

# Happy Valley State School Newsletter

No. 16 dated 15/10/15

## Principal's Comment

Term 4 has started with a bang. Everyone has hit the ground running. Students have begun their learning in earnest and have knuckled down straight away. It has been a mammoth year so far and now we see only 8 weeks to go before Christmas break. What a busy time it will be with Year 6 Celebration at the Irish Club, Transition days to High School for our Year 6 students, Rock, Pop, Mime happening this week, Report cards to go home in the last week and many more things. It is always great to see the Happy Valley community get involved in the goings on of our school. Your support is wonderful to see.

### **WELCOME TO NEW STAFF**

I would like to welcome a new staff member to Happy Valley. Mr Ben Wickham has been appointed to Happy Valley as a permanent teacher for the rest of 2015 and into the future. Welcome Ben to our family.

Teacher transfers have come out and it is sad to see the following people leave our hallowed halls. Craig Gason is off to Albany Hills SS and Aleta Gason heads to Ashgrove SS, Sharon Wilson moves to Brassall SS, Helen McGuinness to Logan Reserve SS, Chloe Brooks to Perigian Springs SS, Alisha McDonald to Alexandra Hills SS, Rachel Doubtfire to Brightwater SS, Kirsty Cowley to Ormeau SS and Tiarna Rogers to School of the Air. We wish all these marvellous people every success as they eventually leave the best school in the state.

We also have a number of new staff joining Ben at HVSS. Anne Barrenger comes from Runcorn Heights SS, David Hunter from Brisbane School

## **DATES TO REMEMBER**



### **October**

- 19<sup>th</sup> Pupil Free Day
- 20<sup>th</sup> Prep Information Night – 6.30pm in Hall

### **November**

- 9<sup>th</sup> OneSight Vision Testing at HVSS
- 9<sup>th</sup> P & C Meeting 6.30pm

## **OFFICE DISPLAY – WKS 2 & 3 Term 4**

Prep Blue

## **PARENTING IDEAS TOPIC**

Teach your kids about time and space

of Distance Ed., Natalie Sun from Calliope SS, Ellen Gavin (Graduate) and Kelly Harris from Cardwell SS. I extend to these people a warm welcome and am sure they will be a vital part of our team.

### **EXPRESSIONS OF INTEREST FOR PREP 2016**

Currently we have a number of 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 Open night is being held on Tuesday 20 October from 6:30-7:30pm in the Hall. I would like to invite all prospective Happy Valley parents to attend and book in for the Open mornings and meet some of our amazing staff.

### **ADOPT-A-COP**

I would like to welcome Constable Carly Leask who has been appointed as our Adopt-A-Cop. Constable Carly will be a presence around our school and will be a positive role model for our children. On Monday 2 November we will welcome her to our school on Parade.

### **BEHAVIOUR KEYS FOR EXCELLENT EFFORT IN SOCIAL SKILLS**

Last Friday our students received their ½ hour extra play time as reward for excellent behaviour. It was a great time for all, with

students and staff all enjoying running around for the extra time. Well done to everyone.

### **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**

It was disappointing to have only a handful of parents show up at last night's P&C Meeting. I encourage as many people as possible to come and put their two cents worth in about their children's school. We are unable to improve things without collaborative consultation. At the P&C last night, we decided to purchase 5 more RedCat hearing systems for the school, to revamp the Prep sand pit area and to complete the seating in the main school area. Our next P&C Meeting will be held on Monday 9 November. **Don't forget that Preps are now able to order Tuckshop every Tuesday. Orders are to be placed in the box in the class and will be delivered to the class before Morning Tea.**

### **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.

### **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.

### **SCHOOL WATCH**

Over the holidays, our school grounds are out of bounds to the public. There are a number of cleaning, office and ground staff who will be working for some of the time. Also, some teachers will be planning for Term 4. If you see suspicious activity at the school, please stay safe and do not approach anyone. If you need to, contact School Watch on 131 788 or Mount Isa Police on 4744 1111.

### **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. If you haven't already made this payment and you intend to, it can be made over the phone. Just call the Office and payment can be made.

### **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*

# WEEK 10 – TERM 3 & WEEK 1 TERM 4 AWARDS

## STUDENTS OF THE WEEK

Prep B	Jazmin W Harlowe J	3 White	Zayne D Dimontray A
Prep G	Alura B Dan O	3/4 Silver 3/4 Gold	Triani H Zyneal S
Prep W	Lillian H Isabelle T	5 Blue 5 White	Cruz C Brady S Hayley W
1 Blue	Izabella V	5/6 Gold	Nathanael L
1 White	Brihanna K		Silvia M
2 Gold	Holly C	6 Blue	Katie Mc
3 Blue	Malachi M	6 White	Shivash C

Happy Valley Rock Poppers would like to say a special thank you to the following organisations for their support in the 2015 Rock Pop Mime.

**Clancy Sign Centre  
Roger Locke and Co  
Mount Isa PCYC**


**QSchools**  
mobile app

GET IN LINE MOUNT ISA

★ **WANTED** ★

YOU AND YOUR BOOTS TO JOIN

**OUTBACK LINE  
DANCERS  
WORKSHOP**




Guest Line Dancing Instructor  
**Brett Jenkins**

Saturday & Sunday  
★ 21 & 22 November 2015 ★

**Venue**  
PCYC – Sat 1-5 and Sun 9-12  
Irish Club - Social on Saturday 7pm

**For more information:**  
**Fred, 07 4743 4418**



### 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

## Teach your kids about time and place

My mum used to tell me, "There's a time and place for everything Michael, and this is not the time and place to behave like that!"

My mum's words came back to me as I watched three kids (twins and early teens) try to out-wrestle and out-shout each other while they waited in an airport queue with their parents. Their noise and wrestling quite obviously disturbed and interfered with fellow travellers, but their parents made no attempt to rein in their behaviour.

I couldn't help thinking that there is a time and place for this type of behaviour and THIS WAS NEITHER OF THOSE!

**Time and place** is a brilliant socialisation lesson for children of any age or era to absorb. It starts by asking yourself as a parent: "What does this social situation reasonably require of my children at their age and stage of development?"

In the above case it's reasonable to expect tweens and teens to be able to stand in a queue without disturbing others for the ten minutes that it took to get service. It should be easy for that age group to show some self-control and consideration for others.

That timeframe maybe a stretch for under fives, but some parental attention to distract them from being bored may do the trick. The principle is the same regardless of age or a child's developmental stage, but the application varies.

### **Socialising kids**

It's a parent's job to socialise your kids. That is, it's your job to develop a sense of OTHER so that they become aware of how their behaviour impacts on others. Many kids have I. Plates when it comes to behaving in public so they need your assistance to behave according to the requirements of the situation – or according to the time and place. You do this by:

#### **1 Giving your kids social scripts**

There are times when kids don't know what to say or how to act in different social situations. "Here's what you can say when you meet Mrs. Smith....." is the type of pre-emptive social scripting that benefits most boys, kids on the autism spectrum as well as kids who need extra help to get on with others.

#### **2 Regular behaviour rehearsal**

Practise appropriate social behaviours at home so kids know how to behave around others. For example, you can role-play a restaurant situation by serving your kids' meals at the dinner table and expecting them to use their manners.

#### **3 Just-in-time prompts**

It helps to remind in positive terms how kids should speak and act around others before entering a social situation or a special place

such as a church, airport or restaurant. "In church most people....."

#### **4 Teaching good manners**

Manners are social guidelines that teach kids how to behave around others. While some conventions change over time, basic good manners such as saying 'please' and 'thank you' never change. They are the basis of a civil society. Kids are never too young to start learning manners.

#### **5 Respectful use of consequences**

While the best discipline happens before an event (through behaviour rehearsal, prompts and teaching manners) there are times when the only way to get a message across about time and place is to DO something if the kids' behaviour thoughtlessly or deliberately impinges on the rights of others. And the best action may be WITHDRAWAL from the place or activity that they are doing. That may mean that the kids (and you) miss out on an activity or being in a special place but such lessons are rarely forgotten and reinforce your important messages.

**Time and place** is a great parenting message for kids to learn. It's about consideration for others; it's about self-control and above all else, it's about fitting into different social situations.



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.



[parentingideas.com.au](http://parentingideas.com.au)

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# Newsletter Article 1 – Relational Aggression

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

October is National Bullying Prevention month. I recently came across this article and thought that it would be very relevant as it presents information about a form of bullying that we often see but may not have known the term for – **Relational Aggression**. I read the article on the 'a mighty girl' website and the following is a link to the full article.

<https://m.facebook.com/amightygirl/photos/a.360833590619627.72897.316489315054055/911364372233210/?type=3>

Better access to the Wall Street Journal article mentioned on the 'a mighty girl' website is gained via the link given to - The Australian - below.

Relational Aggression involves using the threat of removing friendship, ostracism, and other forms of social exclusion and has been reported to appear in children as young as three years old. Examples include coercing other children not to play with someone else or threatening not to invite them to your birthday party if they don't do what you want them to do. While a more subtle form of bullying, it can be just as hurtful or more so than physical bullying and aggression (The Australian – see link to story below).

Relational Aggression (all information comes from the article in the Australian, see the link below) –

- is typically more common in girls
- often described as 'mean girl' behaviours
- occurs across all year levels at school and even prior to school age
- tends to increase with age unlike physical aggression, often peaking in middle school
- often children don't understand that manipulating friendships and relationships is bullying
- is overwhelmingly reported as more hurtful than physical aggression
- is also linked to health problems, such as depression and anxiety

Relational Aggression can be reduced or addressed through (information comes from the article in the Australian, see the link below) -

- Simple lessons in empathy -- "Imagine how it would feel if someone did that to you?"
- Parents and teachers working together with both the victim and the bully /ies in relation to empathy and developing other friendships.
- Children telling the teacher if relational aggression is happening so that the teacher can help them to work it out.

At Happy Valley State School the whole school social skills program addresses issues such as those encountered in Relational Aggression and group programs such as Fun Friends and Friends for Life are run within the school to assist students to develop resilience and problem solving skills and to reduce anxiety.

The full article about Relational Aggression in young children in the Wall Street Journal can be found at :

<http://www.theaustralian.com.au/business/wall-street-journal/kindergarten-cruelty-little-children-and-already-acting-mean/story-fnay3ubk-1226935570620>

Two books for young children that address relational aggression, "Trouble Talk" for ages 6 to 9

(<http://www.amightygirl.com/trouble-talk>) and "My Secret Bully" for ages 5 to 8 (<http://www.amightygirl.com/my-secret-bully>).

A helpful resource for older children (7 to 12) that addresses bullying of all types and help kids learn how to stand up for themselves and others in a positive, productive manner is "Stand Up for Yourself and Your Friends" at

<http://www.amightygirl.com/stand-up-for-yourself-and-your-friends>

For parenting resources that deal specifically with relational aggression, "Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades" (<http://www.amightygirl.com/little-girls-can-be-mean>), which tackles relational aggression in the early grades, and "Queen Bees and Wannabes" (<http://www.amightygirl.com/queen-bees-and-wannabes>), which discusses relational aggression tactics among tweens and teens.

For other information on bullying-

[www.bullyingnoway.com.au/](http://www.bullyingnoway.com.au/)

[www.kidshelpline.com.au/](http://www.kidshelpline.com.au/)

[www.michaelcarr-gregg.com.au/](http://www.michaelcarr-gregg.com.au/)

[www.andrewfuller.com.au/](http://www.andrewfuller.com.au/)