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30 July 2015

Associate Principal's Column

Parent Programs at Caningeraba

Last term I wrote of the many parent programs that are offered at Caningeraba and it is great to be able to continue on with this information in Term 3. Already we have hosted a Prep reading information session that was attended by over 45 parents. We held our first "Bounce" session which was an informal gathering of parents to bounce around ideas and tips on parenting. This group will continue every 3rd Monday afternoon in the library.

We are also hosting on Thursday 6th August a session for parents on "Building your Kids a Better Brain". Having an understanding of how and why the brain grows and changes is important if we want to assist our children to grow in healthy and productive ways. Which is definitely the vision of Caningeraba State School. We are providing free of charge a session for parents on how to encourage them to help their child understand their brains. Research has demonstrated that teaching students about how their brain works, in particular that the brain is plastic and can develop new capacities with effort and practice makes a big difference in how constructively kids deal with mistakes and setbacks. With this understanding and a growth mindset, children will understand and be motivated to keep trying to achieve mastery.

Students in Years 3 to 6 will be having their own BRAIN TALK FOR KIDS over the next few weeks, and staff will be learning about NEUROSCIENCE for EDUCATORS. All three talks will be presented by the Pathways to Resilience Trust. We would love you to come and see what we are teaching your children.

The Issue of Friendships:

Children of primary school age (in fact, humans of all ages) need to feel that they are accepted and belong. This is essential for self-esteem and productive participation in school life. For these reasons, many parents worry that their children have difficulty making friends. However, it is important not to communicate your anxiety to your child, particularly if you suspect friendship problems. Too many of us fall into the trap of anxiously asking for all the 'bad' stuff at the end of our child's school day. Sometimes our children will give us all the negatives without focusing on the positives. So, stay positive even in the face of all the terrible woes you might be told and insist that they tell you at least one aspect of their day that was good. Focus on the

positives and build on them; acknowledge the negative feelings, but help your child to move on (eg "That must be tough for you, but let's work on a solution").

Sometimes, we obsess about our kids having to have one sole best friend and pass this on to them. The emphasis on a 'single best friend' can be counterproductive as there is always potential for over-possessiveness, manipulation and hurt. It is important to ditch the notion that we need a single best friend in favour of having a wide circle of 'different' friends. What tends to happen is kids can become obsessed with being friends with the most popular boy or girl in the class or those on the next rung of the social ladder ... this is often unattainable because there is enough competition from others with the same goal for these 'privileged' kids to play the manipulation game. The kids who tend to be most balanced (and successful in life) are able to associate and connect with a wide range of friends and are seemingly unaffected by the manipulation stuff. Parents (and others) can help by discussing the day non-judgementally and unemotionally using prompts ("How did you handle that situation? What could you do next time? That happened to me too ... I tried being friends with It sounds like Tom, Francine, etc might be a good friend too". Always focus on the positive and the constructive. It is easy to be seduced into giving inappropriate attention to the negative and responding with our own emotional feelings. Often, especially in the younger years it is more appropriate to ask "what did you play today?" rather than "who did you play with?"

Encourage your child to make a range of friends with a range of interests.

Maria Mott, Associate Principal Years 5 & 6

District Athletics

Last Wednesday our school team competed in the Gold Coast South District Athletics Championships. Under cold and rainy conditions our pupils represented Caningeraba with distinction. A number of pupils achieved selection for the Champions Day which is the final step before Oceanic Regional selection. These included:

- Ethan – 3rd discus, 4th long jump
- Lydia – 2nd long jump
- Jasmin – 1st shot put
- Hayley – 2nd long jump
- Bella – 1st 200m, 2nd 800m, 4th 100m, 4th high jump
- James – 4th 100m

Jordyn – 1st 100m, 1st 200m
Jay – 3rd 200m

Congratulations to all these pupils and all the best for the next stage of their “journey.”

Tony Carlton

PE Teacher

Athletics Report

Another highly successful Caningeraba athletics and sports day season is drawing to a close. After our usual bout of “Carlton’s Curse” with wet weather interruptions, our interhouse carnivals were all eventually completed last week.

Our Yr. 2/3 carnival luckily escaped the bad weather and went off without a hitch. Pupils competed in an extremely full program of track and field events. Bluegum emerged the victorious house. Age champions for the day were:

Yr. 2 – Lainey & Toby

Yr. 3 – Taylor & Leo

Before a massive crowd of enthusiastic and expectant parents, our first ever stand alone “Prep” sports day took place. What a great day our little people had running, jumping, crawling, throwing and hopping as ribbons and stickers were handed out with gay abandon. It was great to see so many Mums and Dads reliving past glories sprinting down the famous Caningeraba home straight.

Our senior carnival was staged over 2 full days with every pupil given the opportunity to compete in every event. We are very proud at Caningeraba that this fully inclusive policy exists right throughout the school. Many outstanding individual performances were handed in including Jay breaking a longstanding school record in the 10yr. boys High Jump. Once again Bluegum finished on top of the points table. Age champions for the day were:

9yrs. - Bella /Florienne (tie) & Lincoln

10yrs. - Bella & Jay

11yrs. - Lydia & Ethan

12yrs. -Jordyn & James

Our first ever standalone Yr. 1 sports day concluded the carnival week. A full program of sprints, relays, modified field events and novelty events kept the kids on their toes. With the addition of points from the preps, Eucalypt emerged as the winning house of the Junior School trophy.

A huge thank you to the hundreds of parents right across the school who came along to support the kids in their respective carnivals. Your presence was greatly appreciated. As usual it was our pleasure to stage the carnivals for our wonderful children whose behaviour, efforts and levels of sportsmanship were first class. Undoubtedly we have some fine talent coming through.

Tony Carlton

PE Teacher

HOW TO COMPLETE A “BPOINT PAYMENT” FOR PARENTS

Please refer to the online card payment instructions via website at the bottom of your invoice on how to make a BPOINT Payment.

Please ensure that the invoice number is entered into the “invoice number” field and if you wish to pay more than one invoice, then the invoices should be entered/paid separately rather than “lumped together”. This will ensure the auto-matching will occur against each invoice.

School Opinion Survey – Have Your Say

The School Opinion Survey closes this Friday 31 July, so there is still time to complete the parent survey if you have not already done so. Over 700 surveys were distributed to families two weeks ago but so far we have had fewer than 100 responses.

Last year we had 180 responses, so we were hoping to get even more this year. The information collected from the survey is very important to us, so we would encourage you to complete the survey if at all possible. If you have lost the blue survey form and would like a new one, we do have some spares at the office.

Music is Mathematical

It is rhythmically based on the subdivisions of time into fractions which must be done instantaneously, not worked out on paper.

Music Class Of The Week

Prep. Silver for graceful ribbon dancing and lovely manners

1B for best at ostinato and pitching starting note.

2P for precise entries on beat 3 for the game "Dinah"

3P for confidence in playing recorders for the yellow belt.

4S for being organised and efficient musicians.

5/6 M for perfect rhythm dictations.

School Banking News

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

Emily 1M	Charlie 3B	Havana PB
Lewis 3G	Samara 1G	

Congratulations to the following students who have made 20 deposits and received a silver certificate:

Ella PO	Calum 5P	Tai 4M
Jay 5P	Charlyse 5P	Riley 3G
Libby 3G	Shanae 1S	Lachlan 1O
Charlee PO	Jayden PO	Dylan PW
Kruz PW	Joel 4G	Jack 2M

For information on the Stellar School Banking competition, please see attachment below.

Student of the Week

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

6G	Isabella	6O	Connor
6B	Samantha	4G	Ava
4S	Kriszti & Thomas	4M	Ranjeeta & Owen
2W	Anthony	1O	Ned & Lauchlan
1S	Tadhg	PG	Madison
PM	Tahlia	PR	Lani
PW	Nash		

Diary Dates

REMINDERS:

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

Snack Shack Roster

Date	Names
Monday 3 August	Tasmyn
Tuesday 4 August	Cheryl
Wednesday 5 August	Carolyn, Greta, Esther
Thursday 6 August	Marnee, Carolyn
Friday 7 August	Maureen, Keryn

Katrina and Michelle, Tuckshop Convenors

Library news

Thank you to the Height family for their kind donation of a book to the library.

Fathers' Day Stall

The P&C Association will be holding a Fathers' and Day Stall on Wednesday 2 September for students to purchase gifts (location to be announced shortly).

For any students away that day or who forget their money we will have a catch-up stall on Wednesday 3 September from 9am - 11am in the Science Centre.

Donations of home made goods, non-perishable craft items and other small items would be gratefully received. Biscuits, sweets, truffles/balls are always hugely popular. These can be dropped off to the Science Centre from 3pm on Monday 31 August or the next morning before the stall opens to students. Please bag, wrap or box baked goods ready for sale.

Gifts available for purchase by students will range from 50c to \$7. If you would like to help out at the stall please email pandc@caningeraba.org.au

Thanks in advance for your support!

Woolworths Earn and Learn

The school will be participating in the Woolworths Earn and Learn promotion this year. When you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box, either at the school office or some of our local Woolworths Stores will have a collection box with Caningeraba's name on it..

The school will be able to redeem the points from these cards for some exciting resources to be used at school.

Promotion ends Tuesday 8th September 2015.

Thanks in advance for your support from the P&C

Date	Year Level	Activity
27 – 31 July	Yr 6	Canberra and Day Camps
Tuesday 4 August	PG & PS	Currumbin Farm Visit
Wednesday 5 August	PB & PR	Currumbin Farm Visit
Friday 7 August	PW & PM	Currumbin Farm Visit
Friday 7 August	Yrs 5 & 6	Summer Interschool Sports Muster
Monday 10 August	Yr 1	Raw Art
Tuesday 11 August	PO	Currumbin Farm Visit
Tuesday 11 August	Various	ICAS Maths Exam
Friday 14 August	Yrs 5 & 6	Summer Interschool Sports Trials
Tuesday 25 August	All	School Photos
Wednesday 26 August	All	School Photos
Thursday 27 August	Yr 3	Raw Art
Friday 28 August	All	Gold Coast Show Holiday

Emergency Clothing

If your child has borrowed clothing from sick bay, could it please be laundered and returned as soon as possible.

Visit Our Website

We encourage our parents, carers and family members to visit our website, to see ongoing class activities. New activities on our website are:

Sheryll Eades, Website Coordinator