Principal's Page

No Assembly Tomorrow - Tomorrow is White Ribbon Day

Due to a special activity during the assembly time, there will be no assembly tomorrow. Instead our students will be walking around the neighbourhood supporting White Ribbon – stop violence against women. If we can educate our students, we can stamp out violence against women and violence against anyone.

RACV Challenge

Not many students or parents will be familiar with this event for pushcarts (billy carts), hybrid vehicles (petrol and human powered) and Human Powered Vehicles (HVP) held in Maryborough, Victoria. The town grows by about 10,000 people due to this event and attracts schools from all over Victoria.

Our two teams performed very well with each member giving their best effort against some very experienced teams. We competed in the pushcart section with a new cart built by Luke Meir. Through excellent fund raising by Kelly O’Shea, the other items were purchased and the children made ready for this excellent activity which featured five activities: - Presentation; a safety scrutiny and assembly of the cart after taking it apart; obstacle course; endurance and sprint event.

A very special thank you to Mrs Debra Ignace for an enormous time commitment to a very special event on the participating student’s calendar. On behalf of the students, I thank you Mrs Ignace for setting up this event and allowing us to participate.

Hall Extension

Yesterday I spoke to the architect for our hall extension project and he

OSHC
Rangebank PS Before & After School care
Open Monday to Friday daily
Conducted at the school
Low fees, safety & security, great fun, break- fast daily-healthy snacks & fresh fruit in the afternoon, homework assistance.
Fiona Mulin - Program Manager
Phone 0423 166 628

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

**Monday 28th November**
Breakfast Club 8:00am till 8:45am held in the Multi Purpose Room.

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

**Friday 2nd December**
Ride @ Casey Day for Grades 4 & 5, no cost. Return Permission form by Thursday 1st December.

**Tuesday 6th December**
Rangebank Twilight Community Xmas Carols held on the hard court at 5:30pm.

**Thursday 8th December**
Grade 6 Graduation at the Cranbourne Turf Club.

**Thursday 15th December**
Grade 6 excursion to Carrum Beach, no cost.

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**Tuesday 20th December**
Last Day of Term– School Finishes at 2:30pm.

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**Principal’s Page Cont…**

believes that we will be able to expect the hall extension to be finished by the end of next year. This is great news. The tendering process will commence after Christmas and a series of checks made with the Education Department then need to be completed.

**Bikes@Casey**

Next Friday our students in Years 4 and 5 will venture to Casey Fields to participate in a fun morning of bike riding and bike riding skills. Parents are encouraged to drop off the students bikes in the morning after 9:00am and pick them up at 12:30pm. Our fingers are crossed for a good day.

**Indian Exchange**

Parents please note that a notice is being sent home today asking parents to respond if they are able to commit to a return exchange in February 2017. Please look for this notice if you are interested for years 4 and 5 (2016) as they will be years 5 & 6 in 2017.

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**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

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**Parenting Advice**—please see page 5
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
Excursion funding/ CES
Medications
Interviews
Meeting with teachers
First day and Snacks
Canteen

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.

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

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Web: www.nqt.com.au
Phone: 1300 791 878
TERM 4 Lunch Order Form

THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 29th NOVEMBER
NO LATER THAN 9:30AM.

Date: Friday 2nd December

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.
Parents Advice—How to get a good nights sleep

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

How sleep helps kids

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practices what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeps kids fresh to maximise their future learning.

Develop good sleep habits when kids are young

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get your children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45-minute wind-down time before bed This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping time is near.

3. A bedtime routine Have a bedtime routine, such as story reading and teeth cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep devices and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms. Also don’t let kids do schoolwork on their beds. If so, they’ll begin to associate bed with work, rather than sleep.

5. Maximise the three sleep cues These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
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
Rangbank
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

PARENTING A CHILD ON THE AUTISM SPECTRUM

Are you a parent of a child/ren aged 6 -12 years who has a diagnosis of autism? Anglicare with the Australian Autism community are running a free parenting program for parents of children with autism. Parents will be asked to complete an assessment of their child and complete the following program. Parents will be asked to complete a different approach/strategy to help with parenting.

During this 4 week course you will:
Meet with other parents to share ideas and strategies
Developmental strategies to support your child
Take time to think about how to care for yourself and others in your family

Enquiries: 03 9191 2033
twitter: @anglicarevic
www.anglicarevic.org.au