

Happy Valley State School Newsletter

No. 12 dated 06/08/15



DATES TO REMEMBER



August

- 7th Normal School Day at Happy Valley
Rodeo 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

HV TRAINING & PRACTICES

- MON 2:30 – 4:30pm Rock Pop Practice
- WED 2:30 – 4:30pm Softball Training
- FRI 7:40am AFL Training

OFFICE DISPLAY – WKS 4 & 5 Term 3

3/4 Silver

PARENTING IDEAS TOPIC

Healthy ways for kids to manage their emotions

Principal's Comment

Here we go, it's Rodeo!! This is the time of the year we all look forward to. This week and this weekend is the largest Rodeo in the Southern Hemisphere and it is in our city! I hope you all enjoy the fun and games. Watch out on the roads. There are many extra police in town to make sure everyone has fun safely.

Road Safety

It has been disappointing to see that some of our children have been running out from between cars to cross the road on both 23rd Avenue and Brilliant Street. I have received numerous phone calls from community members who have almost had accidents caused by children not being seen as they move from the kerb to the road. Please encourage your children to be safe, to use the crossing and make an effort to be a great role model to them. Remember, an accident affects many people but can be prevented by taking the sensible option.

In Brilliant Street, we have a small drop off zone and also a Bus Stop. We have a number of parents in the past 4 weeks who are using the Bus Stop for a car park or a pick up zone. This Bus Stop is used by PCYC every morning and afternoon. It is important that you do not put children's lives at risk by parking in this area. It has also come to my attention that parents are parking on the opposite side of the road



Norm McNamara – Principal

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to the school and having their children run across the road to them. This is also unsafe and I do not want to have to call an ambulance for an accident that is quite avoidable. Your help in teaching our children the safest and most lawful way to get to and from school is asked for. The police have been provided with number plates and will follow up in the next few days. If your children ride bikes, scooters or walk, please have them cross at the 23rd Avenue crossing. There have been a number of near misses recently.

NAPLAN

NAPLAN test results for our Grade 3 and 5 students have arrived and will be sent home shortly. Our teaching staff are currently analysing the data and if you have any questions, please do not hesitate to ask their teacher or Mrs Train and myself.

Lost Property

As always at this time of year we have huge amounts of lost property gathering in our school. If your child or children have lost anything, please have a look in the wet area of each module. It would make things so much easier to find or return if names were on everything. Your diligence with this is appreciated.

P&C

Our next P&C Meeting will be held in our meeting room next Monday 10 August. Everyone is welcome to attend. The meeting begins at 6:30pm and children are welcome if you have no options. See you there.

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.

Year 5/6 Camp

This wonderful event is getting closer with every passing week. 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. Maths is being held next Tuesday 11 August. These tests are only available to students who we have received a permission form and made payment.

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 Woollies. Our collection box is located in

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.

COUNTDOWN = 6 weeks
to supply your email address

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.

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 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.

Parent Helpers

A reminder to the wonderful parents who come in and help in our classrooms. 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. We thank you all for the commitment that you make in helping your children and other people's.

Norm McNamara
Principal

QSchools

mobile app


The QSchools app is a convenient way for you to access up-to-the-minute information about our school.

The app is designed to integrate with our school website. When we publish content to the website, the app is automatically updated with the latest news, events and newsletters.

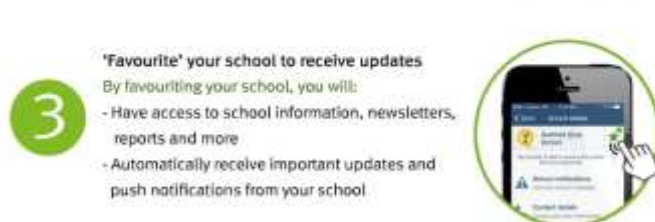
Emergency announcements and push notifications, such as information about natural disasters and school closures, can be published by the department.

Why not download the free app today?

Here's how:

- 

1 Download or update the QSchools app
Compatible with the following devices:
Android Apple Windows 8
- 

2 Search for your school
The QSchools app allows you to search by:
- School name search
- Map search
- Schools near your current location
- 

3 'Favourite' your school to receive updates
By favouriting your school, you will:
- Have access to school information, newsletters, reports and more
- Automatically receive important updates and push notifications from your school



PARENTAL EMAIL NOTIFICATION

Return to office by Friday 11th September

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

WEEKS 2 & 3 – TERM 2 AWARDS

STUDENTS OF THE WEEK

Prep B	Benny A Kobi C Mia B William C	3 White	Isabelle W Cole F Blair M
Prep G	Jack A Nevaeh K Eddie C Carolyn M	3/4 Silver 3/4 Gold	Bonnie B Kobi N Luke H
Prep W	Aidan G Lachlan Mc Jack C Emily W Luka E Lucas B	3/4 Silver 4 Blue 5 Blue	Quintin E Lexie B Gerthrude H Zaden M Teatua Rui T
1 Blue	Grace D Charli P	5 White	Maddison T Jade N
1 White	Damian B Niah M	5/6 G	Kyle B Leila K Darshay T
2 Blue	Joshua J	6 Blue	Faith F James J Lazarus B
2 White	Paige W Ryan K	6 White	Billy N Patrick R
3 Blue	Kaitlyn D Bellashae P Marlo M		Braith M Charlie J

PRINCIPAL'S AWARD

4 B Tia P *For an awesome effort being an amazing Happy Valley student.*

Injilinj Youth Centre
will be holding a Healthy Life
Skills Event with
Special Guest

Kolby Johnston

At PCYC Thursday 6th August
For more info please call Injilinj
on - 47495276/0439097352

2:30 pm to 4pm

Healthy
Snacks
Available

Photo by Kid Kalin

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

WORDS Michael Grose

Healthy ways for kids to manage their emotions



Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

more on page 2 >>>

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parentingideas.com.au



Newsletter Article 2 – Cyberbullying

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

Tips for Parents about Cyberbullying

Kids socialise very differently these days. A lot of it takes place on the internet, a world that can be very hard to monitor as a parent. Due to the remote nature of the internet, it may be less obvious that your child is being subjected to cyberbullying, so be sure to watch for symptoms and talk to your child if you have any concerns.

Cyberbullying involves the use of email, chatroom or social media site messaging on the internet, and text, picture and or video messaging on mobile phones. Unfortunately, it means victims can be bullied even when they're not at school, leaving children very few places to hide. Often, children may be scared to confide in their parents regarding cyberbullying, worried they'll have their computer rights restricted, or their mobile taken away.

Symptoms can include:

- Excessive computer use
- Troubled sleep or nightmares
- Depression
- Anti-social behaviour
- Anxiety after using the computer
- Not answering their mobile phone or checking messages

Tips for talking to your child about cyberbullying:

- Educate your child about cyberbullying and reinforce which types of online behaviour are acceptable, and which are not
- Advise them only to give their mobile number and personal email to friends
- Enforce time-off from the computer or their mobile phone if cyberbullied
- Do not open emails from cyberbullies or respond to bullies on Facebook or SMS
- Encourage them only to talk to people they've met in person
- Block the bullies from their Facebook account

What to do next:

- Move your family computer to a public place so you can monitor the times they're online, and their anxiety levels
- Contact the police if the messages are threatening

In the event your child has been a victim of cyberbullying, parents can seek assistance from:

Parentline QLD - 1300 30 1300

Young people are encouraged to call Kids Helpline on **1800 55 1800**.

Information on cyberbullying is available from the Guidance Officer or online from www.kidshelp.com.au
<http://www.kidshelp.com.au/grownups/getting-help/cyberspace>

The AFP has a website www.thinkuknow.org.au and I will share information about this website in the next newsletter.

Special time

Make a special time away from distractions to read together each day. Reading together should be a comfortable, happy routine where you and your child enjoy books together.

involve children in choosing books

To enable children to get an idea of what the book may be about, encourage them to:

- ★ browse through the book
- ★ talk about the pictures
- ★ read some parts of the book
- ★ read the blurb or the contents page.

Get to know the book

When settling down to read together, spend time getting to know the book first:

- ★ talk about the cover and the title
- ★ say the author and illustrator names
- ★ look through the pictures and discuss what the book might be about.

Reading to..., Reading with..., Reading by...

Share books in a variety of ways: reading to the child, reading with the child and reading done by the child.

Depending on the kind of book being read and its degree of difficulty, you will need to decide whether it will be read to the child, with the child or by the child

Reading to the child shows how reading works—you are demonstrating what you do when you read and showing that reading is an enjoyable and desirable activity.

Reading with the child occurs when you join in together to share the book. This is very satisfying for the child who gains confidence and sees themselves as the reader.

Reading by the child—listening to your child read the book by themselves.

The 3 Ps—Pause, Prompt and Praise

When the reading is by the child use the 3 Ps—Pause Prompt and Praise to help.

★ **Pause** when the child is unsure or hesitates; wait a few seconds. Allow time for the child to check the pictures and the words to work out the meaning for themselves.

★ Then give a **Prompt**. Prompts are suggestions or clues. Encourage the child to have a closer look. Look at the pictures for a clue. Ask a question or give a hint that will lead the child to the right words. Try: *What word might make sense? What would sound right? What does it start with?* If the word makes sense, allow the child to continue reading. If the word doesn't make sense encourage the child to have another try then tell the child the word.

★ **Praise** all efforts. If the child is still unsure after a try, tell them the word so they don't lose the meaning of the story. Be positive and encouraging so they will continue to try.

Be careful not to draw the **Pause, Prompt, Praise** process out so long as to take away from the enjoyment, meaning and understanding of the book.

What other ways can you help?

★ Show an interest in reading. Let your child see you reading.

★ Read signs, recipes, junk mail packets, boxes and other household items with your child.

★ Books made at school are a valuable source of meaningful reading material that relate to a shared learning experience such as a trip to the zoo or a special event. Talk about the experience. Read through the book together. Find your child's work and read it together.

★ When a favourite book is frequently brought home from school:

— Try encouraging expression when reading. Demonstrate how your child can do this by using expression when you read.

— Ask the child to retell the story instead of reading it all the way through. Perhaps the child could make up a new ending for the book.

— Simply share in your child's love of a favourite book by listening to him/her re-read something they really enjoy.

★ Join the local library. Regularly borrow books about interests and hobbies or things seen on television.

★ Give books or children's magazines for gifts or treats.

★ Choose books with rhyme, rhythm, repetition and predictable ideas.

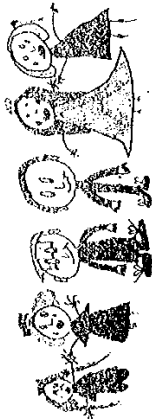
★ Encourage care of books. Establish a space for books to be kept when not in use.

★ Tell stories. They may be traditional tales, memories from your childhood, stories in verse, funny anecdotes and so on.

★ If you are able to, read and tell stories in other languages.

★ Provide pencils and paper for children to create their own books or for drawing and writing about favourite books.

★ Keep in touch with the school. Visit the classroom, talk about the things you notice about your child's reading, make comments in journals that are sent home to you.



The *Reading Together* video is an Early Years parent education resource. It demonstrates how to encourage successful reading habits with your child. Helpful hints are included to use when reading together—a special time to share the wonder and excitement contained within the pages of a book.

How does reading develop?

Reading is about **constructing meaning** from print. Successful readers use a range of information when reading including their:

- ★ knowledge of how our language is spoken (structure)
- ★ previous experience and understanding of the topic (meaning)
- ★ knowledge of letters and sounds and how they are represented in print (visual information).

Rather than rely on one source of information such as sounding out words, they use their knowledge of language and what they are reading about as well as the print when reading.

Successful readers expect what they read to make sense and are encouraged to predict what is coming up. They correct themselves when something does not make sense.

How can you help?

How can I help my child at home?

Remember that getting meaning from print is what reading is all about.

For younger children	For older children
<p>Before Reading: Talk about the book before you read it by discussing the front cover (book walk)</p> <p>Go through the book looking at the pictures and talk about words and ideas that might be in the book</p>	<p>Before Reading: What do you think the book might be about? Look at chapter titles to predict story. Is the book fiction or non fiction? Who is the author of the book? Have you read stories by this author before?</p>
<p>After Reading Did you enjoy the book? Who was in the book? (characters) What was the book about?</p>	<p>After Reading: Did you enjoy the book? What type of book was it? Could you read your favourite part? Did you come across any words you did not know the meaning of? Was there anything you did not like?</p>

PROMPTS to help children work out unknown words while reading:

BE PATIENT: Give your child time to work out words. Count to ten before saying anything.
Say What can you do to work out that word?

Encourage the child to use the following strategies. Have the child say what they are going to do. E.g. "I can re-read."

Encourage the child to have a go at different ways to solve unknown words.

<p><u>LOOK AT THE PICTURE</u></p> <p>I went to the <u>shop</u> for Mum and Dad.</p>	<p><u>MAKE A START</u></p> <p>The c.... was up in the tree.</p> <p>The car had to st.... fast.</p>	<p><u>RE-READ</u></p> <p>The car was up in the tree.</p> <p>Read the sentence again and see if you can work it out.</p>	<p><u>READ ON</u></p> <p>The was up in the tree</p> <p>The car had to fast.</p>
<p><u>LOOK FOR THE PART I KNOW</u></p> <p>I went to the <u>shop</u> for Mum and Dad.</p>	<p><u>BREAK, STRETCH OR CHUNK THE WORD UP</u></p> <p>I went to the <u>sh op</u> for Mum and Dad.</p>	<p><u>Do I know another word like that word?</u></p> <p>I went to the <u>shop</u> for Mum and Dad.</p> <p>I know the word stop. The ending is the same but I need to change the beginning.</p>	

If the child has made an attempt to solve the problem then **praise** them for their efforts.
"I liked the way you had a go at re-reading."

If the child makes an attempt and the word is incorrect you can ask the child
Did that make sense? (Gets the child to check the meaning)
Do we say it that way? (Gets the child to check the structure of the story)
Does the word look right? (Gets the child to look closely at the word)