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Associate Principal's Column

Positively influencing your child

School is back and the routines and the "rush" have started again. Often after the holidays it is a good time to reflect on how to positively influence our children.

The way we talk to and act with children influences how they feel about themselves. Our behaviour often speaks louder than words. The things we say to children act like a mirror, reflecting back to children ideas about who they are and what they will become.

As a parent we may sometimes do or say things to our child that goes against our better judgement. Generally children are strong enough that occasional hurtful or negative comments have no lasting impact. However the more often we communicate negative messages to children through our words and actions, the more they will come to believe them.

By listening to children, we tell them that they are important. Spending time with children and listening to their point of view lets them know that we are finding time for them in the busy rush of life. Listening means not only hearing the words but working out the feelings behind those words. Also try to listen to things that are not said. For many, behaviour speaks louder than words. What is your child trying to tell you?

Be a patient listener. Allow your child time to tell his or her story. Don't jump in before the story is finished and try not to finish their sentences. We can help children to express their thoughts and feelings by helping them find the words or other ways to communicate.

Ideas from the Australian Childhood Foundation

Social and Emotional Learning at School

School is not only about reading, writing and numeracy. It's also about making friends, learning how to work with others and knowing how to be responsible for yourself. Knowing how to manage feelings and get on with others are important skills for everyone. Parents and carers are the most important first teachers of this learning in early childhood. They continue to be role models and the main teacher of social and emotional learning throughout their child's life.

There are many opportunities for social and emotional learning in the school community. Social and emotional skills help children reach their potential at school. Social and emotional skills also help school children settle in the classroom and get on with learning. Useful skills to learn include:

- coping with frustrations and worries
- getting along with others
- solving problems.

The kinds of social and emotional skills that are important for children to develop have been identified by researchers as

- **Self-awareness** – understanding feelings and self-confidence
- **Social awareness** – respecting and understanding others and appreciating differences between people
- **Self-management** – managing emotions, being able to set goals and stick to them
- **Responsible decision making** – choosing wisely and thoughtfully
- **Relationship skills** – cooperating, communicating, making friends and resolving conflict.

As part of a KidsMatter primary school, and in line with our school vision of Caningeraba being a community committed to

educating happy, healthy, confident 21st century learners, our school will focus on the explicit teaching of social and emotional skills to all students. Many lessons are learnt by students at school through the normal “run” of a school day but when we committed to being in a KidsMatter school we committed to teaching those social and emotional skills explicitly in our community. We have also begun “MindUp” lessons into many different classrooms in the school. Research shows that children benefit most from social and emotional learning when it is taught in regular school lessons and matched to children’s learning stages. We look forward to sharing more of what we do in social and emotional learning in the future. Keep a look out for the KidsMatter information to see what we are doing!

Extra Curricula Activities in School

We also have a huge range of different activities that happen at our school on a regular basis, before school, after school and during lunch-times. Many of the teachers volunteer to take these on so that our students have the opportunities to be involved in musical activities, sporting activities, social activities and brain activities. We have beginner guitar, drumming, recorder, running club, drama, brain challenges, drawing, homework, choir, bands, ensembles and the list goes on. A full list of these activities, how to join and when they occur is included at the end of this newsletter.

Nut-Related Products in Schools

Caningeraba is not a “nut free” school. The implementation of blanket food bans or attempts to prohibit the entry of particular food substances into schools is not supported by Education Queensland, Queensland health and the Australasian Society of Clinical Immunology and Allergy (ASCIA). Schools should not make claims that their school is ‘peanut/nut-free’ as this is impossible to guarantee and may lead to a false sense of security about exposure to allergens.

We do, however, have a number of students who are allergic to nut-related products and may have an anaphylactic reaction if they do come in contact with such products. To ensure a safe environment for all students, alternative to nut-related products are preferred. We also strongly encourage no food and drink sharing at school and promote hand-washing before and after eating. Your assistance with this request does minimise students’ exposure to potential allergens within the school environment, thus creating a safe environment for all.

Maria Mott, Associate Principal, Years 5-6

Music Timetable

Teacher	Instrument	Room	Time
Ms Bolton	String Ensemble	Music Room	Tues 8am
Ms Janet	Snr Recorder Ens	Music Room	Mon 7.45am
Mrs James	Beginner Recorder Lessons	Science Block	Tues 8am

Teacher	Instrument	Room	Time
Mrs James	Jnr Choir Years 1 - 3	Music Room	Fri 2nd Break
Miss Duncombe	Snr Choir Years 4-6	Music Room	Mon 2nd Break
Mrs James	Guitar	Music Room	Thurs 2nd Break
Miss Winter	Grade 4 Band	Music Room	Fri 7.50am
Miss Winter	Grade 5 Band	Music Room	Wed 7.50am
Miss Winter	Grade 6 Band	Music Room	Thurs 7.50am

Playing a musical instrument is a great way to make new friends, improve your academic standard, develop fine motor skills and communicate expressively. Students will continue to develop their instrumental skills and participate in school performances and local competitions. They attend an hour’s rehearsal before school and a small group lesson during the day. They are expected to practise the instrument at home regularly in order to develop their skills and musicianship. See attachment for more information.

Lunchtime Clubs

Teacher	Activity	Room	Days & Time
Chappy Leisa	Drumming	Music Room	Tues – 1st & 2nd Break Thurs – 1st Break Fri – 1st Break
Shannon Thomas	Chess Club	Library	Thurs – 2nd Break
Mrs Barrett and Mrs Christy	Year 3 & 4 Team Challenges	Science Centre	Monday – 2nd Break
Ms Josephson	Running Club	The Oval	Tues 8.15am – 8.30am
Mrs Prior	Spool & Finger Knitting	Library	Tuesday 2nd Break
Mr Sutton	Years 5 & 6 Bingo Club	Mr Sutton’s Room	Wednesday 2nd Break

Cross Country 2016

Next Wednesday, April 27, sees the staging of one of our sporting highlights of the year, the school Cross Country. Students from all classes have been enthusiastically training and preparing for the big run. Find below a timetable for the day. Students in the lower school run in their respective class levels whereas in our senior school because of the potential to move onto district representation students will be running according to age. The top 6 finishers in the 10, 11 and 12 years age divisions will be selected for the school team.

However as always the main objective of the day is the promotion of outdoor activity in a safe and fun environment where every child who competes is a winner. As always we invite all family members to come along and give the kids a cheer. As we anticipate a massive roll up especially for the Prep/Yr.1 section can we ask that all spectators please remain in the clearly designated spectator areas. Hope to see you on "the oval" next week.

Tony Carlton, PE Teacher

TIME	EVENT	DISTANCE
9:05	Yr. 1 Girls	650m
9:15	Yr. 1 Boys	650m
9:25	Prep Girls	550m
9:35	Prep Boys	550m
9:45	Junior School Presentation	
10:00	Yr. 2 Girls	650m
10:10	Yr. 2 Boys	650m
10:20	Yr. 3 Girls	900m
10:30	Yr. 3 Boys	900m
10:40	Middle School Presentation	
11:30	9yr. Girls	1600m
11:40	9yr. Boys	1600m
11:50	10yr. Girls	1600m
12:00	10yr. Boys	1600m
12:10	11yr. Girls	1600m
12:20	11yr. Boys	1600m
12:30	12yr. Girls	1600m
12:40	12yr. Boys	1600m
1:00	Senior School Presentation	

Carnival Book Fair

Friday 29 April – Tuesday 10 May you're invited to:

- Our own pop-up bookshop at school in the library
- Lots of wonderful books for children
- Encourage the joy of reading
- Families and friends are welcome to visit
- Our school receives commission on all sales
- A great literacy opportunity for the children
- If you can't come, prepay online at www.carnivalfairs.com.au

Please get involved in this fund-raising event – more details in future newsletters.

See you there!

Michelle Kaus, Librarian/ICT Teacher

School Captain Snapshot

Ella Brinsdon, Vice Captain



Being a leader means to me being respectful, cooperative, kind and hardworking. I wanted to be a school leader because I want to help as many people as I can. I always try to help people. I am here to listen and I will try my hardest to make sure all students have a great year.

I would like our amazing school to be known for our positive attitude and friendliness.

I have respect, I have patience and I do not boast. I am amazed and honoured to be given the position of a school leader.

Matthew Robinson, Vice Captain



I am a great example to younger students of what a positive role model can look like. I wanted to be a school leader to help others as much as I can. The characteristics that will make me a good school leader is that I am positive and don't mind using my time to help the school and its students.

I would like Caningeraba to be known for its lovely students and team spirit.

As my brother was once school captain, I saw how he led and wanted to follow in his footsteps. My parents have also taught me to be respectful.

I will do many different events in 2016 and apart from attending student council meetings I will also be co-hosting our important school assemblies, such as ANZAC day.

Max Wright, School Captain



To me being a leader means being the responsible one of the group and working hard and never giving up on people and mostly not giving up on yourself. It also means to lead by example. I wanted to be school leader to prove to myself that I can be a great leader and that I can be the voice for people when they need it. I want to be a

school leader because I am proud of my school and want to show others what a great school it is to be a part of.

I am a confident speaker I am also responsible and caring and therefore other people look up to me. I want to make my fellow school mates, teachers and Principal proud. I also use great listening skills to make sure I get the best ideas for my school.

I want people to think of our school as having students that are polite friendly, responsible and hard working. I want the community to be proud of the primary school and the students that attend the school.

I am the youngest child of 5 kids and at home show patience and understanding with my siblings. I also play in two rugby teams, one being with the Gold Coast Academy of Sport, I have had to display discipline and organisation skills to manage school work and being a member of these teams.

I feel very proud to have been selected as the school captain of 2016. I love my school and want all students to be proud of such a great school also.

Our community can look forward to seeing all Caningeraba students being responsible and caring. Our students show great communication skills in school and at outside events.

Tia Whimpey, School Captain



It is a privilege to be a School Captain of Caningeraba State School and I feel the work I have done and the effort I have put in to my school career, has paid off.

The whole reason I wanted to become a leader is to inspire students and be someone who younger kids can look up to. I also wanted to help kids even more so they can be the best person they can

possibly be and I wanted to be a voice for the students.

I have always gone by the Caningeraba motto "Success through Challenge" and feel through challenges I have learnt to be a great leader and an even better School Captain.

The Caningeraba community has been a big help and represents such a great and friendly school. They have taught me lots of things such as public speaking, teamwork, commitment and communication.

I would like to thank all my teachers, coaches, family and friends for all the help and support you have given me over the years because without you I wouldn't have gotten this role and become the person I am. This year I believe I can help Caningeraba become an even greater and better school.

Music Advocacy

Music Class of the Week

Class	Achievement
PG	Great enthusiasm and effort whilst learning about body percussion in music
1M	Improved focus and behaviour in class
2G	Demonstrating skilful time-keeping and excellent listening skills when learning 'The Cup Song' in music
3O	Showing excellent participation, concentration and maturity throughout their ukulele lesson in music
4G	Showing excellent participation and effort throughout their ukulele lesson in music
5P	Great focus in music lessons
6O	Improved focus and behaviour in music lessons

Winter Interschool Sports Draw – Friday 22 April

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

RUGBY LEAGUE: Games at Marymount, 6A at 1:30pm, 6B at 12:45 and 5A at 12:45pm

GIRLS SOCCER: Games at St Vincents, 6B at 12:40 pm, 5B at 1:35pm.

BOYS SOCCER: Games at Italo Club, 6A at 12:40pm, 6B at 1:35pm. 5A at 1:35pm 5B game at St Vincents at 12:40pm

NETBALL: Games at Firth Park Mudgeeraba, 6B & 5B at 1.20pm, 5C at 1.50pm

AUSTRALIAN RULES: Juniors at Salk Oval Palm Beach field 1 at 1:35pm

OZTAG: All games at Marymount, 6A field 12 at 1:35pm, 6B field 11 at 12:45pm, 5A field 6 at 1:35pm and 5B field 6 at 12:45pm.

Sporting Schools Program

Australian Football - Mr O'Toole

4 Week Program - Weeks 1-4

Tuesday afternoons - 3.00 pm – 4.00 pm

Available Attendance - Yr 3, 4, 5, 6 (Girls only)

Available Enrolments - 30

AIM

Mr O'Toole is supporting kids who are interested in improving their skills and gameplay in Australian Football. Students will participate in ½ hour of skills and drills, followed by ½ hour of practice matches on the school oval. **Please sign up at the administration office.**

Athletics Extension - Mr O'Toole

4 Week Program - Weeks 5-8
Tuesday afternoons - 3.00 pm – 4.00 pm
Available Attendance - Yr 4, 5, 6 (Boys & Girls)
Available Enrolments - 20

AIM

Mr O'Toole is encouraging students who wish to improve their skills in athletics events, Students will participate in an hour of athletics focus. **Please sign up at the administration office.**

School Banking News

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

Jakobi	Jay	Taylor
Joel	Kacey	Riley
Summer	Jack	Jada
Jesse	Lily	Jett
Lockie	Aoba	Alivia
Larissa	Riley	Keira
Neo	Bhodi	Jagger
Imogen	Riley	

Congratulations 1M & PG for being awesome bankers for this week.

Student of the Week

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

PG	Lilly	PS	Megan
PM	Archie	PR	Maggie
PW	Justine	1O	Joshua & Charli
1M	Keira	3O	Charlee & Ryder
3S	Lucas	4G	Jada
4M	Sophia	4P	Austin
4S	Inca	5B	Jackson & Noah
5P	Darshan	6G	Alex
6M	James	6O	Levin & Benjamin

Diary Dates

REMINDERS:

- Year 5 Camp balance of \$120.00 due by 10:30am Friday 22 April.
- Year 6 Canberra April \$200.00 payment due by 10:30am Friday 22 April.
- Student Resource Scheme Term 2 instalments due by Friday 22 April.

Date	Year Level	Activity
Friday 22 April	Yrs 5 & 6	Interschool Sport
Monday 25 April	All	Anzac Day Holiday
Wednesday 27 April	All	Cross Country
Friday 29 April	Yrs 5 & 6	Interschool Sport
29 April – 10 May	All	Book Fair in the Library
Monday 2 May	All	Labour Day Holiday

Snack Shack Roster

Date	Names
Monday 25 April	Anzac Day Holiday
Tuesday 26 April	Susana
Wednesday 27 April	Carolyn & Donna
Thursday 28 April	Carolyn & Chaille
Friday 29 April	Rikki-Lee

Katrina and Michelle, Tuckshop Convenors

Community Notices

May the 4th Be With You!

Celebrate the beloved Star Wars story that binds our galaxy together at the Burleigh Waters Library on Wednesday 4 May from 4-5pm. For children aged 6-12 years. Please phone 5581 1700 to secure your place.

National Breast Cancer Foundation Fundraiser – Mother's Day Classic

4km and 8km walk or run, Sunday 8 May 2016, 7.30am start. Pratten Park, Old Burleigh Road, Broadbeach. For more information visit the link below:

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

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