

Happy Valley State School Newsletter

No. 03 dated 05/03/15



Learning THRASS



DATES TO REMEMBER



March

- 6th Interschool Touch Football & Soccer Carnival
- 9th P&C General Meeting – 6.30pm in meeting room
- 9th-13th Hearing Screening for Aboriginal & Torres Strait Islander students
- 17th District Choral Workshop – HVSS Hall
- 19th Ride2School Day
- 20th “Orange” Free Dress Day in support of Harmony Day / National Anti-Bullying Week
Closing date for 49th Mt Isa Eisteddford Entries
- 27th Interschool Touch Football & Soccer Carnival
- 30th P&C AGM – 6.30pm in meeting room

Principal's Comment

I hope that Volume 3 of our newsletter sees you on top of the world. It has been a huge first six weeks for everyone in our community. Students have been heavily involved in our first unit of the Australian Curriculum, Staff have been engaged in planning amazing learning experiences as well as Professional Development, and everyone else in our community who have been busy.

Last Thursday and Friday, I attended the State Schools Principal Conference in Brisbane. There were lots of messages for us, with the overall conference theme being, ‘Every great school has a great school down the road.’ The other huge message was the important part everyone plays today in making their schools great. We all need to collaborate and work together to ensure this happens. At our school, we pride ourselves on working together with our staff, students and parents.

LEAVING STAFF

On behalf of our community, I would like to thank Ms Annette Gordon for her wonderful efforts as a Teacher Aide at Happy Valley. Annette has an amazing passion for the Arts and I wish her continued good wishes on her next endeavour.

HARMONY DAY/NATIONAL DAY OF ACTION AGAINST BULLYING & VIOLENCE

These two important events fall together in Week 8. Friday 20th March is the national day of action against bullying and violence, which is an awareness time for us all to say “Bullying - No Way”. Harmony Day officially falls on Saturday 21 March, and we acknowledge the multiculturalism within our society with the theme “Everyone Belongs”



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To show our support HVSS will be conducting activities in class and are holding an "Orange" Free dress day on Friday 20th March. All students, staff and community members are encouraged to wear "Orange" to support these great causes – NO GOLD COIN DONATION REQUIRED.

PARENTING IDEAS

Our school has become a part of an amazing resource called *Parenting Ideas*. Every newsletter from now will contain an advice sheet that you can read and share amongst friends. The topics may not always be relevant to you at the time, but may become better to use as the year rolls on. This week's topic is '7 ways to help you be on top of your parenting game.' I hope you find this ongoing partnership useful and supportive in how you operate.

PARENTS AND CITIZENS ASSOCIATION

We are looking forward to our second P&C Meeting of the year on Monday 9th March. Come along for a 6:30 start and help the Committee with great ideas for supporting the school. This meeting is not the AGM, which will occur on Monday 30 March. Parking is available in the Staff Car Park. Children are welcome if you have no babysitting options.

RELIGION AT HVSS

This week saw the start of our Religious Education sessions at HVSS. This is a non-denominational program that is delivered by the local Council of Christian Churches. If circumstances have changed since filling out the RE consent form at your child's enrolment, and you no longer wish for your child to take part, please inform the Office immediately.

DISPLAY BOARD IN OFFICE

4 Blue are currently on the display board. Next week is the turn of 3/4 Gold.

THRASS PARENT NIGHT

It was wonderful to have more than 50 families represented at the information night on Monday night. It was a real light bulb moment to watch how the presenter Pete pulled the process apart and showed parents what the children at HVSS are learning. To date, the feedback has been very pleasing and it was great to see so many parents getting actively involved in the session and keen to see how they can support their child's literacy development.

On Tuesday families in attendance received a short feedback form which I would encourage you to fill in to assist us in being able to meet the needs of parents in the future. If you registered to attend but

couldn't make it on the night you should have received the parent notes on Tuesday.

We hope that there will be further sessions throughout the year.

A reminder that THRASS picture charts are available for purchase for \$6.95 directly from the school office. All other THRASS resources can be purchased from their website. If you would like more information about the way THRASS supports teaching and learning please visit their website - <http://www.thrass.com.au/>

HEARING SCREENINGS FOR ABORIGINAL AND TORRES STRAIT ISLANDER STUDENTS

Our local Aboriginal and Torres Strait Islander health team will be screening for hearing loss and ear disease problems in children at our school from the 9th – 13th March. All parents of Aboriginal and Torres Strait Islander students from Prep to Year 4 should have received a permission form. Please ensure this is completed and returned to the office as soon as possible to ensure your child/children are tested.

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

A reminder to the wonderful parents who come in and help in our classrooms. We thank you all for the commitment that you make to helping your children and other people's. Can I please ask that you sign in to the Office. This is a Workplace, Health and Safety issue. If we have an emergency, we need to know who is at the school. Also, if you are working around teachers or teacher aides, please respect the job they are doing and give them the space they need to do their job.

Norm McNamara
Principal

RIDE2SCHOOL DAY

Happy Valley state School will again be celebrating national Ride2School day on Thursday 19 March, along with thousands of other schools around the country. Students, parents and teachers are encouraged to leave the car at home and get students riding, walking, skating or scooting to school. This is designed to promote the importance of daily physical activity for everybody.



After the success of this event last year we are inviting students to bring their bikes in for a ride-a-thon during first lunch on Thursday. All students will need to wear their helmets for this event and we are aiming to travel a combined total of 50 kilometres around the oval. There will also be running races for those students that did not bring their bike. Students can vote on which teacher should receive a prize for walking, riding or scooting to school. All students and staff participating will receive an iceblock and certificate.

On the day students are to leave their bike/scooter chained up at the bike racks. Teachers will instruct them when it is time to remove their bikes. All parents are most welcome to attend.

Yours in sport
Craig Gason

WEEK 4 & 5 - TERM 1 AWARDS

STUDENTS OF THE WEEK

Prep B	Alvaro M William C Lusiana Y Harlowe J	3 B	Jett G Marlo M Zayne D Breearna S
Prep W	Jack C Lia O'N Aiden G Taylah G	3 W	Kelly B Oriana S Scarlett Z Zoe B
Prep G	Minke A Ethan C Beau S Kaidyn D	3/4 G	Lianna W Brooke C Dean E Kyie C
1 B	Oliver H Izabella V	3/4 S	Misha G McKenzie K Leila K Jenisha A
1 W	Aston M Amitoj H	4 B	Ella C Kelsey E Charlotte T Jade K
1 G	Mason C Titan M	5 B	
2 B	Tyler B	5 W	
2 W	Bridgit M	5/6 G	
2 G	Tamara R	6 B	
2 S	Rachel A	6 W	

UNIFORM SHOP OPENING TIMES

Tuesdays: 8.30am – 9:00am

Fridays: 8.30am – 9:00am

TRIAL ONLY: 2.00pm – 2.45pm

Orders can also be placed at the Tuckshop between 8.00am – 1.30pm (Mon/Wed/Thurs) 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.



6 White LOTE Lessons



Respect Yourself



Respect Others



Respect Property

Social Skills

Respect is the Key

Focus:

Students know that they must respect themselves, respect others and respect property. Understand that 'respect is the key'

Looks Like

- Students dressed neatly
- Students looking after property.
- Students making the right choices

Sounds Like

- Students using manners
- Students using respectful language

Feels Like

- Enjoying yourself and being happy because you have made the right choice.

49th Mount Isa Eisteddford

Schedules and Entry Forms are now available at Elders Insurance, 76 Camooweal Street.

Sections include:

- Music (Piano, Vocal, Woodwind, Brass & String)
- Ballet, Tap, Modern, Jazz, Hip Hop & Funk Dance
- Highland and Irish Dance
- Speech and Drama

Closing date for entries – Friday 20th March.

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

1 Give the gift of restraint

At a time when kids receive so much it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.

2 Build your developmental knowledge

Lucky you have two eyes, as you need to keep one parenting eye on meeting kids' current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

3 Reinforce self-regulation

"You waited your turn! Great stuff!"

"Thanks for packing away the toys without being told." "Good on you for staying in bed when you

woke up rather than coming to our bedroom and waking us up."

A child's ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn't come naturally to all kids. That's where consistent parenting using visual management and behavioural consequences comes in.

4 Practise digital parenting

The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it's here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

5 Develop character strengths in kids

Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring

or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

6 Practise reciprocity

The best families, like the most meaningful communities, are built around the principle of reciprocity. "We help each other out and we treat each other fairly" builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

7 Encourage social risktaking

One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from **scaffolding** (baby steps), **practising** meeting and speaking to new friends and **modelling** social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you've mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



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Newsletter Article 3 – Boosting Your Child's Confidence (Part 1)

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

While wanting our children to grow and develop into a happy, confident individual is normal for many parents, it's not always obvious how to help them achieve this goal.

Here are some strategies from NAPCAN Australia and Bec Pierce Australia that can be used to help build your children's confidence.

30 WAYS to BOOST a child's CONFIDENCE

1. Give lots of kisses and cuddles to babies and young children
2. Smile and talk to them from the earliest age.
3. Be consistent - if you say you will be somewhere or do something at a certain time, do so if you possibly can.
4. Give praise for things achieved - like making beds, cleaning their own shoes, cleaning teeth carefully. Etc.
5. Tell children you love them - even when you think they don't deserve it!
6. Avoid nagging - either children or adults!
7. Discipline young children by removing them from the situation - hitting only makes things worse - use the opportunity to teach them about correct behaviour.
8. Explain to children that parents need time to discuss things too. Children often interrupt but as they grow older they will realise they can remember things to tell you later and will interrupt less often. (They LOVE interrupting when you're on the phone!)
9. Share daily activities - let your child plan a meal and help prepare it. Share a story. Have meals together at the table (without TV).
10. Care for yourself! You need time out and rewards to cope with the demands of being a parent. Plan for these regularly, go for a walk, take a bubble bath, play your favourite tape. If you care for yourself you can more easily care for children.
11. Stay calm and be fair. You are the adult and your child's teacher. Your child will copy your behaviour. When you feel really stressed, as all parents sometimes do, get support and talk it over with someone.
12. Reinforce and encourage your child's good behaviour. Use praise or a special game or time with your child.
13. Spend time with your child! Play with your child. Have some fun times or read together.
14. When children misbehave, let them know they are okay - it's their behaviour that is not okay.