Principal's Page

Over the past few years (some) schools have been given additional money to fund a variety of extra staff or programs at schools - ‘Gonski’ funds. The funding is based on the area we live in and the educational level of our parents. Rangebank qualifies for this special funding. Our index is 0.67 where the standard is set at 0.65 or greater. This year we have received a significant amount of funds (over $500,00) that we are accountable to the government for. This year we have allocated the funds to the following programs to support our students in their learning.

1. An additional Assistant Principal to support our curriculum - Mr Vegers
2. An additional class teacher to assist growing numbers at Rangebank
3. A teacher who’s role it is to intervene and support our students in F-2 with literacy and numeracy - Ms Bold
4. An integration aide to support the testing and recording of children’s results - this assists teachers to know exactly where our children are at with their learning and to plan for their needs - Mrs Kaur
5. A psychologist at the school two days per week - Mrs Cousins
6. Software programs that are able to individualise the learning for students—eg Lexia
7. Provision of a day for our assessment and reporting coordinator - Ms Moisi
8. A computer program that provides reports to parents through the term to improve communication between the school and home
9. An inquiry program (social studies with a twist) to provide a comprehensive program for all our students - Mappen
10. A program to assess more accurately student learning to date - Essential Assessment

Thank you to the parents who have witnessed our students receiving their badges as leaders within our school.

Tomorrow, Mr Vegers, Mrs Kolasa, Mr Avery and three students (Ava, Jess and Jarryd) head overseas together to visit Bluebells School International in Delhi. Rangebanks’ very first visit overseas. The group is away for two weeks. We wish them all a safe trip and look forward to hearing about their experiences. Who knows, one day this maybe you!

Have a great week...

Colin Avery, Stay safe and see you in two weeks

कोलिन एवरी, सुरक्षित रहें और दो सप्ताह में आप देखेंगे हैं।

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

Most people have been trained to make eye contact when they speak. My mother’s advice – “Look at people when you speak to them” – is still rattling around inside my brain. Non-verbal communications guru, Michael Grinder, advises parents and teachers to do the opposite; that is, look away from a child when they issue a command rather than look them in the eye. He argues that eye contact at the point of giving an instruction or laying out your expectation is an invitation to an argument. I agree. And it’s most valid when communicating with teenagers, who, due to the fact that their brain is being completely rewired, are likely to retreat to their reptilian brain when they feel under threat.

5. Let checklists, charts and rosters do the managing

Parents who develop independence in their kids manage predominantly in a visual way rather than rely on their language skills to influence, manage, cajole and persuade their children to behave better and be more responsible at home. In particular, most boys and all kids on the autism spectrum like the constancy and consistency when visual messages and reminders support and reinforce verbal communication. The use of checklists, charts and rosters are examples of managing visually.

6. Use consequences to teach responsibility

Those self-contained cats don’t spend a great deal of time talking to get their point across. Instead they use a consequence, which by definition is a reasonable, respectful and related (e.g. remove the meal when kids continually fight at the meal table) to reinforce their point and promote cooperative, responsible behaviour – which is necessary for independence.

Every family needs a cat because they provide safety; which is essential for children’s healthy development. Yet many parents feel uncomfortable with the firmer side of parenting. Cats make sure the family functions well and stays on track. So, if firmness is a challenge, I urge you to find your inner cat and put it to work at least some of the time. My guess is, your children will appreciate it.

Parenting Ideas

Manage your kids like a cat

Many parents feel uncomfortable with the firmer side of parenting. Invariably they use management techniques that increase their children’s dependence on them, including: Doing deals with kids

“Jai, if you eat all your dinner, I’ll let you use my iPad for minutes.”

If this is you, then you’ll need deep pockets, as kids will keep upping the ante all the time.

Repeating yourself and raising the volume

Kids are parent deaf by choice and habit. Going over the same old, same old and getting mad just reinforces their parent deafness.

Using coercion

The use of controlling language – “Do this now!” – doesn’t work with kids who like to be in control. They’ll fight you rather then cooperate.

If you struggle to get your kids to do as you say, it’s probably your non-verbals giving you away. That is, it’s less about what you say, but more about how you say it that makes a big difference. If you’re not getting cooperation your probably managing like a dog, when you should be managing like a cat.

Manage like a cat

Here are six ways to manage like a cat that will get you more cooperation, but importantly make your kids less dependent on you

1. Manage yourself first

Cats are self-contained and very controlled. So, when you bring some cat into your parenting the first thing you need to do is to learn to manage your own reactions rather than over-react, repeat yourself and just plain yell. Start by stepping away from the stressful situation and taking some deep breaths to change your emotion-
Our Habits
1. Be proactive (I’m in charge)
2. Begin with the end in mind (have a plan)
3. Put first things first (work before play)
4. Think win–win (everyone can win)
5. Seek first to understand, then to be understood (listen before you talk)
6. Synergise (together is better)
7. Sharpen the saw (balance feels best)

The 7 Habits at Home

In our newsletters we will share some ideas to help your family use the habits at home. If you have ideas to share we would love to hear from you!

Habit 1 is Be Proactive—"I am in charge of me."
NOT REACTIVE

This Habit is the key to moving from dependence to personal responsibility. This means the child is in charge of their choices, the consequences of those choices, how they respond in every situation, and their personal belongings.

Ways to apply at home:
Allow choices: would they like the blue plate or the yellow, would they like to go to bed now or in 10 minutes, would they like to read or do a puzzle? It doesn’t matter how large or small the choice, practice matters. They can begin to take charge of what is going on in their own life.
TERM 1 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 21st FEBRUARY
NO LATER THAN 9:30AM.

Date: Friday 24th February
Name: ………………………………. Grade: ………………

Please tick

<table>
<thead>
<tr>
<th>Lunch Choices</th>
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<tbody>
<tr>
<td>Hot Dog with Sauce</td>
<td>$3.00</td>
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<tr>
<td>Salad/Ham Roll (ham, lettuce, tomato, cucumber, cheese, carrot, alfalfa, beetroot)</td>
<td>$3.50</td>
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<tr>
<td>Hamburger (meat pattie, cheese, lettuce, tomato, sauce)</td>
<td>$3.50</td>
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<tr>
<td>Oven Baked Fish’n’Chips</td>
<td>$4.00</td>
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<td>Pancakes (2 per serve)</td>
<td>$1.00</td>
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<tr>
<td>Banana Bread Slice</td>
<td>$1.00</td>
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<tr>
<td>Jam Lamington</td>
<td>$1.00</td>
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<td>Milk $1.50</td>
<td>Chocolate ........</td>
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<td></td>
<td>Strawberry.......</td>
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<tr>
<td>Juices $1.00</td>
<td>Apple.......</td>
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<td></td>
<td>Orange Juice.......</td>
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<tr>
<td>Water $1.00</td>
<td>500ml Bottle.......</td>
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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.