Writers’ Festival visiting author: We are extremely fortunate this year to have been able to engage the services of author, inspirational speaker and entertainer, Tony Wilson. Tony has written two hilarious satirical novels about celebrity and tabloid media. He is also the author of five children’s picture books, and has worked successfully on television (Race Around the World and Santo, Sam and Ed’s Cup Fever!), radio (Triple R’s Breakfasters) and print media (The Age and The Monthly). Tony originates from Melbourne and reading his biography, I discovered that he lived in Donvale as a child. I’m sure that we can ask him some questions about that when he visits. Tony will present to our students and community during our very special Writers’ Festival Assembly being held on Monday September 12th from 2.30pm in the Senior building. As well as being treated to a presentation by Tony, an awards ceremony will take place; all followed with our Writers’ Festival being officially declared open. All our visitors and guests will then be invited over to the ‘Writers Gallery’ (GP Room) to enjoy the magnificent writing of all our students. I hope to see as many of you there as the DPS Writers’ Festival certainly promises to again be a wonderful event for all.

Curriculum Day: Our final Curriculum Day for 2016 has been set for Monday 31st October, the day before Melbourne Cup Day. This day is set aside for the teachers as a report writing day. It provides our community with the opportunity to enjoy an extra-long weekend if the opportunity avails itself to you and your family. Please ensure you have this date noted as it is a student free day.

Mr McKinlay: I would like to take this opportunity to wish Mr McKinlay a wonderful break as he heads off to New Zealand to enjoy a well-earned rest. Mr McKinlay will return to school at the commencement of Term 4 when we look forward to hearing all about his trip.

Planning Week: Next week is Planning Week at DPS. This is a day where teacher teams are released to plan for their teaching and learning program next term. Planning Day for the 5 /6 and 3 / 4 teams is scheduled for next Tuesday, Planning Day for the Foundation and 1 / 2 teams on Wednesday and the Specialist team will be planning on Thursday.
Some important dates for your diary…

- Father’s Day Activity Night – Friday 2nd September 5.00 – 7.00pm
- Cyber Safety Parent Forum – Tuesday 6th September 7.00 – 8.30pm
- State Schools Spectacular – Saturday 10th September
- Writers’ Festival: Special Assembly Monday 12th September
- End Term 3 – Friday 16th September 2.30pm dismissal
- Year 5/6 Camp – First day Tuesday 25th October
- Curriculum Day – Monday 31st October
- Foundation ‘17 Transition – Commencing Tuesday 25th October
- Art Show ‘NATURALIS’ - Friday Nov 11th – Open afternoon - all community invited
  Saturday Nov 12th – Evening event – Adult community members only
- Year 3/4 Camp – First day Wednesday 23rd November
- End of Year Concert - Wednesday November 30th in the senior building, 7.30 - 9.30pm
- Year 6 Graduation – Thursday 15th December
- Carols on the Lawn – Monday 19th December

I’d like to wish all our dads a very happy Father’s Day for this Sunday. I’m looking forward to seeing as many of our dads at our special Father’s Day activity night this Friday starting at 5.00pm. This is a great event organised by our Parents Association where our children enjoy the time having lots of fun with their dads.

Hope you’re having a wonderful week.

Lena Clark
Building Resilience in our Children:

As part of DPS's involvement in the 'KidsMatter' initiative and the Education Department’s ‘Resiliency in Schools’ Program, our school is working towards ensuring that we build and develop our students’ level of resiliency in all they do. As parents, it is also important that you support your child's ability to cope and manage in situations that they may find stressful or uncomfortable for whatever reason. Resilience is a 21st Century parenting concept that every parent needs to understand. Some children are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those children. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their children. Resilient share four basic skill sets– independence, problem-solving, optimism and social connection.

The followings suggestions for parents in helping to build resiliency in their children have come from ‘Parenting Ideas – Raising Exceptional Kids’.

Building Resilience

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills

There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

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.

This story was written by Karen Fontaine for Kidspot, Australia’s leading parenting resource.
FROM THE ASSISTANT PRINCIPAL - Ian McKinlay

Last Friday four Tiger supporters had the school oval to themselves between 10 and 11 a.m. as a result of the Trivia Night Silent Auction item, a one on one kick on the oval during school time! I gladly swapped my suit for my old 70’s Richmond woollen jumper while Paul Maguire and his sons Lucas and Aiden all cut dashing figures in their modern signed Tiger Guernseys. Together we managed to run each other ragged for the best part of an hour while we handballed, passed and had shots on goal that sailed through with accuracy that would have made Matthew Richardson proud! We turned back the clock and practised our torpedo punt kicking though when it came to the banana kick the Maguire boys led the way as they bent the ball back and through the big sticks with ease. A special mention to Paul Maguire who showed a lot of promise as he had his first real run after recovering from a career threatening achilles tendon injury. Thankyou to the Maguire family for their support for our school’s fund raising efforts and in doing so providing me with a Friday morning to remember.

Ian McKinlay
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<td>Year 3/4 Music Makers choir and some recorder students performing at assembly 5.00-7.00pm: Father’s Day Activity Night</td>
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<td>5 Cyber Safety Week</td>
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<td>Cyber Safety Week</td>
<td>7.00-8.30pm: Cybersafety Parent Forum</td>
<td>9.00-11.00: Cyber Safety Workshop for Grade 5/6 11.30-1.30: Cyber Safety Workshop for Grade 3/4 Lunchtime: Jnr Chef ‘Tiramisu’ (children friendly) 11.30-1.00pm: SES visiting level 5/6 students 7.00pm: School Council Meeting</td>
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<td>2.30: Writer’s Festival Assembly 3.30-4.30: Writer’s Festival open</td>
<td>District Athletics 8.30-9.00/3.30-4.15: Writer’s Festival</td>
<td>8.30-9.00/3.30-4.15: Writer’s Festival Footy Meal Deal Day</td>
<td>Senior Hooptime at Nunawading Stadium</td>
<td>Last day Term 3: 2.15 Assembly 2.30 Finish</td>
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**Term 4**
Monday 3rd October - Tuesday 20th December
School Banking day is Monday!

Remember, students should bring in their weekly deposit to school on **Monday**. Bank books will be processed and then returned to you on **Tuesday**.

For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

*School Banking is also a great fundraiser for our school, raising 5% on every deposit made through the school (to a maximum of $10 per individual deposit).*

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day and we will issue them with a replacement.

If your child would like to start school banking, please contact the office.

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day and we will issue them with a replacement.

If your child would like to start school banking, please contact the office.

**The rewards available during 2016 are:**

- Flying Snake Tail – No longer available
- Wildlife Writer Set
- Mud Splat Handball – No longer available
- Outback Pat Bag Tag
- Backtrack Eraser Pen
- Jump and Skip Rope
- Bush Fly Fan – Available from Term 4
- Wriggly Glow Worm – Available from Term 4

Thank you for supporting our School Banking program!

*Leanne Maguire*

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**LATE ARRIVALS TO SCHOOL**

Students need to be signed in at the office if they are late arriving to school. If you don’t and the class roll has been marked - your child will be marked on the roll as been absent for the morning.

*Arriving to school after classes have begun can cause students to miss more than just the introduction to a lesson. When your child arrives late at school, he/she misses the teacher’s instructions and the start of their learning. Part of your child’s education is learning to be responsible. The school experience teaches children how to meet expectations. Attendance is one of the ways children show they can meet their obligations. Showing up on time to school every day can help students develop the habit of being punctual with important commitments. This habit can serve students well through school and into their future careers.*
Not long now until our biennial event, the Writers’ Festival is upon us. Our theme this year is “My Three Wishes”.

The Writers’ Festival is a great opportunity to share and celebrate the wonderful writing that is happening at Donvale Primary School. Each student has been supported in writing a piece about their three wishes, using various writing strategies explicitly taught by the teachers. These include show don’t tell, power of three, onomatopoeia, points of ellipsis and many more.

On Monday 12th September we will be holding a special assembly to officially open our Writers’ Festival. Author, Tony Wilson, will be our special guest who will share his thoughts and insights with the children of what it means and feels like to be an author. During this time, awards will also be presented to the students.

At the conclusion, parents and visitors are invited to our Writers’ Gallery (GP room) to view all the finished pieces of writing. The Writers’ Gallery will also be open before and after school on Tuesday and on Wednesday.

This year we are asking for a gold coin donation when visiting the Writers’ Gallery. All money raised will be donated to the Make-a-wish Foundation.

Looking forward to seeing you at the Writer’s Festival!

Michelle Rassias and Writers’ Festival team
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<tr>
<th>Student</th>
<th>Awarded last week at assembly for ...</th>
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<tr>
<td>Amy L</td>
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<td>Adam E</td>
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<td>Charlotte M</td>
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<td>Scott M</td>
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<td>Jonathan H</td>
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<td>Mehar L</td>
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**Secret Revealed**

Solve the problems to find the secret.

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Donvale Primary School presents

Naturalis
2016 Art Show

Showcasing the creativity of our students

Family Fun
Friday 11th November
3:30 – 6:00pm
Craft activities, Face painting
Collaborative art making
Gift shop
Performance by the School Choir
Food and beverages available for purchase
GOLD COIN ENTRY

Art Soiree
Saturday 12th November
8:00 – 11:00pm
‘Live’ art show by Stephan Hitchins
Live music
Raffle, door prize & gift shop
Live auction of class pieces
Catered event with complimentary beverage on arrival

$20.00 PER PERSON

Raising funds for our playground Stage 2 upgrade

For bookings visit or call school office 9842 3373
The Art Room is buzzing with creativity for our upcoming show.
Parents Seminar

Make a 90 minute investment in your child’s well-being

Tuesday 6th Sept 7-8:30pm

It’s safe to say that parenting around technology is one of the biggest challenges for parents today. Young people love technology; they use it frequently and in a variety of ways – as a source of information (60%)*, entertainment (90%)* and for social communication (85%)*.

So how can you nurture your own positive digital citizens in such a connected world?

The World Wide Web is a wonderful place, however there can be some potential pitfalls. Many parents feel that their children understand the technology better than they do, and chances are they are right. However this important seminar reminds parents not to let the technology take over the parenting. We can work to develop our children’s digital citizenship in a positive and productive manner when we know the facts.

- Did you know that 94% of 14-15 year olds have at least one social networking site?
- Children as young as 8 years old are meeting up with strangers in online chat rooms
- 40% of youth would change their online behaviour if they knew an adult was watching

Parents are still the main source of support and advice when children are experiencing problems online. Know the facts. Understand your role and responsibilities.

Raising Digital Citizens provides parents with practical, easy to use ways to talk to children about their online behaviour and plenty of approaches we can take to develop positive, productive and safe online citizens.

Donvale Primary School is partnering with Classroom Connections to present Raising Digital Citizens.

What parents have been saying:

“Real examples of local incidents relating to cybersafety and digital reputation. Very relevant and had a big impact on me.”

Sarah, parent, St Francis Xavier PS

“Practical and relevant information delivered in an accessible and compelling way.”

John, parent, Solway PS
It is that time of year again when we’re coming up to the brightest full moon of the year, falling around the 15th day of the 8th month in the Lunar Calendar. Celebrating family union and giving thanks for a successful harvest has been a tradition going back a very long time in many countries in Asia. It is the second most important Chinese festival in the year after Lunar New Year. As the Mid-Autumn Festival or Moon Festival draws closer this year, why not attend some of the events that are being held around Melbourne and soak in the atmosphere and try some mooncakes and other foods from Asia? You will also see a large section of your local Asian supermarket dedicated to mooncakes, packaged in lovely boxes ready for you to take home to enjoy with your family or to give as a gift to your relatives and friends! Make sure you check the ingredients as there are many different types!

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<th>Event Name</th>
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<tr>
<td>Mooncake – Mid Autumn Festival</td>
<td>Epping Memorial Hall</td>
<td>Sat. 10th Sept.</td>
<td>7pm – 9pm</td>
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<tr>
<td>Moon Lantern Festival</td>
<td>Box Hill Central Shopping Precinct</td>
<td>Sat. 10th Sept.</td>
<td>10am – 5pm</td>
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<tr>
<td>The Mooncake Festival</td>
<td>Queen Victoria Market</td>
<td>Sun. 11th Sept.</td>
<td>9am – 4pm</td>
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<tr>
<td>Mid Autumn Festival</td>
<td>Crown Riverwalk</td>
<td>Fri. to Sun. 16th to 18th Sept.</td>
<td>11am – 10pm</td>
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<tr>
<td>The Full Moon Festival</td>
<td>Dandenong Market</td>
<td>Sun. 18th Sept.</td>
<td>10am – 4pm</td>
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**WEEKLY MANDARIN CHALLENGE**

What is it? A challenge to all students to answer a question accurately in Mandarin before the end of Tuesday each week in order to be in the draw to win a prize at the end of the year!

How do you play? You just need to find lǐ lǎo shī before the end of Tuesday each week and tell her your answer to the Question Of The Week.

What do you get? You get a chance to have your name published in the next Snippets Newsletter and go into the draw to win a prize at the end of the year!

**Question Of The Week:**

澳大利亚的国旗有什么颜色? ào dà lì yà de guó qí yǒu shén me yán sè?

Hints: 澳大利亚 (a country); 国旗 (flag); 有 (has/ have); 什么 (what); 颜色 (colour)

**GOOD LUCK! 加油！jiā yóu!**
DONVALE JUNIOR CHEF

DONVALE JUNIOR CHEF: GNOCCHI WITH FRESH TOMATO SAUCE

Spring is finally here! Children arrived few seconds after the first bell, ready to get their hands and uniforms messy with our boiled potatoes and flour; when it is feasible with our 40 minutes class, we like to show our chefs the whole process, from start to finish. Normally the end product is what they enjoy more, but quite few of them made some great gnocchi and run out to kick a ball and play with friends, they didn’t taste any! In Italy you get killed for such a crime (hahaha).

Vicky made a tasty fresh sauce and cooked all the gnocchi, showing the children the cooking process, too, as it’s very delicate. The children who tasted them had two servings and enjoyed sharing the table with peers.

Grazie, thank you, efcharistó, arigatō to the beautiful mums Vicky Siatos, Stella Liappis, Nicole Cooper, Natsuko Tsui and the gorgeous Nonna Susan that happily came to help. Thank you to Mr Hogg for saving us from the fire alarm and Mrs Clark for her great support.

From the kitchen:

Giacomo F. FHN: fantastic! I really loved making them
Jaimee E. 34H: I loved having it and it was great fun making them.
Charlotte E. 12C: Good! Great fun making them.
Dominic B. FHN: I like it. I like eating it more than making it
Alessio G. 34G: Squashing the potatoes with the ‘thing’ was interesting
Karli M. 34H: In my head I am saying to the gnocchi ‘I LOVE YOU’
Harper C. 12J: It was really good and I want to make them an other time
Emily B. 12J: I really liked it and taste yum!
Kaitlyn B. FRC: It’s tasty. I had so much fun making it
Ebony M. 12C: I loved it and I am going to make them with mum and dad. I loved that Nonna helped.
Giorgia E. 12W: fun to make and yummy
Billy L. FRC: That was a lot of fun

Sessions Coming Up:

- On Wednesday the 7th of September we will make tiramisù with pasteurized eggs (I will cook the mixture egg/sugar to 72°C to avoid the nasty bacteria growth), whipped cream, mascarpone and chocolate rather than coffee. It’s going to be a delicious class! Few spots still available, ask our precious Wendy or Samantha at the office.

- On Thursday the 8th of September is parents cooking time, mums and few dads too, from 11:45 till pick up. It’s a great way to fundraise for our program while learning something new, getting to know few people better and enjoying the food we will prepare! Plus there will surely be leftovers for dinner. Can’t find any fault in it! We can take few more parents, but closing applications by Monday the 5th.
Dear families,

This week we focused on preparing to celebrate Father’s Day. We made lots of great craft activities, cards, awards and posters. Some of the other highlights of the week included making delicious pancakes on Monday afternoon, playing Around the World Basketball and making some amazing Jenga creations.

Next week we will be doing quite a few Spring activities. Our goal for the week will be to demonstrate respect for each other and our surroundings.

Have a fantastic weekend and a great Father’s Day! We look forward to seeing everyone next week.

Donvale OSHClub

Staff: Kate B will be coordinating until Kate is back for the last week of the term, as she is completing her final teaching placement.

Please ensure that your child’s enrolment and medical information is up to date.

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 www.oshclub.com.au

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<td>Uno Card Tournaments</td>
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<td>Basketball Relay Race</td>
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<td>Basketball Knockout</td>
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<td>Ribbon Bookmarks</td>
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<td>Beanbag Throw</td>
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<td>Glitter Slime</td>
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<td>Science Experiment</td>
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<td>Running Race</td>
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<td>Making Playdough</td>
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<td>Balloon Basketball</td>
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<td>Cherry Blossom Bottle Painting</td>
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<td>Pokemon Hunt</td>
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<td>One Touch Soccer</td>
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<td>Pin the Tail on the Donkey</td>
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OSHClub program phone: 0402 362 443/9842 2261
Coordinator: Kate
Assistants: Clare
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 all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator directly at the program.
Its chocolaty, its coconutty, its delicious!
Lamington recess.
Get them this Friday Recess - $1 each.

C’MMON
Send your Freddo Frog Money back!!

Thanks to everyone that supported this fundraiser, so lets wrap it up!

Fathers & Kids Night – tomorrow night -
Friday 2 September
Activities & Pizza Dinner. Pizza must be pre-ordered.

Meal Deal coming – Wed 14 September
Wear your footy colors - Hot Dog & Cookie lunch.
Notice coming home next week.
PA MEETING - Friday 7th October @ 1.30pm.
Men, women & babies all welcome

Donvale Primary School Basketball Club

Coaching Clinic
Run by Peter Buckle

On completion of the course, all participants will receive a Community Coach Certificate.

Saturday 3rd September 2016
3:30—5:30pm
Donvale Primary School

All Welcome! $5 per person

The coaching clinic is open all parents and carers. Please note the Community Coach Certificate replaces the Level 0 Coach Course.

RSVP to leannemaguire@bigpond.com or 0438 096 451 by Friday 2nd September.
Destroyers U11 - Great to see good passes and teamwork again this week. It was fun playing against our schoolmates!

Special Journo Ebony reports this week - The Donvale Dreamers played their best team game for the season. In a very exciting game they went down to Beverley Hills 9 - 8. It was amazing to see the girls play strongly in defence, dodge and weave to get free, and pass the ball to each other. Seeing Hima steal the ball and shoot her first goal was a highlight. Ebony and Ashleigh also scored as a result of the pressure and steals from Ella, Alana, Elise, Abigail and Cheyenne. Great work girls!

U/9 Girls – The Dolphins had a really strong 26-0 win last weekend and it was a match where all girls played a great game of offence and defence. We had four different girls score goals - Zara W, Allie E, Charlotte M and Abigail C, while Charlotte M was named Dolphin of the Week.

Dribblers had a strong win and we celebrated James' first goal ever...(2 goals for the game!) Congratulations James.

The Daredevils put together a great second half and came away with a win. Well done boys!!

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Birthday Wishes To

Pearce G

Who are celebrating birthdays from the 2nd – 8th September
Asthma and Hay fever are closely linked, so managing hay fever and allergy is an important part of asthma care. Better control and management of hay fever has been shown to improve asthma control in both adults and children. 4,5,6,7

Asthma affects 2.3 million Australians

People with asthma and hay fever experience:

- Increased number of asthma flare-ups.
- Increased number of visits to their GP and asthma-related hospitalisations.
- More time off work or school.
- Higher annual medical costs 2,3,4

80% of people with asthma also have hay fever.

Hay fever can make asthma worse and more difficult to control.

Asthma Week 1-7 September

Contact your local Asthma Foundation 1800 ASTHMA Helpline (1800 278 462) or visit www.asthmaaustralia.org.au
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SATURDAY SEPTEMBER 3 @ AQUANATION RINGWOOD
REGISTER AT GYMNASTICS.ORG.AU/SPINTOWIN

The diving component to the Saturday September 3 initiative will take place at Aquanation in Ringwood from 2pm to 3.30pm, and any school that has at least one registrant will receive a signed photo of Anabelle Smith, two-time Olympian and Rio Olympic Bronze medallist.

The school with the most registrants will receive a prize pack, including:

* A school visit from Anabelle Smith, two-time Olympian and Rio Olympic Bronze medallist.
* A Diving Victoria apparel pack, including track jacket & pants.
* A 2015 team-signed Richmond Football Club jumper courtesy of BLK (Mark Williams - mwilliams@blksport.com).

Brochures available from the office

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Are you a future Australian Gymnastics or Diving Olympian?

Spin to Win with Olympians is a series of Come and try events, open to all boys and girls ages 10-13 who want to see if they have the potential to become an elite gymnast or diver.

FREE TO ATTEND!

Come and try out your Gymnastics or Diving skills and meet Olympic Gymnasts and Divers


Register at www.gymnastics.org.au/spintowin

Venues & Dates:

Adelaide – 3rd of September
Melbourne – 3rd of September
Sydney – 10th of September
Brisbane – 10th of September
Perth – 17th of September

For more information please email Tree Bryant at tbryant@gymnastics.org.au