

The Mount Dandy News

Top of the mountain, top results.



Issue 250

5th May 2015

What's On

TERM TWO

May

12th-14th—NAPLAN

16th—Working Bee

18th-22nd—Education Week

19th—Headlice check

21st—Health and Wellbeing Evening—5:30-7:30pm

News and Views...

Fun Run Roundup

The annual Fun Run which was run earlier in the year than usual to ease the pressure at the end of the year, was run in dry conditions. After a delightful sausage sizzle lunch, coordinated by our dynamic fundraising committee and expertly cooked by David, Leran and Megan, the students geared up for their hour long lap-athon. We all had our fingers crossed and Mother Nature came through for us holding off the rain until later that day. All student from Prep to 6 participated with enthusiasm and with the support of many parents and family members cheering them on. Our wonderful sense of community was on display for all involved. In the end the Eagles were victorious with an average of 13 laps per student with the other three teams all registering an average between 12 and 13. It was very close indeed! We thank Kathleen Kean for organising the activity component of this annual event and I would like to congratulate all of our students for trying their best and having a go. Please return all fun run sponsorship money to school by this Friday so that we can determine which class has raised the most money. The successful class will win a tennis coaching session.

Parent Forums Feedback

Thank you to our school councillors and parent community for attending our parent forums last week. We appreciated the honest, considered and effective feedback that has been recorded and will analyse it further to help determine our future goals, practices and directions as a school. This week we will send a survey home with each family to gather further feedback to ensure that we have taken every opportunity to allow parents to provide feedback to our school. Please complete the survey and deliver it to our school office. All families who provide feedback will go into a draw for a \$50 Bunnings voucher. More information will be attached to the survey form.

Health and Wellbeing Evening – Education Week, 21st May, 5.30 – 7.30pm

We would like to invite our entire community to come along and celebrate Education Week by joining in our Health and Wellbeing night. One of the most critical factors to success in life is being able to maintain your personal health and wellbeing and so this year we have decided to theme our open evening on this. We have special guests, local experts and some marvellous sponsors. Please come along and enjoy what is on offer. Further information is contained in this newsletter.

Stage Curtains

Yesterday we had new stage curtains installed in our multipurpose room to be used for assemblies, productions and various other performances. The money for these curtains was raised last year from our fun run. Congratulations and well done to our community.

Working Bee

Don't forget that we have a working bee organised for this weekend. We require lots of helpers to come along and chip in to help our school grounds to be maintained in excellent condition for your children. A sign up form is attached to this newsletter. See you there.

Mother's Day

I hope that all our wonderful Mt Dandy mums had a great day and were spoilt by their families on Sunday. We managed to go out for both breakfast and afternoon tea which meant we all felt spoilt in my family. Thanks to our wonderful Mother's Day stall I'm sure many of you received beautiful gifts from very excited children (probably too early in the morning however). Thanks to Nikki Kouris for coordinating this and to her band of parent helpers who helped at the stall. They raised over \$800 for the school.

Headlice Check

A whole school headlice check will take place next Tuesday. This will be our last check supported by the Shire of Yarra Ranges' nurse. The Shire will support us in implementing a parent run head lice program. Volunteers to assist with such a program would be greatly appreciated.

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Purpose Statement

Mount Dandenong Primary School values our unique environment and close community. It is a place for creative opportunities and academic excellence, nurturing respect, happiness and independence.

News and Views... Continued from page 1**This week**

Apologies. Please forward any enquiries to Anni Smart this week as I will away from school with an injury.

Thumbs Up To:

- ☝ Karin Harris from **Mountain Ash** who donated a number of goods for our Mother's day stall
- ☝ Nikki Kouris for organising the Mother's Day stall.
- ☝ The fundraising committee and BBQ cooks for the sausage sizzle last Friday
- ☝ Our enthusiastic students who all tried their best during the Fun Run
- ☝ The Eagles for winning the Fun Run event.

Thank you, Mike Leonard and Anni Smart.

FAVOURITE SPORT DRESS UP DAY

This Friday the 15th of May

**We are holding a fundraiser for the Nepalese Earthquake.
Bring along a gold coin donation.**

**A sausage sizzle will also be held on the day.
Sausages, juices and icy poles will be available for sale. Notices
will go home on Tuesday for orders to be placed by Thursday.
Parent helpers on the day would be appreciated.**

**From Annie Angle ...****Concert for Nepal**

Thank you so much to those who have already donated to the online Nepal Fund I set up last week. Your generous donations are greatly appreciated. We are now taking it a step further thanks to the lovely Lady Shaula. Lady Shaula has kindly asked me to help her organise a concert to raise money for the same cause and families. This hopefully means we make a lot more to help these people.

We will hold the concert at our school in the multipurpose room (thanks Mr Leonard for agreeing to this). Lady Shaula will perform along with several other incredibly talented and beautiful musicians she knows. It will be a night to remember!

One of my friends whose family has been badly affected in Nepal by the earthquake will come and speak briefly. He will be able to relay a firsthand insight into what our Nepalese friends are suffering and their future needs.

There will be a silent auction so we are looking for donations from families or local businesses. Any small donation will help as we can put together baskets of goodies to use as one prize (chocolates, wine, crackers, toys, soaps, perfumes, candles, vouchers etc).

We also want to put it out there to anyone who felt they could organise some nibbles and "bubbly" on the night.

The date of the concert will be announced in the next newsletter but we are hoping for it to happen Saturday 23rd May but we are awaiting confirmation on a couple of things. If not then it will happen later in May or first week in June. It will begin at 7pm and tickets will be \$15 or two for \$25.

Please contact Annie on 0457413015 if you feel you can help in any way or have donations for the silent auction.

Many thanks once again for your support. It is wonderful our small school can contribute to helping those in need in Nepal.

With warmest thanks

Annie and Lady Shaula

OSHClub News

Before School / After School Care Program



This week in OSH we became little creators in our Mother's day art and craft. We made amazing presents for all the beautiful mothers. The children worked extra hard to create something super special for the day. We had fabulous cards, gift boxes, jewellery, notes, pictures and hama bead creations. We want to wish all the mums a happy mother's day for last Sunday and hope you were spoiled rotten.



This week we are becoming scientific geniuses. Each day we will explore a different science concept and delve into amazing, mind blowing and skin crawling experiments. We will look into the elements and key concepts behind the science, while simultaneously having hands on experience that will create an aesthetic environment for the children to learn.



So come along and join the fun! We love seeing new and old faces at OSH.

This Week's Activities - Term 2, Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Care Activities	Poison ball	Giants treasure	Hama beads	Sharks and Jellyfish	Heads up thumbs down
Brekky	Cereal & Milk, Juice (No sugar), Toast (White/ Wholemeal) & Spreads, yoghurt	Cereal & Milk, Juice (No sugar), Toast (White/ Wholemeal), Spreads & Milk & Milo	Cereal & Milk, Juice (No sugar), Toast (White/ Wholemeal), Spreads & Raisin Toast	Cereal & Milk, Juice (No sugar), Toast (White/ Wholemeal), Spreads & Raisin Toast	Cereal & Milk, Juice (No sugar), Toast (White/ Wholemeal) & Spreads, Milk & milo
After Care Activities	4:15pm-5:15pm Cloud in a jar & Balloon tennis	'Get Creative' Art/Craft Club! 4:15pm – 5:15pm Amazing detergent & Line tiggly	4:15pm – 5:15pm Rainbow slime & Downball	'Cooking club' 4:15pm – 5:15pm Chocolate melting experiment & Games	'Friday Fun Day' 4:15pm – 5:30pm Creating crystals & Piggy I the middle
Afternoon tea	Crackers, dip and a plate of fresh watermelon, apple, grapes and pear	2 minute noodles with a plate of watermelon, oranges and apple.	Wedges and a plate of oranges, watermelon and apple.	Fresh jam, vegimite and honey sandwiches with a plate of watermelon, apple and kiwi fruit.	Nachos and a plate of oranges, watermelon, apple and mango

Parent Information

Make sure your child/ren bring their hat as: No Hat = No outside play.

Ensure all enrolments are to be signed in and out when your child arrives and is collected at the end of the day.

OSHC program phone: 0419915649

OSHClub Head Office: 03 8564 9000

Coordinator: Samantha Clarke

Assistant: Kerrie Jones

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 direct at the program.

Stories Up High Writers Competition Winner!

David Walliams, a celebrated children's book author is currently touring Australia and is visiting the Yarra Ranges as a guest of the 'Stories Up High Writers Festival'.

In conjunction with his visit, a competition was launched by the Festival for enthusiastic young readers and writers, with the prize being tickets to an event at The Sky High together with the opportunity to meet David Walliams.



Several students took part in the writing competition organized by the 'Stories Up High Writers Festival'. Each entrant was asked to complete a book review of one of David Walliams's books.

Congratulations to Erin W who completed an excellent review of David Walliams' book, 'The Boy in a Dress'. Erin has received two tickets to the Stories Up High event, 'David Walliams: The New Road Dahl', which I am sure she'll enjoy very much.

Aeisha D., Emily S., Percy H., and Spike S. also received highly-commended prizes for their entries.

Claire Smith, one of the organizers of the event, visited the school and presented the students with their awards. Well done to all the students who participated.



ICT Round Up

After several difficulties with certification issues causing iPads, apple TV's and laptops to be regularly omitted from our network, causing unreliability and frustration on behalf of staff and students we are trialling a new Wi-Fi configuration in the Senior Learning Unit that seems to be working and if it continues to function successfully we will roll it out through the school in the coming weeks.

The students involved in the 1:1 iPad program will have far more consistent access to the programs they need to utilise this technology effectively. We apologise for any inconvenience up until now. Due to this inconsistency we have not charged families an ICT fee to cover networking and app costs this year.

To date our students have been using their devices for researching, supporting their learning and presenting work in innovative ways whilst also learning about the responsibility that comes with being a digital citizen.

Parents who have not signed up for the schools volume purchase program are reminded to download the required apps as per the letter sent home in term 1.

At Mount Dandenong Primary School we conscientiously strive to balance between traditional and technological methods of teaching and learning to ensure our students are well equipped for the 21st century.

Emotional Labour *Submitted by Michael Grosse*

Labour takes many forms. The guy with the hard hat and shovel repairing the road is doing labour. It's physical. It's takes a certain fitness to spend work with a pick and shovel all day.

The writer who spends all day banging away on a keyboard is doing labour. Hammering out great text can be exhausting. It's mentally taxing.

A parent who spends all day with young children, and then gets resistance when they should be in bed is doing labour. It's emotional labour.

You need to bite your tongue when your child just won't listen. You want to scream at the top of your lungs, "JUST DO IT NOW BECAUSE I WANT IT DONE." But you don't because you know it will only make matters worse. That's emotional labour.

You need to absorb the children's frustrations and fears. When children go to school there can be new pressures placed upon them, and you. Saving their best behaviour for school they show you their worst face, behaving in ways they'd never do at school. So we parents must do the emotional work - smile, nod, agree, listen, gently provoke and absorb the mix of emotions that are directed your way.

Emotional labour is the hardest work of all. But just don't tell that to people who don't do emotional labour. The person with the pick and shovel won't appreciate how hard emotional labour can be. It's draining.

It helps if your partner recognises the impact that emotional labour can have on you. You need to support each other so you can do the emotional work.

You also need to look after your own energy levels to stay fit. Regardless, you need to do the emotional work if you are going to be effective with children.



Mount Dandenong Primary School proudly presents

Health and Wellbeing Night 2015

Thursday 21st May, 5.30pm to 7.30pm

Health and wellbeing are essential for quality of life and are fundamental preconditions for learning and development. Active participation and engagement in learning, a positive experience of education or training and an informed awareness of health are crucial to long term health and wellbeing". (Dept of Education and Training)

Healthy bodies and minds are a vital ingredient for success and happiness, not only for students but for all of us. So this year during Education Week we have decided to embrace this by inviting our community to a health and wellbeing evening.

Families are invited to come along and participate in four 25 minutes sessions of your choice. Activities include, meditation, Zumba, a café *relax and chat*, physical games, drumming and much more. Thanks to our wonderful local sponsors we have some exciting prizes for those families who complete 4 sessions and have their passports stamped. Passports will be sent home next week. We hope to see you there.

Michael Leonard
Principal

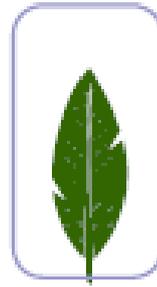
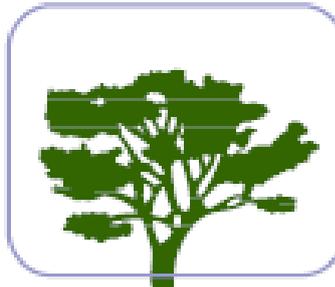
Sponsors –
Josie's Zumba
Dandenong Ranges Physio
Elle Naturale





WORKING BEE

SATURDAY 16TH MAY, 9 AM–12 PM



We need you!

Please come along and support us to provide a wonderful outdoor space for your children.

Equipment Required: Whipper snippers, hedging equipment, secateurs, blower vacs, spades, shovels, wheel burrows, rakes, brooms, buckets, gloves etc.

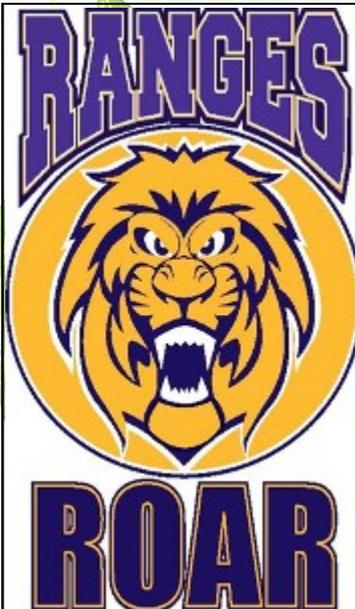
Jobs include: pruning, weeding, cleaning external drains, slashing grass, fertilising the vegetable gardens, preparing our embankments for planting and more

✂ _____

Yes, I/we will be attending the working bee at the following time:

- 9–10 am
- 10–11 am
- 11 am–12 pm

Signed



PO BOX 106
OLINDA 3788

www.rangesbasketball.com.au
RANGES BASKETBALL CLUB will be running Mini Ranges for 5 weeks commencing on **Wednesday 13th May**
Time: 4.30pm – 5.30pm
Where: Monbulk College sports stadium.



This is a full court session with the aim of teaching basic ball handling skills to 6 – 10 year old children. Bring a ball if you have one (not compulsory)

For further information or to book a place ring Carey on 0417 398 834 or Information can be sought from Emma Johansson (Ferry Creek PS) or Kathy Boyd (Sassy PS), Megan Ford (The Patch PS), Danny Leonard (Mt D PS), Simone Hall (Kallista)

If you are 7 – 22 and would like to play the Winter 2015 season starting on 23 May ring or email Carey ct3103@bigpond.com

Nepal Fundraiser



Garage Sale

Saturday 16th May, 9 am

68 David Hill Road

Monbulk

Recycle, Repurpose, Re-use, Reduce

SHAUNA KING'S FAN-FORCE
SCREENING OF
THAT SUGAR
FILM
CAMEO CINEMA, BELGRAVE
16th May at 10:00am
Tickets only available at FAN-FORCE.COM/SCREENINGS

RESERVE TICKETS NOW!

FAN-FORCE SCREENINGS ARE RUN BY REAL FANS. THEY ONLY HAPPEN IF ENOUGH TICKETS ARE SOLD. DON'T WORRY - WE ONLY CHARGE YOU IF IT GOES AHEAD.

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Deborah J Weber CA
Chartered Accountant
CA SMSF Specialist
Registered Tax Agent

ARE YOU LOOKING FOR A MORE PERSONALISED SERVICE FROM YOUR ACCOUNTANT?

Deb is a sole practitioner situated in the Dandenong Ranges, with more than twenty years experience in taxation, self-managed superannuation compliance and small business compliance. If more convenient, it is happy to see you in your own surroundings at a time that suits you.

If this sounds like the service you've been looking for, why not give Deb a call?

Phone: 9751 0275 Mobile: 0407 667 636
www.debj.com.au Email: deborah@bigpond.com
First Appointment Free

Sassafras Preschool

Sassafras Preschool is holding a cake stall on Saturday May 9 on the Village Green in Sassafras. Please come and support your local kinder and purchase a ticket in our Mothers Day hamper raffle.

Prizes include:

- Sunday Roast at the Sky High, voucher for Beauty in Sassafras for either pedi/mani/facial, bottle of wine/bubbly, hand creams & special pillow
- Dinner for 2 at the Cuckoo, voucher for Beauty in Sassafras for either pedi/mani/facial, bottle of wine/bubbly, hand creams & special pillow
- \$30 voucher for Nourish in Sassafras

Weed Blitz

Free Environmental Weed Tipping Day
Skips will be available at
Kallista Community House, Kallista
Mt Evelyn Rec Reserve, York Rd, Mt Evelyn
Saturday 16th May 2015
9am - 3pm

- Agapanthus
- Arum Lily
- Asparagus Fern
- Banana Passionfruit
- Cotoneaster
- English Holly
- English Ivy
- Japanese Honeysuckle
- Karamu
- Mirror bush
- Montbretia
- Red Cestrum
- Sweet Pittosporum
- Wandering Trad
- Wild Tobacco Tree

When removing weeds please be aware of the potential that native animals may be sheltering in them. Always check woody weeds for nests before removing and where possible replace a weed with an indigenous native plant. Nest boxes are easy to make, inexpensive to buy and a great way of providing homes for native animals.

We cannot accept Noxious Weeds due to legal limitations on transportation www.depi.vic.gov.au

For information on weed removal techniques call Yarra Ranges Council on **9294 6215** or <http://www.yarraranges.vic.gov.au>

WEED INFORMATION AND ADVICE AVAILABLE ON THE DAY

Enjoy a break with a
Massage or Natural Facial
It's a fast & effective way to relax and unwind
Call or text Melinda 0411 622 445
at **Elle Naturale** Olinda
Shop 1 / 1606 Mt Dandenong Tourist Rd Olinda
www.ellenaturaleolinda.com.au
Open every day!
Join me for free meditation every Wednesday morning

DANDENONG RANGES
Physio
Pilates Orthotics Remedial Massage

- Back/neck pain
- Sports injuries
- Headaches
- Overuse injuries
- Sprains/strains
- Falls & balance
- Post-surgical rehab
- Women's health

OLINDA - 9751 0400 - Opposite Mt Dandenong Hotel www.drphysio.com.au