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3 August 2017

## Guidance Officer's Column

### What is a "Bucket Filler"?

It's someone who is thoughtful of others, kind, considerate and generous. A "bucket dipper" is the opposite; they think more about themselves and their own needs and can sometimes come across as mean and inconsiderate.



By becoming "Bucket Fillers", our children are fostering the growth of happiness for both themselves and others.

Donald O. Clifton (1924 – 2003) was an American Psychologist. He is warmly regarded as the Father of the Strengths Based Psychology movement and the Grandfather of Positive Psychology. He first introduced this concept back in the 1960s.

Carol McLeod and David Messing have used his ideas as the basis for a beautiful children's picture book entitled, "**Have you filled a bucket today? A guide to daily happiness for kids.**" The premise behind it is that we all carry our own invisible bucket around as we travel through each and every day. If our bucket is filled by the kind words and deeds of others we tend to feel happier and when our bucket is empty we tend to feel sad and sometimes angry.

Interestingly, another wonderful outcome of being kind and generous to others is that it often improves the self-esteem and self-worth of the "Bucket Filler" as well! We fill our own bucket when we fill the bucket of others. It's rather like a win-win recipe.

You might like to go and check out the picture book for yourself. We have several copies in the school library for children to

borrow. (It's easy for parents/carers to join the school library too - just ask at the library desk.)

Perhaps we should all start to spend some more time filling other people's buckets. Let's give it a try! We're likely to all feel happier when we engage in the process.

**Kate Alcorn, Guidance Officer**

## Say Cheese – School Photo Days 21, 22 & 23 August

School photos are scheduled for Monday 21, Tuesday 22 and Wednesday 23 August. A timetable will be printed in next week's newsletter.

Payment envelopes will be sent home next week. **No money is to be handed in to the school office. Every child ordering a photo must bring in their envelope only on photo day and not before.** Ordering on-line using your child's Unique Shoot Key is the easiest, safest and most secure way to order. If you do not know the Unique Shoot Key, please call the photographer's office on the number below. Ensure your on-line order is placed by photo day to avoid any late fees.

Sibling photography envelopes will be available for collection from the school office. Please read them carefully as appointments are limited.

If enclosing payment inside the envelope, please ensure the correct money is provided as **no change is 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.

Parents can place multiple orders for the same child by either:

- Placing all orders in one envelope. The photos will be returned to the student all together.
- Handing in multiple order envelopes (the second parent can collect a spare one from the school office and complete it as usual). If this is the case, each parent will need to tick either 'Mother' or 'Father' at the top of their photo day envelope so the photographer can return the packs with the correct labelling.

Spare envelopes can be obtained from the school office for any new students, or if you have lost yours.

For any photo queries, please contact MSP Photography on 5520 2999.



Caningeraba has started a Garden and Environmental Club to help teach children about sustainable living. We are encouraging students to become active participants in maintaining the garden so that they can see how easy it can be to start their own. The Garden Club has raised a lot of interest from students of all ages. Over the past few weeks the students have taken part in looking after the garden by watering, fertilising and generally looking after the plants.

Our future plans for the Garden Club will include a water tank, compost and a worm garden. Bunnings has generously donated 6 garden beds as well as soil, plants and other materials to kick start this initiative. We welcome any interest from community members who may want to take part in our idea of educating the children on sustainable living. We kindly accept donations towards the garden including equipment such as gloves, pots and other garden supplies. We are excited about the future development of the Garden Club and we hope you are too!



**Melanie Cramm & Sami Crewe**

## Term Three Interschool Chess Tournament

The third round of the Gold Coast Primary Interschool Chess Tournament will be held on Wednesday 6th September at Coomera Indoor Stadium 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 and are able to organise transport for your child, 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 4th September.

If you have any further questions please contact Renea Christy on [rpick33@eq.edu.au](mailto:rpick33@eq.edu.au).

Thank you

**Mrs Renea Christy, Enrichment Coordinator**

## Choosing Optimism

For the next 3 weeks in MindUp we are focussing on Choosing Optimism.



Optimism is a way of seeing life hopefully and having an expectation of success and wellbeing. Optimism correlates with good health and effective coping strategies. It is a learned trait and if practised can become a way of thinking. Optimism is more a learned trait than a genetic one.

Attitude matters! When we are optimistic in the brain we form new branches of dendrites and more neuron to neuron connections. Optimism opens up the pre frontal cortex. The levels of dopamine and other brain neurotransmitters rise, cortisol levels remain steady and the amygdala is open forwarding information to the pre frontal cortex. This allows for great learning opportunities for all our students and a positive attitude to their learning.

All of this sounds very scientific – ask your children about the pre frontal cortex and amygdala – you will be surprised with how much they know!

## Bastille Day at Caningeraba State School



It was a fantastic response by Caningeraba students celebrating the French National Day in colourful costumes, representing the French culture in all its splendour. Over a

hundred students rose to the occasion for our annual celebration, living up to our motto "educating happy, healthy confident 21st century learners".

### Bravo! Madame Wada

## 2017 School Opinion Survey

Information regarding the 2017 School Opinion Survey has been sent home with the eldest student in each family. (Blue form with **School Opinion Survey** at the top). This survey will give you the opportunity to have your say about what our school does well, and how it can improve.

**Participation in the survey will be anonymous and all information you provide will be treated confidentially.** You will be able to complete the survey online by following the instructions on the blue information form and using the codes provided to log in. **The survey will close on Friday 25 August.** We hope to have as many parents/caregivers as possible complete the survey in order to obtain some truly meaningful feedback. Of course, participation in the survey is purely voluntary, but the information it provides is very important to us, so we hope you will be able to spare some time to complete the survey.

## Student of the Week

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

5B	Olivia	5S	Laila
4B	Darcy	3G	Chase
2G	Hannah	1M	Kurt
1S	Ethan	PM	Jada
PR	Evie	PW	Hiraani

## School Banking News

Congratulations to classes PW, 4P and 6M on being this week's banking classes of the week. Just a reminder that the school banking volunteers will be in the tuckshop area before school on Friday 11 August, if you have any questions or wish to open an account. Account opening must be completed online and the banking ladies can then issue your child with a book.

<http://www.commbank.com.au/schoolbanking>

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

6O	Sam	5P	Lewis
3P	Isla	3S	Evie
2G	Harvi	2M	Felix
2P	Reef	PR	Ella

Congratulations to the following students who have made 20 deposits and received a Silver Certificate:

4M	Leila	4G	Jamieson
3M	Amani	3P	Aaron
2S	Kruz	2G	Kai
2O	Lucas	2P	Jake
1M	Imogen	2B	Mitchell
2S	Sharla	3P	Abbigail

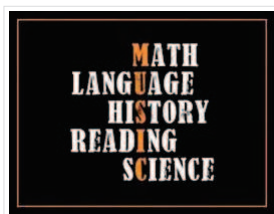
## Diary Dates

**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.**

Friday 4 August	2B/ 2M/2S	Currumbin Wildlife
Thursday 10 August	Various	District Athletics
Friday 11 August	Various	District Athletics
Monday 14 August	Various	Oztag Carnival
Monday 14 August	Various	Eisteddfod – Senior Strings
Tuesday 15 August	Various	ICAS – Maths
Tuesday 15 August	PG/PS	Currumbin Farm
Tuesday 15 August	Year 1	Raw Art
Tuesday 15 August	Various	Eisteddfod – Junior Strings
Wednesday 16 August	PB/PR	Currumbin Farm
Wednesday 16 August	Year 5	Eureka Excursion
Thursday 17 August	PM/ PW	Currumbin Farm
Monday 21 August	Various	School Photos
Monday 21 August	Various	Eisteddfod – Year 4 Band, Recorder Ensemble
Tuesday 22 August	Various	School Photos
Tuesday 22 August	Various	Eisteddfod – Year 6 Band

<b>Wednesday 23 August</b>	Various	School Photos
<b>Thursday 24 August</b>	Various	Eisteddfod – Band, Recorder, Ensemble
<b>Friday 25 August</b>	Various	Eisteddfod – Year 5 Band

## Music Class of the Week



CLASS	ACHIEVEMENT
PR	reading taa's and ti ti's fluently
1S	being on fire with answers and enthusiasm
2S	knowing line and space notes
3M	duet performances
4S	homework follow ups
5S	improvement in focus

## Snack Shack Roster

Date	Names
Monday 7 August	Shelley
Tuesday 8 August	Susana
Wednesday 9 August	Carolyn, Esther
Thursday 10 August	Carolyn
Friday 11 August	Michelle, Helen

**Katrina and Michelle, Tuckshop Convenors**

## Community Notices

### Nature Play Morning for Grandparents and Grandchildren

Caningeraba grandparents and grandchildren enjoyed a Nature Play Morning in Frascott Park during the recent school holidays. Children enjoyed outdoor group games and nature based art in the great outdoors while grandparents enjoyed a complimentary morning tea while connecting with others. Demand was so great that two Nature Play Mornings were provided – a total of 32 grandparents and 45 grandchildren enjoyed their time in the park. This activity was an initiative

of Caningeraba Community Connects in partnership with JOIN (Journey Outdoors in Nature).

Below: Melanie and granddaughters Amelie and Yasmin pose with Laura and Tegan from the JOIN team and JOIN mascot, Django the dog, at the Nature Play morning.



### Gold Coast Regional Botanic Gardens

Join us for Discovery in the Gardens on Saturday 12 August from 10am – 2pm. Please see attached flyer for details.

### Kurrawa Surf Life Saving Club

Sign on days – Sunday 27 August & Sunday 10 September 9am – 11am at Miami Aquatic Centre.

### Sewing & Craft Group

Everyone welcome Fridays 9am – 11am at Caningeraba in the Science Centre.

### Burleigh's Celebration of Seniors - Free Concert

Come and celebrate Seniors Week with us with a free community concert and morning tea on Thursday 24 August 9am – 11:30am. Proudly presented by the Never Alone Friendship Centre, Burleigh Heads Senior Citizens Club & the City of Gold Coast's Division 12, this free concert features one of Australia's finest Military bands – the Australian Army Jazz Band. Also featuring a free morning tea and gold coin raffle entry with fantastic prizes.

## 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**