

Happy Valley State School Newsletter

No. 11 dated 23/07/15



DATES TO REMEMBER



July

- 28th ICAS Test - English
Yrs 5/6 Camp Information Night – 6.30pm (5/6G)
- 31st School Opinion Survey closing date
District Athletics Carnival – Sunset Oval

August

- 3rd Book Club Due
- 6th Rodeo Queen Visit / Rodeo Free Dress Day
- 7th Mardi Gras
- 10th P&C General Meeting – 6.30pm in Meeting Room
- 11th ICAS Test - Maths
- 14th Interschool Sport – AFL / Softball

September

- 3rd HVSS Fun Run / Fundraising money due
- 4th Interschool Sport – AFL / Softball
- 6-12th Yrs 5/6 Camp – Lake Tinaroo

OFFICE DISPLAY – WK 3 Term 3

NAIDOC Celebrations

PARENTING IDEAS TOPIC

Ten common discipline mistakes

Principal's Comment

Welcome back everyone to Term 3. Can you believe we are past the halfway mark of 2015 already? We have done some amazing things already this year and there are many more to come before we break for Christmas.

This week we welcome back Mrs Train from her extended holiday. I believe she needed to come back to school to get over her busy holiday. We would also like to welcome Mrs Karen Scotney to the team. Karen is an experienced educator who has taken over from Mrs Murphy in 3 White.

I would also like to extend our congratulations to Miss Skam, 5 Blue's teacher. She comes back next week as Mrs McDonald, having been married over the holidays. May Alisha and Matt enjoy every day in their newly created union of happiness.

NAIDOC Celebrations

Last Thursday and Friday saw Happy Valley celebrate the culture of our Aborigine predecessors with our NAIDOC celebrations. Miss Ange did a marvellous job organising all of the helpers and the activities that saw everyone with the chance to experience a little bit of the past. I would like to thank Miss Ange



Norm McNamara – Principal

Phone: 07 4745 0333

Fax: 07 4743 8685

Prep: 07 4745 0348

Absences: 07 4745 0366

25-31 Brilliant Street
(PO Box 1543)
Mount Isa QLD 4825

admin@happvallss.eq.edu.au

www.happvallss.eq.edu.au

for her hard work and our volunteers for their efforts. I would also like to congratulate our students for the wonderful behaviour across both days. You were a credit to us all.

P&C – Tuckshop News

At our P&C Meeting last week, it was tabled that a few changes were needed with regard to the Tuckshop Menu. There are a number of price changes, however we are still cheaper than most schools in the district. Also due to the small change in Miss Donna's hours, the Tuckshop will now open from 8:30am. This may affect people who are looking for Uniform clothing. Uniform shop hours are Tuesday and Friday from 8:30am – 9am. If you are unable visit during these hours below are your alternatives to place orders to allow your order to be sent to your child's class on Tuesdays and Fridays:

1. Place an order with payment at the Tuckshop during its opening hours of 8.30 – 1.30.
2. Collect an order form from the Office and return completed order with the correct cash payment to the office.

Expressions of Interest – Teacher Aides

We are looking for people who are interested in casual and relief work as Teacher Aides at Happy Valley. Prospective employees must be enthusiastic and motivated and must make application for, and be able to obtain, a suitability card from the Commission for Children and Young People and Child Guardian (Blue Card). If you have an interest in Teacher Aide positions, please drop your resume to the Office for the attention of Mrs Train or myself.

Lockdown and Safety

On Tuesday this week we had our first Lockdown practice for the term. Every term we complete a Lockdown and an Evacuation Drill. This is required by law. In the past when we have had real Lockdowns, our practice has come to the fore and our children have shown a sense of calm and hurriedly move to where they are required. This

week we conducted our Drill during lunch break. Our children performed admirably. My greatest concern was that Office staff were impeded in our Lockdown procedure by parents ringing the school and enquiring what was happening. In this case, please understand that in a Lockdown, your children will be safely in a building with teacher supervision. It is important that you allow the Office staff to do their job without interruption. It is our intention to keep your children as safe as possible if there is a real situation. Please do not call or come to the school. In a real Lockdown, Police will advise that you are not allowed to enter school grounds.

ELECTRONIC NEWSLETTER

As of Term 4 our Happy Valley newsletter will no longer be distributed in a hard copy format. Our newsletter will be available online at our school website <https://happvallss.eq.edu.au> and emailed to families who have provided us with an email address.

In order for this to transition smoothly, we require all families to provide one a preferred email address and request that you complete the email notification slip included in this newsletter sometime within the next 7 weeks and return to the office. This will ensure that you are included in our distribution list and/or we have your most current email address.

Alternatively, in the near future we will be progressing towards the use of the QSchools App for mobiles to notify you of school news. More information on this App will be out in the next newsletter.

COUNTDOWN = 7 weeks
to supply your email address

Year 5/6 Camp

Next Tuesday night, 28th July at 6:30pm, there will be a Parent/Student Information Evening in relation to the Year 5/6 Camp. This will be held in Mr Wilson's room 5/6 Gold classroom in the Old Library. An information booklet with frequently asked questions will be handed out prior to this to allow for any further questions being answered at the Information evening.

Final payment is required to be finalised now. If you have not made payment or require a payment plan, please see the Office immediately.

ICAS Tests

Some of our children will be sitting ICAS (International Competitions and Assessment for Schools) Tests this term. English will be held on Tuesday 28 July and Maths Tuesday 11 August. These tests are only available to students who we have received a permission form and payment from.

Fun Run & Fundraising

Our P&C Fun Run is fast approaching so it is important to get your sponsorship forms out and collect your money. Remember, this is one way that the P&C raises money for the improvements they wish to see on behalf of parents of our school. The Fun Run date is Thursday September 3rd. All money raised is required to be handed in to the Office by this day.

School Leader Photos

Academy Photos have returned the proofs of our School Leader photos and the Grade 6 compilation. These are currently on display in the Office Foyer. If you are interested, please stop by and have a look and get the order details from Admin staff. Each photo costs \$20.

Earn & Learn (Woolworths)

We are excited to be taking part in the Woolworths Earn & Learn program. You can help our school by collecting Woolworths Earn & Learn Points. Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday 15 June and Tuesday 8 September 2015. We will redeem these for awesome educational resources for our school.

Simply pop them onto a Woolworths Earn & Learn Points Sheet and once it's completed, just bring it back to school or drop it into the Collection Box at your local Woolies. Our collection box is located in the Office Foyer and you can collect Sticker Points Sheets from the Office as well. The more we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program, and we'd like to get lots of new gear! Products in the range include resources for mathematics, English, science, art & crafts, through to sports gear, library supplies and more.

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at school.

Cent Sale

A big thank you to Corinne Jackson, our Fund Raising Co-ordinator, and her army of volunteers for a great afternoon. Several people were lucky enough to be multiple prize winners. On behalf of our P&C, I would also like to thank the businesses and individuals who donated prizes on the day. Your support is greatly appreciated.

Expressions of Interest for Prep 2016

We are currently taking expressions of interest for Prep 2016. To aid us in tracking student numbers and keep you informed of upcoming information nights and open days being held in Term 4, please see our administration staff in the office to complete an Expression of Interest form to place your child's name on our Prep 2016 list.

Please note we are still Enrolment Managed, therefore any new families wishing to enrol their child/children at Happy Valley School will need to provide evidence of their residential address being inside our catchment area when completing an Expression of Interest form.

Supervision Before and After School

School finishing times are 2:20pm for Prep students and 2:30pm for Years 1 – 6. I request that you pick your children up on time each day as our Office Staff are unable to keep supervise your child/ren in the office. If you are going to be late on a particular day, notification would be appreciated, however if it is a constant issue, please consider After School Care.

Voluntary Contribution

At the March 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.

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. There are still a number of parents who insist on breaking the law when picking up and dropping off students. The police have been provided with number plates and will follow up in the next few days.

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 in 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

WEEK 1 – TERM 2 AWARDS

STUDENTS OF THE WEEK

<i>Prep G</i>	<i>Laney Mc</i>	<i>3 White</i>	<i>Thomas R</i>
	<i>Israel R</i>	<i>4 Blue</i>	<i>Tatiana R</i>
<i>1 Blue</i>	<i>Paige M</i>	<i>5 Blue</i>	<i>Brooke C</i>
<i>1 White</i>	<i>Max B</i>	<i>5 White</i>	<i>Sharleigh C</i>
	<i>Olivia P</i>	<i>6 Blue</i>	<i>Cooper N</i>
<i>2 Silver</i>	<i>Ashton M</i>	<i>6 White</i>	<i>Tristan N</i>
<i>2 White</i>	<i>Ashley Mc</i>		<i>Stephany R</i>
<i>2 Gold</i>	<i>Rose E</i>		

PARENTAL EMAIL NOTIFICATION

Return to office by Friday 11th September

Student Details	Parent Details
Surname:	Surname:
First Name/s:	First Name:
	Email Address:
	Signed:



Funding to help kids participate

Fact Sheet for Parents/Carers/Guardians

What is Get Started Vouchers?

Get Started Vouchers is one of the funding programs that comprise the Queensland Government's Get in the Game initiative to support sport and active recreation at the grassroots level.

Get Started Vouchers assists children and young people who can least afford or may otherwise benefit from joining a sport or active recreation club. Eligible children and young people can apply for a voucher¹ valued up to \$150, which can be redeemed at a sport or recreation club that is registered for Get Started Vouchers.

Who is eligible?

Individuals eligible to apply for a voucher are:

- children and young people who are aged from five to 17 (inclusive) at the time of application who hold or whose parent, carer or guardian hold a valid Centrelink Health Care Card or Pensioner Concession Card and who are residents of Queensland
- other children or young people identified by two referral agents².

What funding is available?

A maximum of \$150 per voucher is available to help pay the cost of sport or recreation membership and/or participation fees³. There is a limit of one voucher per child/young person per year.

¹ Vouchers will be distributed in two rounds each year on a first come, first served basis. Once the allocation for each round is exhausted, the program will close and no further vouchers will be offered for that round.

² Refer to the Get Started Vouchers Referral Agents Fact Sheet for information on referral agents.

When will the vouchers be available?

The following table provides round dates for the next three years.

	Applications Open	Applications close (or earlier if fully allocated)	Vouchers expire (must be presented to a registered club by)
Round 6	15-Jul-15	30-Sep-15	15-Oct-15
Round 7	27-Jan-16	30-Mar-16	06-May-16
Round 8	13-Jul-16	28-Sep-16	14-Nov-16
Round 9	25-Jan-17	29-Mar-17	12-May-17
Round 10	12-Jul-17	27-Sep-17	15-Nov-17
Round 11	24-Jan-18	28-Mar-18	11-May-18

How do I apply for a voucher?

To obtain a voucher:

- visit www.qld.gov.au/recreation/sports/funding/getinthegame/
- view the list of registered clubs to find a new club or confirm that the club your child is interested in joining is registered
- contact the club to ask about equipment required for the activity and any additional fees that may not be covered by the voucher
- click on the 'apply for a voucher' link on the department's website and enter your details and the eligible child/young person's details, including a Centrelink Health Care Card or Pensioner Concession Card number OR referral agents' details.

If you are eligible, a voucher with a unique reference number will be generated. Print the voucher and take it to the registered sport or recreation club the child/young person intends to join (prior to the expiry date) to receive up to \$150 off the club's membership/participation fees⁴.

³ If the membership/participation fees are more than \$150, the parent/guardian/carer is required to pay the difference. If the membership/participation fees are less than \$150, the department will pay the club for the membership/participation fees only. The balance is not redeemable in cash or as payment for individual items to participate in the activity (such as jerseys, boots etc.).

⁴ You will still be required to complete and comply with the sport or recreation club's registration process.

ISA YOUTH HAS TALENT 2015
Conditions of Entry
 Entrants must be between the ages of 5 and 25 years
 Entrants may enter, either as an individual or as part of a group
 Acts must not contain inappropriate lyrics or themes (Contact us for clarification)
 Acts must not be longer than 5 minutes in duration
 The competition will be judged by a panel of professionals from the field of the arts.
 The decision of the judges is final. Inclusion and allocation of prize
 Entrants under the age of 18 must have parent/guardian consent to participate
 Entrant must advise of preferred audition date
 Semi Finalists will have the opportunity to participate in a work shop on the 02 August 2015
 Questions or concerns are to be directed to Cr Jean Ferris phone: 0417 799 442
 Registration needs to be submitted by 28 July 2015
 Email isa@npsr.qld.gov.au or Hand In to Council Administration Office, 23 West Street Mount Isa open 8:30 am to 5:00 pm.



Get Started Vouchers—Fact sheet for Parents/Carers/Guardians

Where can I redeem the voucher?

A list of registered sport and recreation clubs is available at www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/clubs/.

Need further information?

For further information about Get Started Vouchers, telephone 13QGOV, email getstarted@npsr.qld.gov.au or visit www.qld.gov.au/recreation/sports/funding/getinthegame/

Student Absent Number: 4745 0366 or Email: admin@happvallss.eq.edu.au

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

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

Ten common discipline mistakes

WORDS Michael Grose



Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you'll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It's with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1 Repeating yourself

If you do this, you are training your kids to become 'parent deaf'. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2 Shouting to be heard

You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3 Setting limits too late

If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It's better to set limits first then loosen them up later.

4 Setting no limits

Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them, so you need a firm backbone.

5 Failing to follow through.

Talk! Threaten! Nag! No way! See No. 1 above.

6 Making consequences too harsh

"You're grounded for a month, Mr 6-year-old" is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can't go too far wrong.

7 Applying consequences when you, or they, are angry

When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8 Mixing discipline with counselling

Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9 Deferring discipline

Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

10 One parent is always the bad guy

This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring parents into the act.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the ParentingIdeas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au



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.



Newsletter Article 1 – Limiting Time Spent on Using Technology

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

I am sharing an article this week that was written by Kathleen Lizzio who is a Guidance Officer with the Department of Education. It addresses the question of whether putting limits on the amount of time children are using or watching media is of any benefit to children.

Limiting Time on Technology, Is it Worth It?

We were pretty good at keeping computers out of bedrooms, but as technology developed we somehow missed that phones and tablets ARE computers. Parents may sometimes feel out of control. The majority of families own a collection of iPads, iPods, other tablets, an Xbox, a Wii, a DS, iPhones and more...

Most parents wonder if their limit setting is actually worth it as they regularly have to remind children of the boundaries with technology.

Be encouraged, it IS worth it.

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits of the type of content viewed. Some effects are seen more immediately and others over time. Please keep in mind that 'limiting' does not mean banning all technology or taking everything away – it indicates a healthy balance and an inclusion of many other activities, such as sport, drama, kicking a ball, going shopping, chatting over dinner.

Two Immediate effects of placing limits on media (which seem obvious but are great to see):

- Those children spent less time on TV and video games
- Those children saw less violent media content

However, it is the long-term effects that surprised the researchers the most. Children whose parents set more limits on the amount of time spent with media 7 months before:

1. were now getting more sleep.
2. were getting better grades in school.
3. had an indirectly positive change in Body Mass (as children were simply moving around more).

Additionally, parents limiting children's content exposure (to violent media) 7 months before resulted in:

1. increased prosocial behaviour – exhibiting more helpful and cooperative pro-social behaviours at school.
2. less aggressive behaviour toward their peers.

The diagram below illustrates the findings of the study. Adapted from *GenerationNext.com.au*

