Principal's Page

As we pass the halfway mark of the term there are still lots of things happening both for our students in our classrooms and behind the scenes as we prepare for next year.

From all reports the grade 5 students who went to Camp Allambie last week had a fabulous time. By far the most popular activity was the giant swing. Through their participation in the camp activities some of the skills students are able to practise are independence, co-operation, team work, resilience and in the end we expect them to have fun. Many classroom activities this week and beyond will be based around the experiences the students had at camp. Thank you for the staff involved in the planning and organisation.

The Curriculum Day for the staff on Tuesday was very productive. These days provide extended periods of time to allow staff to meet to discuss, develop and refine the procedures and learning activities we put into place in the classrooms. The Numeracy, Literacy and Well-being Strategic Action Teams (SATs) met to look at aligning planning documents with the revised Victorian Curriculum.

We value the efforts of all SATs – the introduction and development of VCP in Writing and The Leader in Me (both of particular note) recently. These programs will continue to develop in partnership with our next particular focus – how we deliver and engage students in Mathematics across the school.

Staff also had time to investigate an Inquiry Learning Program (MAPPEN). Through the delivery of MAPPEN students will investigate concepts, skills and behaviours that are relevant to their success as 21st Century learners. The concepts they will learn about are: community, sustainability, social justice, creativity, identity, change, necessity, curiosity. We look forward to the developing this process through 2017 and beyond.

Good luck to our 2 RACV Teams – the Rockets and the All Stars – as they make their way to Marysville to compete in the Challenge next week.

Have a safe and happy week.

Cheers,

Lorraine Humphrey
Assistant Principal

Our motto: Dream, Believe, Strive, Achieve
Our Vision: To build a community of leaders and life-long learners.
**Thursday 10th November**

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

Grade 6 Graduation Bear, Football & Soccer Ball Orders. The cost is $15 due by Friday 25th November.

**Thursday 10th November**

Foundation Grades Orientation week 4 - Teddy Bears Picnic from 9:10am to 10:30am. Bring along your favourite snuggle toy.

**Monday 14th November**

Breakfast Club 8:00am till 8:45am held in the Multi Purpose Room.

**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.

**Thursday 8th December**

Grade 6 Graduation at the Cranbourne Turf Club. The cost is $40.00, due by 2nd December.

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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: Workshop1 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/cclecevents 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

Music lessons@ Rangebank
Ph:0426 968 806 Reserve your place now!
TERM 4 Lunch Order Form

THIS IS A PRE-ORDER AND MUST BE RETURNED BY WEDNESDAY 16th NOVEMBER
NO LATER THAN 9:30AM.

Date: Friday 18th November

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

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.
TEETH ON WHEELS
EXTENSION TIME HAS BEEN GIVEN TO RETURN FORMS BY THURSDAY 17TH NOVEMBER

So we can see you don't forget to return your forms

I can't wait to see you!

TEETH ON WHEELS
a positive dental experience

CANTEEN ROSTER TERM 4

Friday 11th November
Rita Jenkins, Natalie Williams, Cameron Jeffs,
Kellie Ludwig & 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, Cameron Jeffs,
Kellie Ludwig, Nicole Gilligan & Shelly Lynch

Friday 17th December
Nicole Gilligan, Barbara Shoesmith,
Kerry Parsons & George Prest

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Kerry Parsons & George Prest

123 Magic Parenting Program
Do you want to learn how to manage difficult behaviour better?

A 3 week program to assist parents to manage difficult behaviour in their children by incorporating the use of 1-2-3 Magic techniques.
When: Thursday mornings 24th November, 1st & 8th December
Time: 10:00am till 12:30pm
Location: Toomah Community Centre 18 Golden St Pakenham
Cost: $45 ($15 per week) Discount for Healthcare card

Student of the Week Awards
TERM 4 2016 Weeks 3, 4, 5

Foundation A - Elizabeth Oakley, Radhay Gautum, Radhay Gautum
Foundation B - Charlie Ikin, Abby Wishart- McGregor, Zack Radford
Foundation C - Imogen Poesch, Aarush Sharma, Akira Sookhee
1A - Hope Anderson, Brodie Nicol
1B - Mitchell Gaskin, Violet Gibson
1C - Cody Mallows, Ryan Barbes, Cody Mallows
2A - Kendra Hay, Charli Thomson, Thembi Mazhunga
2B - Asim Al Shouai Lachlan Clausen
3A - Dontay Pen, Deacon Rouillon, Dylan Anderson
3B - Erin Parsons, Shae Scott, Emily Radford, Annie Chapman
3C - Matthew Cain, Ella Psyhakis
4A - Hayley Gissing, Tniya Gorky, Pleum Chantabut
4B - Medwin Johnson, Ameia Viney
5A - Madison Clapton, Raiyan Kurl
5B - Sharni Falzon, Ethan Davies
6A - Miracle Moimoi, Paige Linaber, Cooper Rehaut, Keira Parmenter
6B - Jordan Williams, Madi Leadbetter, Nikki Morris
6C - Tara Goodman, Josh Cooper, Amy Wooles

PE - 5A & 4B
Art - 3C & FC
Hindi-
Science - FC & 6B
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
Fiona— 0423 166 628
Rose— 0413 137 571

COMMUNITY 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