



28 May 2015

Associate Principal's Column

Helping Children Make Friends

School is not just a place for children to learn academic skills. It is also a place where children develop their social skills, and part of that is learning how to make friends. I believe there are certain things that we, as parents, can do to help our children navigate their way through the maze of social interactions they encounter at school.

- *Try to help your child develop a sense of empathy.* If children learn how to recognise, understand and respect the feelings of others, then they will have a greater chance of making and retaining friends. One way to develop empathy in your child is to frequently talk to them about how other people might be feeling in certain situations, and to talk about how your child's actions affect other people. To be able to view a situation from someone else's point of view is a very important life skill.
- *Try to teach your child how to compromise and share.* Children who try to dominate all social situations usually have trouble making and keeping friends, but children who are happy to take turns and understand they can't always get their own way tend to get on much better in social groups.
- *Talk to your child about how to recognise who might make a good friend.* Friendship is a 'two-way street'. Children need to understand that they can only really make close friendships with children who actually want to be friends with them – they cannot demand that other children be their friends. In an ideal world we would all be great friends, but in the real world we are all different and not everyone will choose to be our friend. This is a concept that some children seem to struggle with, and these children often have troubles over a long period of time because they repeatedly try to force their way into a friendship with someone who has very little in common with them and who chooses to play with other children. Try to help your child to learn to recognise such situations so they can then 'move on' to find other children who are willing to return their friendship. This is much more helpful to your child than apportioning all blame

for the situation onto the other child involved. Try to help your child to learn that they cannot control the feelings and actions of others - they will be much happier in the long run once they understand this.

- *Try to help your child to learn how to get on with other children they may not like.* Even if your child does not really get on with another child, they need to accept that they will often have to share the same playground, classroom or even the same group of friends with that child. If your child is able to learn that they need to treat all other children with respect and courtesy, even if they don't particularly like them, then that should help your child to avoid significant conflict with any child that they may not like. If other children then see your child as a tolerant and respectful person, they will be more likely to want to befriend them. But if they see your child as someone who is often involved in conflict then they might prefer to avoid them.
- *Understand that all children will have some sort of social problem at some stage of their lives, but for most children these problems are isolated and not the norm.* Parents who tend to 'hover' over their children to sort out all their issues for them are actually depriving their children of opportunities to develop important social skills for later in life. Where possible, give your child some 'space' to work through their problems, and encourage them to keep issues in their proper perspective. Also, as parents, it is important to understand that the majority of children at school do not have frequent, significant conflicts with other children. If your child does seem to become involved in repeated conflicts, it is important to discuss with your child what it is that they are doing that may be contributing to the conflicts. It is far more beneficial for your child to teach them to accept responsibility for their own actions rather than to always focus on the actions of other children and blame them for any trouble. If you help your child to accept responsibility for making good social choices, then you will be helping them to become much happier in the long term.

Murray Leak, Associate Principal Years 3 & 4

Music News

Why learning music 'makes kids smarter'

New Australian research has revealed school kids who play music are better learners. The research shows learning an instrument by 12 years of age helps develop the left side of the brain, which has been linked to improved vocal, vocabulary and memory skills by the time children become adults.

Music Class of the Week

- PO for brilliant percussion storms
- 1M for overall great results in pitch recognition
- 2G for correct and fluent reading and playing of rhythmic patterns
- 3O for concentrating on the concepts reviewed from this term
- 4G for 100% understanding of dotted notes
- 5S for great teamwork and group rehearsals

Upcoming Music Events

Thursday 11 June (Week 8)	Winter Concerts 1. 5:30pm Strings, Jnr. Choir, Jnr Recorder Ensemble 2. 6:15pm Bands, Snr Choir and Snr Recorder Ensemble
Monday 22 June – Thursday 25 June (Week 10)	Talent Quest Heats
Friday 26 June (Week 10)	Talent Quest Finals
Monday 22 June – Friday 26 June (Week 10)	Advanced Music Camp

Stephanie James, Music Teacher

P&C Disco

- When:** Thursday 28 May
Where: School Hall
Cost of Entry: \$5.00
Times: P – 3 5:00pm – 6:30pm
4 – 6 6:45pm – 8:15pm

If you are able to volunteer at the disco please contact the P&C on pandc@caningeraba.org.au

P&C

Colour Run 2015

Congratulations to the following students who won prizes at the recent School Colour Run:

- Luca - 1B - Portable DVD
- Kacey - 3G - Samsung Galaxy
- Lily - 4M - Go Pro Camera

Congratulations to students from Prep White, 3G & 4G who won parties for being the highest fundraisers on the day.

P&C

Winter Interschool Sports Draw – Friday 29 May

BOYS SOCCER: Yr 6 at St Vincents School 6A 12:40pm; 6B 1:35pm; Yr 5 at St Vincents 5A BYE; 5B at 12:40pm.

GIRLS SOCCER: 6A Italo Club 12:40pm; 5A 1.35pm

RUGBY LEAGUE: Marymount College 5A 12:45pm; 6A BYE

OZTAG: Games at Glennon Park Nerang A teams 1:30pm; B teams 12:45pm.

AFL: From 12:45pm at Salk Oval Palm Beach.

HOCKEY: from 12:45pm at St Andrews College

NETBALL: Mallowa Dr Palm Beach 6A 12:50pm; 6B & 5B 1:20pm; 6C 1:50pm.

School Banking News

Congratulations to the following students who have made 10 deposits and received a bronze certificate:

Thomas 4S	Mia 4M	Aiden 3O	Max 3O	Alyssa 3O
Sydney 2B	Darcy 2G	Evie 2O	Zane 2O	Kanoah 1B
Aoba 1S	Tayla PG	Jake PS	Lucas PS	

If you think your child might be due a certificate, please see the banking team on a Tuesday morning (8am – 10am).

Student of the Week

Congratulations to the following students who have received a student award at their assembly.

6O	Leila	4M	Adi
6G	Levi	3O	Lachlan & Alyssa
6B	Brooke	1O	Sapphire
4G	Bella & Thomas		

Diary Dates

REMINDERS:

1. Instrumental Music Camp payment of \$285 is due by 10:30am Friday 29 May

2. Book Club orders need to be placed online or forms returned (paid via credit card or cheque) by Monday 01 June
3. Prep, 1, 2 & 3 Artslink payment of \$6.00 is due by 10:30am Wednesday 03 June
4. G&T Chess Tournament payment of \$12.00 is due by 10:30am Friday 05 June
5. Yr 6 Raw Art payment of \$8.50 is due by 10:30am on Wednesday 10 June

Please phone our hotline on 5568 6388 for ALL up to date information on excursions, interschool sport draws, athletics and cancellations due to weather.

Date	Year Level	Activity
Thursday 28 May	Various	District Cross Country
Thursday 28 May	All	P&C Disco P-3 5pm - 6:30pm 4-6 6:45pm – 8:15pm
Friday 29 May	Yrs 5 & 6	Winter Interschool Sport
Wednesday 03 June	Various	ICAS Science
Thursday 04 June	Yrs 5 & 6	Merrimac High Visit
Friday 05 June	Yrs Prep – 3	Artslink
Monday 08 June	All	Queen's Birthday Public Holiday

Snack Shack Roster

Date	Names
Monday 01 June	Carolyn & Kayla
Tuesday 02 June	Cheryl & Makayla
Wednesday 03 June	Carolyn & Greta
Thursday 04 June	Marnee & Carolyn
Friday 05 June	Maureen & Kez

Katrina and Michelle, Tuckshop Convenors

Thank you from the Library

Thank you to the Baxter and Harrison families for their kind donation of books to the Library.

Mother's Day Stall

The Mother's Day Stall was a huge success this year. Thank you to all the volunteers who helped out with the stalls.

Community Notices

Varsity Lakes Community Resource Centre - June/July School Holiday Workshops

If you are looking for some free activities to keep the kids entertained over the June/July school holidays, check out the Varsity Lakes Community Resource Centre School Holiday Program.

What's on:

Tues 30 June 9am - 11am

Circus Skills Workshop incl. juggling, twirling, hula hoops, diabolo, flip sticks

Thurs 02 July 9am – 11am

Sport based activities aimed at children aged 3-5yrs

Thurs 09 July 9am – 11am

Pop up playground with games and activities aimed at children aged 3-12yrs

Located at Varsity Lakes Community Resource Centre, Jim Harris Park, Mattocks Road, Varsity Lakes QLD 4227. For more information please contact 07 5593 7006.