Donvale PS Camping Program: As an adult, do you look back on your own school camp with vivid memories? A successful school camp has the power to transform a student in a very short amount of time. These are the times when students and teachers are able to bond beyond the regular boundaries of the classroom and school setting. Looking back on your experience of your first school camp can bring smiles and laughter as you remember the stories and events that took place amongst friends.

When we think back about events past and school camps, often forgotten is the anxiety of your first big trip away from home. A child’s world is both magical and menacing – full of mysteries, dangers and fears of the unknown. Therefore it’s only natural that there may be some anxiety about the unfamiliar world of a school camp setting. Thankfully there are several practical things that carers and parents can do to ease and support their children towards a fun and fruitful camp experience.

Overnight camps offer invaluable benefits to children. They offer a strong sense of community, teaching children how to live amongst one another and share. The opportunity to live separate from parents for a period of time shows children how to be independent and self-reliant. School camps are often designed with challenging activities as a part of the program, which place students in new, unfamiliar settings; offering them a chance to build a new foundation of confidence of which the benefits extend into the classroom, and many other aspects of life. Self-reliance, self-regulation, heightened social and interpersonal skills, teamwork and problem solving are all important life skills developed in the experiences of a school camp, and these are all incredibly important to a child’s transition into adolescence and the challenges of adulthood.

Children enjoy the challenges that camps provide – sharing a room, embracing challenging activities, sharing responsibility for things like washing up and getting to know their teachers outside of the classroom. A trip to camp enables your children to grow as individuals and gives them some experience of traditional values and opportunities in an ever changing technological world.

School camps typically expose children to outdoor recreation and learning activities in outdoor environments. Research suggests that these experiences have restorative benefits and a positive effect on stress reduction and the
prevention of depression. Giving students a positive experience of an outdoor, active lifestyle has also been found to potentially harness children’s use of the outdoors in their life beyond camps; increasing their levels of physical activity and contributing to a range of positive health outcomes.

Despite the range of positives that a school camp can boast for your child, it’s likely that there may be some challenges for them in taking that leap towards the school camp experience. Common stumbling blocks for a child in happily embracing the idea of attending a school camp may include:

- Fear of social alienation, or ‘being left out’
- Anxieties regarding their safety
- Separation anxiety and homesickness

These potential obstacles can be a challenge not only for the child, but for parents too. It’s not always an easy thing to let your children leave you for days, or even a week at a time. However there are definitely things that parents can do to mentally prepare themselves and their children for the period of time away from home.

**Consider past experiences.** How does your child go at sleepovers or in unfamiliar situations? Depending on the camp and on the individual child, it may be too much of a leap for them to attend a week long excursion if they’re normally calling you in tears at midnight and needing to come home. Consider the individual needs of your child, and if the leap is going to be unrealistic, set some goals on how you can grow their level of independence gradually.

**Talk to your child.** When the opportunity to attend school camp arises, ask your kids how they feel about it. Are they excited by the idea? Do they have any fears? During this conversation you may be able to discern any anxieties or unnecessary mental obstacles, and reassure them with your own positive school camp experiences from your own childhood. Communication with your child will help them get their head around the potential experience of a camp. Be positive by saying things like “this will be fun, you’ll enjoy the challenges”.

**Practice ‘independence’ skills at home.** Because your child is going to be away from home, there may be a list of things that need to be tackled and mastered before being released to a higher level of independence. Learning to clean up their dinner plate, wash their hair, or choose and organise their clothes are all things that a child will need to be able to do before they leave. Some of the more practical skills for children to experiment with can be doing their own hair especially if its long as they may need it tied up for a number of activities, learning how to apply their own sunscreen; turning on hot shower taps and cutting their own food can be very useful skills to bring along to camp. Helping your kids to achieve these independent skills, and encouraging them along the way will heighten their confidence in being away from home.

**Prepare, make lists, and pack together.** Involving your child in the packing and preparation process will help them take personal ownership over their experience and increase their confidence that they’ll have a safe trip. Schools will normally provide a specific list of items that your child will need to pack for the needs of their camp. Rather than excluding your child from the packing process, involve them in it. Reviewing and making lists and asking them all the things they think they’ll personally need will open up conversation about any fears they may have, and will allow you to reassure them that they’re going to be well prepared for any possible situation that may occur. For example, if your child is afraid of being away from home, maybe you could discuss or suggest they pack their favourite pillow or blanket or photograph.

**Keep communication with school staff.** One of the important roles of being a teacher is to maintain communication with parents wherever needed. Don’t be afraid to call any of the teachers who will be supervising your child to raise any concerns, worries or practical issues that may need to be addressed. Having these conversations will allow the teachers to be aware of your child’s specific needs; making their job easier, as well as reassuring you that your child’s individual needs will be met.

**Keep positive.** Remaining positive and using language that show’s your child that you believe they’re ready for school camp, and that they’ll have a great time will help your child to believe it too.
School camps are some of the most exciting, life building experiences that a child can have. Preparing your child through these simple steps is a great way to de-bunk any superficial fears or worries that may be preventing them from getting there, and reaping the immense developmental benefits that school camps have to offer.

Donvale Primary School’s whole school camping program commences in Foundation where our students have an early start to the day. Children, come to school dressed in their pyjamas, eat a hardy breakfast, engage in camp like activities and then prepare themselves for a day at school as normal. This involves brushing their teeth, getting dressed in their school uniform and packing their school bag. When in Years 1/2 our students spend a day at school engaged in camping activities with the Year 2 students sleeping over at school for the night. Our Year 3 /4 students attend a three day / 2 night camp away from school and the Year 5 / 6’s attend a 5 day / 4 night camp away from school. These camps alternate between bush and beach venues.

Last Friday, our Year 1 / 2 students enjoyed the day of activities where they engaged in hut building, damper cooking and bush art. Our Year 2 students spent the night at school pretending to sleep! A great time was had by all. A very big thank you to Meagan Wilson, Sarah Hodgson, John Pianta, Karen Durante and Caroline Collins who worked tirelessly throughout the day and night to ensure that the camping experience for these students was a fun and positive one. All their time and energy is just so appreciated! Also, a big thank you to the mums that came along and cooked a BBQ sausage sizzle lunch for the students. All the children were ravenous after all the camp activities and very much enjoyed their delicious lunch.

In a couple of weeks, our Year 3 / 4 students are heading off to Phillip Island for their beach experience camp. I know they will have a brilliant time on this camp. We look forward to hearing all about it when they return.

Reminders:

**Working Bee tonight** – 4.00- 7.00pm. I look forward to seeing you there. Stephan Hitchens, our Artist in Residence, will be in attendance. We would love to have your help with our mosaic wall.

**Foundation Parent Forum** – 7.00- 8.30pm tonight in the school library. We welcome our new Foundation parents to our school. Thank you to the PA who have organized a wine and cheese event afterwards.

Hope your week is wonderful.

*Lena Clark*

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Our Foundation students in FHW made a beautiful wreath of poppies for Remembrance Day on Tuesday 11th November.
# November

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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>Bike Education for 3/4P and 3/4R 7.30pm: End of Year Celebration Concert</td>
<td>Tennis Clinic for Level 3/4 School Council meeting</td>
<td>Tennis Clinic for Foundation Bike Education for 3/4E</td>
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<td>Bike Education for 3/4P and 3/4R</td>
<td>Level 3 &amp; 4 Camp to Phillip Island</td>
<td>Level 3 &amp; 4 Camp to Phillip Island</td>
<td>Level 3 &amp; 4 Camp to Phillip Island Level 5/6 Grand Final Hooptime</td>
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# December

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<td>7.30am: Foundation Breakfast Junior Chef Christmas Party in the G P Room</td>
<td>Round Robin Sports Day for Level 5 &amp; 6 9.00-3.30: Milo Cricket Clinic</td>
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<td>9</td>
<td>Yr 6 Orientation Day at Secondary Colleges</td>
<td>Whole School Swimming Program</td>
<td>Whole School Swimming Program</td>
<td>Whole School Swimming Program Parents Association Christmas Stall</td>
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<td>15</td>
<td>Whole School Swimming Program</td>
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<td>Last day of school: 1.10 Assembly 1.30 Dismissal</td>
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<td>6.00pm: Carols on the lawn</td>
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<td>8.00pm: Year 6 Graduation Night at Whitehorse Centre</td>
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"4"
**DPS Skoolbag App**

Please download this app to your mobile devices if you haven't done so already. It's a great way to keep in touch with school events, and we will be adding notices, permission and payment functionality in time for next year. Snippets is also distributed this way, and will be going paperless next year. If you are running iOS 8, make sure you have updated the app since downloading it, in order to iron out a few bugs.

**iPhone & iPad Users**

1. Go to the App Store
2. Search for 'Donvale Primary School'
3. Download
4. Click 'OK' to receive Push Notifications
5. Click 'More' on the bottom right of the app, then 'Setup'
6. Select the Push Categories that apply to you - the Year Level(s) of your children.

**Android Users**

1. Go to the 'Play Store'
2. Search for 'Donvale Primary School'
3. Install
4. Click 'Accept' for various permissions - no data will be modified on your device
5. Open the app
6. Click 'More' on the bottom right of the app, then 'Setup'
7. Select the Push Categories that apply to you - the Year Level(s) of your children.

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**Celebration Concert**

This is a reminder notice regarding our concert NEXT TUESDAY:

- **Date:** Tuesday November 18
- **Venue:** Doncaster Secondary College
- **Time:** 7.30pm
- **What to wear:** Black and white by all participants
- **Cost:** $5 person (door sales)

(Christening students will not require a ticket.)

Every Donvale student has the opportunity to participate in the first and last items on the program. Others are involved in choirs and various groups.

Students may arrive at 7pm and doors will open soon after.

Your child is encouraged to bring along a named water bottle if they wish.

We’re looking forward to a fabulous evening!

Regards,

_Arthea Keep_

(Performing Arts)
Music Matters

Our recent assembly celebrating music education was enjoyed by all. The entire school sang “Paint You A Song” accompanied with Auslan signing. This was led by Georgia. Some of our year 5/6 students added an extra dimension Check out this interesting web site!

Check out this interesting web site!

http://trendinghot.net/what-playing-a-musical-instrument-does-to-your-brain/

Updating Website Photos

As part of the transition to our new school colours and uniform, the marketing committee have begun taking photos to update the school website. We ask parents to ensure that all students are in correct school uniform (black shoes with academic uniform).

We will be coming to school on any given day and asking students to be involved in the photos. The students all love having their photos taken and are excited at the prospect of being on the website, however we are unable to include them if they are not in full correct uniform.

Parents cooperation would be much appreciated.

Many thanks

Marketing Committee
Junior Chef Club

More fantastic Tiramisu creations this week.
We discussed about the difference between Mascarpone and normal cream cheese.
We can't believe that some of them are only 5 year old Foundation students.
Well done boys and girls.

Thank you to the Smith, Loccisano and Bosdorf families for their donations.
Also than you to Marina Younger, Jaqui Frigo, Loula Tarenidis, Alba Sadler, Michelle Kavenagh, Mrs Clark and Martin for helping with the program.

Next week is the turn of group 6 to join us in the kitchen.
Ingredients we need are strawberries and eggs.

Menu request for our Christmas party keep coming in from the little chefs.
They all are very excited about all the fun we are going to have.
Thank you to the Loccisano and Pascale families for their donations towards the party.

We don't cook, we create food.
Liang Dimitroff

FROM THE PASTICHERIA:
-Madison H 56W: It was spectacular, I am going to make some for my Mum.
-Sophie L 34E: I never had it before but it is so so good.
-Lucy M 56W: It was delicious.
-Kiara S 56W: I love the cream cheese.
-Emily B FHW: It’s very tasty and fun to make.
-Rosana S FHW: It was fun to cut the cake, layer the cream and put the decorations on it.
-Zara W FHW: It is fun to make and I love the chocolate wafer stick.
-Luca L 12S: I think I put too much cream on it, it’s tasted yum.
-Joshua M 12S: It was fun to make and really nice, I want some more.
-Jaymes M 12S: They are delicious and I want more.
-Bardia M 12S: I think I put too much cream on it but it taste the best, I love it.
-Connor P 12S: It was very very fun to make and it was yum.
-Tait S 12S: It was fun to make and it was tasty.
-George T 12S: It was yum and easy to make, Liang kept calling me Peter (he's my brother).
-Anise B 34E: It's so delicious and the chocolate is so tempting.
-Coco C 34E: It was the best Tiramisu I've ever had in my life and I wish I could have it again.
-Christopher N FHW: I loved the cream so much.
-Alfie H 34R: It was delicious and fantastic creation.
-James K FRG: I've never tried Tiramisu before, I really really liked it.
Basketball

Last Saturday saw a mighty clash between “The Delights” and “The Dreamers” with a win to the Delights. The Dreamers were fast but lacked a bit of height. A special mention to Ruby B who put in a huge effort and played her heart out.

Congrats to Holly M scoring her Personal best of 2 goals for The Daisies. Well done Holly!

A warm welcome to Ruby C and Max C who have already started training with The Daffodils and The Dinosaurs this week even though they are only starting school at Donvale Primary Next year. We look forward to seeing you a school next year and playing Saturday Games also.

Important Dates: Friday 21st November registrations due back to team manager or for new players hand to the office.

Thursday 13th November this year Prep children invited to come have a try see details below

Monday 15th December 5.30pm end of season Presentation and BBQ BER building.

Please note: reminder that all term fees should be paid by now to ensure eligibility to play finals! Only two games to go!

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

**Diamonds:** 9.20 am Leeds St

**Demons:** 11.50am Disc 1  
**Dolphins:** 12.40 pm Disc 2

**Daffodils:** 10.10 am Disc 2  
**Daisies:** 10.10 am Disc 1

**Dinosaurs:** 1.30 pm Leeds st  
**Dragons:** 2.20 pm Disc 1

**Delights:** 9.20 am Disc 1  
**Dreamers:** 8.30 am Disc 1

**Training Roster for GP room Tuesdays**

<table>
<thead>
<tr>
<th>Tuesday, 18 November</th>
<th>Daffodils</th>
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**UNIFORMS**

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

**CONTACT**

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

**CALLING ALL FOUNDATION STUDENTS TO COME AND TRY** – Foundation/Preps try out session is Thursday 13th November. If you are in grade 1 to 5 and interested in having a try then contact Diana 0434027144 for training times and we will let you come and try with one of our current teams.
Dear families,

This week has been National recycling week and at OshClub we have been working on lots of different recycled crafts using milk containers to create desk organisers and cardboard boxes to make a giant cubby house! This week's trivia winner was Alfie (Oshi was a close second!) and he has chosen the topic of “Art” for next Wednesday’s quiz.

This coming week we will be starting to grow our own plants at OshClub as we work on developing our nature corner! There will also be lots of sport activities this week including soccer, basketball and Active Afterschool care.

- Active Afterschool care is back on this week:
  - Monday- Tennis with Vicki
  - Tuesday- Taekwondo with Master Park

Parents- we would love to get your input into our program so if you have any ideas or suggestions please add them to our suggestion box or let us know!

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

Thanks,
Kate

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.

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OSHClub News

Before School / After School Care Program

Program Update

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OSH program phone: 0402 362 443/9842 2261
Coordinator: Kate
Assistants: Caroline and Jennifer
OSH Club 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](http://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.
We need new ideas……..

Put in your 10¢
@ the PA meeting
Friday 14 November
in the Library straight after school
(3.30pm-ish).
Light refreshments served to parents
(& associated kids) attending.
This is an important planning meeting for
2015 activities.
Come & give your ideas.
New ideas & faces needed
– or just come for the food.

STAY TUNED - Great things to come……………
Icy pole Recess
Cool!
Tuesday 2 & 9 December
*****
Christmas Stall - Friday 12 December –
gifts for mum, dad, bro, sis, your guitar teacher, the
butcher etc….
*****
Christmas Carols on the Lawn

Carols On The Lawn
Tuesday 16 December
from 6pm.
BYO picnic, blanket & yuletide joy
From The Students

Camp Activities Day

On camp activities day we made Damper, Bush Art and Hut making. My favorite part was making damper.

By Emily M

The grade 2 sleepover

I loved the Sleepover and Camp activities With my Friends. It was fun to do.

Sam D

Sleep over and Activities day

When I got to school I made my bed. Then I went to play soccer. Then we watched a movie. The next day We did activities my favorite activity was damper.

By Callum

Sleepover And Camp Activities Day

The sleepover was awesome. We watched Monsters University. In the middle of the movie we had a delicious snack. The next day was awesome. I liked cooking the damper. I had a magnificent day and night.

Kirra W
For the safety of the children we are asking you DO NOT park at the reserve near the school oval at the top of the ramp off Aranga Crescent, at school drop off or pick up.

Cars speed up the ramp and are putting children and parents walking to school at risk of a serious accident. Council have been notified to place No Parking signs during school hours.

We are asking for parents cooperation and ask that you park your car at the bottom of the ramp on the street level.

Thank You

Birthday Wishes To

Daniel S, Zoe S

Who are celebrating birthdays from 14th to 20th November

Advertising Material

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

ROAD TO BETHLEHEM - Monday 8 December to Thursday 11 December, 141 Central Road, Nunawading. Free admission from 7pm to approx. 10.30pm (tours every 6 minutes).