Principal's Page

As I type our intrepid teams are preparing to compete in the RACV Challenge at Maryborough (not Marysville—so I hope they are all at the right place). We wish them well.

**Learning growth**— Teachers are currently spending lots of time on our semester 2 reports. As part of this process, children are being tested in a range of areas to look at their learning **growth** since our last testing period.

Our reports will now have a strong focus on the learning **growth** your child has made in Maths and English since the last report cycle. Traditionally, reports have focussed closely on what level your child is. This will continue to be reported on but it will become less of a focus.

Most importantly, a **strong focus will be placed on how much your child has grown academically** and what **behaviours your child displays that leads to positive learning growth**. By highlighting the behaviours that lead to this growth we can **encourage them** and hopefully continue that positive learning growth.

Equally, we can **discourage the behaviours that result in low growth**, such as disruptive behaviour and poor attendance.

Some of the behaviours that lead to positive learning growth are high attendance, being well organised, listening and asking questions, reading, cooperating well with others and talking about learning with people at home to help increase **oral language**.

**Oral language** is the foundation for the development of English skills. Good oral language is considered to be a strong indicator of later reading, writing and overall academic achievement.

**We encourage you to support your children’s oral language development at home.** Here are **practical ideas** for shared time at home with an oral language focus:

- look together at photos or videos of when children were young and talk about them
- look through a magazine/junk mail and discuss what you see.
- sharing what you find interesting or funny
- alert your child to an article or picture in the newspaper that may interest them
- read books to or with your child. Children are more likely to value reading if you show you do as well.
- retell a favourite story or one from your childhood
- visit the local library and choose books together both fiction and reference books
- Play cards or board games. Give the children opportunities to explain the rules and organize the games.
**Monday 21st November**  
Breakfast Club from 8:00am till 8:45am in the Multi Purpose Hall.

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

**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.

**Thursday 15th December**  
Grade 6 Excursion to Carrum beach, paddleboard lesson weather permitting. No cost.

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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.

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**The Leader in Me**

WEDNESDAY 14TH DECEMBER – THE LEADER IN ME CELEBRATION MORNING

The Rangebank Community has learnt a lot about the 7 Habits this year. We are learning how to apply these habits at school and in our daily lives.

The students and teachers are busy planning one of the 7 Habits to present at our Celebration Assembly. We would like to invite parent(s) to share ways their family has applied the 7 habits at home.

Do you have ideas to help families use the habits at home? If you are interested and would like to contribute at the assembly, please contact Julie Comarmond,  
Student Welfare Officer, by Wednesday 23rd November.

Email: comarmond.julie.a@edumail.vic.gov.au
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
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.

Rangebank Primary School
PREP 2017 Information Night…..
Date: Thursday 1st December, 2016
Time: 6.00pm – 7.00pm
Venue: Rangebank P.S. Year 6 Building
This session is for all Parents of students enrolled for Prep 2017. We will discuss and hand out important information packs about the following areas:
- Your child’s class, room and teacher for 2017.
- Booklists and Fees Information Booklet
- Excursion funding/ CES Updating personal details
- Medications Attendance Dates and Interviews
- Meetings with teachers Parent helpers
- First day Lunches and Snacks
- Canteen Attendance, Absences, Late Arrivals and Early Pick Ups – before and after school care.
If you are unable to attend, your information pack will be available for pickup from the office from Friday 2nd December.
A reminder that the Transition Groups are not necessarily your child’s grade and teacher for next year. Depending on new enrolments and students moving to other areas, some students may be moved to a new group.

Lost Property
Please check the Lost Property cupboard located outside the office for any missing garments.
Clearly mark children’s jackets, jumpers, hats etc so they can be returned when found.
All items will be disposed off if not collected by end of the school term.

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

THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 22ND NOVEMBER
NO LATER THAN 9:30AM.

**Date:** Friday 25th November

**Name:** ............................................  **Grade:** .....................

Please tick

<table>
<thead>
<tr>
<th>Lunch Choices</th>
<th>Price</th>
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<tr>
<td>Roast Chicken Roll with lettuce and mayonnaise</td>
<td>$3.00</td>
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<tr>
<td>Homemade Beef/Gravy Pies with sauce (2 per serve)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Bakers Delight Cheesymite Scroll OR Cheese &amp; Bacon Roll (please circle which one)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Baked Potato with coleslaw, bacon, sour cream and cheese</td>
<td>$4.50</td>
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<th>Snack Choices</th>
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<tbody>
<tr>
<td>Jelly Cup</td>
<td>$1.00</td>
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<tr>
<td>Slice of Bakers Delight Cinnamon Log</td>
<td>$1.00</td>
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<tr>
<td>Zucchini Slice</td>
<td>$1.50</td>
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<th>Drink Choices</th>
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<tr>
<td>Milk $1.50</td>
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<tr>
<td>Chocolate ..................</td>
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<tr>
<td>Strawberry........</td>
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<td>Honeycomb..............</td>
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<td>Juices $1.00</td>
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<td>Apple.......</td>
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<td>Tropical.......</td>
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<td>Orange Juice.............</td>
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<td>Water $1.00</td>
<td></td>
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<tr>
<td>500ml Bottle..............</td>
<td></td>
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<tr>
<td>Banana Smoothie $2.00.................................</td>
<td></td>
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</tbody>
</table>

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

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

The Junior Choir Performance
The new Junior Choir performed for the second time at assembly last week. It includes students from Foundation to Grade 3. Not only did they sing the National Anthem brilliantly, for the first time together, but also the words of the song, from the movie Frozen: ‘Let it Go’ to the Piano Guys’ rendition of Vivaldi’s ‘Winter’ and ‘Let it Go’.
The audience listened intently and were startled, as the choir concluded with each student portraying a frozen statue of their choice! Accompanying the students was our new bongo player Jayden Bozanko. Jayden has been practising his playing and developed his talents to performance standard! Well done, Jayden!
The dedication of these students is remarkable, as they sacrifice most of their lunchtime each Friday (...a canteen day) to practice for half an hour!!! Well done, choir! We are looking forward to many more wonderful performances.

CANTEEN ROSTER TERM 4

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 9th December
Nicole Gilligan, Barbara Shoesmith, Denise Joseph,
Lynne Hemphill & Sue Archer

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

The audience listened intently and were startled, as the choir concluded with each student portraying a frozen statue of their choice! Accompanying the students was our new bongo player Jayden Bozanko. Jayden has been practising his playing and developed his talents to performance standard! Well done, Jayden!
The dedication of these students is remarkable, as they sacrifice most of their lunchtime each Friday (...a canteen day) to practice for half an hour!!! Well done, choir! We are looking forward to many more wonderful performances.
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

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