**Victoria’s Hidden Gem**

**Rangebank Primary School Webpage Link**

http://rangebankps.vic.edu.au/

Direct link to Compass Reporting Login Page

https://rangebankps.vic.compass.education

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**Principal's Page**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Teachers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation</td>
<td>Debra Ignace, Debbie Rolfe, Lin Tregenza</td>
</tr>
<tr>
<td>Year 1</td>
<td>Sharon Dowey, Scott Mackie, Johanna Harvey</td>
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<tr>
<td>2</td>
<td>Beth Monk, New teacher, Karen Cowan</td>
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<td>3</td>
<td>Lisa Brown, Karen Kolosa</td>
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<tr>
<td>3/4</td>
<td>Andrea Bond</td>
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<td>4</td>
<td>Michelle Rudolf, Lisa Moisi,</td>
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<td>5</td>
<td>Trent Menassa, Brenda Oliver</td>
</tr>
<tr>
<td>6</td>
<td>Sue Hoog, Maree Buhagiar</td>
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<tr>
<td>Specialists</td>
<td>Chris Carey - Art</td>
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<tr>
<td></td>
<td>Linda Greig – Science</td>
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<tr>
<td></td>
<td>Pooja Verma – Hindi</td>
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<td></td>
<td>Allistair Ramsay – Phys-Ed</td>
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<tr>
<td></td>
<td>Michelle Bold—Intervention/ICT</td>
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<td></td>
<td>Kelly Henson &amp; Melanie Magri –Covering Part Time</td>
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<td></td>
<td>Staff</td>
</tr>
<tr>
<td>Welfare</td>
<td>Julie Comarmond &amp; Mark Renouf</td>
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<tr>
<td>Chaplain</td>
<td>Stephen Chau</td>
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<tr>
<td>Principal Class</td>
<td>Colin Avery, Lorraine Humphrey, Ben Vevers</td>
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</tbody>
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**Term 4**

Monday 3rd October till Tuesday 19th December

**Sunsmart Term**

Hats must be worn

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 1st December</td>
<td>Parent Information Night for 2017 Foundation Enrolments from 6 till 7pm</td>
</tr>
<tr>
<td>Friday 2nd November</td>
<td>Ride @ Casey Day Grades 4 &amp; 5</td>
</tr>
<tr>
<td>Monday 5th December</td>
<td>Breakfast Club from 8:00am till 8:45am</td>
</tr>
<tr>
<td>Tuesday 6th December</td>
<td>Twilight Community Xmas Carols held at Rangebank</td>
</tr>
<tr>
<td>Thursday 8th December</td>
<td>Grade 6 Graduation at the Cranbourne Turf Club</td>
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<tr>
<td>Thursday 15th December</td>
<td>Grade 6 Excursion Carrum Beach</td>
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<tr>
<td>Monday 19th December</td>
<td>School finishes at 3:15pm</td>
</tr>
<tr>
<td>Tuesday 20th December</td>
<td>Curriculum Day-Student Free Day 2017 Planning</td>
</tr>
</tbody>
</table>

**CHANGE OF DATE**

**LAST DAY OF TERM**

**MONDAY 19TH DECEMBER**

**SCHOOL DISMISSED AT 3:15PM**

**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.

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**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 Maulin– Program Manager

Phone 0423 166 628

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**Rangebank Turf Club**

from 8:00am till 8:45am for 2017 Foundation Parent Information Night

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**Cranbourne Turf Club**

Principal Class Colin Avery, Lorraine Humphrey, Ben Vevers

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**Rangebank Primary School**

www.rangebankps.vic.edu.au
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.

Monday 5th December
Breakfast Club 8:00am till 8:45am held in the Multi Purpose Room.
Teeth on Wheels at school.

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.

Monday 19th December
Last Day of Term School Finishes at 3:15pm

Tuesday 20th December
Curriculum Day-- Student Free Day 2017 Planning.

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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
Information Booklet
Medications
Interviews
Attending Dates and
Meeting with teachers
Parent helpers
First day and Snacks
Lunches
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

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PMI PRIMARY MUSIC INSTITUTE

Term 4, 2016 PMI Stars Awards

Last school term as part of the PMI Stars Program, students have the opportunity to demonstrate their musical skills and achieve through the Star Themes program. The program consists of 10 different themes that students need to complete as part of their musical journey through keyboard or guitar. Theme Mission is based on one of the five important musical traits that students must learn: musical theory, sight reading, note writing, practical skills and performing.

The Star Missions are grouped into a series of 10 levels that students can achieve, with names such as Beginner, Performer, Mentor, Virtuoso, etc. Students who achieve a level will receive a progress report. Students can collect all of the star missions for the levels they complete.

We wanted to recognize the students below, who have completed a level this term. Congratulations!

- Jay Wrotno – Level 4 – Junior Soundsmith
- Friday Peel – Level 7 – Junior Maestro
- Marco Varnero – Level 6 – Junior Entertainer
- Babies Peel – Level 3 – Junior Performer
- Antonia Kedwell – Level 6 – Junior Soundsmith
- Bella Simone – Level 4 – Junior Soundsmith
- Jack Ludwig – Level 2 – Junior Instrumentalist
- Natasha Dale Cruz – Level 4 – Junior Maestro
- Brigitte Dale Cruz – Level 1 – Junior Musician

Payment Date & Book Collection 2017

Wednesday 25th January, 2017

8:00am till 12:00pm & 1:30pm till 4:00pm from the school office.

The Book Collection Day will be handled by Administration Staff. Payment by cash is preferred but payment can also be made by Eftpos/ Credit Card.

PLEASE NOTE CHEQUES WILL NOT BE ACCEPTED.

For your convenience full payment can be made up until Friday 16th December.
Some lucky classes were fortunate to take part in a dynamic movement program this week. Sessions included yoga, team games, mindfulness and lots of FUN! Thank you to the lovely Miss Marissa from Life Skills Group; we thoroughly enjoyed the program and promise to take the breathing and relaxation techniques into our classrooms.

From the teachers and students of Prep C, 3A, 4A & 5A

Julie Comarmond

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

Christmas Family Night

Thursday 8th December 6 - 8pm
Bring the family along for a great night of fun
- Santa’s little helper workshops
- Gift wrapping service
- Meet Santa in store
- Light refreshments will be provided

Free more great activities in store including:
Jumping castle
Face painting
Balloonist
Pop corn
Fairy floss & more
Bunnings Cranbourne 59913100

Bookings recommended. For more information or to book ask one of our teams in-store or visit www.bunnings.com.au

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 TUESDAY 6TH DECEMBER
NO LATER THAN 9:30AM.

Date: Friday 9th 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.

School Banking day is Tuesday

Remember, Tuesday is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, every 10 deposits you are eligible to order an exclusive School Banking Prize.

School Banking is also a great fundraiser for our school, raising 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program at Rangebank.

At Tregenza’s Farm you are invited to come and…
“FEED MY SHEEP”.
At 27 Scott Road, Cranbourne South.
Open Saturdays and Cup Day,
during the school term, 10am – 4pm.
Patrons can pat and feed sheep,
horses, ducks and chickens.
B.Y.O Food and Drink.
$5 per child or adult. Children under 2 free.
Parties $10 per child.
For further details call: 0414 561 955.

Rangebank Christmas Raffle
Tickets 50 cents each or 5 for $2
Various Prizes to be won
Date Drawn: Friday 16th December

School Shoes R US
support your local community.
Facebook.com/schoolshoersus

Rangebank Primary School

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Milk  $1.50  Chocolate ........  Strawberry........  Honeycomb........

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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 young 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.

Senior Choir’s Visit to Regis Sherwood Aged Care Centre

A wonderful performance was enjoyed by the residents of Regis Sherwood Aged Care Centre last Friday! Staff in attendance; Mrs Oliver and Mrs Tregenza, were extremely proud of both their performance and outstanding behaviour! Many residents were moved and students watched as a couple of tears were wiped away. Students enjoyed interacting with the residents following the performance.

Following the performance the choir were treated with a visit to Feed My Sheep Farm, where they enjoyed feeding and petting the animals and generally letting off steam after the pressure of the performance. They certainly deserved the treat after their commitment to practice every week, on Wednesday lunchtimes! Well done Choir!

LOST PROPERTY

Please ensure you check the Lost property cupboard for missing garments, drink bottles, etc. It will all be disposed off if not collected before end of year.

MEDICATIONS

Please collect your child’s medication/asthma inhaler, etc from the office before the end of year.

ASTHMA ACTION PLANS

New 2017 Asthma Action Plans are available from the office for your child’s GP to fill in over the Xmas holidays & return to the office at the commencement of 2017.
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

Fiona Maullin
Program Co-ordinator
0423 166 628

enquiries@rangebankoshc.com.au
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

PARENTING A CHILD ON THE AUTISM SPECTRUM

Who:
Parents and carers of children with autism aged 6 - 12 years
Dated:
22nd & 29th Oct, 5th, 19th & 26th Nov, 3rd Dec
Time:
9:30am to 11:30am
Venue:
Rangebank Primary School, 40A, Lindsay Avenue, Cranbourne 3977
For more information & bookings: 03 9776 5100 or 0499 073 362
BOOKINGS ARE ESSENTIAL

SESSIONS ARE FREE

Are you a parent of a child aged 6-12 years who has a diagnosis of autism?

Do you want advice and support on how to raise a child with autism?

Do you want to know the most effective strategies to help your child?

This 8-week workshop is designed for parents of children with autism.

During these 8 weeks we will:

• Have a chance to discuss ways to raise your child
• Meet with other parents to share ideas and strategies
• Develop skills to further support your child
• Learn about the latest research on autism
• Take time to think about how to care for yourself and others in your family

For further information please contact: esbav@anglicare.org.au
http://www.anglicare.org.au
http://www.anglicarevic.org.au
http://www.youngparentsupport.com.au
http://www.parentzone.org.au
http://www.autism.com.au
http://www.fathers4families.com.au