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NEWSLINK



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.

CALENDAR



Issue 40

16th December 2015

UPCOMING

EVENTS



Friday, 18th December

Last day of term
2:30 pm finish



2016

Thursday, 28th January

School returns 8:50 am

Friday, 29th February

Essential Items payment due

PRINCIPAL'S NEWS

CELEBRATIONS ALL AROUND

Congratulations to Joel from our Middle learning community who was presented a **Casey Community Spirit Award** by Anthony Byrne (MP) for his lunch time fundraising efforts—he has raised over \$30 (at 20 cents per donation!)

Congratulations and best wishes to our **grade 6 students—the graduation** ceremony last night was wonderful—thank you to all the staff involved in the preparations and presentations.

Farewell to Miss Radford and Mr Proctor, who are leaving us on Friday. Thank you for your services at Cranbourne Primary School. Thank you to Life Central who sponsored a generous community Christmas evening for the community on Saturday. We would also liked to acknowledge the long service of Mrs Catherine Pedic, who has advised us of her intention to retire. The school will host a **retirement assembly** early next year which the community will be invited to attend but I am sure Mrs. Pedic would appreciate some well wishes this week.

End of year assembly with Award presentations is this Friday at **12.00 noon**.

I wish everyone in our community and safe and Merry Christmas.



Cheryl Van Deursen
Principal

House Points

1st Russell
2nd Cameron
3rd Bakewell
4th Childers

Quote of the Week

Merry Christmas to our community

School finish-Dec 18—2.30

2016 starts -Thurs Jan 28th

HAPPY BIRTHDAY TO OUR DECEMBER BABIES!

Rhys M
Jessica M
Jordan R
Sema M
Trinity L
Mathew L
Bailey I
John D
Piritara T
Sarah P
Charlotte R

**Happy Birthday to
those students
who celebrate
their birthday
this week!**



Stars of the Week

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

Learning community	Student
FOUNDATION	Link D.
	Siena N.
JUNIOR	Sema M
	Kaitlynn M
	Behroz R
MIDDLE	Roslynn T.
	Alyssa J.
	Jay W.
SENIOR	Aimee M
	Jordan H.
	Hindujaa S.
Art	
PE	Caeden R
Assistant Principal	Jodie B (FSP)
Principal	Joel (MLB)

Curriculum

FROM THE OFFICE

Merry Christmas to
all our families, we
hope you have a safe
and happy time over
the holidays!



CPS BANK DETAILS

BSB 013 593

Account Number
499102494

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



End of Year Community Event



Thank you to all of those families and friends who joined us for our Community concert last Thursday. The students had been practising their songs and actions for several weeks, and enjoyed being able to perform for our school community.

It was lovely to see so many people on the oval, with picnics, rugs and chairs, ready for a fun evening together!

It was great to see such a wide selection of songs presented, and all with their own costumes and/or actions!

The raffle raised over \$300.00 which will go to support the purchase of resources for the students to access at school.

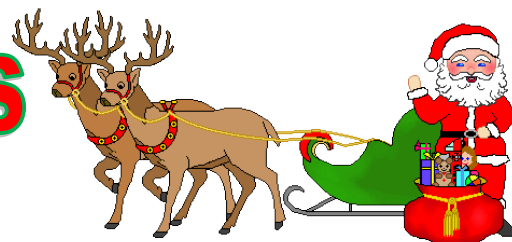
The evening even attracted Santa, who was able to organise a lift with some of the firemen from CFA, Cranbourne!

I would like to wish everyone a safe and happy Christmas and holiday! To all of our departing families — all the best for the future. To all of our families that will be with us in 2016—see you next year!



Di Fernand
Assistant Principal

We wish you a very Merry Christmas



Season's Greetings

Cranbourne Primary School

Rebecca	Tiffany	Lisa	Karyn	Michelle			
Mary	Dianne	Laval	Shelley	Sandra	Samantha	Carlie	Amanda
Catherine	Ben	Sarah	Manieka	Erin	Cheryl	Gail	

Photo Unavailable: Gary Peel.

SchoolPix
THE WISE CHOICE

and a safe and Happy New Year!





Thank you!



A huge thanks to the following businesses
who donated items for our Christmas Raffle

Tackle World – Cranbourne ph: 5996 8419



Lemans Go Karts – Dandenong South ph: 8787 8741



Gravity Zone – Seaford ph: 8770 3900

JTH Fitness – Cranbourne ph: 0428 904 191

Air Heads Fun Zone – ph: 0407 102 813



Big 4 Holiday Parks – ph: 9811 9300

JTH Fitness—ph 0428 904 191



Hairhouse Warehouse - ph 5996 7477



FREE Children's Dental Treatment Have you received yours yet?

By now you should have received your letter of eligibility from the government about the child dental benefits schedule.

If you have a child aged between 2 and 17(inclusive) and receive benefits such as family tax benefit A, you may be eligible.

Monash Health Dental Services is pleased to offer bulk billing for all eligible children that qualify for the Child Dental Benefits Scheme.

No additional charges apply once you have reached your cap.

GET THE FACTS

- \$1000 over 2 years
 - Children aged 2-17
 - Bulk Billed
- Call 1300 342 273 (option 3)

- Berwick 28 Parkhill Drive
- Cranbourne 140 -154 Sladen Street
- Dandenong 122 Thomas Street
- Dandenong Hospital, David St - Children Only
- Kingston 400 Warrigal Road, Cheltenham
- Pakenham 6B Henry Street - Children Only
- Springvale 55 Buckingham Avenue



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Community Evening



End of Year Concert



Stay sane when travelling with kids



By Renee Klaassen

The thought of travelling with children can cause some parents to reconsider their travel plans, but there are some practical, easy ways you can make the trip enjoyable for the children and the parents and keep your sanity in the process!

Family holidays are amongst my most treasured childhood memories. I remember trips to Lakes Entrance, our flappy red tent and running free amongst trees leading into the sea. Although my memories are happy, my mother often reflects that these holidays were quite stressful for her – but I never would have guessed; they must have been well prepared!

In order to ensure your children have happy memories and you reduce your stress, here are a few things you can do to remain sane these holidays when travelling with your kids.

Prepare yourself mentally before you leave-

Parents should begin to use a Mindfulness technique at least a week before departure:

Mindful breathing

Come into the present moment

Accept any unwanted feelings without judgment

Focus on the breath, feel it go in and go out of your body until you sense calm

Ground yourself by feeling your feet on the ground or noticing your posture

Return to present moment

Research shows that even five minutes of relaxation per day has a cumulative, beneficial effect.

Prepare Mindfulness activities to relieve boredom and for 'mental time-out'

Mindful activity 1: Bring craft along to do in the car, simple wool and icy-pole sticks create a gods eye. Craft activities require your full attention to the present moment and therefore distract away from both boredom and anxiety provoking thoughts. Make great mementos too!

Mindful activity 2: Mindful colouring books are becoming well known and feature detailed images that provide opportunity for children and grown-ups alike to unwind and focus on creativity. Your brain cannot be stressed and in creative flow at the same time.

Mindfulness activity 3 Liana Taylor, Mindfulness coach, advocates creating a Mindfulness Breathing Space. Do it in the car as you're driving or pull over. Ask children to close their eyes and take a deep breath. Ask them to begin the activity by scanning their body from the very tip of their head down through their face, neck, chest, tummy, legs and finally feet. Have them notice whether there are any places in their body that feels 'uncomfortable' or 'tingly'. Suggest that they visualise the feeling as an object (a lumpy ball or prickly blob), then have them put the object into a bubble. Now open the window of the car and blow the bubble (containing the feeling) off into the wind!



Be prepared to listen

What's a holiday without the odd tantrum or bickering with a sibling? Quickly curb the situation using emotion coaching:

Encourage your child to **tell what happened**. "I pinched her because she grabbed my stuff".

Listen, focusing mainly on the child's **emotions**. (His tone is angry maybe).

Name the emotion for them "you're feeling angry because your sister grabbed your stuff?"

Allow the child to **confirm the emotion** (did you get it right?) "yeah I'm angry at her".

Affirm the emotion, model that it is ok to have difficult feelings, "Well maybe I would be feeling angry too if someone took my things"

Then without solving the problem – **ask them what they think they could do about their feeling/the problem**. "What do you think you could do instead of reacting by pinching her?"

Wait for a response and **guide towards a solution within limits** (I could ask her to stop, I could tell you what she did but being aggressive is not an option).

Finally you arrive at the destination but the problems aren't over for some parents. After sitting for a long time kids bodies are ready to be used so you need to find a place where they can run or burn off some of that pent-up energy. Depending on your environment, you may need to set boundaries for this activity to take place safely and without affecting other travellers. Rather than quash the child set boundaries and expect them to adhere to those boundaries.

Finally, stay sane by remembering that holidays which end with happy memories begin with (mental) preparation!

An opportunity for reflection

Sometimes stories and issues arise about the year in retrospect, for example your child might recall a time she did not get along with some friends and mentions, during the trip, that she remembers it as a very unhappy time.

Listen to the story and ask the child how the situation was handled by both her and also other students or adults involved.

Reflect on positive ways in which the situation was handled and if not handled well, how it could have been dealt with.

Now have her **re-tell the story** including the positive aspects. Creating an alternative narrative teaches her the skill of reflection and helps her to find evidence of positive outcomes, it teaches resilience and self-confidence.

Prepare to have fun – “We’re here!”

