

Happy Valley State School Newsletter

No. 04 dated 19/03/15



DATES TO REMEMBER



March

20th "Orange" Free Dress Day in support of
Harmony Day / National Anti-Bullying Week
Closing date for 49th Mt Isa Eisteddford Entries
Interschool Touch Football & Soccer Carnival

30th P&C AGM – 6.30pm in meeting room

April

2nd Last Day of Term 1

20th First Day of Term 2

Principal's Comment

Week 8 has been reached and our students are working hard to finish their Unit 2 assessments. Over the term, teachers have been collecting data to form their professional opinions as to how well your children are learning. To that end, every student will have a Progress Report going home in Week 3 of Term 2, informing parents as to how they are travelling in their learning. This is an important tool in communicating this information and we hope you value this happening.

Please be aware that there are some changes to the Progress Report process. This year, we will be adopting a progress reporting process that involves the teacher, parents and child. Parents and students will be invited to attend a meeting with the class teacher to discuss progress to date and to set goals in the areas of literacy, numeracy and wellbeing/attendance to ensure individualised success in the child's academic and social-emotional learning. After this meeting, parents will receive a copy of the progress report. If parents are unable to attend, the teacher will develop the goals with the child and send a copy of the progress report home. I hope the last two weeks of term one are as great for you as they will be for us.

VOLUNTARY CONTRIBUTION

At the last P&C Meeting, it was ratified that Voluntary Contributions will remain the same as 2014, being \$80 for Prep students and \$30 for students in Years 1-6. Early next week letters will be sent home outlining the information relating to this and payments then be made at the school office.

ASBESTOS INCIDENT

Yesterday you should have received notification of an Asbestos Incident within the school. A wall in Mrs Train's office was damaged and required urgent attention. This was fixed within the hour of it being reported. I would like to reassure all parents that correct procedure was followed, the room isolated



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and no children entered the Office until after it was cleared. Thank you for your understanding in this situation.

HARMONY DAY/NATIONAL ANTI-BULLYING WEEK

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".

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.

SECURITY AT SCHOOL

Over the past few weeks, we have had numerous visitors to our school after hours. We have evidence of people being on our grounds such as cans and bottles, cigarette butts and other items that have been found dumped in places that people are obviously hanging around after school hours. Many of you live nearby our school or drive past regularly. I would like to ask that you help us keep our school the safe environment we want for our children. If you have any worries of activity in school after hours, please contact the Mount Isa Police and report unlawful entry.

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 '**Bully-proofing kids.**'

PARENTS AND CITIZENS ASSOCIATION

This week our amazing School Leaders helped the P&C by asking parents before school what areas they would like to see the P&C spend their hard earned funds on. Approximately 40 families were surveyed.

The next Meeting is our AGM, this will occur on Monday 30 March, 6:30pm in the Meeting Room. It was great to see so many keen parents at our last meeting. Parking is available in the Staff Car Park. Children are welcome if you have no babysitting options.

On behalf of the school, I would like to acknowledge the work of our outgoing Secretary Zac Murphy.

Thanks Zac for the work you have put in as Secretary and we wish you every success as you continue your work in Townsville.

DISPLAY BOARD IN OFFICE

3/4 Gold is the current focus of our display board in the Office. Come and check out the "sizzling starts" our young authors are producing.

CHORAL WORKSHOP

This year our Senior choir students participated in the annual Mount Isa Choral Workshop. The students worked on many different choral skills throughout the day with local music teachers. They were also very lucky to have Choral guest "Gordon Hamilton" to work with them, who is the artistic director and conductor of The Australian Voices Choir. The students had a wonderful day of singing and we look forward to singing at different occasions throughout the year.

CAR PARKING

A reminder 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 that the carpark not be used as a short cut to classrooms. This is a high traffic area at the beginning and end of school.

Further to this, 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, including stopping along 23rd Avenue when the drop-off zone is full and on occasions traffic being backed up to the 23rd Avenue crossing bridge. The police have advised that they will be increasing patrols to ensure safety of our students and that traffic flows smoothly through our school zone.

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.

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.

WEEK 4 & 5 - TERM 1 AWARDS

STUDENTS OF THE WEEK

Prep B	Kobi C	2 G	Matthew A
	Christine H	2 S	Lillyann R
	Sreedev S	3 B	Nathan H
	Mia B		Mason H
Prep W	Ashton P	3 W	Cooper P
	Seth W	3/4 G	Sophie M
	Lillian H		Ethan P
	Lucas B	3/4 S	Zane B
Prep G	Evie F		Charli N
	Laney Mc		Ethan C
	Bradley Mc	4 B	Azara M
	Callum V		Ashton P
1 B	Charli P	5 B	Latisha W
	Paige M		Paige J
1 W	Breanna D	5 W	Tayla B
	Todd J		Nate D
	Harley M	5/6 G	Thomas M
1 G	Daniel E		Patric M
2 B	Sonique H	6 B	Travis M
	Baxter T		Delta B
2 W	Paige W	6 W	Charlie J
	Tallis C		

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.



Respect Yourself

Respect Others

Respect Property

Social Skills

Deal or No Deal

Focus:

Students need to know when a situation is a Deal (something that can be dealt with by the student) or a No Deal (something that requires teacher intervention). Students are reminded that bullying is always a No Deal. Bullying is defined as an action that is deliberately hurtful and repeated over a period of time.

Looks Like

- Students ignoring behaviours, using their hands to show the student to stop, moving away and telling the teacher is the deal or no deal strategies do not work.
- Students reporting major situations to the teachers

Sounds Like

- Talking calmly and firmly
- Students saying 'stop it I don't like it' and using 'I' Statements
- Students explaining clearly why they don't like it

Feels Like

- Students feeling in control of the situation when they use their words.

Mount Isa Athletics

2015 Sign-on Days

SUNDAY 29th MARCH 2015

&

SATURDAY 18th APRIL 2015

SUNSET OVAL

10.00am – 1.00pm

Birth Certificate to be sighted for all new members

Forms and Information available at

www.mountisaathletics.com.au

OR

Contact David Scott on 0402 219 039

- Ages 4 years to 100+ years
- Assistant Coaches and Volunteers also welcome

First Club Day – Saturday 25th April
commencing at 2.00pm

Building parent-school partnerships

WORDS Michael Grose



Bully-proofing KIDS

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very proactive when it comes to making them safe places for kids, bullying unfortunately, is something that's still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand. Bullying is an insidious behaviour that transgresses a child's right to feel safe and secure. It can adversely affect children's learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn't be confused with bullying.

Bullying is selective and intentional. It's also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer

feel safe at home. Kids generally feel powerless when they experience bullying.

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Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

- 1 Acting out:** outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
- 2 Acting in:** subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.

3 Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don't have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1 Listen to their story

It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.

more on page 2 >>



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.



... Bully-proofing kids ...

2 Get the facts

Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child's school.

3 Recognise & validate their feelings (anger, fear & sadness are common)

Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.

4 Give them some common coping skills & defense mechanisms

Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.

5 Get the school involved

If your child continues to struggle with bullying contact your child's school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.

6 Help build your child's support networks & their self-confidence

Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Michael Grose



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Newsletter Article 4 – Boosting Your Child's Confidence (Part 2)

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

Here are the remaining Confidence boosting strategies from NAPCAN and Bec Pierce Australia that may give some useful ideas for building your child's confidence.

15. Talk together. Talk about every day things as well as big issues with older children.
16. Take time to listen to children and really hear what they are saying and want to share with you. Give them the opportunity to make their message clear. Quality listening time can be built into a routine, such as bedtime, or travelling time.
17. Encourage children to develop their own strategies for achieving things and help them review their effectiveness. Resist the temptation to provide adult solutions all the time.
18. Encourage children to see "mistakes" and "awkward moments" as a natural part of learning and growing.
19. Catch your child being good and comment on what you have noticed.
20. Don't be afraid to say "sorry" when you make a mistake!
21. Encourage children to have a support network and identify those people children can go to for help.
22. Children feel valued and important when family and friends watch them participate in school and weekend sports.
23. Take an active part in your child's schooling - help out at school where possible and show interest in their school activities.
24. Teach children personal safety principles - they must have permission to say "no" to anyone if they need to protect themselves from an unpleasant situation. They must learn to trust their own feelings, recognise that they own their own bodies and that they don't have to keep secrets which frighten or hurt them.
25. Your teenager is more likely to respect your views if you respect his or her views too.
26. Respect your child's privacy. Older children particularly need privacy. They need their own space and time to themselves. If you respect their privacy they are more likely to confide in you.
27. Let your child know you're there when she or he needs you. No matter how independent your children seem, let them know that you will always be there to offer comfort and support.
28. Make it clear that you want to be involved. If you find that your child NEVER wants to discuss anything with you, you may need to work really hard at it. A good start is to make it clear that you are interested in them and in what they do.
29. Don't impose your thoughts - if you think your teenager has odd views, remember that imposing your own attitudes could make things worse.
30. Laugh with your children - not at them.