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21 March 2024

## From the Guidance Officer



## Behaviour is Communication: Part 2

Behaviour is communication and it plays a role in alerting us to distress in children. What is difficult for most parents and professionals is finding responses that discourage inappropriate behaviour in a way that is helpful to the child and builds self-esteem. Family Therapist Peter Marrington recommends the following **Principles for Effective Parenting**:

- 1. Parents need to be consistent.** There needs to be a consequence for an event, be it punishment for non-compliance or reward for a job well done. The task needs to be measurable, there needs to be a set time for completion, and there needs to be a consequence for non-compliance that is known in advance. Then the parents need to follow through. Ideally, consequences should come right after the event. Knowing that the rules are always applied consistently and predictably gives a child a feeling of safety.
- 2. Parents need to be united.** There needs to be one set of rules equally enforced by both parents. If parents

have different opinions they should tell the child they need to discuss it and then present the decision as a unit: ***“We have decided.....”***

**3. Parents need to be in charge.** Children need to know that parents are in charge and are prepared to set clear boundaries. Children who have excessive power become distressed, and this will appear in challenging behaviour.

**4. Parents need to exercise appropriate involvement in children’s growth.** The degree of parental involvement needs to change as children develop and grow older. This involves parents gradually withdrawing from the child’s life and allowing the child to fail in order to learn. Parents should encourage and nourish but also encourage experimentation and learning from mistakes.

**5. Parents need to balance their time in different roles.** Parents have individual needs for social, academic and work roles as well as family roles. Making time for your individual needs is essential and acts as a great stress preventative.

**6. Parents need to have realistic (age appropriate) expectations.** Having an understanding of what is appropriate for a child at each stage of physical and emotional development is essential. One of the most challenging tasks for parents to accept in adolescence can be the need for the child to become separate. Adolescence is a dance between individuation, or separating from family, and the need for family support. It is difficult to separate from people on whom one is so dependent, and sometimes difficult for parents to let go while still enforcing appropriate boundaries. A sense of humour and a willingness to see things from the adolescent’s point of view are great parental assets during this stage.

**7. Parents need to offer permissions and encouragement.** Permissions are about allowing and encouraging failure. Encourage the 48% on the maths test! Give permission to mess things up and get things wrong. If a child feels valued, understood and loved when things have gone wrong it can be a great motivator. This kind of unconditional support is a key ingredient in building self-esteem in our children.

**Soraya Moon, Guidance Officer**

## Student of the Week



Congratulations to the following students who have received a Student of the Week award at their assembly last week:

<b>PM</b>	Ollie	<b>P/1Y</b>	Cara
<b>1M</b>	Maxwell & Enzo	<b>2P</b>	Rose
<b>3G</b>	Konami	<b>3P</b>	Scarlett
<b>3S</b>	Indie	<b>3W</b>	Sean
<b>4B</b>	Zoe	<b>4S</b>	Arav
<b>5/6R</b>	Jaxson & Maya	<b>5W</b>	Cooper
<b>6G</b>	Tkay	<b>6M</b>	Thomas
<b>6O</b>	Lucas	<b>6P</b>	Henry
<b>6W</b>	Hosea		

## Cross Country Timetable – Monday 25 March

Time	Class/year level	Time	Class/year level
<b>8:55</b>	Prep Maroon	<b>10:10</b>	2R
<b>9:00</b>	Prep White	<b>10:15</b>	2W
<b>9:10</b>	Prep Orange	<b>10:20</b>	2O
<b>9:15</b>	Prep Silver	<b>10:25</b>	2G
<b>9:20</b>	Prep Blue	<b>10:30</b>	2S
<b>9:25</b>	Prep Gold	<b>10:50</b>	Lunch/Break
<b>9:30</b>	Prep/Year 1	<b>11:30</b>	Yr 3 Girls
<b>9:35</b>	1R	<b>11:45</b>	Yr 3 Boys

9:40	1B	12:00	Yr 4 Girls
9:45	1S	12:15	Yr 4 Boys
9:50	1G	12:30	Yr 5 Girls
9:55	1M	12:45	Yr 5 Boys
10:00	2P	1:00	Yr 6 Girls
10:05	2M	1:15	Yr 6 Boys

## Easter Hat Parades

It is that wonderful time of the year when our Prep and Year 1 students have their Easter Hat Parades. We welcome our families to join us in the school hall to celebrate this event.

### Easter Hat Parade P/1Y & Year 1

Day: Thursday 28<sup>th</sup> March

Time: 9:15am

Where: Hall

### Easter Hat Parade Prep Stars

Day: Thursday 28<sup>th</sup> March

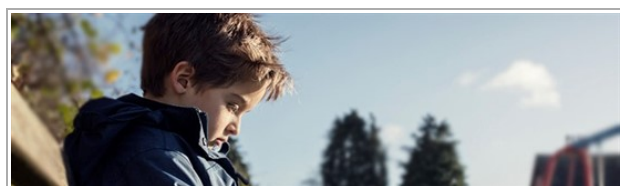
Time: 12pm

Where: Hall



## MindUP

### Mindfulness for children



### What is mindfulness?

Mindfulness is a whole body-mind state of awareness

that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

### Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

### The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and [decision making](#)
- Mindfulness training involves tuning in to internal and external experiences with [curiosity](#) resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children's ability to [self-regulate](#) their emotions, especially difficult emotions such as [fear](#) and [anger](#), through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to [build positive relationships](#).

## Mindfulness and childhood mental health

- Mindfulness training has been shown to reduce the severity of [depression](#), [anxiety](#) and [ADHD](#) in children.
- Mindfulness builds [resilience](#) by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

## Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

## Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

## Diary Dates



Please phone our Events Line on 5568 6388 for ALL up-to-date information on excursions, interschool sport draws, athletics and cancellations due to weather.

Thursday 21 March	Year 1	Puppet Show incursion
Thursday 21 March	All	P&C Disco
Friday 22 March	Yr 5 & 6	Interschool Sport trials
Monday 25 March	All	Cross Country
Thursday 28 March	Prep & Year 1	Easter Hat Parade (Hall) – Year 1 at 9:15am & Prep at 12pm
Thursday 28 March	All	Last day of Term 1
Friday 29 March	All	Good Friday Public Holiday
Monday 15 April	All	First day of Term 2
Thursday 18 April	2G & 2O	Jellurgal excursion



Friday 19 April	Yr 5 & 6	Interschool Sport
Monday 22 April – Wednesday 24 April	Year 5	Year 5 Camp – Tyalgum
Tuesday 23 April	2P & 2W	Jellurgal excursion
Wednesday 24 April	All	9:15am ANZAC Ceremony in Hall
Thursday 25 April	All	Public Holiday – ANZAC Day
Friday 26 April	Yr 5 & 6	Interschool Sport
Thursday 2 May	Year 5	Starlab Incursion
Friday 3 May	Yr 5 & 6	Interschool Sport
Monday 6 May	All	Public Holiday – Labour Day
Tuesday 7 May	2S	Jellurgal excursion
Wednesday 8 May	All	Mother's Day stall
Thursday 9 May	All	Mother's Day stall
Thursday 9 May	2M & 2R	Jellurgal excursion
Friday 10 May	Yr 5 & 6	Interschool Sport

Your compliance with this procedure would be much appreciated.

#### Administration Office

## Lost Property

There is a large BLUE lost property box outside the administration office. Please ask your child to check it for any items of clothing that may belong to them. Parents are also welcome to come and have a look.

Items such as watches, glasses, jewellery, keys, etc are kept in the office.

There is a limit however, on how long we can keep items that go unclaimed.

#### Administration Office

## Spare Uniforms

We currently have no spare shorts in the office. If your child has borrowed a uniform, can you please ensure it is washed and returned to the office as soon as possible. That will save us from having to phone parents to bring in a change of clothes when required.

#### Administration Office

## Students leaving early

Please call the administration office well in advance if you need to collect your child before the end of the school day. Avoid break times which are 10:50am-11:30am and 1:30pm – 2:10pm as your child will be somewhere in the playground and therefore unreachable.

If you arrive unexpectedly, please be prepared to wait while we locate your child.

We would also like to remind parents that students should only be leaving early for medical appointments.

## Community News

World Oral Health Day 20 March PRESENTS

TOOTHIE THE BEAVER IN

# A HAPPY MOUTH IS... A HAPPY BODY

"FROM YOUR MOUTH,  
TO YOUR HEART,  
LUNGS AND BRAIN,  
IT'S ALL CONNECTED.  
TOGETHER, LET'S  
MAKE ORAL HEALTH A  
PRIORITY AND  
CELEBRATE WORLD  
ORAL HEALTH DAY!"

Toothie

#WOHD24  
#HappyMouth

20 MARCH

JOIN OUR JOURNEY TO  
HEALTHIER, HAPPIER LIVES.

worldoralhealthday.org

WATCH ON:

fdi 3M HALOON Dentsply Sirona SmileTrain

# TERM 2 IN PERSON WORKSHOPS

BRISBANE (East Brisbane) | MONDAY 29TH APRIL  
MELBOURNE (Carlton North) | THURSDAY 9TH MAY  
SYDNEY (Burwood) | WEDNESDAY 15TH MAY

**Educator workshop:** 9am - 3.30pm

**Parent workshop:** 9am - 1.30pm

Secure your spot via our website [www.happyhealthykids.net.au](http://www.happyhealthykids.net.au)

*Please visit our website to ensure this workshop is right for you*

**100% of participants would recommend our workshop  
to other parents and educators!**

