Caningeraba State School is a KIDSMATTER school. We are focussed on growing happy, healthy, confident children together with the local community.

At School

Caningeraba supports the mental wellbeing of all of our students through a range of programs and opportunities across the school, including the Drumbeat program for students from years 3-6, the MindUp program trial (begun last year in the year 5 classrooms and to be offered in more year levels in 2015), as well as a full week’s RUOK program across the whole school.

We know too that kids learn best when they feel happy and comfortable in their school, and when families and school staff work together and take time to get to know each other. Caningeraba offers a range of opportunities to do just that, as well as sessions to support parents and carers in bringing up great kids. The Kookaburra parent class representative program began last year and was a huge success; 93 percent of parents reported improved communication between home and school as a result of the program.

Check out our regular KidsMatter newsletters too to find out more about:

- **Afternoon Tea sessions**: these go for just an hour after school, with light catering provided for both the adults and children. Sessions covered in 2014 included helping your child when they’re angry and when they’re worried.

- **Parent support**: 3 parent programs were run from the school in 2014- Triple P, Bringing Up Great Kids, and Anxiety and Your Child: Getting Through the Worry Moments. More to be offered in 2015.

- **Term meetings**: Once a term we invite parents to meet with the KidsMatter team o share what has been happening to support the mental wellbeing of students, and gather parent suggestions and ideas. All are very welcome to these after school meetings which always finish at 4pm. (no catering for this one though sorry)

- **During school sessions for parents**: Last year we ran a fun drumming circle for parents using the school’s djembe drums. We’re hoping to run this again and are looking also in to mindfulness sessions for parents and sessions on particular curriculum areas such as Maths.
If you haven’t checked it out before, the KidsMatter website has amazing resources and suggestions for helping families at the start of the school year. Our Caningeraba Prepstars are of course making a huge step starting “big school” for the first time, but there will be change for all of the children, going back to the school routine, meeting new teachers and being in a class with students who they may have never met before. Sometimes just knowing that what your family is going through is normal, can make all the difference.

Here are some snippets of information about starting the new school year, as well as links to the full articles on the KidsMatter website.

**How to prepare for big school**

Kids who are well-prepared for primary school tend to feel more comfortable with the changes, do better at school work, and make friends more readily. Here are some things you can do to prepare your little guy or girl for the best start possible. [Read more](#)

**Activity books to use with kids**

With the first day of school already on u, it’s the perfect time to do something creative with your child. Have a go at our activity books – they’re lots of fun and help little kids prepare for and process all the new things they’re learning. [Read more](#)

**How to handle a bumpy start**

It’s common for kids to have a hiccup or two when they start primary school – it’s a period of transition and a big adjustment. But you can minimise any issues that occur by building your child’s problem solving and coping skills, and by asking for support if and when you need it. [Read more](#)