We have had a thoroughly enjoyable start to the 2015 school year. The students have quickly settled into the school routine and I have had nothing but positive interactions with all the students and parent community. All staff are working long hours towards this end and I know that our community notice and appreciate this. Staff at schools are often the ‘encouragers’, but it is terrific for us to receive the positive feedback we often get from our community. Thank you!

We welcome with open arms parent helpers into our school. Teachers will be seeking classroom support very soon if they haven’t already done so. Your assistance in all aspects of the school is greatly appreciated, whether this is in the classroom, on school council, with fundraising or simply by being an encourager – there are many ways to be involved. It goes a long way to helping a great school become even greater.

Student Wellbeing Officer

We have recently been very fortunate in receiving a grant to support the employment of a Student Wellbeing Officer to our school. Next week, we will welcome Chantelle Olafsen to the role. Chantelle will attend our school every Monday and Wednesday and will be working with parents, staff and students to provide a program that supports our students who have varying social and emotional needs. Chantelle is an experienced Wellbeing Officer and comes to us with great references. We are very much looking forward to welcoming her to our school and being a part of the Donvale PS community. I know you will all make her very welcome. Chantelle will be joining us next week at our Kids Matter Wellbeing day and will also be attending the ‘Welcome’ evening. Please take the time to come and say hello.

School Council Elections

A note went home last week calling for nominations for both the Parent and DET categories for School Council. If you decide to stand for election, you can either nominate yourself or be nominated by someone who is eligible for the same category as you wish to stand for. Nomination forms need to be in by today Thursday 19th February 2015 4.00pm.

If there are more nominations received than there are vacancies on council, a ballot will be conducted in the two weeks after the call for nominations has closed.
The School Council Election Timeline is as follows:

- Notice of election & call for nominations Feb 12
- Close of nominations Feb 19
- Ballot papers distributed Feb 26
- Close of ballot March 6
- Count votes March 10

**Wellbeing Day and Welcome Evening**

A reminder that we are having a whole school ‘Kids Matter Wellbeing Day’ followed by a Welcome evening at the school next Wednesday 25th February. You are invited to attend the school from 2.30 – 3.30pm to visit classrooms and celebrate with us the events of the day. During the evening from 5.30 -7.30pm, you are invited to our Welcome evening for a night of relaxation and fun with the family. It is an opportunity where the school community can come together to can catch up with old friends, meet new families from their child’s new grade and have a relaxed social time. Staff will also be attending the night so that they too can get to know better the families in our school. A sausage sizzle will be available on the night or perhaps you would like to bring along your own picnic dinner. Our Parent / Staff band, “The Write Staff”, will be entertaining us throughout the evening. It’s all systems go for a terrific day!

**Staff Car Park**

A reminder that the staff car park is for staff only. I have had staff mention that they have arrived to school and not been able to park in the staff car park areas due to parents having parked there. We are currently having new signs made up stating that the area is for staff parking only. In the meantime, please know that this area is not for parent parking. I would appreciate your support with this.

Hope you are having a wonderful week.

*Lena Clark*

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**School Council**

Our next meeting with our outgoing School Council will be held on Wednesday the 18th of March at 7:00pm in the Staffroom. This will be followed by a meeting with our new 2015 School Council at 7.30pm.
February

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‘Student well-being’ Day - 2.30-3.30: Classrooms will be open to families
5.30-7.30pm: ‘Welcome back’ BBQ

March

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General

EVERY DAY COUNTS - SCHOOL ATTENDANCE

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes. Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher early as early as possible.

As from March 2014, new laws were brought in that parents can be fined for not sending students to school without an acceptable reason.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.
**SUBWAY ENVELOPES**

Can you please make sure that you seal the sides of the subway envelope as the $2 coins are falling out. Thank you.

**LIBRARY**

Our library is open every Thursday lunchtime for the children to read, draw, chat, create and generally chill out. Many of the children like to play board games of which we have a limited supply.

If you have any board games - Checkers, Chess, etc with all pieces in tact, which you no longer use or want, the children would love to put them to good use.

Thank you

*Bev Wright*

**GROWING HEALTHY MINDS**

Starting school is a big deal. It involves a new routine, new environment, new relationships, new rules, new expectations and more – all things that can make for a lot of anxiety if you don't help your child navigate it.

For some children, the start of school signals the first time they will be separated from a parent for any real length of time. With all of the changes and new experiences starting school brings, it’s no surprise that the start of school can trigger anxiety in some children (and parents).

Please read the article included from KidsMatter, 'Belonging at school makes a difference', for some tips and tricks to help your child with this transition.

We are all looking forward to seeing lots of happy, smiling faces next Wednesday at our 'KidsMatter Wellbeing Day' and our evening family BBQ.

It would be great if lots of you come along to our morning launch with Lenny Hayes (recently retired from St Kilda, to the classrooms at 2.30pm, and again to the evening BBQ.

Foundation parents are also invited to join their child for a wonderful yoga session in the GP room, run by a qualified instructor. We have enough yoga mats for the students and some spare for adults, but if you have your own, please bring it along. Thank you!

Please encourage your child to add a 'touch of colour that makes them happy' to their sports uniform next Wednesday. Staff will be wearing happy colours too!

Looking forward to a wonderful day and a relaxing, fun evening with our fabulous school community!

*Lashay Cartledge, on behalf of the KidsMatter Action Team*

**KidsMatter Wellbeing Day activities**

<table>
<thead>
<tr>
<th>Foundation:</th>
<th>Level 1/2</th>
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<tbody>
<tr>
<td>Alanna Hodgens – Brain gym</td>
<td>Bec Signorini – Calm Bottles</td>
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<tr>
<td>Tasmin Brown – Movement to Music</td>
<td>Meagan Wilson – Sensory activity (Sand Balloons)</td>
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<td>Marilyn Gray – Sensory activities</td>
<td>Ethan O’Connor – PT &amp; Team Building Games</td>
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<td>Pam Zuckerman – Art Therapy</td>
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<th>Level 3/4</th>
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<tr>
<td>Pete Reiter – Laughter Club</td>
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<tr>
<td>Michelle Rassias – Loom Bands</td>
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<td>Victoria Erskine - Behr – Connecting with the earth</td>
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<td>Serina Sok – Cultural Games</td>
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<th>Level 5/6</th>
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<tr>
<td>Lashay – EFT &amp; Hand Massage</td>
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<tr>
<td>Rick Gordon – Initiatives course &amp; Giant Twister</td>
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<tr>
<td>Emily Wallis – Parachute team games</td>
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<tr>
<td>Anthea Keep – Emotions through Music</td>
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</tbody>
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To find out some of the benefits the students will be experiencing during our ‘Wellbeing Day’, please read the snapshots below. Here, some of the teachers have described the bonus to the student’s health, happiness and wellbeing through some of the activities being run on the day.

**Music and Emotions**

“Where words fail, music speaks.”
— Hans Christian Andersen

Music crosses all borders of nationality, race, and culture. It is a tool for arousing emotions and feelings and is far more powerful than language. Music is embedded in our society – TV and films, live orchestras and concerts, on the radio and even in our shopping centres! [http://psychcentral.com/lib/music-how-it-impacts-your-brain-emotions/00017356](http://psychcentral.com/lib/music-how-it-impacts-your-brain-emotions/00017356)

During our Well-Being day we will be exploring various pieces of music and the emotion evoked in each.

“Music can change the world because it can change people.”
— Bono

**Anthea Keep**

My activity for the Year 5/6 students is hand massage; to oneself, and a partner. Current empirical research states massage for children can be beneficial as it calms them down and also helps with their concentration... there’s UK based research that shows that massage improves learning and has also helped to reduce bullying. Massage has also been proven to help create better, deeper sleep at night. There are also many benefits for giving a hand massage to a class mate! Research states that happier people give more to others. Kindness has an amazing ability to increase happiness, self-esteem and optimism, improve mental and physical wellbeing, lower stress and anxiety levels, create better social and academic outcomes, and reduce bullying in schools and the community.

Sounds good, doesn’t it?

That’s because kindness is a natural remedy for a multitude of ailments!

**Lashay Cartledge**

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is a complete wellbeing workout. It is the brainchild of Dr. Madan Kataria, an Indian physician who started the first laughter club in a park in 1995, with just 5 people. Today, it has become a worldwide phenomenon with more than 6,000 social laughter clubs in 60 countries.

Laughter Yoga combines unconditional laughter with deep breathing techniques. Anyone can laugh for no reason, without relying on humour, jokes or comedy. Laughter is *simulated* as a body exercise in a group but with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of Laughter Yoga is based on the scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. More often than not, fake laughter soon turns into real laughter. Best of all… it’s fun!

**Peter Reiter**

Physical exercise is an essential part of an individual’s health and wellbeing. Experts recommend 30 minutes of blood pumping exertion every day to allow our body to function at its optimum level. Go for a run, dance around the house, swing as high as you can on the swings. It will raise your heart rate and help pump endorphins through your body. Don't like exercising alone? Group sports have the added benefit of socialization, and the need to develop fundamental teamwork skills. Initiative courses and parachute games require students to work with each other’s individual strengths, in order to achieve a group goal. Let's face it, life's more fun with friends.

**Emily Wallis and Rick Gordon**
Belonging at school makes a difference


Aunt Sue also talked to Tommy’s friend, Lulu, who had come over to play. “What about you, Lulu? How do you like school?” “It’s good. If I need the teacher then I have to put up my hand. But if I need help at playtime I can ask Jackie,” said Lulu. “Is Jackie your friend?” “Jackie’s my buddy. She’s a big girl.” “What does a buddy do?” “She helps me if I don’t know where to go or other stuff. She helps to look after me ‘cos she’s big and I’m new.”

Belonging improves mental health, wellbeing and learning

All children need to feel that school is a safe place where people will care about them, where their needs for support, respect and friendship will be met, and where they will be able to get help to work out problems. When these needs are met children develop a sense of belonging at school. Belonging is very important for children’s mental health and wellbeing.

Children who feel that they belong at school are happier, more relaxed and have fewer behavioural problems than other students. They are also more motivated to learn and be more successful with their school work. Research into children’s mental health has found that a sense of belonging and connectedness at school helps to protect children against mental health difficulties and improves their learning.

Making friends and having positive relationships with teachers helps children develop a sense of belonging at school. Having older ‘buddies’ to turn to helps younger children feel that school is a place where they can get help if they need it. Looking after younger children encourages caring and helping in older children and helps to reduce conflicts and bullying. These are some of the ways that children’s sense of belonging at school can be supported.

Starting school is a big change for children

Not only do they have to cope with schoolwork and teachers, but they also have to get used to being part of a class and a whole school. A lot more is expected of children when they start school and there are lots more people to get on with. It helps children to know that there are people at school who will look after them and care about their needs.
More ways schools can help create a sense of belonging

As part of KidsMatter Primary, schools look closely at ways they can continue to build strong positive respectful relationships with all students and families. This includes things like:

- making the school environment welcoming for all students and families
- encouraging teachers to get to know all their students and their families
- identifying ways of improving communication with families
- focusing on child and family strengths
- making sure that school policies on safety, welfare and discipline are clearly communicated and support a sense of belonging for children and families.

All children need to feel that school is a safe place.

How parents and carers can help

Parents and carers can work with school staff to help create a bridge between home and school. When the adults responsible for children take a positive interest in what happens at school it helps children feel at home. It also makes it easier to pick up any problems early when they are easiest to resolve.

- Find out about the school and what your child is learning; participate in information sessions.
- Make time to listen to your child tell you about what he or she is doing at school.
- Let your child’s teacher know if he/she is having difficulties and discuss what kinds of things you can do at home and school to help.

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
Basketball

Basketball times for games on Saturday 21 February

Dynamites have a BYE
Destroyers vs Ser/St.Ch Spartans at 1.30pm at the DISC 2
Demons vs Donburn Devils at 11.50am at the DISC 2
Daredevils vs Beverley Hills Broncos at 2.20pm at Leeds Street
Dreamers vs OLOP Pinecones at 9.20am at the DISC 2
Daisies vs OLOP Pelicans at 9.20am at the DISC 1
Daffodils vs Diamonds at 10.10am at the DISC 1
Dolphins vs OLOP Ladybirds at 10.10am at Leads Street

**A reminder for Daffodils that they will need to change their tops for this game.**

Daffodils will be training in the GP room on Tuesday the 24th of Feb.

Daredevils played an exceptional game. Great effort by all to unfortunately be defeated 4 to 2.

Diamonds tried something new this week, playing zone defence. Congratulations to Ruby for her first goal as a Donvale student.

Destroyers had a huge win of 48-14 with all the boys playing a great game. A special mention to Luka, who scored his first goal for the season and played a really solid game.

Please remember to pay your Team Manager the game fees or your child will be ineligible to play.

A reminder that sport shoes must also be worn by players when training at the DISC and food and drink is to be kept off the court area.

We are still recruiting – especially BOYS who are born in either 2005 or 2006 to join our squad of U11’s. We currently have 10 boys playing in U11 and if we can recruit 4 – 6 more, we can split into two teams. Please contact Marita Warner or Cassandra Buckle for more information.

Birthday Wishes To

Ava H, Michael W, Nadia S

Who are celebrating birthdays from 20th - 26th February
Junior Chef Club

Our numbers filled up in just 1 day, we were full by Monday afternoon. This year 120 children are participating, receipts and confirmation slips have already been handed out, check with your class teacher if you don't have them yet.

Unfortunately there are many children on the waiting list (your form and payment should have been returned, check with the office if not), we will contact you ASAP if a spot is available.

There has been a suggestion from a number of parents to open a new group, unfortunately we can't stretch our resources any further.

Thank you for your support.

We are going to divide the children into 6 groups, each group is a mix of children from Foundation to Grade 6.

If your child is away on the day they are supposed to do their session, we will arrange for them to join in with another group so they won't miss out.

We will contact the class teachers just before lunch to remind the children to come to the DJC room as soon as they finish their lunch, or they can bring their lunch with them to the DJC room.

Thank you to Mrs Cheesman, Mrs Brown, Alisha McDonald, Marina Younger and Aya Chan for helping with the preparations.

Also thank you to the McDonald, Younger, Chan, Pascale, Sadler, Fraser (Ellen), Loccisano, Ehlert, Ma, Buckle, Denton, Sinosich, Sherar, Mansi, Frigo, Churton, Van Gramberg, Raftopoulos, O'Sullivan, Lo, Eckhardt, Hunter, Thatiot, Hewitt, Gray (Carolyn), Smith (Kate), Skinner, Glover, Kneebone, Poppes, Tsui, Horton-Wickham, Leyh, Valentine, Henry, Wogan, Donaldson and Krstic families for their donations.

Thank you to the many parents who have offered their help, we will contact you shortly.

We don't cook, we create food.

Liang Dimitroff
OSHClub News

Before School / After School Care Program

Dear families,

This week at OshClub we have been celebrating Shrove Tuesday and Chinese New Year. On Tuesday, the children helped make pancakes for their breakfast. It was great to see them choosing healthy toppings like strawberries, banana and blueberries. We also went on a giant pancake treasure hunt and searched the school for the missing pancakes! The children have loved talking about their Chinese zodiac animals and making lanterns to celebrate Chinese New Year.

Happy Birthday to Michael W and Nadia S who both celebrate their birthdays this week!

Special welcome to our new OshClubbers, especially all our new Prep students. New parents and students: Please feel free to drop in at any stage to orientate yourself with the program and to meet the staff before your first day at OshClub.

Remember to bring your hats everyday as we follow “No hat, no play” policy in Term 1.

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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<td>Loom Bands</td>
<td>What is your Cultural background</td>
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<td>Frisbee</td>
<td>Morning Walk/Run</td>
<td>Who is missing game</td>
<td>Kick-it cricket</td>
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<td>After Care Activities</td>
<td>Masquerade masks</td>
<td>Honey joys</td>
<td>Make a Crystal Star-Science</td>
<td>Dominos</td>
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<td>Mask relay</td>
<td>Balloon Blowing Race</td>
<td>Skipping contest</td>
<td>Playground obstacle course</td>
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<td>Our Reflection journal</td>
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<td>Hang Man competition</td>
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Yoga
DUE TO POPULAR DEMAND
Term 1 is Icy Pole Heaven!!

Every Friday is ICY POLE RECESS
Yayyyyy.
Next delightful day - FRIDAY 20 FEBRUARY
Sales from the canteen window at recess
$1.00 for an icy delight.
Aww yeah…….

Thanks to everyone for sending your order forms in,
OR receiving a box of frogs (the most delicious kind),
Boxes will be sent home Friday 20 February
Relax, kick back - dessert is sorted!!!

PA MEETING
WE WANT YOU!

THIS FRIDAY

It's going to be a fun Term but we need your help.
Great activities planned, get involved & help raise money for our kids.
Friday 20 February - 1.30pm in the Library
All welcome.
Help with one event, take on a committee role or just come to a meeting. Many hands make light work…….

BBQ
Wednesday 25 February
5.30 – 7.30pm
Sausage sizzle will add delight to your family picnic.
$2.50 sausages that will make you feel so good on Wellbeing Day. Add some groovy music from the teacher’s band-
The Right Staff & hello serenity!!!

Sushi Meal Deal Day
Wednesday 4 March 2015
Forms sent out next week.
Asthma and Thunderstorms

Summer storms are becoming more frequent throughout Australia. Thunderstorms can combine heavy rain, high humidity and strong winds. A European study found there are observations in favour of the possibility that thunderstorms disturb ground-level pollen grains, bursting the pollen grains and making the allergens small enough to be inhaled into the lungs. There is also evidence that after rain and during wet conditions there are a larger amount of fungal spores in the air. These can act as a trigger for asthma symptoms.

What can you do?
Ensure preventer medication is taken as prescribed.
Have an up to date Asthma Care Plan.
If your asthma gets worse during thunderstorms try to stay indoors with the windows closed.
Always carry your reliever medication with you.
For more information on Thunderstorms and asthma please see [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)

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More information on the following advertising is available from the office:
WARRANTY TENNIS CLUB - Open Day Sunday 1st March

Local Free Classes
Healthy active lifestyle activities=Healthy communities
Join us for our free community focused healthy active lifestyle events.
For session times and location please contact
Amin on:
0419881147