Principal’s Comment
With three weeks now until the end of the school year, teachers and students are working extremely hard on their final assessment items ready for the end of year report cards. These will be coming home to you in the last week of school.

It is important that I stress to you how significant it is for all students to remain at school until the end of the year. Learning will continue until the last day and there will be celebrations of the massive year each class has had in this time. We have the End of Year Concerts on Thursday 1 December which are currently under production. I am sincerely looking forward to this wonderful time of the year when we all have the opportunity to celebrate the magnificent things that we have achieved in 2016.

Last week, it was announced to staff that the new Principal of Happy Valley State School is Ms Elissa Cramb. I have had a number of conversations with Ms Cramb already and she is super excited to return to Mount Isa. She was previously here for 4 years and worked at a number of local schools. I am sure you will find Ms Cramb a worthy leader in our beloved school and trust she will drive the continued improvement that we constantly strive for. Ms Cramb will be visiting us next week on Monday and Tuesday, and will return in Week 9 for our transition days on Tuesday and Wednesday. I hope you all make her feel welcome as you have done with me.

REMEMBRANCE DAY
This Friday the 11 November is Remembrance Day. At 10:25, a bell will sound at school and all staff and students with observe a minutes silence in respect of the fallen. This would normally happen at 11am but as we are on First Break, it will be just before the regular bell.

SOCIAL SKILLS AND SCHOOL RULES
Week 5 – Honesty is the best Policy
Week 6 – Turn It Around

2017 CLASSES
Staff have begun formulating classes for next year. Students will find out their 2017 class on the Tuesday in Week 9 when the classes are distributed on windows and display boards. On Wednesday 30 December we will be having a Transition session and this year all our new staff will be in attendance.

BOOKLISTS FOR 2017
Book lists for next year have been finalised and will go home with Report Cards in Week 9.
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 meet in the Meeting Room at 9am on Monday, after parade. The meeting should only go for an hour but is important for people to understand our direction. You will also have the opportunity to meet Ms Cramb as she will be attending.

MOUNT ISA GALA CONCERT
Last Saturday evening, many Happy Valley students took part in the Mount Isa Gala Concert at the Civic Centre. Children showcased their talents in a massed band as well as in Instrumental groups, as well as being able to listen to the Akoustic Odyssey as the special guests. The behaviour and enthusiasm of our students was, as usual, second to none. Well done to Ms Yvonne Moore for all of her organisation and to the Happy Valley staff who took time out to give help in supervising both at rehearsals and during the performance.

SWIMMING CARNIVAL & LESSONS
Unfortunately, due to circumstances beyond our control, this year’s Year 4-6 Swimming Carnival and Prep and Year 2 Swimming Lessons will not go ahead. We apologise to those who were looking forward to these events.

EXPRESSIONS OF INTEREST FOR PREP 2017
The Prep Open days were a great hit with our new students and their parents. 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 interviews are Monday 14 and Wednesday 16 November. Contact the Office if you have not made a time.

TRANSITION
On Wednesday 30 November, each child will spend an hour in the middle session with their new teacher for 2017 in their new classroom. New teachers will attend and staff transferring out will assist on this day. This is an opportunity for students to begin the familiarisation process prior to class next year.

TUCKSHOP
A reminder that the HVSS Tuckshop will only be open on Monday 28 November and Tuesday 29 November in the last week of school. Miss Donna will be completing final stocktake and cleanup.

INTERSCHOOL SPORT
On 23 and 24 November, our Basketball (Wed 23) and Touch (Thurs 24) teams are playing one day carnivals against the other schools of our district. We wish them all the best of luck.

PARENTS AND CITIZENS ASSOCIATION
On Monday 7 November, P&C met for the final time in 2016. It was comforting to see the group of parents who have our school in their best interest and know that the P&C will always work towards achieving goals that benefit all of our community. Please note that all positions will be up for election at the beginning of next year. It is always lovely to have new people strive to do that little bit extra and represent the parent and community body. I wish the P&C every success moving forward.

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. I am truly looking forward to saying goodbye to my last Year 6 cohort at Happy Valley and catching up with as many families as I can.

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 days at Spinifex Junior College in the last week of school. If you would like any further information, please contact Spinifex on 4740 1111.
Thursday 29 November
Wednesday 30 November

SCHOOL CRICKET TEAM
Next Tuesday and Wednesday our school cricket team travels to Brisbane for the State Finals of the T20 Blast School Cup. I am very proud of the young ladies and gentlemen and wish them the best of luck. I am sure they will represent the school with Pride. Thank you to the P&C for providing shirts for all the players.

END OF YEAR CONCERT
The End of Year Concert will be held on Thursday 1 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 28 November instead of a Concert performance.

NDIS
With the National Disability Insurance Scheme (NDIS) being rolled out across Australia, please be aware that there will be some changes to the process of outside agencies working within our school. We are currently working to understand these changes ourselves and the processes will be tightened. There will be further information as it comes to hand.
STUDENT MEDICATION
Changes are also afoot with regards to student medication at school. No longer can we accept medication from chemists. All medication must be labelled by a doctor, even over the counter medication. More will be forthcoming as we review our processes to align with policy.

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.

SCHOOL WATCH
Over the holidays and weekends, our school grounds are out of bounds to the public without prior approval. There are a number of cleaning, office and ground staff who will be working for some of the time. If you see suspicious activity at the school, please stay safe and do not approach anyone. If you need to, contact School Watch on 131 788 or Mount Isa Police on 4744 1111. School safety is everyone’s business.

Norm McNamara
Principal
Students controlling their temper.
Students accepting consequences
Students identifying when a situation is getting out of hand.
Students choosing to get back to work

Apologising or accepting apologies
Listening to others
Footsteps walking away

In control of self
An understanding of how you are feeling.
A realisation that it is time to calm down.

Congratulations
1 Gold – 98%
2 Blue – 99%

On having the best attendance in week 4 & 5 Term 4.
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

The P&C are holding a gold coin donation free dress day on Friday 25th November. There is no theme however please ensure your child is wearing sunsmart clothing.

Our next P&C meeting is set for Monday 13th February 2017 and the AGM 13th March 2017. All positions will be made available at the AGM, please note that only 1/3 of the executive team can be Happy Valley staff, currently 3 out of 4 executives are employees. We would love to see some new faces in 2017 so please save the date.
Enrolment Interviews
Monday 14th November
Wednesday 16th November

Please ensure you bring the following items to your interview:

- Completed Enrolment Forms
- Completed Prep Questionnaire
- Birth Certificate
- Proof of Address
- Transition Reports Pre-Prep Setting

RATEP Intake 2017

RATEP is a community based teacher education program to enable Indigenous people to become qualified teaching assistants and/or registered teachers.

We are currently taking applications for the following courses:

- **Certificate IV in Education** (Aboriginal and Torres Strait Islander) part time studies of 18 hours per week for adult students.

- **Diploma in Education** (Aboriginal and Torres Strait Islander) full time studies of 25 hours per week or part time studies of 13 hours per week (over two years) for adult learners. Contributes to one year of study in Primary Education at JCU.

Where: Spinfex State College Senior Campus
Q Block, Room 5

Contact: Amanda Farrelly
Ph: 4749 0180
Email: afarley@eq.edu.au
DEAR MOUNT ISA FAMILIES

Ascent Footwear and Mount Isa’s only podiatry clinic Advance Foot Clinic are happy to announce that the Ascent range of school shoes will FINALLY be available this January.

The Ascent range of school shoes are the only range endorsed by Australian Podiatry Council. If you’re interested in putting supportive, durable and comfortable school shoes on your child’s feet then keep reading.

On January 10th, 11th and 12th you will be able to be measured, fitted and easily supplied Ascent school shoes that your kids will really appreciate. As well as that, you can have a free foot assessment by local podiatrist Angela Holland, Advance Foot Care practice owner, who will be able to assist in identifying any potential foot injuries with your child.

We will have formal school shoes in multiple widths and styles for males and females as well as multiple width options in black cross trainers. Ascent has a large range to accommodate all shapes and sizes of feet but the one thing they all have in common... they’re built with the latest sports shoe technology making them SPORTS SHOES IN DISGUISE!

WHO
Ascent Footwear and Advance Foot Clinic.

WHERE
Advance Foot Clinic - 112 Miles St, Mount Isa.

WHEN
8am - 4pm January 10th, 11th and 12th.

HOT TIP
Bring your son or daughter’s current school shoes.
Phone Advance Foot Clinic on (07) 4743 7647 to book a time and avoid waiting in January.

kids walk they run!

That is why the Ascent range of school shoes are lightweight, durable and supportive and will keep up with the most active of school days.

ascentfootwear.com.au
Digital social skills

Just as we teach children social skills for real life, there are important social skills for the digital world. It is imperative that parents teach children to follow a few basic rules.

The internet is a portal into some of the most amazing places, and just like any new place we visit, we are likely to make a few social stumbles. If travelling the world, every culture you visit would have its own social nuances that you are likely to have to work your way around. It would be easy to misunderstand what others say or take offence to something that was not intended.

Young people, at the best of times, are still learning social rules and developing their critical thinking skills around collective interactions. Well-meaning personalities can make all kinds of mistakes when they enter this new online culture.

As parents we want to do whatever it takes to minimise the mistakes our children make online. Netiquette is a set of general guidelines for cyberspace behaviour. Here are some basic principles parents can use to help children solve their own ‘netiquette’ dilemmas.

**Be kind** Remember the human behind every screen. Every user is an independent person with individual thoughts and feelings. It can be easy to misunderstand another person’s intentions or even be rude to others when you are not interacting with them in person and given the grace of viewing facial expressions and emotions. Perhaps the best mantra we can go back to as parents is the golden rule of “Treat others how you would like to be treated.” Developing empathy and trying to see that comment, post or photo from many different perspectives takes practice. How would you feel if someone said that to you? Treating others with respect is paramount. Yes, there may be times when you might have to stand up for yourself; however, it needs to be done in a responsible and respectful way.

**If you wouldn’t do it there, don’t do it here** Social standards apply to both online and offline spaces, and standards of online behaviour should be consistent with real life expectations. As parents we set many rules and expectations in place as to how we expect our children to behave in a public place. I know I expect my children to show respect, use their manners, help others out, practice kind language, etc.

Online is the biggest public place your child will ever find themselves, which is all the more reason to work on exceeding those standards of behaviour.

**Respect privacy** With the world wide web being a public place, privacy is paramount. Learning how to protect personal information and the importance of looking at a website’s privacy policy can help develop skills around internet privacy.

Asking for permission before creating accounts and downloading files, strategies for identifying scams and limiting the type of information kids give about themselves or others can help set a strong foundation for their digital lives. Children do not always appreciate that they may be putting their information in jeopardy, because the warning signs are not always obvious. Respecting other people’s right to privacy is also crucial; don’t tell other people’s stories, spread rumours or give away personal details without permission.

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.
Develop their internal filter
Parents may feel that they have some control over their child’s use of technology and many use programs and apps that allow for monitoring and filtering content. Despite the best intentions, there are times when filters are re-set, not set up correctly or not even in place – for example when your child goes to their friend’s house, gets online and no safety mechanisms have been established.
What this means is that we need to help our children develop their internal filter, as this is the one they will always have and may need to rely on. Research is clear that the best way to teach morals and ethics is through example.

Teach them to do the right thing
Parents can nurture moral principles that will guide their children to stand up for their beliefs and act right even without us. Know what you stand for so that your child knows. Parents with clearly identified moral convictions are more likely to raise children that do the right thing. Pursue opportunities to look for moral issues and talk about them as they come up: from TV shows and news events to situations at home, school, and friends. Discuss with your child how you feel about the issue and why.

Be upstanding
There will be times online when your child will have to be brave and stand up for others, when they will have to go against social pressure to do what is right. When someone they know is being deliberately upset or harassed by another person, expect your child to move from bystander to upstander, because this is the right thing to do. In most cases many people contribute to the cyberbullying. Many know about the situation, but choose not to get involved. Encourage your child to stand up, speak up and act up against online abuse. They can support the target by letting them know they are there and provide empathy. Encourage your child to report what is happening to a trusted adult; someone who they believe will listen and has the skills, desire, and authority to help.

Technology is moving forward quickly, and it continues to evolve at an unprecedented pace. Taking the time to impart digital social skills at an early age is vital for our children as they move from playground friends to social media and gaming friendships.

These simple rules apply all along the developmental spectrum. They also give us a clear understanding of what we can do as parents, to help our children manage a positive digital reputation.

Catherine Gerhardt

TOP TIPS FOR PARENTS

1. PRACTICE MAKES PERFECT keep reinforcing positive digital social skills and a strong foundation will be laid.
2. COACH about privacy in a public place.
3. FOLLOW the social code of good people.
4. MANNERS are necessary.
5. COMPLIMENTARY conduct is proper.
6. We are FREE to follow group rules. We are not FREE to hurt others.
7. Encourage the THINK rule.

Catherine Gerhardt is a dedicated advocate of critical thinking skills in children and young people. As a parent of school aged children she understands the commitments and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities. Catherine is a certified training provider through the Office of the Children’s eSafety Commissioners.

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.
World Kindness Day

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

Sunday November the 13th 2016 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.

![Kindness Pass It On](image-url)

- Give a flower
- Eat lunch with someone new
- Listen with your heart
- Visit a sick friend
- Clean a neighbor’s walk
- Offer a hug
- Give an unexpected gift
- Make a new friend
- Pick up litter
- Say “hello”
- Open a door
- Plant a tree
- Help carry a load
- Share a snack
- Cheer up a friend
- Thank a teacher or mentor
- Read to a young child
- Lend a hand
- Do a kind act daily
- Leave a thank you note
- Offer your seat
- Cycle courteously
- BE TOLERANT
- Let another go first
- Bake cookies to share
- Give a compliment
- Help a student make friends
- Donate your gently used items
- Give a balloon away
- Lend a pencil
- Respect others
- Celebrate something new every day
- Do a favor
- Encourage a friend
- Use a reusable water bottle
- Walk a dog
- Forgive mistakes
- Smile at someone

randomactsandkindness.org