Principal’s Comment

I am thrilled to be principal at Happy Valley State School and blessed to work with such an enthusiastic and competent staff. In the first week of school I have been impressed with the spirit in which the staff ensure your children are learning everyday. I'm also pleased with the politeness of the students and how they apply themselves to their studies.

Influence

So often we are told how we can influence others, "How to win friends and influence people." But this year I have challenged staff and students to seek and find influence in those around them.

Who has influenced you? What actions have you taken in response to what you’ve seen in others or in situations around you?

Katie is a girl who founded Katie’s Krops, a gardening program that supplies food to feed people in need. She took action to help where she saw a need. She was influenced by volunteers around her and the long line of people waiting to be fed at a soup kitchen. She didn't just think isn't that sad, or good on those people. She took it a step further and allowed to be influenced by taking action.

Like Katie, let's look around us and see how others can influence us in the choices we make to help us and our community.

Dates to Remember

February
7th  Parent Information Night
8th  Rural & Remote Community Consultation (Spinifex Snr Campus)
10th BookClub Orders Due
13th P & C Meeting (6:30pm Meeting Room)

March
13th P & C AGM (6:30pm Meeting Room)
15th School Photos
31st End of Term 1

April
14th Good Friday
17th Easter Monday
18th First Day Term 2

I encourage all families to come to our Parent Information sessions on Tuesday night. We know that children do best when families and schools work together. I'd love to meet you so please come up and say hi. We have three sessions available to parents 5.30, 6.00, 6.30. Each teacher will offer three sessions. This allows you to visit each of your children's class on the same night.

From
Elissa
Welcome To Our School

Deanna Pedersen
4G Teacher

Anna Prokop
5B Teacher

James Nugent
Relief Teacher

Katelyn McGuire
Prep W Teacher

David Quittenden
Guidance Officer

Elissa Crumb
Principal

Jason Stefanac
6B Teacher

Rebecca Schwenk
HOC

David Reed
Groundsman
UNIFORM SHOP
OPENING TIMES

Tuesdays: 8.30am – 9:00am
Fridays: 8.30am – 9.00am

NB Can do orders & payments (credit card) over phone for collection at office.

Orders can also be placed at the Tuckshop between 8.30am – 1.30pm (Mon/Wed/Thurs) for collection at a later date.
Larger sizes available (up to XXL)

EFTPOS AVAILABLE IN UNIFORM SHOP

ANYONE WITH SECOND HAND UNIFORMS AT HOME IS ENCOURAGED TO DONATE THEM TO THE SCHOOL. DROP THEM INTO THE FRONT OFFICE.

School Banking is now every Tuesday

If you have any queries please see Donna at the Tuckshop or pick up an Information sheet at the office.

When your child makes 10 school banking deposits, they can choose an item from the Reward Card (available at the office or online). Pop the reward coupon, along with the 10 silver Dollarmite tokens into the school banking deposit book to redeem your prize.

Parent Information Evening

Tuesday 7th February

Each teacher will hold 3, 30 minute sessions in their classroom. This is a great opportunity to meet your child/ren’s teacher and find out what’s happening in their classroom.

5:30pm
6:00pm
6:30pm

P & C NEED YOU

Please join us on Monday 13th February @ 6:30pm, in the meeting room for our first P&C meeting for 2017. All welcome to attend, we would love to see some new faces and hear your ideas/suggestions for our amazing school.
Mt Isa PCYC  
Junior Blue  
Light Disco  

Friday 3rd February  
6:30 - 8:30pm  
Ages: 6-12 years  

$5 entry (includes entry to lucky door prize)  

Canteen Open – hot food, snacks & drinks  

Fully supervised - good standard of behaviour required, no pass outs, no alcohol, no drugs, no chewing gum  

HEAD LICE  

Head lice have been detected in the school. It is extremely important for you to check your child’s head for head lice. If you do find head lice, commence treatment immediately and be sure to complete the process of treatment.  

Your local pharmacist can provide advice regarding head lice treatment options and head lice combs.  

Remember anyone can get head lice, they have no preferences for cleanliness, hair colour, hair type, ethnicity or age.  

Come and get your hot dogs....  

Don’t forget our Friday special at Tuckshop.  

Hot Dog & Drink $6  

No other hot food, sandwiches or wraps are available on Friday’s.
Rural & Remote Education Community Consultation

The Department of Education and Training is developing a new strategy around Rural and Remote education which will ensure that state school students have access to high quality learning opportunities within their local communities and beyond.

Your input and feedback is a vital part of our initial consultation process.

As a valued member of a rural and remote community you are invited to have your say by taking part in a community consultation to be held from 4.00pm (3.30pm registration) to 6.00pm at Spinifex Senior Campus library on 8 February 2017 – Mount Isa.

To attend this session and to help shape the future of rural and remote education in state schools, please RSVP via email to ruralandremote@det.qld.gov.au by 2 February.

Understandably and somewhat ironically it will not be practical for some of you to attend the face to face consultation meeting in Mount Isa due to the travel constraints so alternatively you may wish to complete our online survey so you can still have input into the development of the rural and remote strategy.

FREE DENTAL SERVICE
REGISTER NOW

If you have a child who is between 4 years of age and completing grade 10 in 2016 they are now eligible to register for a free check-up and treatment with the School Dental Service operating in Mt Isa, Cloncurry, Julia Creek, Doomadgee, Mornington Island and Normanton.

Children who are under the age of 4 or those who have already completed grade 10 are required to hold a Queensland issued Centrelink concession card to be treated under the free dental service.

Registration by Email: Your child/children can be registered with the school dental service by emailing the following details to: MT_ISA_Dental_Admin@health.qld.gov.au
- Child’s full name
- Child’s date of birth
- Postal address
- Contact telephone
- Grade

Registration by Phone: Your child/children can be registered by contacting the school dental service directly on (07) 4744 4407 or (07) 4744 4041.

BOOKCLUB ORDERS DUE
Friday 10th February

BOOKCLub
Mount Isa Hockey Association

Invites you to play hockey in 2017!!!

We are holding a mixed competition for Boys & Girls in the following age groups:
- 4-7 year old (must turn 5 in 2017)
- 8-10 year old
- 11-15 year old

Please be advised these groups might change depending on numbers signing on for 2017.

Players 15 years or over are very welcome to join a Men’s/ Ladies Team

Season Fees:
- 4 – 9 Years Old at 31 Dec 2017 - $50
- 10 – 15 Year Old at 31st Dec 2017 - $75
- 15 – 20 Years at 31 Dec 2017 $140

*Under 15 years playing more than 5 games in seniors are required to pay $140 MIHA registration

20 Years+          $330

Every Registration Receives a FREE HQ Registration Pack

This fee includes registration with Hockey Queensland, payment options available at sign-on.

Loan Hockey Sticks are available.

SIGN ON:   Saturday 11th February 2017 10.00am till 12.00pm

Sausage Sizzle Provided

WHERE:  Mount Isa Hockey Fields Sports Parade

For further information please contact
Mt Isa Hockey Association Secretary
mihasecretary@hotmail.com
Tel: 0421775190

Come join one of our 4 clubs and Hook into Hockey!
How is it that the sound of laughter is far more contagious than any cough, sniffle, or yawn? Laughter is a natural part of life. The part of the brain that connects to and facilitates laughter is among the first parts of the nervous system to come online after birth. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Now is the time.

While humour and laughter can cause a domino effect of joy and amusement for anyone in range, it is well researched that this activity can make us healthier.

Though it can be difficult to define what exactly makes humour funny, laughter has long been considered helpful to the healing process. Substantial research indicates that humour and laughter play a health role. Did you know that laughing:

- **exercises the internal organs** (great for the stomach muscles and the cardiovascular system),
- **with all that mouth opening and deep breathing, laughing gets more oxygen to the brain** (to enhance alertness and thinking),
- **boosts endorphins** (natural mood-elevating and pain-killing chemicals),
- **strengthens the immune system** (to help fight off disease.)

Laughter has also been shown to **improve pain tolerance, reduce stress, lower blood pressure, and protect the heart**.

The social effects too are many. They include:

- **improving a person's optimism and outlook on life**
- **connecting** you to others — others will want to spend time with you
- **fostering instant relaxation**
- and most importantly **IT MAKES YOU FEEL GOOD**

Unlike more invasive therapies, laughter therapy is cheap and has no harmful side effects - not bad for such an enjoyable activity.

The great Groucho Marx who spent his movie life clowning around stated: **A clown is like an aspirin, only he works twice as fast.**

**But Humour must be used with care. Children should not be exposed to inappropriate adult humour. Never use humour to offend or shame another person. It’s not about laughing at another person but ensuring everyone enjoys the joke. If you feel a need to laugh at someone make sure that that someone is you.**

Try these activities. They will benefit your child and you:

- Watch comedy DVD’s and TV shows
- Visit the circus – do some clowning around yourself
- Listen to comedy while driving – the news these days is very depressing
- Read comic authors/ tell jokes.
- Seek out funny people - spend less time with overly serious people.
- Bring humour into conversations. Tell and invite funny stories
- Just practise smiling and laughing. If you have to - "fake it till you make it"

Let’s see more people laughing, and smiling. Our communities, including schools and workplaces, can only benefit.

Here are some jokes to share with the kids

Q What can you never eat for breakfast?
A … Lunch or dinner

Q What looks like half an apple?
A… the other half

Q If you throw a red stone into the blue sea what will it become?
A… wet

Q How can a man go 8 days without sleeping?
A… No problem, he sleeps at night

Q How can you lift an elephant with one hand?
A… You will never find an elephant that has one hand!

Q If it took 8 men ten hours to build a wall, how long would it take 4 men to build it?
A… No time at all as the wall is already built

Q How can you drop a raw egg onto a concrete floor without cracking it?
A… Any way you want as concrete floors are very hard to crack.

SO LET'S LAUGH MORE