Principal’s Comment

Freddie Mercury and Queen sang the very famous song ‘We are the Champions’. Following the amazing display by our Rock, Pop, Mime students and staff in Week 2, we should be singing loud and proud. This is the third year in a row that the HVSS team have taken out the Upper Primary section of RPM. A huge amount of credit must go to the enthusiastic and hard-working staff members under Mrs Smith’s guidance. They stayed back at school completing props, costumes and backdrops for many a late night in the lead up. Also, our magnificent students who proved how much effort they put in would reap the rewards of winning. I would also like to congratulate all of the other schools who entered as the standard overall was even higher than last year. Well done to you all.

There are only 5 weeks of the school year. Please stress with your children the importance of being here every day. They will be able to remind you of the Social Skill, ‘It’s not over until it’s over’.

QUADRENNIAL SCHOOL REVIEW (QSR)
Our QSR has been collated and we are finalising the School Plan for the next four years. Dr Foster our Assistant Regional Director will be meeting with us on Monday 14 November to perform the validation of the plan. If you would like to attend and find out about the ideas that we have collectively arrived at to make Happy Valley better, please contact the Office for further details.

Dates to Remember

October
28th World Teacher’s Day

November
1st Prep Open Day
2nd Prep Open Day
4th RSVP Year 6 Graduation
5th Instrumental Gala Concert
7th P&C Meeting
14th Prep Enrolment Interviews
15th T20 Cricket - Brisbane
16th Prep Enrolment Interviews
22nd Year 6 End of Year Celebration
29th Spinifex Tools 4 Change
30th Spinifex Tools 4 Change

December
1st Christmas Concert
2nd End of Term 4

Office Display Week 5 & 6
4 Gold

PARENTS AND CITIZENS ASSOCIATION
On Monday 7 November, P&C will meet for the final time in 2016. 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.
GOODBYE MRS SMITH
Today we officially say goodbye to Mrs Glenys Smith, our Head of Curriculum and Rock, Pop guru. Her final day on our staff will be spent on a course in Brisbane. Mrs Smith has taught at Happy Valley for 5 years, the last three in her HOC role. In this role she has supported all of our staff in the setting up of units of work and planned the curriculum for our school, amongst other roles. She has been an invaluable and respected member of our team and we will deeply miss her wonderful contribution to the Valley. Mrs Smith moves on to a very important new role as the facilitator of the new Professional Learning Hub that is being set up in Mount Isa. We wish her all the best and know that she will leave no stone unturned in making this a successful project. We will all still see her around as she will be based here for the rest of this year.

EXPRESSIONS OF INTEREST FOR PREP 2017
We will definitely have three Prep classes in 2017. If you have not enrolled your child, please do so immediately so we can forward plan. Out of catchment enrolments will now go on the waiting list.
Prep Open Days are Tuesday 1 and Wednesday 2 November. Prep interviews are Monday 14 and Wednesday 16 November. Contact the Office if you have not made a time.

2017 CLASSES
Sent home last week was a note asking for your advice in relation to classes for 2017. Please return as soon as possible to inform us whether your child or children 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 King at the Office to discuss. Thank you to the many families who have already taken the time to complete this form.

WORLD TEACHER’S DAY
Friday 28 October is the day we celebrate World Teacher’s Day at Happy Valley. It would be great for you to wish our hard working teachers all the best and say thank you for their efforts on this day. Everyone deserves recognition of the magnificent job they are doing with our students.

SOCIAL SKILLS AND SCHOOL RULES
Week 3 – If it’s meant to be, it’s up to me.
Week 4 – Compliments – Accept not Reject

YEAR 6 CELEBRATION
This year our Year 6 Celebration dinner is being held on Tuesday 22 November at the Irish Club. Cost of tickets is $30 for a full buffet meal. If you have not already acquired your tickets, please do so as soon as possible. Tickets are limited to 4 per family including your student. If you require more tickets, please make the request at the office. It is important so that we and other families can plan the evening.

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.

OLD UNIFORMS
If anyone has any used school uniforms lying around at home, could you please consider donating them to the school to use as emergencies and spares. We had a large stock of used clean uniforms but this has dwindled considerably recently. All you need to do is drop them at the Office or hand to Mrs Eussen at the Uniform Shop on Tuesdays and Fridays from 8:30 until 9:30.

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
Looks Like
- Students having their things with them at school (homework, notes, tuckshop, lunch, hats)
- Students organising their belongings themselves at the right time
- Students taking ownership of their learning

Sounds Like
- Students saying I have my homework in my bag, my lunch is in the fridge, tuckshop is already in the tuckshop box etc
- I am trying my best at my learning

Feels Like
- Being organised makes you feel calm and gets the job done!
- Getting great results = happy/ proud

**INSTRUMENTAL GALA CONCERT**

Saturday 5th November

Rehearsal Schedule
For all Instrumental Students

09:30 – 10:00 Combined Beginner Strings
10:00 – 11:00 MICE Concert & Beginner Band
11:00 – 12:00 MICE Jnr Strings Orchestra/Extension Beginners
12:00 – 12:30 Percussion Ensemble
12:30 – 13:00 MICE Performance Strings
13:00 – 14:00 MICE Snr Sting Orchestra
14:00 – 15:00 Spinifex Band

4:15pm Band students return
4:30pm String students return
4:45pm Civic Centre doors open (audience)

Please arrive 15 minutes before your scheduled time.

**ATTENDANCE TROPHY**

Congratulations

1B – 99%
3S – 98%

On having the best attendance in week 2 & 3 Term 4.
FROM THE HOC
Glenys Smith

District Moderation
Last week classroom teachers and specialist teachers (teachers of Health and Physical Education, Music, Enrichment – The Arts and Technologies) met with other teachers from across Mount Isa to moderate student assessment items from Term 3. The purpose of these meetings was to ensure consistency of teacher judgment across the schools based upon consistent interpretation of the assessment tasks and an understanding of how the achievement standard is demonstrated in student responses. It was pleasing for our teachers to showcase students’ assessment tasks and to reaffirm the excellent results the students achieved in Term 3.

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.

HAPPY TEACHERS DAY

A TEACHER takes a Hand opens a MIND and touches a Heart

Hot Diggity Dog

FRIDAY Hot Dog Meal Deal
Hot Dog & Drink $6.00

Happy Valley P & C are kindly donating all profits of the sale of the hot dogs towards the 2017 Year 5 School Camp!

YEAR 6 GRADUATION

Tuesday 22nd November
6:00pm
Irish Club

RSVP
4th November
Tickets $30 each
Expressions of Interest are now being taken for Prep 2017. If you have a child that will be starting Prep in 2017, please register your interest at the office. Please see below for upcoming dates:

**Prep Open Days**
- Tuesday 1st November
- Wednesday 2nd November

**Enrolment Interviews**
- Monday 14th November
- Wednesday 16th November

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**Rock Pop Congratulations and Thank You**

On Friday 14/10 our Rock Poppers did an amazing performance of Mystery Shopper which demonstrated all the hard work they put in over the last term. They exceeded my expectations on the night showing heaps of energy and lots of expression in their miming. Their hard work paid off as Happy Valley was awarded 1st place overall (Upper Primary) – for the third year running!


These students have shown a huge commitment to Rock Pop and their efforts have been amazing but it would not be possible without the awesome support of the Happy Valley community. Thanks to Roger Locke and Co, Clancy Sign Centre and Woolworths Mount Isa for their generous donations, and to the other local businesses who were happy for us to use their name in our performance. To the parents who helped on the night; Christine Clancy, Belinda Thompson, Melissia Jones, Jodie Ericson, Erica Shaw and Sam Bell, as well as our amazing teacher-aides and teachers for all their support on the night and also in the lead up. A special thanks to Mr Wilson for his dedication to the props, Mrs Jacob and Miss Kemp for supporting every rehearsal, to Miss O’Keefe who was integral to getting our performance to stage and Mrs Long who produced the props and made all the costumes. Without everyone’s combined efforts we wouldn’t be able to put on such a high-quality performance.

Finally thanks to all the families who came to support us on the night. I wish next year’s Rock Poppers the very best of luck!

Mrs Smith
Rock Pop Mime Coordinator
Bully-proofing KIDS

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very proactive when it comes to making them safe places for kids, bullying unfortunately, is something that’s still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand. Bullying is an insidious behaviour that transgresses a child’s right to feel safe and secure. It can adversely affect children’s learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn’t be confused with bullying.

Bullying is selective and intentional. It’s also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

1. **Acting out**: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
2. **Acting In**: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
3. **Tell-tale signs**: more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don’t have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. **Listen to their story**
   It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.

more on page 2
... Bully-proofing kids ...

2 Get the facts
Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child's school.

3 Recognise & validate their feelings
(anger, fear & sadness are common)
Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.

4 Give them some common
coping skills & defense mechanisms
Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.

5 Get the school involved
If your child continues to struggle with bullying contact your child’s school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.

6 Help build your child's support networks & their self-confidence
Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Michael Grose

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

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.
The AFP has a website www.thinkuknow.org.au www.cybersmart.gov.au/ this website has resources for families and schools with guides to online safety, parental controls, cyber issues etc. 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.