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

This newsletter is all about the Parents and the Carers!

We’ve all heard it said that being a parent is perhaps the most important job in the world, and yet it’s one for which we don’t receive any training. In times gone by, we lived closer to our families, whereas nowadays we can easily find family members living in different cities and states, even different countries. Parenting tips, advice and support used to be shared between grandparents, aunts and uncles, whereas now, especially on the Gold Coast, more and more of us are parenting on our own, away from family support.

The government and community organisations (and Caningeraba SS) know this, and try to provide a range of support services for parents, including parenting courses and opportunities to meet others and share the parenting journey. This week’s newsletter is all about supporting Caningeraba parents and carers in doing the important job of looking after their children, our students!

UPCOMING OPPORTUNITIES FOR PARENTS

Drumming for Parents/Carers!

Pause! Relax! De-stress and have fun! Find out how rhythm can help your well-being. Rhythm is the mother tongue. Everyone has rhythm and everyone speaks it! The body is the one musical instrument we all carry with us.

Pam Day from Ed LinQ will be in our school working with staff and students in line with our KidsMatter focus on Thursday 26th June running workshops with children and staff and she is offering you this great opportunity too! Pam will lead you in about 30 minutes of drumming and body percussion, encouraging people to enjoy the music they are making and have some fun!

Come on, have a go! Bring a friend! End the term on a high!

Where: School library
When: 2.15pm Thursday, 26th June 2014
No need to book, just grab a friend/ partner and come along. Mums and Dads welcome, grandparents too!

Come along for a FREE afternoon tea and learn about:

How to look after your own mental wellbeing (whilst being a parent/ worker/partner/etc etc!)

Where: School library
When: Wednesday 6 AUGUST, 3pm- 4pm (Mark this day in your calendar!!)
Bring your kids!

This session will again be run by the fabulous PAM DAY from Edlink, who is a wealth of ideas and knowledge on how to look after your mental fitness (and she’s a great facilitator!)
**FREE local Parenting Course- 123 MAGIC and EMOTION COACHING!**

This course is a beautie! It helps you manage your children’s behaviour without yelling, arguing or spanking, and gives parents the skills to help their children when they really need someone to talk to.

**Where:** Varsity Lakes Community Resource Centre  
Mattocks Road, Varsity Lakes  
**When:** 3 Wednesdays from 23 July 2014, 9.30 to 12 midday  
**Limited Places**- Phone 5593 7006 to reserve your place.

**Do you have a child who lives with a disability or do you know someone who does?**

**Stepping Stones** is basically a Triple P program for parents/carers of children with a disability. Coming up next month is a **free** local course!

**Where:** Robina Disability Centre  
Level 2/2 Investigator Drive, Robina  
**When:** Starts Tuesday 25 July, 10.00am- 12.30pm  
**Limited Places:** Phone Sarah Garrett on 5656 5891 or email sarah.garrett@communities.qld.gov.au to reserve your place.

**Feedback from the last KidsMatter Full Team Meeting**

Thank you again to those parents who came along to share their ideas on how we can all work together to support the mental wellbeing of our children. As usual there was lots to talk about- here’s a snapshot:

- The Year Fives are going to be our trial group next semester, on a program called MindUp- a program to help children calm down, focus their mind and reflect; it’s backed by Goldie Hawn! We’re wanting to get feedback from the students and the teachers at the end of 2014, before we implement MindUp across the school in 2015. You can look it up for yourself on [www.thehawnfoundation.org/mindup](http://www.thehawnfoundation.org/mindup)

- We’re developing a detailed list of school term activities for parents, so they know what’s available for their children to do in the school breaks and after school, especially for those families new to the school or when children change grades. This will be out soon!

- We’re looking at also putting our KidsMatter newsletters out in Japanese and developing a support group for our Japanese families at the school. (Did you know that Japanese is the most common first language of families at the school after English?)

- Thanks to our Chappy Josh and others for compiling a list of local community agencies, the support/services they offer and how to contact them. This will be available soon on the school website (and hopefully also on the school app!)

The next Full KIDSMATTER Team meeting is **Wednesday 3rd September, 3-4pm in the library.**  
All welcome (and we never run late)!