

19 November 2015

Master Teacher's Column

Success is an Iceberg

Sometimes we see people achieving success and think it looks so easy for them. 'The Iceberg Illusion' is a great way to illustrate that success does not always come as easily as we might think sometimes. People don't always see the hard work, perseverance and failure that occurs along the way to success. When you have a growth mindset, failure is seen as part of learning. As Michael Jordan, a highly successful former American basketball player once said, 'I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again and that is why I succeed.'



Fostering a Growth Mindset

One of the most provoking aspects of Carol Dweck's work on 'Growth Mindset' is what it says about our attitude towards challenges. In a fixed mindset, people sometimes avoid situations which involve challenges to minimise the risk of failure. Those with a growth mindset focus on development and learning rather than the risk of failure. These phrases are useful to think of to help foster a growth mindset with children. Try some of these with your child – Instead of... Try thinking...

DEVELOPING A GROWTH MINDSET



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

The Road to Success

Professor John Hattie is a world renowned researcher in education. His book, 'Visible Learning' is a result of 15 years of research of what works best for learning in schools. He describes three key questions that teachers and students need to ask.

Where am I going?
How am I going?
Where to next?

These questions centre on...

1. Learning Goals: This is the learning that is to occur. What we want to know and be able to do. When this is clearly communicated to the students, they know what they are learning and why - 'Where am I going?'
2. Student Reflection: Students are provided with opportunities to reflect on their learning in relation to the learning goal - 'How am I going?' (Do I understand this? What is confusing to me? What bit do I get?)
3. Feedback to students: Looking ahead to what is the next thing I need to know or be able to do - 'Where to next?'

These three powerful questions help our children to understand what they need to know and do to achieve learning goals and the steps to get there.

Belinda Josey, Master Teacher

Christmas Food Drive, ONLY 3 WEEKS LEFT!

The Annual Christmas Food Drive has started and runs until Tuesday 1 December. This food drive is used each year at Caningeraba to provide a little support (food hampers) to families in our school community who could use a little lift over

the Christmas break. Each year we have a friendly competition between classes for the food drive - the class that brings in the highest amount of items wins a pizza party for their class to enjoy. Last year we had a record amount of hampers with over 150 baskets filled to the brim.

The food will be counted and collected from students' classrooms on Tuesday the 1st of December. If you would like to volunteer on this day to help sort and pack the food we would love your help.

**Cheers,
Chappy Josh**

Final Payment Date – Friday 27 November

The finance department and payment office will be closed from Monday 30 December.

No payments – including BPOINT, BPay and internet bank transfer, can be made after **FRIDAY 27 NOVEMBER**.

Tendering of School Instruments

The following musical instruments are available for tender. To give you some idea of the price, we have provided a price indicator next to each instrument. Please note that instruments are offered to you in 'as is condition' and may require minor repairs or service. Should you be interested in tendering for an instrument, please collect an application form from the music block.

Tenders close on **Monday 23 November 2015**. Lowest tender not necessarily accepted. Instrument inspection and queries should be directed to the music teacher. Successful tenderers will be notified by Wednesday 25 November 2015. Instruments will be available for collection after Graduation evening on 8 December provided payment has been made in full. Payment will be required by **Friday 27 November 2015**.

ID No	Description	Make	Price Indicator	Year of Purchase
1967100040	Trombone	Blessing B-128	\$100	1992
1967100064	Clarinet	Clarinet Armstrong	\$100	1997
1967100150	Clarinet	Clarinet Armstrong	\$100	1998
1967100031	Tenor Saxophone	Trevor James	\$600	2001
1967100032	Tenor Saxophone	Trevor James	\$600	2001
1967100033	Trombone	Getzen 300 Series	\$150	2001
1967100165	Flute	Trevor James	\$200	2003

ID No	Description	Make	Price Indicator	Year of Purchase
1967100166	Flute	Trevor James	\$200	2003
1967100167	Clarinet	Buffet	\$200	2003
1967100168	Clarinet	Buffet	\$200	2003
1967100194	Alto Saxophone	Trevor James	\$500	2004

Uniform / Bookshop News

Bookpacks are now complete and ready for collection from the Science Centre.

At present there is a limit of 1 bucket hat per child until new supplies are received early next year.

Dione Skelton, Uniform/Bookshop Convenor

Chaplain News

How screen time affects rest

When little ones don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

"The main effect of overusing media devices is that it can decrease the total amount of sleep kids get," says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a 'bed time' for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.

- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.
- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine) which can stimulate the body and imbalance hormones.

What constitutes 'too much' screen time remains to be defined. You might like to read up on the Department of Health guidelines. They recommend that children 5 to 12 years have no more than two hours of screen-based entertainment per day, and that 2 to 5 year olds have less than one hour.

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

**Cheers,
Chappy Josh**

Supporting France

Our school supports France during this period of mourning for all those injured and killed during the attack on Paris Friday night 13th November 2015. Some members of our community have friends and family in France and to those we send our love. Children at Caningeraba State School have observed a minute of silence.

Farewell to St Jean Baptiste

Thank you parents, for hosting the French students from our sister school St Jean Baptiste. It is a very rich experience for our students as well as theirs. Principal Evelyne Raymond is looking forward to the opportunity to reciprocate the exchange in 2016.

Exchange Trip to New Caledonia 2016

Caningeraba is taking the first steps in preparation for the 2016 exchange trip to New Caledonia. This is an opportunity to involve next year's 5 and 6 students in a real life experience of the French and South Pacific culture through visiting cultural sites and experiencing daily life with homestay families.

It is a natural extension of our French language program and part of the reciprocal agreement established formally with our sister school St Jean Baptiste in 1997.

Children will be engaged in a range of activities and experiences not available within their regular classroom. The cost will be in the vicinity of \$1400. An expression of interest brochure will be distributed to interested children in the next week and a half.

Music Advocacy

Purchasing Instruments

If you are going to purchase an instrument for your child, please go to a music store. There are some poor quality instruments

(ukuleles and recorders included) in some stores that are not music stores. These create frustration for player and teacher alike as they are not and do not stay in tune, have poor tone quality and lead to unsatisfactory ensemble playing. You would purchase a toy from a toy store, electrical appliances from an electrical store, groceries from a grocery store so please purchase musical instruments from a music store. Thank you for investing a few extra dollars for your musician!

Music Class of the Week

CLASS	ACHIEVEMENT
PO	fantastic listening and rhythm skills
1M	neat writing for test answers
2W	being WOW singers
3O and 3B	working well together
4M	knowing the year 4 learning goal
5W	independently working on compositions

Summer Interschool Sport Draw – Friday 19 November

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 - 6A, 5A & 5B 12:45pm; 6B 1:30pm

OZTAG: All games at Mallowa Drive, Palm Beach. 5A in the Grand Final v Elanora at 1:30pm, 6A at 1:30pm & 6B at 12:40pm

GIRLS BASKETBALL: 6A & 5B have a bye; 6B in the Grand Final v Hillcrest 12:40pm at Hillcrest College; 5A in the Grand Final v Hillcrest 1:30pm at Hillcrest College.

BOYS BASKETBALL: 6A have a bye; 6B Caningeraba 1:30pm; 5A in Grand Final v Hillcrest 12:40pm at Hillcrest College; 5B Caningeraba 12:40pm

CRICKET: Caningeraba SS

SOFTBALL: All games at Coplicks Sports Fields, Tallebudgera at 12:50pm

BASEBALL: All games at Coplicks Sports Fields, Tallebudgera at 12:50pm

School Banking News

Congratulations to 1G for being our banking class of the week. Who will it be next week?

Just a reminder that deposit slips and stubs must be filled out in biro.

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

Lucy 4B

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

Oliver 3P	Reave 2B	Macie 2P	Aaron 1G
Ruby PW	Aithan PW	Allana 1O	Isaac PW
Neo PO			

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

Libby 3G	Malakai 3O	Annie 2W	Zach 2B
Harrison 1P	Kai PO	Emerson PO	

Student of the Week

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

6B	Jordan	6G	Ava & Jaylan
5/6M	Shenice	4G	Tahlia
4M	Jake & Jess	4S	Ava
3B	Liam	3O	Olivia & Rohan
3S	Max	1G	Mailan
1O	Abbey	1P	Hannah
1S	Zac	PM	Lola
PR	Johannah & Cooper	PW	Jack

Diary Dates

REMINDERS:

1. Yr 5 Canberra 2016 deposit of \$65.00 due now.
2. Yr 6 Graduation Pack payment of \$35.00 due by 10:30am Monday 23 November.
3. Prep Santa Round the World payment of \$7.00 due by 10:30am Monday 23 November.
4. Instrumental Music Admin Levy of \$30.00 due by 10:30am 23 November.
5. Student Resource Scheme payments are due by Friday 5 February, week 2 of 2016.
6. 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
Friday 20 November	Yrs 5 & 6	Summer Interschool Sport
Monday 23 November	Yrs 1-3	Swimming
Tuesday 24 November	All	Tuckshop Closed
Tuesday 24 November	Various	Volunteer Morning Tea

Date	Year Level	Activity
Wednesday 25 November	Prep	Santa Round the World
Monday 30 November	Yrs 1-3	Swimming
Monday 30 November	Music	Christmas Concert in hall 6pm
Thursday 3 December	Yr 6	Merrimac SHS transition Day
Thursday 3 December	All	P&C Disco
Tuesday 8 December	Yr 6	Graduation 6pm
Thursday 10 December	Yr 1	Christmas Concert 9:30am
Thursday 10 December	Prep	Christmas Concert 12noon
Wednesday 27 January	All	School commences 2016

Snack Shack Roster

Due to the Volunteer morning tea, the tuckshop will be closed on Tuesday 24 November.

Date	Names
Monday 23 November	Ana & Melissa
Tuesday 24 November	Tuckshop Closed
Wednesday 25 November	Carolyn & Esther
Thursday 26 November	Marnee & Carolyn
Friday 27 November	Rikki-Lee

Katrina and Michelle, Tuckshop Convenors

Community Notices

Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including – school uniforms, computers, laptops and tablets, excursions and camps, uniforms and instrument hire. You may be eligible if you have a Health Care or Pensioner Concession Card, have some regular work and have a child at school. Contact Jasmin 5536 5613, 0417 485 477 or jasmin.dorrington@thesmithfamily.com.au

Christmas in Surfers Paradise

Carols on the beach Sunday 20 December 6:30pm at Surfers Paradise Beach. Hosted by Charli Robinson and featuring a line-up of homegrown Aussie talent plus a fireworks spectacular! www.surfersparadise.com Santa and his kangaroos will be in Cavill Mall from 13 to 24 December for FREE photos between 12pm – 3pm and 4-7pm daily.

Christmas at Frascott

Saturday 5 December 1:30-4:30pm, Frascott Park, Varsity Lakes. Hoot and Hootabelle will be appearing in a special

Christmas concert! Meet Santa, free rides and activities, live entertainment, Christmas fun, food, animal farm and stalls. Come along and soak up the Christmas spirit and get to know your local community. Phone 1300 465 326

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

Gold Coast Goju Karate

Karate for all ages! Traditional Karate for improved confidence, self-defence, discipline, self-esteem and a positive attitude. First class free. Caningeraba State School Hall Wednesdays Kids Class – 5pm – 6pm; Mixed Class 6:30pm – 8:00pm.

Sensei Nick 0407 959 402.

Visit Our Website

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

www.caningerss.eq.edu.au

Sheryll Eades, Website Coordinator