

Rangeville State School

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Newslink

Term 3

Week 3

29th July 2016

Welcome to our three new enrolments at Rangeville! Congratulations to the student rep club and the staff and volunteers who support this fantastic component to our school. Our sustainable, environmental learning is a wonderful addition to our school curriculum and environment. Thanks to all involved.



Instrumental Eisteddfod

Congratulations to all of our students whose dedication and commitment to their individual and group performances have resulted in some magnificent results that we are all so proud of. Congratulations to our families and staff - Mr and Mrs Redfern, Mrs Johansen, Mrs Bridge, Mrs Schmidt, Mr Henry and everyone else involved in the instrumental music program. The children's individual achievements and band achievements at this year's Eisteddfod are absolutely fabulous and are a direct result of your commitment and support.

School
year's
to



Opinion Survey: Thanks very much to our 57 families who completed this School Opinion Survey. Your opinions and feedback certainly help us continue improve our wonderful school.

Head of Special Education Services



SEP and the leadership team.

Congratulations and welcome to Mr Jeff Bean who has been appointed as Acting HOSSES and started this week. Jeff comes with extensive leadership experience in small and medium schools and also of small and large private organisations. His experience in these areas will be an asset to our school, the

Prep Enrolment 2017

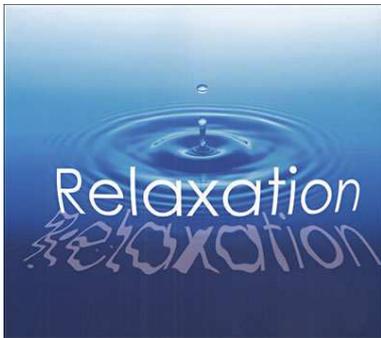
Enrolments are now being taken for Prep in 2017. Children born 1 July 2011 to 30 June 2012 are eligible to enrol now for next year. Please contact the school office to make arrangements for an enrolment interview. If you have relatives or neighbours with young children who may be born during this period please let them know it is time to enrol for Prep 2017.

Regards
Ben

Relaxation is an important technique for managing stress, anxiety and anger, and it is a technique that can easily be taught to children. There are several techniques that can be used, although some adaptation may be required for younger children.

Breath awareness

Tension and anxiety typically cause the breath to become quicker and more shallow. Relaxation can be promoted by being aware of the breath, and allowing one's breathing to slow down and deepen. It can help to count to five with each exhalation. This can be taught to children as a simple means to reduce anxiety. Another technique which is slightly more difficult and may require a little practice at first is 'abdominal breathing'. This involves breathing using the abdominal muscles rather than the upper chest. It can be practiced by placing one hand gently on one's belly and pushing the hand gently out with each inhalation. This should not be forced. The movement should be smooth and relaxed. For people who have become used to breathing only with their upper chest muscles, this can seem awkward and unnatural to begin with. However, if you watch a young child breathing while asleep, you will notice that this abdominal breathing is our first and most natural way of breathing.



Progressive muscle relaxation

Progressive muscle relaxation involves the systematic relaxation of individual muscle groups within the body. With older children, this is often best done with the child lying comfortably on the floor with their eyes closed. Quiet, meditative music can be used in the background while children are asked to focus on each muscle group in the body, first tensing and then relaxing the muscles completely. This can begin with the feet and toes, progress upwards through the shins and calves, and so on up to the

head and scalp.

Younger children, who may find it hard to lie still and focus for this long, can use the 'rag doll' technique (Moser, 1988), which consists of tensing the whole body while standing up, then slowly bending over forwards, loosening all the muscles and allowing the arms to dangle like a rag doll's.

Calming imagery

Another common relaxation technique is the visualisation of pleasant imagery such as a beautiful place in nature combined with quiet, relaxing music.

(From the Mental Health Foundation of Australia website)

LOST AND FOUND

We have several pairs of glasses at the office, if your child is missing a pair please come and see the office ladies.

CALENDAR OF EVENTS**REGULAR EVENTS**

Wednesday

School Banking

Mon & Thurs

P&C Uniform Shop 8.30 – 9.15am

Wednesday

P&C Uniform Shop 2.15 – 3.15pm

AUGUSTMon 1st

ICAS English.

3rd-11th

Instrumental Eisteddfod

Tues 9th

Pizza Day

Tues 16thP&C Meeting
Range Zone AthleticsWed 17thGet set for Prep 9.15am to 10.30am
Maths OlympiadThur 18th

Year 6 Chinese Excursion

Sat 20th

FETE

As part of the RSS fete on 20th August we are having a cake stall.

**We need volunteers to contribute to the stall - please call
or text Berenice 0429360679 or leave a note in the
P&C box in the office.**

Items will need to be clearly labelled and have an ingredients list.

CAKE STALL



**Homemade cakes, slices, cookies or confectionary can be dropped off to the big hall
on Thursday 18th August 2-3pm or Friday 19th August 9-10am or 2-4pm.**