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11 August 2016

## Guidance Officer's Column



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

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

So how can we help our beautiful Caningeraba children to grow in confidence? As educators, parents, carers and community members, we can all play a role.

*KidsMatter* has some amazing articles on line to help us do just that - the following is adapted from just one of those. You can check out others at:

<https://www.kidsmatter.edu.au/mental-health-matters>

### Three ways to help children become more confident

Kids develop confidence and a sense of independence when they see how others react to their abilities. Here are some ways parents and carers can help build children's confidence:

#### 1. Encouraging them to participate and have a go!

Encouraging children to have a go and valuing individual improvement is one good way to support children's confidence.

Participation is less about winning and losing, and more about valuing individual effort, persistence and improvement. It's important to celebrate with children the experience of

participating in something for the enjoyment it creates, rather than for a reward.

#### 2. Supporting their self-esteem

Confidence and self-esteem go hand in hand. It's important to help children feel positive and accept themselves the way they are, to notice and celebrate the things they are good at, as well as the areas in which they don't find things as easy. We all have strengths and we all have things we have to try harder at than others might.

Confidence improves through building on small successes, so make sure you celebrate your child's improvements and successes.

When a child says he or she can't do something that you know he or she can do, try not to get caught up in the attempts to avoid doing the task.

Instead, try and motivate the child by making the task fun and interesting. You might set a challenge to help make learning fun, for example: "I wonder how many spelling words you can get through in one minute?"

Reminding children of positive goals can also help them to keep trying, for instance: "Keep practising a few more times. Just think how proud you will feel when you are ready to perform in a couple of weeks."

#### 3. Dealing positively with disappointment

Children need to learn ways to deal with disappointment positively, and to feel good about their efforts - win or lose.

When children are disappointed, it's easy for them to get into an "I can't" or "I'm no good" mindset, which can chip away at confidence.

Parents and carers can help children focus on their own efforts and on achieving personal goals as the best way to measure success.

Here are some good tips for helping children deal positively with disappointment:

- Responding sympathetically and with encouragement (eg. "that was disappointing, but at least you had a go.").
- Helping children focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them (eg. "What can you try that might make that work better next time?")
- Challenging 'I can't' thinking, by showing and saying you believe in them and reminding them of what they have achieved.

**Kate Alcorn/ Michelle Davies, Guidance Officers**

## MSP Photography - School Photo Day

Please take time to read the relevant information on the MSP Photography order envelopes and remember these helpful points:

- Photo envelopes will be handed out week starting Monday 22 August.
- Ensure your order is placed by photo day to avoid any late fees.
- Paying online is the best option. Using your child's unique shoot key is easy, safe and secure. If you don't know their unique shoot key, please call MSP on the number below.
- If enclosing money inside the envelope, please ensure the correct amount is provided as no change will be given. This envelope is to be handed to the photographer on the day, also please note: **Payments will not be accepted at the payment window and no change will be given.**
- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day. Please indicate on the child's envelope that contains all sibling payments the names of the children you are paying for.
- Sibling photography envelopes are available for collection from our front office. Please read carefully as appointments are limited. This is for school aged students attending Caningeraba only.
- For any enquires please contact MSP Photography : admin.gcnr@msp.com.au
- Phone 07 5668 9110 Fax 07 5520 2900

## P & C News

### Disco Date Claimer

We're so excited the new floor has been finished in the hall and we can have a Disco this term!!! Celebrating the start of Spring, the Disco will be held on Thursday 1 September.

Junior Disco (Prep to Year 3) 5pm to 6.30pm  
Senior Disco (Year 4 up) 6.45pm to 8.15pm

- Music by the PCYC
- Fully supervised by school staff plus volunteer parents
- Student entry \$5 – no charge for younger siblings who wish to attend the Junior Disco J
- Glow and party favours - \$4
- Sausage sizzle \$2.50 plus cold drinks and snacks for sale from 50c

It's a great social event for our children and all profits go back into our school. Please come and enjoy the night with them! And if you can spare some time to help out, please email [pandc@caningeraba.org.au](mailto:pandc@caningeraba.org.au)

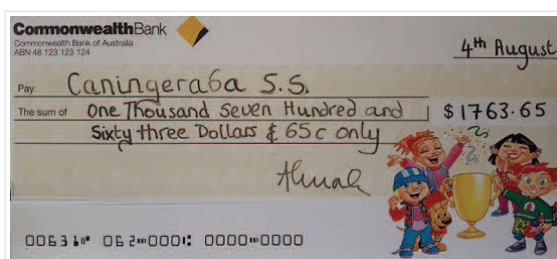
### Father's Day

The Father's and Others Day Stall will be held on Wednesday 31 August in the School Hall. For any students away that day or who forget their money we will have a catch-up stall on Thursday 1 September from 9am to first break.

Gifts available for purchase by students will range from 50c to \$7.50.

Donations of homemade goodies and other small items would be gratefully received. Biscuits, sweets, truffles/balls are always very popular and sell out super-fast!! These can be dropped off to School Administration on Tuesday 30 August or in the morning before the stall opens to students. Please bag, wrap or box baked goods ready for sale. Non-perishable craft items and small gifts can be dropped to the school office earlier.

## School Banking News



A very big congratulations to all of the students who take part in the school banking program. Here's a cheque that was presented to the school as remuneration for deposits and opening of new accounts. A special thank you to the school banking team, Lin, Pam, Wendy, Yasmina, Angela and Maryann who give up their valuable time every Tuesday morning to keep the program running. If students would like to take part in the school banking program it's as simple as opening a Youth-saver account at the Commonwealth Bank and then

bringing their deposit book and money to their classroom on Tuesday morning. This gets the children on the road to saving for their future and also they are eligible for great prizes and rewards!

## Reminder: School Council Parent Member Election

Caningeraba State School has received two nominations for the school council position of elected parent member. As per the previously distributed public notice, election details are as follows:

Elected position	Election date	Election location
Parent member	Monday, 22 August 2016	At the P&C Meeting, 6.30pm-8.30pm, the Resource Centre, Planning Room

To be eligible to vote, a parent must:

- have not been convicted of an indictable offence, unless the Minister gives approval under the Act (s.93);
- attend a meeting called for the purpose of electing a parent member; and
- be the parent of a student attending Caningeraba State School.

## Diary Dates

- Student Resource Scheme payments are payable now.
- Year 3 Jellurgal walk payment of \$20.50 due by 10:30am Friday 12 August.
- Year 6 Spinal Awareness payment of \$2 due by 10:30am Friday 19 August.
- Year 1 Rawart payment of \$8 due by 10:30am Monday 15 August.

Monday 15 August	Various	Junior Recorder Ensemble Eisteddfod
Monday 15 August	Year 4	Band Eisteddfod
Monday 15 August	Year 5	Band Eisteddfod
Monday 15 August	3P & 3B	Jellurgal
Tuesday 16 August	Various	ICAS Maths
Tuesday 16 August	Year 6	Band Eisteddfod
Tuesday 16 August	Year 1	Raw Art
Wednesday 17 August	PM & PW	Currumbin Farm
Wednesday 17 August	3G & 3S	Jellurgal

Thursday 18 August	PG & PS	Currumbin Farm
Thursday 18 August	3M & 3O	Jellurgal
Tuesday 23 August	Year 6	Raw Art
Wednesday 24 August	Various	Senior Choir Eisteddfod
Wednesday 24 August	Various	Junior Choir Eisteddfod
Wednesday 24 August	Yr 3-6	Artslink
Thursday 25 August	P-2	Artslink
Friday 26 August	All	Show Holiday
Tuesday 30 August	Year 3	Raw Art
Tuesday 30 August	1B/M	Tropical Fruit World
Wednesday 31 August	1G/P	Tropical Fruit World
Thursday 1 Sept	1W/S/O	Tropical Fruit World
Monday 5 Sept	Various	School Photo Day
Wednesday 7 Sept	Various	School Photo Day
Thursday 8 Sept	Various	School Photo Day

## Snack Shack Roster

Date	Names
Monday 15 August	Milly
Tuesday 16 August	Susana
Wednesday 17 August	Carolyn, Esther
Thursday 18 August	Carolyn, Chaille
Friday 19 August	Maureen, Michelle

**Katrina and Michelle, Tuckshop Convenors**

## Student of the Week

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

6B	Calum & View	5B	Mia & Isabella
5P	Dylan	4G	Piper
4M	Jack	4P	Kacey
3G	Taylah	3S	Taj
1M	Ethan	1S	Mitchell & Savannah

PG	Imogen	PM	Alex
PR	Ella	PS	Nathan

## 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***