On Monday of this week, we celebrated Book Week. We dressed up as our favourite book characters and participated in engaging activities throughout the day. The books highlighted on the day were all books that achieved ‘Book of the Year’ awards through the Australian Children’s Book Council. It was a wonderful day that encouraged and celebrated the love of literature amongst our students and staff. So what makes good literature? This is a good question, and while I imagine there are a variety of responses, they are likely to have some elements in common. For me, good literature is timeless and placeless. By that I mean that the themes of the story and the messages conveyed by the story are important, no matter what era or place the reader exists in. For me, good literature will allow me to see myself and others more clearly. In other words, it will help me make connections between the story and the world around me. Good literature will use words in interesting and unusual ways and allow me to "see" vividly the picture the author is painting for me. Good literature makes me feel as though I had dined at a very fine restaurant, instead of at McDonald's. We know that good literature makes you think, and feel. It opens your eyes to something new, or brings vivid images of another time and place to mind. The books shared and celebrated this year certainly did that.

I hope that you are able to take the time to visit our school and view the many wonderful displays created by our students in celebration of their love for good literature.

I’d like to share with you an article that was recently shared by Mr Rick Gordon and the staff. It is an article posted on ‘Generation Next’ - A Social Enterprise dedicated to protecting and enhancing the Mental Health and Wellbeing of Young People and their Community. Written by Collette Smart, a registered psychologist, psychology tutor at UWS, speaker, freelance writer and mum of 3. I think that there are some very pertinent points made.

Parents Are Having Much Farther Reaching Effects Than They Know

We were pretty good at keeping computers and televisions out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers.

One of the main conversations I have with parents is about their exhaustion at parenting with so many devices in the home. Parents feel out of control. At my
seminars I often ask for a show of hands and the majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more… Most parents wonder if their limit setting is actually worth it. It’s so constant isn’t it? I have 3 children and it feels like I have to remind them of the boundaries with technology regularly.

But be encouraged, it IS worth it.

A study of over 1300 families, by my colleague in the US found, “that parents are having much farther reaching effects than they know.” The study indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed. Some effects are seen more immediately and others over time. (Please keep in mind that ‘limiting’ does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other actives, such as sport, drama, kicking a ball, going shopping, chatting over dinner…)

“When parents are involved it has a powerful protective effect across a wide range of different areas that they probably never would have expected to see,” (Douglas Gentile)

Two Immediate effects of placing limits on media (which seem obvious but are great to see):

1. Those children spent less time on TV and video games
2. Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:

1. Were now getting more sleep
2. Were getting better results in school
3. Had an indirectly positive change in Body Mass (because children were simply moving around more)

Additionally, parents limiting children’s content exposure (to violent media) 7 months before resulted in:

1. Increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviors at school
2. Less aggressive behaviour toward their peers
If you still don’t believe there is any effect on children please think about a simplistic illustration for a moment – How do you learn a phone number? You repeat it over and over until it is committed to memory. Even when you erase the number from your phone, it is burned into your brain for a long time. I can still remember the phone number from my childhood home in another country, which changed over 25 years ago. Can you?

**Please be encouraged**

“When you tell your child that they’ve reached their limit of screen time for the day or that they aren’t allowed to play a particular game because of its content, you aren’t going to see their grades improve immediately or better behavior tomorrow (in fact, you might see a lot of complaining today). But this study demonstrates that the effects of setting and enforcing limits have powerful benefits for children’s health, school, and social outcomes. That’s remarkable when you realize that these are all very different types of outcomes, and setting media limits has a measurable impact on all of them for the future!” A/Prof Douglas Gentile

In our home we don’t always get it perfectly right, but this study is encouraging to all of us ‘limit setters’. It is worth it. We do have a positive effect, even if we don’t notice it today.

**Working Bee**

I’m looking forward to seeing as many friends and family at our Working Bee this Sunday. It appears that the weather will be fine – perfect for getting into the garden and completing some jobs around the school.

Enjoy the rest of the week.

*Lena Clark*

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<td>Before &amp; After School: Scholastic Book Fair</td>
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<td>Recess/Lunchtime: 5/6 Bake sale</td>
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<td>9am: Parents Ass. Meeting in Library</td>
<td>Jnr Chef Club—Group 6</td>
<td>2.15-3.15: Gym for Level 1 &amp; 2</td>
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<td>3.30-5.30pm: State Schools Spectacular Rehearsal in Snr Bldg</td>
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<td>Level 3/4 Hooptime 5 - 6.30pm : Father’s Day Activity</td>
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<td>Meal Deal - Footy Day (Hot dogs)</td>
<td>Level 5/6 Summer Sport All day - State Schools Spectacular rehearsal at Hisense</td>
<td>Senior Hooptime All day - State Schools Spectacular rehearsal at Hisense Arena</td>
<td>1pm and 6.30pm: State Schools Spectacular performance</td>
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<tr>
<td>9am: Parent Association meeting</td>
<td>9.30-3.00: District Athletics</td>
<td>2.15-3.15: Gym for Level 1 &amp; 2</td>
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<td>Last Day Term 3: 2.30 dismissal 9-11am: Walkathon</td>
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**General**

**Growing healthy minds**

Last night, Mrs Signorini, Mr McKinlay and myself rolled out session 2 of the Positive school community component of KidsMatter. The four sessions in Component 1 are; Understanding mental health and wellbeing, Designing a positive school community, Relationships and belonging and The practices of a positive school community. It was another excellent session, culminating in a discussion centered around the wonderful things our school already does to support students, families and staff to be mentally fit, and on the things we can do even better.

Thank you to all the staff who stayed back late to continue the lively discussion and those who gave up their own time to attend. Thank you also to Lawrie Spooner and Jaqui Frigo for being wonderful parent reps on behalf of the Donvale community.

_Families are the biggest influence on children’s mental health and play a very important role in KidsMatter._

_Schools, preschools, kindergartens and day care services that have adopted KidsMatter need the support and involvement of families to make sure everyone is working towards the good mental health of children._

_Bridging the gap between a child’s home life and their schooling or childcare environment is what makes KidsMatter so successful._

Please read the following article from KidsMatter for suggestions on maintaining communication within families.

Happy reading!

Lashay Cartledge, on behalf of the KidsMatter Action team.

**Numeracy activity — information and ideas for parents**

It is essential that Australian students have sound numeracy skills. Parents have a pivotal role in their children’s numeracy development, through encouragement, support and exposure to the use of mathematics in everyday activities. National Literacy and Numeracy Week offers opportunities for parents and the community to become involved.

The _Reach for the Stars_ numeracy activity will allow parents and caregivers to actively participate. In 2014 we are asking students to collect data on drinking water.

**Water at home**

- Help your child conduct a home water audit.
- How many taps do you have inside and outside your home? Where are they? Are there any other sources of water?
- Help your child collect data on how many times water is used in a day at home (e.g. having a drink, bathing, toilet, filling the kettle, watering the garden, feeding animals).
- Help your child work out how much water is used at home.
- How much water does your bath hold? How much water is used in a half-flush and a full-flush of the toilet? How much water is used in your shower in one minute? How long do people shower for? Do you leave the tap running when brushing your teeth? How much water does your dishwasher use for a full load? What is the capacity of the kitchen sink? How much water does your family drink? Use in food preparation? How much water is used in the washing machine? Are there any dripping taps? What about water in the garden?
- Discuss how you could save water at home.
- How much water could you save? How much money could be saved?
- Your child may be interested in interviewing you, a grandparent or a neighbour on where their drinking water came from when they were at school.

Have fun! - _Luanda Pianta_
Happy families work together

“Dad, will you tell Tina not to come into my room?” Twelve-year-old Luke was complaining about his six-year-old sister. Luke’s Dad, Robert, had only just got home and was still hanging up his coat. “Dad! She’s bugging me!” called Luke as he led Tina by the hand into the lounge room. “A ‘hello’ would be nice,” said Robert. “Yeah, hi. I’m trying to do my science project. I need my space,” Luke replied. “Tina, how about you stay out here with me?” Robert suggested. Tina was not very keen on this idea. “But I want to play and you’ll be too busy,” she whined. “Here we go again”, thought Robert. “If only we all got on better.”

Managing family relationships so that everyone’s most important needs get met can be hard work. All families have times when tempers get frayed, feelings get hurt and misunderstandings occur. Maintaining positive connections when these things happen requires good communication and creative management.

Effective communication means that everyone has a say and is listened to. This can be a challenge in busy families. Pressure to get things done can mean there seems to be little ‘quality time’ for talking and listening to each other. Whether or not time is a problem, negative styles of communication often undermine relationships. This occurs, for example, when family members speak to each other disrespectfully or use put-downs.

Building positive family relationships does not mean having no conflict. Dealing with conflicts positively, as well as making time to relax and do fun things together, help to strengthen family relationships.

Set the tone for positive communication

Research on communication in families shows the importance of parents and carers communicating warmth and caring and also setting clear expectations for children’s behaviour. Making time for family members, communicating effectively and supporting each other are important ways of strengthening families and building positive relationships.

Parents and carers can set a positive tone for communication through their own example. The way you listen, and the attention and importance you give to what family members say, is as important as what you say to them and how you say it. This may not always be easy, especially when you are tired or busy and have to deal with complaining or conflict. However, listening and acknowledging others’ feelings and wants helps to reduce conflict and improves communication.
Working together as a family

Discussing things as a family is often very helpful for dealing with concerns and negotiating solutions to conflicts before they get bigger.

- Talking together provides an opportunity to clarify roles and expectations.
- Be sure to talk about what is working well in family relationships and not just the difficulties.
- Build trust in family discussions by respecting and listening to everyone’s views without judging or putting them down.
- Encourage children as well as adults to hear and understand each other’s views and needs.

Discussing things as a family can encourage children as well as adults to solve problems creatively. For example, once he understands that Tina just wants him to play with her, 12-year-old Luke might negotiate to spend a half-hour playing with her after dinner in exchange for her giving him uninterrupted time to get on with his homework. Having a chance to express needs in positive ways encourages healthy communication, support and cooperation.

Things to discuss

- Set up chores roster
- Tina wants to play more
- Luke wants space when he has to do schoolwork
- Dad (Robert) wants more hellos and hugs

Listening and talking

It is easier for others to listen and accept your point of view when the way you say it communicates respect and care. For example, Robert could say to Luke, “I know you had to get your science project done but I still want you to say ‘hello’ when I come home.” This shows that Robert understands Luke’s position, and wants Luke to understand his.

Small things, like saying, “How was your day?” and really listening to the answer, make a difference to the quality of communication in families. Saying sorry when you make a mistake or hurt someone’s feelings is also really important.

Ways to build caring family relationships

- Show affection (e.g. hugs and kisses)
- Offer help and support
- Do fun things and laugh together
- Make time to talk
- Really listen to each other

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
Junior Chef Club

This week's session was full of freshness. Some of the potatoes were from our own school veggie garden and some from the Sinclair's garden.

Other produce from our school garden were carrot, celery, lettuce and bok choy.

We could really taste and see the difference between the shop bought produce and our home grown.

The children were happily helping each other with the cooking and also sharing the food.

Well done boys and girls.

Thank you to the Fraser, Sinclair, Bosdorf and Coops families for their food donations.

Also thank you to Marina Younger, Jaqui Frigo, Michelle Bishop, Mrs E, Mrs Clark and Martin for helping with the program.

Next week is the turn of group 6 to join in the curry house.

Ingredients we need for next week are: potato, cucumber and tomato.

We don't cook, we create food.

Liang Dimitroff

BIG THUMBS UP:
- Sophie L and Anise B both 34E for cleaning up the floor and tables after the session, thank you girls.

FROM THE CURRY HOUSE:
- Mrs Clark: I love Tuesdays.
- Madison H 56W: Better than the curry from the shop.
- Sophie L 34E: So delicious, can I have a 3D photocopier?
- Zoe C 56W: It was delicious and it was easy to make.
- Lucy M 56W: The best curry I've ever had.
- Kiara S 56W: It was spectacular.
- Emily B FHW: I liked the rice.

- Rosana S FHW: I liked the salad.
- Abigail C FRG: I like chicken curry.
- Joshua M 12S: Looks difficult because you need to do all the chicken curry and the salad.
- Jaymes M 12S: It's very tasty and it was amazing to cook.
- Bardia M 12S: The bread smelt so good.
- Connor P 12S: It was fun to make and tasted very nice.
- Tait S 12S: Looks hard to cook but easy.
- George T 12S: It was yum and fun to make.
- Anise B 34E: It was delicious, my Mum would be so jealous.
- Coco C 34E: I loved the chicken curry, it was the best.
- Angelica F 34R: I loved the chicken curry, it was awesome.
Basketball

The Diamonds Kirra scored her first ever goal this week from the free throw line. Great effort we all know how difficult these shots are! Also Eva displayed some great dribbling down the court Go Eva! The Daisies Anastasia T scored her personal best of 4 goals well done! The Delights Sarita N has hurt her foot so hasn’t been able to play for the last two weeks. Even so Sarita has been coming to the games she is a great example of what being a team member is all about. We hope you are on the mend and back into it soon.

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

Diamonds: 11 am Leeds St.  
Demons: 11.50 am Disc 1  
Daffodils: 10.10am Disc 2  
Dinosaurs: 1.30 pm Leeds st  
Delights: 9.20 am Disc 1  
Dolphins: 1.30 pm Disc 1  
Daisies: 11 am Disc 2  
Dragons: 2.20 pm Disc 1  
Dreamers: 8.30 am Disc 1

**Training Roster for GP room Tuesdays**

| Tuesday, 26 August 2014 | Delights |

**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

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**PLEASE HELP By Donating Blankets**

- Do you want an animal at the sanctuary to freeze?
- We need your help to donate blankets to help a rescued animal this winter.
- Would you like it if your home got destroyed and you survived but died of frostbite on a cold winters night?
- We need your help to donate blankets to house a little baby animal.
- Would you like it if you had to make a new home from scratch?
- Healesville help animals effected by natural disasters. We emailed them and they asked us to help them by donating as many blankets as we can.
- We can’t do this alone so we need your help.
- If you have any old blankets you would like to donate please bring them to school and we will come and collect them.
Book Week

On Monday the 18th August we had a fantastic day because it was book week. Everyone got to dress up as their favourite book character. Everyone had a blast. Even the teachers! At the start of the day all of the students went into their classrooms and got class photos for book week. We then got to go in the book week parade where everyone got to show their costume and what they dressed up as. We all got put into 6 groups mixed with different people from different classes. The teachers did different book activities with the students, like making crafty things, making up raps, playing with parachutes and many more fun things. We hope everybody had a terrific day! At the end of the day, students from grade 6 read some stories to their buddies and grade 3, 4 & 5 students got to read to the 1/2s.

Prepared by Jasmine B and Sophie E
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More information on the following advertising is available from the office:

**East Doncaster S.C.** - Spring Concert 2014 Myths & Legends - includes music from Old Time Rock Legends, The Hobbit and Frozen films as well as other beautiful pieces. Tuesday 2 Sept at 7.30pm at George Wood Performing Arts Centre Ringwood.

**CFA** - Fireball Cocktail Gala to raise funds for Warrandyte, Sth & Nth Warrandyte CFA. 18th October @ 7pm at Olivigna Boutique Italian Winery.

**St. David's Cricket Club** - Donvale Reserve. Seeking boys and girls aged 5-9 to join the Milo in2Cricket Program.

**Murdoch Children’s Research Institute** - Sign up your kids for Step-A-Thon. Get active to help fund lifesaving child health research 1 - 7 September.
Dear Parents & Students,

Most of the morning’s children were busy with the word searches. Baseball at the AASC sport is very popular among children. We will be working on Numeracy and Literacy next week.

Caroline has been sick home the whole week. Casuals from OSHClub and the agency staff has been helping me in absence of Caroline.

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

Please remember to update the contact details (Especially the phone numbers and address) on the enrolment form if there is any change. You can do so online.

Jagruti Shah

Next Week’s Activities

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<td><strong>Before Care Activities</strong></td>
<td>Geography Word search &amp; Numbers group game</td>
<td>Space Hangman &amp; Numbers and shape</td>
<td>Hangman Tournament &amp; Red letter</td>
<td>Maths Quiz &amp; Numbers basket ball</td>
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<td><strong>After Care Activities</strong></td>
<td>Olympic Word search &amp; ABC basketball</td>
<td>Hangman Natural disaster &amp; Badminton (AASC)</td>
<td>Water cycle (word scramble) &amp; Everyday choice game</td>
<td>Maths splat &amp; Baseball (AASC)</td>
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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.

Birthday Wishes To

Milan M, Maisie S, Tahlia S, Jedd W, Samuel D

Who are celebrating birthdays from 22nd to 28th August
Parent’s Association

GET A LOOK AT THE BOOKS!

BOOK FAIR
Book Shop Open - Thursday 21st & Friday 22nd of August.
Before school 8.45 – 9.30 AM, or after school 3.00 - 4.30 PM.

The Library desperately needs some new books. We are displaying a range of wanted titles, & hoping for sponsorship. Pop in & check it out - donation books from only $4!!

Your legacy will live forever (or as long as the book survives), with a Donation Plaque in the book recognising your generosity.

Great fiction, nonfiction, a one-off table, picture books, coloring books, novels, box set, rubbers, spec pencils & lots more.
All price ranges.

Congratulations to the clever kids who won the $15 vouchers for the book fair. Come & see the colorful entries on display at the Book Fair in the Library.

Walk-a-thon - Friday 19 September – 9am to 11am.
Ask for donations to walk, run, skip around the oval.
Every participant receives an icy pole, kids select their own prizes according to the donations raised, build house points having fun!

Raise funds for new shade sails around the school.
Great prizes, great cause, great fun.
Start buttering up the family & the neighbours.

Sponsorship Forms & more information coming home soon.

NEXT PA MEETING THIS MONDAY 25 AUGUST 9AM – COME HAVE A CUPPA