What a magnificent event our Donvale PS Community Fair turned out to be. With the glorious sun shining on us, the community came out in force to support the day. Exciting rides, delicious food, interesting stalls and sensational musical entertainment all came together to provide a fun filled day out for us all. And how lucky are we to have the two best music bands in the whole wide world just on our very door step? Who needs ‘One Direction’ or the ‘Rolling Stones’ when we have our very own ‘Expressions’ Student band and ‘The Right Staff’ teacher / parent band? These bands, and others, provided us with a variety of musical entertainment throughout the day. Just wonderful.

Of course, a day such as this just does not happen. Months of planning and preparations by the members of our dedicated Parents Association allowed for our Fair to achieve the success it did. The money raised, will all go towards providing better resources to our students. Books for use in our classrooms is high on the list of purchase priorities. I will ensure that I inform our community exactly where we have spent the money and assure you that it will all go to improving our students’ educational opportunities. A very big thank you to all the parents in the PA who worked tirelessly to present the Fair to our community. Jo Wood, Kim Merton and Charmaine Neal in particular, most capably led the charge from the beginning. Very soon, so many others came on board to provide their time, skills and expertise. Thank you to all of these people, just too many to mention – we couldn’t have done this without you! A very big thank you to the staff of DPS who attended the day rolling their sleeves up and getting right into it. Our school is most fortunate to have a dedicated team of professionals that are always prepared to go above and beyond to help provide the best for our students. Thank you to all our community who came along on the day and helped out in every which way – setting up, cooking, selling, cleaning, baking, packing up….. the list goes on. It was just another example of how the community of Donvale Primary School just comes together to make things happen for our kids. I am indeed privileged to be a part of this community.

As a very busy Term 1 draws to a close, I’d like to thank everyone for the support they continue to provide to our school and to me personally. We have lots more to come in 2014 and I look forward to our continued partnership working together to build our school. I wish everyone a happy Easter and a restful break. I hope you have the opportunity to enjoy some quality time with your children. I wish the Merton family a wonderful journey travelling around Australia. Stay safe and we look forward to seeing your smiling faces back with us at Donvale upon your return.

Kind Regards

Lena Clark
FROM THE ASSISTANT PRINCIPAL

Premier’s Reading Challenge:

Earlier this week our students brought home the information and consent form for this year’s Premier’s Reading Challenge. We are encouraging all our students from Foundation to Level 6 to register for the challenge. To do this we need the signed parent/guardian consent form to be returned to school as soon as possible to allow us to enter your child online. Our Foundation, Level 1 and 2 students need to read 30 books while our Level 3 - 6 students need to read 15. The Premier’s Reading Challenge with its achievement certificates and online Honour Roll, provides excellent recognition of children’s reading efforts over the whole year.

Happy Reading!

Ian McKinlay

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<td>9.15-2.00: Level 6 students at Mullauna College</td>
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22 Term 2 starts

23 7.00pm: Brodie Sheehan Session in the Library

24

25 ANZAC DAY - Public Holiday

26

27

28 School Photos

9am: Parents Ass Meeting

29 3.30-4.30: Hockey Program

30 All day: Level 5/6 Parliament & Asian Excursion
General

FRIDAY’S SCHEDULE

9.00 – 11.00   Class time
11.00 -11.30   Recess
11.30 – 12.30  Class time
12.30 – 1.30   Lunch
1.45 – 2.30    Assembly

UNIFORM SHOP

The uniform shop will not be open tomorrow. Opening times will resume the first Friday back in Term 2. If you require any uniform you can visit the new shop in Ringwood during the holidays.

LOST BOMBER JACKETS

We have two new bomber jackets that have gone missing. Both are named and are size 8 (Eva S in 12W and Ashleigh F in 12J). Please check your child’s bomber jacket to see that they have the correct one.

A size C14 new bomber jacket was handed in at the office on Monday, it is not named.

SCHOOL PHOTOS - Monday 28th April

Photo envelopes were sent home last week. If you have misplaced yours, we do have spare envelopes at the office.

Family portraits - Family photo’s are available to students attending the school. Family envelopes are available at the office. Only students who present a family photo envelope to the photographer on photo day will have a family photo taken.

ANZAC BADGES

We have Anzac badges for sale at $1, these are the new styles with a clip in pin. SRC students will be popping in at the classes each day to see if anyone wants to purchase one.

PLEASE RETURN

Please return any cooking implements such as serving spoons, trays, cups, etc to where you borrowed them from or to the office.

Many items are missing from the "Before and After School Care" room and the Junior Chef room.

Please understand that some of these items are borrowed from other families and we need to return them.

Thank you.
‘Lipsync’ is coming!

‘Lipsync’ is a song-miming and dancing competition. Students form into teams (minimum of 2 per team) and put together a dance routine to a song of their choice.

The routine can be as simple or as complex as they like, and the beauty of the competition is that the students get to perform against other students of the same age, in front of a huge, appreciative audience. Simple costumes and props are allowed, but no make-up or hair colour, please.

The Lipsync program will run across weeks 2 & 3 of term 2, with the winning teams from each level performing at assembly on Friday 9th May (end of week 3).

If your child would like to perform, please help them if they need to get together with friends for practising. It is not meant to be stressful, but rather an opportunity for those who enjoy the performing arts. Students are judged on their creativity, miming and enjoyment of performing.

Parents are also welcome to come along and watch, and the children love it when their parents are involved.

The children will need to provide a CD or USB drive with their song on it. An Ipod would also be OK, if parents are happy for them to be at school for the day. Please help with the song selection. Any songs with swear words or inappropriate content will NOT be allowed. (This still leaves plenty of songs to choose from!) All songs will need to be OK’d by the teachers.

Due to the large numbers wishing to perform, songs will be faded out after approx 90 seconds. This is about as long as acts get on TV shows such as The Voice, X-Factor etc, so it should be long enough to showcase your children’s talents as well!

Please direct any questions to me (Mr Reiter) as I am organising it.

**Competition dates:**

Term 2, week 2, (28th April – 2nd May) and week 3 (5th May – 9th May)

More details of exact dates for each grade will follow closer to the event.

Teams will consist of at least 2 people (no soloists, no maximum).

Competitions will be at lunchtimes in the new building, starting at 1:45pm.
**Growing Healthy Minds**

In past years when I taught in the junior classes, we often used relaxation CD’s after recess to relax and settle back in to work tasks. It became so popular with the Preps, that they in fact requested meditation almost daily. In 5/6C this year, we have also taken a few minutes almost every single day to drop anchor and breathe. I call it mindfulness meditation, but the students refer to it as Swotle.

Without prompting, the students started reporting to me throughout the term that they independently practise Swotle at home and that they used it on camp to get to sleep, many have told their parents the benefit of daily mindfulness meditation and have asked permission to download the free Smiling Mind app, and several of the students told me they used it to calm themselves before their secondary school scholarship exams!

Many of the boys in the grade have been requesting to lead the class mindfulness minutes and it is fabulous, as their teacher, to sit back for a moment and watch calmness envelope the room and the kindness the students show each other, by allowing their peers to have go at leading the sessions.

Through my studies in childhood mental health, I had the opportunity to complete a research project on the benefits of mindfulness meditation for children at school. Of course, there are many mental health benefits, but there are also many academic benefits. It would fill the page to write all about the benefits, so I have copied a snippet below from an article by Dr Ramesh Manocha, a practising GP and researcher at the Discipline of Psychiatry, Sydney Medical School, Australia.

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**Meditation in Schools**

*Mental Stillness* is an evidence based meditation strategy aimed at providing young people in schools with a simplified, secular adaptation of meditation suitable for the school environment to enhance resilience and wellbeing.

Our research indicates that meditation offers dual benefits to educational organisations: first, as a primary prevention mental health strategy; second, as a strategy that facilitates learning by improving students’ focus and engagement. It is a low cost intervention that most children find innately enjoyable. In addition, meditation works to complement other school and classroom strategies that may already be in place.

Four students in 5/6C have taken the time to write a little about mindfulness meditation, or Swotle, and what it means to them. I have also included a page from KidsMatter giving a little extra information on the benefits of Mindfulness and the Smiling Mind app the students are using.

Also, you can try the simple Rag Doll relaxation/meditation below at home with your kids!

*Lashay Cartledge*

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*A reminder that there will be a presentation from onPsych on Wednesday 23rd April at 7.00 p.m. in the school library. At this presentation Brodie Sheehan will talk about building resilience and coping skills in children.*
Relaxing like an OLD RAG DOLL

First, wrinkle up your face
Keep it like that then...
Gently let it go
Till you look like...
An old rag doll

Now shrug your shoulders up to your ears
Keep them like that then...
Gently let them go
Till they feel like they belong to...
An old rag doll

Make your arms like a strong man act
(Show off those muscles!)
Keep them like that then...
Gently let them go
Till they feel like they belong to...
An old rag doll

Take a deep breath to tighten up your chest
Keep it like that then...
Gently let it go
Till it feels like it belongs to...
An old rag doll

Pull your tummy in to make it feel really tight
Keep it like that then...
Gently let it go
Till it feels like it belongs to...
An old rag doll

Stretch out your legs till they feel really tight
Keep them like that then...
Gently let them go
Till they feel like they belong to...
Guess what?

AN OLD RAG DOLL

Hi I am Daniel and today I will be telling you about 5/6 Swottle.

Swottle is a meditation for kids to relax when they are angry, stressed and even when they are sad. Meditation is a special listening skill to calm you down and going to another world. You can listen to the radio or tell your class to do meditation to another world or anything. Swottle means (Switch on to learning). In Swottle 5/6 you can belly breath, take you to a journey or even check the weather for how you feel. So you can tell anyone about Swottle and even do it by yourself or with family, cousins and friends. But the important thing is to be quiet and do not distract people and if you don’t want to do it just sit there and be quiet until the meditation is finished.

By Daniel S

SWOTLE is enjoyable and relaxing as well as a fun way to chillax. When you are stressed you can take a SWOTLE or just take a minute to breathe. One of the best apps on your smartphone is Smiling Mind bite sized meditation. It is a free way to relax and feel refreshed for the rest of the day. It helps when you are about to do a test or after a rush to school you can just take that minute and feel your body relax.

Mitchell L.

Swottle (meditation) has helped me so much this year! I use it before important things at school i.e. assembly, tests, presentations. In our grade we try to do Swottle every day to relax us. I’ve seen a work improvement from myself doing it every day. There are many different ways of doing Swottle; breathing, muscle relaxation, visualisation and mindfulness (looking at every day things differently).

I really enjoy it and recommend it to everyone.

Abby M

Swottle

What is swottle? Swottle is a great way of meditating and calming the body down.

This is an example...

Ok breath in and fill your tummy with air like a balloon and deflate the balloon slowly.

By Lucas O
KidsMatter and Smiling Mind share the goal of promoting children’s mental health and wellbeing in schools. Smiling Mind is a free program that provides resources to support the development of mindfulness and meditation skills. These skills help to manage stress, increase awareness of emotions, improve attention and focus, and can prevent difficulties from getting worse. The Smiling Mind website (www.smilingmind.com.au) and smartphone App provide information about mindfulness and action-based tools to guide children (starting from seven years) and adults through Mindfulness Meditation practices. They also offer mindfulness programs for schools, including free resources and tools to teach mindfulness to students. Early childhood educators may find the resources useful for their own purposes or to provide information to parents.

What is mindfulness?

Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment and observing life as it unfolds without analysis and judgment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future. Mindfulness Meditation is a clinically proven tool to support wellbeing and mental health. It involves setting aside time in a quiet space to focus on the present moment and what’s happening internally and externally. Practising Mindfulness Meditation helps to develop the state of mindfulness that allows us to reduce stress and experience life more fully.

How can Mindfulness Meditation benefit student wellbeing and learning?

International literature and clinical trials reveal that mindfulness can help reduce and prevent depression in adolescents, specifically within school settings. What’s more, mindfulness has the two-fold effect of supporting academic pursuits and is demonstrated to aid learning, memory processing and emotion regulation.

In addition, Mindfulness Meditation has been shown to:

- reduce stress
- increase resilience
- increase positive emotions
- boost self-esteem
- improve attention and focus.
Our cookbook, timetables, DJC Kitchen rules and the team helper roster will be going home tomorrow. Many people have asked about the dimsim recipe that we sold at the school fair last week. Well, actually in term 2 we are going to learn how to create dimsims (including the pastry wrapper). So stay tuned, you might need to ask your Foundation children to teach you how to do it.

Term 2 timetable:
- Group 1 : Tuesday 6 May 2014
- Group 2 : Tuesday 13 May 2014
- Group 3 : Tuesday 27 May 2014
- Group 4 : Tuesday 3 June 2014
- Group 5 : Tuesday 10 June 2014
- Group 6 : Tuesday 17 June 2014

Our group leaders are:
- Group 1 : James D (56G) and Joshua F (12J)
- Group 2 : Michael W (56G) and Jesse Y (12J)
- Group 3 : Sebastian K (56C) and Christopher A (34R)
- Group 4 : Jessica C (56C) and Nathalie L (34P)
- Group 5 : Madison H (56W) and Sophie L (34E)
- Group 6 : Chantelle F (56C) and Ella M (34P)

Our room monitors are:
- Harrison M (34P), Nadia S (34E), Joel D-B (56G) and Chloe G (34R)

Congratulation to all this year's leaders and I am sure they will do their best to help in the program. Can't wait to start creating dim sims with the little chefs next term. Thank you to Jaqui Frigo, Marina Younger, Natsuko Tsui, Jenni Raftopoulos, Niki Savage and Martin for helping with the program.

Have a lovely break everyone, I know I will.
We don't cook, we create food.

Liang Dimitroff

BIG THUMBS UP:
- James D 56G and Tyler D 34P for sharing with us their culinary adventure while they were overseas, well done boys.
- To all the children (sorry I can't name you all but you know who you are) who helped tirelessly at the school fair, thank you boys and girls.
From The Sports Coach

Congratulations to William L, Jake G, Dylan S, Anastasia D, Renee T, Ruby B and Jasmine B who competed in our District trials for Basketball. Special mention to Renee and Jasmine who were selected to participate in the next round of trials (Regional) in Term 2. Good luck girls.

The Level 5/6 Inter-School Sport (Summer) day 2 of our Round Robing was cancelled last Thursday due to the wet weather. A date in Term 3 will be chosen as a make-up day.

Gymnastics for our Foundation and Level 3/4 students will occur in Term 2. Dates, times and cost (Bulk Billing) will go out to parents early next term.

Hockey Program: Children in Levels 5/6 and 3/4 need to return the expression of interest to participate in an after school Hockey Program that is available in Term 2. Please return this form to your child’s teacher by Friday.

Premier’s Active April is a fun way to get more active more often. All it takes is 30 minutes of physical activity a day during April. Sign up now - www.activeapril.vic.gov.au

Finally I wish all families a safe and enjoyable Easter.

Mr Pianta

Basketball

Basketball is still on this Saturday after that we have school holidays and Easter. Please note there will be basketball games on 26th April which is the day after Anzac Day. Wishing everyone a relaxing fun filled School holiday and lots of Chocolate!!!

**Times for this week are as follows:**

- **Diamonds:** 10.10 am Disc 1
- **Demons:** 11.50 am Disc 2
- **Daffodils:** 11 am Disc 1
- **Dolphins:** 2.20 pm Leeds st
- **Daisies:** 12.40 pm Disc 2
- **Dragons:** 2.20 pm Disc 1
- **Delights:** 8.30 am Disc 2
- **Dreamers:** 8.30 am Disc 1

**Training Roster for Tuesday**

This Tuesday 22nd April is “The Daffodils” turn to train at school.

**UNIFORMS**

For any questions about uniforms speak to your team manager or contact Charmaine at charmaine.neal@bigpond.com

**CONTACT**

For Information and registration forms please contact Diana at dianamcn@tpg.com.au or 0434 027 144

**SPORTS INTERVIEW – Anastasia D - Delights**

Q. How old are you?
A. I’m 11 years old

Q. How long have you been playing b’ball for the school?
A. On and off since prep

Q. What is your favourite or funniest moment in b’ball?
A. In grade 1, when Abby passed to me and I scored a goal but it was the other teams end!

Q. What do you like to do for fun?
A. Going to the beach

Q. What do you want to be when you grow up?
A. I would like to be a Designer
What a wonderful day we had at the school fair! I went along with my eldest son and two grandsons. They had so much fun and kept wanting to go back to the cake stall!

We all enjoy celebrations and look forward to them. I’m sure all the children are looking forward to the school holidays and Easter!

I reminded the children about the real reason why we celebrate Easter. And that because of what Jesus did for us we can now be friends with God forever. "I came so that everyone would have life, and have it in its fullest.' John 10:10

Have a wonderful holiday break! (don't eat too many Easter eggs!!)

God Bless you all! Cheryl Shanks.

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From The Students

I am Donvale Primary school

Dear Mrs Clarke,

You should make me the poster kid. I’m nice and very helpful. In my reasons I’m going to tell you why I should be the poster kid for D.P.S

Firstly, I always have a red hot go inside and outside of the class room. Mr Reiter said that when I’m in the class room I have my hade down and working. When I’m outside I do my best to help kids and teachers in need.

Secondly, I communicate with students big and small in the playground. When a kid is sad or has nobody to play with I will go and see if there alright. If a teacher needs help I will do that as well as playing because that can always come later.

Thirdly, I have very nice manners to new kids at school. I will happily show them around the school so they know where everything is. But I still help kids how have been here for a long time. I us please and thankyou as much as possible.

Finley, I have very good time management with myself so if a teacher need to see me sometime I will try to make time to see them. If some kids would like to play games I see if I am not playing with anyone else or if they want to play that game.

So that is why you will make me the poser kid for Donvale Primary School. I would be the BEST for all of the reasons above. I need to be the poster kid please.

From the best poster kid.

Kirralee
“I AM Donvale P.S.”

Hi, I am Daniel S from the most amazing school in the world! I love this school so much I might be a teacher there. It is Donvale P.S. or Primary School if you prefer.

Firstly, I communicate with everyone. I do this by speaking to new people that I don’t know. Also, if an adult inspector comes to school I will show him the way.

Secondly, I’m humungously inclusive. So I include everyone in my uber-fun games! If I see a kid by themselves I will ask if they want to join.

Last but not least, I am very, very fun to play with. I have a great sense of humour. All my friends think I’m hilarious!

In conclusion, that’s why I definitely think I should be your poster boy.

Thank you.

Daniel S

OSHClub News

Before School / After School Care Program

Dear Parents & Student,

Yippee we are in the last week of the term. Enjoy the short break and we will see you all next term. This week children were busy with their long paper chain. It was nice to see all of them working together.

OSHClub will be operating from 2:30 to 6 pm on last day of the term due to early finish of the school.

Online bookings for Mitcham and Blackburn Holiday Program are open. To avoid last minute rush or disappointment book in the children in advance.

Please make sure all enrolment forms are up to date and all medical action plans have also been checked and changed or updated if needed.

Remember bookings can be made right until 12 pm the night before, or you can book on the day by calling or leaving the text message but there will be an extra charge of $3.00 for bookings within 24 hours. If you’re ever stuck and would like your child to attend OSH After School Care you can call me or leave a message on 0402 362 443 and I will get back to you. For some reason if you need to cancel the child from attending the after school care session you can cancel online if it is before 24 hours or leave a text message on the program phone (0402362443/98422261) if it is on the day.

Jagruti Shah

OSHC program phone: 0402 362 443/9842 2261
Coordinator: Jagruti
Assistants: Caroline and Jennifer
OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
Well done to the DPS community for all the work and support given to the Fair. An amazing community effort, a fabulous day out and an excellent result.

A big thank you to the parents who worked on the stalls, & the teachers who helped with preparations & on the day.

Terrible Joke of the Week

Q. What do frogs order at McDonalds?
Ans. French flies and a Diet Croak.

Get ready for your Freddo frogs. Cadbury Fundraising boxes coming home this Friday.

Term 2 PA Events and Endeavors

- Entertainment Books arriving in April, info available early Term 2
- PA meeting – Monday 28th April
- Mothers Day stall – Friday 9th May
- Meal Deal Day – Wednesday 14th May
- Family Movie Night – Friday 13th June
Birthday Wishes To

Who are celebrating birthdays from the 4th to 24th April

Advertising Material
The Department of Education & Training, Donvale Primary School its Management, and teachers do not endorse the products or services of any advertiser listed in this publication. No representation, warranty or undertaking is given or made in relation to the accuracy or completeness of the information presented in this publication, or any claims made by the advertisers.

More information on the following advertising is available from the office:

SmileStyle Dental - $95 Mouthguards, includes examination.

Holiday Programs
Mitcham Hotel - Kids Disco Wed 9th April from 5.30pm onwards. Easter fun for the kids Wed 16 April, 5.30pm onwards.

Ariels - Ariels State League - junior netball programs.

BUBBLE DOME - Try an exciting Bubble Dome course in the holidays.
Look for our NEW Outlet Opening March 31st!

TRADING HOURS
8.30am - 5pm
Monday - Friday

Just a short walk from Target Square, Ringwood.

Unit 14 / 100 New St
Ringwood

GENERAL ENQUIRIES
Ph: 9870 1377
Email: info@rhsports.com.au

NEW Online Ordering Option
Go to the school website and download the RHS Order Form. Return form via email or fax. Details on form.
PARENT HELPERS at DONVALE PRIMARY SCHOOL

Parent helpers are a valued resource at Donvale Primary School.

For parents, teachers and students to gain optimum benefits from working with each other, we would like all parents wanting to help in the school to participate in the ‘Parents as Helpers’ course. This is an Education Department course that is used in schools throughout Victoria. The purpose of the training sessions is to welcome and support parents working in the school, as well as to give parents useful strategies to draw upon when working with students in the classroom.

‘PARENTS AS HELPERS’ COURSE (three sessions)

The ‘Parents as Helpers’ course is a significant component of the success of the Early Years Literacy Program and the Parents Helpers Program at Donvale PS. All parents wanting to become helpers in the school are strongly encouraged to participate in the three training sessions.

The sessions aim to develop in participants an awareness of:
- Roles and responsibilities of Parents as helpers.
- Student learning and literacy development.
- Classroom literacy activities.
- How to assist the classroom teacher and students in the classroom.

The 3 sessions will discuss the following:
Session 1: What does being a Helper mean?
   Helping with Speaking and Listening
Session 2: Helping with Reading
Session 3: Helping with Writing

Dates for this course are as follows and will be conducted on Thursday evenings from 7:00 until 8:30pm-
May 1st, May 8th and May 15th
(Remember to write these dates in your Diary or on your Calendar)

Please note:
- Parents who have participated in all 3 sessions will be prioritised as Helpers in the school.
- It is expected that all 3 sessions be attended.
- Parents who have completed the course will be required to repeat the course in 3 years as a refresher.

*Please complete and return the attached form by Friday 25th April, 2014 to confirm your attendance.
You will then receive further information and confirmation of dates closer to the commencement of the first session.

We look forward to your participation in student education.

Lena Clark
Principal
*PLEASE COMPLETE AND RETURN THIS SLIP TO YOUR CHILD’S TEACHER BY FRIDAY 25TH APRIL, 2014.*

NAME__________________________________________________________

CHILD’S NAME & CLASS__________________________________________

I will be attending the following three sessions (Please tick):

☐ Thursday 1st May 7.00 – 8.30pm
  (Being a Helper / Speaking & Listening)

☐ Thursday 8th May 7.00 – 8.30pm
  (Helping with Reading)

☐ Thursday 15th May 7.00 – 8.30pm
  (Helping with Writing)

Please note:
A reminder that parents are required to attend the 3 sessions
  1. Being a Helper / Speaking and Listening
  2. Helping with Reading
  3. Helping with Writing

I look forward to your attendance and support with this program.

Regards
Lena Clark

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Please tear off and keep the following for your records.

Parents as Helpers training at Donvale Primary School

☐ Thursday 1st May 7.00 – 8.30pm
  (Being a Helper / Speaking & Listening)

☐ Thursday 8th May 7.00 – 8.30pm
  (Helping with Reading)

☐ Thursday 15th May 7.00 – 8.30pm
  (Helping with Writing)