

Happy Valley State School Newsletter

No. 15 dated 17/09/15



DATES TO REMEMBER



September

18th Last Day of Term 3

October

6th First Day of Term 4

13th P&C Meeting – 6.30pm in Meeting Room

20th Prep Information Night – 6.30pm in Hall

HV TRAINING & PRACTICES

MON 2:30 – 4:30pm Rock Pop Practice

OFFICE DISPLAY – WKS 1 Term 4

Yrs 5/6 Lake Tinaroo Camp

PARENTING IDEAS TOPIC

Build up frequent father points.

Principal's Comment

Term 3 rapidly draws to a close and my pride in our school somehow continues to grow. In the past term we have had many successes. Our Interschool Sports teams in AFL and Softball competed on two days and comments from other schools continued to be positive and continually mentioned our good sportsmanship and behaviour. We held two Principal's Learning Community meetings and this included three Assistant Regional Directors as well as our Regional Director. The positive comments passed in relation to the obvious growth in both our students and our teaching staff was second to none. Last week, Mrs Smith, Mrs Train and I presented at a Learning Fair for Mount Isa schools and the attendees included Dr Lyn Sharratt, who is the co-author of 'Putting Faces on the Data', which has been driving our school improvement agenda. Again, the feedback was extremely positive and the feeling of pride I had is hard to describe.

One of our students, Luke from 2Gold, will soon become world famous. Dr Sharratt asked permission to use a video of Luke and Mrs Train discussing the Learning Wall in their classroom to aid in her further teaching of school teams. This week she will show the video as evidence of best practice to audiences in NSW and WA, before taking it back to the US and Canada. I would like to thank all of our students, who are the focus of our work to make their journey more successful. I would also like to thank the teachers and teacher aides who drive the improvement in our classrooms. Finally, I would like



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to thank the Admin team of Mrs Smith, Mrs Long and Mrs Train. Their tireless work in teaching our teachers how to improve their work is now coming to fruition. Our job may be nearly over for Term 3, but the 9 short weeks remaining will see us continue the journey.

Please enjoy your time on the holidays with your children, because it is only two short weeks until we continue on this amazing learning journey together.

Expressions of Interest for Prep 2016

Currently we have about 30 places left in Prep for next year. If you know of anyone who wants to send their children to Happy Valley, please encourage them to fill out paperwork at the Office and we will update them as enrolment time comes closer.

Our Prep Information night is being held on Tuesday 20th October from 6:30-7:30pm in the Hall. I would like to invite all prospective Happy Valley Prep parents to attend where you can book in for the upcoming Prep Open mornings and meet some of our amazing staff.

Behaviour keys for excellent effort in social skills

Our school focus with our Social Skills sees students rewarded by Staff with a 'key'. The total keys each week are then collected, tallied and then recorded on our school key thermometer in the Hall. This week, with help from our excellent camp students, we cracked the 1000 key mark. This means we have reached our next whole school reward which is a half an hour extra play time on one day. I have nominated that day to be the first day of next term, Tuesday 6th October. Students who attend on that day will benefit from everyone's collective great behaviour. Well done to all!

Year 5/6 Camp

Our campers came back on Saturday, happy but exhausted. A number of parents I spoke to on Monday expressed their surprise at how early their children had gone to bed. That tells me they were too busy to sleep whilst away. I would like to thank all of the students for displaying their Happy Valley Social Skills and making the camp so pleasant. The camp staff passed on their thanks to our students for being so wonderful. Also, a huge thank you to Mr Gason, Mr Wilson, Miss Brooks, Mrs McDonald and

Miss Kennett for their time making the camp awesome and enjoyable for our students. Finally, to Mrs Schelberg who remained behind and planned a wonderful week for the students at school, and Mrs Train for her amazing organisation, a huge thank you.

Fun Run & Fundraising

This is the final call for handing in any fundraising money that your children may have raised for our school Fun Run. Thank you to everyone who ran and donated to our school. This money will be used to upgrade facilities around our school.

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. Lost Property will be placed outside in covered areas this week. Please encourage children to check these areas for missing items. It would make things so much easier to find or return if names were on everything. Your diligence with this is appreciated.

P&C

At our P&C Meeting last night, a number of things were discussed. Prep students will be allowed to order lunch on Tuesdays in Term 4. The same rules apply with name, class and order on a bag and orders will be delivered at the beginning of lunch breaks. Yoghurt straws will again be limited to

two per student as we have some students who are buying quite a few and handing them out to friends. Students are reminded that they are limited on the times to buy slushies and zing ice blocks. Students must purchase straight after the end of eating time, not wait until the end of lunch. Many do not get to finish their food because of this. A decision was also made to prioritize spending to replace the Junior Fort near the Tuckshop. It is currently under disrepair and it is used by the most children in our school. We are awaiting quotes before this is actioned. Our next meeting will be held at the Meeting Room on Tuesday 13th October.

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.


Earn & Learn (Woolworths)

Thank you for the stickers that you have been collecting for our school. Now that this collection time has finished, we are currently finalising our sticker sheets to send off to Woolworths and claim our rewards.

School watch

Over the holidays, our school grounds are out of bounds to the public. Our cleaners, office staff and contractors however will be working for some of the holiday period. There may also be teaching staff on the school premises to do planning for term 4 at various stages. Nevertheless, if you see suspicious activity at the school, please stay safe and do not approach anyone. The best thing to do is contact school watch on 131 788 or Mount Isa Police on 4744 1111.

Norm McNamara
Principal





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 4
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.

WEEKS 8 & 9 – TERM 2 AWARDS

STUDENTS OF THE WEEK

<i>Prep B</i>	Alvaro M Tia B Liane' V	2 Gold 2 Silver 3 Blue 3 White	Jade W Sapphire O Maddison R Georgia D Mayce Y Seth O Zane B Keenan H Charlotte J Kalan T Indigo C Lachlan F
<i>Prep G</i>	Kaidyn D Alura B	3/4 Silver 3/4 Gold	
<i>Prep W</i>	Ashton P Jake Mc Amos V Matildah R	4 Blue 5 Blue 5 White	
<i>1 Blue</i>	Josh W		
<i>1 White</i>	Stacey H James L Mitch P		
<i>2 Blue</i>	Sam Y		
<i>2 White</i>	Isla N Mackenzie W		

MUSIC AWARDS

<i>Indigo C</i>	Violin	<i>Holly L</i>	Violin
<i>Danielle B</i>	Violin	<i>Khezez R</i>	Viola
<i>Brooke C</i>	Viola	<i>Kayla W</i>	Cello
<i>Emily D</i>		<i>Jazmin P</i>	Violin

UNIFORM SHOP OPENING TIMES

Tuesdays: 8.30am – 9:00am

Fridays: 8.30am – 9.00am

Orders can also be placed at the Tuckshop between
8.30am – 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 *

Parenting *ideas*

INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Build up Frequent Father points

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some 'dad time' with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids ('Your dad's very busy but he would love to see you play sport but he can't make it.') As well, she'd keep him up-to-date with the children's lives.

Blokes, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to **do together** with their dads. Playing, walking, fishing, wrestling...the list goes on.

It's through shared activity and involvement in kids' lives that dads build up **frequent father points**. It's hard to build good connections with kids when you are not there!

Don't wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is

a predictor of good health and longevity for men. I'm not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child's space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it's easy to forget that one of the fundamentals of raising kids well is to spend some time in your child's space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner's) Frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author's note: Sole mums can take these ideas on-board to have a **NO RULES** weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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Newsletter Article 5 – Step Ladder Approach to Help Anxiety in Children

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). I would like to share some information from an article written by Dr Kaylene Henderson who is a Child Psychiatrist and mother of three. She has a website on which she shares practical, research-based advice with parents and professionals. The website has free downloadable tipsheets and articles. She also has a range of online courses. The article is called the Step-Ladder Approach to Help Anxiety in Children and below is the link to the full article.

<http://drkaylenehenderson.com/step-ladder-approach-to-help-anxiety-in-children/>

The Step-Ladder Approach to Help Anxiety in Children

The step-ladder approach for the treatment of anxiety is medically known as **hierarchical or graded exposure**. This treatment approach can be applied to many common childhood anxieties such as the fear of separation, fear of social situations or fear of sleeping alone. It can be used to help anxiety in children (and adults) of all ages.

To make a start, picture a simple step-ladder with several rungs. Decide on the final goal – this task becomes the top of the ladder. Then determine what an easy starting point might be – this becomes your first step. Next, work out what tasks might serve as intermediate steps with each situation a little bit more challenging than the last as you get closer to the top of the ladder.

It is important that the leap between steps isn't too daunting for your child. If the jump from one step to the next seems too great, consider how you might break it up into a few smaller steps.

This step-by-step approach allows your child to practise coping with his anxiety in manageable doses and to also experience successes along the way which builds up his confidence and sense of mastery.

In the article, Dr Henderson lists 6 hints to improve you and your child's chances of success, please refer to the article for full information on each step:

1. **Let your child decide** which tasks he adds to his ladder.
2. **Teach your child some strategies** for managing his anxiety before you start eg. slow relaxed breathing, or a simple message to think about.
3. **Encourage your child to stay** in the situation until his anxiety has passed. Our bodies can only maintain high levels of anxiety for a matter of minutes (rather than hours) but if your child always flees while he's still anxious, he may never learn this.
4. **Wait until your child has mastered one step on his ladder before moving onto the next.** This might take one attempt or it might take ten before a step is no longer considered anxiety provoking. It's always best to work at your child's pace.
5. **Reward success.** Praising your child's efforts, letting your child know how proud you are, suggesting he calls his grandparents to share news of his success or spending some special time together are all great ways to reward your child.
6. **Be a good role-model.** Consider what you say and how you behave when you become anxious.

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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