Principal’s Page - Colin Avery (Principal)

Parent Payment Information
Schools receive funds to run the school and supply some equipment in a variety of ways from the government and other sources. The most common funding source is the number of children enrolled in the school. The more students, the more funds to support the school. Additional funds are provided depending on the parent’s education level and occupation. This is an area that can supply a large amount of additional funds. The higher the education level and more skilled the work a parent performs, the lower the level of additional funds. It is therefore very important that parents tell us exactly the occupation or employment currently being performed e.g. If a person has a mowing business, then listing the occupation as a ‘general manager’ is not as accurate as saying Tradesman or even labourer. The general manager occupation will provide very little extra funds for the school but tradesman or even better, labourer will provide almost the maximum funds available. Another area of funds provided to schools comes from parents and families that speak a language other than English at home. The final area of funds for the school comes from the Essential Educational Items that parents pay as part of the school fees.

For schools to operate each year, all of these areas contribute to the overall funds provided to a school which are then used in many different ways to support the education, care and security of your child(ren). The funds are overseen by the School Council and administered by the Principal and staff. Many programs would not continue without the support of all our parents. This year we are trialling a different process which we believe will improve the payment of school fees and assist families. That is to distribute the parent payment forms early so that funds can be put aside early before the Christmas period and to clearly outline the reason for each amount of fees. Options have been provided for full or part payment. Please see either Sue or Brooke in the office or speak with myself, Lorraine Humphrey or Ben Vevers if you would like some assistance with a payment plan or to discuss any concern.

School Results and Absences
Recently a new report arrived at the school which details several areas of the curriculum and absenteeism of students. It has shown that we have had a great result in numeracy (maths). This is very pleasing as we have focused heavily on numeracy. We therefore know we can improve with the right approach. In 2018, the focus will be firmly on Reading where we have budgeted to purchase many new resources (books) for students and hiring a consultant to support staff development and expertise in reading. It has shown that we have had a great result in numeracy (maths). This is very pleasing as we have focused heavily on numeracy. We therefore know we can improve with the right approach. In 2018, the focus will be firmly on Reading where we have budgeted to purchase many new resources (books) for students and hiring a consultant to support staff development and expertise in reading.

The number of students who are absent from school is a concern as it is included in data reviewed by the education department. Currently we are trending above the expected level with students away from school more than the average school. It has been for this reason that teachers or our student welfare officer – Julie Comarmond - have been contacting parents about a student’s absence.

Have a great weekend.
Parenting Ideas by Michael Grose

Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child’s first educators, parents can’t leave it to early learning centres, pre-schools and schools to develop their child’s resilience. It’s something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

1. Develop your child’s self-sufficiency
Self-esteem is an essential element for resilience. It is always important to instil children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It’s the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

2. Allow kids to resolve their own problems
Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child’s problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it’s absolutely necessary.

3. Encourage play (and mucking around) at every age
Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It’s almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of ‘mucking around’ as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

4. Focus on face-to-face friendships
Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child’s resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

5. Tell stories of resilience
Storytelling is a powerful way of shaping children’s understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life’s ups and downs. It’s often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember that the struggles and difficulties you may have experienced and be willing to keep kids’ chins up when difficulties and challenges get them down. It’s also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.

WHAT'S ON

Thursday 26th October
Foundation Transition week 2. 9:10am till 10:30am

Thursday 26th & Friday 27th October
Foundation Swimming Program.

Friday 27th October
Day for Daniel –Child safety Awareness. You may wear red clothing to school.

Thursday 2nd November
Foundation Transition week 3 from 9:10am till 10:30am.

Thursday 2nd & Friday 3rd November
Foundation Swimming Program.

Friday 3rd November
Progress Reports available.

Tuesday 7th November
Melbourne Cup Day –Public Holiday.

Thursday 9th November
Foundation Transition week 4 from 9:10am till 10:30am.

Thursday 9th November
Foundation Swimming Program final day.

Wednesday 15th November
Curriculum Day (Pupil Free Day).

Thursday 16th & Friday 17th November
Grade 6 Swimming-more information to follow.

Friday 17th November
Koala Dream Day-more information to follow.

Wednesday 29th, Thursday 30th & Friday 1st November
Grade 1&2 Robotics Incursion. The cost is $35.00. Payment due by 9:30am on Thursday 23rd November.

Thursday 30th November
A parent information evening from 6-7pm for 2018 foundation students. Important information such as book lists, classroom allocations, class teachers & assessment appointments will be handed out.

Tuesday 5th December
Christmas Carols-more information to follow.

Monday 11th December
Grade 6 Graduation at the Cranbourne Turf Club. The cost is $45.00 due by Thursday 30th November.

Tuesday 12th December
Grade 6 students attend their 2018 school

Thursday 21st December
Final student day at school for 2017.

Tuesday 30th January 2018
First day Term 1 for Grades 1 to 6.
The SRC have organised a “Day for Daniel” Friday 27th October. The aim of the day is to raise awareness for Child Safety. We encourage students to wear red on the day and there is no coin donation required.

Student of the Week Awards
TERM 4 2017 Weeks 1 and 2

Foundation A - Emma, Nithila
Foundation B - Summer, Domanic
Foundation C - Narayanan
1A - Chelsea, Tyler
1B - Danielle, Hollie
1C - Cooper, Charlie
2A - Zac, Summer
2B - Tyrone, Ella Rose
2C - Mahin Rai
3A - Amelia, Karn
3B - Cody, Ruby
3/4A - Mahila, Annie
4A - Cooper, Dylan
4B - Ella, Chris
5A - Kakum, Jarryd
5B - Zachery, Kayla
6A - Kyan, Tristan
6B - Jordan, Jaryd
PE - 6A 2C
Art - Foundation A; 3B
Hindi - 1A
Science -

Are you leaving Rangebank PS
If you are planning for your child NOT to be attending in 2018 please notify the office immediately, as we are well into planning for next year.

Prep Enrolments for 2018
If your child turns 5 by 30th April 2018 they are eligible to attend Prep in 2018. Please complete an enrolment form this week to enable your child to attend our last 2 transition sessions.
**TERM 4 Lunch Order Form**

THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 31ST OCTOBER
NO LATER THAN 9:30AM.

**Date:** Friday 3rd November

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

Please tick Lunch Choices

<table>
<thead>
<tr>
<th>Choice</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toasted Sandwich: Ham, Cheese, Tomato <em>(please circle toppings)</em></td>
<td>$2.50</td>
</tr>
<tr>
<td>Bakers Delight Cheese &amp; Bacon Roll OR Cheesymite Scroll <em>(please circle which one)</em></td>
<td>$3.50</td>
</tr>
<tr>
<td>Wedges with Sour Cream &amp; Salsa</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken Tenders Salad Wrap: Chicken, Lettuce, Tomato, Cucumber</td>
<td></td>
</tr>
<tr>
<td>Sauce: Sweet Chili, BBQ or Mayonnaise <em>(please circle toppings)</em></td>
<td>$4.50</td>
</tr>
</tbody>
</table>

Please tick Snack Choices

<table>
<thead>
<tr>
<th>Choice</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes (2 per serve)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Jelly Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Slice of Bakers Delight Boston Bun</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Please tick Drink Choices

<table>
<thead>
<tr>
<th>Choice</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td></td>
</tr>
<tr>
<td>Honeycomb</td>
<td></td>
</tr>
<tr>
<td>Juices</td>
<td>$1.00</td>
</tr>
<tr>
<td>Apple</td>
<td></td>
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<tr>
<td>Tropical</td>
<td></td>
</tr>
<tr>
<td>Orange Juice</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>600ml Bottle</td>
<td></td>
</tr>
<tr>
<td>Banana Smoothie $2.00</td>
<td></td>
</tr>
</tbody>
</table>

Please add 20 cents 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.

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**Canteen**

Grade 6 students are selling

**Zooper Dooper (icy poles)** for

**.50 cents each**

Over the counter from now until the end of November, on;

**Monday, Tuesday & Thursdays**

All proceeds will go towards Grade 6 Graduation

*(Please note: no other regular window sales items will be sold during this time).*

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**Breakfast Club**

Every Monday morning in the multi-purpose room, Rangebank Primary School students can enjoy a

**FREE BUFFET BREAKFAST!**

Thanks to Coles supermarket, Bakers Delight, Foodbank and parent volunteers, the buffet breakfast includes;

- Pancakes and maple syrup
- Toasted Cheese Sandwiches
- Toasted Spaghetti Sandwiches
- Plain & Raisin Toast
- yoghurt in a cup
- Kellogg's cornflakes & milk
- Chocochips & milk
- Chocolate milk drink
- Toasted Ham & Cheese Sandwiches
- Toasted Bacon Beam Sandwiches
- Toast with Vegemite or Jam
- Pomade
- Fresh fruit
- Weet-bix & milk
- Rice bubbles & milk
- Orange or Orange & Mango juice

Breakfast club starts at 8.00am and finishes at 8.55am

So come along to the multi-purpose room, leave your school bag outside, sign in at the canteen window then sit down and enjoy your choice of breakfast.

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**English and Maths Tuition**

We have been teaching Prep to Year 12 since 1995

SPECIAL OFFER for Rangebank P-8 students:

Present this ad and get a FREE trial lesson.

Offer applies for new students only.

Terms & Conditions Apply.

Location:

Rangebank Primary School (London Avenue) on Saturdays during the school term.

Phone: 03 9793 3743

Website: www.nqt.com.au

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**MENTONE | FRANKSTON 9585 8000**

Develop the confidence of a winning smile

Crooked teeth? Get advice from a specialist orthodontist today. No referral needed.

Free Initial visit.