As parents/carers there is much you can do to support your children. We all want our children to be happy and successful at school, and research tells us that three basic things are especially important.

They are:

- **Getting plenty of sleep** – Including quiet or reading time before bed, so the body and thoughts are settled. Every child has a different requirement for sleep, but from Prep – Year 4, 10 hours is good to aim for.

- **Healthy nutritious breakfast and lunch** - Sometimes it is too easy to skip breakfast, but participation in school activities will burn up energy and a hungry child will more easily lose concentration and become tired. Plenty of water also assists brain function. Useful information for parents can be found on the ‘Raising Children Network’ website.

- **Regular school attendance** - Children who attend school every day have increased opportunity to establish and maintain friends and learn more effectively. Children need to be at school BEFORE the bell goes – this helps their organisation and settling time with others before they go into class. Teachers need children to be at school every day so they can keep up with the rest of the class as school work often continues on from what they learnt the day before.

**Reading**

I believe reading with your child is probably the single most valuable thing you can do for your child educationally. It is very clear to teachers that those students who have been read to, and had many opportunities to read themselves, generally do better at school than those who do not.

This is such a simple but extremely powerful thing to do. When children bring books home, they can read them with you, to you and by themselves several times in order to build up fluency, expression and understanding. It is important too, that these books are returned to school so that others can also use them.
Some important dates:

We love getting our community together at Donvale PS and our PA have organised some fabulous fundraiser events coming up shortly. Below is a list of these events as well as some other very important dates for you to add to your diary.

May 7th – ‘Paint the Nite’ 7.00pm in the Senior Building. We would love to see as many of our mums, female friends and family join us on this fun girl’s night. All attendees will have the opportunity to relax with a glass of champagne, nibble on some sumptuous cheeses all while being guided by a master artist in creating their very own masterpiece painting. It’s going to be terrific evening with lots of laughs, I’m sure. $10 from every ticket sold will go towards the school with a view to raising money to update our junior school play equipment. I would encourage all our mum’s to attend and bring along any friends and family. The more the merrier! Tickets available at the office.

May 9th – ‘Working Bee’ – With Open Day coming up, we aim to have the school looking at its best. The garden bed area needs to be finished off with some gravel laid around the beds and a general tidy up of the school grounds is required. If you are available during the morning to come along and help us out, we would love to see you there. As always, a delicious sausage sizzle lunch, provided by our PA, will be available to our hungry workers.

May 20th – Open Day / Night – This day provides us with the opportunity to celebrate our achievements and showcase our wonderful school. The school is open to visitors throughout the day and evening with school tours scheduled for 9.30am and 7.00pm. Family, friends and new friends are invited to view the classrooms and enjoy the various programs and facilities that our school offers our students. I look forward to seeing all members of our community and the wider community joining us throughout the day.

May 23rd – ‘Trivoke Night’ - This is another fabulous community fundraiser event organised by our PA. All parents and friends (no children) are invited to this event where we get together and participate in a night of fun and games – literally! There will be auctions, music, dancing, games and of course, singing (plus much more!) All monies raised will again go towards improving our junior school play grounds. Please add this date to your diary, book your baby sitter, arrange your table of friends and purchase your tickets. I’ll look forward to seeing you all there.

June 5th – Curriculum Day (Student Free Day) – We will be joining with staff from Templestowe Valley PS attending professional learning at Templestowe Valley PS. The focus of the learning will be on Numeracy. The day will be facilitated by highly regarded Numeracy Consultant, Michael Ymer.

Karen Durante

One of our much loved members of staff, Karen Durante, has taken ill and will be absent from her duties as an Integration Aide for at least the remainder of this term. The good news is that she is recovering well. I’m sure you will all join me in wishing Mrs Durante all the very best as she continues on her road to recovery. We look forward to seeing her smiling face around Donvale PS as soon as she is well enough and ready to return.

Hope you are having a wonderful week.

Lena Clark
### April

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### May

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<td>Level 3/4 Excursion to Captain Cook’s Cottage &amp; Birrarung Marr</td>
<td>2.00-3.00pm: 2016 Foundation student Leapfrog Program</td>
<td>9.00-12.00: Working Bee</td>
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<td>Level 1/2 Excursion to Yarrabee’s Yesterday World</td>
<td>Level 5/6 Excursion to Melbourne Museum</td>
<td>Lunchtime: Jnr Chef Group 3</td>
<td>7.00-9.00pm: ‘Paint The Nite’ Mother’s Day Fundraiser</td>
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<td>Mandarin Incursion</td>
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<td>Mandarin Incursion Level 5/6 Round Robin Sports Day</td>
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3
**General**

**Working Bee**

We will be having a Working Bee on **Saturday 9th of May** from 900 - 12.00. It will be a manicuring day before our Open Day with mulching and pruning primarily with some spreading and compacting of gravel around the vegie plots. Please bring along any relevant tools if you have them.

**Music Makers Choir performance**

The level 3/4 choir are planning to perform at assembly on May 8th in conjunction with a visit from Kevin Andrews. They will be singing "Here You Lie", a reflective song associated with Anzac Day.

**Lost Bomber Jacket**

Khian N, 56G has lost his bomber jacket. It is named, please check if your son/daughter has the correct named jacket.

**Growing Healthy Minds**

The 5/6 students, along with their teachers, have signed up to a very special event. Beginning tomorrow, Friday the 1st of May, we will all be involved in ‘Mindful in May’.

Our goal? **To meditate for 10 minutes a day, for the month of May.**

As an added bonus to looking after our minds, our registration fee will contribute to transforming lives in the developing world. It will change one person’s life through helping them to access clean, safe water. The 5/6’s are pleased to support ‘Mindful in May’ efforts in raising money to help address the global water crisis.

**Some water facts:**
One in nine people on the planet struggle each day to access clean, safe drinking water
Every 20 seconds a child dies due to a contaminated water illness.
90% of the 30,000 deaths that occur every week from unsafe water and unhygienic living conditions are in children under five years old.
In Africa alone, people spend 40 billion hours every year walking for water.

Please access the YouTube link below, if you want to hear a little bit more about ‘Mindful in May’. The program is one for all ages, however, there may be times when the meditations do not meet the needs of our students. On those occasions, we will revert to our wonderful Smiling Mind meditations, in order to fulfill our goal of ‘Meditating for 10 minutes a day!’

[https://www.youtube.com/watch?v=82piWITWqHs&feature=youtu.be](https://www.youtube.com/watch?v=82piWITWqHs&feature=youtu.be)

In Snippets this week, I have included another article on the benefits of Mindfulness in the curriculum (specifically referring to another program, the 'Mindfulness in Schools' project). In Level 5/6, we usually practice mindfulness mediation with the students 3-5 times per week. Considering NAPLAN is approaching, and there are bound to be some nerves, we thought it quite timely that ‘Mindful in May’ was available, because it will remind us to drop anchor every day!

I have also included the flyer for the Dr Craig Hassed free Mindful Learning seminar, hosted by the Manningham Council on Tuesday 26th of May at 5pm. We have 5 staff and 10 parents already registered to attend from Donvale Primary school. Please let me know if you would like to add your name to our group registration.

One more thing, before I sign off…

If you have a Facebook account, and have daughters, I urge you to access the ‘A Mighty Girl’ page. The page has an endless supply of resources, news, tid-bits and strategies to support girls who may be having trouble navigating their way through friendships, self-esteem issues and hormones. The page also has a focus on empowering girls through daily links to articles on strong women of today and throughout history. Have a look. It is definitely worth it! Happy reading!

*Lashay Cartledge, on behalf of the KidsMatter Action Team*
Mindfulness very gently moving around the world's classrooms

Age, April 13, 2015
Colleen Ricci

The Mindfulness in Schools Project, based in the United Kingdom, is one of many initiatives bringing mindfulness meditation into classrooms around the world.

What is happening?
Mindfulness meditation – the practice of quietening the mind to bring awareness and attention to the present moment – is increasingly being used in schools around the world as a tool to improve student wellbeing and enhance academic performance. Although originating in Buddhist religious tradition, it is a secular form of the practice that has become popular in classrooms and workplaces.

One particular program making headway on an international scale is the Britain-based Mindfulness in Schools Project. It provides two main courses designed specifically by teachers for use in the classroom: "b" – pronounced "dot-be" (Stop, Breathe and Be) – aimed at older children, and "Paws-be" geared towards 7- to 11-year-olds. Now taught in more than 20 countries with a curriculum translated into numerous languages, co-founder Richard Burnett hopes that mindfulness meditation will one day be taught in all schools "just like reading and writing".

Why is it happening?
In recent years, mindfulness training has been incorporated into workplaces around the world, including government organisations, companies, hospitals and prisons. Research has overwhelmingly highlighted the many benefits of the practice in adult populations, including enhanced performance, improved emotional management and reduced workplace stress; inspiring even more workplaces to implement mindfulness training programs. These favourable results have led educators to consider the potential value of mindfulness meditation in schools to improve student concentration and overall wellbeing; particularly given the myriad multimedia distractions they face and the rising incidence of anxiety and depression.

Where is it happening?
This year, the Mindfulness in Schools Project has scheduled teacher training in Scotland, Ireland, the United States, Canada, Finland, Thailand, the Netherlands and Australia. Its "b" curriculum has been translated into Danish, Dutch, Finnish, Icelandic, French, German and Spanish, indicating its growing international appeal. However, it is just one of many mindfulness programs currently in operation.

In the United States, for example, the MindUP initiative, which incorporates "brain breaks" several times a day, has been operating for 12 years. Another program, known as Quiet Time has been credited with improving school attendance and halving suspensions in a troubled school in San Francisco. Wake Up Schools is another initiative, with centres in France and the United States, which has also provided mindfulness training in India.

Is mindfulness taught in Australian schools?
Mindfulness meditation has been growing in Australian schools for some time. For example, Methodist Ladies College provides mindfulness training within its wellbeing program, and the practice is promoted at Geelong Grammar as part of its "Positive Education" strategy. The Mindfulness in Schools Project will introduce its "Teach.b" course in Australia for the first time on April 15.

An Australian not-for-profit organisation, Smiling Mind launched its unique web and application-based program in 2012. Designed to support resilience and emotional wellbeing in young people, the free app has been downloaded more than 350,000 times, boasts more than 5000 education program participants, and is used by companies such as Google and IBM Australia. Recent funding from the Victorian Government has enabled the program's evaluation to take place in numerous government schools. The organisation hopes that the trial will produce evidence of Smiling Mind's mental health benefits for students and lead to its inclusion in the Australian Curriculum by 2020.
What do proponents say?
Advocates consider mindfulness to be an important life skill that enhances mental health and wellbeing, concentration, resilience, problem solving, empathy and academic performance. Many teachers who have been trained in mindfulness report calmer classrooms, more attentive students and more effective learning. Evidence from the studies of adult populations shows that regular mindfulness practice improves concentration and focus, reduces stress and anxiety, and fosters conflict resolution skills.
While there is less evidence, to date, regarding the effectiveness of mindfulness training in schools specifically, students themselves report that it calms them down, helps them resist focus on negative emotions, improves their capacity to pay attention and enhances the mood of the school.

What do critics say?
Despite assurances to the contrary, some say mindfulness education in schools is akin to bringing religion into the classroom: in the United States, one program was shut down amid complaints from parents about its perceived Buddhist overtones. Others say class time devoted to the practice could be better spent, calling for more research to determine its true value within school settings. Some teachers complain about taking on additional tasks when their work schedules are already overloaded.
Some label mindfulness meditation "corporatised McMindfulness" and declare it to be a passing fad that is merely another marketed commodity to be sold. Others disapprove of it on philosophical grounds. They assert that mindfulness meditation calls on us to "adapt" to the world as it is, when, they argue, it is our lives that must fundamentally change if we are to truly address the causes of stress and improve our mental wellbeing.

In conclusion
According to its website, the Mindfulness in Schools Project has put its energies into producing a program that is "relevant to school life"; providing strategies to assist students facing potentially stressful situations such as examinations, sporting or musical performances, and bullying in the playground.
With the World Health Organisation having predicted that mental health issues are likely to form the biggest burden on healthcare resources by 2030, many consider mindfulness meditation to be part of the solution and an effective antidote to the pressures of modern life.
Junior Chef Club

This week again showed that the children are really responsible little chefs. They came to the room on time so we could start early so the grade 1 and 2 children were able to go to their gymnastics on time.

But even though we were under pressure to finish off early, their creations were still magnificent. It's really fantastic to see the grade 6 students helping the Foundation students.

Well done boys and girls.

Thank you to Marina Younger, Jaqui Frigo, Barbara Hoglund, Liz Brown, Ms E, Miss M, Mrs Clark and Martin for helping with the program.

Next week is the turn of the group 3 to be busy in the kitchen with us.

Ingredients we need are: tomatoes, spring onion and cabbage.

We don't cook, we create food.

Liang Dimitroff

FROM THE KEBAB HOUSE:

- Angelica F 56C: Easy to make and lovely to eat.
- Joel D-B 56G: Simple and delicious.
- Matthew M 34R: Delicious.
- Ethan C F1H: Really yum.
- Tiffany L F1H: Yummy.
- Hima T F1H: Delicious.
- Michael W F1H: Not very nice!
- Zara W 12S: Delicious and the most delicious meal I have had.
- Christopher B 12C: I could not have a nicer meal.
- Alannah T 12C: Super diloso.

- Rosamund H 12C: Kebab is ok, but flat bread is best.
- Theodore H 12C: Wonderful.
- Olivia T 12C: Delicious because it's taste yummy.
- Kate B 34E: Scrumpledloumptous.
- Zed G 56G: Easy and yum.
- Cameron D 56G: Weird.
- Zoe N 34E: Beautiful and tasty.
- Holly O 34E: Tasty and easy to make.
- Vienna G 34M: Absolutely amazing.
- Emma W 56C: Mind boggling.
Dear families,

At OshClub this week we have aimed to engage the children in a variety of different sporting, crafts and group activities. Some of the craft highlights included making superhero masks and monster bookmarks. The children have also become interested in conducting science experiments this term. A few weeks ago we began a “Bouncy Egg” experiment however, unfortunately we haven’t seen many changes in our eggs thus far!

Luckily this has not deterred our young scientists with many children making the “Crystal Star” experiment on Monday.

Next week we will work on a variety of Mothers Day Activities from cooking to making gifts and cards. Early in the week we will be creating an “About my Mum” display to celebrate all the things we love about our mums!

Welcome to our new OshClubbers- Naysa G and Avizak E.

I am looking forward to returning to the program next week. Thank you to Jen for stepping in as Coordinator whilst I was on teaching placement and to Mrs Collins for her support and assistance.

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>Before Care Activities</td>
<td>“All about my Mum” Activity sheets</td>
<td>Jewellery Making Two truths, One Lie Game</td>
<td>Origami Gift Box making Master Blaster Game</td>
<td>Cook French Toast Celebrity Heads</td>
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<td>Catch/Don’t Catch Game</td>
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<td>After Care Activities</td>
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<td>Make a Bath Bomb</td>
<td>Create a mothers day photo frame</td>
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<td>Around the World Basketball</td>
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OSH program phone: 0402 362 443/9842 2261

Coordinator: Kate

Assistant: 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.
Term 2 Friday afternoons just a got a whole lot better.
The party for your mouth starts this Friday 1 May.

Hot chocolate, Chocolate Chip Biscuits & other treats
on sale from the canteen window.
Sales straight after assembly through to approx. 4.30pm

Hot Chocolate - $2

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

Ticket Forms out this week.

SOS
If you still have Freddos or have not returned the money
please send into the office ASAP.
Come & feel the “Good Vibrations” at the

Trvoke Committee Meeting

Friday 1 May - 1.30pm

coz “There’s a whole lotta shakin going on” & we need “Help”!

Jam Session

We are looking for donations of gourmet food products such as jams, mustards, relishes, preserves, oils etc. for the Trivia Night.

Any donations would be gratefully appreciated.

Please drop any contributions into the baskets in your classroom.

Sorry to disappoint those looking forward to it, but the Sushi Lunch order advertised for Tuesday 5 May, has been postponed.

But …. 

Tuesday 2 June. Flyers sent out closer to the date.
Friday 8 May
Great gifts from $1.00 - $6.00
BYO bag to take your goodies home.

Even more to come ......
Asian Meal Deal
Wednesday 27 May
Dim Sim & Sausage roll
recess sales!!

Get full for less at heaps of local restaurants
Buy an Entertainment Book
Massive savings on dining.
Send your completed form into the Office.
Birthday Wishes To
RUBY C, ZARA W, ELLA M, MAISAM S, ARYAN P

Who are celebrating birthdays from 1st to the 7th May

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:
BILLANOOK COLLEGE - Saturday 2 May at 10.30am.
STAGEMASTERS - Production on ‘Bring it On’ The Musical. 20-24 May at the Alex Theatre, St Kilda. Book tickets online.
DONCASTER PARK KINDERGARTEN - 50 Year Celebration and Open Day - Family Fun Day, Saturday 16 May 11.00-14.00

Free Dental Treatment For Children
Your child’s dental treatment up to $1,000 can now be bulk billed for eligible children through the Medicare Child Dental Benefit Schedule.
No Waiting, No GAP, No Out Of Pocket Expenses

Carrington Health offers a range of dental services -
• Examinations
• Extractions
• Cleanings
• Fillings
• X-rays

Saturday, After School & Early Evening Appointments Available
Hurry Ends 30th June 2015

Call us on 9897 1792 to make an appointment or visit our website
www.carringtonhealth.org.au
Dental Services 9897 1792 Fax 9898 8010 43 Carrington Rd Box Hill 3128
YOU PAINT THIS!

MOTHER’S DAY FUNDRAISER

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

PAINT the NITE
MOTHER'S DAY FUNDRAISER

'PAINT THE NITE' IS COMING TO OUR SCHOOL.

THURSDAY MAY 7TH 7.00 – 9.00PM. (6.30PM ARRIVAL)

We want all our mum's to feel spoilt this Mother's Day.

Come and join us for a fun night out with all the girls relaxing and having some fun.

During the two hour 'Paint the Nite' session, you will be guided by a master artist in creating your very own masterpiece all while enjoying sumptuous wine and cheese.

'Paint the Nite' provides all painting supplies, including paint brushes, paint, easels, 16" x 20" canvases, aprons and music.

No artistic ability is needed.

We would love to see as many of our mum's there supporting our school and enjoying this girls night out! Invite you girlfriends to join us.

Please see the flyer for further details.

Complete the attached form and return with payment to the office by Tuesday 5th May.

We look forward to seeing you there.

Parents Association

I / we will be attending 'PAINT THE NITE'

Name / s:

Email:

Payment of $40 per person is enclosed