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22 October 2015

Guidance Officer's Column

Education in the 21st Century

One of the fabulous things about education these days is the amount of research that's coming out. That's research from Australia as well as overseas, and research that is meaningful for parents and children as well as educators. The 2015 Australian Psychologists and School Counsellors Conference shared research that was very affirming of the work we are doing at Caningeraba through our KidsMatter framework.

Many people are still of the opinion that schools are places where students learn the three Rs: to read, write and do arithmetic. They definitely do that, but more and more, decades of research in to the brain is showing that when schools focus on the wellbeing of students (i.e. they don't put all their focus on academics), they actually optimise opportunities for their students to experience academic success. There is research too that shows that a better predictor of how a child will perform academically in Year 8, is that child's social-emotional skills in Year 3, rather than their Year 3 academic skills.

Let's start with the emotional skills KidsMatter says are important for students (and no doubt adults). These are **self-awareness** and **self-management**, and they're biggies!



SELF-AWARENESS is about recognising how you are feeling/what you're doing and that you are able to change those feelings/actions.

SELF-MANAGEMENT is about using strategies to change or manage what you're feeling or what you're doing.

When you think about it, how would it be if our children all had well-developed self-awareness and self-management skills? For a child experiencing anger or anxiety, he/she could recognise the signs in the body that indicate they're not running smoothly (the sweaty palms, the pounding chest, the head that feels like it's on fire) and know it's time to walk away and talk some deep breaths (or whatever strategy works for them).

Self-awareness and **self-management** can be taught and learned! A child who suffers from anger or anxiety does not have to grow up to be an adult who suffers from anger or anxiety. A great way to help develop self-awareness and

self-management in your child is through **mindfulness** and yes, the research absolutely says that it works for children, as well as for adults.

If you're interested, look in to the SMILING MIND app. It's free, it's Australian, and it's been recently voted no. 2 mindfulness app for children, in the world. There are programs for different ages: age 7-11, 12- 15 and 16- 22 and there's one for adults.

<https://www.kidsmatter.edu.au/primary>

Caningeraba State School is a **KIDSMATTER** school.



We are focussed on **growing happy, healthy, confident children together** with the local community.

Kate Alcorn, Guidance Officer, for the KidsMatter Team

Bandanna Day and Day for Daniel - Friday 30 October

The student council will be selling bandannas and pens from Wednesday this week until next Friday 30 October. They will be based in the tuckshop and Year 5 areas before school, from around 8:20am. On Thursdays bandannas will be sold at first break.

Bandannas: \$4
Pens: \$3

Bandannas can be worn to school on Friday 30 October. Be creative in how you wear yours or try the ever-popular pirate, cowboy or Minnie Mouse styles! Every bandanna you buy will help CanTeen provide much needed support services to help young people affected by cancer. It's also CanTeen's 30th anniversary, so with your help, this year's National Bandanna Day on Friday 30 October will be bigger and better than ever.

Stocks are limited, so get in early for your favourite colour. Donations are also gratefully accepted.

Visit www.bandannaday.org.au to find out more and get involved.

Day for Daniel is also held on Friday 30 October. It's not a free dress day, so no money collection is required, but students are encouraged to wear **one item of red clothing** to show their support e.g. a red t-shirt, bandanna, hair ribbon, socks or wristband. A red bandanna would tick all boxes!

The Day for Daniel is a national day of action to raise awareness of child safety, protection and harm prevention.

The main objectives of Day for Daniel are:

- To raise awareness about child safety and protection and to promote a safer community for children. educate children regarding their personal safety and empower them to 'Recognise, React and Report' if they feel something is not right.*
- To Whom It May Concern:*

Helpful information can be found at the following sites:

<http://www.beingsafetysmart.com.au/>

<http://www.education.qld.gov.au/parents/school-life/child-safety-curriculum.html>

<http://www.danielmorcombe.com.au/APP>

Year 1 Tropical Fruit World

During week 2, year one classes experienced a great day at Tropical Fruit World. The excursion was the finale of our Geography unit for semester 2 where we learnt about natural, managed and constructed features of a place, and how to care for these.

On arrival at the fruit farm the children boarded an informative tractor ride which meandered down through the various orchard and fruit crops, to the valley below. They stopped along the way to pick a banana off a bunch for themselves and enjoyed the local environment.

Once down near the man-made lake, they entered 'Treasure Island'. This is the main irrigation reserve for the farm. Here, they experienced a train ride around the wetland area and saw many waterbirds, turtles and water dragons. We then enjoyed a leisurely boat cruise around the island and floated into the animal nursery area. The children loved this area! They were given the opportunity to feed donkeys, sheep, goats, emus, kangaroos and chickens, and met a lovely Clydesdale horse 'Sherman'. We also saw a carpet snake up in the rafters!! From here we walked back to a lovely open space on Treasure Island. The children had free play on a variety of playground equipment and arranged their own cricket and basketball games.

Thank you to our parent helpers on the day. We recommend you visit with the family. The fruits are delicious and Burleigh Heads is considered local so you get in at half price! It is only 30 minutes away.

Julie Flanagan, Year 1 Coordinator

Excursion Payments

Excursions may still be paid for on-line by internet bank transfer. The school's bank account details remain the same but just have not been included on this term's invoices.

BPOINT is a new way to pay for invoices on-line, however bulk payments cannot be made using the same reference number, as each invoice has a unique BPOINT code. Please do not make payments for multiple excursions using the same BPOINT reference code as these payments reject and your child may be noted as not having paid.

Just a reminder the payments office is open on Monday, Wednesday and Friday mornings from 8:00am – 10:30am. If phoning to make a credit card payment or have a query, please call after 9:15am on these days.

Music News

Music is a great tool in a child's brain development. Many research studies suggest music is linked to cognitive learning.

Rhyming time

Make up songs with your child – the sillier the better. Include rhymes in the tunes to help with literacy e.g. It's time for bed, your book's been read, so rest your head and cuddle Ted.

Tips taken from "Learning Potential" app.

Music Class Of The Week

CLASS	ACHIEVEMENT
PW	For always waiting in turn and having beautiful manners
1O	for reading music and following songs for a book
2G	for not falling for the trick word "teapot"
3G	understanding music signs and symbols
4S	for following routines and being organised
5W	for fantastic rhythm compositions

Chaplain News

Hi Parents

I have attached a flyer for an 'Ice Cream Party' as a safe option/ alternative for parents/carers who are uncomfortable with their child walking the streets "trick or treating". If you have any questions regarding the event please feel free to contact me at the school.

Warm regards

Chappy Josh

Bus Passes 2016

Applications for 2016 school bus passes are being accepted now by Surfside Buslines.

<http://www.translink.com.au/schooltransport>

Existing bus pass holders whose details have not changed do not need to reapply. If it is your first time using school transport assistance, moving schools, changed address, repeating a grade or moving from primary to secondary school you will need to apply now.

Summer Sports Draw – Friday 23 October

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

GIRLS TOUCH: at Robina Common A teams 12:45pm;
B teams 1:30pm

BOYS OZTAG: All games at Mallawa Drive, Palm Beach.
 A teams 1:30pm; B teams 12:40pm
 GIRLS BASKETBALL: 6A Robina SS 1:30pm; 6B
 Caningeraba 1:30pm; 5A Robina SS 12:40pm; 5B
 Caningeraba 12:40pm.
 BOYS BASKETBALL: 6A Robina SS 1:30pm; 6B
 Caningeraba 1:30pm; 5A Robina SS 12:40pm; 5B
 Caningeraba 12:40pm
 CRICKET: Caningeraba 12:40pm
 SOFTBALL: All games at Coplicks Sports Fields,
 Tallebudgera at 12:50pm
 BASEBALL: All games at Coplicks Sports Fields,
 Tallebudgera at 12:50pm

Kurtis 4G	Kriszti 4S	Lacey PM
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Congratulations to the following students who have made 20 deposits and received a silver certificate:

James 5B	Saraya 2G	Zane 2O	Jamieson 2G
Mia 1/2R	Wyatt 1G	Noelle 1B	Liliana PB
James PR	Logan 1O	Ella 3S	

Congratulations to the following students who have made 30 deposits and received a gold certificate:

Jake 3S	Calum 5P	Vaughn 2W	Charlee PO
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Sports Results for 16 October

Sport	Team	Result	Best Player
Girls Touch	6A	Won against Mudgeeraba 5-3	Layla
	6B	Draw with Burleigh 2-2	Maddie
	5A	Lost to Mudgeeraba 4-1	Jordan & Summer
	5B	Lost to Elanora 5-2	Ella & Shae
Boys Oztag	6A	Lost to Elanora 10-5	Dylan
	6B	Won against Burleigh 9-6	Levi
Cricket	Snr	Won against Mudgeeraba 246-106	
	Jnr	Won against Mudgeeraba 216-49	
Gymnastics			Libby & Alyssa

Student of the Week

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

6G	Cade	5B	Pixie
3O	Malakai & Josie	1M	Jack
PR	Phoebe	PW	Sasha

Diary Dates

REMINDERS:

1. Yr 6 Graduation Memento payment due by 10:30am Friday 23 October
2. Years 1 – 3 Swimming payment of \$20.00 due by 10:30am Friday 23 October.
3. Book Club orders due Monday 26 October.
4. Prep – Year 3 Artslink payment of \$8.00 due by 10:30am Monday 26 October.
5. Yr 6 Sex Ed payment of \$15.00 due by 10:30am Monday 2 November.
6. Yr 3 Poetry Writing payment of \$5.50 due by 10:30am Monday 2 November.
7. Yr 4 Bike Ed payment of \$4.50 due by 10:30am Friday 6 November.
8. Please phone our hotline on 5568 6388 for ALL up to date information on excursions, interschool sport draws, athletics and cancellations due to weather.

Library Thank You

Thank you to the Bryant family for their kind donation of books to the school Library.

School Banking News

Letters are going home this week regarding dormant accounts and we hope it will encourage many of our students to resume banking. If the reason for not banking is a lost bank book, please just send in a note with the student's name and we can issue a new book for you.

A reminder too that you don't have to bank a lot of money – it could be as little as 20c per week – we simply want to encourage children to get into the habit of regular saving. Gold certificates are now being issued to regular bankers so congratulations.

Congratulations to 4G for being this week's Classroom Award winners.

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

Date	Year Level	Activity
Friday 23 October	Yrs 5 & 6	Summer Interschool Sport
Monday 26 October	Years 1-3	Swimming

Date	Year Level	Activity
Tuesday 27 October	Prep –Yr 3	Artslink
Tuesday 27 October	Yr 6 Parents	Parent info - Sexuality Talk
Thursday 29 October	All	Music Count Us In 11:30am
Friday 30 October	Yrs 5 & 6	Summer Interschool Sport
Monday 2 November	Years 1-3	Swimming
3 & 4 November	Yr 6	Sexuality Talks
Tuesday 3 November	Yr 3	Poetry Writing
Thursday 5 November	All	St Jean Baptiste Noumea Students arrive
Friday 6 November	Yrs 5 & 6	Summer Interschool Sport

Snack Shack Roster

Date	Names
Monday 26 October	Carolyn & Ana
Tuesday 27 October	Help needed
Wednesday 28 October	Carolyn
Thursday 29 October	Marnee
Friday 30 October	Maureen & Rikki-Lee

Katrina and Michelle, Tuckshop Convenors

Community Notices

Burleigh Waters Branch Library

The Burleigh Waters Branch Library will close at 6pm on Thursday 29 October for refurbishment. The fresh and new-look library re-opens at 9am on Thursday 19 November. You are welcome to use any other City of Gold Coast Library during this time. Your nearest alternate branch libraries are: Broadbeach Branch Library 61 Sunshine Boulevard Mermaid Waters; Burleigh Heads Branch Library Park Avenue Burleigh Heads; Robina Branch Library 196 Robina Town Centre Robina. Thank-you for your patience and support.

97th Anniversary Remembrance Day (Armistice Day)

Burleigh Heads RSL will conduct a commemoration service on Wednesday 11 November commencing 10:50am at Cenotaph War Memorial Park Burleigh Heads cnr Connor St and GC Highway. To remember all those who made the supreme sacrifice. Phone 0407 761 663 for further details.

MyTime – Supporting Parents of Children with Disabilities

MyTime is held at Coomera Family Central, 3 Jowett St Coomera and the next session is on Monday 26 October 9:30am – 11:30am covering NDIS quarterly update by Youth Family Services. Lots of time for cuppas and catch up with friends old and newly met. Enquiries and RSVP Monique coomerafamilycentral@fsg.au or 5502 9797.

Gold Coast Multicultural Festival

Sunday 1 November Evandale Parklands Bundall 10am – 4pm. Entry \$5.00 for adults, free for children under 12 and concession card holders. Come along and enjoy a great day of international food, performances, cultural displays, crafts, rides and activities.

Visit Our Website

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

<http://www.caningerss.eq.edu.au>

Sheryll Eades, Website Coordinator