents will have access to a targeted version of SAFEMinds Online and Toolkit resources.

“A sense of connectedness to families & schools is the most significant protective factor for young people.”

SAFMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the NIP it in the bud! early intervention approach.

SAFMinds Online
SAFMinds: In Practice
SAFMinds: At Home

For further information regarding to this program please contact Angela or Marcus at The Good Guys Cranbourne on 5991 6000 or email: promotions016@thegoodguys.com.au

Do you scrapbook? Come and join the fun in Cranbourne at Sit'n'Scrap Mondays & Wednesdays $10 9:30-2 includes tea, coffee&nibbles.Bring your own supplies... Dates are Oct 15,20 &29 Nov 5,12,17&26 December 1,10 & 15 To book your seat call Carolyn 0418304485.
teenagers that eat with their family at least five times a week and good mental health.

8. Fun matters
Kids get precious little unstructured time these days. Play that is not initiated by adults is more than just mucking around. Kids learn and grow through play. Researchers believe that the dramatic drop in unstructured playtime is in part responsible for slowing kids cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s well-being. Helping others makes you happy over the long term. Same goes with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Thinking kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning – whether it’s learning to read (books come in handy), play sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in RULER Program toolkit make learning emotional intelligence accessible for kids.

So let’s recap!
To raise happy, successful kids:
1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Siblings relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping other matters
10. Emotional intelligence matters

ORDERING OF SENIOR PRODUCTION (SHRUG) PHOTOGRAPHS
Thank you to everyone for being so patient and waiting for the opportunity to purchase photos of the fantastic senior production of Shrug. The photos will be on sale on Wednesday 5th November at 3:30pm to 4:30pm in the library. You will be able to view these on the computer and order on the day. The photos (A4 size) will be printed, laminated and brought home to you by your child in the following week. Payment will need to be on the day. Each photo will cost $2.50.

SHERPA KIDS BEFORE & AFTER SCHOOL PROGRAM
New Contact Phone Numbers
Proprietor- (Main contact/ New Enrolments/ Queries)
Rose: Phone: 0413 137 571
Admin:9909 7204
**TERM 4 Lunch Order Form**

**THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 4th NOVEMBER NO LATER THAN 9:30AM.**

**Date: Friday 7th November**

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

Please tick

**Lunch Choices**
- Crispy Chicken Salad Wrap (lettuce, cheese, cucumber, tomato, carrot) $4.50
- Toasted Ham and Cheese Sandwich $2.00
- Toasted Cheese and Tomato Sandwich $2.00
- Meatball Sub with grated cheese $4.50

**Snack Choices**
- Vanilla Custard $1.00
- Banana Pikelet $1.00
- Jam Tart $0.60

**Drink Choices**
- Chocolate ........ Strawberry........ Honeycomb........
- Milk $1.50
- Chocolate ........  Strawberry........  Honeycomb........
- Juices $1.00
- Apple........  Tropical........  Orange Juice........

Please add 20 cents 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.

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### Window Sales

- Lol Razzbri/Mandarin/Bk/Currant $1.50
- 100% Juice Apple/Tropical/Orange $1.00
- Nippys Milk Choc/Straw/Hcomb $1.70
- Cup of Soup Chicken Noodle $1.00
- Fantastic Noodles Beef/Chicken $2.50
- Steam Dim Sims 3 for $2.00
- Corn on the Cob $ .80
- Party Pies-Wednesdays Only 3 for $2.00
- Ovaltenies $1.00
- JJ Snacks Chicken $1.00
- Gingerkids $1.00
- Red Rock Chips Honey & Soy/Plain $1.00
- Smiths Chips Plain/S&V $1.00
- Red & Black Licorice 5 pc $1.00
- Tubes $ .30
- Raspberry Munchable (like a Calipo) $1.10
- Milky Mates Choc/Van/Caramel $ .80
- Water Ice Blocks $ .50
- Ice Cream Cups Vanilla $1.20
- Frozen Yoghurt $1.20

### SCHOOL BANKING

It’s never too late to start!!!!

In last weeks Newsletter we mentioned about an Awesome Competition where our students can win some cool prizes for the Summer Holidays!

There are 40 Go Pro Camera’s & 150 Dual Lane Waterslides to be WON!!!!

All you need to do is make a deposit in the next 3 weeks to get entry into the draw (3 deposits in 3 weeks=3 entries) TOO EASY BECOME A WINNER

If you would like to become a School Banker pick up an Enrolment form from the office

### YEAR 6 UNIFORM 2015

The uniform for the Year 6 students of 2015 at Rangebank Primary School will be printed and supplied by Primary School Wear (PSW).

There are samples of these garments at the school office for students to try on before placing an order. Parents will need to come in with their child to help with choosing the correct size.

PSW Uniform Lists are available from the notices board located in the school office

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### Canteen Roster

**Friday 31st October**

Janet Adams, Lisa Smith, Denise Joseph, Kerry Parsons & Jenelle Proudlock

**Friday 7th November**

Shelly Lynch, Linda Goodwin, Christine Willerton, Rita Jenkins & Kerry Parsons