



Thursday, 28th February, 2019

Available to view in colour at

[www.rangebankps.vic.edu.au](http://www.rangebankps.vic.edu.au)



Rangebank Primary School Webpage Link

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

Direct link to Compass Reporting

Login Page

<https://rangebankps-vic.compass>

## RANGEBANK CALENDAR

Wed 30 Jan till Fri 5 April	Term 1 Dates
Thurs 28 Feb	Foundation Night
Fri 1 Mar	Grade 5 Beach Excursion
Wed 13 Mar	Grade 5 Beach Fishing Excursion
Fri 15 Mar	Interschool Sports
Mon 18 Mar	Harmony Day Excursion
Fri 29 Mar	Interschool Sports
Wed 3 Apr	Senior Choir Excursion
Fri 5 Apr	Last Day of Term School Dismissed at 2:30pm
Tues 23 Apr	Curriculum Day– Student Free Day
Fri 26 Apr	Interschool Sports G5&6
Fri 3 May	Interschool Sports G5&6
Tues 7 May	Grade 1-4 Swimming
Thurs 9 May	Grade 1-4 Swimming
Fri 10 May	Interschool sports G5&6
Tues 14 May	Grade 1-4 Swimming
Thurs 16 May	Grade 1-4 Swimming
Thurs 23 May	Grade 1-4 Swimming
Fri 24 May	Interschool Sports G5&6
Tues 28 May	Grade 1-4 Swimming
Thurs 30 May	Grade 1-4 Swimming Final day

Our Motto: **Dream, Believe, Strive,  
Achieve**

## Principal's Page



Hi,

**Census Day** today. It is not for parents but it is an important day for schools across Australia where children are counted in each school. Each child in a school attracts funding. Children with special needs attract some additional funding for the school to use to assist children in their learning. The funding is in many parts. The education department funds schools for language and learning disabilities support; children in years F-1, years 2, and years 3-6; integration students; English as a second language students; Work Safe; Primary Welfare; Equity funding; contract cleaning; utilities; maintenance and minor works; Annual contracts and essential safety measures; location indexed funding; refugee and Asylum Seeker Wellbeing Supplement; and swimming in schools.

I would enjoy saying that each of the amounts is enough for each area but the truth is, it is not. Parent contributions through the essential items school fees provides for essential items not covered in the education department funding but areas that the school council believes is important. E.g. technology – computers for students and the network to allow students to access online programs.

At this month's School Council meeting, the finance committee were happy at the amount of parents who are paying or have paid for the school fees. Thank you. This has made our job of providing much needed teaching and learning items for your child so much easier.

As a school, we also raise funds through fund raising and facility hire. Together these areas raise over \$50,000 for the school. That is a lot of fund raising and would be impossible otherwise to provide equipment and support for our students. Again, thank you to all our parents for your support.

### Foundation (Prep) Picnic

Tonight is our welcome to our Foundation parents with a picnic tea and games. There will also be a jumping castle, large games and board games for the children to play. It will be a time to meet other parents and your teachers in a relaxed setting.

### School Council Elections

Rangebank Primary School Council has a number of vacancies for 2019. If interested, and I would encourage you to apply for the school council, please seek a nomination form from the office. Nomination forms (self-nominated or nomination by another parent) must be returned to the office by 4:00pm, 7th March.

There are three vacancies for parent positions. Current school councillors re-nominating are Lawrence Hamilton and Barbara Shoesmith.

There is one position for a DET position for 2 years. This person must be on staff. Andrea Bond is re-nominating.

Nominations by 7th March. Voting paper sent out by 14th March.

Election (if necessary) closes by 21st March, 2019

If at all interested, please speak with me or any other School Councillor prior to Thursday, 7<sup>th</sup> March.

**Colin Avery - Principal** - "Lost time is never found again" by  
Benjamin Franklin

बेजामिन फ्रैंकलिन द्वारा "खोया हुआ समय फिर कभी नहीं मिला"

## Parenting Advice



### There are better questions than ‘How much screen time?’

‘How much time should my child be allowed in front of a screen?’ ‘What about my five-year-old?’ ‘How long should I let my 13-year-old play Fortnite?’ As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child’s screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child’s screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it’s wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

#### 1. ‘What is my child doing with his or her screen?’

There’s no point worrying about how long your child is on a screen if you have no idea what they are doing when they’re on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch hard-core pornography. These are vastly different ways to spend their time online.

#### 2. ‘What is the effect of the screens on my child?’

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child’s online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

#### 3. ‘What is my child missing out on?’

Children and teens benefit from involvement in a wide range of activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it’s reasonable to expect that, with your assistance, your child begins to place some

limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child’s time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.

**Martine Oglethorpe**

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)

## WHAT'S ON

### Thursday 28th February

Foundation Evening from 5 till 6:30pm. Bring along a picnic dinner. Entertainment provided, such as sports, jumping castle & giant games.

### Friday 1st March

Grade 5 Beach & games excursion at Carrum Life Saving Club.

### Monday 11th March

Labour Day Public Holiday.

### Wednesday 13th March

Grade 5 Beach & Fishing Excursion at Carrum Life saving Beach.

### Friday 15th March

Interschool sports for grades 5 & 6, competing at Cranbourne Carlisle PS.

### Monday 18th March

Harmony Day incursion. The cost is \$6. Please pay & consent on Compass.

### Friday 29th March

Interschool sports for grades 5 & 6 at Rangebank PS.

### Wednesday 3rd April

Senior Choir at Regis Aged Care.

### Friday 5th April

Last day of term –school dismissed at 2:30pm.

### Tuesday 23rd April

Curriculum Day –student free day.

### Thursday 25th April

Anzac Day-Public holiday.

### Friday 26th April

Interschool sports for grades 5 & 6 competing at Tulliallan PS

### Friday 3rd May

Interschool sports Grades 5 & 6 at Rangebank PS.

### Tuesday 7th May

Grades 1-4 swimming at Casey Race.

### Thursday 9th May

Grades 1-4 swimming at Casey Race.

### Friday 10th May

Interschool sports grades 5 & 6 at Rangebank.

### Tuesday 14th May

Grade 1-4 swimming at Casey Race.

### Thursday 16th May

Grade 1-4 swimming at Casey Race.

### Thursday 23rd May

Grade 1-4 swimming at Casey Race.

### Friday 24th May

Interschool sports for grades 5 & 6 at Hampton Park PS.

### Tuesday 28th May

Grade 1-4 swimming at Casey Race.

### Thursday 30 May

Grade 1-4 Swimming final day.



**Alannah & Madeline  
Foundation**

## Funded Workshop For Parents

Gaming: Keep calm and continue parenting  
The Alannah & Madeline Foundation and the Victorian Responsible Gambling Foundation are offering a free workshop for parents. Learn about how modern gaming works, the games your kids are playing, the positives and negatives of gaming and how to talk to your child if you are concerned about their gaming habits.

The workshop will delve into some common gimmicks in popular games and the associated risks. Contact us to express your interest in this free workshop, to be held on the 7th March.

Social Posts:

1. Learn how modern gaming works & hear about common gimmicks in popular online games. The Alannah & Madeline Foundation & the Victorian Responsible Gambling Foundation are offering a free workshop for parents to talk about the games your kids are playing including the positives & negatives of gaming. Contact the school to register for this free workshop.
2. The Alannah & Madeline Foundation & Victorian Responsible Gambling foundation are offering a free gaming workshop for parents that will delve into some common gimmicks in popular games. We will discuss the associated risks & how you can avoid them, along with some tips to talk to your child if you are concerned about their gaming habits. Contact the school to express your interest in this free workshop.

Level 1, 256 Claredon Street PO Box 5192  
South Melbourne  
Vic 3205  
T 03 9697 0666 F 039690 5644



## THEJOURNEY WINTER PROGRAM

Winter is coming, our new program that is coming into full effect this off season. To find out further details, to show interest or if there are any questions feel free to contact us on: Mobile: 0416957169  
Email:

## What does this program include?

Skills:  
Batting  
Bowling  
Fielding

Fitness:  
Cardio  
Strength  
Speed



@thejourney0



The Journey or  
@TheJourney.Cricket  
Fitness

Pricing:  
Monthly

\$30 for one session a week  
\$50 for two sessions a week

Session per session  
\$10

Location: Casey Fields

Somewhere else will be arranged if weather doesn't allow for an outside session

## Learning Advisory Service

Are you looking to build new skills for work, further education or fun?

A free employment and learning session will help you find new skills close to home.

Speak to a Learning Engagement Support Officer about learning opportunities in the City of Casey or a Reconnect team member about possible learning support.

Visit the Learning Advisory Service at

*Endeavour Hills Library*

*Monday 4<sup>th</sup> of March 10am – 12pm*

*Bunjil Place Library*

*Thursday 7<sup>th</sup> of March 11am – 1pm*

*Hampton Park Library*

*Friday 15<sup>th</sup> of March 10am – 12pm*

No appointment necessary

For further information, contact Kim on 0448 082 765



## Student Of The Week Awards TERM 1 2019

FA	Charli Psyhakis
FB	Makenzie Bennett
FC	Anna Papatua
1A	Gurnaaz
1B	Ricky Rajeshkumar
1C	Jarryd Taylor
2A	Mack Wishart
2B	Suhana Senthil
2C	Tyler Keating
3A	Levi Fato
3B	Jayani Patel
4A	Kieran O'Brien
4B	Seth Knight
5A	Rudra Patel
5B	Imogen Drake
6A	Hannah Bankier
6B	Sodane Vuthy
6C	Alex Yae
Hindi	5B
PE	Foundation C
STEM	3A



## FREE TRIAL DAY FOR DANCE AND ACROBATICS

Come along and have a free trial of jazz and acrobatics on **Saturday 2<sup>nd</sup> March at 1pm at Selandra Community Hub.**

**1pm for 2 to 5 year olds. 1.45 for 6 to 12 year olds. Alicia will teach you and it will be fun to learn new things whilst keeping fit and active. No need to book for the day.**

**0400 877 368**

**aliciaberriman@bigpond.com**

BROUGHT TO YOU BY  City of Casey  Cardinia  Sellen  Casey Community

## SOUTH EAST CAREERS EXPO & TRY A TRADE 2019

**NEW THIS YEAR**

- Meet local employers
- Explore new career options
- Talk to local training providers
- Interactive displays
- Employment advice and job opportunities
- Industry information sessions

**DATE** Tuesday 2 April 2019  
**VENUE** Cranbourne Racecourse Grant Street, Cranbourne  
**TIME** 9.00am – 2.00pm

PROUD SUPPORTERS

 Chisholm

 Federation

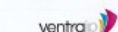
 UFA

 TaskForce

 DEFENCE FORCE RECRUITMENT

 SkillInvest

 MatchWorks

 ventrapro

ROOKIE AND TORRES STRAIT ISLANDER STUDENTS ARE ENCOURAGED TO ATTEND



FOR MORE INFORMATION VISIT  
[www.sellen.org.au](http://www.sellen.org.au)  
 OR CALL 9794 6921

## Experience Casey

**FREE EVENT on Saturday 16 March 2019**

» Immerse yourself in the sights and sounds of many cultures

» Take part in workshops and enjoy live demonstrations and entertainment

» Taste food from different cultures



**Celebrate and experience Casey's diverse community**

**1.00 pm - 5.00 pm**

**Bunjil Place  
 Patrick Northeast Drive, Narre Warren**



Visit the City of Casey website  
 9705 5200 NRS: 133 677 TIS: 131 450



## EASTER RAFFLE

**Tickets: 50 cents each or the book of 25 for \$10**

**Prizes: Various Easter Hampers**

**Date Drawn: Friday 5th April, drawn at assembly.**

**Please return all money or unsold tickets by Wednesday 3rd April**



## SCHOOL BANKING EVERY TUESDAY Congratulations!

**Every 10 weeks of banking you're ready to redeem a Polar Saver Reward. Term 1 prizes**



**Scented Stackable Highlighters**



Please see details on front page, more information to follow.

New Scholastic Book Club catalogues out soon.

MSP Photography for Foundation students special photo pack.

**Canteen Window Sales**  
**Friday 1st February**  
 The canteen will be open at recess  
 & lunchtime

#### After School Activities

Please look at our brochure stand to see the activities offered at Rangebank

Karate, The Music Bus, Bollywood Dance,  
 Kelly's Sports & and more.

#### Commonwealth Student Banking every Tuesday

Every 10 weeks of banking you child can order a prize.  
 If you would like your child to start school banking you can apply online or at any Commonwealth branch.

#### OSCH before & After School Care

Situated at Rangebank. Collect a brochure at the school office or make an enquiry at the OSCH building



**Anglicare Victoria**  
**PARENTS BUILDING SOLUTIONS**  
 For parents, step-parents, grandparents & carers of children aged 3 - 13 years

Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

**ARE YOU TIRED OF YELLING?**  
 How to get kids to listen, without having to yell

**DEALING WITH ANGER**  
 Helping parents, and kids, deal with anger and frustration

**RESPONDING TO BEHAVIOUR**  
 Better understand why children behave the way they do

**STRATEGIES THAT WORK**  
 How can parenting be easier and more fun!

**DATE:** Tuesday mornings  
 1st February to 26th March  
 (8 weeks)

**TIME:** 9:30am - 11:45am

**WHERE:** Rangebank Primary School  
 14-16 Leaden Avenue  
 Cranbourne

**COST:** FREE - Bookings Essential  
 Refreshments provided

**BOOKINGS AND ENQUIRIES:**  
 Sandra Phillips at Parentzone  
 03 9446 2000 or callbert 0447 800 365  
 sandra.phillips@anglicarevic.org.au

03 9446 2000  
 anglicarevic.org.au

BETTER TOMORROW



### TERM 1 Lunch Order Form

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

**Date:**

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

**Please tick**

#### Lunch Choices

..... Hot Dog with Sauce	\$3.00
..... Salad/Ham Roll (ham, lettuce, tomato, cucumber, cheese, carrot)	\$3.50
..... Oven Baked Wedges with Sour Cream and Salsa	\$4.00
..... Homemade Fried Rice	\$4.50

#### Snack Choices

..... Pancakes (2 per serve)	\$1.00
..... Jam Lamington	\$1.00
..... Zucchini Slice	\$1.50

#### Drink Choices

**Milk \$1.50** Chocolate ..... Strawberry..... Honeycomb.....

**Juices \$1.00** Apple..... Tropical..... Orange Juice.....

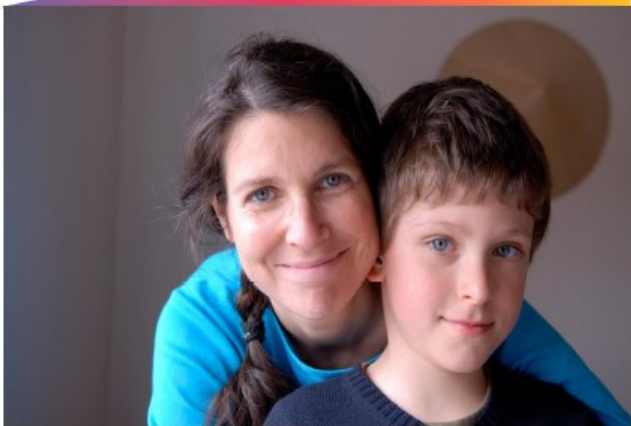
**Water \$1.00** 500ml Bottle..... **Berry Smoothie \$2.00**.....

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 BUILDING SOLUTIONS

### GROWING GREAT KIDS

#### ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

#### DEALING WITH ANGER

Helping parents, helping kids deal with frustration and anger

#### STRATEGIES

Discuss and share strategies that work

#### CHILDREN'S SCHOOL

Understand the challenges you kids face in school

#### SELF CARE

How to cope with stress & emotions



#### DATES:

Thursdays 21, 28 February  
and 7, 14, 21 & 28 March 2019  
9.30am to 12.00pm

#### TIME:

#### WHERE:

Cockatoo Primary School  
19-33 Belgrave-Gembrook Road,  
Cockatoo VIC 3781

#### COST:

FREE

#### FOR BOOKINGS AND ENQUIRIES CONTACT:

Naomi Dewar 03 9968 8017 or Jasbir Singh 0431 203 177  
or text your name to register.  
Email: cockatoo.ps@edumail.vic.gov.au or  
jasbir.suopada@anglicarevic.org.au

anglicarevic.org.au

BETTER  
TOMORROWS



## GROWING GREAT KIDS

### PARENTS BUILDING SOLUTIONS

#### ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

#### DEALING WITH ANGER

Deal with our own anger and the anger of our children

#### STRATEGIES

Discuss and share skills that work

#### TECHNOLOGY & OUR CHILDREN

When to limit it and how?

#### SELF CARE

How to cope with stress & emotions

#### DATES:

Wednesdays 27 Feb, 6, 13, 20, 27 March and  
3 April 2019

#### TIME:

9.10am - 12.00pm

#### WHERE:

Nar Nar Goon Primary School  
27-35 Spencer St, Nar Nar Goon

#### COST:

FREE: Bookings essential

#### BOOKINGS:

For bookings and enquiries contact:  
Virginia Meredith - 5942 5311 or  
Email: nar.nar.ps@edumail.vic.gov.au  
Jasbir Singh Suopada  
Call or TEXT 0431 203 177 to register  
jasbir.suopada@anglicarevic.org.au



anglicarevic.org.au

BETTER  
TOMORROWS



## GROWING GREAT KIDS

### PARENTS BUILDING SOLUTIONS

A program for parents, grandparents, step parents & carers.

#### ARE YOU TIRED OF YELLING?

How to get your kids to listen, without having to yell

#### DEALING WITH ANGER

Recognising the causes and triggers for anger

#### RELATIONSHIPS

How can parents build a better relationship with their kids?

#### STRATEGIES

Discuss and share strategies that work

#### DATES:

Fridays 1, 8, 15, 22, 29 March & 5 April 2019.  
9.30am - 12.00pm

#### TIME:

#### WHERE:

Rosewood Downs Primary School  
Murray Rd, Dandenong North

#### COST:

FREE: Bookings essential  
(Refreshments provided)

#### BOOKINGS:

For bookings and enquiries contact:  
Deborah Lucas - 9795 3744  
Email: lucas.deborah.s@edumail.vic.gov.au OR  
Jasbir Singh at Parentzone on 0431 203 177  
(Simply text your name in to register)  
Email: jasbir.suopada@anglicarevic.org.au



anglicarevic.org.au

BETTER  
TOMORROWS

## THE LEARNING SPACE 2019 Selandra

COST \$3.00 for the day (During the School term)

<b>Tuesdays</b>	<b>10am to 12.30pm</b>	<b>English Conversation</b> 
<b>Tuesdays</b>	<b>11.30am to 2.30pm</b>	<b>Sewing and Hand made Items</b> 
<b>Tuesdays</b>	<b>Time to be confirmed</b>	<b>pre-accredited Business course</b> 

"This program is supported by funding from the Australian Government Department of Social Services, under the Settlement Engagement and Transition Support (SETS)

Address: SMRC - Selandra Rise Community Hub  
7/9 Selandra Bld, Clyde Nth, Vic 3978  
For Information contact Sharon Rousselin- 0432101415