Welcome back! I hope that you all had the opportunity to have a relaxing break enjoying the time with family and friends. I was fortunate enough to spend some of the time cruising around the South Pacific. As someone who suffers from sea sickness, the experience was certainly an interesting one. I enjoyed the indulgence of cruising and have never seen so much food in my life! The weather was glorious and the island beaches were stunning. It was a wonderful way to relax and be looked after.

It has been terrific chatting to our students this week hearing and reading about all their holiday activities. Playing with friends, going to the movies, swimming, camping and eating lots of chocolate Easter eggs were the most popular activities.

Bushwhazee Bush Dance: I’m excited about Term 2 and the wonderful teaching and learning that has been planned by the staff. We kicked off the term with a bush dance incursion held on Tuesday of this week. The wonderful bush band, Bushwhazee, facilitated the day and continued to support us during our Family bush dance / BBQ held during the evening. What an absolutely brilliant way to start the term where we joined together as a community to celebrate our Performing Arts program and have a lot of fun along the way. Thank you to our PA who once again, worked tirelessly to provide us with a delicious BBQ during the evening and raised some money for the school. Thank you to Peter Gray for organising the lighting during the evening – always so brilliantly done. Also, thank you to Mrs Keep for her planning and organisation of the day – very much appreciated. Thank you to Mr Gordon for supporting Mrs Keep in the planning and playing along with the band during the evening dance. Thank you also to the staff who supported the program throughout the day and again during the evening and joined in the fun with us all. It was truly a wonderful evening.

Parking: A reminder of the changed traffic conditions at the Aranga Reserve area. ‘No Standing’ signs have been placed in the area and prohibit vehicle access between the hours of 8.30am to 9.30am and 3.00pm to 4.00pm on school days only. These restrictions are legally enforceable and fines will apply. Victoria Police have been advised by Council of this restriction and have been requested to patrol the area periodically. I would appreciate it if you could please be mindful of these changed conditions. There is suitable parking around the school and the Manningham Disc has much car parking available for our
community to use.

It is a good suggestion to consider parking a little further away from the school and then walk the remaining distance to school. This will help minimise traffic congestion closer to the school during the peak arrival and pick up times. A short walk to school is a great way to get some added exercise to your day. If this is not an option for you due to ill health or other reason, we have a disabled pick up and drop off area in the school that you are welcome to utilise. Our pick up and drop off area is also available to all members of our community – remembering that this is not a parking area. Your cooperation and sensibility when driving in or around our school is appreciated – the safety of our students is always of paramount importance.

Parent Newsletters: Year level Term 2 Parent Newsletters have gone home this week. Please be sure to read them as they are full of information of events planned for the term with dates that should be added to your diaries. It’s going to be another busy term at Donvale PS!

Toilet block renovation update: My understanding is that we are very close to selecting a suitable builder for the project. Once this is done, we will be able to commence the work. Fingers crossed that this will be happening over the next few weeks.

Raised Garden Beds: A big thank you to David McDonald, Marita Warner, Daniel Horton, Kate and Milan Kraus, Jo Wood and Ian Pizzey for taking the time last Sunday to build a fantastic fence around our newly placed raised garden beds. It looks amazing! The class teachers will shortly begin working with their students in developing their garden beds and in particular, learning about what we can grow in the cooler months of the year. Fantastic literacy and numeracy learning will come from this gardening as well as, of course, learning about sustainable practices. If you can help out in any way, please do not hesitate to contact your child’s teacher. One of our year 1 students, Emily, contacted gardening guru, Costa (Gardening Australia) and invited him to come and visit our school to see how our gardens are growing and possibly help us out with his expertise. Fingers crossed that he will soon come for a visit. Thanks Emily for taking the time to write to Costa! I think you’re great.

Visual Arts Program: Bernadette Towan, Visual Arts Teacher, will be taking leave for the remainder of the year. I have now advertised for an Art Teacher and hope to make a suitable appointment shortly. In the meantime, our Visual Arts program continues as normal with a casual replacement teacher taking the role.

Some important dates for your diary:

Open Day – May 20th
Curriculum Day – June 5th

On the following pages is an article recently published in the Generation Next Newsletter. I thought I would share it with you.

Hope you are having a wonderful week.

Lena Clark
A Five Minute Writing Exercise to Help Kids Feel Less Worried and More Confident.

There are lots of things we can do to help kids calm themselves. One of the most important – and sometimes forgotten – is to help them come up with some actual words and phrases that they can repeat to themselves in times of stress. Words are powerful. Phrases which remind children that they can cope, things aren’t terrible, they have a plan and there are good things in life can be incredible calming tools for children.

Here is a 3 step guide for parents and teachers to help children develop ‘calm sentences’:

First, find out details about the worry. Dig. Ask questions like ‘What could be the worst thing about that?’, ‘What might go wrong there?’, ‘What is the scariest thing about that?’, ‘Do you think something bad could happen with that?’ etc. Write these down on a piece of paper in front of the child.

Then say: “Now I understand your worries, let’s think of some calm words which you can remember when you have these worries. Together we are going to think of four different types of calm sentences. Here are the four types”:

**THIS IS NOT LIKELY BECAUSE…calm sentences**

**I CAN COPE BECAUSE…calm sentences**

**I HAVE A PLAN …calm sentences**

**SOMETHING HELPFUL TO REMEMBER IS…calm sentences**

To help the child think of some NOT LIKELY sentences about their worry, ask them how many times this has happened in their life, how often it has happened to someone else, and what are things that make this unlikely. Write these answers down, for example:

This has never/rarely happened before.
This is unlikely because…

To help the child think of some I CAN COPE statements, ask the child, “Why is this not a catastrophe?”, “Why are there WORSE things that could happen, why can you cope with this?”, “Why are there some good things about this?”. Write these answers down:

I can cope with this because…
This is not the end of the world because…

To come up with I have A PLAN statements, ask the child, “If this did happen, what could you do?”, “How would you manage this?”, “What would be your next step?”. These sentences could be:

Even if this happens, I would…
If that happened, I could…

To come up with SOMETHING HELPFUL TO REMEMBER sentences, ask the child, “What else is helpful to remember about this scary thing?”, “What people are around to help you?”, “What is something positive that is happening for you?”, and “What might you learn from this situation?”. For example:

This person cares about me…

The good thing about this is….

Remember to make all of these sentences short. You are aiming for one sentence dot points – simple language that is easy for the child to say to themselves when they are worried.

Once you have your list of calm sentences, ask your child to put them in a place they can see them. Ask the child to read them out before worrying situations. Ask the child to read them before bed. Get them to draw a picture next to each one.

Worried kids have worried thoughts. We need to help them add in another perspective. This is an exercise that does that, and it can make a big difference to children’s wellbeing.

---

The good thing about this is….

Remember to make all of these sentences short. You are aiming for one sentence dot points – simple language that is easy for the child to say to themselves when they are worried.

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Students are required to wear full school uniform on this day. If your son or daughter’s class has sport on the day, make sure you pack in their sports uniform so that they can change once photos have been taken.

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say cheese
School Photo Day is April 20, 2015

Have your child’s school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:
- Don’t seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given. Payment options are cash, credit card and on line.

For any enquiries, please feel free to contact us
E data.remilmp.com.au
P +61 3 9466 7331
F +61 3 9466 7332
www.msp.com.au

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April
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<td>Mandarin Incursion</td>
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**General**

**Lost Bomber Jacket**

Joseph B in F1H has lost his bomber jacket, size 6. We are asking parents to please check the name tag on your child’s jacket. Please return to Joseph if you have his by mistake. Thank you.

**Anzac Badges**

We have Anzac badges for sale at $1. Senior students will visit classes each day to see if anyone wants to purchase, or ask at the office.

**Sick Students**

Dear Parents if your child has been vomiting during the night or morning, please do not send them to school. Keep your child home from school until there’s been no vomiting for at least 24 hours. Vomiting due to gastroenteritis is caused by viruses that can spread to others.

We appreciate your assistance and understanding with this, as this will stop the spread to other students and staff.
Growing Healthy Minds

Dr Craig Hassad, one of the 'leading brains' behind Smiling Mind, is running a seminar at Manninham Council. Many teachers and parents have already signed up to both the day and evening events. Having had the pleasure of hearing Dr Hassad speak on the benefits of Mindfulness in the curriculum and the home environment, I urge you to take up the opportunity to come along. If you would like to attend the seminar on **Tuesday the 26th of May at 5pm** (2-hour session), please contact me and I will add you to the Donvale group registration. Otherwise, you are able to register yourself, if preferred.

Below, I have included a little evidence of the benefits of Mindfulness for children and have re-shared a simple meditation that parents can do at home with their children.

At Donvale Primary, we are very lucky to be able to include Mindfulness and meditation in our curriculum. Considering there is a big push for Mindfulness to be officially part of the curriculum by 2020, we can say we are ahead of the times at Donvale!

Happy reading!
*Lashay Carteldge, on behalf of the KidsMatter Action Team.*

Dr Ramesh Manocha, a practising GP and researcher at the Discipline of Psychiatry, Sydney Medical School, Australia states that ‘Mental Stillness is an evidence based meditation strategy aimed at providing young people in schools with a simplified, secular adaptation of meditation suitable for the school environment to enhance resilience and wellbeing. Our research indicates that meditation offers dual benefits to educational organisations: first, as a primary prevention mental health strategy; second, as a strategy that facilitates learning by improving students’ focus and engagement. It is a low cost intervention that most children find innately enjoyable. In addition, meditation works to complement other school and classroom strategies that may already be in place’.

Willem Kuyken, Professor of Clinical Psychology at the University of Exeter, who has studied Mindfulness programs in UK schools, where they’re more ingrained, states that ‘More studies are beginning to explore the impact of mindfulness on kids and teens. In the U.K, a 2013 paper found that 10 and 11 year-olds who participated in an eight-week program were better able to ignore distractions. Another found that 12 to 16 year-old students had fewer symptoms of stress and depression. The effect became larger at the most challenging time of the school year, during the end-of-year exams. Some research has suggested that mindfulness can help children and adults cope with attention deficit hyperactivity disorder, maybe offering an alternative (at least for some) to medication’.

Relaxing like an OLD RAG DOLL

First, wrinkle up your face
Keep it like that then...
Gently let it go
Till you look like...
An old rag doll

Now shrug your shoulders up to your ears
Keep them like that then...
Gently let them go
Till they feel like they belong to...
An old rag doll
Welcome back everyone.
This term is going to be a busy term with many culinary adventures planned. We are going to create "Mini kebab served with fresh garden salad and flat bread" with all the little chefs.
We are also doing cooking demonstrations by our team helpers on the School ‘Open Day’. Stay tuned as I hear these will be authentic dishes.

We had to swap some children into different groups as the grade 5 and 6 children are going on excursions. We will be starting the session this term a bit early so grade 1 and 2 children can also do their gymnastics. The rest of the children who are not in grade 1 and 2 can stay longer in the session. So no one will miss out. If you have any questions about this matter please speak to me or ring the office.

Next Tuesday, the 21st of April 2015 is the turn of group 1 to be busy in the kitchen with us. Ingredients we need are: cabbage, spring onion, lettuce and coriander. We don't need much, any amount is helpful, thank you in advance.

The junior chef room is been freshened up with a few new things on display. Thanks to Marina Younger and Mrs Cheesman for helping with the make over, and Mrs Brown for handling our DJC office work.
All the team helpers and I are can't wait to have fun in the junior chef room.

Liang Dimitroff
Our Bushwahzee incursion on Tuesday was a resounding success. Thankyou to all families who came along in the evening to celebrate our students’ learning and join in the community dancing. I’d like to especially thank the PA for organising the sausage sizzle and Peter Gray for the wonderful lighting.

Anthea Keep
Dear families,

A warm welcome back to all our families. I hope you had a happy and relaxing holiday. The children have settled in well involving themselves in a variety of different crafts, board games and outside play. On Tuesday we made Damper to help celebrate the Bushwazee which was delicious! We are also working on a Bouncy Egg experiment and the children have enjoyed checking the progress each day and noting the changes to our eggs.

Next week, we will be working on variety on ANZAC themed activities including poppy craft and making Anzac biscuits.

I will be away for the next two weeks on my teaching placement and both Jennifer and Mrs Collins will be working at OshClub during this time. I look forward to hearing about all your fun adventures when I return.

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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OSHC program phone: 0402 362 443/9842 2261
Coordinator: Kate
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.
Easter seems a distant memory, but guess how many yummy Hot Cross Buns @ recess were munched the last Friday of Term 1? A holy 492!
Thanks to all the helpers, but big salutations to the divine Liz Brown for organising the donations & DPS feast.

Please help us wrap this fundraiser up!! We still have families who need to return the money or the unsold chocolates. Send the frogs or the cash asap.

TRIVIOKE!!!
Saturday 23 May.
Donvale Primary will be the

Stay tuned for more info.

Mother’s Day Fundraiser
‘Paint The Nite’
Thursday May 7th
7.00-9.00pm
At Donvale Primary School in the Senior Building.
(see flyer)

“Its not Unusual” to want to get involved in the Trivia Night.
Trivoke Committee Meeting
This Friday 17 April - 1.30pm
Come along because “Nothing compares to you”
Watch out for the Event Support Letter detailing other ways you can “Help!!” and be “In da Club”

Coming to a Term 2 near you……
⇒ Entertainment Books available in May
⇒ Sushi Lunch orders Tuesday 5 May & Tuesday 2 June
⇒ Mothers Day Stall Friday 8 May
⇒ Asian Meal Deal Wednesday 27 May
⇒ Dim Sim & Sausage roll recess sales!!
MOTHER’S DAY FUNDRAISER

THURSDAY 7 MAY
DONYALE P.S SENIOR BUILDING
7PM - 9PM
TICKETS $40
GLASS CHAMPAGNE ON ARRIVAL
CHEESE INCLUDED, BYO WINE
BRING ALONG FRIENDS
PURCHASE TICKETS AT OFFICE

YOU PAINT THIS!
Birthday Wishes To

INDI M, MAXWELL T, JAYMES M, ELLA C

Who are celebrating birthdays from 17th to 23rd April

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

Kumon - Two-week free trial English or Maths Programme. Must register by 11 May. Mitcham Education Centre.

Eastern Raptors Rugby League - Backyard League Centre.

Toolbox Parenting Groups - Over six sessions, key parenting principles are explored.

Beverley Hills Junior Football Club - Join for another fun filled and action packed Auskick season.

Warrandyte Tennis - Free sessions.

Blanchards - Certificate III in Education Support. Supporting parents returning to work. Register online.

Blackburn High School Open Night

Wednesday 29 April, 2015

6.00pm – 8.00pm