A Message from the Principal

A big thank you to all the families who attended our recent SSG's there was a tremendous turn up last Wednesday evening and lots of smiles and positive feedback. Don't forget we are available to discuss issues at anytime and just ask that you use your communication book to make appointments with staff.

Teachers are working hard on writing student Independent Learning Plans following the conversations at SSG meetings. Please review the plans when they are sent home at the end of the term and let us know if you approve or have an issue.

I am so excited that we have such great interest in being on school council. So much so, that we will be having an election this year. I will be sending home a separate notice with our parent nominees and some information about each of them so you can vote for the person you want to be on school council. I ask that you return your vote promptly as it is important that we have all votes in by Tuesday 12th March. Please take the time to vote, it is really important that we have clarity around who the school community wants to represent them.

Our building projects continue with the walkway to the BER building approaching completion, the admin upgrade due to be completed in the school holidays and our new portable, that should have been delivered on Tuesday when it was pouring, now scheduled to be delivered next week. Staff and students have all been demonstrating terrific resilience and patience whilst all this goes on around them and I really appreciate it!

I will be attending the My Time Parent Group next Monday morning. I hope to see you there.

Cheers Sue.

PLEASE NOTE:

Parents/carers picking up or dropping their children from school should avoid parking in the school car park while buses are present. Parents/carers vehicles in the car park at these times create a dangerous element that can be avoided by parking in the street at these times.

THANK YOU for your support
Rebekah received her award travelling on the bus to school so well.

Jazper received his award for walking independently.

Zalla received her award for using the standing frame so well for the first time.

Phoebe received her award for walking/standing frame work.

Tamasha received her award for speaking clearly.

William received his award for a great start to the year.

Craig received his award for participation.

Jade received her award for being helpful.

Blake received his award for independently walking.
Transport News

Are you moving house?  Parents are reminded that all requests for changes to bus pick-up and drop-off addresses must be made in writing, through the school and with at least 10 days’ notice. The necessary form can be obtained from the office. Please do not attempt to make arrangements with bus staff as they do not have the authority to make changes. Please note, not all requests can be accommodated.

Meeting the bus  It is the parents’ responsibility to be there to meet the bus at the designated drop-off point - the bus staff cannot leave the bus to knock on the door and they are not permitted to sound the horn. If no-one appears to collect a student, the bus will continue on the run and return the student to school after the final drop-off. The parents will then be required to collect the student from the school. In some cases either DHS or the police may be contacted.

Bus Times  Pick-up and drop-off times for many students may change slightly in the next few weeks as our prep students start attending for the full day and therefore will be accessing the buses in the afternoons. We realise this may inconvenience some families but there is little we can do unless there are exceptional circumstances.

Thank you for your co-operation as we all work to provide the most efficient transport service for our families. If you have any queries regarding any aspect of the school bus service please contact the school.
For Sale
The Occupational Therapy (OT) have several 'Safe n Sound' booster seat covers (full sized to cover the Styrofoam booster seats). They are clean, in great condition and are $5 each (a steal)! It's a first come first serve sale, so if you want one pop $5 in an envelope and mark it for ‘OT Booster seat cover’, and drop it into the office, or in your child's diary and we will send one home.

Thankyou Rachael, Fiona and Sheeba.
Lunch Box Tips

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

- **Fruit** - best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are dried fruit bars and 'straps', which are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.

- **Vegetables** - try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber or celery.

- **Milk, yoghurt and custard** - include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yoghurts should be kept cool in an insulated lunch box.

- **Dips, cheese and biscuits** - pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses, good quality cheese sticks and cheese slices.

- **Different breads add interest** - include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, a slice of fruit loaf with cream cheese, foccacia, scones, pikelets, muffins, crumpets, crisp breads, rice cakes or corn thins.

- **Vary the fillings** - fillings can include vegemite or other yeast extract, *peanut butter, cheese (try different types), tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like caviar (taramasalata), eggplant, chickpea (hummus), cucumber, yoghurt (tzatziki) or spinach also make good spreads.

- **Muffins and cakes** - try making your own muffins and cakes as a great way to include more fruit and vegetables. Examples include sultana, carrot, zucchini, banana or pumpkin.

*Muesli and ‘breakfast’ bars* - almost all 'bars' are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars.


*Some of our classrooms are nut free due to allergies; we appreciate your support to keep them that way.*
Glue ear occurs, usually following an infection and fluid collects in the middle ear and prevents sound from conducting properly. It is a bit like having water in your ears after you have been swimming. Children who are prone to ear infections and experience repeated bouts also experience the associated fluctuating hearing loss. This can have a profound effect on speech and language development, not to mention discomfort, distraction and isolation.

**SYMPTOMS**

Visible ear wax and fluid draining from the ears (but not always)
Loss of hearing – often noticed when children seem to ignore you, or turn the TV up
Rubbing, pulling or sensitivity of the ears
Talking less
The need for repetition of instructions
Problems with balance
Irritability and disturbed eating and sleeping habits

**CONSEQUENCES**

Children who are not treated for their glue ear are at risk of:

Permanent hearing loss
Speech and language delay
Problems with attention
Problems in school and academic learning
Social problems
Poor self esteem

Ear infections can happen at anytime of the year, but more so in the winter months, **please seek medical advice if you have concerns that your child may be experiencing hearing difficulties**, even if it seems to come and go.

**If you wish to discuss your concerns with a Speech and Language Therapist in the first instance, please contact the department on 97049411.**
"My Time"
Dandenong Valley

Venue  Term 1, 2013
Oatlands Primary School
79-93 Kurrajong Road
Narre Warren, 3805

Time
Mondays Fortnightly
10.00am - 12.30pm (2.5hrs)

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For details please contact:
Lynne Wood 0459 517 558
Early Communication Programme

For Parents and Carers of small people aged from 2 years up to 6 years

WHERE: Dandenong Valley Special Developmental School, Venue to be confirmed

WHEN: Friday 19th, 26th April, 3rd, 10th May 2013, from 9.30am to 11.00am

WITH: Laura Seeley and Meera Ratanje Speech and Language Pathologists (DVSDS)

Please contact Laura Seeley to confirm your free place by Monday 15th April, 2012:
Tel: 97049411
Email: seeley.laura.l@edumail.vic.gov.au

This is a Group for parents and carers of young children who want to learn more about language development and how to support communication with their children. Each session will explore different aspects of communication, eg understanding words, using words, making choices, play, social development etc.

There is no charge for these sessions which will be conducted in English and it is respectfully requested that little people of all shapes and sizes do not attend.
Information Session on the Sibling Support Program

siblings of children with autism often have a range of experiences that are very different to those of their friends and peers. They may experience a range of emotional reactions, both positive and negative, and although it can sometimes be difficult for siblings of children with an Autism Spectrum Disorder, many feel they have benefited greatly from the experience. Regardless, it is important to acknowledge the unique situation of these siblings, and discuss their feelings, as well as just giving them space to be themselves.

irabina’s Sibling Support Program is a play-based education and support group for primary aged children who have a brother or sister with an Autism Spectrum Disorder. Its focus is on normalizing their experiences and feelings, developing supportive networks of other children who can understand what life can be like, and boosting their coping strategies for when things around them get tough.

To get more information about this program and the potential benefits from joining the first irabina Sibling Support Program in Officer, join us on:

When: Wednesday 27th of February, 2013 6.30—8 pm

Where: irabina Officer (located in Mission Australia ELC) 434 Princes Highway Officer 3809

Please register by: Monday 25th of February, 2013 by calling irabina at 9720 1118 or email autism@irabina.com

Cost: FREE
Easter Family Night

What's On

Bunning's Warehouse

 Everyone Welcome
 8796 6600

 Book Now

 Sausage Sizzle
 Jumping Castle
 Balloons
 Face Painting
 Easter Bunny Visit
 Craft

 Evening

 Come and Enjoy a Fun Filled
 6pm till 8pm

 Thursday 21st March 2013

 Sensei Tom McMahon

 03 9703 0555

 Come down to our purpose built stage of the Art Karate School and
 cater to your needs.

 martial arts

 Shuzoku

 Australia

 KARATE-DO

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 Free Trial Class

 Whether you are looking for health and fitness or self defense,
 a personal challenge or self discipline, Karate can help reshape
 your life. From our successful "Kinda Kids" program thorough
 the Art Karate School and Competition Squad, Karate can help.

 Tom McMahon