Term 4
Monday 3rd October till Tuesday 20th December

Sunsmart Term
Hats must be worn

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Principal's Page

Are you leaving Rangebank or won’t be at Rangebank in 2017?
If so, please let the office know or your child’s teacher. This will assist us in our planning for 2017. It will ensure that we have the correct number of teachers for each grade level.

Lost Property
One of our mothers who was looking for her child’s new top, went to lost property and found about half the clothes had names on them. Please help your child by putting their name onto their clothing so that it is easy to identify if lost. Also, can parents please check their child’s clothing that it is their clothing. When tops and jumpers are put down, it would be easy to pick up someone else's by mistake. It a top or lunchbox or anything, has been lost, please come and look through the lost property as it may be there. Also, this very kind mother tidied up the lost property so that it would be easy for others. Thank you for doing this and we hope you do find your child’s new top.

Our new Champion
Every now and then I hear about our children doing extra ordinary things. This time it is Gemma in Foundation C who is this person. Gemma has won a motorbike race! Congratulations Gemma who came first and her sister Chantelle coming second.

You can tell by the happy smile that this was a big day for her. It takes great effort to do well and I know that Gemma and Chantelle have put in extra efforts in their motor bike racing.

VCE
As a parent who has a VCE student this year, currently doing exams, I now know the stress on families and the children. I wish all the success possible to each and every family that have a VCE student and of course to the student.

Colin Avery, Principal of a school that recognises effort

Our motto: Dream, Believe, Strive, Achieve
Our Vision: To build a community of leaders and life-long learners.
**Wednesday 2nd-Friday 4th November**
Grade 5 Camp Allambee. A 3 day fully catered adventure camp.

**Thursday 3rd November**
Year Book Orders for 2016. The cost is $25 due by Friday 18th November.

**Thursday 3rd November**
Foundation Grades Orientation week 3 from 9:10am to 10:30am.

**Friday 4th November**
Dream Day for Isabella & Marcus Foundation –
Gold Coin Donation. Think of what job you would like to have in the future & dress up for that job example: builder, policeman, ballerina, chef, etc.

**Monday 7th November**
Breakfast Club 8:00am till 8:45am held in the Multi Purpose Room.

**Tuesday 8th November**
Curriculum Day Student Free Day.

**Friday 25th November**
Senior Choir excursion to Regis Sherwood Park aged care centre, performing Xmas carols. Students will eat lunch at Feed my sheep farm returning to school at 1:15pm. Cost is $15, due by Wednesday 23rd November.

**Thursday 1st December**
Parent Information Night from 6pm -7pm held in the BER Building for families of Foundation students starting in 2017.

**Tuesday 6th December**
Rangebank Twilight Community Xmas Carols held on the hard court at 5:30pm. Please read further in the Newsletter for details.

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**CANTEEN ROSTER TERM 4**

**Friday 4th November**
Nicole Gilligan, Barbara Shoesmith, Shelly Lynch
Denise Joseph & George Prest

**Friday 11th November**
Rita Jenkins, Natalie Williams, Cameron Jeffs,
Kellie Ludvig & Nicole Gilligan

**Friday 18th November**
Nicole Gilligan, Barbara Shoesmith, Lynne Hemphill,
Sue Archer & Rebecca Halton

**Friday 25th November**
Shelly Lynch, Cameron Jeffs,
Kerry Parsons & Nicole Gilligan

**Friday 2nd November**
Nicole Gilligan, Barbara Shoesmith, Denise Joseph,
Lynne Hemphill & Sue Archer

**Friday 9th December**
Rita Jenkins, Natalie Williams

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**Parents Advice**

**5 ways to manage anger**
Managing anger is the biggest emotional issue that many children face. Boys, in particular, seem so angry at the moment, and I’m not sure why.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or the community. ‘People in a civil society don’t get angry’ seems to be the conventional wisdom, so we bottle it up rather than express it healthily.

The trouble is anger handled in this way simmers away making a person unhappy and depressed or it bursts forth in awful, uncontrolled ways.

Watch this short video message from me on dealing with anger. vimeo.com/186215192/0e80894acb

*Here are five ways to help boys (and girls) manage anger in healthy ways:*

1. **Recognise it** The first step is to help kids recognise that they are angry. What are the signs? What are they thinking? We are all different but tension in the shoulders, restricted breathing and clenched teeth are common signs of anger. The Mood Meter offers a visual way for kids to recognise their emotions.

2. **Name it** Developing a vocabulary around anger is important. The more nuanced kids' language is, the better. Annoyed, angry and enraged are very different emotions but are often described as the same.

3. **Choose it** Help children recognise that they have a choice to stay in control or lose control when they get angry.

4. **Say it** Encouraging children to express how they feel is okay as long as no one is hurt. The use of 'I Statements’ is one way of letting others know how they feel. “I feel really mad when you say nasty things about me…” is one way of being heard.

5. **Shift it** Help children shift their anger to a more pleasant and less energised place. Kids can shift their moods by modifying their thinking or altering their physiology. They may go for a run, play a physical game or pour their anger into a protest letter to let their frustrations out.

The maxim of managing anger in healthy ways is: “There’s nothing so bad that we can’t talk about it. However, there are behaviours that we don’t engage in when we are angry.”

**Mood Meter Program - It’s back by popular demand!**
We got so many requests from people asking about the online Mood Meter Program I conducted last year that we’ve decided to run it again – starting 4th November.
Parents Building Solutions
Parenting Workshops for parents, step parents & grandparents.
WORKSHOP 1: Getting kids to listen
WORKSHOP 2: Dealing with not so nice behaviours. What’s normal, what’s not and what to do about it.
When: Workshop 1 Tues 22nd Nov 9:30am till 11:30am
Workshop 2 Thurs 1st Dec 1:30pm till 3:30pm
Where: Doveton Library, 24 Autumn Place Doveton
Cost: Free, bookings essential & refreshments provided.
Bookings:
www.tinyurl.com/ccclevents or phone the library on 03 9792 9497
Sandra Phillips 0447 500 355
Sandra.phillips@anglicarevic.org.au

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.

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

FOUNDATION 2017 PARENT INFORMATION NIGHT
A Parent Information Night will be held on Thursday 1st December from 6:00pm till 7:00pm for the parents of those students enrolled in Foundation for 2017. Booklists, your child’s class teacher, their classroom number, uniform price lists, book selling day information, attendance times and days and other information for 2017, will be handed out on the night in packs. Parents who are unable to attend on the night may pick up the information pack from the office after the 1st December.

Music Lessons
@Rangebank P.S.
Free guitar or piano lesson:
Monday 12th September!
Reserve your place now
rangebank@ulearn.com.au
ulearn.com.au
0426 968 806
**TERM 4 Lunch Order Form**

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

**Date:** Friday 11th November

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Name: ____________________________ Grade: __________

**Please tick**

**Lunch Choices**

- Roast Chicken Roll with lettuce and mayonnaise $3.00
- Homemade Beef/Gravy Pies with sauce (2 per serve) $3.00
- Bakers Delight Cheesymite Scroll OR Cheese & Bacon Roll *(please circle which one)* $3.50
- Baked Potato with coleslaw, bacon, sour cream and cheese $4.50

**Snack Choices**

- Jelly Cup $1.00
- Slice of Bakers Delight Cinnamon Log $1.00
- Zucchini Slice $1.50

**Drink Choices**

- Milk $1.50 Chocolate ...... Strawberry....... Honeycomb.......  
- Juices $1.00 Apple........ Tropical....... Orange Juice.......  
- Water $1.00 500ml Bottle...... **Banana Smoothie $2.00**

Please add **20cents** if you do not have your own brown bag to send.

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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.
Rangebank Primary School is happy to once again, take part in our annual fundraiser Kids Dream Day which supports the Isabella and Marcus Paediatric Brainstem Tumour Fund.

Kids Dream Day is a gold coin fundraising event.

7 years ago, a friend lost her son to a brainstem tumour. He was 5 years old. Isabella was 6 years old when she lost her battle. Together both families have established the Isabella and Marcus Paediatric Brainstem Tumour Fund. The aim of the Isabella and Marcus Fund is to raise much needed awareness and funds to research paediatric brainstem tumours. Since 2013 the fund has received $300,000 which has funded scholarships to study brain cancer in children.

The theme of Kids Dream Day is about imagination and creativity. Isabella dreamt of being a scientist and Marcus wanted to grow up to be a worker like his dad. We encourage your child to dream of their future role in society and dress accordingly, whether it be a fireman, builder, sports star, professional dancer or perhaps a teacher.

All proceeds raised will go directly to the fund so that research can continue.

On a personal note, I would once again like to thank you and hope you continue to support and encourage your child to dress according to their future dream, on Friday 4th November.

Thank you in advance for your support Miss Moisi.
Dear Parents,

We are excited to confirm that we will be moving into our very own Brand NEW Purpose built, Portable at the start of the new Term 2017. This will be located near the Junior Building(Preps) and with easy access to staff and public car parks. We will update you as we progress.

We are grateful to Mr. Colin Avery Principal, and School Council, for facilitating this move. Our children are going to love it and we have great programs planned for the new Year.

BOOKINGS are now open for 2017. Please remember, we have limited places, so it is important you enrol your child as early as possible to secure a place. Information packs are available at the OSHC, during OSHC hours, or you may pick one up from the school’s main reception.

From January 2017, Full Time attendance at both morning & afternoon sessions will be given a 2.5% discount off their fees.

For 2017, we are offering a sibling discount of 2.5% for the second and subsequent siblings, for booked days of 3 days or more per session.

We are fast approaching the end of Term 4. Some parents have approached us for Vacation Care. Due to lack of numbers, we were unable to conduct our Vacation Care in Term 3. Christmas is a busy period and because of the break in holidays, we will try and accommodate with Vacation Care for part of the Holidays. If you require this service, please complete an expression of Interest form available at the school Reception and return to us before the 10th Of November. Alternatively, you may call us on the numbers below for more information. Unfortunately, If we do not have enough numbers, we will not be able to run the programs. Please assist us with your early confirmation.

Thank You

Rose Chowdary
Business Manager
0413 137 571
enquiries@rangebankoshc.com.au

Fiona Maullin
Program Co-ordinator
0423 166 628

COM/MUNITY CHRISTMAS CAROLS

On Tuesday 6th December 2016 at 5.30pm

Rangebank Primary School will be holding their annual Twilight Community Christmas Carols on the hard court area. Students from each grade level will be singing. 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. The Parents Club will be holding a Sausage Sizzle and will be selling sausages in bread for $2 each and cans of soft dink for $1.50 each. If you require a chair to sit on you will need to sit around the edge of the hard court so all can see. The stage area will be in front of the Multi Purpose Room.

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

Teachers will meet their class, in the Junior eating area, 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 sit with their parents at the completion of their performance.

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

This is an alcohol-free event.

Please Note: If it is raining this event will be cancelled.

Any questions please see Chris Carey

Rangebank Primary School
Super Spring Sports!

Don’t miss out this spring! Spring Sports allows your child to play a range of dynamic and active sports over the 9 week program: these include cricket, tennis, soccer, basketball & crazy games!

This multi-sport program will not only provide an essential base for your child’s motor skills, but will also help build confidence and co ordination, all in an enjoyable environment.

TEAM PLAYER OF THE DAY TROPHY AWARDED EACH SESSION

When: Thursdays
Commencing 13/10/2016—08/12/2016
Period: 9 weeks Time: 3:25pm-4:25pm
Year Levels P-4
Ph: Darren Michelle 0402 224 116 / 8692 6539