Dates to Remember

April
2nd   Last Day of Term 1
20th  First Day of Term 2
23rd  HVSS ANZAC Commemorative Parade
25th  ANZAC Day Services

Principal’s Comment

How quickly have the Easter holidays rolled around? It seems like yesterday that I was welcoming everyone to 2015 and now we are a quarter of the way through the year. Your children have been working extremely hard to improve themselves and we are seeing some enormous growth in them. The Reading Data we have collected continues to show wonderful improvement and your child should be able to discuss a number of things with you. They should understand what they are learning and why, and how what they are learning links to their assessment and to their individual goals. At the Parent Meetings in early Term 2, you will be able to work with your children and the class teacher to formulate learning goals. These will be made visible and every child will have their individual goals and be able to discuss what is happening in order to achieve them.

On behalf of everyone at Happy Valley, I would like to extend the warmest wishes to all during the upcoming Holiday period. Please be as safe as you can and enjoy the time you have with your family.

Voluntary Contribution

At the last P&C Meeting, it was ratified that Voluntary Contributions will remain the same as 2014, being $80 for a Prep student and $30 for students in Year 1-6. Payment can be made at the school office.

School Sign

Last week our old school sign had a hissy fit and the steel cable broke. This sign is now going to be replaced with a new electronic one that will take pride of place outside the Office in the same location as the old one. I would like to thank Sam Bell for the amazing hard work she has put in to the sourcing of a new sign for us. This will hopefully be completed and installed just after the holidays.

School Photos

Our school photos will be held on Friday 24 April. This is the first Friday of next term. Please spend all holidays practicing your smiles.
ANZAC DAY AND HVSS CEREMONY
This year ANZAC Day falls on a Saturday. Due to this and school photos, our school commemoration will be held on Wednesday 23 April at 8:30am in the Hall.

The Mount Isa City Services will be as follows:

ANZAC Dawn Service
5:30am Assemble at Cenotaph (Civic Centre) or Police Car Park
6:00am Dawn Service at Cenotaph (Civic Centre)

ANZAC March Past
9.00am Assemble at Police Car Park.
9:30am March to Cenotaph in school groups
10:00am Attend City Service at Cenotaph

All students are invited to attend both or either. It has been a great show of support for our returned soldiers in the past from our Happy Valley Community.

FIXING OUR SCHOOLS
Our annual school maintenance will be carried out over the next few months. During the holidays, there will be a number of tradesmen in our grounds as they carry out this work. The first job that will be carried out will be the replacement of the soft fall under the Prep playground.

MOUNT ISA CENOTAPH
Last Saturday, myself and the school leaders, as well as a number of other students, attended the opening of the city’s new ANZAC Cenotaph. This is now located in the grounds of the Civic Centre and is a much more central venue for ceremonies and commemorations. The first major event will be the ANZAC services on 25 April. This is the 100th Anniversary of the ANZAC tradition so it will be a wonderful event to witness. I would like to congratulate the leaders on the way they presented themselves and spoke to some of the people involved. They did our school proud.

RED CAT HEARING SYSTEMS
Last week we took ownership and installed 8 Red Cat Hearing Systems into various classrooms around the school. These are designed to enhance the sound quality within rooms and cater for students identified with hearing difficulties. It also allows teachers to amplify their voices without major strain on their vocal chords. These units are not cheap, but they will help to improve the teaching and learning of all students in our rooms. I have already received positive feedback from both students and staff that these do make a difference.

SECURITY AT SCHOOL
As we move into the first holiday break of the year our attention turns to keeping our school safe and secure. We will have a presence on the grounds with Mr Gold our Groundsman and the cleaners all being here at various times. 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 our school grounds after hours, please contact the Mount Isa Police (4744 1111) and report unlawful entry, or State Government Security on 3224 6666, or phone SCHOOL WATCH on 131 788.

PARENTING IDEAS
Our school has become a part of an amazing resource called ParentingIdeas. 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 ‘Raising Calm Kids.’

PARENTS AND CITIZENS ASSOCIATION
Our P&C Annual General Meeting was held on Monday night and the following people were elected/re-elected into the vacant positions:

President: Chris Pocock
Vice President: Tracey Pearce
Treasurer: Sam Bell
Secretary: Ashleigh De Pasquale
Fund Raising Co-ordinator: Corrine Jackson

On behalf of the school community I would like to thank Zac Murphy for his 12 months as Secretary. I would also like to thank our Auditor Peter Tuppurainen for his continued support of the school.

DISPLAY BOARD IN OFFICE
5 White is the current focus of our display board in the Office.

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 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 car park 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.

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

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**UNIFORM SHOP OPENING TIMES**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>8.30am – 9:00am</td>
</tr>
<tr>
<td>Fridays</td>
<td>8.30am – 9:00am</td>
</tr>
<tr>
<td><strong>TRIAL ONLY:</strong></td>
<td>2.00pm – 2.45pm</td>
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</tbody>
</table>

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.**

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**WEEK 8 & 9 - TERM 1 AWARDS**

**STUDENTS OF THE WEEK**

<table>
<thead>
<tr>
<th>Prep B</th>
<th>Prep W</th>
<th>Prep G</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naomi W</td>
<td>Charlotte M</td>
<td>Taj W</td>
</tr>
<tr>
<td>Jazmin W</td>
<td>Luka E</td>
<td>Gage M</td>
</tr>
<tr>
<td>Zac G</td>
<td>Amos V</td>
<td>Nevaeh K</td>
</tr>
<tr>
<td>Isaac H</td>
<td>Archie S</td>
<td>Jack A</td>
</tr>
<tr>
<td>2 S</td>
<td>3 W</td>
<td>3/4 S</td>
</tr>
<tr>
<td>Caylee C</td>
<td>Cole F</td>
<td>Ella S</td>
</tr>
<tr>
<td>Shyla R</td>
<td>Blair M</td>
<td>Jazmin P</td>
</tr>
<tr>
<td>Rhianna P</td>
<td>Richelle B</td>
<td>Lianna W</td>
</tr>
<tr>
<td>Seth O</td>
<td>Zach D</td>
<td>4 B</td>
</tr>
</tbody>
</table>

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Norm McNamara
Principal

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**Mount Isa Athletics**

**2015 Sign-on Day**

**SATURDAY 18th APRIL 2015**

**SUNSET OVAL**

**10.00am – 1.00pm**

Birth Certificate to be sighted for all new members


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
Social Skills

It's ok to be angry, it's what you do with that anger that counts.

Focus:
- Students know that it's okay to be angry, but need to deal with the anger so it doesn't turn into a bigger problem where the student could get into trouble or hurt others.

Looks Like:
- Students controlling their temper
- Students choosing to leave heated situations
- Students identifying when a situation is getting out of hand
- Students choosing appropriate time to resolve a problem

Sounds Like:
- Calm voice
- Listening to others
- Feet/legs walking away

Feels Like:
- In control of self
- An understanding of how you are feeling
- A realization that it is time to calm down

Help is at Hand

Focus:
- Students need to be able to identify trusted friends or adults who they can go to when sharing problems or when seeking help.

Looks Like:
- Students tell trusted friends or adults about any problems or issues that are continuing, e.g., bullying

Sounds Like:
- Students are retelling all the details of the incident/problem to a trusted friend or adult
- A trusted friend or adult listening and reminding students about 'deal or no deal'

Feels Like:
- Students feeling in control of the situation when they are reassured by the person they go to for help
- Students feeling in control of the situation when they know what action to take (e.g., deal or no deal)

READY, SET, READ!

A small group program for improving spelling and reading skills of primary school children.

Does your child:
- Avoid reading or spelling because they find it difficult?
- Have trouble identifying letters and the sounds that go with them?
- Perform below the expected reading or spelling level for their grade?
- Forget spelling or sight words even after they have learnt them?
- Have difficulty understanding rhymes or counting syllables?

This program, run by an experienced Speech Pathologist, aims to build the phonological awareness skills that children need for literacy. The 8 week program will consist of fun and educational activities that incorporate a range of different learning styles and ability levels. The focus of group is on improving literacy skills of students as well as building confidence to learn.

The program includes:
- 8 x 45 min group sessions
- Resources for home practice

ABC

Spaces are limited so book early to secure your spot.

To register your interest for the program please contact Isa Therapy on (07) 4745 8698 or email admin@isatherapy.com.au

Super Sounds Speech Group

A program for improving the pronunciation skills of children with speech delay.

Does your child:
- Have difficulty being understood?
- Pronounce words incorrectly?
- Get frustrated because they can't always get their message across?

The Super Sounds Speech Group is designed for children who have difficulty pronouncing the sounds of speech. The group will provide children with the opportunity to develop their speech skills during fun activities. Parents are expected to attend and participate in sessions. Home activities are to be completed each week. Assessment is required prior to acceptance into the group.

The program includes:
- 8 x 45 min sessions

Spaces are limited so book early to secure your spot.

To register your interest for the program please contact Isa Therapy on (07) 4745 8698 or email admin@isatherapy.com.au
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. ParentingIdeas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct them to focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or anywhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
We lead such busy lives and often it is a scramble just to get the essential things done before the day is over. As parents we often wish that we had more time to spend with our children and this can sometimes be a challenge to achieve. I wanted to share a couple of quotes and an article that I found that has some ideas on how we can connect with our children – I realise that not everyone would agree with any or all of these ideas but there might be just one idea in here that works for you and your family.

10 Ways to Connect With Your Child

by Rebecca Eanes

Being deeply connected to our children is the key to emotional health, cooperation, influence, and peaceful homes, but staying connected in the hustle and bustle of daily life can be challenging. We have to be intentional about our relationships with them now if want these relationships to flourish for years to come. Here are 10 ways to connect with your child. These require time and commitment, but the payoff is greater than anything else you will ever achieve.

1. Let go of distractions. I’m not coming with an anti-technology message, and no one expects you to let the emails go unanswered or the laundry undone, but we simply have to carve out time each and every day to attune to our children. It doesn’t have to be a lot of time every day. You may be able to squeeze in only 10 minutes to day, but maybe you can do an hour later in the week. The key is to really focus all of your attention on them for this set-aside time.

2. Know what makes them feel loved and give it daily. Some children need more affection, others need to hear affirming words. However, if your child is old enough, simply ask what makes him or her feel loved the most. Be sure to tell them what you love about them, encourage and build them up, and be affectionate.

3. Show sincere interest in their interests. Minecraft or One Direction might not thrill you, but you also might be surprised at what you find you enjoy when you take the time to go into your child’s world.

4. Be a parent you can talk to. This means being able to listen without doling out immediate judgment. We have a tendency to want to offer our two cents before our kids even finish a sentence. Often we discount their feelings with words like “Oh, it’s not that big of a deal” or we offer advice when really all they need is to feel heard.

5. Use positive discipline. Drop the authoritarian act in favour of being a leader and a teacher. Punishments like spanking and time out cause disconnection and don’t teach the child how to improve, whereas teaching problem-solving skills and using fair and logical consequences with a healthy dose of empathy will keep the connection intact and give your child skills for better self-control.

6. Play is powerful when it comes to connection. Chase them around the yard, run through sprinklers, have a dance party, or dress up and act out a book. Children long for this kind of active play and laughter with you, and it’s a surefire way to build connection fast.

7. Make loving rituals a part of your day. Most people think of bedtime for this, and that is a wonderful time to connect, but there are other options as well. From making breakfast together every morning to putting jokes or notes in your child’s lunchbox, there are little opportunities all throughout the day to convey the important message of I love you. You matter.

8. Tell them family stories and stories from your childhood. Kids love to hear what it was like when you were little and this also helps them to get to know you better. They start to understand that you’re not just mom or dad but a person with a history and a story, and this brings closer connection.

9. Start a journal with your child. Write back and forth to each other regularly. This opens the opportunity for her to tell you things she might not want to say face-to-face as well being a kind of memoir of her childhood and something she will cherish as an adult.

10. Always reach out and reconnect after a rift. If you’ve yelled or been rude, own up to your mistake and apologize. Don’t allow bad feelings to fester. Find ways to work through your problems as positively as possible.