Dear Mums Dads, Students and Friends

A very warm welcome to the 2016 school year to all members of our school community and especially to our new students and their families. Our enrolments have increased significantly and we are anticipating that we will have over 417 students when everyone returns to school. Students have settled in very quickly. It is particularly pleasing to see the new foundation students engaged in activities with very few tears on their first day at school.

We welcome new staff to our school – Mrs Karen Kolasa (Yr 6C), Mrs Michelle Rudolf (Yr 4B), Ms Leisa Brown (Yr 3B) and Mr Scott Mackie (Yr 1A). We also welcome back Mrs Kelly Henson who has returned from maternity leave and is teaching Yr 4A together with Mrs Lynn Brannon. Mr Ben Vevers has joined us as an Assistant Principal with the specific role of Curriculum. Please make our new staff members welcome to the Rangebank School community.

All upcoming events and important dates will be posted on the website so I encourage you to have a browse. The website will have lots of information about the school etc. The website address is http://www.rangebank.vic.gov.au

The ‘Drop Off Zone’ is for a quick pick up and drop off only. Do not park in this area if you are leaving the car to go to the office or take your child to the classroom. Parking in the Drop off / Pick up Zone makes it very difficult for parents to do the quick drop off or pick up. Do not drop off or pick up children in the staff car park. In the interests of the safety of children drive slowly!

Meet the Teacher Day, Wednesday 2nd March 12:00 to 6pm This is an opportunity to find out about class programs and routines and to get to know the teacher. It is also an opportunity to share information with the teacher. When parents and teachers work together the educational outcomes are always better for children. If you have confidential information to share with the teacher it may be better to organise a separate time to meet. As it is early in the term teachers will be unable to report on children’s progress at this time.

Two Professional Learning Days for our staff occurred on Wednesday and Thursday last week. This program was to introduce the ‘Leader In Me’, a program that is supported by the seven habits of highly effective people. A further day is being arranged for term 2.

Rangebank Primary School recommends that if your child is not being picked up before 3:30, that your child waits for you at the Rangebank Out of Hours School Care.

School Council News – The School Council will be meeting on Tuesday 16th February 2016. Later in this term, school council elections will be held for vacant positions. If you are interested in coming to this vital organisation, please let me know or continue to look at our newsletter for details.

Kind regards
Colin Avery (Ready for a great year!)
Principal
The start of the year is the best time to reset your goals and ambitions, as well as make tweaks to your daily activities. And that should include parenting as raising kids fits in the “Very Important” category of our lives.

Also it doesn’t matter if last year was Struggletown or Happycity in your family, this year will always be better, right? It’s a fresh start. So here are ten simple actions that, if you implement as much as possible each day, will help you raise the type of kids you want to raise – happy, confident, resilient and spirited.

1. Encourage more
It is self-belief rather than lack of ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them. Like a flower needs water, a child needs encouragement.

2. Discourage less
Every parent wants to build their child’s confidence, realising their confidence levels are related to kids’ happiness and success. Start this process by eradicating discouraging parenting practices such as fault-finding, spoiling, overprotecting and fixing kids’ problems all of which send kids the message that “as I am, I’m not good enough”. (There are eight other common discouraging practices I’ve identified that I’ll talk about in my Cracking the Confidence Code online course beginning in February).

3. Breathe more
If you found yourself over reacting to kids’ poor behaviour last year then you missed an important lesson I taught in my online courses – take a breath (step away if necessary) before you over react as deep, nasal breathing not only calms you, but alters your thinking as well.

4. Yell less
When we’re under stress we usually respond at our lowest skill level, which at times is not pretty. As a parent we often get stressed when we want out kids to cooperate so we’ll either repeat ourselves, yell or both! AARRGHHH! There is a better way. I’ve been teaching parents for many years now to nurture like a dog, manage like a cat! Cats are assertive and self-contained. They mean business. Managing like a cat means you don’t yell, but act instead. Your non-verbals – strong body language, steady face, move into their proximity indicate you mean what you say. It’s not aggressive, just good management and smart leadership.

5. Teach more
Teaching and training needs to be part of the every day repertoire of a parent so you can train them for independence. This means you may need to add extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form.

6. Do less
When we are busy it is often easier to do things ourselfethan allow our kids to do them including tidying toys away, getting themselves up and packing school bags. The trouble with that method is that our kids stay dependent on us, and we are always busy. Do less, rather than more for your kids this year.

7. Give more
Moving kids from thinking ‘me’ to thinking ‘we’ takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving
some pocket money to charity, and giving away old or unused toys.

8. Fight less
If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

9. Model more
Copying is the easiest and fastest way to learn anything. That’s how kids learn. They see. They do. They see their mum swear. They swear using the same words and tone as mum usually in front of your relatives and friends!!! Harness the power of modelling for positive purposes such as helping your kids think through problems; let your kids see you compromise so they know how to give and take in relationships; let them hear you ask for what you want so they know how to be assertive rather than aggressive.

10. Criticise less
Are you continually critical of children? Is your antennae set to notice their faults and weaknesses and not their strengths? Perhaps someone in your family is like that? Recently I heard that the average adolescent hears five critical comments at home for every one positive comment. Who’d like to live in a toxic environment like that? It seems many kids do. If is you, then reset the antennae and start noticing kids’ good points. Otherwise, learn to hold your tongue.

Bonus 11. Learn more
Many parents are using methods that just aren’t working for them. If the manual you are operating from – the one inside your head – is not working for you then its time for an update. So this year take a course; read some books; develop a relationship with a respected professional. Do something significant to put you on the path to parenting improvement.

Great Parenting Starts Here...
Make 2016 the year of parenting growth. Build your parenting skills, confidence and consistency through Yearly membership + online 4 courses of Parentingideas Club. Here’s what you’ll get as a member:

✓ 4 Practical online courses to build your skills & knowledge
✓ Professional parenting advice delivered to your inbox every week
✓ Full access to Parentingideas Club Learning Centre
✓ Developmental guides to help you map your child’s lifestage when you join.
✓ A gift for you on your child’s birthday. A 20 page age-specific parenting guide to help you negotiate the year ahead.

Yearly membership + 4 courses is normally $197. Use the discount code HK2016 before 18th January to save $50. Find out more.

That’s a whole year of fabulous parenting learning (that will benefit your kids) for less than the cost of a cup of coffee each week. Find out more.

Here’s to a year of great parenting and happy kids!

Regards,

Michael Grose
Term 1
Sun smart
Term -School Hats Must Be Worn
Friday 26th January till Thursday 24th March
Friday 25th March Good Friday– Public Holiday
Thursday 4th February
Grade 6 Uniform Orders. Order and payment due by Thursday 18th February.
Friday 12th February
Prep photo’s taken on this day (prep grades only).
Tuesday 16th February
School Council Meeting.
Wednesday 2nd March
Meet the teacher from 12pm till 6:00pm, more info to follow regarding bookings.
Monday 11th April
Curriculum Day –Leader in me. **STUDENT FREE DAY**

**Grade 6 Uniforms**
If you would like to place an order for a Grade 6 uniform, please come to the office and complete an order form. We have samples available for your child to try on to make sure the correct size is ordered.
**Payments and orders must be made by Thursday 18th February, 2016 no later than 4:00pm.**

**STUDENT DETAILS**
VERY IMPORTANT!
If any details or circumstances have changed over the Xmas period it is paramount the school office be notified. Please pick up a Change Of Details form and make the necessary changes, whether it’s regarding phone numbers, addresses, emergency contacts, access details, etc.

**EVERY TUESDAY**
Every 10 weeks of school banking you will be eligible to order a school banking prize. Check out the great prizes on offer each term. There is also an amazing family holiday to win.
Simply make 15 or more School Banking deposits by the end of Term 3 and you’ll automatically receive an entry into the competition for a chance to win.

**Keep saving to win a wildlife adventure holiday!**
This year School Banking is running a wiki Grand Prize competition. We’re giving you the chance to win a family trip to Australia Zoo, where you’ll get to meet blind and Robert Irwin, plus:
- 5 day 4 night Robinson Adventure Tour where you’ll get to pet wombats, cuddle koalas, and feed wallabies, all while your personal photographer captures every amazing moment!
- Domestic return economy tickets to Sunshine Coast, QLD, 4 nights’ accommodation, 5 day’s car hire and $1,000 spending money

How to enter:
Simply make 15 or more School Banking deposits by the end of Term 3, 2016 and you’ll automatically receive an entry into the competition for a chance to win.
Find out more at commbank.com.au/schoolbanking
TERM 1 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 9th FEBRUARY
NO LATER THAN 9:30AM.
Date: Friday 12th February

Name: ------------------------------- Grade: ----------------------

Please tick
Lunch Choices

......... Oven Baked Wedges with Sour Cream and Salsa $4.00
......... Bakers Delight Pizza Roll: Margherita / Hawaiian / BBQ (please circle type) $4.00
......... Homemade Fried Rice $4.50
......... Roast Chicken Salad (lettuce, cucumber, tomato, cheese, carrot, - dressing or mayo) $5.00

Snack Choices

......... Homemade Pancakes (2) $1.00
......... Zucchini Slice $1.50
......... Fruit Custard Cup $2.00

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

Juices $1.00 Apple....... Tropical....... Orange Juice....... Water $1.00 500ml Bottle........

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.

Canteen

Please ensure when placing a canteen order you give correct money. The office does not provide change for canteen orders. The canteen orders must be handed to your grade teacher by Friday, Monday or Tuesday by 9.30am.
Place the lunch order in a brown paper bag clearly marked with your child’s name and grade. If you do not have a brown paper bag you will be charged 30cents more so please calculate this into your lunch order cost.
NO LATE ORDERS WILL BE ACCEPTED!

Canteen Roster Term 1
Friday 5th February
Barbara Shoesmith, Cameron Jeffs
& Nicole Gilligan

Friday 12th February
Cameron Jeffs, Rita Jenkins, Natalie Williams,
George Prest & Nicole Gilligan

Friday 19th February
Barbara Shoesmith, Denise Joseph,
Sam Gaskin, Loo Lawrence & Nicole Gilligan

Cont’d (Canteen Menu next page)

The School
Canteen Needs You!
To enable us to continue offering great food and service we need volunteers (mums, dads, grandparents etc). We can’t run our canteen without our generous volunteers and urgently require more volunteers to keep running. Currently we are looking for volunteers to help out Thursday mornings for fruit cutting 9-10am and Friday’s between 9am-2.30pm. Any amount of assistance would be much appreciated, even if it’s an hour once a month or term. For more information please call or text Nicole Gilligan on; 0404 005 254 or via facebook or leave your details at the school office.
Visit our Rangebank Primary School facebook page to keep up to date with news and events; Rangebank.
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.

LIVING WITH AUTISM
PARENTS OF CHILDREN WITH ASD AGED 6-11 YEARS

PROGRAM DETAILS
WHEN: 11th, 18th, 25th February, 2nd, 9th, 16th March
TIME: 9:30am - 11:30am
WHERE: Rangbank Primary School, 40-46 Lesdon Ave, Cranbourne, 3977
WHO: Parents, grandparents, carers of children with a diagnosis of autism

For bookings & enquiries contact: Parentzone Southern, 1300 964 011 or Joanne Timpson, 0499 907 418 or 03 5945 2000
Joanne.Timpson@parentzone.org.au

FREE BUT BOOKINGS ESSENTIAL
REFRESHMENTS PROVIDED

Are you a parent/carer of a child on the autism spectrum aged 6-11 years?
Join with other parents/carers to share experiences, ideas and learn strategies in a relaxed, friendly place.

During the 6 weeks you will:
• Meet with other parents to share ideas and strategies
• Develop skills to further support your child
• Find out about other resources and funding
• Take time to think about how to care for yourself and others in your family.

KADS
KIM ANNETTE DANCE STUDIOS
KNOX STUDIOS
1/3 Woodbine Court
Wantirna South
CRANBOURNE STUDIOS
Rangbank Primary
Lesdon Avenue
Cranbourne

DANCE CLASSES OFFERED
AGES 3YRS-ADULT
JAZZ
SONG & DANCE
TAP
BALLET
HIP HOP
LYRICAL
ACROBATICS
CONTEMPORARY
VOCAL
TEENY TIMES CLASSES AVAILABLE FOR DANCERS 2½ YRS – 3YRS
AFFILIATED WITH SDA (STATE DANCE ASSOCIATION)
- EXAMINATIONS, WORKSHOPS, DANCECAMP

EMAIL: info@kads.com.au
CALL: Amber 0433 545 005
FREE TRIAL LESSON

WE ARE NOW AT
RANGBANK 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?
RANGBANK 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

ICY POLES/ICE CREAM

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