DATES TO REMEMBER

October
13th P&C General Meeting – 6.30pm
14th Prep 2015 Information Night – 6.30pm in Hall
17th Rock Pop – Tony White Oval, 7.00pm
27th P&C Holiday Raffle Tickets due at office

November
1st Gala Instrumental Music Concert - Civic Ctre 5pm
3rd P&C Holiday Raffle Drawn on Parade
4th Prep 2015 Open Day
   (appointments only – book at office)
11th Prep 2015 Open Day
   (appointments only – book at office)
19th Prep 2015 Parent / Teacher Interviews
   (appointments only – book at office)
21st Prep 2015 Parent / Teacher Interviews
   (appointments only – book at office)
25th Year 6/7 Celebration

AFTER SCHOOL ACTIVITIES

Wednesdays
2.30 – 4.30pm Rock Pop Rehearsals

PRINCIPAL’S COMMENT

Term 4, how did we get here so quickly? It has been a mammoth year so far and now we have only 9 weeks to go before Christmas break. What a busy time it will be with the Year 6/7 Celebration at the Irish Club, Transition days to High School for both the Year 6 and 7 students, Rock Pop, Mime happening next week, Report cards to go home in the last week and many more things. It is always great to see the Happy Valley community get involved in the goings on of our school. Your support is greatly appreciated.

WELCOME TO NEW STAFF

I would like to welcome new staff members to Happy Valley. With Miss Bishop departing for Healy, 1 Blue will now be taught by Miss Jamie Walsh. We have new Teacher Aides as well, with Miss Emily Roberts extending her time here and Mrs Mellissa Jones joining the team. We hope you enjoy working with our amazing staff and students.

On the other side of the coin, we also say goodbye to a number of staff who have received transfers for 2015. Mr Kerry Willcox (currently on leave) is going to Richmond SS, Miss Hayley Parker (currently on leave) will transfer to Wynnum SS, Mrs Carr is moving to Currajong SS and Miss Cottman will be based on the Sunshine Coast. We wish all these marvelous people every success as they leave the best school in the state.
P&C RAFFLE
Our P&C are currently holding a magnificent raffle that is to be drawn on Monday 3rd November at our weekly parade. First Prize is a 5 night holiday at a Rydges Hotel and Resort of your choice in Australia or New Zealand with a $1000 Virgin Australia gift voucher as well. Tickets in this wonderful fundraiser are just $2 each and can be purchased at the office. If you would like extra books to sell, please see the ladies in the office. Remember, all tickets and money, whether sold or unsold, must be returned to the office by Monday 27 October.

NUT FREE ZONE
We would like to give all families a gentle reminder that Happy Valley School is a Nut Free Zone, due to allergies and potential anaphylaxis attacks. Nut Free includes no Nutella, Peanut Butter or any food containing tree nuts.

RELAY FOR LIFE FUNDRAISING
In Week 9 last term we held a fundraising Free Dress Day to raise money for Relay for Life. As a school we raised $471.60 which was a super effort. On behalf of Suncorp Mount Isa and Relay for Life, thank you Happy Valley.

SPIDER DAY
On the last day of term, the Student Council held a Spider Day. Mr Wilson, Mrs King and the School Leaders worked their collective hats off and raised around $400 to put towards the Student Council improving the learning at our school. Well done all of you.

SOFTBALL / AFL CARNIVAL
In Week 9, we had two teams represent Happy Valley at the Cluster sports day in Softball and AFL. Both teams performed admirably, winning more than they lost. Feedback was very positive in relation to behaviour, sportsmanship and effort. Well done to Miss Nind and Mr Wilson who coached and also thanks to Miss Kylie, Miss Nadja and everyone else who supported our students.

ARD VISIT
Our ARD Robbie Mitchell visited us in the last week of term 3. He saw some wonderful things happening in our classrooms and spoke very highly of the great learning journey that Happy Valley staff and students are on together. Keep up the hard work everyone.

PREP ENROLMENTS 2015
Letters have been sent home to all families who have submitted an Expression of Interest for Prep 2015 including those on our Prep waiting list, inviting everyone to the Prep Information evening next Tuesday 14th October at 6.30pm in the Sports/Parade Hall. Please note that this invitation does not guarantee a place for people on the waiting list however we are aiming to inform these families within the next couple of weeks if we have vacancies or not.

Following the Information night we will be holding Open Days on the 4th and 11th November and Interviews on the 19th and 21st November.

PARENTS AND CITIZENS ASSOCIATION
Our first meeting for this term will be next Monday 13 October at 6:30pm. As usual, the meeting will be held in the Staff Room at 6:30pm. As this is the second last meeting for the year, I would like to encourage as many people as possible to attend. Children are welcome as there is space for them to sit in the room next door. See you there.

SCHOOL WEBSITE
Our new and improved school website is up and live. Anyone can now access this site at any time to find out about Happy Valley and everything that is great about our place. The address is www.happvallss.eq.edu.au if you wish to check it out.

Norm McNamara
Principal

Social Skills

Words of Encouragement

Focus:
Children using their words to help a friend in need. Children helping give their friends and classmates the confidence to have a go at challenging activities. Children realising that sometimes we all need a little help.

Looks Like
- Students having a go at new activities inside and outside the classroom

Sounds Like
- Everyone encouraging each other with their words

Feels Like
- A friendly place to be
- Students feeling safe to try new activities and make mistakes
- Students confident in their own abilities
**STUDENTS OF THE WEEK**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
<th>Class</th>
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<tbody>
<tr>
<td>Prep B</td>
<td>Michael T</td>
<td>3 B</td>
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<tr>
<td></td>
<td>Emily V</td>
<td>3 W</td>
</tr>
<tr>
<td></td>
<td>Poppee B</td>
<td>3/4 G</td>
</tr>
<tr>
<td>Prep W</td>
<td>Caelen R</td>
<td>4 B</td>
</tr>
<tr>
<td></td>
<td>Emily W</td>
<td></td>
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<tr>
<td>Prep G</td>
<td>Chad F</td>
<td></td>
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<tr>
<td></td>
<td>Evan L</td>
<td></td>
</tr>
<tr>
<td>1 B</td>
<td>Jaiden T</td>
<td>4 W</td>
</tr>
<tr>
<td>1 W</td>
<td>Ryan K</td>
<td>5 B</td>
</tr>
<tr>
<td>1 G</td>
<td>Ella B</td>
<td>5 W</td>
</tr>
<tr>
<td>2 W</td>
<td>Seth J</td>
<td>6/7 W</td>
</tr>
<tr>
<td>2 B</td>
<td>Regan H</td>
<td></td>
</tr>
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<td></td>
<td>Piper H</td>
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**MUSIC AWARDS**

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<thead>
<tr>
<th>Student</th>
<th>Level</th>
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<tbody>
<tr>
<td>Stanley Mc</td>
<td>1.2</td>
<td>Tenor Sax</td>
</tr>
<tr>
<td>Taylor B</td>
<td>1.1</td>
<td>Flute</td>
</tr>
<tr>
<td>Maddison T</td>
<td>1.1</td>
<td>Flute</td>
</tr>
</tbody>
</table>

**SCHOOL NOTICES**

**Mount Isa and District**

**Gala Instrumental Music Concert**

5:00 pm Saturday 1st November, 2014

To showcase the talents of the Mount Isa and District choir and instrumental music students there will be a Gala concert at the Civic Centre on Saturday 1st November commencing at 5pm. The concert is free and all choir and instrumental music students will be performing.

Additional rehearsal time for MICE Orchestra and Choral will be Tuesday 28th October from 6pm 7.30pm and Saturday 1st November as per below.

**UNIFORM SHOP OPENING TIMES**

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

Orders can also be placed at the office for collection at a later date.

**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.

**AFTER SCHOOL CARE**

**CARE VACANCIES**

Our after school care program currently has both full time and part time vacancies available, please contact 0498 714 668 for enquiries.
Developing Confidence (Part 1)

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

How Confidence Develops

For most children, school means spending more time on learning and less on ‘play’. It also means more expectations of them – from parents, carers, teaching staff and also of themselves. Children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They lean that they are good at some things and not so good at others. They also see how others respond to what they do. These things influence their confidence in their abilities and influence how willing they are to have a go in situations where they feel unsure.

How Parents and Carers can Help Develop Confidence

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

- Explaining that skills develop with practice.
- Encouraging persistence when outcomes aren’t achieved straight away.
- Praising effort, persistence and improvement.
- Making sure that goals are achievable by breaking down large tasks or responsibilities into small steps.
- Being ready to help when necessary, without taking over.
- Encouraging children to have a go and valuing individual improvement.

(adapted from: www.kidsmatter.edu.au)

Article – Build Confidence in Kids – Parenting Blogs – Michael Grose

The power of parents to shape a child is enormous. Self-confidence is one area that parents have significant influence, particularly for children of primary school-age and below. Kids in these years are on a journey to work out what they can do and how they can fit into their various groups. They are the confidence and esteem-building years.

Here are 10 ways to build confidence in your kids so they can take their place in the world:

1. Model confident mindsets: Kids need to hear what a confident mindset sounds like. Kids pick up your thinking as well as your language so teach kids how to approach tricky or new situations confidently by doing so yourself. That means, don’t put yourself down if you make a mistake. Instead make sure your thinking reflects that mistakes are acceptable and part of learning, rather than a reflection on your personally.

2. Encourage kids to look on the bright side: Optimism is catching and helps kids overcome their fears. Help kids set their antennae to look for the good, something positive or a learning in any situation.

3. Help them understand self-talk: That little voice inside their heads can talk them up or talk them down. Low confidence kids use a great deal of negative self-talk. Get kids to listen to their self-talk and help them work out alternative messages that help them rather than hold them back.

4. Recognise effort & improvement: Low risk-takers and perfectionists appreciate parents who focus more on the processes of what they do, rather than results. Effort, improvement and enjoyment are examples of processes that you can comment on.

5. Focus on strength and assets: Fault-finding can become an obsession for some parents, particularly fathers. Step back and look at supposed faults through a different lens (i.e. stubbornness can be rebadged as determination, which is handy in many contexts). Let your kids know what their strengths are so they know what they are good at!

6. Accept errors as part of learning: Don’t over react when kids don’t get the perfect score or make mistakes. Errors are part of learning, ask any golfer.........

7. Give them real responsibility at home: Giving responsibility is a demonstration of faith. It fosters self-belief and also provides growth opportunities for kids. Confidence and responsibility go hand in hand.

8. Develop self-help skills from an early age: Confidence is linked to competence. You can praise a child until the cows come home, but unless he or she can do something they won’t feel confident. Basic self-skills are inextricably linked to self-esteem.

9. Spend regular time teaching & training: Parents are children’s first teachers. They educate them in everything from how to do up their shoelaces as pre-schoolers to how to fill out a tax form as late adolescents. Look for teachable moments where you can help your kids. They are everywhere!

10. Build scaffolds to success and independence: Look for ways to make it easy for your child to be successful. That may mean that you break down complex activities into bit-sized chunks (learn to smooth the doona, before they make the whole bed) so they can experience success or even cope with stressful situations (go to an anxiety-inducing party for an hour rather than attend the whole party) so they can overcome their fears.

There are some powerful strategies outlined here. Think about how many of these you use already and which strategies that you would like to find out more about. Effective parents do the basics well. Confidence-building is one of those foundation areas that can have an enormous impact on kids and one that we can all learn more about.

Learn lots more simple, effective confidence-building strategies for kids at www.parentingideas.com.au
Register now — free schools IT community session 18 October, 2014 at Spinifex State College, Senior Campus.

Parents are invited to attend a free community information session to find out how technology is being used to enhance your child’s learning.

Part of the department’s Information and Technologies Branch (ITB) regional roadshow, the event will commence at 9am.

Light refreshments will be available while you find out about:
- Cybersafety – how you can protect your kids
- QSchools app – simple connection with your school
- QParents – online access to your child’s records
- iConnect – making the best of online learning (SDE parents only)*
- Device health check (SDE parents only)*

Full details are available via [http://wired.ivvy.com/event/ITBNQ2](http://wired.ivvy.com/event/ITBNQ2)
*These sessions will be conducted on Friday 17th October, 12.30pm Spinifex State College, Senior Campus.

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**Mount Isa Central State School 90th Anniversary Celebration**

**Program**
- 1.00pm Open Classrooms “Through the Years”
- 2.10pm Official Ceremony
- 2.50pm Games on the oval
- 4.00pm BBQ, Drinks & Hot Chips

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**Eileen Fisher Memorial Kindy**

OPEN FUN DAY - Saturday 19th October, 10am to 1pm
Arts & Crafts & Fun - Taking enrolments now for 2015

**Philosophy**
- Learning through play is a more efficient mode than an adult dominated programme of instruction and provides the best preparation of your child’s future.
- Each child is a unique individual with his/her own patterns of development, temperament and potential for learning.
- Children learn through interaction with other people and their environment.
- Together we can make children’s first educational experiences positive and fun, so your child can take with him a positive and confident approach to learning.
- A child’s potential to learn improves when they are free to engage in the decision making process and have ownership of their learning.

**SUNDAY 18TH OCTOBER 10AM TO 1PM**
Arts & Crafts & Fun – All Welcome

Come and see what we have to offer your child in 2015 at 25 Clarke St, Ph: 47433733 for info.