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**

*9 people are already enrolled in our upcoming 5 week TRIPLE P positive parenting program!*

We’d like to make it 15- have you booked your place?

The Triple P – Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with evidence to show it works for most families. Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience, aggression. Triple P can help you deal with them all – and more!

**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

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**Did you make it to our KidsMatter afternoon tea: How to help your child with the ANGRIES?**

We had nearly 30 parents/ carers there and it was interesting to see people looking around the room and realising that lots of children (and adults!) get attacks of “the angries.” The main messages from the session were:

- **Anger is often a secondary emotion** and can arise out of other feelings such as sadness, stress, anxiety or being overwhelmed. The younger the child, the harder it is for them to let others know how they’re feeling in words, and often “the angries” are a sign that they may need some help. Giving some thought to what might be causing the anger can really help us decide how to manage it and help our children.

- We can’t avoid feeling angry, it happens to all of us, but we can try and **manage things** so that our anger doesn’t hurt ourselves and others. Things like keeping to school and home routines, ensuring children are eating well and getting enough sleep can often help, along with scheduling some special one on one time with each child at least every week. Keeping communication open between home and school when there are changes or difficulties, will hopefully mean your child can be supported to share what is troubling them, and they won’t need to express themselves so much through anger.

- The other thing we can do is **concentrate on the positive.** To help our children change their emotions, remember to praise and encourage good behaviour and try and find time to help them find and enjoy the things they’re good at.
• Ask for help. Doing a positive parenting course such as Triple P can really help with new ideas and skills to help you help your child. There are also a range of community organisations that can offer individual and group support for families. Caningeraba Kidsmatter newsletters provide local community support contacts.

Next KIDSMATTER meeting date announced!

Are you interested in knowing more about our KidsMatter plans for the year? Would you like to have some input?

When: Wednesday 28 May 2014
Where: School library
Time: 3-4 pm (we never go late)

Please come and join us! You don’t have to commit to all the meetings, just come along when you can.

How can I access the school Chaplain and what is his role at the school?

My name is Joshua Hinds, and I am the Caningeraba School Chaplain. The chaplain’s role is to assist in fostering the social, emotional and spiritual development of members of the school community. If you would like to speak to me, I am at Caningeraba on Tuesdays (all day), Thursday mornings and Fridays (all day). You can call me at the school on 55 686 333 and ask for the chaplain, or email me directly at josh@chappy.org.au.

Involvement for parents and students in the chaplaincy program within the school is completely voluntary.

What sort of support does the chaplain provide to parents and carers at Caningeraba?

- a respectful listening ear, at school, by phone or in your home.
- emotional support to families, including at times of grief and loss.
- referrals to appropriate support groups and agencies.

What support do I provide for the children?

- Presenting positive Christian values throughout the children’s primary school years both at school and away from school (eg by attending excursions, camps and other events).
- Presenting the Hollyoake’s Drumbeat social skills program for children in the middle and upper years.
- Holding open drumming sessions in the lunch breaks.
  Tuesday second break, Thursday first break and Friday first break in the Music Block. (All children in Years 3 to 7 are free to come along.)
- Providing individual “touching base” sessions with students on a weekly basis, with written permission from parents.

IN THE COMMUNITY
www.mycommunitydirectory.com.au

This is a great website to source local community groups and agencies. Simply go to the home page and type in your suburb and every support group in the area will come up. If you do not have internet access but would like to check out this site please contact the chaplain at the school and he will provide internet access for you, or you can use the internet at any Gold Coast city library.