I urge you to have your say in the future of Education in Victoria.

The Education State consultation is an opportunity for all Victorians to have their say on what is working well in our education system, and how we can make it even better.

Please go to http://educationstate.education.vic.gov.au to read more and join an online discussion. This is an authentic opportunity to really talk about how we want to shape the future of education.

Did you know?

Every day, some 565,000 students attend more than 1500 government schools, along with another 330,000 students at some 700 non-government schools. The Department is one of Victoria’s largest employers, with more than 60,000 employees. In the early years, more than 73,000 young children attend kindergarten and more than 32,000 early childhood educators are employed in the industry. There are almost 450,000 students enrolled in government-funded Vocational Education and Training (VET) courses.

What is the Education State Consultation Paper?

The Education State Consultation Paper has been prepared to start this important conversation with students, schools, families, businesses, educators and community leaders. The paper outlines some of our current key initiatives to build the Education State; Victoria’s key challenges and strengths; and opportunities to deliver on the Education State. We invite all Victorians to read the Consultation Paper to further understand the importance of the Education State.

What is the Education State Schools Consultation Paper?

The Education State Schools Consultation Paper has been prepared to start this important conversation with people with a particular interest in school education, including school-based staff, parents and school councils. The paper outlines some of our current strengths and challenges; what we are striving to achieve around excellence, equity and lifelong engagement in learning; and how we can work differently by valuing expertise and working in partnership with communities. We invite everyone with an interest in school education to read the Schools Consultation Paper to further understand the importance of the Education State for our schools.

How can people get involved?

Education State sessions will be held across the state throughout June and July.
Victorians can also join in the discussion online. Details about how to register to attend a session as well as post an online comment are available on the website 

What happens next?

Based on the input of you and others, the Government will develop a range of proposals to help deliver the Education State from later this year. Future consultation phases will focus on early childhood and vocational education and training.

LEVEL 5 / 6 AUSTRALIAN HISTORY EXHIBITION: This week our Year 5 /6 students delighted us with their expo titled ‘Donvale Primary School’s Moment in Time: The History of Australia’. Student learning this term focused on the significant events of Australia’s past that impacted on our nation. Family and friends were invited to view the exhibition where students shared their learning. The students actively engaged with all the visitors where they had the opportunity to inform us of events such as the Gold Rush, Sydney Olympics, Trains in Australia and the Eureka Stockade. We found out information about the Sydney Harbour Bridge, the ‘stolen generation’, National Sorry Day, Ned Kelly, women’s rights, the impact of technology, Australian Rules football, the development of our colonies and much, much more. Congratulations to all our Year 5 /6 students on their outstanding achievements this term.

PARENT TEACHER INTERVIEWS / STUDENT REPORTS: This week, teachers invited parents to meet with them to discuss their child’s progress so far this year. Directly following on from receiving your child’s student report, the interviews provide another opportunity for parents to further discuss how your child is going and to show your interest in your child’s learning and school life. I hope you found the meeting with your child’s teacher informative and supportive. Please do not hesitate to contact me if you have any queries regarding this process. Shortly, parents will be receiving a survey where we are seeking your feedback on our student reports. The Education Department is now allowing schools to develop and format their own reports so that they best reflect the culture and expectations of the school. With your feedback and our thoughts combined, we hope to develop a student report that provides our parents with a succinct and transparent indication of your child’s progress and achievements across the curriculum. I encourage all our parent community to take the time to complete the survey which will shortly be available via our Skoolbag app. Thank you to Mr Gordon for developing this survey for us.

END TERM 2: It’s certainly been a very long and busy term and as we approach the much needed holiday break, I would like to take this opportunity to thank the staff of Donvale PS for their ongoing commitment and dedication to their teaching and their work. You are fabulous! Enjoy the break – it is so well deserved!

Happy travels to Miss Cartledge, Mrs Rassias and Mrs Keep who are all taking some leave to travel overseas (not together!) We are looking forward to hearing all about your travels when you return. Stay safe!

Many thanks also to our wonderful parent community who are always standing by our side supporting all we do. You are wonderful!

If you are lucky enough to join your children these holidays, I wish you a restful break enjoying the time with your family. I look forward to seeing everyone back safe, well and ready to go for another exciting term at our school. Term 3 is our School Production term so get ready for this!

Lena Clark

REMINDER:

EARLY DISMISSAL – 2.30pm FRIDAY 26th JUNE.
ASSEMBLY from 1.45pm.
### June

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### General

#### School Banking Term 3

Please note that as of next term (Term 3) school banking will be done on a Wednesday morning. Please send your child's yellow Dollarmite deposit book to school with them on Tuesdays.

#### RHS— Uniform Shop

RHSports retail shop at Ringwood will be closed tomorrow Friday 26th for stock take. Normal trading hours are from 8.30am to 5.00pm Monday to Friday.

#### Entertainment Books


Last 2 books still available from school office.

We have registered - so remind your friends, relatives and neighbours that when they shop at Woolworths to collect the stickers for our school. This promotion runs from the **15th July to 8th September**. The more stickers we collect, the more resources we can get for our school. Sticker sheets and more information will be coming home first week in Term 3.
Junior School Playground Committee Update

Thank you to everyone who has volunteered their time for this Committee. We have been tasked with an important project and are looking forward to creating a fresh look in the Junior School Playground area. We have been briefed on the suggestions and quotes that have been presented to date and will continue to investigate and discuss viable options into Term 3. Although it is still very early in the planning process, the indication is, that given the size of the project, a stage by stage process will most probably be required.

We are pleased to report that as a side project, we are moving forward with fresh line markings on the asphalt sports courts on both sides of the school. This will be completed during the school holidays, so we will return to clearly defined and brightened court areas after the break.

Finally, big thanks must go to the Parent’s Association who tirelessly fundraise to enable projects such as these to go ahead. Thanks also to the families who support the fundraising activities!

It is exciting to be part of a project such as this and I look forward to providing regular updates as we progress.

Leanne Maguire

Growing Healthy Minds

I found the wonderful article below on the weekend and thought it was a lovely way to follow up the information I put in last week’s Snippets, ‘Building resilience to cope with stress’. There are some great practical tips for families to try over the holidays. Enjoy!

"In addition to this week's article, please read the Bounce Back tips for children to remember in tough times. These tips were passed on by a parent and they are great!"

I am taking long service leave and will be back in Week 5, Term 3 with lots of adventurous tales with gorgeous critters to share with the children.

Have a happy holiday everyone and stay safe!

Lashay Cartledge, on behalf of the KidsMatter Action Team

P.S. My two 'Indigo Dreaming Meditation for Children' books have still not magically appeared on my desk. Hopefully they turn up soon, so many other families can continue to borrow them. Thanks!

ART ROOM HIGHLIGHTS

Last week of term!

I cannot believe how fast has zoomed by.

We have had so much fun in the art room and I am very excited about all the art we have created. It has filled me with pride to fill their folios to take home and share with you. Of course that has left my art room bare and screaming out for more of their amazing work! Can’t wait to get cracking next term and fill my walls with colour once again. Some of their creations are still decorating our main office block as I couldn’t bring myself to leave these walls empty, if this is the case with your child’s work I assure you these pieces will be sent home early next term.

I hope you all have an amazing holidays filled with adventure and I’ll see you all term 3.

Cheers

Mrs Donaldson
18 ways to raise a resilient child

Setbacks are an inevitable part of growing up, but there are ways to ensure your child will have the strength he or she needs to bounce back. Dr Justin Coulson, parenting expert and father of 6 daughters, shares his best resilience building techniques.

Dr Justin Coulson

In 2014, Andrew Fuller, one of Australia’s well-known child and adolescent psychologists, ran a study about resilience with approximately 16000 Aussie youth. The children who were most resilient almost universally agreed with two statements that children with the lowest resilience disagreed with. They were:

I have a parent who cares about me
I have a parent who listens to me

Take a moment and ask yourself, “Would my children say ‘yes’ to those two statements?” Perhaps you might even ask your child. “Do you feel like I care about you? Do you feel like I listen to you?”

What made you feel cared about as a child? When did you feel listened to? And most important, how did feeling cared about and heard make you feel?

If you are like me, it is not the big holidays or major events that built your sense of worth and resilience. Instead, it was the consistent, small interactions that added layer upon layer upon layer to your feelings that you were valued for who you were.

Here is a list of 18 things you might be able to do, starting today, to help your children feel cared for and heard. There is one for each year that they are a child – although they apply to all years, from day one.

1. Stop saying “I’m busy”.

There is an old quote that “To a child, LOVE is spelled T-I-M-E.” If that is the case, I can’t help but wonder what “Hurry up” might mean to a child. Or “I’m too busy right now”.

When we are too busy for our children, or when we are rushing them, they suffer. They withdraw. They miss out on opportunities to connect with us. And when they are older, our relationship with them will suffer.

2. Turn off your smartphone.

There may be no greater sign that you care, and that you will listen, than to power down your phone – or at least go to flight mode – when your children want your attention. Studies show, definitively, that the mere presence of a phone detracts from the quality of our conversations. Put the phone away when you are talking.

3. Turn off screens.

Make certain parts of the day screen-free. No TV. No tablets. No phones. Just a focus on the people in front of you. That means no texting, reading, swiping or playing games. It means no beeps, pings, whistles or reminders. It’s just you and your kids, and conversation. Perhaps it might be at meal time. Maybe it could be while you travel. When you decide to do it is less important than making the decision.

4. Make eye contact.

When your children want to connect and communicate with you, pause what you are doing and look them in the eyes. Physically turn towards them and pay attention to them in a way that makes it clear to them you really are right there.
5. Listen.

Sometimes our children come to us with problems. When they do, put down your tools and listen! When they tell you about a friendship drama, a challenge on the netball team, a teacher making them feel rotten or another difficulty, ask them to tell you all about it. Listen carefully. When they are finished, ask, “What do you think you should do?” and listen again. Usually that’s enough. You don’t have to solve their problems. The answers are inside them.

6. Bed time is best.

I have written previously about how to make the last 10 minutes of the day a precious bonding time with your children. Try it. Our children need to go to sleep feeling secure, loved, and hopeful about the day to come.

7. Give hugs, and touch them.

In our home, we have a habit of always touching one another as we move past one another. It might be a squeeze on the arm, a stroke of the hair, a caress on the cheek, or an arm across the shoulder. The touch is an acknowledgement that you are passing a real person. It is a recognition that you have seen and noticed your child (or spouse). And it feels nice to be noticed. Plus, research shows it can boost wellbeing.

I also find that if a child is struggling, one of the best things we can do is hug them. In fact, the times our children deserve our hugs the least are the times they need them most.

8. Stay calm.

I once heard Steve Biddulph say that a parent’s main job is to stay calmer than their child. When we stay calm, our children learn to regulate their behaviour. They learn we are stable, secure, predictable and safe. They learn that they can come to us no matter what, and we will respond calmly and kindly.

9. One on one time is crucial.

I have six children (and one wife!) who all want time with me. Our children feel important, heard, and worthy when they have our undivided attention. Outings, walks and other forms of one-on-one time may be the most important way we can show our children we care about them and want to listen to them. These ‘dates’ can be crucial relationship builders, and we will see our relationships strengthen as we make them a priority.

10. Smile.

Let’s face it: most parents are so busy and so stressed that we do not smile as much as we might. But a smile says we can feel safe, and welcome. Our children need to see us smiling, especially at them.

11. Make time to do nothing.

When was the last time you simply sat in your lounge room with no agenda except to be there? Our children are most likely to talk to us when they feel conversation is welcome. If our schedule is packed so tightly we cannot even find time for a conversation with our children, we cannot make them feel cared for or listened to. Sometimes simply sitting and being available can be enough to help our children know we will listen.

12. Respond to challenging behaviour with maturity.

It is common to respond to our children’s challenging behaviour with anger. This will invariably leave a child feeling uncared for and unheard. Sometimes we ignore our children. This has similar results. When we remember that challenging behaviour comes from unmet needs, and we see that challenging behaviour as a chance to get close to our children and problem-solve with them, we build our relationships rather than tear them down. Remember that discipline means teach or instruct, not hurt or punish.

13. Leave love notes.

You might shoot your child a text or Facebook message. Perhaps you could drop a note into his or her lunch box or pop a quick letter under his pillow. Children love getting notes from mum or dad. They feel noticed,
Bounce Back!

When things don’t go as you want, or if you get “knocked down”, remember that you can find the courage to BOUNCE BACK and be okay again.

B Bad times don’t last. They don’t have to spoil other parts of your life. Things will nearly always get better.

O Other people can help when things are bad. But you need to talk to them. Share your worries. Get support and a reality check.

U Unnecessary worry makes things worse. Don’t “catastrophise”.

N Nobody is perfect. You are not perfect. Others are not perfect. Don’t over expect.

C Calculate your own “fair blame”. Then work out how much of what happened is due to others or bad luck.

E Everybody experiences sadness, disappointments, and setbacks, not just you. Normalise, don’t personalise.

B Be positive. Find laughter. Both may be small.

A Accept what you really can’t change. But try to change when you can first.

C Control your feelings and actions. Do this by controlling how you think. You feel how you think.

K Keep things in perspective. It’s not the end of the world.
Junior Chef Club

Our make up lesson this week was a great session. The little chefs picked all the ingredients they wanted for their fried rice by themselves.

So they ended up using eggs, shredded roast chicken, raw breast chicken fillet, and of course different kinds of colourful vegetables.

For the sauces they used tomato sauce, kecap manis and soy sauce, the result was a very nice fried rice. Well done boys and girls.

Thank you to Miss Lee for helping with the program.

Term 3 timetables and the team helpers rosters will be handed out first week back to school.

Our menu will be: Crispy wonton served with fried rice and mixed vegetables pickled.

Looking forward to a culinary journey with all the little chefs.

Recently I had 2 cortisone injections in my shoulder and elbow, and my Doctor advised me to rest, including no cooking. My husband said that it won't be a problem as I don't cook but create food, nice try.

Anyway, have a lovely break everyone. See you next term.

We don't cook, we create food.

Liang Dimitroff

FROM THE KITCHEN:

- Madison H 56C: Easy to do and very yummy.
- William L 56W: I never had it with tomato sauce before and I think it's divine.
- Eva S 34E: I think it was amazing, and I can do it at home with my Mum.
- Nikita S 34M: Colourful vegetables make my fried rice look and taste yummy.
- Peter T 12W: I am going to create this food when I am in Greece. (He ate 4 plates and he is only in grade 1, well done Pete).
Parent’s Association

Minions – the Movie – Sunday 21 June
Thanks to all for your support – over 150 people enjoyed.
(or at least the kids did)!
Thanks to all those who helped to put the snacks together, ticketed, sorted it and helped on the day!

Be a Super Hero
Come to the next PA Meeting
Friday 17th July at 1pm.

PA Group
i think you’re

Actually – we all do.
A big thanks to everyone who worked & organised all/any of the Term 2 events & extravaganza’s.
We did heaps, raised heaps & had heaps of fun!!

Birthday Wishes To

Who are celebrating birthdays from 26th June to 16th July

Have a happy & safe Term break!!
Victorian State Schools Spectacular – Get your tickets!

We are proud and excited to have some of our students participating in the 2015 Victorian State Schools Spectacular: What’s Your Story?

This year’s Spectacular will be held at Hisense Arena on Saturday 12 September, with two shows at 1pm and 6:30pm. Channel 7 will film the three-hour Spectacular for broadcast.

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure discounted tickets.

Talented young circus performers, skaters, musicians, dancers and singers will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

This program, run by the Department of Education and Training, helps to develop each student’s performance skills, discipline, perseverance, cooperation and confidence under the training of industry professionals.

Discount Early Bird tickets for the Spectacular will be available for one week only from 10am on Monday 13 July. Standard ticket prices will apply after then.

Early Bird tickets – available for one week only from 10am on Monday 13 July

Adult – $38
Child Under 15 – $20
Concession – $33

General Admission tickets – available from 9am on Monday 20 July

Adult – $44
Concession – $33
Child Under 15 – $22

To purchase tickets visit www.ticketek.com.au/spectacular or phone Ticketek on 132 849.

For more information about the event and program, go to the Spectacular Facebook and website page:

https://www.facebook.com/performingartsunit

http://www.education.vic.gov.au/about/events/Pages/spectacular.aspx