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

### CALENDAR

#### 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
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

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
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 god’s 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!”