A Message from the Principal

Hi Everyone,

Although I love hot weather I can’t help but be relieved this hot spell is coming to an end. The students and staff are wilting despite the air conditioning we have everywhere. We have been running with shortened lunch times on all days over 30 degrees, we have been slip slopping and slapping like mad, nobody is sleeping well on these hot nights and we are all tired out.

Our school programs are in full swing and therapists have at last finished assessments and are in the classrooms and working with small groups and individual students. I really want to thank the team for the hard work and dedication they have bought to the assessment task and to the rest of the school for patience in allowing that to happen.

This week we completed the process for school council elections by counting the votes. A great big thank you to all of those who voted we had almost 100 responses from families. I have great pleasure in announcing the winning candidates. Cecilia Ross who is the mother of Jordan was re-elected. We have two new members - Tim Pulling who is the father of Mitchell and Lynne Wood who is the mother of Corey. The results of the staff poll were Michael Weston (re-elected) and Fiona Donald co-opted to fill the casual vacancy created by Jayne Smith who is taking leave this year.

At this time I wish to acknowledge the hard work and dedication of our retiring school council member in Angharad Doran, mother of Kael. Angharad has been on school council since March 2008 and has given 5 years of service to the Dandenong Valley Community. We will miss her on council but recognise her commitment to the school will continue.

As mentioned Jayne is leaving at the end of term on extended leave but will return to us in 2014. Another staff member will be leaving us at the end of term to return to her home in England permanently. We are all sad to see Helena Redmond go she has been a very valued member of the speech team and I shall miss her sensational smile! We wish both ladies safe travels!

If you are interested in school holiday programs the city of Casey has sent information about the Enhancing Vacation Care Program which is a partnership with local mainstream existing school holiday program providers where extra staff can be employed so the program can cater for children and teenagers with disabilities. Shirley and Michael have information about this program so please contact them in the office if you would like a flyer sent home.

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
School Leaders 2013

SCHOOL CAPTAINS

Cecilia Ross our School Council President and our Principal Sue Chernishoff presenting the badges to our School Leaders.

JUNIOR SCHOOL

HALLE

MIDDLE SCHOOL

NAWELL

SENIOR SCHOOL

CHELSEA

TROY

RICHARD

NATASHA

HONG

BRODIE
Connor received his award for his great personal hygiene effort.

Januka received his award for riding independently at RDA.

Teagan received her award for settling into her new school so well.

Chloe received her award for settling so well into her new class.

Steven received his award for completing all his work.

Adarsh received his award for great work at Wallara Industries.
You Can Do It Awards

- Bodie
- Samuel
- Michael
- Aiden
- Ahmet
- Antonio
- Bianca
- Anastasia
- Nicholas

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.
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.

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.
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Tom McMahon

SHUZOKU MARTIAL ARTS

Website: www.karateannarre.com.au
Email: info@karateannarre.com.au

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