



Caningeraba State School

4-20 Whistler Drive
Burleigh Waters QLD 4220
Subscribe: <https://caningerass.schoolzineplus.com/subscribe>
Events Line: 07 5568 6388

Email: admin@caningerabass.eq.edu.au
Phone: 07 5568 6333
Absence Line: 07 5568 6377



28 November 2024

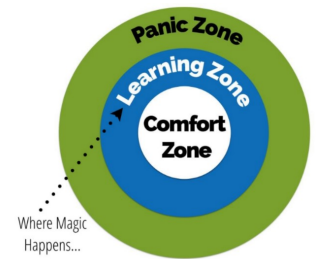
From the Pedagogy Coach

The Learning Zone

You've been asked to do something completely new. Something beyond your experience or skills. How do you react? Are you excited by the prospect of learning something new? Or do you feel stressed and overwhelmed?

The end of the year often means changes are just around the corner. At school of course this means a change of year levels and a change of teachers, classmates and of expectations. It may mean going to a new school if your child is in year 6 or you are moving away from the area. There may be feelings of excitement and also uncertainty. It may feel uncomfortable and it is likely that you and your child will be stepping out of your comfort zones, where things are familiar, you feel at ease and have a sense of control over your environment.

The Learning Zone Model was originally developed by psychologist Lev Vygotsky. It demonstrates how, in order to learn successfully, we must be challenged. But the balance needs to be just right: if we're not pushed hard enough, we're unlikely to step out of our comfort zone, if we're pushed too hard, we can start to panic and feel overwhelmed. In both cases, learning is restricted. Instead, we need to aim for the 'sweet spot' that is the learning zone.



Here are some things you can talk to your child about to help them step out of their comfort zone and grow from new experiences.

1. Find out information. The goal here is to find out about whatever skill or activity you're pursuing. Talk to people who have done the same thing. Read books on the subject. Furthermore, it's important to identify the key challenges you're going to face and what you'll do to overcome them.

3. Breaking out of our comfort zone starts with the first step. Once you have a plan in place, start with that crucial initial action. When you step outside your comfort zone ever so slightly, you gain the energy and confidence necessary to take a bigger step forward and step further outside of your comfort zone.
4. Don't allow negativity to creep into your mind. Remind yourself that it's going to get easier. Keep expanding your comfort zone.
5. Look for new challenges. Find things that you would never imagine you would do. The truth is you might actually learn to *like* what you're doing. Maybe you'll find that this experience will provide an opportunity you never knew existed.

Belinda Josey
Pedagogy Coach

MindUP

MindUp is the resource chosen to embed an explicit social and emotional learning program into the school.

Lesson 15: Taking Mindful Action in the World (Part One)

What are mindful actions?

“Whether they involve one or many individuals, mindful actions are purposefully planned activities that create a healthier, happier world and set a precedent for other people to follow. You might say that mindful actions take acts of kindness to the world beyond the classroom.”

In weeks 7 to 9 of Term 4 each year and across all year levels, Caningeraba students will be engaged in activities that essentially call on them to carry out acts of kindness beyond the classroom for others in the school, the community, the country or indeed, the world. Developmentally this is quite a challenge, especially for the children in the younger grades, but the experience of stepping out from one's own needs and understanding that we can all play a role in improving our community is very valuable.

This topic often really lights up the eyes of students, taps in to areas of interest and passion, and helps develop a sense of working together for the common good, for trying

to make a difference even as a young child, in a very big world. The causes are endless, as are the actions the students can take. We have all heard those stories of 8-year-old children setting up a charity to help save an animal from extinction, or provide drinking water to villagers without it. Leading up to Christmas is a great time for these discussions and acts to take place, to take the focus off receiving and put it on to giving.

P&C News

Christmas Raffle

Time is running out to grab your tickets for our school raffle – sales close on December 2nd, and winners will be drawn on December 4th!

Ticket sales have been slow, so we need your support to reach our goal! Every ticket sold helps fund essential projects for our school community.

Please purchase your tickets today or share the link with friends, family, and neighbours. Together, we can make a difference!

Don't wait – get your tickets now! [Click here](#) to purchase tickets or for more information.

[Click here to download the Caningeraba P&C Christmas Raffle Details](#)

Uniform Shop Extended Hours

To assist families in preparing for the end of this year and the start of 2025, we will be extending the uniform shop hours as follows;

CANINGERABA STATE SCHOOL P&C



**UNIFORM SHOP
OPENING HOURS DURING WEEKS 9 & 10**



- TIMETABLE -

Monday 25th of Nov & 2nd of Dec:
2.30-3.30pm

Wednesday 27th of Nov & 4th of Dec:
8.00-10.00am

Thursday 28th Nov & 5th of Dec:
2.30-3.30pm

Friday 29th of Nov & 6th of Dec:
8.00-10.00am



Weeks 9, 10, & 11 2024:

Monday: Nov 25, Dec 2, & Dec 9 (2:30-3:30 PM)
 Wednesday: Nov 27, Dec 4, & Dec 11 (8:00-10:00 AM)
 Thursday: Nov 28 & Dec 5 (2:30-3:30 PM)
 Friday: Nov 29, Dec 6, & Dec 13 (8:00-10:00 AM)

These extended hours are designed to support new families and those who may need to catch up after holiday growth spurts.

Week 0 2025: Monday 20 January – Friday 24 January

Mornings

8:00 – 8:30 AM: Pick-up ONLY (Flexischools pre-purchased orders)
 8:30 – 11:30 AM: Fittings & on-the-spot purchases

Afternoons

2:30 – 3:30 PM: Pick-up ONLY (Flexischools pre-purchased orders)

Week 1 2025: Tuesday 28 January – Friday 31 January

Mornings

8:00 – 8:30 AM: Pick-up ONLY (Flexischools pre-purchased orders)
 8:30 – 11:30 AM: Fittings & on-the-spot purchases

Afternoons

2:30 – 3:30 PM: Pick-up ONLY (Flexischools pre-purchased

orders)

From Week 2 2025, Monday 3 February, onwards

Mondays: 8:00 – 10:00 AM
 Wednesdays: 8:00 – 9:00 AM & 2:30 – 3:30 PM
 Fridays: 8:00 – 10:00 AM

Prep Enrolments

If your child turns 5 on or before June 30, 2025, it's time to enrol them for Prep next year! Enrolment packs are available at the school office or can be downloaded from our [website](#). Lodging your enrolment forms helps us to plan effectively for 2025, so please complete and submit your forms as soon as possible.

Thank-you for assisting us in preparing for an exciting year ahead!

Student of the Week



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

P/1Y	Radlee	1M	Zara
2G	Spencer	3R	Charli
4B	Jazmin	4P	Bonnie
4S	Lucy	5/6R	Maya and Jai
6M	Aaliyah		

Diary Dates



Thursday 28 November	Year 6	Miami/Merrimac/Varisty/Robina - Year 6 into Year 7 Transition Day
Thursday 28 November	Prep & Year 1	Swim Program
Friday 29 November	Prep & Year 1	Swim Program
Friday 29 November	All	Sport Assembly 12pm in the hall
Monday 2 December	Year 6	Elanora/PBC/Marymount College Year 6 into year 7 Transition Day
Tuesday 3 December	Year 6	Year 6 Graduation
Wednesday 4 December	All	Meet the Teacher 9.30am
Wednesday 4 December	Year 4	Year 4 Christmas Performance – Hall 12:50pm
Thursday 5 December	Year 6	Year 6 Swimming Day
Friday 6 December	Year 1	Year 1 Concert Hall 9.15am
Friday 6 December	Prep	Prep Concert Hall 12pm
Friday 6 December	All	Farewell to Year 6 Students - Assembly - 02:10 PM
Monday 9 December	All	Class Christmas Parties
Tuesday 10 December	All	Class Christmas Parties
Wednesday 11 December	All	Active School Travel Celebration Day – Crazy socks
Wednesday 11 December	All	Class Christmas Parties
Thursday 12 December	All	Class Christmas Parties

Friday 13 December	All	Last Day of Term 4, 2024
Friday 13 December	All	Class Christmas Parties
Monday 27 January	All	Australia Day Public Holiday
Tuesday 28 January	All	First Day of Term 1, 2025

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.

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.

Parents/Caregivers who arrive during lunch breaks with no previous arrangements will be required to wait in the office area until the end of the break when a classroom can be contacted to locate their child.

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.

Your compliance with this procedure would be much appreciated.

Administration Office

School Watch

The School Watch program encourages everyone to look out for and report any after-hours crime in our schools.

Empty schools can become targets for unlawful entry, arson, stealing, graffiti and property damage, especially during school holiday periods. This comes at a cost to the whole community and not just the financial cost of repairs.

The School Watch program is a partnership between the Department of Education and Protective Services Group, Queensland Police Service, providing a way for members of the community to report anything they see that is suspicious, even if it seems minor.

On average, more than 700 calls are made to School Watch every year, helping to keep our schools safe.

Look, Listen, Report. Call School Watch on **13 17 88**.

If you see a crime in progress, call Triple Zero (000).



Community News

Christmas at Stockland Burleigh Heads

This Saturday, Santa will be arriving at Stockland Burleigh Heads. We will be welcoming Santa to the Centre with a parade commencing at 9am. After the parade, the Christmas festivity continues with free entertainment in Outdoor Eats near Nook Espresso.

We invite families within the community to join us in welcoming Santa. More information on the event can be found [here](#). Please do not hesitate to reach out to Stockland Burleigh Heads on (07) 5535 9666 from 9am to 5pm, with any queries.