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

**AT SCHOOL**

**What’s KIDSMATTER all about exactly? Come and find out!**
Parents and carers, staff and community organisations are invited to attend our next meeting—find out what we’re doing to look after the mental fitness of our Caningeraba children and community. Have your say on what you like or would like to change. Share your ideas—we value your input.

**What’s on the agenda:**
- Kookaburra Program review
- RUOK? Week activities
- Support for Japanese families
- Community support agencies
  - MindUp trial
  - School activities list

**When:** **Wednesday 3 September 2014**
**Where:** **School library**
**Time:** **3-4 pm (we never go late)**

**AT HOME**

**Want to help your child through times of worry and anxiety?**

An exciting new program is now available for Australian children and young people aged between 8 and 17 years, and their parents.

**BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety.** The program is free, can be accessed anywhere, at any time and includes up to 10 sessions for children or young people. Parents can also take part in a separate parent program to learn ways of helping their child or young person manage anxiety.

For more information, or to access the program, please visit

How are you going with setting limits on the amount of time your children use things like computers, iPads, the DS, Wii, Xbox, smartphone etc?

Most parents wonder if their limit setting is actually worth it because they often feel like they have to constantly remind their children of boundaries with technology.

**Be encouraged, it IS worth it.**

A study with over 1,300 families in the US indicated some powerful benefits for children when parents set healthy limits on entertainment screen time (TV and video games) and limits on the type of content viewed.

**Benefits for children after 7 months of limited screen time:**
- Children were getting more sleep
- Children were getting better grades in school
- Body mass reduction (as children were simply moving around more)

**Benefits for children after 7 months of limiting exposure to violent media:**
- Children were exhibiting more helpful and cooperative pro-social behaviours at school
- Children were less aggressive toward their peers

*Adapted from Generation Next 2014*