Last week’s Mental Health week highlighted the ongoing need for us to continually reflect on mental health and take some positive steps to focus the importance of mental wellbeing.

At Donvale PS, the KidsMatter initiative provides a flexible, whole-school approach to improving children’s mental health and wellbeing. Through KidsMatter, Donvale Primary School has undertaken a process in which we plan and take action to continue in being a positive community; one that is founded on respectful relationships and a sense of belonging and inclusion.

And one that promotes:

- social and emotional learning (including evidence-based social and emotional learning programs)
- working authentically with parents, carers and families
- support for students who may be experiencing mental health difficulties.

Why is it needed?

Mental health and wellbeing is vital for learning and life. Children who are mentally healthy learn better, benefit from life experiences and have stronger relationships with family members, school staff and peers. Good mental health in childhood also provides a solid foundation for:

- managing the transition to adolescence and adulthood
- engaging successfully in education
- making a meaningful contribution to society.

School is the most significant developmental context, after family, for primary school-aged children. Schools play a crucial role in building children's self-esteem and sense of competence. They can also act as a safety net and assist in protecting children from circumstances that affect their learning, development and wellbeing.

Schools, working closely with families and the community, are key environments for comprehensively supporting children's mental health and wellbeing.
Donvale PS is also a participant in the “Building Resilience in School Communities Program” which aims to build school student and teacher capacity to undertake whole school approaches to enhance students’ resilience, optimism, confidence, and social and emotional skills. We know that children and young people with higher resiliency are more likely to thrive in learning and achieve greater educational outcomes so as a school, we will continue to develop our knowledge and skills in this key area of student learning and development.

**Parents as Helpers:** Parent helpers are a valued resource at Donvale Primary School. For parents, teachers and students to gain optimum benefits from working with each other, we would like all parents wanting to help in the school to participate in the ‘Parents as Helpers’ course.

The purpose of the training sessions is to welcome and support parents working in the school, as well as to give parents useful strategies to draw upon when working with students in the classroom.

We are presenting the course this year during the Foundation Transition Program thereby offering any new parent community members, the opportunity to participate in the training. This is also a perfect opportunity for any existing parents who have not yet completed the training and would like to become parent helpers, to join us if they are available during the dates and times on offer.

Three different focus sessions are presented and parents are strongly encouraged to participate in the three training sessions.

The sessions aim to develop in participants an awareness of:

- Roles and responsibilities of Parents as helpers.
- Student learning and literacy development.
- Classroom literacy activities.
- How to assist the classroom teacher and students in the classroom.

The 3 sessions will discuss the following:

Session 1: What does being a Helper mean?  
Helping with Speaking and Listening

Session 2: Helping with Reading

Session 3: Helping with Writing

Dates for this course are as follows:

1. Thursday 5th November 9.15 – 10.30am (Library)
2. Tuesday 10th November 2.00 – 3.15pm (Library)
3. Thursday 19th November 9.15 – 10.30am (Library)

Please note:

- Parents who have participated in all 3 sessions will be prioritised as Helpers in the school.
- It is expected that all 3 sessions be attended.

Parents who have completed the course will be required to repeat the course in 3 years as a refresher. If you would like to participate in this training and are available on the above dates and times, please contact the office to register your attendance. I look forward to seeing you there.
Speaking of Parent Helpers…. One of our parent members, Nicole Cooper, has kindly sourced some car tyres which we would like to place around the remainder of Junior playground. Half of the inner edge of this playground area currently has tyres placed around it and we would now like to complete the work. We are seeking any parents which may be able to help us out by going to the tyre shop – Highway Tyres in Mitcham – to pick up approximately 40 tyres and bring them to our school. If you are able to help us out with this, please contact me so that we can follow up. Your support will be very much appreciated.

2016 Parent Requests: A reminder to forward through any requests you may have for your child’s 2016 class placement by Friday 30th October. This is with particular reference to your request for your child’s friendship groups only. This is different to your child’s requests. Very shortly, your child will have the opportunity to select their own friendship group. Children may select up to four students and will be guaranteed to have at least one of their chosen friends in their class. Some children may find that they have all 4, some 2 or 3 but each child will be guaranteed to have at least one. Of course, teachers’ judgements and opinions also play a big part in student placement. As you can see, the process is very thorough and time consuming. To support us with this process, all parent requests must be received no later than Friday 30th October.

Hope you are having a wonderful week.

Lena Clark

CHAPLAINCY/ WELFARE NEWS

It has been a wonderful, yet busy start to the term and lovely getting to know more and more children as time goes on. I currently have 37 students who are signed up to chaplaincy and wellbeing support. I work with some students on an ‘as needed’ basis and some on a regular basis.

It is great to see students approach me themselves asking for help or support. It is important for them to know that if they need someone to talk on any given day, whether there has been a loss in the family, a sick family member or friend, or even the loss of a pet, they know they have someone that they can come to at any time if they’re feeling upset.

Not only have I had the privilege of working with many children, I have recently been running a lunchtime program, working with some younger students to encourage resilience, inclusion, friendship, positive values and social skills, through games, art and role playing. It has been great for them to see how using positive language to one another can be so powerful and encouraging, but also great to see them building each other up by focusing on our school values.

It has been lovely to meet with many parents and provide support, plus work as a team to get the best out of their children’s wellbeing.

Donvale Primary School has a large focus on student welfare and I look forward to spending more time with the children and staff, plus getting to know more parents.

Behind every young child who believes in themselves is a parent who believed first!

Chantelle Olafsen
# October

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<td>12</td>
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<td>13 Lunchtime: Jnr Chef Group 1</td>
<td>14 Lunchtime: Special assembly for Mrs Gray</td>
<td>15 Lunchtime: One off Italian cooking class (gnocchi) All day: Gr 5/6 Excursion</td>
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<td>19</td>
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<td>20 Lunchtime: Jnr Chef Group 2</td>
<td>21 5/6 Camp</td>
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<td>26</td>
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<td>27 All day: Foundation students Excursion to Chesterfield Farm Lunchtime: Jnr Chef Group 3</td>
<td>28 All day: Senior Hooptime ‘Future Stars’ Regional Final Celebrating World Teacher’s Day</td>
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# November

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<td>2</td>
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<td>3 MELBOURNE CUP DAY</td>
<td>4 Lunchtime: Jnr Chef Group 4</td>
<td>5 9.15-10.30: 2016 Foundation Transition</td>
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<td>9</td>
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<td>10 2.00-3.15: 2016 Foundation Transition Lunchtime: Jnr Chef Group 5 7pm: Gr 3/4 Camp Info Night for parents</td>
<td>11 Lunchtime: One off Sushi/Japanese Cooking 7.00-8.30pm: 2016 Foundation Parent Info Night</td>
<td>12 SRC ‘Movember’ Day—selling choc milk at recess Whole School Disco</td>
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<td>16</td>
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<td>17 Lunchtime: Jnr Chef Group 6 10.00-11.00: Whole School Incursion —‘Styles of Music’</td>
<td>18 2.30: Yr 5/6 Travelling on public transport incursion</td>
<td>19 9.15-10.30: 2016 Foundation Transition</td>
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General

THANK YOU
To Our Donvale Community

Thank you for the beautiful send off yesterday! It was a lovely assembly and I was very touched by the songs and presentations from the kids. My passion is starting children off on their educational journey and seeing the whole school together reminded me of how well Donvale P.S achieves that. D.P.S has always been a unique school in the area, driven by a special group of teachers, great kids and supportive parents. I feel privileged to have worked with you all.

Thank you also to the amazing parent group from my class who organised a special afternoon tea on Tuesday and a very generous gift.

All the well wishes, gifts and love are very much appreciated as my family and I start another chapter in our lives.

I look forward to creating some French links to Donvale!

Marilyn Gray

SCHOOL PRODUCTION STUDIO PHOTOS

We are still taking orders until tomorrow Friday 16 October 2015. Thank you for your support.

FIT CLUB

Every Friday morning after drop off until around 9.45am. Starting tomorrow, Friday 16 October 2015.

It's free, everyone is welcome. Meet us in front of the GP room, bring a bottle of water. For all fitness levels, do as much as you can or are comfortable with. It's a great way to support each other in a positive way.

Hope to see you there.

Any questions please contact Laura (Giorgia F1HW) or Barbara (Theo 12C, Amanda 56W).

STUDENTS WITH ANAPHYLAXIS

We have several children in our school who are anaphylactic. This is a severe and sudden allergic reaction when a person is exposed to an allergen. The most common allergens in children are eggs, peanuts, tree nuts (e.g. cashews), cow's milk, fish and shellfish, wheat, soy, certain insect stings and medications.

We do have individual ‘Action Plans’ for these students and at the beginning of the school year we send home letters to every family in that student’s class making parents aware that there is a child in the class who has an allergy.

We cannot ban products that contain the allergens for many reasons. Students who have these allergies are aware of what they cannot eat. Please reiterate to your child that they must only have food provided from home or given with the parent’s permission. If your child has an allergic reaction you need to let the school know and we will put an ‘Action Plan’ in place.
This week, the Group 1 children showed us how great they were.

We don't just learn how to cook in this program but also about helping each other, sharing and more. And of course their creations were masterpieces too.

We created our own style of pancake, Well done boys and girls.

Thank you to Mrs Cheesman, Mrs Lucisano, Caitlin F F1HW and Giorgia E F1HW for their donations.

Also thank you to Marina Younger, Laura Emozione, Nancy Kontos, Ellen Fraser, Jaqui Frigo, Mrs E, Mr Reiter and Martin for helping with the program.

Before the session started, we went to the veggie garden to harvest some of the veggies.

We took some carrots, broccoli leaves, spring onion, snow peas and coriander and turned them into chicken and vegetables curry.

Some children tried it even though it was curry which was mild. It's so good to know that the vegetables are real organic not just organic labelling from a supermarket.

Thank you to everyone involved in the vegetable garden program.

Good news, one of our lovely team helpers Jass Kalsi has agreed to run a one off Indian cooking class on Thursday 29 October 2015. The menu is: Butter chicken served with saffron rice, flat bread and salad.

So if your child would like to join in with Jass, send $5.00 to the office with your child's name, class and Indian cooking class on the front of an envelope.

Looking forward to joining in with Laura in her Italian kitchen this afternoon with the little chefs.

We are very lucky with so many lovely parents that are willing to support and preserve this program in any way they can, so thank you.

This term, we are having 6 regular sessions plus 4 one off sessions plus our DJC Christmas party.

Sounds a big job, yes. But with an army of help from parents, staff, grandparents and students, there's nothing we can’t do at this school.

Next Tuesday is the turn of Group 2 to be busy with us in the kitchen. Ingredients we need are: strawberries, grapes or any fresh fruits.

We don't cook, we create food.

Liang Dimitroff
FROM THE FRESH KITCHEN:
- Joel D-B 56G: Could have been more fresh as in hot but very refreshing.
- Anise B 34R: It was different but very nice.
- Xavier B F1HW: Super good.
- Joseph B F1HW: It's awesome, good and epic gourmet food.
- Caitlin F F1HW: It was epic, amazing, sweet and the best in the whole world.
- Giorgia E F1HW: Amazing.
- Oliver M F1HW: I love all the food I had in the junior chef.
- Lucas C 12C: I really liked the pancake and the jam.
- Hayden F 12C: I liked the pancake and the ice cream.
- Joshua M 12C: I liked how me made it and it was delicious.
- Matthew M 34R: Nice.
- Callum S 34R: Nice.
- Scarlett H 34R: I would of liked the pancake to be hot but still it was delicious.
- Kyla I 34R: It was the yummiest pancake I have had.
- Karli M 34R: Marvellous.
- Hamish W 34E: Ok.
- Jaymes M 34E: Delicious, I'll make some at our new home.
- Ben P 34E: I loved the pancake specially the jam in it.
- Zed G 56G: Delicious and can we have a fork please?
- Cameron D 56G: It's weird but very nice, I ate 2 pancakes and needs more watermelon.
- Emily B 12C: I liked how we made it and I really enjoyed it.

Birthday Wishes To
Ben P, Pavit K, Tommy W, Lisa T

Who are celebrating birthdays from 16th - 22nd October
Dear families,

This week the children have enjoyed conducting science experiments in the OshClub room. It was wonderful to see the students so engaged during our exploding volcano and 5 minute ice-cream experiments and we have had many requests for more experiments this term. Laura V from grade 5 was so impressed with the ice-cream experiment that she even tried it out at home!

The children have loved creating Hama bead shapes this term. We have been using some Minecraft and Disney princess designs and it has been great to see so many children involved in this activity. Based on the students’ interest in Minecraft, next week we will be having a Minecraft theme at OshClub. Please see the timetable below for activities.

Just a reminder that as it is Term 4, it’s time to Slip, Slop Slap! Please make sure your child brings a hat to the OshClub program. OshClub has a “No hat- No outside play” policy. OshClub provides sunscreen. If your child is allergic to a particular type of sun cream please inform the coordinator at the program and ensure that your child brings an alternative sunscreen.

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 Monday Tuesday Wednesday Thursday Friday

Before Care Activities

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<tr>
<td>Minecraft colouring</td>
<td>Minecraft 3D Hama bead patterns</td>
<td>Minecraft word search and crosswords</td>
<td>Minecraft colour by numbers</td>
<td>Minecraft Lego Around the world basketball</td>
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<tr>
<td>Soccer</td>
<td>Four square</td>
<td>Minecraft Tiggy</td>
<td>Four corners</td>
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After Care Activities

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<td>Make a Steve head Game: Bombardment</td>
<td>Creeper craft Skipping rope games</td>
<td>Bubble wrap painting Game: Giants Treasure</td>
<td>Science: Lava Lamp Game: Rock, paper scissors</td>
<td>Creeper cooking Game: Sardines</td>
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OSHC program phone: 0402 362 443/9842 2261
Coordinator: Kate
Assistants: Caroline and Emily

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.
ICY POLE RECESS - $1.00!
FRIDAY 16 OCTOBER
Sales from the canteen window.

Meal Deal - Thursday October 29
Sausage in bread & a muffin
Form coming soon.

HAPPINESS IS
...a BBQ with
dear friends.

or helping out at the Bunnings BBQ for the DPS
Sunday 8th November. Make yourself happy.
Volunteers needed, notice coming home.

Date change!!
School Disco Friday 13 November!
Start practicing your moves.....

COME & TRY BASKETBALL
Massive turnout, with 30 kids
pounding the court.
Come & Try Basketball goes
for 3 weeks.
Everyone welcome!
$3 each week, bring a ball & a
drink bottle.

If you can’t make it but you’re interested in
playing next year,
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Doncaster Saints Little Athletics Club
Little Athletics season has started again. You can come along and try out this Saturday 17th October at 9.30am. You need to register online at www.lavic.com.au beforehand and select Doncaster Saints. We’re at the George St, Doncaster Athletics Track.

They can try out without paying and see if they like it. It’s a great way for kids to stay fit and healthy and also learn the skills of track and field events. More information can be found at www.doncasterlac.org.au.

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

St. John’s Catholic School - 2016 Religious Education classes, Wednesday afternoons.

Healthways Recreation Centre - Mont Albert. Tenpin bowling, hip hop dancing, swimming.

Salvation Army - Fete Saturday 24th October 9.30am to 2.30pm. Doncaster East.

Mullum Mullum Festival - Saturday 14 Nov/ Sunday 15 Nov / Saturday 21 Nov / Sunday 22 Nov. Activities at various sites and times along the Mullum Mullum Creek Valley.

Rotary Club of Emerald & District - Let the kids join in the fun. Sunday 22nd November. Children aged 3 - 12 get the chance to run with Thomas the Tank Engine and Puffing Billy. Funds raised will assist children with cerebral palsy.