



Caningeraba State School

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14 September 2017

Head of Special Education's Column

Social skills, Play and the Holiday

The school holidays are upon us and our children will have time off to enjoy different forms of activities. This is the perfect opportunity to re-visit social skills; the skills we need to interact adaptively in our environment.

Social skills are important for a child's emotional health and wellbeing. The social skills we want to foster in our children include:

- anger management
- being receptive to another's point of view
- social problem solving
- peer negotiations
- conflict management
- active listening, and
- effective communication with peers.

There are three ways students tend to spend time (or are catered for) during the school holidays:

1. Technology

Technology is the most popular holiday activity for many children. Supervised and limited access to age and content appropriate games can help develop a range of social skills, not least, a motivation to succeed.

Games can serve to simulate real life activities in a fun and safe setting; immersing a child in an online team situation or calling for a child to follow and role play in a storyline. This can provide therapeutic

benefits and develop social skills for children who display anger and anxiety behaviours.

INCLUSIVE PLAY TIPS: Technology can be of benefit for children with disability and children who spend their holidays without siblings or peers for company. Technology and games can also help children who are physically impaired or physically unable (for whatever reason) to participate by removing the focus from potential discomfort of exercise requirements.

2. Authentic or Facilitated Play

This includes Out of School Hours programs, holiday clubs, play dates or sports team. The purpose and focus of facilitated play is to keep children engaged with peers through high interest, unique and developmentally appropriate games and activities. This can also include excursions or visits by mentors or special interest groups.

Facilitated play often involves a combination of structured and unstructured time together, mostly led and supervised by adults. The rules and roles that accompany these activities (some implicit and others more formal) are important to develop interpersonal relationships (whether brief or enduring). Friends can become role models, coaches and just firm friends.

INCLUSIVE PLAY TIPS: Vacation Care services can be found across the Gold Coast, each with a unique and diverse program. Reviewing and selecting a program with a combination of informal and structured activities that is inclusive of children with disability, will provide an opportunity for your child to develop friendships and social skills beyond their established school friendship groups or familiar classmates.

3. Relaxed, Unscheduled Playtime

Holidays can play an important role in advancing brain development by playing and exploring with children in new settings. Allowing children to be children by exploring and enjoying their own neighbourhood or even their own backyard can go a long way towards refuelling them socially and psychologically for the new school term.

Research shows an improvement in a child's attention and concentration levels after being in nature for only 20 minutes. Environments that offer new experiences or opportunities for combined social, physical, sensory and cognitive interaction can function such as stress regulation, attention, concentration, ability to learn, and the improvement of physical and mental health.

INCLUSIVE PLAY TIP: All ability playgrounds (such as the City of Gold Coast Kurrawa Park) enables siblings and friends of children with disability to play together in open environments with few restrictions on exploring and experimentation as a family.

While your children are enjoying various forms of play, adults are encouraged to get involved to guide, direct and foster the development of their social skills.

TIPS FOR PARENTS

1. Technology

Be aware of the games your child is choosing to play and be mindful of the content and age appropriateness of their selection. Add time limits to each game and rotate through new games regularly to continually ensure your child is challenged and learning.

2. Authentic or Facilitated Play

Select holiday activities and outings that are varied and outside of your child's regular interests. Try new places or activities such as theatre shows, trips to the library, museums or new sports to stimulate play and develop new interests.

3. Relaxed, Unscheduled Playtime

Get involved, be spontaneous and use your imagination also. You can even rediscover your own neighbourhood while enjoying quality play time or conversation with your child in the process.

Avril Stoltenkamp, Head of Special Education Services

Acting Principal's Column

Great Performances in the Tournament of Minds

Caningeraba had two teams that made it through to the state finals of the Tournament of Minds held at Griffith University over the weekend – one team in the Language and Literature section of the competition and one in the Social Sciences section. Both teams performed excellently, with the Language and Literature team gaining second place in their section. All of the students who represented our school are to be congratulated on their

fantastic efforts and the way they conducted themselves. They did our school proud.

Also, sincere thanks go to Miss Snowball, Miss Gannon, Mrs Hurford and Mrs Christie for their commitment and all of the extra time and work they put into the teams. Without these ladies' willingness to volunteer their time, the students would not have had this excellent opportunity.

P & C Colour Run

A huge 'Thank you' to the members of the P & C for all of their hard work in organising and conducting the Colour Run. I don't think most people realise the tremendous amount of time and work that goes into staging an event such as this, especially when all of that work falls onto a relatively small band of dedicated volunteers.

Murray Leak, Acting Principal

SWD Sports day



On Thursday 7 September the Annual SWD Athletics carnival was held at Runaway Bay Super Sports Centre. The Caningeraba SWD team, with the assistance of our very capable sports captains, attended and experienced a day of highs, many wins and no lows.

The day started off with the march past, and the Caningeraba team theme was the Commonwealth games. Many schools from around the Gold Coast participated, and the team themes were impressive, making the march past a colourful spectacle to watch.

I think for us, the proudest moment of the day was watching our own Kaiza bearing the torch and lighting the cauldron for the games to begin.

Blast From The Past – Free Dress Day

Last week we hosted a fundraiser that raised money for the Leukaemia Foundation and for our Caningeraba Community. For the third time this year we raised over \$1000.00 which will be split between both worthy causes. The Student Council would like to thank everybody who donated and for your continued support of the Student Council.

Mariam, Student Council President

Some staff members below, getting into the spirit of our theme “Blast from the past”.



Enrichment News

Term 3 Interschool Chess Tournament

Last Wednesday 6 September, Caningeraba students competed in the Gold Coast Regional Chess Tournament at Coomera Basketball stadium. Our students were spread across 8 teams, ranging over 4 divisions. As usual, all students demonstrated great sportsmanship and behaviour. Our chess enthusiasts battled it out over 7 gruelling rounds and we couldn't be prouder of their ability, efforts and positive attitude displayed throughout the day. Once again, a massive thank you to Mr Thomas for coming along to coach and support our students throughout the day. Your time and expertise is greatly appreciated Mr Thomas, thank you!



Team Caningeraba - Chess Term 3:

Year 2 Frazer 2P, Levi 2G, Felix 2P

Year 3: Lockie 3M, Emily 3P, Jacob G 3P, Jackson 3M, Kye 3M, Marcus 3P, Oliver 3P

Year 4: Judd 4S, Shay 4B

Year 5: Noah 5B, Seth 5P, Beau 5P, Thomas 5P, Imogen 5P, Ethan 5B

Year 6: Jack 6G, Jack 6B, Liam 6B, Tresna 6M, Dylan 6B, Owen 6B, Lucy 6M

Tournament of Minds

Congratulations to our Language Literature and Social Science Tournament of Minds teams for making it to the Queensland State Finals. The competition was held last weekend at Griffith University, Gold Coast. On competition day, each team had exactly 3 hours and 10 minutes in a preparation room to explore and prepare a solution to an unseen challenge. Each team was given a box of materials to make their costumes and props. Teams were also required to respond to a Spontaneous Challenge during the preparation session. After an hour lunch break, all teams gathered in the Lecture Theatres to perform their 10 minute performance/solution to the challenge.

Both teams did an amazing job. Our Language Literature Team received Honours medals.

We are extremely grateful to all students involved for their principled approach to the tournament over the past 4 months. A massive thank you to teachers involved, Miss Gannon, Miss Snowball and Mrs Hurford for your time and efforts. We would not be able to offer this amazing opportunity to our students if it wasn't for these teachers donating countless hours to facilitate and train with our T.o.M teams.

Language Literature Team

Jack 6B, Gabby 6B, Malea 6M, Krizsti 6M, Paula 5P, Alana 5P, Thomas 5P

Social Science Team

Ava 6M, Evie 6M, Florinne 6G, Layla 5B, Rohan 5B, Paige 5B, Ryder 5B



Renea Christy, Enrichment Coordinator

Mind Up



The explicit teaching of social and emotional learning at Caningeraba State School has occurred throughout Term 3 at Caningeraba State School. We have done this 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 term we focussed on "It's All About Attitude". Our students learnt about perspective taking, choosing optimism and appreciating happy experiences. All of the lessons the students were involved in focused on the brain research behind "why" being optimistic, taking perspective and appreciating happy experiences are good for us – not just because we think it is – brain scans tell us this is true. When we are practising the above attitudes neural pathways develop and release dopamine, cortisol levels remain steady, brain neurotransmitters rise and the amygdala is open and forwarding information to the pre frontal cortex. This is great news for our health and well-being!

We have been using this information to explicitly teach our students that through practice we can get better at being optimistic, taking perspective and really truly appreciate and savour happy experiences. We have read books, written journals, shared memories and drawn pictures to help demonstrate these attitudes in action. Hopefully, you too, at home have been focussing on these attitudes as well. Looking forward to "Taking Action Mindfully" in Term 4.

Maria Mott, Associate Principal Year 5 & 6

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

Gardening Club Update

Term three was a great success in terms of the new school vegetable gardens. The children have loved watering the plants, harvesting the crops and making sure the worms in our brand new worm farm are happy. In term four we are hoping to build on our successes and add compost bins for all the fruit and vegetable waste generated every day. Any vegetable seed or seedling donations would be greatly appreciated next term to

increase the variety of crops the children can grow, nurture and taste.

A big thank you to Helping Hands for looking after the gardens during the holiday and to Faye for all the hard work she has put into organising things, including the much loved worm farm.



Genevieve Whittington, Class Teacher

Music Class of the Week



CLASS	ACHIEVEMENT
PR	beautiful singing for "Music Count Us In"
1B	absolute silence for crotchet rests when reading rhythmic patterns
2M	great reading from Jam book and playing ukulele
3B	after mindful listening producing some amazing work
4G	progressing quickly through tasks
5M	best manners all day
5/6W	creative "Stomp" performances

Music Count Us In will take place on Thursday November 2 at exactly 11:30am in the hall. The Senior Choir will be singing at the top of the Q1 and on the foreshore at Surfers Paradise.

Interschool Sport

INTERSCHOOL SPORTS DRAW FRIDAY 15 September

OZTAG (all games @ Mallowa Drive Pom Beach)

TEAM	OPPONENT	TIME	FIELD NO.
5A	Elanora	1:35	7
5B White	William Duncan	12:40	8
5B Blue	Burleigh Heads	12:40	12
6A	Currumbin	1:35	5
6B White	Robina	12:40	4
6B Blue	Elanora	12:40	6

BOYS BASKETBALL

TEAM	OPPONENT	TIME	VENUE
Snr. A	Currumbin	1:30	Currumbin SS
Snr. B	Hillcrest	1:30	C.S.S.
Jnr. A	Currumbin	12:40	Currumbin SS
Jnr. B	Hillcrest	12:40	C.S.S.

GIRLS BASKETBALL

TEAM	OPPONENT	TIME	VENUE
Snr. A	Currumbin	1:30	Currumbin SS
Snr. B	Hillcrest	1:30	C.S.S.
Jnr. A	Currumbin	12:40	Currumbin SS
Jnr. B	Hillcrest	12:40	C.S.S.

CRICKET

TEAM	OPPONENT	TIME	VENUE
Snr.	Elanora	12:45	C.S.S.
Jnr.	Elanora	12:45	C.S.S.

GIRLS TOUCH (all games @ Pizzezy Park)

TEAM	OPPONENT	TIME	COURT NO.
6A	William Duncan	12:45	12
6B	Worongary	1:30	9
5A	Worongary	12:45	6
5B	Worongary	1:30	2

Tem	Opponent	Result	Best Player
Oztag 5A	Mudgeeraba	Won 17 Nil	Leo
Oztag 5B White	Mudgeeraba	Draw 2/2	Oden
Oztag 5B Blue	William Duncan	Lost 5/7	Talis
Oztag 6A	Elanora	Won 12/3	Jake
Oztag 6B White	Mudgeeraba	Won 8/2	Kai
Oztag 6B Blue	St Andrews	Won 15/3	Noah
Boys Basketball 5A	St Andrews	Won 60/4	Zane
Boys Basketball 5B	“ “		
Boys Basketball 6A	“ “	Lost 14/40	Tresna
Boys Basketball 6B	“ “		
Girls Basketball 5A	St Andrews	Won 26/8	Laila
Girls Basketball 5B	“ “	Won 30/2	Jada
Girls Basketball 6A	“ “	Won 36/8	Bella
Girls Basketball 6B	“ “	Draw 24/24	Florinne
Senior Cricket	Currumbin	Won	Lachlan
Junior Cricket	BYE		
Girls Touch 5A	Hillcrest	Won 6/2	Mattea
Girls Touch 5B	“ “	Won 6 nil	Charlotte
Girls Touch 6A	“ “	Won 7 nil	Sammy
Girls Touch 6B	“ “	Won 6 nil	Holly

Tem	Opponent	Result	Best Player
Senior T Ball	Merrimac	Lost 14/17	Mariam
Junior T Ball	Merrimac	Lost 13/16	Layla

- Gymnastics report from Mrs Willgoose: “Gymnastics was smooth sailing last Friday. Trae and Jase put in a sustained effort throughout the lesson, successfully completing movements that required skill and determination.”

School Banking News

Congratulations to classes 6O, 3S and 2G for being our awesome bankers of the week. School banking will commence week 1 of term 4. Wishing you a safe and happy holiday from the School Banking Volunteers.

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

1O	Philippa	6G	Bradley
2M	Dhali	Maya	PR
PS	Bronte	PS	Jackson
1W	Lorelei	PR	Evie
PR	Jack	PM	Destiney

Congratulations to the following students who have made 30 deposits and received a Gold Certificate:

5S	Taylor	5B	Summer
4M	Jesse	3O	Alivia
1M	Haley		

Student of the Week

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

6B	Georgia & Kira	6G	Mariia
6O	Noah & Dylan	5B	Jack
5P	Shevae	5S	Jada & Harrison
4B	Jaron	4M	Lucas & Leila
4P	Tyson	3P	Hayley

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 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
Monday 16 October	Parents & Carers	Mind up session in the school library 5:30pm – 7pm

Snack Shack Roster

Date	Names
Monday 2 October	Queen's Birthday Holiday
Tuesday 3 October	Susana
Wednesday 4 October	Carolyn, Esther
Thursday 5 October	Carolyn
Friday 6 October	Michelle, Helen, Shelley

Katrina and Michelle, Tuckshop Convenors

Community Notices

Fight 4 Youth

Looking for something to do on the first week of the holidays? Chappy Leisa runs a youth centre in Currumbin called Fight 4 Youth and is running another school holiday program. We have many qualified coaches & instructors who all volunteer their time to run not only the school holiday program but the after-school programs, including boxing, circus, drama, dance, counselling services and Friday night Youth Club for primary-aged children. All programs are very low cost (\$10) with options for those who can't afford this. The school holiday program is only \$50 for the whole week (the cost goes toward buying materials, hiring the dragonboats etc). If you'd like more information or would like to book your child in, please contact Chappy Leisa at fight4youth@outlook.com.

Recycling Child Car Seats

Equilibrium is a sustainability strategies and management company currently engaged in trialing a national product to incorporate the **take back and recycling of used child car safety seats**. We are reaching out to your school to participate

in a Child Car Safety Seat Recycling trial, as it is within a close proximity of our collection site located at **Reedy Creek Community Waste and Recycling Centre at 61 Hutchinson Street, Burleigh Heads, Queensland**.

The program gives parents and grandparents a **free and environmentally-friendly** option for disposing of their old child car restraints. By collecting and disassembling the seats, we are hoping to divert in excess of 900 tonnes of waste away from landfill and back into the recycling stream. Families can do their bit to reduce their environmental footprint by dropping off and disposing of their used child car safety seats at the collection site **until 30th September 2017**.

The following types of child car safety seats will be acceptable for disposal:

- Rear facing infant carriers and bases;
- Forward facing seats; and
- Booster seats.

This is an opportunity to remove worn or damaged child car safety seats from being reused, which not only better protects infants and children but provides an opportunity to declutter space and responsibly divert seats into an efficient resource recovery and recycling program. The program is funded by the Queensland and NSW Governments (Waste Less Recycle More Initiative), as well as major car seat brands including Dorel and InfaSecure and automotive associations including RACV. For any further information about the child car safety seat collection trial you can visit our website or contact Damien Wigley on 0404 899 961 or damien@equil.com.au at any time.

<https://equil.com.au/child-car-safety-seat-trial/>

Thank you for your assistance, Equilibrium.

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**