**Term 1**  
**29th January to 27th March**

- **Friday 27th February**  
  Crazy Hair Day  
  Bring a soft drink bottle

- **Monday 2nd March**  
  Preps start full time

- **Wednesday 4th March**  
  School Interviews  
  Year 6 Info Night

- **Monday 9th March**  
  Labour Day Holiday

- **Friday 13th March**  
  Ride2School Day  
  School Fete

- **Monday 23rd March**  
  Harmony Day  
  Bernard’s Show

- **Thursday 26th March**  
  Foundation Incursion  
  Resp Pet Ownership

- **Friday 27th March**  
  Last Day of Term  
  Finish at 2.30pm

- **Wednesday 15th April**  
  Swimming Program  
  Grades 1 & 2

- **Thursday 16th April**  
  Introducing Compass to Parents

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**Principal’s Page**

**Ride2School Day & School Fete 13th March**

Do you have a bike? A scooter? Skateboard? Then how about riding it to school on the 13th March for the National *Ride to School Day.*

The same day we have our *School Fete* beginning at 4pm until 7pm. Lots of fun, lots to do.

**Children playing after school**

Children who play after school need to be supervised by parents as we have a limited number of staff members available to supervise children going home at the end of the day.

Our procedure is that at 3:15 children are released from their classrooms and most begin their walk or ride home with other children being picked up by a parent or family member.

Children who remain often play on the playground equipment while they wait to be picked up. At 3:30 a bell sounds which means that the staff member or members on duty ask all children who remain in the playground to come and wait in the office area. If a parent is present, the responsibility falls to the parent and so we ask that parents be able to view their child playing. This way, if there are accidents there will be someone quickly on the scene.

If this occurs more than once, we ask that the children go to Sherpa Kids and wait there to be picked up. *There is a cost for this service.*

Our office staff understand that emergency or delays occur but the office staff should not be relied on to provide supervision on a regular basis.

**Insurance**

A reminder to parents/guardians and staff that the Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

- Also, that the Department does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

In some circumstances, medical or other expenses will be paid by the Department where it is assessed that it is likely, that the Department is liable for negligent (careless) acts or omissions of its staff/volunteers. For more information about the claims process please go to [http://www.education.vic.gov.au/school/principals/spag/governance/Pages/claimsprocess.aspx](http://www.education.vic.gov.au/school/principals/spag/governance/Pages/claimsprocess.aspx)

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**Our motto:** Dream, Believe, Strive, Achieve

**Our Vision:** To grow our student's learning from their point of need with the triple Ps in mind—Personalisation, Precision and Professional Learning.
• Student accident insurance/ambulance cover policies are available from some commercial insurers.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage. Parents/guardians of students, who do not have student accident insurance, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs; and parents/guardians can purchase insurance policies from commercial insurers.

It is important to understand the Departments policy.

Colin Avery—Principal of a ‘Cool To Be At School’ School

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### WHAT'S ON

**Breakfast Club Every Monday**
Start 8.00am till 8.45am

- **Friday 27th February**
  Crazy Hair Day –Bring a soft drink bottle (grades 3 –6) & a can of soft drink (grades foundation –2)

- **Monday 2nd March**
  Foundation students attend school full time

- **Wednesday 4th March**
  School Interviews, grade foundation –5 from 2.00-6.00pm
  Year 6 Information Night from 5.45pm-6.30pm

- **Monday 9th March**
  Labour Day Holiday

*Friday 13th March*
*Market Night*

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- **Friday 13th March**
  Ride2School Day

- **Monday 23rd March**
  Harmony Day—Bernard’s Show” The Spirit of Polynesia”
  Cost $6.00

- **Thursday 26th March**
  Foundation Incursion/Responsible Pet Ownership
  No cost

- **Friday 27th March**
  Last Day of Term — Finish 2.30pm

- **Wednesday 15th April**
  Swimming Program Grades 1 & 2 (7 week program)
  Cost $106.00, due by Wednesday 25th March

- **Thursday 16th April**
  Parent Info Night Introducing Compass—New reporting Compass program. Time 5.00pm to 6.00pm in the Multi Purpose Building

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### Parenting Advice 2015

What training did you get from your parents in managing emotions?
If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.

I guess that’s why many people automatically default to ineffective ways such as avoidance, denial and straight-up worrying when difficult emotions emerge.

And then those ineffective strategies are passed on to children.

Sometimes, it’s a matter of finding better ways of dealing with negative feelings rather than avoiding them, or allowing them to overwhelm us or act out.

Here are 3 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths.
   The easiest way to breathe deeply is to sit up straight (or stand up straight), count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...” I know I have. Next time you catch yourself talking to yourself or something down replace the negative with something realistic but more positive. Something like: “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

3. **Exercise**
   Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

It’s important that as parents we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents as well.

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### CHANGE OF DETAILS

Please ensure all details are up to date, phone numbers, addresses, emergency contacts, court orders, etc

Collect a change of details form from the office if any details have changed. The office relies on this information to make parent contact particularly in an emergency situation.
New Families Always Welcome

Open 7 Days and Late Weeknights
Corner Thompson and Woodbine Roads
Cranbourne North Vic 3977
PH: 5996 9000

We aim to provide a wide range of services for our patients in an affordable, caring and friendly environment.
We bulk bill pensioners, HCC holders and children under 16 years of age.

Our website: www.thompsonroadclinic.com.au
Our services include: General Practitioners, Physiotherapy, Podiatry, Dietitian, Dental, Speech Therapy, Psychology, Mental Health Nurse, Visiting Specialists, Industrial Medicine, Diabetes Education, Emergency Room, Pathology, Audiology, Mole Mapping, Radiology, Pharmacy and a Café.

Student of the week awards

Foundation A -
Foundation B - Kyiah Gidman
Foundation C - Haydee Dalton
1A - William Gibbeson, Amelia Wallace,
1B - Filip Bozic, Hayley Harper
2A - Adrian Wishart
2B - Sarthika Senthil
3A – Manea Tunoa, Pleum Chantabut
3B - Jazzmyn Letts, Alex Roth
4A - Jaya Michell
4B - Maheen Faisal
5A - David Le
5B - Caitlyn Toffoletti
6A- Falua Isaako, Chloe Watts
6B- Aidan Evans, Hannah Gatluak

PE - 5B - Mrs Oliver
Art - 6B - Mrs Rolfe; 1A - Mrs Bond
Science - 2B - Mrs Monk
Hindi -
**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

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**CRYSTAL TEMPTATIONS**

100% natural soy candles

Christmas is only around the corner. Are you looking for a small gift for a teacher, sporting coach, staff etc. Or even looking at making a hamper? Let Crystal Temptations help you at affordable prices or to the amount you would like to spend.

Find us on Facebook / Gift Vouchers also available

Merry Christmas

Located Cranbourne North

Phone Kylie 0478 271 852

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**PMI Music**

Also, now that we are offering both keyboard and guitar (as of last week) we propose for lessons to run from the second session of the school day (i.e. 12noon) and continue after lunch given the level of student participation expected. I hope this is ok, and please email/call me on Monday if any issues with this approach. Lessons commence on Tuesday 10 Feb, 2015.

Your teacher for term 1 is Elzna Mynhardt (for keyboard and guitar)

We will create a revised timetable for lessons in week 5 if we receive additional enrolments

If you ever need assistance, please don't hesitate to call myself, Bevan (our other Co-Program Director) or Liana (Head of Schools and Teachers)

Any parent enquiries can be directed to our Parent Support team: admin@primarymusicinstitute.com.au or 1300 362 824

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**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

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We would appreciate it if all Foundation to grade 2 students could bring a can of soft drink and Grade 3 to 6 students bring a 1.25 litre or 2 litre bottle to donate to our Market Night.

Thank you.

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**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 1 Lunch Order Form**

THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 3rd MARCH
NO LATER THAN 9:30AM.

**Date: Friday 6th March**

Name: ………………………………. Grade: ………………

<table>
<thead>
<tr>
<th>Lunch Choices</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak Sandwich (bread, lettuce, cheese, sauce, steak)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cold Meat and Salad (ham, strasberg, lettuce, cucumber, tomato, cheese, carrot, dressing)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Home Made Nuggets and Salad (lettuce, cucumber, tomato, cheese, carrot, dressing)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Hamburger (meat pattie, cheese, lettuce, tomato, sauce)</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack Choices</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jelly Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Banana Caramel Muffin</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drink Choices</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk $1.50</td>
<td></td>
</tr>
<tr>
<td>Jelly Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Banana Caramel Muffin</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Juices $1.00</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td></td>
</tr>
<tr>
<td>Tropical</td>
<td></td>
</tr>
<tr>
<td>Orange Juice</td>
<td></td>
</tr>
</tbody>
</table>

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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**Rangebank Primary School FETE**

**Friday 13th March 2015**

4pm – 7pm

Grab a bite to eat we have sausages in bread from Mrs Oliver and Mr Menassa, and wander through our stalls.

Try and Beat Miss Moisi and Mrs Rolfe in Karaoke or try to win all of Mrs Ignace’s Prizes, Burst a Balloon and win a little something, or have your face painted

**STALLS**

- Jumping Castle – Quoits
- White Elephant Stall
- Lucky Jars
- Bust a Balloon
- Karaoke
- Colouring Competition
- Treasure Hunts
- Face Painting

And many more
The Arts – Program for 2015

Dear Parents/Guardian,

This year the Arts Department at Rangebank Primary School will be presenting three events during the year that the students will be involved in. To help you plan for the year we are providing you with some information and dates for each event and request you mark the dates on your calendar.

**Event 1 – Junior Concert 26th May 2015**
All the students from Foundation – Grade 2 will be involved in the Junior Concert held on Tuesday 26th May beginning at 6.00pm. The concert will be held at The River Gum Performing Arts Centre Fordholm Road Hampton Park. Each student will be required to attend a rehearsal during the school day on this date and will be transported by seat belted bus to and from the venue. Parents are to bring the students to the venue on the night. Closer to the date the students will receive a notice requesting the payment for the bus. Tickets for the event will be on sale early May. The students will present a song and dance and will need to supply a costume as requested.

**Event 2 – School Production 7th September 2015**
All the students from Grades 3 – 6 will be involved in the School Production held on Monday 7th September beginning at 7.00pm. This is a full musical production and will be held at The Drum Theatre Dandenong. Each student will be required to attend a rehearsal during the school day on this date and will be transported by seat belted bus to and from the venue. Parents are to bring the students to the venue on the night. Closer to the date the students will receive a notice requesting the payment for the bus. Tickets for the event will be on sale early August. Each grade will present a song and dance and Grade 5 and 6 students can audition for the main cast. Students will need to supply a costume as requested. This year due to OH & S requirements at the theatre, we require all students attending the production to wear black soft soled shoes. These can be purchased from Kmart or Target for approx. $5 a pair. (Any questions or for further information please see Chris Carey.)

**Event 3 – Community Carols 1st December 2015**
All students from Rangebank PS will be involved in a Community Carols Night to be held at the school on the hard court area outside the Foundation Rooms on Tuesday 1st December beginning at 5.30pm. Each grade level will sing a Christmas Song/Carol and the community is encouraged to sing along. Students and their family are welcome to wear Christmas Colours. There is no cost involved in this event.

As I am constantly trying to keep costs to a minimum, I am unable to give the exact cost of tickets or buses for the first and second Events at this time but will give you ample notice before the event. If you have any questions please don’t hesitate to contact me.

Mrs Chris Carey
Arts Coordinator

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**CONNECTIONS**

**Blokes Do This!**
Your kids are worth it!
Pit stop is an eight –session ‘parenting tune-up” for fathers who bloke seeing their families fire on all cylinders.

GET THE FACTS ON FATHERHOOD:

FOR: All dads including new dads, step dads and grandads
DATEs: Every Tuesday: 21st April –9th June 2015
TIME: 7.00pm –9.00pm
VENUE: Hampton Park Uniting Place, 1 Coral Drive, Hampton Park
COST: Gold coin donation
Contact: Jonathon Gonsalvez 03 9704 8377