SunSmart's May to August Vitamin D Message

The sun's ultraviolet (UV) radiation is both a major cause of skin cancer and a great source of vitamin D. We need to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels. Vitamin D is important for the development and maintenance of healthy bones, muscles and teeth. Vitamin D forms in the skin when it is exposed to UV radiation from sunlight and can also be obtained from some foods such as margarine and dairy products fortified with vitamin D, as well as oily fish, eggs and liver.

Sensible sun protection does not put people at risk of vitamin D deficiency and ensures the risk of skin cancer is reduced. Here are the general tips for sun protection throughout the year in Victoria:

• From September to April, UV levels are three and above which is enough to cause skin damage and skin cancer. During these months most people receive enough vitamin D simply by going about their day-to-day activities. Generally you only need a few minutes of sun exposure to the face, arms and hands, or equivalent area of the skin, before 10 am or after 3 pm, on most days of the week.

• From May to August when average UV levels are generally lower across Victoria (below three) sun protection isn’t needed, unless you are in alpine regions or near highly reflective surfaces such as snow or water.

• To get enough vitamin D during the winter months, children and young people with fair to olive skin should receive two to three hours of sun exposure to face, arms and hands, or equivalent area of skin spread across a week. Children and young people with naturally very dark skin will need approximately three to six times this recommended exposure level.

In light of this advice, school hats do not now need to be worn until the beginning of September or at the commencement of Term 4.

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008. On Tuesday 13, Wednesday 14 and Thursday 15 May, students in years 3 and 5 will undertake the 2014 NAPLAN tests. NAPLAN is made up of tests in the four domains of Reading, Writing,
Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children.

All year 3 and year 5 students are encouraged to participate in the tests. Students with disability may qualify for special provisions that reflect the support normally provided to them in the classroom.

An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child’s results to discuss progress with teachers.

Please see Mr McKinlay if you have any questions regarding your child’s participation in NAPLAN.

More information is available at [www.naplan.edu.au](http://www.naplan.edu.au)

Lena Clark
# May

| Mon          | Tue                      | Wed                              | Thu                              | Fri                              | Sat               | Sun             |  |
|-------------|--------------------------|----------------------------------|----------------------------------|----------------------------------|-------------------|------------------|  |
| 5           | 2.15-3.15: Gymnastics for Foundation | 6 Fire Brigade visit to Foundation | 7 12.30-1.30: 5/6 Cross Country Trials (11/12 Year Olds) Meal Deal Day | 8 2.30-3.30: 9/10 Year Olds—Cross Country Trials | 9 2.00-3.00: Leap Frog Program 3.30: Choir rehearsal in Snr Building Mother’s Day Stall | 10               | 11               |  |
| 12          | 2.15-3.15: Gymnastics for Foundation | 13 Naplan testing for Year 3 and 5 | 14 Naplan testing for Year 3 and 5 | 15 Fire Brigade visit to Foundation Naplan testing | 16 2.00-3.00: Leap Frog Program | 17               | 18               | 9.00-12.30: Working Bee |  |
| 26          | 2.15-3.15: Gymnastics for Foundation | 27                              | 28                              | 29 12.00-2.30: District Cross Country 3/4 Excursion to Karralyka Theatre | 30                | 31               | 32               |  |

# June

| Mon          | Tue                      | Wed                              | Thu                              | Fri                              | Sat               | Sun             |  |
|-------------|--------------------------|----------------------------------|----------------------------------|----------------------------------|-------------------|------------------|  |
| 2           | 2.15-3.15: Gymnastics for Foundation | 3                               | 4                               | 5 2.15-3.15: Gymnastics for Level 3/4 Winter Sport Day Level 5 & 6 | 6                 | 7                | 8               |  |
| 9           | Queen’s Birthday Holiday | 10 Level 1 & 2 CERES Excursion    | 11                               | 12 2.15-3.15: Gymnastics for Level 3/4 Winter Sport Day Level 5 & 6 | 13 Parent Ass. Movie Night | 14               | 15               |  |
| 16          |                          | 17                               | 18                               | 19 Winter Sport Back-up Day 2.15-3.15: Gym for Level 3/4 | 20                | 21               | 22               |  |
| 23          | 9.00: Parent Ass. Meeting in Library | 24                              | 25 Meal Deal Day Asian Cultural Day 2.30: Performance to parents | 26 2.15-3.15: Gymnastics for Level 3/4 Winter Sport Back-up Day for Level 5 & 6 | 27 Last day Term 2 2.30 Dismissal Level 3 & 4 on Excursion to Currawong | 28               | 29               |  |

**Notes:**

- 3.30: Choir rehearsal in Snr Building
- 2.30 Dismissal Level 3 & 4 on Excursion to Currawong
- 2.30 Performance to parents
General

2015 ENROLMENTS

A reminder to current families who have children starting Foundation next year, to collect an enrolment form from the office. Please return completed forms back ASAP.

WORKING BEE - TERM 2

We invite all parents to attend our Term 2 Working Bee on Sunday 18th May (9.00 - 12.30) leading up to our “Open Week” at Donvale Primary School.

Some of the tasks will include the general tidying up of our garden beds, cutting of long grass, cutting back of bushes/shrubs, preparing our vegie garden and the planting of small shrubs. We will finish with a sausage sizzle and drinks provided by our Parents Association.

MISSING JACKETS

Could you please check your children’s jackets. We have a few missing jackets that are named and cannot be found in lost property. These are the brand new blue jackets. Size 8: Jedd W from FRG. Ashleigh F from 1/2J and a size 10 Emma W from 34E. All are named, please return it to their classroom or hand it in at the office. Thank you.

LOST

A scooter with blue handles and checkered deck, with 'borderline' stickers on it and a shiny black helmet were left in the bike cage on 9th April. Upon returning from school holidays, it was not there. If anyone has seen it, please let Jamieson (34R) know of it’s whereabouts or call Kirrily on 0414 841 539.

LIPSYNC UPDATE!

Our annual ‘lipsyncing’ performances have been run and won. What a fabulous effort from all those who entertained us. The winners from each level will perform again, in a special encore performance at assembly this Friday, 9th May. Come along and be amazed by their spectacular talents!

TERM 2 BULK BILLING

- Term 2 Bulk Billing notices went home last week. Payment is due next Thursday 15th May. Although an incursion has already taken place, please remember that payment is required for your child/ren to attend the excursions/incursions.

- A reminder that the last instalment for the Annual materials and requisites levy for 2014 is also due next Thursday 15th May.

When sending money into school please put all money into an envelope that has your child’s name, class and the activity you are paying on it. Seal this envelope securely – this helps the loss of those gold coins out of the side. The envelope needs to be handed into the classroom teacher, who will gather up all the payments and send them securely to the office.

Thank you.
UNIFORM SHOP

Uniforms can be purchased at school on Friday afternoons from 3.00-4.00pm as well as at their new outlet at Unit 14/ 100 New Street, Ringwood. There are three options to order:

1. Go to your tool bar and send via email to info@rhsports.com.au
2. Print and fax to 03 9879 3558
3. Print and leave at the school office for collection

Music Matters

We’ve made a great start in Performing Arts this term.

- **Brass Bedlam.** Last Friday our students were treated to one of our best musical incursions. Katie and Bernie played a number of brass instruments while teaching about the history and uses of them in a fun, engaging manner.

- Students in levels 3—6 are studying **multicultural instruments and dance.** Over coming weeks they will be working in groups to choreograph their own dance ready to perform later in the term. One of the fun activities we have tried in the Performing Arts room has been Philippine Pole Dancing! (See photos below.)

- Our **Marimba Band** has begun a series of five visits to local kindergartens. Our senior students have capably represented our school to the many children and parents who have come to watch our “concerts”.

- **Australian Boys choir** will be auditioning boys in grades 1 and 2 on Tuesday May 27th at lunch time. If your son would like to participate please remind him on the day. (Details further in Snippets)

- Our new instruments—**Boomwhackers**—have proved to be a hit (literally) with the students. These tuned coloured tubes are hit against hands or the floor to make their sound. Students play specific rhythms to match what they see on the screen.

- **Open Day:** On Tuesday May 20 our choirs and Marimba band will be performing during the day and again in the evening. Please invite your family and friends along to our school on this day.

Regards, Anthea Keep
**Basketball**

The Dragons had their first win for the season and a good win it was. Well done boys! The Dragons would like to welcome their new coach Dejan K who is an ex Donvale student now at high school. He took his first training on Tuesday and the Dragons were looking focused and ready for their next win.

The Delights and The Dreamers clashed on Saturday an amazing game to watch with only one point the difference at the final siren. The Dreamers came back from 8-0 to win the game. The girls did a great job listening to their coach and were able to follow her instructions with determination. A well-deserved win to the Dreamers.

The Diamonds also had a win on Saturday with Amelia S shooting her first Goal. Well done Amelia!

**Diamonds: Bye**

Demons: 11.50 am Disc 2  
Daffodils: 11 am Disc 2  
Dinosaurs: 12.40 pm Disc 2  
Delights: 8.30 am Disc 1  
Training Roster for Tuesday

This Tuesday 13th May is “The Dragons” turn to train at school. If it is raining then see your team manager Kelly Grey who will let you know if you are to train in the GP room or at the Disc with one of the open girls team.

**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

**CRE**

The prep children are learning about the different qualities of God. Last week we looked at God being like a King who looks after his people, making good rules for them to live by.

The two most important ones being to "Love God and Love others" This week we are seeing the tenderness and care of God as a loving parent. "God cares for his people like a mother hen gathers and cares for her chicks!"

The Grades I/2 children have been learning about the early Christian Church (Acts 6 1-8) where helpers were chosen to help care and reach out to the poor! We talked about people today in the community who help us i.e. policemen, nurses, lifesavers etc. The Children learned that communities need to help each other for the good of all. This week we talked about working together and cooperating with each other to make a strong community. "Care about others as much as you care about yourselves." Philippians 2;4.

Have a great week! God Bless! Cheryl Shanks.

**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:**

**National Boys Choir** - Does your son love to sing? National Boys Choir will hold auditions for boys in grades 1 and 2 on Saturday 21 June. Call 9872 4480 for an appointment.
Junior Chef Club

This week's session went well, the children were busy rolling and mixing dough turning it into dimsim pastry wrappers.

As all flour is different, the children learnt how to add water to the mixture bit by bit feeling the texture until it was just right. Every child had the opportunity to make and eat their own dimsim. Their plated creations were absolutely wonderful and the best part was they ate all their salad as well. Well done boys and girls.

Thank you to Jaqui Frigo, Marina Younger, Cass Buckle, Irene Miller (the Eckhardt boy's grandma), Mrs Clark and Martin for helping with the program.

Also thank you to the Fankhauser, Frigo and Eckhardt families for their food donations.

Don't throw away your strawberry or cherry tomato containers (250 gr size), please leave them at the office or drop them off in the junior chef room. (We need lots of this for term 4).

Next week is the turn of group 2 to create dimsim with us. Ingredients we need are: tomatoes, lettuce, spring onion and lemons.

We don't cook, we create food.

Liang Dimitroff

BIG THUMBS UP:
- Joel D-B 56G for creating tasty slices with his Mum at home.
- James D 56G and Joshua F 12F for doing a great job as the group leaders.
- Alex B 12J for his polite manners toward sharing food with the other children.
- Lola S, Madison S, Izaiah R and Kian N from 34E for their recycling effort around the school.

FROM THE KITCHEN:
- Holly O 12W : I really enjoyed them and I like eating them. It was fun making the pastry.
- Emily M 12W : I like it and I think I'm going to eat it everyday.
- Zoe N 12W : They're really good, I could eat them everyday.
- Emma W 34E : Delicious, I am going to make it at home.
- Anastasia T 34E : Easy to make and yummy.
- Nadia S 34E : Very yummy and very straight forward to make.
- Andrew F 34E : It was great, I really really love it.
- Connor R 12J : It was the best I had.
- Eddy S 12J : It was fun and good.
- Robbi S 12J : That was cool.
OSHClub News
Before School / After School Care Program

<table>
<thead>
<tr>
<th>Program Update</th>
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<tbody>
<tr>
<td>Dear Parents &amp; Student,</td>
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<tr>
<td>Welcome to week 3 of term 2. This week the children played Rugby on Tuesday night and Calisthenics on Wednesday night as a part of AASC. We were so lucky to have James come out from the Melbourne Storm RL league and on Wednesday Amy from Donvale Calisthenics came out &amp; the children learnt some new moves. All the mum’s be prepared for the surprises for the Mother’s Day.</td>
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<tr>
<td>We thank Laura V for sharing the Pizza dough recipe.</td>
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<tr>
<td>We will be happy to have some more kids cooking ideas and recipes from the parents.</td>
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<tr>
<td>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.</td>
</tr>
<tr>
<td>Remember bookings can be made right until 12pm 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.</td>
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<tr>
<td>Jagruti Shah</td>
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Next Week’s Activities

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>Before Care Activities</strong></td>
<td>German castle, Craft &amp; Snakes &amp; Ladders</td>
<td>German origami Windmill &amp; Gaga ball</td>
<td>German advent Wreath &amp; Fruit salad</td>
<td>Apple pancakes (German recipe) &amp; Evacuation procedure</td>
</tr>
<tr>
<td><strong>After Care Activities</strong></td>
<td>Vegan German Chocolate cake &amp; Deal or o deal</td>
<td>German paper Stars “Frobel Stern’ &amp; Rugby (AASC)</td>
<td>Shield-German theme &amp; Calisthenics (AASC)</td>
<td>German flag Collage &amp; Poison ball</td>
</tr>
</tbody>
</table>

OSH 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.
Parent’s Association

A HUGE THANK YOU TO THE FABULOUS TEAM THAT HELPED WITH THE MEAL DEAL DAY ON WEDNESDAY, OVER 190 MEALS DELIVERED!

A GREAT EXAMPLE OF THE WONDERFUL GROUP OF PARENTS ALWAYS WILLING TO PITCH IN & HELP TO MAKE OUR SCHOOL A GREAT EXPERIENCE FOR THE KIDS.

LEGENDS IN A LUNCHBOX.

THANK YOU!

LAST CHANCE TO ORDER ENTERTAINMENT BOOKS FOR MOTHERS DAY
THE GIFT THAT KEEPS GIVING!
ORDERS RECEIVED FRIDAY MORNING BY 10AM WILL BE FILLED BY THE END OF THE DAY, DELIVERED HOME BY YOUR CHILD. YOU JUST NEED TO PUT A BOW ON IT!

ANY QUERIES PLEASE CONTACT CATHY FARRELL 1/2J.

KIDS – DON’T FORGET TO BRING MONEY TO BUY GIFTS AT THE MOTHERS DAY STALL
– PRESSIES FROM $1.00 - $6.00
TOMORROW - FRIDAY 9 MAY

sushi sushi

STARTING TUESDAY 20 MAY!
(delayed launch date due to family reasons)
Delivered fresh to the school Tuesday lunch time
2 Handrolls - Choice of flavors,
Apple juice or Orange juice or Water
$6.50

Hand Roll Flavors –
Crispy Chicken
Avocado & Cucumber
Cooked Tuna with Cucumber
California (Crab and Avocado)

ENVELOPE ORDER FORMS WILL BE SENT HOME ON THURSDAYS OR CAN BE COLLECTED FROM THE OFFICE

Any queries contact Georgia Loccisano – 12SM – 0410 439 826

CADBURY CHOCOLATES – MORE BOXES AVAILABLE FOR SALE PLEASE SEE WENDY AT THE OFFICE

Birthday Wishes To

Chloe G, Anastacia K, Luciana K, Luca L, Daniel S, Anastasia D

Who are celebrating birthdays from 9th to 15th May
GET YOUR SNIPPETS BY EMAIL

Just a reminder that this will be the last year that our newsletter will be sent home as a hard copy.

As from next year Snippets will be emailed to all families and/or available on our website. This will minimise the cost to our school and environment.

If you would like your snippets emailed now, fill out your details below and send it in to the office and Wendy will add you to the mailing list.

Thank you for your co-operation in supporting Donvale Primary School in working towards becoming a sustainable school

__________________________________________

SNIPPETS

Please add me to your mailing list so that I can receive Snippets by email:

Name:________________________________________________________________

Name of eldest student: _________________________________________________

Class: ______________

My email address is: ____________________________________________________