DATES TO REMEMBER

**October**

30th  HV Celebrates World Teachers’ Day

**November**

3rd   2016 Prep Open Day (bookings at office)
4th   2016 Prep Open Day (bookings at office)
9th   OneSight Vision Testing at HVSS
      P & C Meeting 6.30pm
16th  2016 Prep Interviews (bookings at office)
18th  2016 Prep Interviews (bookings at office)
23-24th  Prep and Year 2 Swimming Program
         (first 20 students for each class)
24th   Year 6 Celebration Dinner
25th   HV Swimming Carnival Years 4 – 6
26-27th  Prep and Year 2 Swimming Program
         (first 20 students for each class)

**December**

1st   Report Cards distributed to families
2nd   2016 Class Transition Day
2-3rd  Year 6 Tools for Change – Spinifex Jnr Campus
4th   Last Day of Term 4

OFFICE DISPLAY – WK 4 Term 4

Prep Blue

PARENTING IDEAS TOPIC

The many faces of independence

Principal's Comment

Another amazingly successful week at Happy Valley. Two weeks ago we were looking forward to putting our best feet forward at Rock, Pop, Mime. Mrs Smith, Miss O’Keeffe and the wonderful crew of staff, parents and students have brought home gold again. Our school was judged as the winners of Best Backdrop (such an amazing Monopoly Board) and then the crowning glory we were named Champion Senior Primary category winners. A huge thank you to all of the staff and parents who took time out with preparation, organisation, make-up, rehearsals and all the other little bits and pieces that made the evening a success. Finally, congratulations and thank you to our wonderful students for their marvelous performance. Your hours of dedication and super performance made Happy Valley number one. Comments passed by people about how well behaved and humble Happy Valley students were when they won was delightful to hear. You are all a credit to your families and to Happy Valley.
**PREP ENROLMENTS 2016**
I have now offered places in Prep to a number of families who were on our waiting list. It was a privilege to hear people’s excitement at being offered a place at Happy Valley. It is obvious that our school has earned a solid reputation and this is excellent to see. If you have not already organised yourself for the coming weeks, Open Days are on 3rd and 4th November with Interviews being held on 16th and 18th November. See the Office to book yourself and your child into these sessions.

**2016 CLASSES**
Sent home two weeks ago was a blue note asking for your advice in relation to classes for 2016. Please return this form as soon as possible to inform us whether your child/children will or will not be attending Happy Valley next year. This allows for better forward planning for our classes. If you have any further concerns, please contact myself or Mrs Train at the Office to discuss. Thank you to the many families who have already taken the time to complete this form.

**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 2nd November we will welcome her to our school on Parade.

**HAPPY VALLEY TRAFFIC ISSUES**
I have held discussions with a number of community members about the constant worrying state of the traffic flow in our area around both our school, the C&K Kindy and St Joseph’s. It is our intention to find a solution and we will be forming a committee to come up with ideas to try and rectify these issues for the future. Safety of all children is our number one priority so if you are interested in having a voice, please contact me and I will discuss ideas and plans with you. We will also be seeking representatives from the other educational facilities, Police and Council. This is greatly important so get involved.

**NEW AND DEPARTING STAFF**
It is with great sadness we say goodbye next week to our wonderful Office Guru, Miss Lexine. We wish her all the best in her new position as Librarian at Good Shepherd and thank her for making our office an inviting place to enter. We would also like to welcome on board Mrs Belinda Thompson who will be replacing Lexine in the Office and Ken Loney as our new Groundsman, both starting next Monday. I am sure both will bring a happy smile and welcoming manner to their new positions. We are also welcoming back Miss Emily Roberts as a temporary Teacher Aide in place of Maddy Train, who has moved on to further employment. We would also like to take this opportunity to say thank you to Philip Miller who has been watering our school grounds whilst we have had no Groundsman.

**MUSIC COUNT US IN CELEBRATION DAY**
*Music: Count Us In* is Australia’s biggest school initiative, with more than 500,000 participating students from over 1,200 schools nationwide. Our school celebrated this day on Thursday with the senior and junior choir students performing a series of roving concerts throughout the school during the lunch breaks. This included performing in the eating areas, prep rooms, staff room and even squeezing into the office to perform. Thank you to all students who participated in this celebration day!

**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**
On Monday 9 November, P&C will meet for the final time in 2015. Please come along and find out about the plans for improving our school. It is important for parents to have a voice and to be informed. The meeting begins at 6:30pm and is being held in the Meeting Room, located in the Support Centre next to the Staff Room. Children are welcome.

**SCHOOL WATCH**
There have been a number of unauthorised people on our grounds in the past few weeks. They have been moved on and the police have been notified. Over the holidays and weekends, our school grounds are out of bounds to the public without my prior approval. If you see suspicious activity at the school, please stay safe and not approach anyone. If you need to, contact School Watch on 131 788 or Mount Isa Police on 4744 1111.

**VOLUNTARY CONTRIBUTION**
At the last P&C Meeting, it was ratified that Voluntary Contributions will change for 2016. All students from Prep to Year 6 will now be $30. Payment can be made at the school office. If you haven’t already made this payment for this year and you intend to, it can be made over the phone. Just call the Office and payment can be made.

Norm McNamara
Principal
**WEEKS 2 & 3**

**TERM 4 AWARDS**

**STUDENTS OF THE WEEK**

**Prep B**
- Max B
- Elijah M
- Mia B
- Naomi W

**Prep G**
- Gage M
- Callum V

**Prep W**
- Charlotte M
- Lia O
- 1 Blue
- 1 White
- 1 Gold
- 2 White
- 2 Gold
- Megan A
- Eric S

<table>
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<th>Category</th>
<th>Students</th>
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<tbody>
<tr>
<td>2 Silver</td>
<td>Caylee C</td>
</tr>
<tr>
<td>3 Blue</td>
<td>Seth O</td>
</tr>
<tr>
<td>3 White</td>
<td>Dylan J</td>
</tr>
<tr>
<td>3/4 Silver</td>
<td>Bridgit F</td>
</tr>
<tr>
<td>3/4 Gold</td>
<td>Desanya K</td>
</tr>
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<td>4 Blue</td>
<td>Gertrude H</td>
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<tr>
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<tr>
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<td>Cooper G</td>
</tr>
<tr>
<td>6 White</td>
<td>Cooper N</td>
</tr>
<tr>
<td>6 White</td>
<td>Kelsey E</td>
</tr>
</tbody>
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**MATHLETICS AWARDS**

10 Years: Evia J

**MUSIC AWARDS**

- Braith M: Percussion
- Patric M: Trumpet
- Brayden Mc: Clarinet
- Misha G: Flute
- Nathanael L: Percussion
- Tayla B: Flute
- Delta B: Flute
- Jenisha A: Clarinet
- Mete K: Flute
- Willow S: Trumpet
- James: Flute
- Teagan P: Flute
- Kyle B: Pineda
- Silvia M: Clarinet
- Faith F: Flute
- Maddison T: Flute

**UNIFORM SHOP OPENING TIMES**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>8.30am – 9:00am</td>
</tr>
<tr>
<td>Fridays</td>
<td>8.30am – 9.00am</td>
</tr>
</tbody>
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**Special Opening Times**

- Prep Open Day: Tuesday 3rd November: 9:00 - 10:30
- Prep Interview Days:
  - Monday 16th November: 9:00 – 2:15
  - Wednesday 18th November: 11:00 – 2:15

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 *

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**2015 Carol Lights**

**SUNDAY 29TH NOVEMBER**

**GATES OPEN AT 5.30PM**

**BUCHANAN PARK**

**PROUDLY PRESENTED BY THE MOUNT Isa CITY COUNCIL**

**SANTA WILL BE THERE!**

**LUCKY DOOR PRIZE 2 NIGHTS ACCOMMODATION AT ADELS GROVE FOR TWO ADULTS AND THEIR CHILDREN: INCLUDES ACCOMMODATION, DINNER AND BREAKFAST**

**ENTERTAINMENT**

FREE TAG-A-TOT BY NEIGHBOURHOOD WATCH FIREWORKS

**FOOD & DRINKS AVAILABLE**

**GOLD COIN DONATION FOR ENTRY**

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**Indigenous Bush Clinics / Carnival**

**FREE**

**“Promoting swimming in indigenous communities”**

**Clinical**

**THURS 12 NOV**

**10-11:30am**

Novelty & competitive races Opportunity to put your new skills into practice!
Building parent-school partnerships

WORDS Michael Grose

The many faces of independence

Here are 5 ways for parents to give their children skills, encouragement and support in their quest for independence.

It's been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still lives at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children's independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (parents are able to do a great deal for kids in small families), older parents (often over-concerned), busyness of life (it's easier to do than delegate) and a heightened fear that the world is a dangerous place for children and young people.

Independence is the point

When independence becomes your priority then suddenly you've found a pathway to the development of other positive qualities and traits in your children including the key four – confidence that comes from facing fears; competence that's built through mastery; creativity that's encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children's independence. And of course, independence takes many guises including:

1. Self-help skills
   The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary-aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes
   Without realising it, as parents we frequently make choices on our children's behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices.

more on page 2

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.
... The many faces of independence ...

This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents’ wishes. In small families parents often know so much about minutiae of children’s lives that inevitably we tend to impose greater well-intentioned control over children’s decisions.

1. Taking responsibility for your own problems and actions
There’s no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

2. Freedom to explore the neighbourhood
On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today’s parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

3. Freedom to explore unpredictable and potentially risky environments
Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

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

As October is National Bullying Prevention month I thought it would be appropriate to review two areas that arise from time to time with students, particularly those in upper primary school and high school as they have more independence and autonomy in use of the internet and Instagram / Snapchat / Facebook – Cyberbullying and Internet Safety.

**Tips for Parents about Cyberbullying and Internet Safety**

Cyberbullying involves the use of email, chatroom or social media 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
- Not wanting to go to school or to participate in other social activities eg. sporting team

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.
- Advise them not to open emails from Cyberbullies or respond to bullies on Facebook or SMS or any other social media.
- Encourage them only to talk to people they’ve met in person.

Tips for Internet Safety if your child is experiencing Cyberbullying:

1. Be a good role model yourself in terms of where and how you use the internet and social media.
2. Supervise younger children by being with them online to educate them about safe use of the internet. Supervise older children by being in proximity to where they use computers and social media in order to monitor their mood and reactions when online or finishing up online.
3. Have your internet and social media used in a high traffic / public area of the house, not in bedrooms where children cannot be monitored.
4. Have all technology eg. computer, ipad, iphone stored in a central place at night (eg. kitchen bench) so that children are not up late using social media when they go to bed at night where you are not able to monitor their mood following use of these devices.
5. Change your wi-fi password to prevent computer access to social media if you suspect or know that Cyberbullying is occurring while you determine how to address the issue.
6. Enforce time-off from the computer or their mobile phone if Cyberbullied.
7. Block the bullies from their Facebook account and remove and block them from contacts / friends lists on any other social media accounts eg. snapchat

What to do next:

- Move your family computer to a public place so you can monitor the times children are online, and their anxiety levels.
- Contact the police if the messages are threatening.
- Children under the age of 13 should not have a Facebook account as per Facebook’s age restrictions policy. If your child is being bullied via Facebook by a child under the age of 13 it can be reported to Facebook using the following link and their account will be deleted [https://www.facebook.com/help/157793540954833](https://www.facebook.com/help/157793540954833)

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)

The AFP has a website [www.thinkuknow.org.au](http://www.thinkuknow.org.au) this website has resources for families and schools with guides to online safety, parental controls, cyber issues etc. [www.staysmartonline.gov.au/home](http://www.staysmartonline.gov.au/home) has information and tips for safe internet use for children and fact sheets and resources for various issues that may be encountered through using the internet.