Principal’s Comment

The big event in Mount Isa has been the Mount Isa 50th year Eisteddfod. What an amazing week it has been so far. Early in the week saw our recorder players perform amazingly, as well as our Junior and Senior Choirs both taking out first place in their choral competition. Over 200 Happy Valley students will have taken part across the week. On behalf of our school, I would like to congratulate all of our students who have competed to the best of their ability. You have continually provided an excellent example to others and made people talk about how well behaved, polished and polite you are. I would also like to pay a special tribute to Mrs Allison Nicholson our choir master and music teacher, as well as Yvonne Moore and Susanne Pattison who teach our Instrumental students. You have all now seen the results from the passion that you ignite in our students. Their performances are a credit to you all.

Week 5 saw us take part in NAPLAN in Year 3 and 5 and this week we have had our Whole School Review.

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.

NAPLAN
Congratulations to our Year 3 and 5 staff and students for their efforts during NAPLAN week. NAPLAN is a point in time test and whilst it is the first experience of National testing for our Year 3s, it can cause some stress to students. Our teachers structured their week around the tests and made sure children were comfortable and were able to do their best. A big thank you to staff and students in other year levels who showed great consideration for these people during that time. Well done everyone.

SOCIAL SKILLS AND SCHOOL RULES
Week 6 – My space, my bubble! Week 7 – No Buts!
WHOLE SCHOOL REVIEW
This week we have played host to 3 review personnel from the School Improvement Unit. Their job has been to meet with staff and community members to talk about the wonderful things that are happening here at Happy Valley. I would like to personally thank Mr Doyle, Mr Francis and Mrs Elliott for coming to Happy Valley and spending time getting to know the awesome place it is. We also had a visit from the Director of the School Improvement Unit Dr Liam Smith, who was formerly our Regional Director. Mr Smith has a soft spot for Happy Valley and was pleased to see for himself the wonderful gains we have made. There will be some recommendations that come from this review which I will share when they are finalised. I would also like to thank the staff, parents and community members for giving their time to speak with the reviewers. This was much appreciated.

PARENTS AND CITIZENS ASSOCIATION
Our next Meeting will be Monday 13 June at 6:30pm in the Meeting Room. See you there.

I would like to thank our P&C, in particular Corrine Jackson and Antoinette Russell and their team of volunteers, for the time taken to run the Mother’s Day Stall. The proud look on our children’s faces when they can say they brought something for their Mum or Grandma at school, makes the time taken to organise very worthwhile.

CAR PARKING
In week 8, we will be holding a meeting to discuss the process of forming a Safe ST Committee. I will be sending a note home next week with dates and times so that people can join in. This committee will work towards the improvement of the safety around the school, particularly with regards to changing the drop off area. If you are keen to get involved, please come along. The more voices we have to support us, the stronger our case will be.

YEAR 5 CAMP
Our Year 5 Camp to Lake Tinaroo is fast approaching (Week 9 in Term 3). Deposit of $50 is due to be paid by Friday 20 May (THIS WEEK). The approximate cost will be $500 and is due by August 1. The school is covering the cost of the bus with our Rural and Remote funding. If you have any questions, please do not hesitate to call Mrs Walsh at the Office.

BIKES AND SCOOTERS
There have been a number of accidents and near misses in the school grounds because 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 prospect of having themselves banned from riding.

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.

Norm McNamara
Principal
**ATTENDANCE TROPHY**

Congratulations

1G – 99%
2W – 99%
4G – 98%

On having the best attendance in week 3, 4 & 5 at Happy Valley State School

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**Music Awards**

Nathaniel M  Bass Guitar
Jarrod M  Bass Guitar
Sophie M  Euphonium
Faith F  Clarinet
Lachlan F  Clarinet
Maddison T  Flute
Tayla B  Flute
Willow S  Flute
Misha G  Flute
Teagan P  Flute
Xander K  Flute
Hayley W  Trumpet
Charlotte H  Trumpet
James B  Trumpet
Ben P  Viola
Trinity E  Cello
Kayla W  Cello
Emily D  Cello
Charli N  Violin
Piper M  Violin
Milla V  Violin

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**Students of the week**

**Prep White**
Zarhlae M, Samuel O, Sophia T, Charlie M

**1 White**
Matildah R, Bradley M

**2 White**
Abraham G, Poppee B, Beau P, Meghan E

**3 Gold**
Erica S, Rehan B, Coco W

**2 Blue**
Bevan S, Lincoln P, Grace D

**1 Blue**
Jeriah N, Lia O

**Prep Blue**
Ruby H, Brody T, Koby L, Kymisha G

**3 Silver**
Xanthe S, Ngakau T, Tallis C

**4 Gold**
Piper M, Phillip F

**4 Blue**
Marlo M, Milla V, Maddison R, Bellashae P

**5 White**
Zain K, Lance V

**6 Blue**
Brayden M, Kyie C, Ebonee H

**5 Blue**
Sam Y, Sonique H, Malachi W, Tyler B

**6 White**

**Principal’s Award**
Nobal J

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**News from Happy Valley After School Care**

We currently have 2 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
**Social Skills**

*In the Zone*

**Looks Like**
- Students being ready for learning
- Whole body listening
- Organised work space
- Staying on Task
- Trying their hardest

**Sounds Like**
- Students working quietly

**Feels Like**
- Students achieving their goals
- Experiencing success

---

**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.

**Reversible Sports House Hats Available**

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**My space, my bubble**

**Looks Like**
- People standing the correct distance from other people

**Sounds Like**
- Using a friendly/firm voice to say My Space My Bubble

**Feels Like**
- Everyone is comfortable
- Feeling safe

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**1 White's Office Display**
Spotlight on Year 2 Digital Technologies

The Year 2s have enjoyed engaging with the newly released Australian Curriculum Digital Technologies subject. In their unit, *Computers: Handy helpers* the students have learnt to apply digital technology knowledge and skills through guided play and tasks integrated with their Mathematics and The Arts (Media) subject areas. In Term 1, their unit built on their Mathematics unit of collecting data as the students collected, explored and sorted data about their class and their favourite sport, and used digital software such as *PowerPoint* to present this creatively. This term their unit has linked with their Arts unit, *Telling Digital Stories* and the students have been busy creating a digital photo production that tells the story of themselves and a friend. This has seen the students working with others to create and organise ideas and information which they will share in a safe (closed audience) online environment. Well done to our budding “techs”, and to their Enrichment teacher Mrs Hayley King for enthusiastically taking on the challenge of Digital Technologies.

2B- Brianna Davis- “I love typing my password in the computer and finding my Ed Studio on The Learning Place. I also love putting pictures on my Ed Studio and changing the background in my Ed Studio.”

2G- Meghan Ellis- “I like making my own page on my Ed Studio because I don’t get to type things on computers normally”

2W- Amitoj Harika- “I like it when I get to type who my favourite friends are on my Ed Studio. I also like when I get to find a picture of my favourite sport and copy it onto my own Ed Studio page!”

Year 5 Booster Numeracy

Over the last 12 weeks a group of Year 5 Students have been accessing the *Solve It* program through Brisbane School of Distance Education. *Solve It* is an online numeracy project where students from around Queensland collaborate and boost their knowledge of problem solving strategies, skills and confidence. Each week the students investigate a strand of Mathematics such as Number and Algebra, Statistics and Probability, and Measurement and Geometry, demonstrating their learning on ThinkBoards during a web conference. They use the see, plan, do, and check strategy to solve challenging numeracy problems and share their ideas on the eLearning website with peers across the state.

In Week 4 the students completed a post-assessment to see how their knowledge, understanding and skills have improved during the program. All students achieved better results as compared to their pre-assessment and the following students are to be congratulated for their exceptional improvement:

*Increase of 40% or more:* Gethrude H, Lailah M
*Increase of 30% or more:* Skyla L
*Increase of 20% or more:* Charlotte J, Daniele B, Andrew C, Benjamin D, Sophie M, Malachi M
*Increase of 15% or more:* Ashton P

Well done to all the *Solve It* students and to Miss Nadja for supporting their online learning.

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 English and Mathematics.

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](http://www.eaa.unsw.edu.au/icas/about).

Permission form is attached or you can pick one up from the office. Fees and permissions forms due back to the office by 16th June.

### Dates & Costs

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<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>
</tr>
</tbody>
</table>
Permission Form

Please return this form to school by Thursday 16 June, 2016

I give permission for my child, ___________________________ of ___________________________

Child’s name               Class

to participate in the following 2016 International Competitions and Assessments for Schools (ICAS).

Please select the subjects you would like your child to enter:

<table>
<thead>
<tr>
<th>Subject/Paper</th>
<th>Class</th>
<th>Official Sitting Date</th>
<th>Entry Fee, incl. GST</th>
<th>Fee Enclosed</th>
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</thead>
<tbody>
<tr>
<td>English</td>
<td>2</td>
<td>2 August 2016</td>
<td>$8.80</td>
<td></td>
</tr>
<tr>
<td>Mathematics</td>
<td>16</td>
<td>16 August 2016</td>
<td>$8.80</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**

*Students must sit on the official sitting date for each subject to be eligible for UNSW medals. However, your school may choose to sit at another time to fit in with other school activities and routines.*

Please find ___________________________ enclosed total entry fee.

_____________________________        __________________
Name of Parent/Guardian                   Date

_____________________________
Signature of Parent/ Guardian
As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘it’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chanksy author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

**Give the worry a name**

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers

*There’s a Hippopotamus on Our Roof* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

**Put your worries in a jar**

Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

*more on page 2*
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

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.

I came across an article in the Huffington Post that discusses the differences between behaviours and actions that can be classified in one of three different ways – Rude, Mean and Bullying. The article defines Rude, Mean and Bullying and highlights that it is important to make a distinction between these 3 types of behaviours so that Bullying, a very serious behaviour, is taken seriously and addressed quickly.

Rude – Inadvertently saying or doing something that hurts someone else (Signe Whitson, 2014).

Mean – Purposefully saying or doing something to hurt someone once or maybe twice (Signe Whitson, 2014).

Bullying – Intentionally aggressive behaviour, repeated over time, that involves an imbalance of power (Signe Whitson, 2014). Bullying includes physical aggression, verbal aggression, relational aggression and cyberbullying – definitions and examples of these areas of bullying are included in the article.

The link to the full article by Signe Whitson is below. The article also gives links to more information on this topic.


At Happy Valley State School the whole school social skills program addresses bullying 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. If you have any concerns about your child in relation to rude or mean interactions, please talk to their teacher. If your child is being bullied please talk to their teacher / the Principal so that the situation can be addressed promptly.

For other information on bullying-