

# Happy Valley State School Newsletter

No. 09 dated 11/06/15



## DATES TO REMEMBER



### June

- 12<sup>th</sup> Interschool Netball / Rugby League Carnivals  
Student Disco Yrs P – 3 (6.00 – 7.00pm)  
Yrs 4 – 6 (7.15 – 8.15pm)
- 16<sup>th</sup> Athletics Track Event – 800m Finals (Ages 10-12)
- 17<sup>th</sup> \*\* Senior Athletics Sports Day (Ages 10-12)
- 18<sup>th</sup> \*\* Junior Athletics Sports Day (Ages 5-9)
- 19<sup>th</sup> Mount Isa Show Public Holiday
- 26<sup>th</sup> Last Day of Term 2

## OFFICE DISPLAY – WKS 9 & 10

Prep White

## PARENTING IDEAS TOPIC

Reading Your Child's Report

\*\* Dates corrected

## Principal's Comment

Welcome to Week 8 of Term 2. Our school year is almost half over and my Data Talks with teachers have confirmed the wonderful progress children are making. Children are able to talk about what Learning Intentions they are learning and also identify how they will improve in relation to the success criteria.

Last week we had an Internal Control Audit. This saw a gentleman from Regional Office inspect all of our financial, and running programs for compliance and acceptability. I am pleased to say that this was a very interesting and enlightening process and our school has fared well.

Do not forget that our teachers are currently writing reports for Semester 1. These will go home on Tuesday of Week 10.

In this newsletter, we wish Mrs Murphy a wonderful new chapter as she and her family take up residence in Townsville from Term 3. Mrs Murphy has been a valuable member of our staff and has taken great pride in seeing her students succeed with their learning goals. Mrs Karen Scotney will replace Mrs Murphy in 3 White from next term.

As well, we wish our wonderful Deputy Mrs Train an awesome extended holiday. Mrs Train has an extra week either side of the holidays and we hope she enjoys her R&R. Mr Gason will be replacing Mrs Train as Deputy whilst she is gone.



Norm McNamara – Principal

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## NAIDOC WEEK

This year NAIDOC Week falls in the second week of these holidays. During the first week of Term 3, we will celebrate the contributions made to our country by the Indigenous forefathers and their ancestors. We will be celebrating with Years 4-6 on Thursday 16<sup>th</sup> July and Prep to Year 3 on Friday 17<sup>th</sup>. If you would like to join us on the day, please feel free to sign in at the office and enjoy our celebrations with local Elders led by our own Mrs Ang Marshall.

## P&C ASSOCIATION

At the meeting on Tuesday night, it was discussed that our school auditor had given us the go ahead to train a new Treasurer in readiness for Mrs Bell's 'retirement' from the role next year. This will allow us to ready the next willing person to take over from Sam. If you are interested in learning the ropes to become our new P&C Treasurer for 2016, please contact Lexine or Sam in the Office for details.

## STUDENT DISCO

The disco is being held this Friday 12 June. Prep to Year three will be held from 6-7pm whilst year 4-6 will begin at 7:15 and run until 8:15pm. Parents are reminded that older brothers and sisters are not to wait outside the Hall for their disco. Also, parents must collect children from the Hall at the finishing times.

## ATHLETICS CARNIVALS

Our students are still practicing in the lead up to our school Athletics Carnival Days. These will be held in Week 9 of this term. Please see our calendar of events on the front page of this newsletter to review our schedule as it will be spread over 3 days. **Note the correction of dates in this week's newsletter, as our previous newsletters have shown the wrong dates for the senior and junior days.** Parents, caregivers and families are more than welcome to attend these days, so please come and cheer your children's sports teams on.

## AUSTRALIAN EARLY DEVELOPMENT CENSUS

This year, we are taking part in the Australian Early Development Census, which monitors the progress of children in their first full year of schooling. This data is anonymous and is used by early childhood educators, health services, local councils, community groups as well as schools and governments for forward planning. Our Prep teachers will be collecting this data across May – July. For any further information, you may access the AEDC website [www.aedc.gov.au](http://www.aedc.gov.au). If any parents wish to have their children excluded from the AEDC, please contact me at the Office.

## INFLUENZA (FLU) SEASON

Winter is now here, bringing cold and influenza (flu) season with it. Queensland Health's influenza page, [www.qld.gov.au/flu](http://www.qld.gov.au/flu), covers the symptoms, how to protect yourself and others from getting sick and treatment.

Our school is helping to prevent the flu from spreading by:

- encouraging children, staff and visitors to cover their mouths/noses when they sneeze or cough
- making tissues readily available and ensuring used tissues are disposed of immediately
- ensuring children and staff wash their hands regularly
- cleaning our facilities and resources regularly
- encouraging staff and children with flu-like symptoms to stay at home
- strongly urging staff and children who arrive with flu-like symptoms to instead stay at home and encouraging them to seek early medical advice.

If your child catches the flu, please seek medical advice and keep them home until they are feeling well again.

*Norm McNamara*  
*Principal*

## Message from our P&C Fundraising Coordinator

### MEGA CENT SALE

*We will be holding a "Mega Cent Sale" on Saturday 18<sup>th</sup> July 2015 as a fundraising opportunity and we are still looking for some donations. If you own or know of a local business that may like to help us out with prize donations, we would greatly appreciate it. Alternatively, if you would like to donate a cake or slice for our bake sale/afternoon tea that would be appreciated too.*

### FUNDRAISING COMMITTEE

*I have heard so many awesome fundraising ideas in the last couple of months from parents. This has given me the idea to put together a Fundraising Committee to help you share your ideas with the school and other parents. This group will get together once a term to set out a plan of attack for the term. From there I am more than happy to be the representative to attend the P&C Meetings as I understand a lot of parents are busy with work and after school activities.*

**FIRST FUNDRAISING COMMITTEE MEETING**  
**THURSDAY 18<sup>TH</sup> JUNE 2015, 3.00PM**  
**AT FAMILY FUN PARK**

*If you have any questions please feel free to contact me – Corinne Jackson on 0487 656 335.*

# WEEKS 6 & 7 – TERM 2 AWARDS

## STUDENTS OF THE WEEK

|          |  |         |                                |
|----------|--|---------|--------------------------------|
| Prep B   | Connor B<br>Elijah M<br>Max B<br>Jarryd B  | 3 Blue  | Malachi M<br>Connor H          |
| Prep W   | Lia O<br>Lily J                            | 3 White | Ronnie R<br>Mayce Y<br>Grace G |
| Prep G   | Minke A<br>Kaidyn D<br>Callum V<br>Alura B | 3/4 G   | Jemma P<br>Haleeka K           |
| 1 White  | Brihanna K                                 | 3/4 S   | Kadea O                        |
| 2 Blue   | Erin S                                     | 4 Blue  | Jett G                         |
| 2 White  | Brook M<br>Jaidyn F                        | 5 Blue  | Luke B<br>Cruz C               |
| 2 Silver | Aiden G<br>Hailey L                        | 5 White | Pataka T<br>Lachlan F          |
| 2 Gold   | Ella B                                     | 6 Blue  | Myah E<br>Samuel Mc            |
|          |  | 6 White | Tennay M<br>Tristan N          |

## UNIFORM SHOP OPENING TIMES

Tuesdays: 8.30am – 9:00am

Fridays: 8.30am – 9.00am

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.

**REVERSIBLE  
SPORTS HOUSE HATS  
AVAILABLE**

\* Limited stock of Size 12 track pants \*



## Talkabout Social Skills

A small group program for **improving the social communication skills** of primary school children.



Does your child:

- Have difficulty making friends?
- Have difficulty expressing emotions?
- Have low confidence that affects their ability to make friends?
- Have difficulty understanding the body language of others?
- Have difficulty sharing, losing or compromising?
- Have difficulty understanding social 'rules'?
- Have difficulty having conversations outside of their special interests?

This program, run by an experienced Speech Pathologist, aims to build the friendship and life skills of children using the Talkabout Social Skills hierarchy. The program works on building self-esteem; understanding and responding to body language; and using appropriate conversation skills.



The program includes: 8 x 45 min group sessions, and resources for home practice  
Where: Isa Therapy Services, 92 Marian Street  
When: Commencing Week of July 20<sup>th</sup>, 2015  
Cost: \$360

Spaces are limited so book early to secure your spot. To register your interest for the program please contact Isa Therapy on (07) 4743 6695 or email [admin@isatherapy.com.au](mailto:admin@isatherapy.com.au).



## 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 soon after they have learnt them?
- Have difficulty understanding rhyme 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, and resources for home practice (initial assessment not included)

Where: Isa Therapy Services, 92 Marian Street

When: Wednesday or Thursday afternoons in Term 3

Cost: \$360

Spaces are limited so book early to secure your spot.

Please note that school-based groups can be arranged.

To register your interest for the program please contact Isa Therapy on (07) 4743 6695 or email [admin@isatherapy.com.au](mailto:admin@isatherapy.com.au).



# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose



## Reading your child's report

Reports can mean anxious times for children. Will my parents be disappointed or proud? This is the main concern of most children.

*Could try harder... always does her best... lacks concentration... easily distracted... a pleasure to teach...* Do these comments, taken from a batch of student reports sound familiar?

Student reports bring mixed feelings for parents. Pleasure and pride if they are performing well but considerable angst when children are not progressing as you hoped.

Reports can mean anxious times for children too. Will my parents be disappointed or proud? This is the main concern of most children. Kids of all ages take their cues from their parents, so your reaction to their school report can affect the way they see themselves as learners and as people.

**Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind:**

### 1 Are your expectations for your son or daughter realistic and in line with their ability?

Expectations are tricky. If they are too high then kids can be turned off learning. Too low and there is nothing to strive for. Pitch your expectations in line with your child's abilities. A quick check of your child's last report cards may provide you with a good yardstick.

### 2 Do you believe that children learn at different rates?

There are slow bloomers, late developers and steady-as-you-go kids in every classroom, so avoid comparing your child to siblings, your friends' children and even yourself when you were a child. Instead look for individual progress.

### 3 Are you willing to safeguard your child's self-esteem rather than deflate it?

Self-confidence is a pre-requisite for learning, so be prepared to be as positive and encouraging as possible. School reports come in different formats. Some are prescriptive while some use grading systems such as A, B, C, etc. with room for teacher comments. Regardless of the format school reports should provide you with an idea of your child's progress in all subject areas, their attitude and social development.

**Here are some ideas to consider when you open your child's report:**

**Focus on strengths** Do you look for strengths or weaknesses first? The challenge is to focus on strengths even if they are not in the traditional 3Rs or core subjects.

**Take into account your child's effort and attitude to learning.** If the report indicates that effort is below standard, then you have something to work on. If your child is putting

in the required effort, then you cannot ask any more than that, regardless of the grading.

**Broaden your focus away** from academic performance to form a picture of your child's progress as a member of a social setting. How your child gets along with his or her peers will influence his happiness and well-being, as well as give an indicator to his future. The skills of independence and co-operation are highly valued by employers so don't dismiss these as unimportant.

### Take note of student self-assessment

Kids are generally very honest and will give a realistic assessment of their progress. They are generally very perceptive so take note of their opinions.

**Discuss the report with your son or daughter** talking about strengths first before looking at areas that need improvement. Ask for their opinion about how they performed and discuss their concerns.

After reports are read and discussed celebrate your child's efforts with a special activity or treat. In this way you will recognise progress and remind them that the holidays are just around the corner when they can forget about assessment, tests and reports for a while.



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](http://parentingideasclub.com.au). You'll be so glad you did.



# Newsletter Article 4 – Anxiety and the Brave Program

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

**Anxiety is the most common mental health concern for children and teenagers affecting 1 in every 5 children (Pathways to Resilience Trust).**

The University of QLD in collaboration with Beyond Blue have developed the **Brave** program, a self-help program for children aged 8 – 12 years and teens aged 12 – 17 years.

It's an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

This would be a useful resource to investigate if you have a child or family member who may need help with managing anxiety.

Further information can be found here:

<https://brave4you.psy.uq.edu.au/>

Some other websites that offer assistance and information regarding Anxiety are :

<http://www.kidsmatter.edu.au/primary>

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Assistance for Anxiety in Mt Isa:

- **Bush Children's** : run programs for children 6 years of age and under. Phone 07 47 432 575 and talk with Lynette, the Family Health Support Worker about the range of programs that she runs.
- **Child Youth Mental Health** : provide counselling for youth and adults with serious Anxiety concerns. Speak with your GP or Guidance Officer about accessing this service – as a referral is required.
- **CentaCare** : provide counselling and support for children and adults experiencing Anxiety. 5 Miles Street Mt Isa, Phone 47 498 000 or go in and speak to the staff who will be able to assist you to access the service.
- **Head Space** : 1/2 West Street (corner of West and Isa streets) – is a service for 12-25 year olds. Drop into their office to discuss how to access their service.

### STUDENT ABSENCE NOTE

Student's Name: \_\_\_\_\_

Date/s of absence: \_\_\_\_\_

- Reason for Absence:     Holiday
- Illness/injury         Medical Appointment
- Family Reasons        Sport/Music Event
- Other \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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- Illness/injury         Medical Appointment
- Family Reasons        Sport/Music Event
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- Reason for Absence:     Holiday
- Illness/injury         Medical Appointment
- Family Reasons        Sport/Music Event
- Other \_\_\_\_\_

Parent Signature: \_\_\_\_\_



## ON THE BALL

School Holiday Program  
**MOUNT ISA**

**LEARN BASKETBALL SKILLS FROM**

NBL Brisbane Bullets Legend  
**Leroy Loggins**  
WNBL Townsville Fire Champion  
**Micaela Cocks**  
WNBL Sydney Uni Flames Super Star  
**Rohanee Cox**  
&  
NBL Wollongong Hawks Great  
**Cam Rigby**

**THIS PROGRAM IS FREE +COMPETITIONS & PRIZES!**

**When:** Wednesday 1, Thursday 2 & Friday 3 July 2015  
**Time:** 9.30am - 11.30am for 7 - 12 year olds (register from 9.00am)  
12.30pm - 2.30pm for 13 - 17 year olds (register from 12.00pm)  
**Where:** Mount isa Basketball Stadium  
Cnr Jessop Drive & Sports Parade, Mount Isa

**LUNCH IS PROVIDED...!**

Please bring along your parent/guardian consent form (or complete it on the day) and don't forget your runners.  
*The program is suitable for all skill levels.*

For more information contact Lyn Lenehan at Whitelion/Stride Programs  
03) 8354 0884 or 0415 770 319  
llenehan@whitelion.asn.au

*On the Ball is proudly supported by Glencore Community Program North Queensland*

**Student Absent Number: 4745 0366 or Email: [admin@happvallss.eq.edu.au](mailto:admin@happvallss.eq.edu.au)**

Please advise the office every time your child is absent from school.