NOVEMBER 2014 KIDSMATTER NEWSLETTER

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

AT SCHOOL

Does your child worry too much?

Over 30 parents and staff enjoyed a very successful afternoon session with Melita from the Palm Beach Neighbourhood Centre recently. Melita focussed on presenting information on what to consider if your child worries too much. Now Melita will be doing a follow up half day workshop with parents who are interested in knowing more and developing strategies to help their children “deal with their worries”.

In this session you will learn how to

- spot the signs and symptoms of anxiety,
- help your child through moments of stress,
- help build resilience in your children.

When: **Wednesday 19 November 2014**
Where: **School library**
Time: **9-12.30**
To register: **Phone 5598 1505**
(Please note that there will be no babysitting for this session)

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.

When: **Wednesday 26 November 2014**
Where: **School library**
Time: **3-4 pm (we never go late)**
(Please note that there is no babysitting for this session)