EMOTIONAL INTELLIGENCE

Most successful student and adult leaders possess the intelligence, skills and knowledge needed to perform effectively in their role or job. Daniel Goleman, author of ‘Inside the Mind of the Leader’, has identified emotional intelligence as a key factor that truly outstanding leaders possess. In fact, he writes that IQ and technical skills are no more than ‘entry level requirements’ while the abilities to know oneself, get on with others and communicate – some of the components of emotional intelligence – are even more important.

Emotional intelligence consists of five components:

Self-awareness - which is the ability to recognise and understand your moods, emotions and drives, as well as their effect on others. A person that is self-aware is confident in his/her own abilities, has a realistic approach to self-assessment and has a self-deprecating sense of humour.

Self-regulation – which is the ability to control or redirect disruptive impulses and moods. It is the ability to hold back on passing judgement and to think before acting. A person who is able to self-regulate is trustworthy, acts with integrity, is comfortable with ambiguity and open to change.

Motivation – a passion to work for reasons that go beyond money, status or reward. People who are motivated pursue goals with energy and persistence; they have a strong drive to succeed and are optimistic even in the face of failure. They are committed to a task or organisation.

Empathy – the ability to understand the emotional makeup of other people. Empathy is a skill in treating people according to their emotional reactions. It is the ability to see and understand issues from the other person’s perspective, to ‘walk a mile in their shoes’.

Social skills – which include proficiency in managing relationships and building friendships or networks. People with social skills have the ability to find common ground and build rapport with others.

When planning learning programs our teachers ensure opportunities are presented for all students to participate in activities which enhance the development of the above five emotional intelligence components. It is important that as adults we positively model these components to our children. We are their role models.

Hope you’re having a wonderful week.

Lena Clark
From The Assistant Principal

Athletics:
This year we will be holding our School House Athletics Sports on Friday 21st August. This day promises to have all the excitement, colour and chanting that our successful House Cross-Country Day had earlier this year. The Doncaster District Athletics day will be held on Tuesday 15th September at Rieschiecks Reserve in East Doncaster. To help prepare our students for the events they will be competing in we have used our Sporting Schools grant to pay for two highly qualified Athletics coaches from Athletics Australia to come to Donvale for 5 sessions for all the 3-6 students.

Yiorta Carabourniatis and Natalia Kremenchutskaya compete not only for their local club, Box Hill, they have also competed at State and National level in Triple Jump, High Jump and Discus. We are in very capable hands and look forward to them imparting their considerable knowledge and enthusiasm in the field of Athletics.

Hooptime:
Last Friday very successful trials were held for this year’s Hooptime event. A big thankyou to Peter and Cassandra Buckle for coordinating these trials and also to Liz Brown, Andrew Miles, Jacinta Reed and Marita Warner for their valued assistance. Tomorrow we will hold another session for both the 3/4 and 5/6 students to finalise our teams. Hooptime for the 3/4 students will be held on Tuesday 4th August and on Thursday 13th August for the 5/6 students. Both events will take place at the State Basketball Centre.

Ian McKinlay

Onesie Day 31st July

You asked for a Onesie Day……
The SRC delivered.

On Friday 31st July, wear your onesie to school. If you don’t have a onesie, wear a twosie (pyjamas or comfy clothes). Bring along a gold coin to donate towards the SRC purchasing a giant chess set students to play with in the Gazebo!
### July

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<td>24 1.45: Wonnies concert</td>
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<td>27 10.15-1.30: St John's First Aid Incursion for Foundation, Level 3/4 and 5/6</td>
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<td>All day: Level 1/2 Excursion to Imax Theatre/Museum</td>
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<td>SRC Onesie Day - Gold coin donation</td>
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### August

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<td>12.30-3.30: Foundation Dinosaur Incursion</td>
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<td>Lunchtime: Jnr Chef Group 3</td>
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<td>14 After school: Senior Choir Rehearsal in Snr Building</td>
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<td>Lunchtime: Jnr Chef Group 4</td>
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<td>2.15-3.15: Level 3/4 Gymnastics Program</td>
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<td>All day: Level 5/6 Hooptime</td>
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<td>21 House athletics sports Before &amp; after school: Book Fair</td>
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<td>Lunchtime: Jnr Chef Group 5</td>
<td>Kim Lardner - Author Incursion</td>
<td>2.15-3.15: Level 3/4 Gymnastics Program</td>
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<td>All day: SSS choir rehearsal at Melbourne Town Hall</td>
<td>Before &amp; after school: Book Fair</td>
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<td>BOOK WEEK - &quot;Books light up our world&quot;</td>
<td>Book Week Activity Day</td>
<td>Lunchtime: Jnr Chef Group 6</td>
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<td>Book Fair</td>
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BOOK WEEK
General

Don’t forget to ask for stickers when you purchase items from Woolworths. The more stickers we collect, the more we will be able to choose from mathematics and English resources to arts and crafts, and science equipment for our school.

DONVALE BEANIES NOW IN STOCK

We have added beanies to our school uniform and would encourage our students to wear them on these very cold days. Now in stock at our uniform outlet in Ringwood. One size - $14, navy with embroidery.

LOST PROPERTY

Zara W from 12S has been missing her bomber jacket since the end of term 2. Please check the label on your child’s jacket to see if you have the correct one. It is a size 8 and is named. Thank you.

Drink bottles and lunch boxes - We have a collection of Tupperware lunch containers and drink bottles in our lost property box (located outside the OshClub room). Please check if there are any that belongs to you. We will be throwing out any that are not named.

2016 FOUNDATION ENROLMENTS

If your son or daughter is starting school next year and you haven’t handed in an enrolment form, please do so as soon as possible. Please see the office if you require an enrolment form. Thank you.

ART ROOM HIGHLIGHTS

This week in art we have been busy busy busy!

Foundation students have created a collage of a parrot in a tree. By colouring and tearing paper they created some beautiful parrots and a tree branch. We used ink and straws to blow interesting green patterns as the leaves. We found out that blowing ink through a straw with enough force to create the patterns is not as easy as we thought!

Year 1 and 2 students have been busy finishing off their 3D tree sculptures. The final results are truly beautiful. Each sculpture is quite unique and shows their exploration of light, balance, primary colours and pattern, not to mention messy and fun.

Year 3 and 4 students have also finished off their dot portraits which are on display in the main building. Students not only had to draw their portrait they then had to measure, cut and mount their work within a paper frame. A lot of time and care goes into this process so I’m very proud of their efforts.

Year 5 and 6 students have been making their backgrounds for their Claymation. They are using such a broad variety of materials from, paper, pop poms, match sticks, pipe cleaners, clay, beads etc. I have been very impressed with their unique ideas and problem solving skills when working out how to create the various props and landscapes they want.

Well done Donvale Primary students your creativity is always so inspiring!

Cheers

Mrs Donaldson
This week's little chefs came to the room on time, helping each other, sharing
the food equally and some even assisted with the clean up.

They created crispy chicken and prawn wontons, so beautiful they looked
exactly like in a restaurant.

Yes we are using prawns this term, as the children were so good they deserved this special treat.

This style of wrapping is not easy but they never gave up, they kept trying
until they got it.

They decided to only put sweet soy sauce into their fried rice, and it actually
turned out lovely too.

The best part was they also ate the savoury coleslaw, well done boys and girls.

Thank you to Marina Younger, Nancy Kontos, Carolyn Bickers, Ellen Fraser,
Mrs Clark, Ms E and Martin for helping with the program.

Also thank you to Mrs Cheesman for the lemons and the Fankhauser family
for the cucumber.

Ingredients we need for next week are cabbage, frozen corn kernel and
frozen peas.

We don't need much, any amount is helpful. We don't need fancy brands as
homebrand works well.

Looking forward to being busy in the kitchen with group 2 next Tuesday.

We don't cook, we create food.

Liang Dimitroff.

BIG THUMBS UP:

- Ruby C 34M and Christopher A 34R for happily changing their group at the last
minute.

FROM THE ORIENTAL

- Joel D-B 56G: They were crispy and the flavour was strong.
- Anise B 34R: It was delicious and so much flavour.
- Xavier B F1H: Really good.
- Joseph B F1H: Epic, Liang kept calling me Alex!!
- Caitlin F F1H: Excellent, fantastic, delicious. The best fried rice and pastry I ever had.
- Giorgia E F1H: Good.
- Oliver M F1H: I would like to eat them ten times a
day.
- Lucas C 12C: It was yummy also fun to make.
- Hayden F 12C: Wontons are very very yummy.
- Joshua M 12C: They were really yummy and tasty, I'll
cook some for my Mum.
- Christopher A 34R: Divine, so crispy outside and soft
inside.
- Callum S 34R: They are nice and crispy.
- Scarlett H 34R: It was yummy.
- Ruby C 34M: It was really yum.
- Karli M 34R: They were to die for.
- Hamish W 34E: Really liked crispiness of the
wontons.
- Jaymes M 34E: These are delicious and I want to
make them again.
- Ben P 34E: I really like the filling of the wontons.
- Zed G 56G: They were sweet but nice and crispy.
- Cameron D 56G: Weird but delicious and I want
more.
Basketball

Basketball times for games on Saturday 25th of July.

Daredevils vs OLOP Pumas at 11.50am at DISC 1
Dolphins vs OLOP Pearls at 11.00am at DISC 2
Demons vs Ser/St,Ch Coyotes at 11.50am at DISC 2
Daffodils vs Milgate Sparks at 10.10am at DISC 2
Diamonds vs Ser/St.Ch Shooters at 11.00am at DISC 1
Destroyers vs Donburn Dynamoes at 1.30pm at DISC 1
Dreamers vs Beverly Hills Belles at 9.20am at DISC 2
Daisies have a Bye

Dynamites vs OLOP Firebirds at 3.10pm at DISC 2

Dreamers would like to thank the players that helped out with numbers last week as they struggled to have enough the day before the game. They game was dominated by the dreamers playing some fantastic team basketball with a convincing 35 point win.

Dolphins were defeated 14-2 by OLOP Opals better luck next time girls.

The Destroyers had to play a hard fought game right until the end. They shot a score levelling goal with on 30 seconds left in the game and that was how the score finished. 12 – 12, well done boys.

WANTED - SECOND HAND BASKETBALL TOPS

Any ex player that would like to give their playing top a new home, we are keen to collect second hand navy and green tops. Please contact Charmaine on 0411 030 985 if you have a top to pass on.

Birthday Wishes To

Georgia Rose G, Lilly Mc, Maggie B, Mira C, Dusty D, Dale L, Michael W

Who are celebrating birthdays from 24th to 30th July

Advertising Material

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

KUMON - August Free Trial. Trial the Kumon English or Maths Programme from 17-31 August.

Currawong Tennis Club - Bring a friend - free trial (racquet provided). Cnr Reynolds & Springvale Rds.
Dear families,

This week our focus has been nature and the environment. We have started growing sprouts and set up our own mini compost to observe how different materials decompose. Some of the other highlights this week have been playing group games in the GP room and cooking blueberry pancakes.

As many of the children showed a great interest in paper planes last term we will be focusing on ‘Flight’ next week. We will be conducting science experiments, making catapults and making our own mini planes.

It is with much sadness that we say goodbye to Jennifer this week as she prepares to start a new job. Jennifer has worked at the program for many years and we are very thankful for all her hard work over this time. We wish her all the best in her new adventure! Jennifer’s last day will be Friday 24th July.

Reminder: please remember to let the staff know if your plans change and you no longer need after school care for your child. This can be done via phone call or text on 0402362443.

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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<tr>
<td>Before Care Activities</td>
<td>Floating ball activity</td>
<td>Make a straw plane</td>
<td>Easy catapult</td>
<td>Paper plane Frisbee Crabwalk soccer</td>
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<td>Red Rover</td>
<td>Skittle Ball</td>
<td>Run the guandlet</td>
<td>Craft stick plane craft Toilet tiggy</td>
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<td>After Care Activities</td>
<td>Balloon hovercraft experiment</td>
<td>Make a parachute</td>
<td>Minute to win it-defying gravity</td>
<td>Balloon fizz inflator</td>
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<td>Octopus</td>
<td>Giants treasure</td>
<td>Cook baked potatoes</td>
<td>Poison ball</td>
<td>Space rocket craft Numbers basketball</td>
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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](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.
Parent’s Association

Chocolate Chip Cookies sold at Recess
Friday 24 July - $1.00
from the Canteen window.
(no Friday Afternoon Treats until further notice)

Pizza & Prima Drink - Meal Deal
Wednesday 12 August - $5.00 - Form coming home soon

Ivan’s Pie Drive, form coming home this week.
Clear the freezer!

But you can! Pick up a great read at the Scholastic Book Fair.
Thursday 20 & Friday 21 August –
Before & After school sales
Helpers needed for sales & the setup Wed 19 August.
If you are interested, please contact Karin Moule 0419 583 990

The 5 cent challenge.
Look around the house & car, fruit bowl, bedroom drawers
& all the places 5c love to hide.
Bring your coins into class whenever you can,
& fill up the class milk bottle.
The Class that raises the most will win a pizza lunch.
The Challenge closes Wednesday 16 September
Weigh In & winners announced Friday 18 September - last day of Term 3.