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18 May 2017

## Guidance Officer's Column

Caningeraba is using the MindUp program to support whole school social and emotional learning. After some years of trialling the program, this is our first year of introducing it across all year levels, Prep to Year 6.



**GETTING FOCUSED** ... is the first unit of the program, and a great place to start. It is only when we are calm and able to focus our attention on what is happening in the present moment (rather than worrying about the past, or stressing about the future) that real learning can take place. *"By learning how their brains respond to stress and by practising strategies for quieting their minds, children become better at self-regulating, increase their capacity for absorbing information, and improve their relationship skills."* (The MindUP Curriculum, p.24).

**How do our brains work?** Huge advances in our understanding of the brain and how it functions helps us explain to children just what is happening when they're experiencing strong emotion, and when they're calm and relaxed.

The children have learnt about 3 parts of the brain which play important roles in the processing and managing of emotions and memory. They are the amygdala, the pre-frontal cortex (or the PFC) and the hippocampus. Children LOVE learning about their brains, and the young children can even teach you a song about it!

**Mindful Awareness** Our students are learning to recognise when they are thinking/acting mindfully and unmindfully. Are they using their PFC and making decisions from a place of calm and focus, or are they reacting without considering the

consequences, acting out of fear, panic or anger?. Is the amygdala in charge?

## Focussed Awareness: The Core Practice

It may be that when you walk around the school you don't hear anything as you pass a classroom, except maybe the sound of a chime; if you were to look in, you might see children sitting on the floor or at their desks, many with their eyes closed. These children will be participating in the *Core Practice*, a dedicated time to calm the mind, and focus on the here and now; they are preparing their brains for learning. We have already heard stories from parents about children using the core practice to be calm before going to the dentist and to focus prior to a musical performance and team sport game. This skill is something our children will be able to call on for the rest of their lives.

*We'd be keen to know from families whether your children are talking to you at home about the MindUp program, whether they're teaching you what they are learning, or if you have noticed any small behavioural changes or increased insight?*

**Kate Alcorn, Guidance Officer**

## Term Two Interschool Chess Tournament

The second round of the Gold Coast South Primary Interschool Chess Tournament will be held on **Wednesday 31 May at Kings College from 9am – 2:30pm**. Whilst this event is open to players of all abilities from beginners to A Grade, your child will need to have some experience of the game if they are to enter. There will be a teacher from our school at the event to supervise but parents will be responsible for transporting their child to and from the tournament. If you would like your child to participate, please collect a permission note from the front desk

in the administration building and return it with the money to the payments window by Monday 28th May.

## Chess Club

Mr and Mrs Thomas run 'Chess Club' each **Thursday** during **second break** in our school Resource Centre (library). A huge thank you to Mr and Mrs Thomas for their time and expertise, we all appreciate your time and efforts greatly!

We have also purchased a GIANT CHESS SET with the money we raised from the chess canteen at the tournament in term one. The Giant Chess Set will be set up in the area between the Science Block and the Resource Centre at second break each day.

## Chess Kid Online Program

We have extended the registration date for students to sign up for ChessKid.com. This online program is designed to challenge children's chess ability in a new, fun and interactive way. The premise behind ChessKid is that there is a combination of unlimited games, puzzles, lessons, videos and articles for students to watch that will improve their ability to play chess. **The cost per student (licence) is \$11.00** which will be valid through until Feb 13, 2018.

<https://www.chesskid.com/>

If you would like your child to be signed up for the online program you will need to pay the \$11 to the school payment window by 10:30am Friday 26 May. Personalised login details will then be arranged for your child and passed on to them.

**Thank you**

**Mrs Renea Christy, Enrichment Coordinator**

## Winters Sports Draw Friday 19 May

**Oztag (all games @ Marymount College) NOT AVAILABLE at going to press!!!**

Team	Opponent	Time	Field No.
5A			
6A			
6B			

## Boys Soccer

Team	Opponent	Time	Venue
6A	St Bridgets	1:35	Robina Common No. 2
6B	BYE		
5A	St Vincents	1:35	St Vincents School No. 1
5B	St Bridgets	12:40	Robina Common No. 2

## Girs Soccer

Team	Opponent	Time	Venue
6A	St Bridgets	12:40	Robina Common No. 2
5A	St Vincents	12:40	St Vincents School No. 1

## Rugby League

Team	Opponent	Time	Venue
6A	Elanora	1:30	Marymount No. 3
5A	Elanora	12:45	Marymount No. 3

## Netball (all games @ Firth Park, Mudgeeraba)

Team	Opponent	Time	Court No.
6A	Marymount	12:50	6
6B	Elanora	1:20	5
5A	Marymount	12:50	11
5B	Elanora	1:20	12
5C	William Duncan	1:50	16

## AFL

Team	Opponent	Time	Venue
6A	Marymount	1:30	Salk Oval No. 1
5A	Worongary	12:40	Salk Oval No. 2

## Sports News

With Cross Country done and dusted for another year, the sporting focus now turns towards Sports Day. At Caningeraba we are very proud of the fact that we have 4 individual carnivals that maximise student participation and enjoyment. Carnival dates are as follows:

DATE	CARNIVAL	TIMES
Monday 5 June	Yr. 2/3	9:00 - 2:45
Tuesday 6 June	PREP	9:00 - 12:30
Wednesday 7 June	Yr. 1	9:00 - 1:30
Monday 12 June	Yr. 4-6	9:00 - 1:30
Tuesday 13 June	Yr. 4-6	9:00 - 2:45
Wednesday 14 June	Wet weather catch up day	AS IF!!!!

Programs for each carnival will be included in upcoming newsletters.

**Tony Carlton, PE Teacher (and wet weather specialist)**

## We are hosting a Carnival Book Fair

Each class has been given a time to view the books. The selection of books at our Book Fair includes a wide range of quality books from the best Australian and overseas authors & illustrators. All books are discounted and when you or your child buys a book, our school benefits by receiving a commission (up to 35%), which we can use to improve our resources.



### Our Book Fair selling times will be:

**8:15 - 8:50am Wednesday** 17 May – Tuesday 23 May  
**2:50 – 3:30pm Wednesday** 17 May – Tuesday 23 May  
**Not open after school Friday** 19 May  
**Wednesday 24 May** 8:15 – 10:30am

You, your family and friends are most welcome to share in the magic of matching children and books.

Credit Card/Debit Card facilities are available. No AMEX please.

## Caningeraba State School P & C Association is raising funds. Here's how you can help...

We are raising as much as we can to help our School. You can help us by buying either an Entertainment Book or a Digital Membership. Whichever you choose, you'll receive hundreds of valuable offers for everything you love to do, and help by fundraising at the same time! 20% of each membership goes towards our school P&C fundraising. To purchase your copy today please go online to the link below or contact the Uniform Shop.

<http://www.entbook.com.au/144m749>

## School Banking News

Congratulations to classes PS, 3M and 6G for being awesome bankers of the week. There are still 15 weeks remaining to gain an entry for the Disneyland Family Holiday. Good luck to all. You can still open a youthsaver account for a chance to win.

Congratulations to the following students who have made 10 deposits and received a Bronze Certificate:

5S	Koopa	4P	Aaron
3/4R	Reave	3B	Jaylen
3P	Lily	6O	Dylan
4S	Madalynn	5M	Ryley
3M	Ayden	3O	Javian
2G	Charlee	2G	Calais

2G	Benjamin	2P	Neo
4G	Campbell	2P	Cooper
2P	Adela	5O	Hayley
1O	Ella	1O	Sage
3G	Ned	PW	Grace
PM	Tobias	PS	Eve

## Diary Dates

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

- Student Resource Scheme payments for 2017 are payable now.
- Year 6 Canberra May payment of \$250.00 due by 10:30am Friday 19 May.
- Year 6 Day Camp payment of \$60.00 due by 10:30am Friday 19 May.
- Year 6 Lightning Carnival payment of \$6.50 due by 10:30am Monday 22 May.

Mon 15-Thurs 25 May	All	Book Fair in the Library
Friday 19 May	Yr 5&6	Interschool Sport
Mon 22-Wed 24 May	Yr 5	Camp Goodenough
Thursday 25 May	Selected	District Cross Country
Friday 26 May	Yr 5&6	Interschool Sport
Tuesday 30 May	Yr 6	Raw Art
Thursday 1 June	Yr 5	Lightning Carnival
Friday 2 June	Yr 5&6	Interschool Sport
Monday 5 June	Yr 2&3	Athletics Carnival
Tuesday 6 June	Prep	Athletics Carnival
Tuesday 6 June	Selected	Regional Cross Country
Wednesday 7 June	Yr 1	Athletics Carnival
Friday 9 June	Yr 5&6	Interschool Sport
Mon 12 & Tues 13 June	Yrs 4-6	Athletics Carnival
Thursday 15 June	Various	Winter Concert 5pm in the hall
Friday 16 June	Yr 5&6	Final Round Interschool Sport
Mon 19 - Fri 23 June	Various	Talent Quest

## Student of the Week

### CONTENT:

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

6G	Cobi, Scarlett & Dakota	6O	Charley
6M	Noah & Kriszti	5B	Mia
5S	Sienna	4B	Mitchel
4M	Jarmin	4P	Sydney
3G	Aaliyah	3O	Kai & Shaylea
3P	Afeni	2M	Lacey
1G	William	1M	Ellah
1O	Zya	1S	Noa

## Snack Shack Roster

Date	Names
Monday 22 May	Shelley, Bola
Tuesday 23 May	Susana
Wednesday 24 May	Carolyn, Natalie, Fiona
Thursday 25 May	Carolyn, Chaille
Friday 26 May	Michelle, Helen, Shelley

**Katrina and Michelle, Tuckshop Convenors**

## Worried? Sad? Hurt? Upset? Tips that could help...

Children and young people have access to lots of social media, TV, movies and games. While the wonderful array of content available offers many positive learning opportunities, there is some content that may have potentially harmful effects on young people.

Keeping an eye on what media children and young people are accessing, and any changes in their behaviour, is a good way to help avoid any long-term worries down the track.

Kids Helpline (KHL) has put together Tip Sheets that suggest ways to help manage worry and concerns some may experience due to exposure to some media content. The three sheets are audience specific for:

- children
- teenagers and young adults, and
- teachers and parents.

They include tips about managing individual worries and about how to help others. KHL is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Talking with KHL can help. We're here 24/7. Any time. Any reason. Free call 1800 55 1800 or at the link below.

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

## Community Notices

### Research – University of Southern Queensland

Are you 50 years of age or older? Would you like to contribute to improving the health of older Australians and go into the running for a \$50 voucher?

Researchers at the University of Southern Queensland invite you to participate in an important research project that aims to understand the health behaviours and cancer screening practices of older Australian adults. All we need is 15 minutes of your time to fill in this simple anonymous online survey!

Every participant is offered the chance to win one of two \$50 Coles/Myer vouchers.

To participate, go to the following website:

<http://www.tinyurl.com/myhealthsurvey>

### Botanic Gardens Open Day

Sunday 28 May 10am – 2pm Please see attached flyer for details.

### Eco Explorers

If you book your child's next birthday party with us, we will donate 10% to your schools P&C. Please see attachment for details.

### Do You Dare To Speak Your Mind?

The Keebra Park 2017 Public Speaking Competition is on Thursday August 3 from 4pm – 7pm. Please see attached flyer for details.

## 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**