Principal’s Comment

This week has been a roller coaster ride in the life of Happy Valley. The pinnacle was Thursday when we had our Principal’s Learning Community visit from staff at our sister schools in Townsville. The principal’s from Rasmussen (Mrs Moncur-White) and Cranbrook (Mr Capell) brought their Leadership teams to our school to enable strengthening of professional networks and building of capacity in the improvement journey area. An amazing day was had, with all staff completing Learning Walks in our classrooms and being greatly impressed by the work happening and the culture within our school. This has come over a long period of 2 ½ years. Personally, I would like to thank the team of Happy Valley, from our leaders past and present (Mrs King, Mrs Train, Mrs Walsh, Mrs Smith and Mrs Long), as well as the teaching staff, teacher aides and the students. We have all undertaken this journey together, the hard work is paying off, and we will only strive to work just as hard to keep the journey moving forward. In the words of one of our attendees yesterday, “Happy Valley is the diamond in the rough of Mount Isa.” Well done everyone!

Recently I received the data from our NAPLAN tests. Whilst this is only a point in time test, the Education Department uses this data to help track improvement in our students. I am proud to say that when we look at the data from 2008 to 2016, the relative growth in our children’s achievements has been consistently wonderful. Our improvement compared to the National Mean Scale Score has improved in all areas of testing. Well done students and also teachers and teacher aides.

SOCIAL SKILLS AND SCHOOL RULES
Week 8 – You’ll Never Never Know if you don’t have a go.
Week 9 – Words of Encouragement

DATES TO REMEMBER
2nd September 2016
Newsletter 13

September
4th Year 5 Camp depart 2:00pm
5th Book Fair Starts
10th Year 5 camp return approx. 11:30am
12th P&C Meeting 6:30pm
13th Safe ST Committee meeting 10am
15th Softball & AFL Carnival
16th P&C Fun Run (THRASS Chart Theme)
16th Last day Term 3

October
3rd Public Holiday
4th First day of Term 4
14th Rock Pop Mime Performance
18th Prep Information Night

Office Display Week 9 & 10
2 Gold

EXPRESSIONS OF INTEREST FOR PREP 2017

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 18 October 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.
FUN RUN
Our school holds a Fun Run each year. This year our Read-a-thon was the principal fund raiser so our Fun Run this year is just a gold coin donation to Student Council. The theme for this year is dress up as part of the THRASS chart. Children have a wonderful knowledge of the chart so they will be able to help you. This will be held on the last Friday of this term. We are hoping to be able to have one of each of the THRASS chart representations.

READ-A-THON
Thanks to all students who participated in the Read-a-thon. It was a super fund raiser and all children read a great deal. If you have money outstanding, please send to the Office as soon as possible.

PREP WORKING BEE
What an amazing turn out from the awesome parents and staff members of Happy Valley. On behalf of the community and the students, thank you all for the huge effort you gave to our school. Thanks to Sam Bell for driving the project. It is an even more amazing space to walk in to now.

PARENTS AND CITIZENS ASSOCIATION
Our Meeting will be held on Monday night, 12 September. The meeting will be at 6:30pm in the Meeting Room. We look forward to having as many voices as possible attend.

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. It would make things so much easier to find or return if names were on everything. Your diligence with this is appreciated.

FATHER’S DAY STALL
A huge shout out and thank you to our fund-raising queen Mrs Jackson for the super efforts that she and her helpers have shown over the last two days. The students had a great time choosing gifts for Dad. I personally can’t wait until Sunday. To all the Dads and Grandads in our community, I wish you the best of days on Sunday.

MOUNT ISA DISTRICT SPORT
This week we saw our students attend day one of our Term 3 Interschool Sports. Mrs S. coached our softballers to a respectable three wins on the day, and Mr Wickham’s AFL team mirrored this success. A huge shout out to Luke (6W) for his great encouragement of all players from the first game until the last. His attitude to supporting all students was highly commendable.

YEAR 5 CAMP
Our Year 5 Camp to Lake Tinaroo leaves on Sunday. Students are required at school by 2pm on Sunday. Students who do not attend will be expected to come to school where a special program is being developed to give them a chance to experience some things similar to those on camp. Mr Scrimgeour has been booked for this week and is looking forward to working with the students. Have a great time everyone!

23rd AVENUE DROP OFF ZONE MEETING
We are in the process of forming a SafeST Committee that will help to organise the communication in relation to the proposed works that will happen with our 23rd Ave Drop Off zone and the current crossing on 23rd Ave.

Current plans are to move the pedestrian crossing from its current position towards the river and relocate outside the main gate of St Joseph’s. With our Drop Off zone, we would like to be able to create a combination car park/drop off area that will be bigger and easier to access for parents and students.

I have proposed a meeting that will include all interested parties. At this meeting we will need to discuss the process and what needs to be done to further these plans. I am hoping to have representatives from our school, St Joseph’s, Happy Valley Kindy, Queensland Police, Mount Isa City Council, Queensland Transport, Mr Katter’s Office and any other interested people. The proposed meeting is now set for Tuesday 13 September at 10am in the Meeting Room at Happy Valley SS. I look forward to improving the safety of our students in conjunction with as many of you as possible. If you are interested and unable to attend, please call or email the school to register your interest.

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.

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
There’s a lot at stake with the choices we make!

The decisions we make today affect our outcomes later in life. We need to be aware that choices and consequences occur all the time from very minor things that affect us day to day to major life choices that can change the course of our life.

**Looks Like**
- Students considering the consequences of the decisions you make today
- Students working hard

**Feels Like**
- Owning your choices
- Proud
- Feeling rewarding

**Sounds Like**
- Listening to others and learning how to make good life choices

You’ll never know if you don’t have a go!

Students getting involved in and trying new activities. Don’t be afraid or scared just, “Have a go”

**Looks Like**
- Students making an effort to participate
- Students making an effort to interact with different or new groups of peers.
- Students being positive towards others, students who are trying new things.

**Sounds Like**
- Students use positive language

**Feels Like**
- Students understand that everyone feels scared when trying new things.
- “Having a go” will make you feel better about yourself.
**FROM THE HOC**

**Glenys Smith**

**Spotlight on Prep**

In English this term the students have listened to, viewed and read stories which contain rhymes. They have demonstrated their knowledge by writing their own 4-line rhyme using knowledge of sounds (phonemes) and letters (graphemes), presenting it to their peers and responding to others’ poems. Here are just a few of the students’ rhymes:

- **The slithery snake**
  Jumped into a cake.
  He saw a bee
  So he ran into a tree.
  *(Sophia – Prep W)*

- **The happy fox**
  Was playing with a box.
  He saw the sky
  So he jumped very high.
  *(Charles – Prep W)*

- **The big fat cat**
  The yellow duck
  Sat on a mat.
  Sat on a truck.
  He saw a dog
  She saw a fly
  And said log.
  And said goodbye.
  *(Koby – Prep W)*
  *(Kymisha – Prep B)*

This term, Prep students have commenced engaging with the Digital Technologies subject of the Australian Curriculum. In their unit, *Computers: Handy Helpers* they have been applying digital technology knowledge and skills through guided play using *BeeBots*; colourful, easy-to-operation robots!

They have programmed the *BeeBots* and described, followed and applied a sequence of steps (algorithms) in order to locate objects, numbers, letters and colours on a grid. This has strengthened the students’ understanding of position and location, and foundational literacy and numeracy skills whilst developing their oral language.

Well done to our budding “coders”, and to their Enrichment teacher Mrs Kylie Green for enthusiastically taking on the challenge of Digital Technologies in a Prep classroom.

**IMPACT PROJECTS – Year 4 Mind Reader**

Over the last 12 weeks selected Year 4 Students have been accessing the *Mind Reader* program through Brisbane School of Distance Education. *Mind Reader* is an online reading project where students boost their literal, inferential and applied comprehension skills and reading confidence. Each week the students were challenged to apply their critical and creative thinking skills through metacognitive discussions and the close analysis of selected texts. Between lessons they were encouraged to share their ideas on the eLearning website with peers across the state.

In Week 6 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: Ryan N, Seth O, Thomas V-R, Iziah F, Tateyarna H, Kobi N, Connor H, Dylan J, Blair M, Zayne D, Enricho H, Caelan H, Grace G and Tahlia P.

Well done to all the *Mind Reader* students and to Miss Nadja and Miss Ange for supporting their online learning.
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 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.

P & C News

On the weekend of the 20th & 21st of August, parents, teachers and friend of Happy Valley State School attended a working bee to revitalize the Prep area. A HUGE thank you to all for your time, passion, persistence and skill!! The area looks amazing! Thank you also to Sam Bell for organising the materials and design and for all the time put into planning.

We had another successful Father’s Day Stall a big thank you to all that leant a hand this week, your time is greatly appreciated.

Our next P&C meeting is on Monday 12th September. At this meeting, we will be discussing the introduction of Smart Choices, the Health Food and Drink Supply Strategy for Queensland Schools in our Happy Valley tuckshop. This strategy is a joint Australian, State and Territory Government initiative and implementation is mandatory in State Schools. Please feel free to come along and have your say or get some additional information from the team.

If you have an interest in finding out more about this strategy, you can visit www.education.qld.gov.au/schools/healthy/food-drink-strategy.html

We love to see new faces at the P&C meetings! See you there.

To Q Energy Solutions for supporting our Mardi Gras and donating all the lighting making our display look amazing!
Prep Makeover
Surf Lifesaving Visit

FIZZ
Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers—how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, this brave new world of binge watching TV, entertainment on demand and socialisation via handheld devices created kids that always have options for those tasks that require some stubborn determination! If so how might this new way of living and relaxing challenge our kids’ capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.

But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms we now have young people who are experts at ‘flitting’ from one device to another and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generation of creative or scientific geniuses we risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’.

Tips for helping kids maintain focus and attention

1 Build your child’s focus

As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school-aged children when she gets home. ‘It’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.’

2 Remember it’s all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flitting’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3 Keep calm and focus

Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

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.

parentingideas.com.au

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Child Protection: Resources

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

Child Protection Week is in week 9 of this term, September 4th – September 10th. The key message for Child Protection Week is - Protecting Children is Everybody's Business.

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<th>Resource</th>
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<td><strong>Australian book called <em>Everyone's Got a Bottom</em> by Tess Rowley, put out by Queensland Family Planning.</strong> The book is aimed at children aged 3-8 and has an excellent section in the back for adults on other ways to talk to children, signs of abuse, etc. The story is about three children (two brothers and a baby sister) learning about taking care of their bodies (brushing teeth etc) and talking about their body parts (using proper names) and which parts are private. They talk about how they have a family rule (because rules keep us safe) that no one has the right to see or touch those private parts or show us theirs, and if they do - that is rude and we should say no (even if it's someone we know and like), and we can always tell a grown up we trust if this happens. The book gives some great practical 'tools and rules' kids without being too explicit or scary. Google to book and read the reviews.</td>
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<td><strong>No Means No!</strong> is a 26 children's story about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. This book can be read to children from 3 to 9 years. It is a springboard for discussions regarding children's choices and their rights. The 'Note to the Reader at the beginning of the book and the 'Discussion Questions' on the final pages, guide and enhance this essential discussion.</td>
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<td><strong>Some Secrets Should Never Be Kept</strong> is a children’s book that sensitively broaches the subject of keeping our children safe from sexual interference. This book was written as a tool to help parents, caregivers and teachers broach the subject with children in a non-threatening way. Google the book and read the reviews.</td>
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<td><strong>A step-by-step guide for parents and carers on how to protect children from sexual abuse through personal Body Safety Education.</strong> This guide contains simple, practical and age-appropriate ideas. Body Safety knowledge empowers children.</td>
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<td><strong>This booklet deals with the difficult issue of child abuse - how to communicate with your child about it, what to do if you child becomes a victim of abuse, how to prevent it, and information on teaching your child about personal safety and awareness. The book can be downloaded from the website for free.</strong> <a href="http://resource.scouts.com.au/product_categories/122">http://resource.scouts.com.au/product_categories/122</a></td>
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<td><strong>Speak Up – Understanding Child Abuse and Your Response</strong> This booklet provides parents, carers and professionals who work with children, information about the indicators of abuse and the impacts it has on children. The booklet highlights the importance of preventing and responding to incidence of child abuse and the available support services to make a report. <a href="http://www.childwise.org.au/page/37/online-publications">Download</a> <strong>The Yarning Up</strong> booklet has been written for aboriginal parents and carers to help prevent child abuse. The booklet includes how to identify signs and indicators of abuse, how to talk to children if they disclose, safe online practices for children and families, how to recognise the strategies of offenders, and importantly, how to report any concerns. <a href="http://www.childwise.org.au/page/37/online-publications">Download</a></td>
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<td><strong>The Child Safety Handbook from NSW police offers advice and facts on everyday activities, cyber safety, bullying, crossing roads etc. to the more unusual incidents such as floods and fires and even goes into details on the effects of smoking, caffeine and drugs.</strong> P 16-17 cover the topic of Personal Safety. Click on the link and access the handbook. <a href="http://amgroup.net.au/cshb/">http://amgroup.net.au/cshb/</a></td>
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