



Whistler Drive
Burleigh Waters QLD 4220
Subscribe: <http://caningerss.schoolzineplus.com/subscribe>
Events Line: 07 5568 6388

Email: admin@caningerss.eq.edu.au
Phone: 07 5568 6333
Fax: 07 5568 6300
Absence Line: 07 5568 6377



17 August 2017

Mind Up

From Prep to Year 6, Caningeraba State School students will be learning about appreciating happy experiences in their classrooms. This is part of the explicit teaching of social and emotional learning at Caningeraba State School through the MindUp curriculum. This has been part of the implementation KidsMatter Framework Component 2 which is embedding an explicit social and emotional learning program into the school. We believe that social and emotional skills, such as the ability to manage one's emotions and get along with others, play an integral role in academic and life success.



This is some of the learning that your child will be doing in the next few weeks. It would be great if you could discuss this at home with your child/ren as well. Maybe you could start with blasting out "Happy" by Will Pharrell or "Can't Stop the Feeling!" by Justin Timberlake or a golden oldie "I Whistle a Happy Tune" by old blue eyes himself, Frank Sinatra to start the conversation.

Appreciating Happy Experiences

Appreciating Happy Experiences teaches students to savour happy memories to overcome some specific negative feeling, such as sadness or insecurity.

Appreciating Happy Memories is one of the most concrete tools to build optimism in our students in our classrooms.

We help students to create mini movies in their mind to help lift their spirits when they are stressed or feeling down.

The neurotransmitter most associated with pleasure, attention, reward, motivation and perseverance is dopamine. High levels

of dopamine in our brain results in the feeling of hope, tolerance, motivation and can -do attitude – optimism.

Dopamine release is triggered when we engage in pleasurable experiences such as play-filled activities, laughing, physical exercise, acts of kindness and positive social interactions.

Dopamine is released not only when we engage directly in pleasurable experiences, but also when we reflect on and remember these moments.

Remembering can release a dopamine release as powerful as the real thing.

By repeatedly referencing past successes we build confidence and are more able to "rebuff" the "I can't" voice in our head. Happy memories can be a tool to prime the brain.

Happy memories support a "CAN DO" attitude.

Remembering "I did" is a great way to fight off "I can't"

No one is happy all of the time. We can use happy memories as a way to feel better.

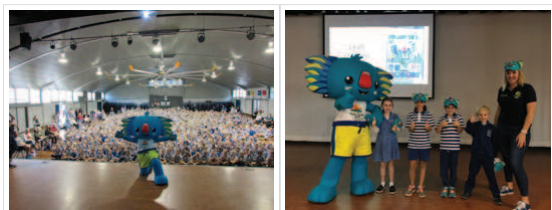
We will emphasise to students that feeling sad or discouraged is natural and not always an obstacle. Feeling "blue" often leads to reflectiveness and productive thinking.

Some of the things that your children might be doing in their classrooms through the MindUp curriculum include:

- Happy memory lists
- Making mini movies in their heads
- Interview you about your happy memories
- Make a class memory album
- Collect DATA about favourite memories in their classroom
- Create a Happy poem
- Find a photo of themselves enjoying a happy time
- Write some happy hints

Focus on upbeat “happy” “can do” songs
They may make a time capsule

Commonwealth Games News



The Gold Coast has been granted the honour of hosting the 2018 Commonwealth Games. To support the GC2018 Caningeraba is getting on board through a variety of activities. Our school has been given 110 canvases to decorate with the theme “Our Place” which will be hung up in the bedrooms in the athletes’ village. The athletes will be able to take these canvases home with them as souvenirs. We have also been given an “adopted country” to communicate with and learn about in the lead up to the games. Our country is Sri Lanka. We have been connected with a school there called Girls High School, Kandy. We are still in the beginning phases of our contact and we are hopeful that all classes will be able to be involved in communication as this relationship progresses. Our most recent event was the Borobi competition. All students were invited to participate and either colour or draw pictures of Borobi, the GC2018 mascot. Borobi came to our school on Tuesday 8 August to award the winners with their prizes and take photos with students. It was a very hard competition to judge. Congratulations to the following winners:

5/6W Lena 2M Lacey 2G Leah PM Aston

The best pictures from each class are on display in the office and library if you would like to see our students’ wonderful artwork.

**Keep ‘Sharing the Dream’
Jennifer Snowball, Commonwealth Games
Ambassador**

Chess Tournament

The Gold Coast Inter-School Chess Tournament for term 3 will be held on **Wednesday 6 September** at **Coomera Indoor Stadium**. 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.

Date: Wednesday 6 September

Time: Registration on the day begins at 8:45am with the tournament itself starting at around **9:30am**. The organisers **aim** to have the tournament and presentations finished by **2:15pm**.

Venue: Coomera Indoor Stadium, 35 Beattie Road, Coomera

Cost: Entry is \$19.00 per seat. Money needs to be paid to the payment window in the administration building by **10:30am Monday 4 September 2017**.

Transport: Parents, you will be responsible for transporting your child to and from the tournament. There will be a teacher from our school at the event to supervise students during the day.

Dress: All students will be required to be dressed in full school uniform.

What to bring: Own lunch and water bottles. There will be a small canteen at the venue where students can purchase snacks.

If you would like your child to participate, please fill out a CHESSE CONSENT FORM (available at the front office) and return it with the money to the payments window in the administration building.

Mr Thomas runs lunchtime Chess Club on Thursdays at second break in our school library. All students are invited to come along to prepare for the tournament or just have some fun battling it out with other Caningeraba chess enthusiasts. For more information on the tournament you can visit Gardiner Chess website:

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

Credit Card Payments Over The Phone

To comply with new banking regulations introduced to minimise credit card fraud, credit card details can no longer be taken over the phone for payments. If you do phone the school to make a payment over the phone, you will be directed to a new credit card phone line:- 1300 631 073. You must have your CRN and invoice number ready to make your payment.

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

School photos are scheduled for Monday 21, Tuesday 22 and Wednesday 23 August.

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. Please see timetable below.

MONDAY 21 AUGUST		TUESDAY 22 AUGUST		WEDNESDAY 23 AUGUST	
Time	Class	Time	Class	Time	Class
9:00	SUPPORT-A-READER	8:20	STAFF	8:50	T'SHOP VOL
9:10	PG	8:55	1S	9:00	GRADE 4 BAND
9:25	PM	9:10	3O	9:20	GRADE 5 BAND
9:40	PB	9:20	3G	9:35	GRADE 6 BAND
9:55	PW	9:30	3P	9:50	MUSIC CAPTAINS
10:10	PS	9:40	3B	10:00	REC ENSEMBLE
10:25	PR	9:50	3/4R	10:10	5O
10:40	1W	10:00	4B	10:20	6O
10:50	1 st BREAK	10:10	4G		
11:30	1B	10:20	4M		
11:45	1G	10:30	4P		
12:00	1M	10:40	4S		
12:15	1O	10:50	1 st BREAK		
12:30	2B	11:30	HOUSE CAPTAINS		
12:40	2G	11:40	STUDENT COUNCIL		
12:50	2M	11:45	SCHOOL & VICE CAPTAINS		
1:00	2O	11:50	FRENCH CAPTAINS		
1:10	2P	11:55	SENIOR STRINGS		
1:20	2S	12:05	JUNIOR STRINGS		
1:30	2 nd BREAK	12:20	BEGINNER STRINGS		
2:15	2W	12:35	5B		
2:25	3M	12:45	5P		
2:35	3S	12:55	6G		
		1:05	5S		
		1:15	5M		
		1:30	2 nd BREAK		
		2:15	6B		
		2:25	6M		
		2:35	5/6W		

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.

School Banking News

Congratulations to classes 2B, 4M and 6G or being our amazing classes of the week. Our banking competition launches this week. Every child who makes 3 deposits during the period of Monday 14 August through to Friday 10 November go in the draw for some amazing prizes.

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

2S	Zachary	1G	Nevaeh
PB	Leonardo		

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

5P	Nicholas	2S	Thomas
4P	Aaron	3O	Sean
3M	Ayden	3O	Boh
3B	Kris	3P	Pepper
1S	Claudia	2P	Miller
1M	Ella		

Student of the Week

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

6B	Jade	6G	Kenshin
6O	Thomas	5P	Tom
4M	Dante	3P	Isla & Kanoah
3G	Travin	3O	Summer & Koby
3S	Liam	1M	Tyson
1G	Havana	1S	Orlando
PG	Alani	PR	Bailey
PS	Jimmy	PM	Yasmin
PW	Lola		

Music Class of the Week



CLASS	ACHIEVEMENT
1W	solfege hand signs and singing
2W	playing "Counting Stars" on the ukulele
3G	pleasing results in all given tasks
4S	100% attending with recorders - yay

There is an overload of un-named recorders in the music room. If your child has lost their recorder we may have it.

Eisteddfod is looming. PLEASE ensure there is a lot of practice being done at home.

Children are to wear black shoes and short white socks (not anklets).

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.

- Year 3 Raw Art payment of \$8.00 due by 10:30am Monday 28 August
- Year 1 Tropical Fruit World payment of \$28.00 due by 10:30am Monday 28 August
- Yrs 5-6 Sport \$40 or \$60 due by 10:30am Monday 4 September
- Prep Raw Art \$8.00 due by 10:30am Monday 4 September

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

Wednesday 23 August	Various	School Photos
Thursday 24 August	Various	Eisteddfod – Band, Recorder, Ensemble
Friday 25 August	Various	Eisteddfod – Year 5 Band
Sunday 27 August	Various	TOM Regionals at Caningeraba
Monday 28 August	Various	Eisteddfod – Choirs
Tuesday 29 August	Year 3	Raw Art
Tuesday 29 August	1G/1O	Tropical Fruit World
Wednesday 30 August	1B/1W	Tropical Fruit World
Wednesday 30 August	All	P&C Father's Day Stall
Thursday 31 August	1M/1S	Tropical Fruit World
Thursday 31 August	All	"Catch up" – Father's Day Stall
Friday 1 September	All	Gold Coast Show Holiday
Tuesday 5 September	Prep	Raw Art
Tuesday 5 September	Various	Regional Athletics
Wednesday 6 September	Various	Regional Athletics
Thursday 7 September	Various	GC Special Athletics Day
Friday 8 September	Various	State SWD Touch Footy at Redland Bay
Friday 8 September	Yr 5 & 6	Interschool Sport
Monday 11 September	4M & 4R	Swell
Tuesday 12 September	4B & 4P	Swell
Tuesday 12 September	Year 6	Spinal Awareness
Wednesday 13 Sept	All	P & C Colour Run
Thursday 14 September	4G & 4S	Swell
Friday 15 September	Yr 5 & 6	Interschool Sport

Friday 15 September	All	Last Day of Term 3
Tuesday 3 October	All	First Day of Term 4

Snack Shack Roster

Date	Names
Monday 21 August	Help Needed
Tuesday 22 August	Susana
Wednesday 23 August	Carolyn, Esther
Thursday 24 August	Carolyn
Friday 25 August	Michelle, Helen, Shelley

Katrina and Michelle, Tuckshop Convenors

Community Notices

Burleigh Nippers – Sign on

Sign on days Sunday 27 August and 10 September at 8am. For further details please see our website or contact junior@burleighslsc.com.au or see attached flyer.

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

North Burleigh Nippers – Sign on

Saturday 26 August 12:30pm – 3pm and Saturday 9 September 9am – 12pm

Season commences Sunday 1 October. Everything you need to know to sign your child up for a summer of fun is now available at the link below or phone 5576 1604 extension 1.

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

Gold Coast Recreation Centre

We have our holiday adventure program coming up in September. Please see attached flyer for details.

Ikin Dance School Holiday Workshops

Tuesday 19 and 26 September - Sports Aerobics

Wednesday 20 and 27 September - Dance/Cheer/Acrobatics

5/17 Crown Court, Varsity Lakes. Book now on 55221863, 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