Sun Smart

With the weather now warming up considerably coupled with our growing awareness of the health dangers associated with exposure to the sun and the fact that Australia has the highest incidence of skin cancer in the world, it is timely to remind our families that it is a requirement for our students to wear their hats when playing outside at school during Term 4. It is as an important part of our duty of care to our students. We regularly remind students of the need to wear a hat outside (including during PE / Sport) and most are very good at doing the right thing. We often put these reminders in simple terms; ‘No Hat No Play’, but our aim is simply to protect children’s health. Students who do not have a hat are expected to go under a shaded area and play quietly there – no ball games.

We ask that parents ensure their children have a hat with them at school and support Donvale PS as a Sun Smart school.

2015 Classes – Parent Input

Often during this time of year the school begins to get questions about how class lists for the next school year are developed. The following criteria are considered as the staff creates a recommendation to leadership for class composition that includes:

- students with special learning styles and needs
- high achieving students
- balanced male/female ratios where possible
- known interpersonal relationships that will maintain a positive class climate
- teacher recommendation
- learning & teaching style balance
- parent concerns

Each student is also given the opportunity to have some input into their preference for friendship groups. We ensure that the students will have at least one request accommodated however it generally turns out the students have several of their choices placed in their class with them.
Please note that parent requests are considered when the request is based on the learning style of the student or other known factors that may have a positive or negative influence on the child. We do not place children based on simple choice. As noted above many factors are taken into consideration.

Here are the steps to the process:

1. In last week’s newsletter, parents were notified to send a written letter to me if they want to give input to the process of class placement for their child. The letter must be received by the school no later than **31st October** in order to be considered. This is an important deadline as letters received after that date will be too late to be considered.

2. The letter must state the criteria and learning environment best suited for the student as per the parent opinion (this is a piece of the input to the process along with the teacher input). We ask that you do **NOT** request a teacher specifically by name.

3. During Term 4, Leadership will direct the teaching staff to prepare class lists for 2015 based on the criteria listed above including both teacher and parent input.

4. Upon completion of the draft class lists, Leadership will meet with each grade level team of teachers to review the lists and discuss the criteria for how they were developed.

5. Parents are informed of their child’s class placement prior to the end of the school year.

**Class structures and Staff 2015**

It is also around this time of year the rumour mill goes into overdrive and parents start to speculate on the who, what and where with respect to staffing, curriculum and class structures for the following year. Please be reminded that any rumours you may be hearing are just that and are usually based on misinformation. Leadership is yet to make any confirmed decisions on our class structures, staffing and curriculum for next year. Of course we have a strong idea of what this will look like, however, until advertised staffing positions have been finalised and school student numbers have stabilised, it is difficult to inform parents of any confirmed decisions. Quite simply as we haven’t made them yet! Parents will be notified of our staffing, curriculum and class structures towards the end of the year once they have all been finalised. There is still much to do in arriving to the finalisation stage but I can assure you that we are all working hard to provide the best learning opportunities to all our students now and always. I encourage parents to come and have a chat with me if there are any concerns with this.

**Foundation Transition**

Our transition to Foundation 2015 program commenced this week. On Tuesday, we welcomed the newest members of the community to our school. Our Foundation teachers met with new parents and students and began the process of getting to know the students so that they can best be placed into classes for next year. The program will take place over a number of weeks where we also take the opportunity to get to know our new parents. It was wonderful to meet several of our enthusiastic new mum’s at the Parents as Helpers training. Thank you to the Foundation teachers who are doing an absolutely brilliant job with the Transition program.

**Survey**

A reminder that the school survey is due in by **Friday 31st October**. This is an opportunity for you to provide us with feedback and suggestions on what is going well and areas for improvement.

We value all constructive feedback from our community so that we can together continue to provide the best teaching and learning opportunities to our students.
Ryan Smith - Member for Warrandyte

Finally, I encourage all who can to attend our Assembly this Friday. Ryan Smith will be in attendance and has asked if he can take some time to make an ‘announcement’ to our school community. This is related to a funding commitment his party has made to our school contingent on the Liberal Government winning the upcoming state election. It would be terrific if we could get as many members of our community to attend this assembly.

Curriculum Day Reminder – November 4th is a student free day.

Hope you are having a wonderful week.

Lena Clark

From The Assistant Principal

Level Transition Program:

For the past few years we have been conducting a Level Transition Program over a 3 week period towards the end of the school year. As the title indicates this program is designed to provide students with the opportunity to engage in experiences which will stand them in good stead for the following year. Students in Foundation, Grade 2, Grade 4 and Grade 6 will all be making a transition to a new phase of their educational journey. By providing such a program we hope to alleviate any anxieties these students may be feeling. To this end we encourage the students already in that particular level of the school to discuss with the new children coming up, the sorts of changes they may expect and more importantly the new programs they can start to look forward to. Earlier this year the Grade 5/6 teachers ran a very successful forum where they invited former Donvale students now in Year 7 to address our Grade 6 students on Secondary School life. The Level Transition Program will take place on Monday afternoons in late November and early December. We believe the Level Transition Program plays an important role in fostering the smooth transition of our students across all levels of the school. Look forward to your child coming home on these afternoons full of the excitement and promise that every new year brings!

Ian McKinlay
## October

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<td>9.15-10.30: Foundation 2015 Transition</td>
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<td>Senior Hooptime Regional Finals 4.00-9.30pm: Whole school disco</td>
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<td>9.00am: Parent’s Association meeting</td>
<td>9.30-2.30: Foundation Farm Excursion</td>
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<td>Jnr Hooptime Regional Finals 2.00-3.15: Foundation 2015 Transition</td>
<td>Assembly: Music Count Us In - whole school song</td>
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## November

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<td>CURRICULUM DAY - Student Free Day</td>
<td>MELBOURNE CUP DAY—Public Holiday</td>
<td>9.15-10.10: 2015 Foundation Transition Session</td>
<td>St. John First Aid Training for all students Level 2 Sleepover</td>
<td>Level 1 &amp; 2 Camp Activity Day 4pm onwards: Vision Portraits Fundraising in the G.P. Room</td>
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<td>Bike Education for 3/4P and 3/4R</td>
<td>Meal Deal - Hot dog/muffin Lunch</td>
<td>2.15-3.15: 2015 Foundation Transition Session 7.00-8.30pm: 2015 Foundation Parent Info Night 4.00-7.00pm: Twilight Working Bee Bike Education for 3/4E</td>
<td>All day: Level 3 &amp; 4 Excursion to Scienceworks 3.30: Parent Association meeting</td>
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<td>7.30pm: End of Year Celebration Concert</td>
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<td>Level 3 &amp; 4 Camp to Phillip Island</td>
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## General

**Working Bee**

We will have a “Twilight” Working Bee this term on **Thursday 13th November** (4.00-7.00pm). Couple of the tasks will include the completion of the G.P. Room Mural and the spreading of “softfall” under play equipment on the Junior side.

*Buildings and Grounds Committee*
Growing Healthy Minds

Last week’s Snippets article focused on the importance of sleep for the whole family. This week, we read about 'Dealing with bedtime worries and nightmares'.

Bedtime worries are a common occurrence, especially in the junior years. I encourage you to read below for some helpful tips on how to help your child deal with them.

Stay tuned next week for 'Sleep strategies for the whole family'.

Lashay Cartledge, on behalf of the KidsMatter Action team

Dealing with bedtime worries and nightmares

Sleep problems tend to be emotional rather than physical in nature. Dr Sarah Blunden, the head of Paediatric Sleep Research at Central Queensland University, says that fear is the biggest factor when it comes to common sleep issues like bedtime nervousness and nightmares.

“We know that children who are more fearful or anxious generally tend to sleep less well,” says Dr Blunden. “This is one of the main reasons why kids have problems getting to and staying asleep. Kids who are less fearful still wake up in the night (due to natural sleep cycles), but they find it easier to get to and return to sleep.”

About bedtime worries

“Bedtime is the time of day that we are alone with our thoughts,” says Dr Blunden. “Nerves at bedtime often mean we don’t want to be by ourselves. This is especially so for children.”

Young children tend to fear things in their surroundings, like monsters under the bed, nameless noises, and shadows. Older kids are better able to interpret their environment (ie a noise or shadow might be a robber trying to break in), and ruminate on their relationships and life issues.

How to deal with bedtime worries

• Help them to be brave - use a reward system (eg stickers or treats).
• Try not to get frustrated - kids naturally want to do the right thing, so try and understand why they are fearful and avoid escalating emotions.
• Give the child some control - allow them to choose a tool to help them be brave (worry dolls, ‘monster spray’, a radio to cover noises, a torch etc) and contribute to their sleep environment (eg a special blanket, pillows, toys).
• Negotiate - get their input on aspects of their routine, like how many stories to read before bed, and when you will return to check on them.

About nightmares

“All of us have had a nightmare,” Dr Blunden says. “We believe they are the brain subconsciously processing information from the day, which is why we dream about real things in our lives. However, they can become a problem for children if they are frequent, persistent, and more and more distressing.”

Dr Blunden says the main contributors of nightmares include an anxious or fearful temperament, being a light sleeper, a genetic predisposition (eg if mum or dad has regular nightmares), physical and mental stress (including trauma) and, possibly, diet and eating before bed (which stimulates the metabolism and brain activity and may prompt nightmares).

How to deal with nightmares

• Talk it out - explain to your child that dreaming is a natural process, that they are safe, and that the dream will not come true. This is particularly important for young children who cannot yet understand that dreams aren’t real.
• Change the ending - have your child describe, write or draw a more positive ending to their dream (eg the robber is caught by police). This is an example of ‘cognitive restructuring’.
Seek help - speak to a health professional like your GP or a psychologist if nightmares continue and are overwhelming for your child. The great news is that nightmares are easily treated.

For more information about dealing with common childhood sleep issues, see *The Boss of My Sleep Book* by Dr Sarah Blunden and Dr Kirrilly Thompson, available at [www.snoozeforkids.com](http://www.snoozeforkids.com).

Next Tuesday at 2.30 pm the senior students will have a presentation from Oscar Yildiz, the CEO of Bully Zero Australia Foundation.

The mission of Bully Zero Australia Foundation is to provide genuine and enduring care for bullying victims and their families. They exist to identify and empower bullying victims, to support and stand side by side with them, their families and friends in taking action and creating permanent positive change.

They are dedicated and committed to raising awareness of bullying and its devastating consequences through schools, workplaces and the broader Community. Bully Zero aims to empower and provide young people with hands on educational strategies to prevent bullying and work with bullies and their families to help create positive behavioural changes.

Bullying is a crime in Victoria and bullying/cyber bullying is protected under various state harassment/stalking laws, including the Commonwealth Crimes legislative amendment Act, 2004. Bullying no longer ends at 3.30pm and can occur anywhere, anytime. Bullying has leached out into our homes, workplaces, social settings and cyber space making it difficult to trace and monitor. Adult bullies may have experienced bullying in the home, school yard, or been victims in their sporting club or community setting. It’s the responsibility of the community, our educators, parents and citizens to mentor, coach, train and teach our children at an early age to have a zero tolerance to bullying.

What can adults do to support their child from bullying?

- Mentor their child about responsible social media usage, suggest ways to reduce excessive TV and cyber time. Allow guided interactions and dialogue without having to be constantly connected;
- Encourage family discussions to unearth and resolve identified issues;
- Discuss your children’s friendships and who they are regularly engaging with;
- Educate your child/children the values of respect, diversity, social integration and empathy;
- Children should not be encouraged to join a group for the sake of being cool or popular but rather consolidate friendships with people they feel supportive and comfortable with emotionally and socially.

Please note: Oscar will bring along some Bully Zero Merchandise for the students to purchase for a gold coin donation and all of the funds go directly to the Foundation.

Rick Gordon, Emily Wallis, Meagan Wilson
*For the DPS eSmart/Cybersafety Committee*

Oscar with Essendon Bully Zero Ambassador Cale Hooker
Junior Chef Club

Again this week the little Chef's Tiramisu creations were fantastic.

It's really amazes me how the children can come up with their own style and decorations that look so good.

Well done boys and girls.

Please let us know if your child is going to be away for a DJC session so we can re-arrange the groups.

We can't have too many children in 1 session.

Thank you to Marina Younger, Irene Miller, Alba Sadler, Ellen Fraser, Mrs Clark and Martin for helping with the program.

Special thank you to Marina for bringing us strawberries again and stepping in to assist me this week at the last minute.

Next week is the turn of group 3 to creating food with us.

Ingredients we need are: strawberries and eggs.

We don't cook, we create food.

*Liang Dimitroff*

**BIG THUMBS UP:**

- Mitchell L, Abby M and Joel D-B for their cooperation regarding changing their groups at the last minute (also for eating hot red curry).

**FROM THE PASTICHERIA:**

- Mitchell L 56C: This is probably the best dessert that I ever made.
- Jesse Y 12J: It's as good as a punch drink.
- Dylan S 56G: I really love the cream and the sponge, they were delicious.
- William L 56G: It was fantastic, I really love everything about it.
- Hamish W 12J: I've never tasted Tiramisu before but now I want to have it again.
- Will E 12J: My ankle hurt but I still can cook.
- Abby M 56C: This is the best dish I made, normally I'm not a big fan of dessert.
- Zoe S 12J: It's like eating your way up to heaven.
- Maisie S 12J: It's tastes really good and also looks good too.
- Ashleigh F 12J: Yummy yummy in my tummy.
- Jaimee E 12J: It's tastes like the clouds of heaven.
- Manu P 56G: I feel very happy that finally I can get in the program and I think my Tiramisu is very good.
- Joel D-B 56G: One of the best meals I ever tasted in the program.
- Ben P 34P: I like how we improvise by putting milo instead of coffee also no alcohol but lemon juice.
- Chloe G 34R: It tasted good and looks good too.
- Nash D 56G: Very nice.
Good luck to our Level 5/6 ‘Future Stars’ (Donvale Donkeys) who are competing tomorrow in the Hooptime (Basketball) Regional Finals at Kilsyth.

**Cricket Final**. Next Thursday our cricket team competes against St Charles to decide the championship at our District Level. If anyone could assist in transporting the team with Mr Gordon to Rieschiecks Reserve leaving school at 9.00am and returning at 11.00am, please see Mr Gordon ASAP.

**Bike Education** will occur for our Level 3/4 children this term. 3/4P and 3/4R will begin on Tuesday 11 November and 3/4E on the 13th November.

Bikes/scooters need to be in good condition and helmets must be worn.

**Whole School Swimming Program** occurs on the 10th, 11th, 12th, 15th, 16th and 17th December. Permission forms will go home shortly to all children, payment was part of Term 4 Bulk Billing.

*John Pianta*

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**Basketball**

The season is certainly well underway with everyone having lots of fun. Registrations for next year will be coming up soon. If you are wanting to play next year then contact Diana at dianamcn@tpg.com.au for information on how it all works. We have already had calls from new families enrolling at Donvale primary next year, so indications are we will have another bumper basketball year!

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

- **Diamonds**: 11 am Leeds st
- **Demons**: 11.50 am Disc 1
- **Daffodils**: 10.10 am Disc 2
- **Dinosaurs**: 2.20 pm Disc 2
- **Delights**: 9.20 am Disc 1
- **Dolphins**: 12.40 pm Disc 2
- **Daisies**: 11.00 am Disc 2
- **Dragons**: 2.20 pm Disc 1
- **Dreamers**: 8.30 am Disc 1

**Training Roster for GP room Tuesdays**

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<th>Tuesday, 28 October 2014</th>
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**UNIFORMS**

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

**CONTACT**

For Information, registration forms and snippets news please contact Diana at dianamcn@tpg.com.au or 0434 027 144
Dear families,

This week we are celebrating Melbourne Cup and Halloween at OshClub. We have lots of fun activities planned such as spooky eyeball relay races, Halloween cooking, Melbourne Cup trivia and other crafts.

Active Afterschool Care will be running again this week. Mondays will be Tennis and Tuesdays will be Taekwondo. We had a great time last week perfecting our racquet skills at tennis with Vicki and learning concentration and kicks with Master Park during Taekwondo. Looking forward to seeing you all there again this week!

Reminder to all parents regarding the Pupil Free day on Monday 3rd November.

When / What / How: Please book prior to 27/10/2014. Times:7.00am to 6:00pm
Cost: $13.56 - $48.00 per child (Not including 50% tax rebate)

How to book: Please log in to your account online at www.oshclub.com.au and book in under the aftercare bookings tab.

What happens: Loads of fun for all ages including art/craft, games, sports, drama, board games and fun with friends.

What to bring: Morning tea, lunch and afternoon tea. Also wear/provide appropriate clothing including hats.

Please note: we require a minimum of 15 children to run the day, parents will be notified by end of business on 27/10/2014 if the day will proceed.

Remember to get your hats everyday as we follow “No hat, no play” policy in term 4.

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.

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.
Parent’s Association

DPS Glamour & Ghoul Disco,
Friday 24 October.
Last chance to buy your tickets - $5.00 per student
Purchased tickets being sent home this week.
Tasty treat available on the night 50c TO $2.00 include:

Congratulations to all those who received a prize for the Walk-a-Thon.
It was a very successful fundraiser with over $4,500 made in profits!
This has raised over half the money needed for the shade sails (they are expensive!!).
Thank you to everyone that supported the event!
FRG will kick back with a movie & pizza lunch on Friday 31 October to celebrate their outstanding fundraising efforts! Legends.

Next PA meeting is going to be huge!!
PA meeting Friday 14 November in the Library straight after school.
3.40pm start.
Light refreshments served to parents (& associated kids) attending.
This is an important planning meeting for next year’s activities.
Come & give your ideas.
New ideas & faces needed – or just come for the food.

Great things to come………………
Icy pole Recess
Bring it on!!
Tuesday 2 & 9 December

Christmas Stall
Friday 12 December – start saving your bickies……

Christmas Carols on the Lawn
Final Year gathering
Tuesday 16 December from 6pm.
Birthday Wishes To
Holly M, Coco C, Khian N, Amelia S, Lachlan O

Who are celebrating birthdays from 24th to 30th October

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:

TUNSTALL SQUARE  -  Trick or Treats, Friday 31st October 4pm-6pm. West side of Tunstall.

UPCOMING ART EXHIBITION  -  Michael Donnelly ‘Suburban Spaces’ Chapel on Station Gallery 30 Oct to 12 Nov.

Wonnies Battle of the Bands 2014

Donvale has 2 bands competing this year!

The event will be held on the afternoon of Sunday November 30th at the Andersons’s Creek Primary School Hall, Warrandyte. Audience tickets can be ordered online by visiting www.wonniesbattleofthebands.com. Or alternatively by searching ‘Wonnies’ on the www.trybooking.com website.
This is the last year that snippets will come home as a printed copy. Snippets is on our school website which you can access anytime (www.donvaleps.vic.edu.au), or via our new app ‘Skoolbag’. If you would like us to email you the link each week, please fill out below and return to the office.

Thank you.

DONVALE PRIMARY SCHOOL NEWSLETTER

Name:________________________________________________________________________

Name of eldest student and class: ________________________________________________

I would like to receive my Snippets Newsletter online via our website.

My email address is:

____________________________________________________________________________

(please print)