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

Check out what’s happening within our school, on the KIDSMATTER website and in the community to help us all raise happy, balanced children.

**AT SCHOOL**

*Come along for a FREE afternoon tea and learn about*

**Helping your child through their Angries!**

Where: School library  
When: Wednesday 30 April, 3pm- 4pm  
Bring your kids!

*The school will also be hosting a 5 week TRIPLE P program in term 2!*  
Where: School library  
When: 5 Wednesdays from 21 May 2014, 9- 10.30am  
Morning tea provided. (This is a parents only session- no child minding will be available.)  
To ensure your place, phone Ashleigh or Bonnie on 5679 3300, or email referrals.you.nique@accoras.com

*A parent from our school reported recently that, “This course was the best thing I ever did for my family!”*

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**How can I access the school Guidance Officer and what is her role at the school?**

My name is Kate Alcorn and I work at the school each Monday to Thursday. As you can imagine, given that there are over 1000 children at Caningeraba, there has to be a way of prioritising the Guidance caseload. Generally, if you have concerns regarding your child’s progress, talk first with his/ her teacher. Together you’ll be able to identify whether your concerns are academic/ learning, developmental, behavioural, and/or social/ emotional.

For concerns that are mainly to do with home, there are a number of support agencies and contacts in the local area, including your family doctor and community centres. (We are in the process of producing a list of local support agencies and will send it out to all parents/carers when it’s ready. KidsMatter newsletters are also a great source of local support information.)
For concerns that are impacting on your child at school, your teacher will refer him/her to the Student Support Committee, which will consider which school staff member would be best suited to helping you and your child. That person may be the Support Teachers Literacy and Numeracy, the Chaplain, the Head of Special Education Services, an Associate Principal or the Guidance Officer. Contact between the Guidance Officer and your child, apart from an initial “getting to know you” session, will only occur with your written permission.

Next newsletter: How can I access the school chaplain and what is his role at the school?

ON THE KIDSMATTER WEBSITE: ANXIETY

The KIDSMATTER PRIMARY website has an enormous amount of information and tip sheets for parents.

Just in the area of ANXIETY, there is information for parents and schools on how to support primary school aged children showing signs of anxiety. Anxiety affects both boys and girls and every child with anxiety does not present the same.

Does this story of Sara sound like your child?

When will Sara stop worrying?

Ten-year-old Sara is hard to get to school in the mornings. She seems happy all weekend until Sunday night arrives. On school days, it’s hard to get her out of bed. When she finally does get up, she takes ages to get dressed. She often complains to her parents that she feels sick. She says 20 times, “When are you picking me up from school?”

Sara usually does her homework without any fuss. Often she takes extra time to make sure it is just right. Lately Sara has not been paying attention in school and has been telling her teacher she feels sick and wants to go home.

At night Sara won’t go to bed by herself. She says she’s scared of burglars. She won’t go on sleepovers to her friends’ houses either. Her parents aren’t sure whether it’s just a passing phase, but they’re concerned.

Click on this link for more information on anxiety in children and how you can help: https://www.kidsmatter.edu.au/health-and-community/resources-families/mental-health-difficulties/anxiety

ON THE WEB: ANXIETY

The Kids’ Health section of this Child and Youth Health website contains user-friendly information about many aspects of health including anxiety, for all those involved, including parents and carers.

They also have a parent line: 1300 364 100 and a youth line: 1300 13 1719


Topics include: What happens to your body when you feel scared? Why some people feel anxious? What you can do?