

# Happy Valley State School Newsletter

No. 02 dated 19/02/15



## DATES TO REMEMBER



### March

- 2<sup>nd</sup> THRASS Teaching Tool and Parent Information Night – 6pm in Hall
- 6<sup>th</sup> Interschool Touch Football & Soccer Carnival
- 9<sup>th</sup> P&C General Meeting – 6.30pm in meeting room
- 17<sup>th</sup> District Choral Workshop – HVSS Hall
- 27<sup>th</sup> Interschool Touch Football & Soccer Carnival
- 30<sup>th</sup> P&C AGM – 6.30pm in meeting room

## Principal's Comment

Hello to all and welcome to the second Newsletter of 2015. Our Teaching Staff have been working overtime on Professional Development and Planning Sessions that will enhance the teaching and learning at Happy Valley. This Saturday staff will attend a *Seven Steps to Writing* session designed to improve our focus when teaching students how to write better.

Our Day 8 numbers saw us lose about 5 students from 2014, our numbers now being 458. This makes us the largest Primary school in Mount Isa.

We have been working extremely hard on our *Improvement Agenda* (our plan for learning success) for this year and next week sees our second visit from our Assistant Regional Director, Dr Foster. Dr Foster will be working closely with our Admin team to ensure our students' outcomes are strongly supported.

I am extremely proud of the way our community has welcomed our new staff members to Happy Valley. The number of wonderful comments that have been passed in relation to our school, teachers, teacher aides and students is very heartening.

### LOTE

This week our Year 5 and 6 students had their first LOTE lessons in Japanese. It was so great to see the children access the curriculum in a new format. The look on their faces as they interacted with their new teachers via the internet was reaffirming that we have made a sound decision for our students. If you have students in these year levels, ask them for feedback.

### THRASS AT HVSS

We have been extremely pleased with the response for the Parent THRASS night that will be held at 6pm on Monday 2 March in the Hall. So far there have been over 70 parents express an interest. If you wish to attend, please inform the Office before the night.



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## **PARENTS AND CITIZENS ASSOCIATION**

Thank you so much to the amazing parents and community members who attended our first P&C Meeting of the year. Our next General Meeting will be Monday 9<sup>th</sup> March at 6.30pm. We would love to see even more in attendance at this meeting as we are planning big (and small) things around the school. The meeting starts at 6:30pm and parking is available in the Staff Car Park. Children are welcome if you have no babysitting options.

## **SCHOOL LEADERS' INDUCTION PARADE**

Last Monday we welcomed the Mayor, Mr McGrady, and his wife Sandra to our School Leader Induction Ceremony. I was very proud watching these young leaders take their first steps on the leadership journey. Thank you to Mr and Mrs McGrady who always support our school, and to all the proud parents who joined us. Our School Leaders for 2015 are:

### School Captains:

Jorja Bell & Tristan Nicholson

### School Vice Captains:

Breanne Byrne & Aiden McCarthy

### Cook House Captains:

Ella Condren & Muthu Palaniappan

### Sturt House Captains:

Braith Major & Silvia Moreno Pineda

### Flinders House Captains:

Cooper Narramore & Samuel McMillan

## **DISPLAY BOARD IN OFFICE**

Mrs Smith has kindly organised a roster of classes who are displaying their marvellous work in the Office. 3 White is currently the class featured, so stop off and see what is happening in their room.

## **PLAYGROUND USE BEFORE SCHOOL**

For those families new to our school and for others that may need a reminder, we do not encourage children to be at school before 8am. Students are then expected to follow the 'Sit on it' social skill outside their classrooms. This includes Prep students playing on the playgrounds. There are no teachers rostered on duties at these times and children are not permitted on any play equipment, even if you are supervising them. Please help us with these safety issues.

## **CAR PARKING**

A reminder also that the Brilliant Street Car Park is **NOT** a parent drop off area. This area is a designated staff car park but also serves as a delivery area and Taxi Drop Off zone. It would be appreciated that parents do not use this car park and also, people do not use the car park as a short cut to classrooms. This is a high traffic area at the beginning and end of school. As well, a number of parents think it is not against the law to park on the footpath next to the yellow lines sprayed as 'No Standing' zones. This is incorrect and police have assured me that they will book people illegally parked. It is not safe to park opposite our school and have your children cross the road to you. This is where I receive most of my reports. Please think of the safety of your children and others and use correct car park and entry gates. The police have been notified of several dangerous acts already and will be increasing patrols to ensure safety of our students and that traffic flows smoothly through this zone.

## **PARENT HELPERS**

We would like to give special thanks to all parent helpers and volunteers for their commitment in assisting our teaching staff in their endeavour to guide your children through their primary learning years. I would also like to take this opportunity to remind these wonderful helpers who come in and help in our classrooms, to please sign in and out at our administration office. This is a Workplace, Health and Safety issue and if we have an emergency, we need to know who is at the school.

Once again thank you to our volunteers, we look forward to seeing your smiling faces in our classrooms.

***Norm McNamara***  
***Principal***

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## **SECOND HAND UNIFORMS**

If any families have second hand uniforms that are no longer required we would greatly appreciate them being donated to our school through Lexine at the office. These uniforms come in handy to have as spares in case of accidents. Any size will be considered a great help. Our uniform shop also accepts second hand uniforms to resell onto other HVSS families, therefore any excess we get will be given to the uniform shop.

## UNIFORM ORDERS AT TUCKSHOP

Term 1 this year, we will continue trialling ordering and payment of any school uniforms, *outside of normal Uniform Shop opening times*, through the Tuckshop instead of the Office. Please note the Tuckshop will keep limited supplies for emergency orders only. The large majority of orders placed *outside the normal Uniform Shop opening times* will still be collated by our lovely Uniform Coordinator, Leah Eussen on her given days for collection either through the Tuckshop or via your child. Payments will still be taken at the Tuckshop for these orders.

The Tuckshop is generally manned from 8.00am – 1.30pm and our Uniform Shop will still maintain its regular opening hours of Tuesday and Friday mornings, 8.30am – 9.00am.

### UNIFORM SHOP OPENING TIMES

**Tuesdays: 8.30am – 9:00am**

**Fridays: 8.30am – 9.00am**

Orders can also be placed at the Tuckshop for collection at a later date.

*Larger sizes available (up to XXL)*

**EFTPOS NOW 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.

## WEEK 2 & 3 - TERM 1 AWARDS

### STUDENTS OF THE WEEK

Prep B	Liane V	3 B	Dimontray A
	Nate O		Brodie V
Prep W	Lily J	3 W	Georgia D
	Lincoln T	3/4 G	Danielle B
Prep G	Keegan S	3/4 S	Kaylee N
	Alura B	4 B	Zanri N
1 B	Bevan S		Lexie B
	Gabrial W	5 B	Blake P
1 W	Niah M		Amy J
1 G	Deon Mc	5 W	Sharleigh C
2 B	Kauri H	5/6 G	Corey S
	Ally D		Jodie J
2 W	Neo S	6 B	Luke S
2 G	Luke B	6 W	Bailey S
	Coco W		
2 S	Skye B		
	Nobal J		
	Shannon R		

# From the Tuckshop

## APPLE SLINKYS

Any student wishing to have their apple turned into a Slinky, will need to bring their apple to school in a zip lock bag, with their name and class written on the front of the bag. They will then need to place this in their class Tuckshop box with all other orders first thing in the morning. The Tuckshop ladies get very busy at lunch times and often can't get the apples slinked when students are lining up. Your help in this matter will greatly alleviate the 'lunch time rush'.



## BIRTHDAY CUPCAKES

**\$25.00**

Our Tuckshop is now providing a class set of cupcakes for your child's birthday at a cost of \$25.00 per set. The cupcakes will come iced and on a decorative stand and delivered to your child's class at approximately 12.45pm on the required day.

All orders are to be requested at the Tuckshop with a minimum of 2 days notice.

If you would like extra decorations, please provide these to the Tuckshop with your order.



# Newsletter Article 2 – Separation Anxiety

From the Guidance Officer – Charmaine Gubbins, at Happy Valley School on Tuesdays, Wednesdays and every second Thursday.

Difficulty separating from their Parents upon return to school, especially after long breaks like the Christmas holidays, can be an issue seen in a number of children at the start of the school year. So, what can you do to support your child if they are experiencing difficulty separating from you?

## Separation Anxiety –

- Fear of separation from primary caregivers (usually parents)
- Excessive worry about separation, either of harm befalling parents or oneself
- Refusal or trying to avoid going to school, being left alone, sleeping alone
- Often complains of headaches, tummy aches

## *What can you do if your child is having difficulty separating from you?*

- Develop a consistent routine around getting ready from school, possibly take some photos of your child doing the things in their morning routine and put these up on a chart.
- Keep daily routines – this helps children to feel secure when they know what is happening in their day.
- Have a simple visual timetable of the week (or use a calendar) and move a marker or cross out the days / activities of the week as they go so your child can see and know what to expect in their week.
- Talk to your child about ‘going to school tomorrow’ and remind them of some of the things that they enjoy doing while there eg. seeing friends, playing on the playground, doing arts and crafts, listening to stories. Your teacher can help you with this. Talk to them while you are on your way to school about what they might do that day and which friends they might see.
- Perhaps include something special in their lunch that they only have when going to school eg. a favourite fruit/ biscuit/ snack, a popper juice, favourite sandwich or use a bread roll / wrap something different when making their sandwich so it is special for school.
- Organise to arrive at school at the same time as one of your child’s friends so that they may go off together and play.
- If your child is clinging to you and perhaps crying when you go to leave, arrange with your teacher to have them hold your child’s hand / give them a special job have an activity that they enjoy ready for your child – so that you can leave.
- When leaving your child try to be confident and firm (even if you don’t feel this way) and say something positive in an upbeat tone eg. “See you this afternoon, have fun eg. playing with Bob / painting / at PE / playing on the playground...” then turn and leave. Try not to look back. Usually if a child is upset, they will settle quite quickly once you have left. If not, the teacher will contact you.
- Be prompt and reliable at pick up time.
- If your child has great difficulty separating from you, try to organise with a family member or friend to take them to school so that they leave you at home rather than you leaving them at school.
- **Celebrate your child’s success in separating from you eg. your child could call a relative to tell them about it, have a special treat / outing / watch TV for an extra 10 minutes / read an extra story together at bed time / set up a reward chart in which your child works towards something special, putting a sticker on each day she separates from you without too much trouble.**

## *If your child is having trouble sleeping at night due to worrying about going to school the next day, you could try:*

- leaving a light on for them
- spending extra time on the bedtime routines which help children to wind down for the night
- give them something special of yours to hold / have near their bed
- talking about the positives things in their school days

**If the problem persists, organise to speak with the Guidance Officer or see your GP or access CentaCare who run an anxiety program (the Guidance Officer can help you with information regarding CentaCare programs).**