Principal’s Comment

Yesterday I had the opportunity to host our Assistant Regional Director Dr Foster as we discussed the amazing year that Happy Valley has had. He made mention of the wonderful work that our Admin team have done to support the building of a wonderful learning climate here at Happy Valley. Dr Foster has pointed out to many people from across our region just how super our work has been. The staff have worked themselves to a standstill in order to present to your children the best learning opportunities that they can. We have seen such great improvement in all of our children due to the hard work being done. We have children who understand their place in the learning journey and they are more actively involved in this. Every child has learning goals and knows what is expected of them each and every day. I thank everyone for their continued effort and I thank the community for riding with us on this important journey of improvement.

NEW STAFF

With the impending departure of the wonderful Mrs Train, we have appointed a new Deputy Principal to begin in Term 1 next year. Mrs Anne Walsh will be coming from Ingham SS and Trebonne SS. She has extensive experience as a school administrator and has a number of strengths that we will gladly use. In Week 8 we will welcome 4 of our new teaching staff for 2016 as they visit Mount Isa for a transition day. Last week we farewelled Miss Lexine from the office. She has moved on to another job. I would like to welcome Mrs Belinda Thompson who has made a seamless transition into the Admin Officer role.

DATES TO REMEMBER

November
13th Free Dress Day (gold coin donation)
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 6 & 7 Term 4

Year 6 Art

PARENTING IDEAS TOPIC

Manage like a cat, nurture like a dog

REPORT CARDS

Teachers have been working hard to produce your child’s Semester Two report card. These will be sent home on Tuesday 1 December.

PREP ENROLMENTS 2015

There are still a number of places available in Prep for 2016. If you, or anyone else you know wish to enrol your Prep child for next year, please see Belinda in the Office as soon as possible. Prep Interviews are being held next week on Monday and Wednesday.

TUCKSHOP

A reminder that the HVSS Tuckshop will only be open on Monday 30 November and Tuesday 1 December in the last week of school. Miss Donna will be completing final stocktake and cleanup.
HAPPY VALLEY TRAFFIC ISSUES
As I spoke about in the last Newsletter, the hot topic at the moment is the difficulty surrounding our school drop off zone on 23rd Avenue. Following much discussion at P&C, Staff Meetings and in general, we have been advised to form a Safe School Travel Committee (also known as SafeST). We are required to do this in order for us to put into place the suggestion for building a new and improved drop off and parking area at the bottom end of the school. I have already been approached by some community members to be on this Committee, but I am looking for as many interested people as possible to join Constable Carly, and myself to push for a safer option. We are only looking out for the safety of our children and the ease of which you can collect them from school. Please contact me at the Office on 4745 0333 to discuss your much needed support. We are all in this together, for our kids and the community.

PARENT VOLUNTEERS
Our wonderful parent volunteers will be recognised by the P&C on Friday 27 November with a volunteer Morning Tea. This will be held at 10:30am in the Meeting Room and invitations will be sent home shortly.

P&C
At our final P&C on Monday evening we welcomed our Adopt-a-Cop Constable Carly to be a part of our school and great discussion was held. I was able to thank the P&C for their efforts this year. In the last week we received our final 13 Redcat hearing systems and they have now been put in the classrooms. P&C have funded 5 of these and they will help our teachers and students with better communication in the school, breaking down background noise and making it easier to hear. We have also received the last of our new seating so we can finally get rid of the old wooden a-frame seats and new ones will be installed very soon.

END OF YEAR CONCERT
The Concert will be held on Thursday 3 December and has been split into two as such:

8:30-9:30 – Preps, 1s and 2s
9:30-10:30 – Years 3-5 perform, Year 6s as audience only

Further, the Year 6 students will perform their graduation song at parade on the Monday 30 November instead of a Concert performance. Most of our Year 6 students will not be at school on Concert day due to Tools for Change at Spinifex.

TOOLS FOR CHANGE
As our Year 6 students move towards High School next year, Spinifex offers all students the opportunity to take part in Tools for Change. This takes the form of two at Spinifex Junior College in the last week of school. Following is the timetable for these days. If you would like any further information, please contact Spinifex on 4740 1111.

Wednesday 2 December – Year 6
Thursday 3 December – Year 6

CLASS LIST
Happy Valley class lists for 2016 have been discussed and final drafts are in production. These lists will be up around the school on Tuesday 1 December. Copies of the lists will be placed in each Block as well as outside the Office. Please understand that changes to classes and staff may occur depending on circumstances that arise.

TRANSITION
On Wednesday 2 December, each child will spend an hour with their new teacher for 2016 in their new classroom. I realise that some staff will not be in the school on this day, particularly new teachers to the school, however staff transferring out will assist on this day. This is an opportunity for students to begin the familiarisation process prior to class next year.

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.

Norm McNamara
Principal
HAND, FOOT AND MOUTH DISEASE

It has come to my attention that we have had a case of Hand, Foot and Mouth Disease recently in your child’s class. On the reverse of this letter is a fact sheet from Queensland Health for your information.

Please be aware of this and if in any doubt about your child’s health, please contact your family doctor.

Also, please notify the school if your child does contract Hand, Foot and Mouth as their exclusion from school will apply.

If we are all vigilant in addressing this issue we will ensure that any disruptions to children’s learning is kept to a minimum.

SCHOOL BANKING

Please note there will be no school banking service in the last week of school.

STUDENTS OF THE WEEK

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<thead>
<tr>
<th>Prep B</th>
<th>2 Silver</th>
<th>Skye B</th>
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<tbody>
<tr>
<td></td>
<td>Christene H</td>
<td>Celia M</td>
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<td></td>
<td>Lusiana Y</td>
<td>Sapphire O</td>
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<tr>
<td>Prep G</td>
<td>3 Blue</td>
<td>Jessica P</td>
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<td>Dimontray A</td>
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<td>Prep W</td>
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<td>Lincoln T</td>
<td>Zachary D</td>
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<td>Lucas B</td>
<td>Richelle B</td>
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<td>Jaycie F</td>
<td>Lauren P</td>
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<td>Lily J</td>
<td>Retief J</td>
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<td>Declan K</td>
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<td>1 Blue</td>
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<td>Beau P</td>
<td>Gabriell F</td>
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<td>Paige M</td>
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<td>1 White</td>
<td>6 Blue</td>
<td>Ella C</td>
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<td></td>
<td>Chace P</td>
<td>Luke S</td>
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<td>1 Gold</td>
<td>6 White</td>
<td>Charlie J</td>
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<td>Luke C</td>
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<td>2 Blue</td>
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<td>Kyren S</td>
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<td></td>
<td>Sienna M</td>
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TRY OUT A MINI JUNIOR TRAINING TRIATHLON

SUNDAY 15 November, 0900 meet us at Lake Moondara (at canoe club) for a mini junior triathlon.

Bring your bike, helmet, bathers, towel, water bottle and running gear. We will have a 25mts swim / followed by 700mts on the bike and 400mts run. (Actual race distances vary according to age. This is a sample session)

Triathlon QLD – TRY BEFORE YOU BUY for only $20. Maximum period 14 days from registration. If you decide to join the $20 will be deducted from full membership. The 14-day period includes participation at training sessions.

Our first club race is November 22.
training in between.

We can sign you up at the lake.

Any questions please:
Email: isarats@gmail.com

From the Curriculum Coordinator

Over the last 10 weeks a group of Year 4 Students have been accessing the Just Write Program through Brisbane School of Distance Education. Just Write is an online writing project where students from around Queensland collaborate and boost their writing knowledge, skills and confidence. Each week the students investigate a text type including the audience, purpose, text structure and relevant vocabulary through a web conference. They generate ideas, produce and publish text on the eLearning website to share with peers across the state.

In Week 5 the students’ focus was on using detail to improve their writing. They used a variety of sentence types to construct a descriptive paragraph using the strategy “show through language, don’t tell”. Below is a sample of the awesome work the students produced:

There is a very furry member of my family his name is Patch. Imagine your favourite milk chocolate as a silky soft fur. He has a ferocious appetite and gobbles his food at lightning speed. You may very well believe that you are next to a dragon as he snores the night away. He loves to paddle in the pool snapping as he splashes. He always has time to play and will fetch a ball a million times over. His antics are very funny. I can watch him chase his tail for hours. By Luke H, 3/4G.
Manage like a cat, nurture like a dog

Here’s how to get the mix of firmness and nurturing right when communicating with young people.

Finding your inner cat
We all have some cat and dog in us. It's just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficulty accessing. It is always expressed through your non-verbal - that is, your tone of voice, your posture and your head.

A cat speaks with a flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with you palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You'll find you'll naturally speak like a cat - clipped voice, still head and body and more serious expression. This is your credible (and calm) side.

When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australias foreign minister Julie Bishop is a good example of using cat behaviour.

Like her or loathe her you can’t deny she has authority. That’s because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (look away to indicate not arguing) or kinesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

Using your inner dog
We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you’ll speak with lots of inflection in your voice.

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.
... Manage like a cat, nurture like a dog ...

Your head will bob up and down. You’ll probably lean forward as you speak and you’ll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up, put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfortable with. If you are in a management position there is a fair chance that you spend more time accessing your cat then your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he uses tone of voice, a big smile and open body language. However, I’ve seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will stay very still. We believe him when he speaks. He’s no lightweight. It’s his ability to switch from cat to dog and back again that makes him so charismatic.

Bringing cat and dog to your parenting

From experience I’ve found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

Get your cat and dog wrong and you’ll be ineffective. Manage like a dog and you’ll do one of three things:
1. Whine at your kids
2. Use an angry voice
3. Do nothing because you don’t want to offend them.

Build relationships like a cat and you’ll be distant, stiff and unapproachable. Get the mix right and you’ll be able to give your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don’t rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you’ll have discovered the key to charismatic parenting and leadership.

‘Manage like a cat, nurture like a dog.’
Who would have thought it’s that simple!

Michael Grose

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FAME 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.

Friday November the 13th 2015 is World Kindness Day.  
Kindness is an important thing as practicing kindness has many positive beneficial side effects for our health and wellbeing. Kindness fits in with our Happy Valley Social Skills in so many areas eg. to have a friend, be a friend. Kindness was also a focus of the Fun Friends Program through the story Have You Filled a Bucket Today?

The Benefits of Teaching Kindness in Schools (Patty O’Grady, Positive Psychology in the Classroom)

Education specialist and psychologist, Patty O’Grady reports that teaching kindness to children in schools produces many benefits including:

- **Happy, Caring Children** - The good feelings that we experience when being kind are produced by endorphins which activate areas of the brain that are associated with pleasure, social connection, and trust.
- **Increased Peer Acceptance** - kindness increases our ability to form meaningful connections with others.
- **Greater Sense of Belonging and Improved Self-Esteem** - people experience a “helper’s high” when they do a good deed. This rush of endorphins creates a lasting sense of pride, wellbeing, and an enriched sense of belonging. It’s reported that even small acts of kindness heighten our sense of wellbeing, increase energy, and give a wonderful feeling of optimism and self worth.
- **Improved Health and Less Stress** - Being kind can trigger a release of the hormone oxytocin, which can significantly increase a person's level of happiness and reduce stress levels.
- **Increased Feelings of Gratitude** - Helping someone else makes them appreciate the good things in their own lives.
- **Better Concentration and Improved Results** - Kindness helps children feel good about themselves as it increases serotonin levels which affects learning, memory, mood, sleep, health, and digestion. Having a positive outlook enables greater attention spans and more creative thinking to produce better results at school.
- **Reduced Depression** - An act of kindness triggers an increase in serotonin, a natural chemical responsible for improving mood. This boost in happiness occurs not only in both the giver and receiver of kindness, but also in anyone who witnesses it.

- Giving and receiving kindness not only benefits children it also has the same benefits for adults. Below are a few ideas that you might like to do with your child or in your family to celebrate World Kindness Day.