



## Caningeraba State School

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7 September 2017

### Associate Principal's Column

#### What is social and emotional learning all about?

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 you. 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. Having appropriate social and emotional skills help children reach their potential at school. Social and emotional skills 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 be a KidsMatter school we committed to teaching those social and emotional skills explicitly in our community, teaching social and emotional learning based on mindfulness through our "MindUp" curriculum. 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.

#### 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 lunchtimes. Many of our 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 attempt 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.

**Maria Mott, Associate Principal Year 5 & 6**

## Construction of New Building at Caningeraba

Construction photos taken by Ray and drone photos supplied by our building company have now been loaded on to our school website or visit this link below:

<https://caningerss.eq.edu.au/Facilities/Schoolgroundsandclassrooms/Pages/Schoolgroundsandclassrooms.aspx>

## Choosing OPTIMISM!



**Mind Up Brain Research Tip: We can train our brains to be more optimistic!**

Skills that are worth having, take practice. Think: playing a musical instrument, playing a sport, reading fluently, driving a car, learning to talk, being a parent!

Children who are generally optimistic enjoy better physical health, have more success at school, have fewer difficulties in their friendships, and handle stress more easily. There is likely no such thing as a perfect life, and there will of course be times for all children when they're not going well, and they suffer disappointment and frustration. If we can teach our children optimism however, and help them practise positive thinking, they will be so much better at handling these times.

In school this term, the children will be learning about the concept of *optimism* and pessimism. One thing you could do to with them at home is to continue that learning, and to practise *choosing optimism*. Help your kids to look for "the silver lining" or another way they could see a situation that is more hopeful, and more joyful, rather than negative or despondent.

**Kate Alcorn, Guidance Officer**

## Lost Property

Due to the cooler mornings and warm days, a very large number of jumpers are now in lost property. I kindly request that you ask your child to check the lost property box at the office (or come and have a look yourself) to see if any items may belong to them.

Unfortunately, we are unable to keep any unclaimed items that remain at the end of the term. Those items will be donated to either the uniform shop or a local charity shop. So please come and have a look before it's too late.

**Thank you, Administration Office**

## Interschool Sport

The summer interschool sport season commences this Friday. As usual Caningeraba will be well represented in all sports. Please find the draws below. Unfortunately at the time of going to print, we are still to receive the Girls Touch Draw although we do know all games will be played at Pizze Park. We encourage all parents and grandparents to come along to the games and support our kids. A special thank you to Year 6 teacher Mr Matt Goonan who has again put his hand up to convene the entire basketball competition. Like all classroom teachers, Matt has a huge workload and to find time to drive his passion for basketball is a fantastic effort. Apart from the various interschool competitions, we are again offering our children the opportunity to play tennis and experience gymnastics.

**Tony Carlton, PE Teacher**

## INTERSCHOOL SPORTS DRAW FRIDAY 8 September

**OZTAG (all games @ Mallowa Drive Pam Beach)**

TEAM	OPPONENT	TIME	FIELD NO.
5A	Mudgeeraba	1:35	8
5B White	Mudgeeraba	12:40	8
5B Blue	William Duncan	12:40	9
6A	Elanora	1:35	1
6B White	Mudgeeraba	12:40	2
6B Blue	St Andrews	12:40	1

## BOYS BASKETBALL

TEAM	OPPONENT	TIME	VENUE
Snr. A	St Andrews	1:30	C.S.S
Snr. B	"	1:30	St Andrews
Jnr. A	"	12:40	C.S.S.
Jnr. B	"	12:40	St Andrews

## GIRLS BASKETBALL

TEAM	OPPONENT	TIME	VENUE
Snr. A	St Andrews	1:30	C.S.S.
Snr. B	"	1:30	St Andrews
Jnr. A	"	12:40	C.S.S.
Jnr. B	"	12:40	St Andrews

## CRICKET

TEAM	OPPONENT	TIME	VENUE
Snr.	BYE	-	-
Jnr.	BYE	-	-

## GIRLS TOUCH (all games @ Pizzey Park)

TEAM	OPPONENT	TIME	COURT NO.
6A			
6B			
5A			
5B			

## T Ball (all games @ Pizzey Park)

TEAM	OPPONENT	TIME	VENUE
Snr.	Elanora	12:45	Pizzey Park
Jnr.	"	"	"

## School Banking News

Congratulations to classes PB, 3M and 5B on being our awesome banking classes of the week. Great effort from those students who are taking on the extra responsibility and filling in their own bank books themselves. Don't forget, school banking is still on the last Tuesday of this Term and will commence on the first day back of school Term 4, Tuesday 3 October.

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

4M	Emily	4M	Macie
2W	Ruby	1G	Sienna

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

6B	Tai	5O	Hayley
3/4R	Reave	3P	Lily
4S	Madalynn	3O	Javian
2G	Capri	1G	Jersey
1S	Cece	1S	Banjo
PG	Hunter	PW	Winter
PW	Sienna	PS	Willow

## Student of the Week

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

5S	Jada	4M	Dante
3G	Lauren		

## 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 4 \$20 for Swell due by 10:30am Friday 8 September
- Year 6 \$2.00 for Spinal Awareness due by 10:30am Monday 11 September
- Canberra deposit of \$120.00 due by 10:30am Wednesday 13 September

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
Wed 13 September	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
Monday 2 October	All	Queen's Birthday Holiday
Tuesday 3 October	All	First Day of Term 4
Friday 6 October	Yr 5 & 6	Interschool Sport
Friday 13 October	Yr 5 & 6	Interschool Sport
Monday 16 October	All	Student Free Day

<b>Monday 16 October</b>	Parents & Carers	Mind up session in the school library 5:30pm – 7pm
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## Snack Shack Roster

Date	Names
Monday 11 September	Shelley
Tuesday 12 September	Susana
Wednesday 13 September	Carolyn, Rachel
Thursday 17 September	Carolyn
Friday 15 September	Michelle, Helen, Shelley

Please be advised that the tuckshop will only be open for first break on Wednesday 13 September due to the Colour Run.

**Katrina and Michelle, Tuckshop Convenors**

## Community Notices

### Schoolies Volunteers

Crime Stoppers Queensland is the official SST (Schoolies Support Team) Volunteer Coordinators for Gold Coast Schoolies 2017. This year Crime Stoppers Queensland is seeking volunteers to register as Schoolies Support Team (SST) Volunteers for the annual Gold Coast Schoolies Safety Response. Every year up to 30,000 school leavers are estimated to visit the Gold Coast in order to celebrate the commencement of the next chapter of their lives. Over 1,000 Volunteers participate each year at the Gold Coast Schoolies Community Safety Response with a variety of organisations and support the school leavers to celebrate with their mates safely. Volunteering with other like-minded community citizens is self-rewarding and great fun. You can make lifelong friends yourself as part of the Schoolies Support Team. Consider volunteering today - visit the website for more information or to register interest visit the link below or call Crime Stoppers Queensland who are the SST Volunteer Coordinators on 1300 309 355.

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

### Mind Up Session for Parents and Carers



Monday 16 October (the pupil free day) 5:30pm – 7pm, please see attached flyer for details.

### School Holidays – Burleigh Tennis Camp

Monday 18 September to Friday 22 September from 9am – 12pm at Burleigh Heads Tennis Club, Matilda St, Burleigh Heads. Cost is \$25 per day or \$99 for the week. Call Michael Stevens on 0435 015 229 or email to book. All equipment provided, plenty of food from Bakers Delight and lots of fun.

## Centacare is running a Children First program this September school holidays!!

Fun holiday program for 7-12 years adjusting to family life after separation or divorce- includes Yoga and Self-Defence class!! Please see attached flyer for details

**When:** Wednesday 27 – Friday 29 September 2017 (three consecutive days)

**Time:** 9:30am – 3:00pm

**Where:** Centacare, 50 Fairway Drive, CLEAR ISLAND WATERS QLD 4226

**Cost:** \$40 (incl. all meals, Self-Defense and Yoga class)

### Code Camp

At Code Camp students will learn to code and create their own app. Over 22,000 students in years 2-7 have participated, Australia wide and absolutely loved it! For more information please see attached flyer.

## 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**