You know how important it is to read to your children. Children whose families read with them do better in school. And the bonds that you make with your children when you read with them help them feel loved, comforted, and secure. Like most families, you want to read with your children, but somehow days can go by without you sitting down with them and opening a book. The key is to make it a priority. Here are several suggestions to help your children improve their reading skills.

Fifteen minutes a day can change their lives. You may be surprised to know that educators recommend just 15 minutes a day of reading, as a minimum. Like exercise, of course, longer sessions are even more beneficial.

Always have a book on hand, no matter where you are. Keep a small book in your bag or your car’s glove compartment. Or have a picture book or two in the baby’s stroller. Make sure that you and your children always have something to read when time is available.

Focus on their interests. Reading with you should be for pleasure, so get books from the school or public library that feature characters or topics they’re really interested in. It doesn’t matter if they’re reading a book about NASCAR or NASA – either way, they’re reading!

Ask them questions while you’re reading. Everyone is a better ‘listener’ when they know they’re going to be asked questions about what they’re listening to. Don’t make it a test, but do keep their interest going by asking them stories about what’s being read. Get their brains working! Don’t just ask who the characters are. Instead, ask questions like “Why do you think he did that?” “What would you do if you were in that situation?,” or “What do you think will happen next?”

Be a patient listener. It can be difficult listening to your children struggle while reading. But think how terribly important it is that they succeed. Don’t jump in and finish the sentence for them, no matter how slowly they’re reading. Instead, encourage their effort and let them see that you’re proud they’re reading and not annoyed that it’s taking so long.
Get everyone involved. The more people who read with your children, the more they’ll see that reading is important. Talk with the other adults and older children in your household and let them know that reading with each child is going to be a daily activity and that you need them to participate.

But first... Kids make time for a lot of extras in their day. So do parents. TV show, computer games, and going online can eat up surprising amounts of time. Read first – before the computer goes on or their favourite TV show comes on.

There’s something special about owning a book. Libraries and garage sales offer ‘well loved’ books for sale, often for as little as 25 cents. Keep spare change on hand so you can pick up some great reads for your children when you see a sale. When birthdays or holidays come around, make sure there’s always a good book wrapped up and waiting.

Yes, you’re busy. Yes, your children are too. But reading with your children really needs to be part of your day, every day. Fifteen minutes a day is a small investment that will generate enormous rewards.

Hope you’re having a wonderful week.

Lena Clark

---

February

<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>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>All day: Yr 5/6 on excursion to Old Melb Gaol and Parliament House</td>
<td>Yr 3/4 Football Clinic</td>
<td>Swimming trials 3:40 - 5:30/6:00-8:00: ‘Getting to know you’ parent/teacher night 7:00 - 8:00: Foundation info night</td>
<td>4:00 - 5:30: ‘Getting to know you’ parent/teacher night</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>5:30: Finance Sub-Committee meeting</td>
<td></td>
<td>Summer inter school sport for Yr 5/6</td>
<td>District swimming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>6:30pm: School Council meeting</td>
<td></td>
<td>‘Wellbeing’ Day Welcome BBQ: 5:30-8:00pm (5:30 BBQ and 6:00pm dancing with Big Samba)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yr 3/4 RACV ‘street scene’ incursion</td>
<td>Division swimming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
General

School Banking

New rewards with Outback Savers, rewards are on display outside the staffroom. This year, School Banking is running a wild Grand Prize competition. You have the chance to win a family trip to Australia Zoo, where you’ll get to meet Bindi and Robert Irwin plus a platinum zoo adventure tour and domestic return economy airfares and car hire. Information on how you can enter is available at the office. Keep saving!

School Council

The first School Council Meeting for 2016 will be held on Wednesday the 17th of February. Following this meeting, on Monday the 22nd of February we will call for nominations for both the Parent and DET employee categories of School Council Members. There will be four vacancies on the School Council for parent representatives.

If you would like to stand for election, you may either nominate yourself or be nominated by another parent. Nomination forms will be available from the office from the 22nd of February and will need to be handed in by Friday the 4th of March.

If there are more nominations received than there are vacancies on the School Council, a ballot will be conducted in the two weeks after nominations have closed.

The timeline for the School Council Election is set out below:

Wed 17th Feb: School Council Meeting for 2015 School Council
Mon 22nd Feb: Notice of election and call for nominations
Fri 4th March: Close of Nominations
Mon 7th March: Ballot papers distributed
Fri 18th March: Close of Ballot
Mon 21st March: Vote count and ballot declared
Wed 23rd March: First School Council Meeting of 2016 School Council

Wellbeing Day

Wellbeing Day is fast approaching and we are currently finalising the details with a very dedicated groups of parents and teachers. We need quite a range of resources for the day. If you are able to donate any of items below, it would be very much appreciated. Please bring your donations to 1/2SJ.

Fine glitter / Food dye / Small fabric gift bags / Embroidery thread / Pipe cleaners

Thanks in anticipation

Lashay Cartledge and Rebecca Signorini
Growing Healthy Minds

With our annual KidsMatter Wellbeing Day fast approaching, we thought it perfect timing to include this wonderful article written by Andrew Fuller, a renowned children’s clinic psychologist.

We believe it offers great practical tips to students, parents and staff to maximise opportunities for learning, growth and above all, to have fun!

Happy Reading!
Lashay Cartledge and Rebecca Signorini, on behalf of the KidsMatter Action Team.

Set Yourself Up For A Great Year

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this the best year so far.

1) Make friends with everyone you know
Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2) Acknowledge your inner genius
You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won’t go well for you. If you look for what’s going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

3) Know that geniuses make mistakes
People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

4) Prepare yourself for learning
Thinking positively isn’t enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may discourage you from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

5) Liven up your life and get enough sleep
Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and quarter hours a night. If we don’t get enough sleep we often become tired, moody, bored and boring.
6) **Be healthy – eat breakfast**

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

7) **Do the most important things first**

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, “What is the one thing I could do this week in each subject area that would improve my results?” Then do it.

8) **Use your time well**

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

9) **From little things big things grow**

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

10) **Focus and immerse yourself**

For at least some time every day switch all forms of technology off and focus on whatever you’re studying. Don’t try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.

11) **Don’t try to predict the future**

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don’t spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.

12) **Be curious**

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

13) **Play more**

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you’ve been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

14) **Decide to be happy**

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day. Help and encourage other people. Be a really good friend. Laugh more. Have fun. Have a fantastic year.

---

Andrew’s most recent book is “Unlocking Your Child’s Genius”. 

– Andrew Fuller
**Donvale Primary School annual Wellbeing Day!**

When: Thursday 25th February 9.10am sharp
Where: The senior basketball court to kick things off with a very special visitor.

**What:** Our students will have the opportunity throughout the day to engage in a range of activities that promote and support their social, emotional and physical wellbeing. Ruby, the star therapy dog, will be returning for the day to share lots of cuddles and pats with the students!

**Parent sessions:**
A practical Mindfulness and Meditation info session with Lashay Cartledge and a past Donvale student from 9.30-10.15 in the Senior Chillax Lounge.

**Keeping Calm with Kids**
1.30-3.00pm in the Senior Chillax Lounge.
Learn a range of quick and effective techniques for parents, teachers and carers to stay cool, calm and collected when kids are driving them nuts. Facilitated by Alison Burton, a clinical Hypnotherapist, Occupational Therapist and owner of Simply Natural Therapies, a Natural Health clinic at Tunstall Square.

Students are to wear their sports uniform with a ‘touch of happy colour’ on the day. Family members and staff are encouraged to wear a touch of happy colour too!

Following this very special day at school...
All our family members are invited to join us for a **Welcome BBQ** as we continue to build on our positive school community! BBQ provided by the Parents Association, BYO drinks!

When: 5:30 —7:30pm on the senior lawn.

**Entertainment:**
‘The Big Samba’ interactive music group performing from 6-7pm sharp.
‘The Write Staff’ performing from 7pm onwards.

See you there!!
Hello everyone! It has been a week of high spirits as we ring in the Year of the Monkey! Starting on the 8th of February this year, the celebrations traditionally take place over 15 days. On the 15th day, the Lantern Festival is celebrated! Also known as 元宵节 (yuán xiāo jié), it is around this time that the first full moon of the year appears. One of the foods eaten on this day is 汤圆 (tāng yuán). This is a sweet dessert of glutinous rice balls with a syrup made from water, sugar and ginger. There are many types of fillings for large 汤圆 (peanuts, sesame, black sesame and even meat) in addition to small, unfilled ones. 汤圆 is said to represent family reunion and unity as well as the full moon. To celebrate 元宵节 (this year it falls on 22nd February) students will be making small, unfilled 汤圆 next week in Mandarin class.

汤圆 tāng yuán (GLUTINOUS RICE BALLS) INGREDIENTS

Glutinous rice flour, water, vegetable oil, ginger, brown sugar, red/yellow/green food dye (optional)

FESTIVALS AND EVENTS (http://www.chinesenewyear.com.au/)

There have been many festivals and events taking place around Melbourne for the past few weeks to celebrate the new year. The annual Chinatown New Year Festival is highly recommended! Melbourne’s Dai Loong (Big Dragon in Cantonese – 大龙) will make its first appearance for 2016 starting from the Chinese Museum on Little Bourke Street. Listed below are some other upcoming or continuing events and festivals that are running this year.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location/Details</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 14th February</td>
<td>Melbourne Chinatown (Russell and Lt. Bourke Street)</td>
<td>10am – 10pm</td>
</tr>
<tr>
<td>Sunday 21st February</td>
<td>Glen Waverley (Kingsway)</td>
<td>11am – 8pm</td>
</tr>
<tr>
<td>21st January to 21st February</td>
<td>Crown Atrium, Crown Entertainment Complex</td>
<td>Ongoing</td>
</tr>
<tr>
<td>4th to 14th February</td>
<td>Docklands The Age Lunar Markets</td>
<td>M/Tu/W: 5pm – 9pm, Th/F: 5pm – 10pm, Sat: 4pm – 10pm, Sun: 4pm – 9pm</td>
</tr>
</tbody>
</table>

NEW YEAR GREETINGS

There are many greetings and well wishes exchanged during this celebratory period usually as four character idioms. Here are a few to practise: 猴年大吉 (hóu nián dà jí) and 猴年吉祥 (hóu nián jí xiáng) both meaning ‘Wishing you lots of luck in the Year of the Monkey’; 新年快乐 (xīn nián kuài lè) ‘Happy New Year’; 恭喜发财 (gōng xǐ fā cái) ‘Wishing you a prosperous new year’; 心想事成 (xīn xiǎng shì chéng) ‘May all your wishes come true’.

祝大家猴年吉祥, 心想事成, 新年快乐！

Serina Lee (李老师)
Dear families,

**New families:** Enrolling your child or children in OSHClub is easy and free. All you need to do is complete an enrolment form online at [www.oshclub.com.au](http://www.oshclub.com.au) where you will have the option of booking as either a permanent or casual user. Once your child is enrolled, you then have the comfort of knowing that the program is available to you anytime and it gives you assurance of knowing your child or children will be cared for in a safe, warm and friendly environment. Please feel free to drop past the OSHClub room any time to introduce your child to the program before they attend. Foundation students will be dropped off and picked up from their classrooms for Term 1 and 2.

**Updating enrolments:** Please ensure that you take the time to update your child’s enrolment in the next few weeks. This ensures that we have current information on your child’s grade, health/medical requirements and necessary contact details. Thank you in advance!

**Next week:** Kate will be on teaching placement next week but we have lots of fun activities planned for the children whilst she is away! We will be focusing on Valentine’s day celebrations and celebrating Random Acts of Kindness week. Please see the planner below for more details.

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. This can be done online at

<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><strong>Cooking:</strong> Heart shaped pancakes</td>
<td><strong>Friendship Activities:</strong> Ball tiggy</td>
<td><strong>Make your own kindness word search</strong></td>
<td><strong>Valentines and Kindness cards</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Game:</strong> Honey if you love me</td>
<td></td>
<td><strong>Tricky tiggy</strong></td>
<td><strong>Playground fun</strong></td>
</tr>
<tr>
<td><strong>After Care Activities</strong></td>
<td><strong>Science:</strong> make a crystal heart</td>
<td><strong>Craft:</strong> love bugs</td>
<td><strong>Cooking Club:</strong> Valentines treats</td>
<td><strong>Craft:</strong> no sew hearts</td>
</tr>
<tr>
<td></td>
<td><strong>Run the gauntlet</strong></td>
<td><strong>Two on two knockout basketball</strong></td>
<td><strong>Dodgeball</strong></td>
<td><strong>Fruit salad</strong></td>
</tr>
</tbody>
</table>

OSHC program phone: 0402 362 443/9842 2261
Coordinator: Kate
Assistants: Marie
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
Parent's Association

Icy Pole Recess is back for the Term - $1.00
Be your own hero & grab an icy pole - this Friday @ the Canteen.

Welcome back BBQ.
Officially held 25 February – 5.30pm onwards
PA selling delic BBQ sausages for $2.50 & $1.50 soft drinks,
Good weather ordered. BYO Community spirit!

Bakery Meal Deal coming to your Wednesday lunchbox soon! -
Stay tuned for all the delicious details.

Birthday Wishes To

Mycah N, Amin K, Jonathan H

Who are celebrating birthdays from 12th to 18th February
Donvale Primary Dribblers – News & Views!

Under 11 girls - both teams had a great start to the season with wins. The coaches were very impressed by how well the girls listened and played as a team. Donvale Diamonds won their first game of the season due to great team work. Congratulations to Vienna “Air” Glover on scoring her first ever basket, followed by an additional four throughout the remainder of the game. Also Jaimee for her first game goal. The first of many! GO DIAMONDS!

Remember - Players to arrive 10 minutes before game for warm-up with a drink bottle, short nails, & no jewellery.

Interesting in Playing for a DPS bball team??
Rego forms at the Office
or for more info contact Kim Merton - 0407 447 434
Hair Accessories are now available at the Office!

We now have stock of a great range of hair accessories available to purchase at the Office! Proceeds from the sale of each piece go towards valuable fundraising efforts for the school.

Items are on display at the office so that parents and students can see what is available.

Come and see Mrs Cheesman and Mrs Browne if you would like more information.
Advertising

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

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.

SLAMIN TENNIS COACHING: Doncaster and surrounding areas. Tennis coaching form ages 3 - 18 as well as adults.

AUSTRALIAN GIRLS CHOIR: February open classes, come along and try a free class at local rehearsal venue.

STAGE SCHOOL: A wide variety of fun, inspiring classes in drama, song and dance for kids 5-18.

GRASSHOPPER SOCCER: Real fun for boys and girls aged 2 to 12.

BRICKS 4 KIDZ MANNINGHAM: After school enrichment program where children can learn, build and play with lego bricks.

DEEP CREEK ANGLICAN CHURCH: Friday fun for kids in Grades Prep to 6.

Kidzone For Primary Schoolers
Salvo Kidzone is a values based program. Make friends, bring your friends, for games and loads of fun!
Fridays during term, @ 4.00pm – 5.30pm beginning with an afternoon snack.
Cost: $ 5 weekly per family.
37 Taunton Street, Doncaster East
Call Andrew: 0432 459 433
Email: Andrew.austin@aus.salvationarmy.org

TOP TAPS DANCING SCHOOL
Tap and jazz classes.
Come and have a heap of fun with a heap of friends.
www.toptapsdance.com.au

Rubbish free lunch box ideas with Kathryn Dean and Emma Dean
Wednesday 24 February, 2016
7.00pm -9.00pm
Manningham Civic Centre, Function Room, 699 Doncaster Road, Doncaster

Join Katherine and Emma Dean while they discuss the life cycle of lunch boxes and the hot topic of preparing rubbish free lunches.
Katherine and Emma will then show you how easy it is to prepare great items perfect for lunchbox all which don’t require wrapping including muesli bars, muffins and wraps.