Term 4

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunsmart Term</td>
<td>School Hats to be worn</td>
</tr>
<tr>
<td>Friday 21st Nov</td>
<td>Kryal Castle</td>
</tr>
<tr>
<td></td>
<td>Grade 4</td>
</tr>
<tr>
<td>Wednesday 26th Nov</td>
<td>Year 7 Information Night</td>
</tr>
<tr>
<td></td>
<td>Cranbourne Sec College</td>
</tr>
<tr>
<td>Thursday 27th Nov</td>
<td>Grade 6 Graduation Bear</td>
</tr>
<tr>
<td></td>
<td>Football/Soccer Ball</td>
</tr>
<tr>
<td>Friday 28th Nov</td>
<td>Kid’s Dream Day</td>
</tr>
<tr>
<td></td>
<td>Gold Coin Donation</td>
</tr>
<tr>
<td>Saturday 29th Nov</td>
<td>Election Day</td>
</tr>
<tr>
<td></td>
<td>8:00am—6:00pm</td>
</tr>
<tr>
<td></td>
<td>Sausage Sizzle</td>
</tr>
<tr>
<td></td>
<td>8.00am—2.00pm</td>
</tr>
<tr>
<td>Tuesday 2nd Dec</td>
<td>Twilight Christmas Carols</td>
</tr>
<tr>
<td></td>
<td>at 5.30pm on Hardcourt</td>
</tr>
<tr>
<td>Thursday 4th Dec</td>
<td>Prep 2015 Information Night</td>
</tr>
<tr>
<td>Friday 5th Dec</td>
<td>Year Book 2014</td>
</tr>
<tr>
<td></td>
<td>Last Day for Payment</td>
</tr>
<tr>
<td>Thursday 11th Dec</td>
<td>Grade 6 Graduation</td>
</tr>
<tr>
<td></td>
<td>Amstel Golf Club</td>
</tr>
<tr>
<td>Tuesday 16th Dec</td>
<td>Scrapbook Viewing</td>
</tr>
<tr>
<td>Thursday 18th Dec</td>
<td>Last School Day for Students. Finish 3.15pm</td>
</tr>
</tbody>
</table>

**Principal’s Page**

**Britain’s Got Talent stars visit Westfield Southland**

Bars and Melody

As a special friend of The Alannah and Madeline Foundation, we would like to let your school community know about an upcoming performance at Westfield Southland.

Bars and Melody – Best friends Charlie Lenihan, 16, and Leondre Deville, 14 – the teenage rap duo who captivated the UK with their moving anti-bullying anthem on Britain’s Got Talent earlier this year – are visiting Westfield Southland on Saturday 22 November to share their powerful anti-bullying message and perform to Australian school children.

“One day I gave up trying to fit in, and decided to write my feelings and experiences in a story type way with rhyme. It would help me block out all the names they would call me. It was my escape. I don’t want anyone to have to go through what I did.”

– Leondre, 14, Bars and Melody.

Come along to this free event at Westfield Southland on Saturday 22 November at 12.00pm

A fabulous Day for all Year 4 and Year 5 students at Caey Fields Criterium Track. There were many winners and there is little space today but please wait for next week.

Colin Avery, Principal of a school that works together!
**TERM 4**
**Monday 6th October –Friday 19th December**

**Wednesday 19th November –Week 7**
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.

**Friday 21st November**
Grade 4 Kryal Castle.

**Wednesday 26th November**
Year 7 Information Night at Cranbourne Secondary College starting at 7pm sharp for parents & students in the school theatre.

**Thursday 27th November**
Foundation Transition Program Week 5
Student’s will meet & work with their 2015 Grade 6 Buddies & have their photo taken together.

**Thursday 27th November—Last Day For Payment**
Grade 6 Graduation Bear, Football/Soccer Ball. Cash payment only.

**Friday 28th November**
Isabella & Marcus Foundation Day—Kid’s Dream Day. Come to school dressed up in a costume of what you wish to be in the future.

Gold Coin Donation.

**Saturday 29th November**
Election Day held at Rangebank 8.00am -6.00pm. Sausage sizzle from 8.00am– 2.00pm. Volunteers needed, if you can spare an hour please leave your details at the office.

**Tuesday 2nd December**
Twilight Xmas Carols on the hardcourt, 5.30pm start.

**Friday 5th December**
Year Book, due by this date. Cost $25.00

**Friday 5th December**
Grade 5 Choir Excursion to Melville Grange Hostel. Students will depart by 10.00am & return by 12 noon
Grade 6 Choir Excursion Regis Sherwood Park Aged Care Centre/Tregenza’s Farm. Students will depart school at 12noon & depart the Farm at 12.50pm to arrive at Regis at 1.00pm departing for school at 2.00pm.

**Thursday 11th December**
Grade 6 Graduation
Amstel Golf Club Cost $30.00 due by Friday 5th December.

**Tuesday 16th December**
Scrapbook Viewing from 3.15pm –4.00pm.

---

**Parenting Support with Michael Grose**

In an effort for kids to feel good about themselves have we made life too easy for them?

Kids don’t get self-esteem from hearing a mountain of feel-good statements of ‘Well done!’ or getting certificates for mediocre performances.

One of the tricks that successful parents use is to gradually teach kids the skills of self-esteem building.

Here are 5 skills for self-esteem building:

1. **Self-praise**
   The best strategy for kids of all ages and both genders is the development of self-praise. You can cue your kids into self-praise by saying, ‘Well, what do you think about that?’ Challenge negative responses (‘It’s crap!’) and help kids be realistic appraisers of what they do.

2. **Realistic self-talk**
   Many kids will default to putting themselves down when they don’t do well. Help children understand their own self-talk. Get them to listen to that little voice in their heads that says they can or can’t do things and help them work out alternative messages that they can use if they are self-defeating. Teach kids that they can change the self-talk from a negative to a positive response.

3. **Encouraging others**
   When children and teenagers encourage others to do well they are internalising encouragement. They also begin to associate encouragement they give to others with themselves. So if a child praises a sibling for overcoming a learning challenge, such as improving his spelling at school, he is learning first hand about the impact that encouragement will have. He’ll also experience that feeling himself.

4. **Regulating feelings**
   If a child feels disappointed in himself he doesn’t have to stay that way. It’s important for kids to realise having feelings is ok, for them to be validated and not be overwhelmed by them. Kids learn to manage their feelings by observing modelling from parents/carers.

   We can teach kids to regulate their stress levels; express their feelings constructively, not impulsively or hurtfully.

5. **Choosing friends**
   Peers give young people a sense of belonging and an increased sense of self-confidence. Talk with your child about friendships so that you offer support when there are difficulties and provide some ideas when needed. Give kids the opportunity to develop their own resourcefulness and to understand that they can make smart friendship choices, broaden their friendship group, and walk away from challenging situations.

---

**Smencils For Sale**

$2.00 each or $14.00 pack of 10

Can be purchased at lunchtime for the month of November.

Money raised goes towards the grade 6 Graduation night.

---

School Banking Every Tuesday

Enrolment Packs available
For 2015
Sherpa Kids Before & After School Care at Rangebank Primary School
Enrolment Packs available at the office
Phone Rose on 0413 137 571

School Hats/Summer Uniform
Can be purchased from PSW Hampton Park
Unit 2, 10-12 5th Link Dandenong South, 3175
Phone 8768 7490 or
Shop online www.psw.com.au
A Uniform List / Price List can be collected from the office
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.

### 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 Buckanen, Loretta Apulu  
6A - Emily Morss, Lizzie Halton  
6B - Kaitlyn Pellow, Chloe Ferguson  
PE – 3C  
Music – Grade 6B  
Art – 4A, 3C, 1A  
Science- 1B

### Canteen Roster

**Friday 21st November**  
Janet Adams, Christine Willerton, Sam Gaskin, Nicole May & Rita Jenkins

**Friday 28th November**  
Janet Adams, Rebecca Haton, Denise Joseph, Nicole May & Jenelle Proudlock

### Keyboard Kids Music School

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 children.  

---

**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  

---

**Homemate Building and Restoration**

- **Affordable • Reliable • Quality**  
- **We Specialise in:**  
  - New & Existing Home Modifications  
  - Full Kitchens & Bathrooms  
  - Pergolas, Carports & Decks  
  - Insurance Work  
  - Tiling, Painting, Framing, Plastering etc.  
  - All Home Renovations & Improvements  
  - All Areas  
- **Call now for a free quote**  
  - 0459126230  
- Fully Insured  
  - homemate@mail.com

---

**RANGEBAULK 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?  
RANGEBAULK Primary School on Saturdays during the School Term.  
Class Times?  
9.30am to 12.30pm and 1.30pm to 4.30pm  
ENQUIRE NOW!  
The Technology Institute of Victoria who trained parents of our community this year are providing a FREE workshop entitled: Facebook – Social Media and Parenting. These sessions are open for parents, friends and family over 18 years of age to attend. Topics in this popular 90 minute session will include:

- Posting text & images online
- Current trends of social media
- Student/child behaviour online
- Parenting implication's
- Researched case studies

This session will cover Facebook, Instagram, Twitter, Snapchat and other popular social media forums. There will be time allocated to answer parent queries or concerns regarding Cyber behaviour. All attendees will also receive a free information pack to assist their understanding.

The FREE workshops will be offered on the 3rd and 4th December in your area, you may attend either a day or evening session on these dates.

- LOCATION: Lynbrook Hotel
- DATE: 3rd of December & 4th of December
- DAY SESSIONS: 10:00am – 11:30am
- NIGHT SESSIONS: 7:00pm – 8:30pm

To attend one of these sessions for free, please register your interest via www.tiv.com.au/socialmedia this will assist with catering and seating.

Full Service Electrician
*Full/Partial Rewiring *Power Points, Lights
*Lighting upgrade. Down Lights, LED Lighting
*Energy Management Services *Security/Sensor Lights
*Smoke/Carbon Monoxide Detectors
*Switchboard Upgrades *Breakdown Services, domestic & commercial * Safety Certificates issued for all work
* Written quotes supplied within 48hrs for domestic jobs.

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

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.

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

The Technology Institute of Victoria who trained parents of our community this year are providing a FREE workshop entitled: Facebook – Social Media and Parenting. These sessions are open for parents, friends and family over 18 years of age to attend. Topics in this popular 90 minute session will include:

- Posting text & images online
- Current trends of social media
- Student/child behaviour online
- Parenting implication's
- Researched case studies

This session will cover Facebook, Instagram, Twitter, Snapchat and other popular social media forums. There will be time allocated to answer parent queries or concerns regarding Cyber behaviour. All attendees will also receive a free information pack to assist their understanding.

The FREE workshops will be offered on the 3rd and 4th December in your area, you may attend either a day or evening session on these dates.

- LOCATION: Lynbrook Hotel
- DATE: 3rd of December & 4th of December
- DAY SESSIONS: 10:00am – 11:30am
- NIGHT SESSIONS: 7:00pm – 8:30pm

To attend one of these sessions for free, please register your interest via www.tiv.com.au/socialmedia this will assist with catering and seating.

Full Service Electrician
*Full/Partial Rewiring *Power Points, Lights
*Lighting upgrade. Down Lights, LED Lighting
*Energy Management Services *Security/Sensor Lights
*Smoke/Carbon Monoxide Detectors
*Switchboard Upgrades *Breakdown Services, domestic & commercial * Safety Certificates issued for all work
* Written quotes supplied within 48hrs for domestic jobs.

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

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.

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

The Technology Institute of Victoria who trained parents of our community this year are providing a FREE workshop entitled: Facebook – Social Media and Parenting. These sessions are open for parents, friends and family over 18 years of age to attend. Topics in this popular 90 minute session will include:

- Posting text & images online
- Current trends of social media
- Student/child behaviour online
- Parenting implication's
- Researched case studies

This session will cover Facebook, Instagram, Twitter, Snapchat and other popular social media forums. There will be time allocated to answer parent queries or concerns regarding Cyber behaviour. All attendees will also receive a free information pack to assist their understanding.

The FREE workshops will be offered on the 3rd and 4th December in your area, you may attend either a day or evening session on these dates.

- LOCATION: Lynbrook Hotel
- DATE: 3rd of December & 4th of December
- DAY SESSIONS: 10:00am – 11:30am
- NIGHT SESSIONS: 7:00pm – 8:30pm

To attend one of these sessions for free, please register your interest via www.tiv.com.au/socialmedia this will assist with catering and seating.

Full Service Electrician
*Full/Partial Rewiring *Power Points, Lights
*Lighting upgrade. Down Lights, LED Lighting
*Energy Management Services *Security/Sensor Lights
*Smoke/Carbon Monoxide Detectors
*Switchboard Upgrades *Breakdown Services, domestic & commercial * Safety Certificates issued for all work
* Written quotes supplied within 48hrs for domestic jobs.

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

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.

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

The Technology Institute of Victoria who trained parents of our community this year are providing a FREE workshop entitled: Facebook – Social Media and Parenting. These sessions are open for parents, friends and family over 18 years of age to attend. Topics in this popular 90 minute session will include:

- Posting text & images online
- Current trends of social media
- Student/child behaviour online
- Parenting implication's
- Researched case studies

This session will cover Facebook, Instagram, Twitter, Snapchat and other popular social media forums. There will be time allocated to answer parent queries or concerns regarding Cyber behaviour. All attendees will also receive a free information pack to assist their understanding.

The FREE workshops will be offered on the 3rd and 4th December in your area, you may attend either a day or evening session on these dates.

- LOCATION: Lynbrook Hotel
- DATE: 3rd of December & 4th of December
- DAY SESSIONS: 10:00am – 11:30am
- NIGHT SESSIONS: 7:00pm – 8:30pm

To attend one of these sessions for free, please register your interest via www.tiv.com.au/socialmedia this will assist with catering and seating.

Full Service Electrician
*Full/Partial Rewiring *Power Points, Lights
*Lighting upgrade. Down Lights, LED Lighting
*Energy Management Services *Security/Sensor Lights
*Smoke/Carbon Monoxide Detectors
*Switchboard Upgrades *Breakdown Services, domestic & commercial * Safety Certificates issued for all work
* Written quotes supplied within 48hrs for domestic jobs.

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

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.

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
TERM 4 Lunch Order Form

THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 26TH NOVEMBER NO LATER THAN 9:30AM.

Date: Friday 28th 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
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.

Social Networking….cont’d

• Learn how to keep a copy of online conversations and how to block people prior to an issue occurring. For more information on managing your children’s access to particular social networking sites, visit cybersmart.gov.au/parents.aspx

MOBILE PHONES

• Mobile phones are a great way for children and teenagers to stay in touch with their parents, family and friends and provide access to fun and functional resources like games, the internet.
• If you think your child needs a mobile phone, consider purchasing a phone that is not internet enabled. Smartphones come with features you may not yet want your child to have such as unsupervised internet access, a camera, and a wide variety of online games and apps.
• Stay involved with your child’s use of their mobile phone. If you don’t have a good understanding of how their phone works and what they use it for, ask them to show you.
• Help your child to understand that they should treat their phone like a wallet, and that every text message, phone call or download costs money.
• Let your child know it’s ok to tell you if they come across something that worries them, and that their phone won’t be taken off them if they report something to you.
• Investigate phone plans and pre paid contracts. Decide what your child needs from their phone so you are well educated on options before you approach a provider.
• Check automatic download settings and in-app purchase settings on your child’s mobile phone, as these can incur extra costs or use up credit quickly.
• Consider keeping credit card details away from your children so music and apps cannot be purchased without your knowledge.
• Check the age restrictions on messenger apps for phones and mobile devices as some allow for anonymous messaging and interactions with strangers online.
After a great performance at Rangebank Pre-School, last Tuesday morning, the Grade 6 choir stopped to pose for a photo, before returning to class. Some members were unable to come, due to illness etc, but those who could attend were able to experience, once again, the joy of performing. The pre-school children were delighted to meet the choir and sit in silence as they performed. Some students were especially interested as Jonathon played the bongo drum. A great effort once again, Grade 6 choir!

The choir are looking forward to performing at the Rangebank Christmas Carols Evening on Tuesday, 2nd of December and Regis Sherwood Park Aged Care Centre, on the 5th of December.

On Tuesday 2nd December 2015 at 5.30pm Rangebank Primary School will be holding Twilight Christmas Carols on the hard court area.

Students from each grade level and the choirs will be singing one carol each. All families and friends are invited to come along and enjoy the evening and join in the singing.

Please bring along a blanket to sit on and a picnic dinner if you wish. If you require a chair to sit on you will need to sit around the edge of the hard court so all can see.

Parents will be responsible for supervising their own children as teachers will not be supervising students for the evening.

Teachers will meet their grade, at the side of stage, when called, 5 minutes before their performance.

Students need to listen carefully as we cannot wait for students arriving late.

Students will go back to be seated with their parents at the completion of their carol.

We request all students attending wear Christmas colours (red, green and white) and/or a Christmas hat.

This is an alcohol-free event.

Any questions please see Chris Carey.