Welcome back! For those of you that were able to take some time with your children during these recent school holidays, I trust you had an enjoyable break. It’s been terrific catching up with our children and hearing all about their holiday events. From going to the movies, beach, biking, hiking, playing with friends, our students certainly do know how to have fun. We are glad to see their smiling faces back and raring to go!

Term 4 has come upon us very quickly and we have much to look forward to as we make our way towards the end of 2015. Again, we are planning for our annual ‘Carols on the Lawn’ - a celebration of our year and an opportunity for all members of our community to join together for some fun and relaxation. Year 6 Graduation will again this year be taking place at the Whitehorse Centre in Nunawading. This is a fabulous event where we take the opportunity to celebrate and acknowledge the achievements of our outgoing Year 6 students.

We have the 5 / 6 and 3 / 4 Camp coming up this term and the 1 /2 camping program which includes a sleepover for our year 2 students. Also, as part of our camping program, the Foundation students will join us later in the term for breakfast. The staff has also planned many incursions, excursions and sports events for our students to enjoy. Foundation Transition begins shortly where we are very much looking forward to welcoming all our 2016 Foundation students and their families to our school. Please check our school diary on the newsletter and website for all the dates of our busy Term 4.

Special Assembly: Next Wednesday, 14th October will be the last day at DPS for one of our long serving teachers, Mrs Marilyn Gray. Mrs Gray’s husband has accepted a work opportunity in Paris, France and so the whole family is packing up and moving over there. Wow! This has been quite a sudden decision and so unfortunately for us, Mrs Gray will be leaving us and the wonderful Foundation students she is teaching this year. Mrs Gray has been at our school on and off over the past 18 years. During this time, she has focused her teaching primarily in the early years area of the school where she has been able to offer her extensive knowledge and expertise to the staff and students at our school. Marilyn will indeed be missed. I’m sure you will all join me in wishing Mrs Gray and her family all the very best as they embark on this new and exciting adventure together. Bonjour Mrs Gray!

There will be a very special assembly on Mrs Gray’s final day at our school – Wednesday 14th Oct at 9.15am in the Senior building. I would like to invite all family and friends to join us as we bid a fond farewell to her.
Mrs Gray currently shares a grade with Mrs Sarah Hodgson. We are fortunate to have Mrs Hodgson take over the full time role in FGH until we are able to select a suitable replacement for Mrs Gray. FGH parents will be kept fully informed of the current state of play with this.

**Line Marking:** Some more line marking around the school has taken place during the holidays. With thanks to our Playground Committee, a series of engaging activities for our students to enjoy have been painted around selected asphalt areas of both the senior and junior sides of the school. The students are having a great time with them which is most pleasing to see.

The Playground Committee has also arranged to have the old wooden playground removed from the site and for the existing metal playground to be refurbished. This has included upgrading some of the equipment pieces, painting and adding an enclosed ground filled with softfall. Thank you to our Playground Committee and to our school community in general for this achievement so far. This work could not have taken place without your support.

**No Hats No Play:** A reminder that Term 4 is a term where our students are required to wear hats when outside. As a Sun Smart school we aim to ensure that our children are protected from any long term damage to their skin should they be exposed to direct sunlight over a longer period of time. Please ensure that your child has a hat at school daily as we are implementing our ‘No hat, no play’ policy this term.

**Parent Requests 2016:** Well it’s that time of the year again where we start to plan and prepare for classes next year. Leadership is currently working on our 2016 grade structure and staffing. Once this is finalised, the teachers can begin the process of creating the classes for next year. I’m sure that you can all appreciate that this is not an easy task. It takes many weeks of work, discussion and consultation. Every year, I ask for parents to forward to me any requests they have for their child’s placement next year. This is with particular reference to friendship groups only. I will aim to accommodate these requests where possible. Please understand, however, that as we are not a large school, it is extremely difficult to accommodate all the requests I receive – although we do try! Please also appreciate that requests for teachers will not be considered. Please ensure that if you have any class placement requests for your child/ren, that you forward this to me in writing no later than Friday 30th October. Unfortunately, due to the difficulty of this task, any requests forwarded to me after this date will not be considered.

A further reminder that **Monday 2nd November** is a Curriculum Day at Donvale PS. This will be a child free day where children are not to come to school. The teachers will be using this day to finalise the end of year student reports. As the following day is the Melbourne Cup public holiday, I hope you are able to take the opportunity to enjoy the extended long weekend.

I have included in this week’s Snippets a small article which I came across recently. It is titled, ‘The Risks of being a helicopter parent’. I found it to be quite informative and useful. I hope you do too.

Hope you are having a wonderful week.

**Lena Clark**

**Some important dates for your diary:**

Wednesday 14th October – Final Day at DPS for Mrs Gray / Special Assembly at 9.15am

Monday 2nd November – Curriculum Day / Student free day.

Tuesday 3rd November – Melbourne Cup Day / Public holiday
The risks of being a helicopter parent

We’ve all heard about ‘helicopter parents’ - those highly-strung, control-freak mums and dads who hover above their offspring lest they scrape a knee or, heaven forbid, fall out of a tree. At the polar-opposite end of the parenting spectrum are proponents of a ‘free-range’ childhood - people who let their offspring run wild and (hopefully) learn from their mistakes.

But does free-range parenting equal feral children? And does hovering really hurt more than any scraped knee or broken wrist? Here’s what you need to know to grow a well-balanced child - and make sure no-one can accuse you of being a helicopter parent.

Weigh the risks before being overprotective

“It’s easy to start to worry about risks when kids create their own play,” says Dr Stuart Brown, author of *Play: How It Shapes The Brain, Opens The Imagination and Invigorates The Soul* (Scribe, 2010).

“But part of being a parent is learning to accept the limitations of our ability to make our kids safe, successful and happy. All parents need to foster that internally driven, self-directed play that will allow children to become secure and self-confident on their own. There are risks to this sort of play, and the risks should be monitored and minimised. But trying to suppress free play or rigidly control kids’ activities poses, in my long-term experience, a far greater risk to their future health, success and happiness.”

Doing too much for your child = disaster!

Hovering too closely, doing too much, expecting to fight all of your kid’s battles - it’s a recipe for disaster, warn the experts. Andrew Fuller, author of *Tricky Kids: Transforming Conflict and Freeing Their Potential* (Finch Publishing, 2010), says all parents should bear the following in mind:

Remember: one day your child may need to cope without you.

- Children learn competence and confidence by tackling some things on their own.
- There are some situations in which your child can cope without your help.
- Help is not always helpful. Sometimes it robs children of the opportunity to work out their own way of doing things.
- The toughest trees grow in the windiest conditions. Making everything easy for your child won’t help him cope with hardship.
- Rarely or never do anything for a child that he can do for himself. It’s easy to keep feeding him with a spoon or dressing him, but the parents who encourage their child to do these tasks on his own are genuinely doing the best for their child. Think of how he’ll grow up.

Long term effects of helicopter parenting are not good

The first study to define what helicopter parenting is, and the long-term effects it could have, has found hovered-over children grow up to be dependent, neurotic and less open than children who are left more to their own devices.

Researchers at Keene State College in New Hampshire in the US, found college-aged students who grew up with overprotective ‘helicopter’ parents tended to be less open to new ideas and actions, as well as more vulnerable, anxious and self-consciousness, compared with kids who had more distant parents.

Do less, reap the rewards of resilience

Studies of children born between 1982 and 1999 are showing the disadvantage of overprotective parents who may have unwittingly turned their children into quitters. One of the first empirical studies on generational differences in work values led by Jean Twenge at San Diego State University, shows this generation wants good pay and the status of a prestigious job without putting in long hours.

Twenge theorises that overprotected children who grow to maturity but don't get the marks they expect at university or rise quickly enough through the workforce turn into quitters.

"More and more students are reaching university not knowing how to do things for themselves. Parents think they are helping young people by doing things for them but they are actually making them less independent,” Professor Twenge said.
From The Assistant Principal

**Athletics:**

On the last Tuesday of term 3 the Donvale P.S. Athletics squad travelled to Rieschiecks Reserve in Doncaster to compete in the District Athletics Sports. On a sunny day our students performed admirably, gave their best and achieved many placings in a variety of events. It was great to see the encouragement and support they gave to their fellow team members. Congratulations to Madison H, Hayley P, Jackson C, Holly O and Lily V on coming first in their respective events. These students are today competing at the Regional Athletics Sports. We wish them well and look forward to hearing about their day. Many thanks to Ethan O’Connor, Jayde Valentine and Emily Wallis for their time, energy and enthusiasm in organising and training our Athletics Squad so well.

*Ian McKinlay*

**HOT OFF THE PRESS!!**

Hayley P placed 9th in the 12/13 girls 1500

Maddison H placed 3rd in the girls 12/13 100m

Hayley placed 4th in the 200m 12/13 girls
October

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Lunchtime: Jnr Chef Group 1</td>
<td>Lunchtime: Jnr Chef Group 2</td>
<td>9.15: Special assembly for Mrs Gray</td>
<td>Lunchtime: One off Italian cooking class (gnocchi)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Lunchtime: Jnr Chef Group 2</td>
<td>5/6 Camp</td>
<td>5/6 Camp</td>
<td>5/6 Camp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>All day: Foundation students Excursion to Chesterfield Farm</td>
<td>All day: Senior Hooptime ‘Future Stars’ Regional Final</td>
<td>All day: Senior Hooptime ‘Future Stars’ Regional Final</td>
<td>Celebrating World Teacher’s Day</td>
<td>2-10pm: Whole school disco</td>
<td>‘World Teachers Day’</td>
<td></td>
</tr>
</tbody>
</table>

General

**PRODUCTION DVD**

All DVD orders need to be in by tomorrow as orders will be placed on Monday.

**SCHOOL PRODUCTION STUDIO PHOTOS**

We are still taking orders for the studio photos until Friday 16 October 2015. The photo samples are in front of the Principal’s office.

Prices are:
- Large size (6’X8’): $4.00 each or $10.00 for 3 photos
- Small size (4’X6’): $3.00 each or $8.00 for 3 photos
- Combo pack: $9.00 for 1 large photo and 2 small photos

The first round of orders which were received before the school holiday have already been handed out to the children this week.

We’ve tripled checked each order and sealed them in the yellow envelopes. If you have any problem please contact your child’s class’s teacher.

All profits will go toward buying some new "Sound equipment" which will benefit all students in the school.

So the more you order, the more profit we raise allowing Mr Gordon to purchase extra sound gear.

Thank you everyone for your support.

*Martin and Liang Dimistroff*

**A SMALL CHANGE TO SUBWAY ORDER**

Please note that yoghurt is no longer available and has been replaced with strawberry fruit crush-ups. At this stage strawberry is the only flavour available. It is a strawberry fruit puree, no allergens, free from gluten, no artificial colours or flavours, no artificial sweeteners or preservatives.
ART ROOM OVERVIEW TERM 4

Exciting times ahead for term 4.

Foundation students will continue their explorations of paper craft and paint as they consider the environment and the world around them. They will create futuristic robots, collage button trees and paper weaving shapes. Students will also explore the wonderful world of ink painting and participate in a whole school art installation details of which will be announced early in the term. Of course we also have the exciting artistic inspiration of the festive season in which we will create works of art for themselves and for others. I don’t want to give too much away or it will spoil the surprise.

Level 1 and 2 students have jumped straight into term 4 by creating and mixed media dream catcher. It will burst with colour, texture, beads and feathers and will allow students to really express their own artistic flare. We will also create paper skills display posters in which they will display a variety of paper craft techniques then to extend these skills students will create a 3 dimensional bird that exhibits these various techniques. They will also dabble with puppets making and contribute to our whole school art installation. Of course the Level 1 and 2 students will also enjoy the artistic celebrations of the festive season in all its shape, colour and sparkle.

Level 3 and 4 students will finally get to create their Paper Mache hot air balloons. I sadly needed to postpone this project due to the wet weather as the drying process would have taken way too long. Thankfully the sun is out and about so we can begin! Students will get to have a lot of fun creating bubble art and also further extend their draw techniques when we look to creating a vintage plant systems poster. The 3 and 4 students also have camp to look forward to so I have no doubt we will be inspired by the events of this exciting time. Level 3 and 4 students will also enjoy festive season art works and participate in the creation of our whole school art installation.

Level 5 and 6 students will explore Pop Art creating silhouette action figures. These works will be a mixed media piece that focuses on shape, line, positive and negative space. Level 5 and 6 students have their senior camp and upon their return will shortly afterwards participate in the whole school art installation which will be announced early in the term. The level 5 students will explore weaving, pattern, colour and texture while making their own woven bag and the level 6 students will participate in the traditional Graduation Teddy Bear project. For those of you unfamiliar with the graduation Bears Donvale Primary has a wonderful tradition of allowing graduating students to consider design and make a Teddy Bear emulating someone they admire. It may be their favourite movie star, football player, family member, fictional character or inspirational community member. They will utilise a vast array of mixed media items ranging from, fabrics, ribbons, beads, craft supplies, paints, pens ect. These wonderful bears will be on display on the graduation night and serve as a symbol of their time and journey at Donvale Primary school. Costs of these bears are included in your term 4 bulk billing.

I would also like to say a big thank you to the following students and their families for donating various items for us to use in the art room. I appreciate these items more than you can imagine.

Lucas Kofos, Michael Waycott, Rose Wallbridge-Hall and Shani and Daniel Bar

Well I hope you all enjoyed your school holidays and let’s get making!

Mrs Donaldson
Welcome back everyone. I have heard so many stories from the little chefs about their cooking, eating and culinary experiences during the school holidays. Very impressive. Well done boys and girls.

This term's menu: "Pancake served with fresh fruit salsa and ice cream", and our timetables is:
Group 1: Tuesday, 13 October 2015
Group 2: Tuesday, 20 October 2015
Group 3: Tuesday, 27 October 2015
Group 4: Wednesday, 4 November 2015 (Melbourne Cup holiday).
Group 5: Tuesday, 10 November 2015
Group 6: Tuesday, 17 November 2015

One off sessions:
- Italian cooking class: Thursday, 15 October 2015, menu: "Gnocchi sautéed in tomatoes and basil" with Laura Emozione.
- Tongan cooking class: Tuesday, 24 November 2015, menu: "Pineapple Tarrt" with Barbara Hoglund.
Each session costs $5.00 per child. If your child would like to join in any of the one off sessions, please send $5.00 to the office in an envelope with your child's name and which session.

The Christmas party will be on Wednesday 2 December 2015.
All the regular members are invited, but if your child is in the "one off session's" and would like to join us please send in $5.00 to the office.
The invitations will be handed out later on this term.

Next week will be the turn of group 1 to join us in the kitchen on Tuesday. Ingredients we need are:
strawberries, oranges, mint, grapes, any fresh fruits would be great, thank you.

Thursday will be with Laura in her Italian kitchen which is the first of this term's one off sessions.

All the team helpers are looking forward to being creative with the little chefs.
Busy? yes, but full of flavour so it will be another yummy term.

We don't cook, we create food.
Liang Dimitroff
Come and Try Basketball Days

**Wednesdays 3:45pm – 4.45pm:**

- October 14
- October 21
- October 28
- November 4

At DISC on Springvale Road. Behind DPS.

If you are interested in starting to play in 2016 please come along and learn the basics over 4 weeks. All ages welcome. Prep to Year 5.

Please bring a drink bottle and your own size 6 basketball if you have one.

**FEES**

$3 per session is to be handed to the coach at the beginning of the session.

School Basketball is a fantastic program for anyone interested in playing sport with his or her school friends and learning about the game. Our coaches will teach the children correct technique and skills in a fun and safe environment.

All games and trainings are at DISC. Currently girls games are Saturday mornings and training is Tuesdays after school. Boys games are Saturday lunch time and trainings are on a Thursday.

We will be looking for extra coaches if you are interested please let us know.

**All participants must have a parent or carer present.** This is not an OSHC program.

If you would like more details please contact Cassandra Buckle on 0404 252 937 or Kim Merton on 0407 447 434.
Dear families,

Welcome back! I can't believe it is already Term 4 - where has the year gone? It has been wonderful to come back to the program and hear all about the fun the students had whilst I was away on placement and their adventure packed holidays! I'd like to say a big thank you to Joyce for doing such a fantastic job coordinating the program last term and to Mrs Collins for her support and hard work.

Just a reminder that OshClub is a SunSmart program and that all students are required to wear sunscreen and a hat during outside play for both before school and after school care. Parents, if your child has a sensitivity to certain sunscreens please ensure that you pack a substitute in their bags.

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before Care Activities</strong></td>
<td>Craft: Crazy pattern bookmarks</td>
<td>Science: Balancing Robots</td>
<td>Craft: Straw weaving</td>
<td>Craft: Threaded friendship bracelets</td>
</tr>
<tr>
<td>Sport: Ball Tiggy</td>
<td>Sport: Red Letter</td>
<td>Sport: Line tiggy</td>
<td>Sport: Red Rover</td>
<td>Sport: Children’s choice group games</td>
</tr>
<tr>
<td><strong>After Care Activities</strong></td>
<td>Drama: Space jump</td>
<td>Craft: Cotton tip painting</td>
<td>Sport: Cricket</td>
<td>Craft: Paper plate flowers</td>
</tr>
<tr>
<td>Science: 5 minute ice-cream</td>
<td>Sport: Frisbee</td>
<td>Craft: Cereal box toys</td>
<td>Sport: 2 on 2 basket ball</td>
<td>Games: Playground fun</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Craft: 3D hads</td>
<td></td>
</tr>
</tbody>
</table>

OSHClub program phone: 0402 362 443/9842 2261
Coordinator: Kate
Assistants: Caroline and Emily
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.
Welcome back! Sun’s out – don’t forget your hat!!

Congratulations to the Raffle winners drawn the last day of Term 3!
1st Prize - $500 Westfield Voucher – Livanopoulos Family
2nd Prize – Amazing Kids Bike – Churton Family
3rd Prize – Movie Package @ Croydon Cinemas – Alexander Family
4th Prize – Zero95 Pizza Meal Voucher – Mrs M Lyons

Total money raised for the 5c challenge was cent-sational
A whopping $1,378.00!

Hooray to F1HW. A special lunch is coming soon!

School Disco Friday 30 October!
Start practicing your moves.

Pasta time away at the PA Meeting – Friday 9 October @ 1.30pm, in the Library.

Bunnings BBQ Fundraiser
Sunday 8th November. Volunteers need-

Coming up in Term 4.........
Icy Pole Recess, Meal Deal Days, Christmas Carol on the Lawn (don’t panic – last week of Term – heaps of time!)
Birthday Wishes To
Emily B, Max C, Jamie Z, Matin K, Connor R, Noah G, Imogen M, Madison S,

Who are celebrating birthdays from 9th to 15th October

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.

In conjunction with Drummond Street Services, we present

Parenting teens who worry too much

Does your teen worry so much that they struggle to enjoy life like their peers? Are you feeling lost on how to help them deal with their anxiety?

You are invited to this FREE PARENT INFORMATION NIGHT facilitated by Drummond Street Services.

The session will cover a range of topics including:
• How anxiety affects teens
• Learning different strategies to use and how to support your teen to cope better
• Understanding when and where to go for further support

7pm Tuesday November 10
at Blackburn High School
60 Springfield Road, Blackburn

Bookings essential for catering purposes.
Go to http://www.trybooking.com/IDLE
RSVP by Friday 6th November.

With thanks to Anglicare Penileto for providing funding through their Parent Education Partnership Scheme.

Tennis lessons, and/or competition

Location: Doncaster & St. Gregory's Tennis Clubs


Timetable:
- Lessons:
  - Week: Days from 4:00 pm
  - Saturday: all day
  - Monday 5:30pm or Friday 6:15pm
- Competition:
  - 16:30 / 45min tennis lesson
  - 12:30 / 60min competition

Equipment: All equipment provided at no cost.

Teenage / Adult: programs also available!

Enrolments: Issued at the end of Term 4 each.

With thanks to Tennis Victoria on behalf of Tennis Hot Shots.

Head Coach Vicky Lee
Tennis Australia Master Club Professional
ITF World Rating Holder
State Origin Premier player for 7 years.

Bookings Essential:
M: 0403 126 636
E: vic@slamin.com.au
www.slamin.com.au

SLAMIN Tennis & Fitness
Tennis Victoria Awards Coaching Excellence - Tennis Hot Shots
Finalist Vicky Lee (Top 3 in the State) - Doncaster Tennis Club