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# NEWSLINK

[www.cranbourne-ps.vic.edu.au](http://www.cranbourne-ps.vic.edu.au)

*The teaching and learning pedagogy at Cranbourne Primary School is developed on a*

**RECIPE** (Relevant Engaging Challenging Innovative Personalized Enjoyable)

*based curriculum that supports the members of the school community to develop intrinsic*

**PRIDE** (Persistence Responsibility Independence Discipline Enthusiasm) *in their learning.*

Issue 30

6th October 2016

## CALENDAR

### UPCOMING EVENTS



**Tuesday, 11th October**

Footsteps

**Thursday, 13th October**

Swimming

**Tuesday, 18th October**

Footsteps

**Wednesday, 19th October**

Issue 7 Book Club orders  
due 4 pm

**Thursday, 20th October**

Swimming

**Monday, 24th October**

Payment due-\$5 Carnival  
by 4 pm

**Tuesday, 25th October**

Footsteps

**Wednesday, 26th October**

Carnival 11:30-1:30

### PRINCIPAL'S NEWS

We are very excited about the development of our "stage area" on the hill utilising funds raised by our parent group Community Links.

Swimming and Footsteps commenced this week and term 4 has begun in a very organised manner. We are busily taking 2017 enrolments and look forward to the upcoming transition program.

Regardless of which AFL team you follow you would have to agree this year's grand final was an excellent game. The players, coaches and their followers are to be commended on their demonstration of determination, dedication, team work, sportsmanship and loyalty. These are qualities that don't happen overnight, they are the product of a long term commitment to a shared belief system that is reinforced throughout an organisation and extends beyond to the wider community. Here at CPS we are working to develop P.R.I.D.E in our students and staff. Through the programs, teaching and the structure of our learning communities we are encouraging and supporting our students to learn valuable lifelong lessons such as:

*The right choice is not always the popular choice and the popular choice is not always the right choice.*

To effectively understand this expression, children must learn what is meant by the "right" choice. Learning right from wrong is complicated; it includes learning the differences between legal and illegal, moral and immoral, safe and unsafe. This process often begins with young children when they start to report everything to adults, which is often referred to as dobbing. It is important that we the adults see this as an important step in a child's development as they learn to evaluate their environment. To assist our students we can teach them to report their concerns then discuss and evaluate the urgency, importance and priority. This process helps children to develop a social conscience and the confidence to seek advice/assistance from trusted adults.

**Cheryl Van Deursen**  
**Principal**



## HAPPY BIRTHDAY TO OUR OCTOBER BABIES!

TEHAAMARU T  
AIMEE M  
KYANA Z  
VALENTINE P  
JORDAN M  
MADISON F  
ZAC M  
CHLOE S  
ACER D  
AILYAH J  
DANIEL S  
NASRIN H  
JOHNATHAN R



*Happy Birthday to those students who are celebrating their special day*



## Stars of the Week

*These students have demonstrated intrinsic*  
**PRIDE** (**P**ersistence, **R**esponsibility,  
**I**ndependence, **D**iscipline, **E**nthusiasm)  
*in their learning:*

Learning community	Student
FOUNDATION	Emily F
	Isabelle F
JUNIOR	Buthmi C
	Will D
	Reuben S
	Makeira M
MIDDLE	Erica S
	Dryden B
	Karina T
	Juliet N
SENIOR	Kyan H
	Reza H
	Kayla P-T
	Jasmyn B
ART	Manik S (MTB)
ICT	Axel B (JVK)
PE	Abhay M (JVK)
Assistant Principal	Jennifer (SMD)

## FROM THE OFFICE

Thank you to the parents who have finalised their 2016 Essential Items payment. If you haven't paid you can do so by direct debit into the school's bank account:

### CPS BANK DETAILS

BSB 013 593

Account Number  
499102494

*Please put your child's name in the subject line.*



## Curriculum

Welcome back everyone!

And a big welcome to those students who have started with us this term.

Term 4 is going to be a busy term, with plenty of extra curricula events organised.

- Footsteps sessions commenced Tuesday, and the students and teachers were having lots of fun learning dances.
- Swimming sessions started today for students from Foundation—Grade 6.
- Mad on Music returns to continue keyboard and guitar lessons with some students.
- Our annual Senior Community Carnival is coming!

All of these activities provide learning opportunities for students, that can't necessarily be addressed in the 'formal' learning environment. They also help students to identify an interest in an activity that they may not otherwise get to experience, or further develop their skills and interest in an activity that they have already participated in.



**Di Fernand**  
**Assistant Principal**

# Develop a resilience mindset

By Michael Grose

*How to approach a resilience mindset to look after your mental health and well-being in order to develop a sense of lasting resilience in your kids.*

There are two ways to get fit. You can start a fitness regime which may include joining a gym, hitting the road chalking up heaps of kilometers or take up Pilates, aerobics or one of the many exercise classes available. In other words, you make some big changes designed to bring some immediate results.

The alternative is to develop a fitness mindset and begin to make small adjustments to different areas of your life. Walk to the shops rather than drive. Spend more time in the garden and less in front of the television on weekends. Walk up stairs rather than take lifts. You won't get the instant results that come from adopting a more serious fitness regime but you are more likely to get lasting results over time that the lifestyle adjustments that come through adopting a fitness mindset brings.

The same approach applies to our mental health and well-being. You can make large lifestyle adjustments including taking a less stressful job, making a sea or tree change, giving up alcohol altogether and taking up meditating. These are the types of changes people make as a result of a health scare, or a breakdown of some sort. You can take the gentler approach, adapting a resilience mindset and looking after your mental health and well-being on a regular basis. This is preventative by nature and increases the likelihood that you stick to the changes you make.

Here are some simple things to do to help you develop a mindset for resilience:

**Watch your self-talk:** Become more aware the messages you constantly send yourself. The little voice in your head can have a catastrophic impact on you if you let it. It can talk you into the blues, lower your self-esteem and build mountains out of molehills if you let it. Once you are aware of its impact you can switch it off or change its negative chatter to something a little more positive. Both take practice. It's not as easy as it sounds altering the patter in your head but you can work at it.



**Watch your language:** Build an awareness of your language and its impact on your well-being. You can easily catastrophise about the simplest events and you feel like the sky is about to cave in, or you can moderate your language and things won't seem so bad.

**Build in regular down-time:** As a professional speaker I know how easy it is to take bookings for back-to-back presentations week in, week out as the lure of building a healthy bank balance becomes too hard to resist. Working flat out without a break is a fool's game. I've learned from experience to build regular down-time into my schedule, so I can maintain my passion and enthusiasm for my work. When you have a resilience mindset you see the value of down-time to your well-being and you see the positive impact that it has on your relationships. You recognise that you smile more and you have more energy for the people and activities that you love.

**Get plenty of sleep:** We are only beginning to make the links now between sleep and personal well-being. Mothers of newborns know what sleep deprivation is like. It's debilitating. You can't function properly and you become easily depressed. Many people spend much of their lives experiencing some form of sleep deprivation, and they compensate by taking regular caffeine hits, drinking alcohol and..... . When you develop a resilience mindset you'll value sleep more, and look for opportunities to get a good night's sleep.

**Have something that energises and relaxes you:** My dad used to say that everyone needs a hobby. He's right. An interest outside of work or family is a boon for your state of mind. Kids generally have few problems in this area, but adults can easily lose sight of the fact that we need to have something in our lives that energises us and also makes us interesting.

**Stay flexible and realistic in your thinking– don't get locked into 'must do' thinking:** Watch your language to see if it's full of absolute, imperative terms such as: "I must always be on time....", "They should always use good manners..." , "they never do anything to help ....." If this is you, then you may be stuck with an inflexible, unrealistic thinking style that causes you a great deal of stress. If so, then catch yourself and wind your language back. "I must always be on time....." becomes "I will try to be on time, but sometimes I can't be...." , "They should always use good manners....." becomes 'I would like it if they were well-mannered but sometimes they aren't.....', "they never do anything to help....." becomes "they are sometimes helpful but at times they forget....."

If you are not convinced that looking after your well-being is a good idea then I'd like to appeal to an altruistic motive. When you develop a resilience mindset you get a greater understanding of what resilience is about and are in a far better position to develop a sense of lasting resilience in your kids.



# FOR THOSE WHO NEED IT MORE THAN WE DO

A community event collecting funds and supplies for the homeless population of Frankston.



Prizes and Silent Auctions!

Sunday 23<sup>rd</sup> October, 2 - 5pm  
Seaford Community Centre  
(1/6 Broughton St, Seaford, VIC)

ADULTS: \$10  
CHILDREN: \$1



Live music by Rebecca Hoadley!

## HOW CAN YOU GET INVOLVED?

- \* Come along on the day with items to donate, (toiletries preferred)
- \* Donate a 'big ticket' item for our silent auction
- \* Bid on some of the amazing auctions and raffles on the day
- \* Donate your time to help us with the event



Afternoon Tea!



Stalls!



Please contact Brooke at [brookerachel.miller94@gmail.com](mailto:brookerachel.miller94@gmail.com) if you would like to contribute, or for more information.



Organised independently by Brooke Miller, Nicole Albert and Maali Albert (residents of the Frankston region). All proceeds and supplies will be donated directly to Community Support Frankston.

## Kids Better Health Program

Do you have children aged 7-13? Are you worried about their weight?

Join the **FREE** program at YMCA Casey RACE in Term 4,  
and help your kids become fitter, healthier and  
happier!

To sign up call 1300 822 953 today.

Supported by:





# SCHOOL BANKING DAY IS

# FRIDAY



**School banking  
will resume the first week of term 4  
TOMORROW—7th October 2016**





## **‘RANGEBANK PRESCHOOL’**



### ***RELAUNCH/10 YEAR CELEBRATION!!***

To all those families whose children attended

### **RANGEBANK PRESCHOOL!**

You are cordially invited to attend the RELAUNCH of the new playground and join with **Barbara** in celebrating her **10<sup>th</sup>** year!!

### **SATURDAY OCTOBER 15<sup>TH</sup>, 10AM-2PM AT THE PRESCHOOL!**

Jude Perera MP, State Member for Cranbourne District along with The HON. Jenny Mikakos, Minister for Youth Affairs, family and children; will be the special dignitaries to officially open the newly revamped playground! Entertainment and food will be provided! Barbara looks forward to you all helping her celebrate this momentous occasion!

For more details please contact the preschool on **59964633!**



# Urban Camp

## at Wilson Botanic Park Berwick

Unique camping weekend for the family

## One weekend only. Bring a tent and camp near Ben's Lookout.

Activities provided by Scouts Australia - orienteering, camping demo, ropes course, damper making, night walk, campfire sing-along and more.

Dinner on Saturday and breakfast on Sunday included. A \$2 sausage sizzle will be available for Sunday lunch.



**Date:**

Saturday 15 October 2016 to  
Sunday 16 October 2016

**Cost:**

\$100 per site (up to four people)

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supported by:



**TICKETS:** Visit [trybooking.com.au/MQKZ](http://trybooking.com.au/MQKZ)  
or go to [www.casey.vic.gov.au](http://www.casey.vic.gov.au) for more info

**Only 100 camp sites available**  
Book early to avoid disappointment!

**Wilson Botanic Park Berwick**

03 9705 5200

Wilson Botanic Park Berwick,  
668 Princes Highway Berwick

[wbbp@casey.vic.gov.au](mailto:wbbp@casey.vic.gov.au)  
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WILSON  
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BERWICK



City of  
Casey





**Blairlogie**  
LIVING & LEARNING INC.

FREE  
ENTRY

# Open Day



**SUNDAY 16 OCTOBER 2016 | 10AM TO 3PM**  
**AT 685 NORTH ROAD, SOUTH CRANBOURNE**

Live Entertainment

Market Stalls

Jumping Castle

Vegetable and Plant Sales

Vintage car and Machinery Displays

Food Stalls

Show Bags

Raffles

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# Halloween

at Wilson Botanic Park Berwick

Sunday 30 October 2016

## Trick or Treat Spectacular 3-6 pm

Trick or Treat safely on a 1km trail with spooky but friendly characters, entertainment, activities and lollies included. Dress to impress or scare!

**\$10 per child, adults are free**

*Tickets are strictly limited*

Pumpkin carving competition  
Sponsored by Berwick Volkswagen  
[www.casey.vic.gov.au/WBPB](http://www.casey.vic.gov.au/WBPB)

Carve  
at  
home

## Scare Park 7-10.30 pm

Seriously scary and seriously fun

**Recommended for 14+**

- » Walking ghost train over 1km long
- » Live music, dancers, sound and light display
- » Optional Paranormal Investigation session \$15 - [www.trybooking.com/MUVG](http://www.trybooking.com/MUVG)
- » Food trucks and vendors

**\$20 per head**

*Tickets are strictly limited*

**Tickets available at [www.trybooking.com/MQOA](http://www.trybooking.com/MQOA)**

### Wilson Botanic Park Berwick

03 9705 5200

Wilson Botanic Park Berwick,  
668 Princes Highway Berwick

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