Principal’s Comment

Welcome to Week 6 of Term 1.

This week I have been contacted by Education House staff in Brisbane, whose supervisor is Patrea Walton, one of our Deputy Director Generals. Mrs Walton has recognised the outstanding effort by the Happy Valley Community in ensuring our school attendance percentage is consistently within the nineties. We have been asked to create a case study for the ‘Every Day Counts’ website. This will recognise the great work we all do in getting our kids to school consistently. Well done everyone!

From 16 to 18 May, our school will be subject to a whole school review. In this review, 2 Principal’s and a third knowledgable person will come to our school and review the practices within. Their job is to affirm the great things that are happening and to make any recommendations to help us make improvements. They will be speaking with staff, students, parents and community members in order to get the best possible picture of our school.

I would like to thank the parents and community members who appreciate the efforts of our school staff. I have had a number of conversations with parents in the past fortnight who have passed on their thanks to our staff for the amazing job that we do. Some have even made it on to Facebook Appreciation pages. It makes everyone feel great when the extra miles that we do for the students at Happy Valley are recognised, no matter how small or seemingly insignificant that is. So thank you parents for your appreciation.

Dates to Remember

March
9th  Book Club Orders Due
11th  Senior Shirts Order Due
14th  Book Fair – Library
14th  P & C AGM
24th  End of Term 1

April
11th  Term 2 Starts
25th  Anzac Day

Office Display Week 7 & 8
3 Blue

PARENTS AND CITIZENS ASSOCIATION
Come one, come all. The Annual General Meeting of the Happy Valley SS P&C has now been officially called. This will take place on Monday 14 March in the Meeting Room opposite the Office. The meeting starts at 6:30pm and parking is available in the Staff Car Park. Children are welcome if you have no babysitting options. It would be great to see parents having their say about our school.

VOLUNTARY CONTRIBUTIONS
I would like to thank the parents who have already paid the Voluntary Contribution for 2016. The cost of $30 per student, covers other costs such as ingredients for cooking, special art requirements and other incidentals. This can be paid at any time to Belinda or Sam at the office, and will be receipted.
SCHOOL LEADER’S INDUCTION PARADE
As you can see from our photos, our school leader induction parade was held in Week 4 and it was a proud moment for me to be a part of this. Our thanks to Councillor Jean Ferris who stepped in when Mayor McGrady had another appointment to attend. Our leaders will be a very important part of the school in 2016.

SOCIAL SKILLS AND SCHOOL RULES
This week’s Social Skill is “5 Steps to Deal or No Deal” Please talk to your children about our three school rules. “Respect Yourself, Respect Others and Respect Property” are the underpinning everything that we do.
We are seeing increasing issues in the morning with students who do not follow our Social Skill of ‘Sit on it’. When students arrive at Happy Valley in the morning, they are to make their way to the Eating Area outside their Module and sit down. This is not a time for them to be running around. The staff are not officially on duty in this time. Please remind students as we are continuing to do each day.

BIKES AND SCOOTERS
It has been noted many children are riding their bikes and scooters in the school grounds when entering and leaving. Please remind students that they must walk them in the school gate and across roads. Our school grounds become unsafe when people are riding in amongst pedestrians. If children are consistently breaking this rule then they will face the consequence of not bringing their bike or scooter to school.

JEWELLERY, HAIR AND MAKE UP
It has come to my attention that a number of our students are wearing inappropriate jewellery and make-up to school. I would like to remind all parents and students that we expect certain standards to be adhered to. Please follow these rules:
- Jewellery – Necklaces and chains – Only Medical Alert necklaces and bracelets, necklaces with religious or cultural significance are allowed. One only wrist band may be worn, not multiple.
  - Rings – Girls may wear one signet ring.
  - Earrings – Boys and girls may wear sleepers or studs. Large, bulky and dangly earrings are not allowed.
- Make-up – No make-up or nail polish allowed
- Hair – Shoulder length or longer hair should be tied up, boys and girls.

PHONES AND OTHER ELECTRONIC DEVICES
Our school policy states that any students who bring a mobile phone to school is expected to hand this to the Office on arrival at school and collected upon leaving. Devices are not to be used throughout the school day and are not to be left in school bags. We have a number of phones that have been ringing in bags during class. Please ensure this is followed.

PLAYGROUND USE BEFORE SCHOOL
For those families new to our school and for others that may need a reminder, we do not encourage children to be at school before 8am. Students are then expected to follow the ‘Sit on it’ social skill outside their classrooms. This includes Prep students playing on the playgrounds. There are no teachers rostered on duties at these times and children are not permitted on any play equipment, even if you are supervising them. Please help us with these safety issues.

CAR PARKING
Please be aware that the 23rd Avenue pick up zone is a 2 minute zone. Please show consideration to all other users of this facility and make a swift pick up. QPS are patrolling school zones at present. We are currently beginning talks about changing this area to a carpark. If you have any input, please contact myself or Mrs Walsh in the office.

Norm McNamara
Principal

**NEWS FROM HAPPY VALLEY AFTER SCHOOL CARE**
We currently have full time vacancies for our After School Care program. After School Care caters for Prep to Year 6 and runs from 2.30pm – 5.30pm
If you have any queries or wish to enrol your child/ren please phone Tegan 0499 995 812
2016 SCHOOL LEADERS

SCHOOL CAPTAINS & VICE CAPTAINS

HOUSE CAPTAINS

STUDENT COUNCIL

YEAR 6 SENIOR SHIRTS
Orders and payment due by 11th March
$33.00/shirt
Please see office for sizing

2B Scientists
**STUDENTS OF THE WEEK**

**Prep Blue**
- Stela B
- Eli M
- Dian S
- Jaqui W

**3 Gold**
- Xavier W

**3 White**
- Lillyann R
- Taylor A

**Prep White**
- Jesse B
- Phoenix S
- Sarah S
- Evan R

**3 Silver**
- Chelsea W
- Luca B

**4 Blue**
- Marlo M
- Emily D

**1 Blue**
- Liane V
- Sreedev S

**4 Gold**
- Blair M
- Koa B
- Klaire R

**1 Gold**
- Mia B
- Jazmin W

**4 White**
- Oriana S

**1 White**
- Jaycie F
- Ashton P

**5 Blue**
- Kadea O
- Tia P

**2 Blue**
- Emilie G
- Breanna D

**5 White**
- Michelle P
- Kaylee N

**2 Gold**
- Paige M
- Oliver H

**6 Blue**
- Connor G
- Sharleigh C

**2 White**
- Antonia R
- Isabella L

**6 White**
- Teagan P
- Hayley W

**3 Blue**
- Ashton G
- Paige W

**Deputy Principal**
- Retief J

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**ATTENDANCE TROPHY**

Congratulations

- **4W** – 98%
- **1B** – 99%

On having the best attendance in week 4 & 5 at Happy Valley State School

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**SOCIAL SKILLS**

**Mr Respecto says “RESPECT IS THE KEY”**

**Focus:**
- Students know that they must respect themselves, respect others and respect property. Understand that ‘respect is the key’ at and out of HVSS.

**Looks Like**
- Students dressed neatly
- Students looking after property.
- Students making the right choices

**Sounds Like**
- Students using manners
- Students using respectful language
- Students keeping noise to a minimum

**Feels Like**
- Enjoying yourself and being happy because you have made the right choice and others have taken you into account.

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**DEAL OR NO DEAL**

**Focus:**
- Students need to know when a situation is a Deal (something that can be dealt with by the student) or a No Deal (something that requires teacher intervention). Students are reminded that bullying is always a No Deal. Bullying is defined as an action that is deliberately hurtful and repeated over a period of time.

**Looks Like**
- Students ignoring behaviours, using their hands to show the student to stop, moving away and telling the teacher is the deal or no deal strategies do not work.
- Students reporting major situations to the teachers

**Sounds Like**
- Talking calmly and firmly
- Students saying ‘stop it I don’t like it’ and using ‘I’ Statements
- Students explaining clearly why they don’t like it

**Feels Like**
- Students feeling in control of the situation when they use their words.

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www.facebook.com/HappyValleySS

Find us on Facebook
MATHLETICS

We proudly use Mathletics as part of our commitment to integrate ICTs whilst helping students to enjoy Mathematics and achieve great results. Mathletics is a web-based learning program which integrates home and school learning via the Internet. Mathletics includes well over 1200 individual adaptive practice activities for students that specifically follow the Australian Curriculum so that students have access to relevant and targeted content. Your child has 24 hour access to Mathletics using a unique username and password. We recommend that you spend time looking at the program with your child so that you can gain the greatest understanding of how Mathletics will benefit your child.

Your child should have brought home a unique username and password so they can access the resource through www.mathletics.com.au. Please ensure pop-ups are enabled so all features can be used. If you are yet to receive your child’s log-in details please see your child’s teacher.

UNIFORM SHOP
OPENING TIMES

Tuesdays: 8.30am – 9:00am
Fridays: 8.30am – 9.00am

NB Can do orders & payments (credit card) over phone for collection at office.

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.

MOUNT ISA
ATHLETICS

SIGN ON DAYS

Sunday 20th March
Saturday 9th April
Sunset Oval
10:00am – 12:00pm

- First Club day will be Saturday 16th April 2:00pm
- For ages 4 – 100 years
- Assistant Coaches & Volunteers also welcome
- Forms and information available at www.mountisaathletics.com.au or contact David Scott 0402 219 039
- Birth Certificate will need to be sighted for all new members.

PARENTS & CITIZENS News

Our AGM will be held on Monday 14th March at 6.30pm in the Meeting Room.

All are welcome & encouraged to attend.

Outgoing President Chris Pocock, Vice President Tracey Pearce, Secretary Ashleigh De Pasquale, Treasurer Sam Bell & Fundraising Coordinator Corinne Jackson thank everyone for their continued support over the last 12 months.

On that note we would like to wish Chris & his family happy travels as they set off on their Australian Journey & Sam all the best in her new position as the P & C Administrator.

ALL POSITIONS ARE NOW DECLARED OPEN and we look forward to announcing our new Committee very soon.
FREE DENTAL SERVICE – REGISTER NOW

If you have a child who is between 4 years of age and completing grade 10 in 2016, they are now eligible to register for a free check-up and treatment with the School Dental Service operating in Mt Isa, Cloncurry, Julia Creek, Doomadgee, Mornington Island and Normanton.

Children who are under the age of 4 or those who have already completed grade 10 are required to hold a Queensland issued Centrelink concession card to be treated under the free dental service.

Registration by Email: Your child/children can be registered with the school dental service by emailing the following details to:

MT_Isa_Dental_Admin@health.qld.gov.au

- Child’s full name
- Child’s date of birth
- Postal address
- Contact telephone
- Grade

Registration by Phone: Your child/children can be registered by contacting the school dental service directly on (07) 4744 4407 or (07) 4744 4041.

HEAD LICE

It has come to our attention that we have had several cases of head lice recently in our school. We make every effort possible to address the situation but we require the assistance of parents to ensure we stay on top of the problem.

Could you please check your child’s hair regularly to ensure it does not contain any lice or eggs. If you find your child’s hair is infested with head lice, please treat it accordingly.

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

ICAS

The International Competitions and Assessments for Schools (ICAS) is an independent, quality skills-based assessment program which rewards and recognises achievement. At happy Valley State School we give students the opportunity to enter Science, English and Mathematics. ICAS can give you broad insights into your child’s performance across these curriculum areas. ICAS (sometimes referred to as the UNSW assessments) has been developed by Educational Assessment Australia (EAA) since 1981. When your child takes part in ICAS assessments, we can track their learning as they progress from year to year. It also helps us identify potentially gifted students and those who may need more focused and purposeful teaching to achieve their best.

Each student receives:

- an engaging and challenging full-colour test booklet
- an individual diagnostic report highlighting strengths and weaknesses and year to year progression
- login details to access their online results which can be analysed and downloaded
- a High Distinction, Distinction, Credit, Merit or Participation Certificate acknowledging their level of achievement
- the chance to receive an individually-engraved UNSW medal for the highest scoring student in each year level for each subject.

To learn more about ICAS go to www.eaa.unsw.edu.au/icas/about.

Permission forms will be sent home closer to the dates.

Dates & Costs

<table>
<thead>
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<th>Subject</th>
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<td>$8.80</td>
</tr>
<tr>
<td>English</td>
<td>Tuesday 2 August</td>
<td>$8.80</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 16 August</td>
<td>$8.80</td>
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Apply now to be a 2016 Census Area Supervisor!

The Australia Bureau of Statistics is seeking motivated and community minded project managers to work on the 2016 Census and make a difference in your community.

Area Supervisors are:
- Non-office based positions requiring travel
- Casual temporary positions, with flexible working hours,

As an Area Supervisor, you will:
- Recruit, manage and train a small team of temporary Census field staff
- Implement and manage the Census delivery and collection processes and procedures
- Undertake a range of administrative tasks, including the receipt, handling and storage of a range of Census materials
- Earn $34.76 per hour (inclusive of 25% loading).

As an Area Supervisor, you must:
- Know your local community
- Hold a current driver’s licence
- Be comfortable using computer, tablet and mobile devices
- Comply with ABS work health and safety policies
- Hold Australian Citizenship or have the legal right to work in Australia.

Job seekers from diverse backgrounds, including non-English speaking backgrounds and Aboriginal and Torres Strait Islander peoples, are encouraged to apply.

More information is available from the ABS website. Apply online at abs.gov.au/careers.
Teasing V Bullying

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question—“What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people, it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction; joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own, many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements—intention to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

Why the distinction? I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include; dealing with feelings; providing emotional coping skills; getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.
From the Guidance Officer – Charmaine Gubbins, at Happy Valley School on Tuesdays, Wednesdays and every second Thursday.

We often hear of different reports and research relating to the amount of screen time our children have and the types of computer / video games they play.

Dr Wayne Warburton, a Senior Lecturer in Developmental Psychology and Deputy Director of the Children and Families Research Centre at Macquarie University, has conducted research into the impacts of gaming on children which delivers some interesting findings. These findings are reported by Sue Dunlevy, in an article written for the News Corp Australia Network on the 18th March 2015. The following is a link to the full article and a brief summary of the findings of the article appear below.


Major points in the article:

- Research has shown that too much time spent playing violent video games generates responses in children similar to the long term effects of living in a violent household or a war-torn country (Sue Dunlevy, News Corp Australia Network).
- Playing violent video games leads to the development of a hostile bias and increases in aggressive behaviour (Sue Dunlevy, News Corp Australia Network).
- Australian children are spending an average of 5 hours a day engaged with screens of some kind eg. mobile phones, music videos, video games and DVDs (Sue Dunlevy, News Corp Australia Network).

“…Parents worried about the type of material their children are exposed to through this screen time can take action to moderate its effects…” Dr Warburton said. Some ways this could be done are:

- Limiting screen time to no more than 2 hours per day, with breaks every 30 minutes.
- Having 2 hours screen free time before bed as the blue light from ipads and computers interrupts the sleep hormone melatonin. Televisions don’t emit blue light.
- Encourage children to play less violent anti-social games and more educational pro-social games. Video games that are about encouraging helping behaviour have been shown to increase helping behaviour in children 10-15 minutes after they finish playing.
- Keep video games out of bedrooms.
- Parents need to model healthy screen use including moderating their screen use time.
- Aim to get kids to spend more time being active than sitting.
- Replace sedentary games with active e-games.
- Aim to get children outdoors.
(Sue Dunlevy, News Corp Australia Network).

“…Warburton says the experiences we have in life are like the food for our brain and just as we need a healthy diet for a healthy body so we need a healthy media diet…” (Sue Dunlevy, News Corp Australia Network).

The research has lead to the development of the 10 Tips to Healthy Game Play by Dr Wayne Warburton and Prof Leon Straker for the Australian Council on Children and the Media.

The 10 Tips to Healthy Game Play by Dr Wayne Warburton and Prof Leon Straker will be shared in next weeks’ newsletter.