### Term 1

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<td>School Council Meeting</td>
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<td>Sunsmart Term</td>
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<td>Friday 25th March</td>
<td>Breakfast Club From 8:00am till 8:45am</td>
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<td>EASTER GOOD FRIDAY</td>
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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
Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. However building children’s and young people’s confidence is complex.

Great confidence-builders use a number of approaches that impact on how kids’ think, how they feel and what they can do.

Here are 5 practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour especially when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.” What story are you creating that your children will copy and pass on?

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better over time in school, work, and life. One way to develop this ‘growth mindset’ is to focus your language on effort and improvement rather than on the results of what kids do. By linking success with effort you are teaching them success comes from something other than pure ability, talents or smarts.

3. **Praise their strategies**
   While effort is key for achievement, it’s not the be all and end all. Kids need a broad repertoire of approaches – not just sheer effort – to learn and improve. Focus your language on better and smarter ways of improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are **basic self-help skills**. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age, start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to be independent.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

Learn how to communicate Confidence in your kids 

Self-talk is one of the many strategies I cover in my [Cracking the Confidence Code](https://www.parentingideas.com/cracking-the-confidence-code) online course that starts in less than 3 weeks. This course will teach you real, research-based strategies that will help you develop a lasting sense of confidence in your kids.

It’s the most important course of any of the courses I’ve conducted so far.

Register now and start benefitting straight away

While the course starts on 26th February you can start your learning right now. As soon as register you’ll receive a pre-learning video, as well as access to all the resources, downloads and videos on the Parentingideas Club website. [Register here.](https://www.parentingideas.com/cracking-the-confidence-code)

And you’ll be joining a huge community of like-minded parents:
“I found hearing other stories very cathartic. A lot of what I am going through is happening in other houses around Australia and the world. In some ways it helps me to realize I am not alone.” Jess, mum of two children

Let the learning begin

Confidence building is such an important factor for children’s happiness that it can’t be left to chance. Here’s the opportunity to put confidence-building strategies at your fingertips.

Don’t daily, procrastinate or delay. Register here.

Here’s to raising happy, confident kids,

Regards,

Michael Grose

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**Supporting children and young people exposed to a trauma**

**Advice for Parents**

- Children may wish to ‘talk’ about the event in different ways – some will use language, some will use play and others may prefer to write or draw
- It is wise for you to monitor your child’s exposure to television coverage, print media and social media
- Some children and young people will want to talk about the event or what has occurred. They will continue to try to make sense of what they have both seen and heard
- Other children will avoid any discussion around the events and will be reassured by routine and normality
- Remember the importance of routine, sleep, exercise and healthy eating. Children need boundaries and limits in place. This helps to restore predictability, safety and security
- Be mindful of the emotional and developmental level of your child. You know them best and if their behavior is out of character
- School staff will always ensure that the safety of children and young people are their first priority. An event may occur at a school that will result in an evacuation or lockdown to keep students safe. This may be upsetting for some students, especially young children. This may see your child reluctant to go to school. If this occurs let the teacher know.

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**What’s On**

**Term 1 Sun smart Term -School Hats Must Be Worn**
Friday 26th January till Thursday 24th March

**Friday 25th March Good Friday – Public Holiday**

**Grade 6 Uniform Orders. Order and payment due by Thursday 18th February.**

**Monday 15th February**
Breakfast Club from 8:00 till 8:45am

**Tuesday 16th February**
School Council Meeting.

**Wednesday 2nd March**
Meet the teacher from 12pm till 6:00pm, more info to follow regarding bookings.

**Friday 9th March**
School Photo’s Foundation Grades Only

**Monday 14th March**
Labour Day –Public Holiday

**Monday 11th April**
Curriculum Day –Leader in me. **STUDENT FREE DAY**
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 Wildlife Adventure Prize competition. We’re giving you the chance to win a family trip to Australia Zoo, where you’ll get to meet Wally and Robert, kelpies and other animals. Here’s what the prize includes:

- A guided tour of the Australia Zoo
- A chance to meet Wally and Robert, kelpies
- A chance to see other animals at the zoo
- A 5-day car hire and $1,000 spending money

To enter:

- Simply make 15 or more School Banking deposits by the end of Term 3, 2016
- You’ll automatically receive an entry into the competition for a chance to win

Find out more at commbank.com.au/schoolbanking

Additional Resources

Kidsmatter
https://www.kidsmatter.edu.au/mental-health-matters

Kids Helpline
www.kids helpline.com.au

Parentline Victoria

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.

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.
TERM 1 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 16th FEBRUARY
NO LATER THAN 9:30AM.

Date: Friday 19th 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.

Dear Parents,

Welcome back to a new fresh year at Rangebank Primary School and at Rangebank Out of School Hours Care. We have some exiting news for all those parents that need to leave for work extra early. We now open at 6:30am in the morning rather than 6:45am. We are hoping that this will assist parents in their morning transitions between home, work and school much easier. We here at OSHC are building in numbers so please book to ensure a place. As we are growing we have some new things happening at OSHC this year. We are going to start introducing more extracurricular activities such as cooking, dancing, language and homework assistance. We are so happy to be back and see all the new faces around the school along with the old. As always we are here to help if you have any questions. Please feel free to come in and see us and how our wonderful program works.

11/02/16

What We Offer
Low Fees - from $14.50 BSC & $17.00 ASC- per session (excluding CCB and CCR) compared to other schools where costs begin at $20 & $26 per session

Safety and Security of your children as they do not leave the premises till picked up by you
Great, Fun, Interactive Programs led by Qualified, Caring and Supportive Staff
Breakfast daily- Healthy snacks & fresh fruit in the afternoon.
Homework assistance, reading, maths and sports

For further information, please call Fiona on 0423 166 628 or Rose on 0413 137 571 or email your enquiry to fiona@rangebankoshc.com.au
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 30 cents more so please calculate this into your lunch order cost.

NO LATE ORDERS WILL BE ACCEPTED!

Canteen will also be opened every Wednesday at lunchtime for counter sales. Hot food will also be available to purchase.

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