



**Caningeraba  
State School**

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16 May 2024

## From the Associate Principal

### MindUP – Sharpening Our Senses

This term in MindUp, our social emotional learning curriculum at Caningeraba, our students are learning about their senses. By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity and physical performance.

The same ability to notice important details and differentiate among the scents, sounds, visual images and other sensory details your brain receives can also help you respond more mindfully to people and events around you.

When we deliberately focus our attention, we activate our sensory data filter, the reticular activating

system, and its pathways to the prefrontal cortex, then our neural circuits grow stronger. With these growing stronger we are then able to “tune in” to what’s important for us to know, learn and interact with.

Over the 10 weeks of Term 2 our students will be learning how to mindfully listen (yippee!), mindfully see, mindfully smell, mindfully taste and mindfully move!

When you think about it, our reality comes through our senses and this is how we make sense of the world. If we are prone to worrying or have repetitive loops of thoughts going around in our head, sharpening our senses also can help us with “grounding”. Grounding techniques help us to get back into our bodies and out of our minds. This can help with anxiety, stress, panic attacks, negative/intrusive or racing thoughts/memories and impulsive behaviours.

Grounding activities can be very simple. Here is an easy one for the next time you are feeling a little overwhelmed with all that is happening in your world. Slow down, take a breath and count back from 5, but include your senses. 5-4-3-2-1. 5 things you see, 4 things you feel, 3 things you

hear, 2 things you smell, 1 thing you taste.

## **Appreciating our children**

As parent/caregiver we spend a lot of our time trying to be a good parent/caregiver, doing whatever we can for our children whilst balancing the needs and demands of a busy life. Increasingly at times you might feel like a manager – managing a household, managing time, managing a job and managing children's behaviour.

So often, today, we hear about the costs of having children. These are usually described as economic, social or career costs. We hear of the sacrifices made by adults in their lives as a result of having children.

It is sometimes easy to lose sight of what is important. In the middle of life's busy pace, take the time out to reflect on the ways your child contributes to your life.

Children enrich our lives in so many ways

Children give parents:

- Unconditional love and admiration just for being you
- Trust that you are the strongest, wisest and bravest person in the world
- The chance to be a child again through sharing in the magic and wonder of their emerging world
- The chance to experience an intensity of emotion and range of strengths and skills that may otherwise have remained hidden from you
- The chance to reflect on your own values, attitudes and assumptions about the world
- The chance to re-experience the joy and pleasure to be found in children's play
- The chance to share in their fun and laughter
- The chance to revisit your own childhood
- The chance to take time out from being a grown up

With all the devices that we have on offer it is easy for us all to be in separate rooms. Carve out the time to be together. Those screens are always going to be there – but they are only little for such a short time. Take the time to connect with each other, not the devices.

One of the greatest gifts parents can give themselves is time with their children. Take some time each day

to laugh, cry, play, dream, wonder and explore with your child.

*If you want your children to turn out well, spend twice as much time with them, and half as much money - Abigail Van Buren*

*Ideas included from the Australian Childhood Foundation*

## **Some tips from the experts – Triple P Parenting – On Screentime**

Are you facing children's challenging behaviour at home? Tantrum, increased anxiety, poor sleeping, fatigue, mood swing, lack of social awareness ... Is your child obsessed with their devices? Then perhaps, it's time to think about your family digital wellbeing. Let's have a look at Triple P Parenting tip sheet on Healthy Screentime Habit.

What are screentime problems?

- Family disagreements over screentime can lead to conflicts. Also, too much screentime may have negative effects on: behavioural problems, anxiety, hyperactivity, attention, weight and diets, and psychosocial health.
- Sleep problems, including trouble falling asleep and poor-quality sleep. Blue light from screens prevents melatonin (a sleep hormone) from being released. Screen use (including playing video games) also stimulates the brain and release cortisol (a wakeful or stress hormone). Having too little sleep can impair memory and thinking the next day.
- Physical problems with vision (e.g., sore eyes. Near sightedness, sensitivity to light), posture, poor eating habit (e.g., snacking).
- Finding it hard to turn off screens or enjoy other activities. Screens and exciting games can increase dopamine (a feel-good hormone). Too much dopamine can cause difficulties with impulse control and aggression.
- Emotional outbursts. (e.g., tantrums) when children are told to finish a screen activity.
- Emotional harm from exposure to unsuitable (e.g., violent or sexually explicit) content.
- Poor language development and social skills. (e.g., keeping eye contact, holding a conversation, face to face interactions).

## **What is a healthy amount of Screentime?**

There is evidence that more than 2 hours of screentime per day is linked to depression in some children.

National guideline for screentime recommends:

- no screen time for children younger than two years
- no more than one hour per day for children aged 2–5 years
- no more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

Parents should set limits that take accounts to their child's needs for sleep, exercise, creative play and time with others. Limits also need to take account of what the screen is being used for. Using screens for homework is different to scrolling through images on social media.

### **Why do screentime problems develop?**

Screentime problems develop for many reasons, including how parents manage the use of devices.

They may model poor screen habits by constantly checking their phone or using devices during mealtimes. It is easy to rely on devices to keep children entertained. However, this can stop children learning other ways to occupy themselves.

There may be disagreements between parents, children and siblings over screentime rules. Parents and siblings can also accidentally reward problem behaviours. (e.g., letting a child keep using a device to stop an argument or calm them down).

Peers can introduce to unsuitable content or use of devices by giving approval and attention.

Parents may also give access to digital devices too early. Many parents give their primary school aged child a phone for safety reasons, however, its best not to give pre-teenage children an unrestricted device.

### **How to help prevent problems with screentime**

- **Be a good role model**

Monitor and manage your own screen use. Show that you can put your devices away. Sop your own screen use while someone wants your attention.

- **Have a clear rules and limits**

Set fair limits around screentime and how devices are to be used. Here are some suggestions.

- Agree on an amount of daily screentime and how long in one sitting (e.g.,40 minutes). You may decide on different limits for weekends and holidays.
- You may like to use a timer to help your child keep track of time. Explain you will give a 5-minute warning. Let them know they are to stop the game or activity when the time is up.
- Agree on limits, like no phone during homework and no devices in the bedroom overnight.
- Ask your child to tell you what content or app they are using and get your permission before starting.
- Encourage balance by setting goals like having 8-10 hours sleep each night and having at least 1 hour of physical activity each day.
- Prepare your child to find something else to do when taking a turn on a device.
- **Be a technology smart parent**

Be familiar with apps and games that your child is using and if they are age appropriate. Read reviews and or play games first yourself to check they are suitable.

Many children's games and apps have social connection and geolocation function. Talk with your child about privacy and cyber safety.

- **Be conscious of child safety**

Don't use screens when adult supervision of children is needed (e.g., around busy roads and drowning hazards sch as swimming pools or beaches).

- **Put away devices at mealtime**

Help your child to focus on their eating (e.g., recognise when they are full).

- **Avoid screen use near bedtime**

It's recommended that children don't look at screens for at least 1 hours before bedtime. Consider turning off the home WI-FI. Recharge devices overnight outside of bedrooms.

- **Have some digital free areas and times**

'No-go" zones for screens may include family conversations and activities and getting ready for school.

Monitor screen use for homework and help your

child develop good study habits. Some families have a screen free day every week so children have the time and space to be active, creative and imaginative.

How to teach your child healthy screentime habits?

- **Keep track of the rules about screen use**

Praise responsible behaviours (e.g., taking care of devices, calmly switching off when the time is up).

- **Show an interest in your child's screen use**

Talk with your child while they are involved in an activity, show interest by asking about the rule of the games, what programs they are using or which friend they are interacting with.

- **Check content is appropriate**

Praise them for making good choices. Let them know they can always ask you for help if they are upset by anything they see.

- **Encourage your child to take a break**

Whether the screentime is for study or fun, encourage your child to take a 20 second break every 20 minutes. They could look at something in the distance to help their eyes refocus and avoid eye strain. They could stand, stretch and move to help their circulation and posture.

How to manage conflict over screentime?

- **Use logical consequences**

If your child breaks a rule, avoid criticising or arguing about it. Simply tell them what rule they have broken and the consequence. For example, reduce the next use of the device by 5 minutes for each time a rule is broken.

If the rules are broken again on the same day, be prepared to stop use of all screen devices for a longer time (such as half a day). Check your child knows the rules when they next have access to a device.

- **If problems persist, work out a plan together**

Hold a family meeting to share your concerns and work out a plan together. Be clear about the problems (e.g., nagging or complaining about access to devices, refusal to stop when the time is up, arguing and fighting with siblings).

Explain why it is a problem. Ask for your child's opinion

about why the problem is happening.

Discuss possible ways to solve the problems such as:

- Setting reminders
- Using different consequences
- Renegotiating limits, such as which websites or apps are OK to access
- Earning extra screentime on the weekend for following the rules during the week
- Agreeing to spend screentime together.

You can write out your plan like a contract or agreement that everyone signs. You may like to set up a daily plan for time spent on school, homework, after school activities, chores and family time, and see how much time is left for free time and screentime.

There are various products and device functions which allow you to see which apps are being used in your home and for how long. Start with [Google family Link](#) for Android devices or [Parental controls](#) and [Screen time](#) for iPhone/iPad.

**More readings and listening:**

- esafety commissioner

[Click here to visit the Screen Time webpage](#)

- Being active is important for children and young people to grow healthy. But how much activity children and teenagers should do each day?

[Click here for more information](#)

- Australian Institutes of Family Studies (AIFS)
- Triple P Positive parenting program

[Click here for more information](#)

<https://www.triplep-parenting.net.au/qld-en/free-parenting-courses/triple-p-online-under-12/>

- A Pod cast 'Optimising Your Digital wellbeing with Dr Kristy Goodwin' is time worth spent!

## P&C News

### Mothers & Special Persons Day Stall Recap



A heartfelt thank you to all the volunteers who played a crucial role in the success of our Mother's and Special Persons Day stall over Wednesday and Thursday last week.

Over the two days witnessing the children's excitement as they purchased gifts for their loved ones was truly heart-warming. We would also like to share a heart-warming story about a few year 6 students who selflessly used their own money to support and cover some of the expenses of prep buddies. Their actions were driven by genuine care and concern for their younger class buddies, rather than seeking recognition or rewards. Though the amounts may seem small, as little as 50 cents or a dollar, they truly reflect the kindness and compassion of these wonderful children we have at Caningeraba.

We hope that all mothers and special persons had a fantastic day on Sunday for Mother's Day. We want to assure all the mothers and special individuals that the children put a lot of thought and effort into choosing your gifts.

### Mothers & Special Persons Day Raffle Winner

We are excited to announce that Louise McCullagh has been selected as the lucky winner of our P&C

Mothers/Special Person's Day Raffle! We sincerely appreciate everyone who bought tickets. We would also like to extend a special thanks to our wonderful PCYC, as well as Hermann Vorster and Michael Hart – LNP for Burleigh, for their generous contributions to the raffle prize!

The funds collected from the raffle and profit from the Mothers and Special Persons Day Stall will contribute to our school's P&C fundraising goal of building a new playground for our school. Your generosity in purchasing raffle tickets and purchasing gifts at the stall has truly made a positive impact!

### Tuckshop News

Fridays at our Tuckshop are bustling with excitement! With double the orders compared to other days, we need all hands on deck to keep up with the frenzy. If you have availability on Fridays or any other day of the week, we'd love to have you join our team and help us tackle the challenge with ease.

Click the link to volunteer in the tuckshop

[Click here to Sign Up online](https://volunteersignup.org/B9QBP)  
<https://volunteersignup.org/B9QBP>

Please note: If you're not a direct parent or caregiver of a child at Caningeraba, a blue card is required for volunteering. Click here to apply for a Blue Card:

[Click here for more information](#)

**Caningeraba P&C Committee**

## Student of the Week



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

PM	Summer	PS	Matilda
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<b>P/1Y</b>	Oliver	<b>PW</b>	Georgia
<b>1M</b>	Molly	<b>2P</b>	Tarique
<b>2G</b>	Wren	<b>3/4M</b>	Thiya & Vincent
<b>2R</b>	Eden	<b>3B</b>	Byron
<b>3G</b>	Neve	<b>3O</b>	Taj
<b>3P</b>	Ava	<b>3R</b>	Zeke
<b>3S</b>	Murphy	<b>3W</b>	Kahu
<b>4W</b>	Sophie	<b>4B</b>	Kirra
<b>4G</b>	Millie	<b>4O</b>	Rikkelle
<b>4P</b>	Kandi & Lucy	<b>4S</b>	Sonny
<b>5W</b>	Adam	<b>6P</b>	Aylin
<b>6M</b>	Harvi & Milla	<b>6O</b>	Joel
<b>6W</b>	Scott		

## Diary Dates



Friday 17 May	Yr 5 & 6	Interschool Sport
Tuesday 21 May	1S & P/1Y	Heritage Museum excursion
Tuesday 21 May	Various	Da Vinci Decathlon – St Joseph's Nudgee College
Wednesday 22 May	Leaders & Mr McConnell	Parliament Visit
Thursday 23 May	4G, 4O & 4S	Currumbin Wildlife excursion
Thursday 23 May	1R & 1M	Heritage Museum excursion
Friday 24 May	Yr 5 & 6	Interschool Sport
Friday 24 May	1B & 1G	Heritage Museum excursion
Tuesday 28 May	Yr 5 & Yr 6 Band & strings ensembles	Fanfare at Miami High

Tuesday 28 May	Yr 1	Fire Truck visit
Friday 31 May	Yr 5 & 6	Interschool Sport
Wednesday 5 June	Various	Strings performance in the hall 2:30pm
Friday 7 June	Various	Year 4 Band performance in the hall 2:10pm
Friday 7 June	Yr 5 & 6	Interschool Sport
Monday 10 June	Year 4	Athletics carnival
Monday 10 June	Year 5	Year 5 Band performance in the hall at 2:30pm
Tuesday 11 June	Year 5	Athletics carnival
Tuesday 11 June	Year 6	Year 6 Band performance in the hall at 2:30pm
Wednesday 12 June	Year 6	Athletics carnival
Wednesday 12 June	Various	Gold Coast Primary Coastal Interschool chess – Trinity Lutheran College
Thursday 13 June	All	P&C Disco
Friday 14 June	Prep	HOTA excursion
Monday 17 June	Prep & Yr 1	Athletics carnival
Tuesday 18 June	Yr 2 & Yr 3	Athletic carnival
Thursday 20 June	All	Active School Travel Celebration Day
Friday 21 June	All	Talent Show
Friday 21 June	All	Last day of term 2
Monday 8 July	All	First day of term 3

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.

## News from the PE shed!

After multiple rain delays, we finally finished our Junior and Senior Cross-Country Carnivals. It is never easy to complete a long-distance run, especially with little legs, so well done to all students that completed the course. Bluegum finished overall winners, followed by Acacia, Banksia and Eucalypt.

Further congratulations must go to the students who finished their race in the top 6 according to their age group, and qualified to represent Caningeraba



at the Oceanic Cross-Country Championships, which was held last Wednesday in Week 4.

10 Year Girls	10 Year Boys	11 Year Girls	11 Year Boys	12 Year Girls	12 Year Boys	13 Year Boys
Emmy	Louie	Indiana	Leo	Laila	Jaxson	Lec
India	Nixon	Zara	Bailey	Charlotte	Jenson	
Mila	Max	Frankie	Tommy	Sophia	Hayden	
Bonnie	Otis	Vera	Alexander	Olivia	Corey	
Lily	Lennox	Chloe	Jack	Lani	Allen	
Sienna	Calvin	Kaiya	Zac	Nylah	Charlie	

Emmy (8th), Frankie (3rd), Louie (1st), Nixon (4th), Max (7th), Leo (3rd) and Bailey (6th) have all qualified to represent the Oceanic District at the upcoming South Coast Championships later this month.

### **Best of luck, Students!**

A further shoutout must go to the following students who have recently made an Oceanic or South Coast representative team:

South Coast Rugby League: Jaxson

Oceanic Rugby Union: Jaxson, Jordan and Adam

South Coast Rugby Union: Jaxson

South Coast Hockey: Myla

Oceanic Tennis: Harley

South Coast Football: Jenson

**Mr Goonan, PE Teacher**

## **Week 4 Interschool Sport Results**

Sport	Team	Opponent	Player of the Match
	Score	Score	
5A Rugby League	Caningeraba	Burleigh (Friendly)	Orlando

6A Rugby League	Caningeraba 16	Currumbin 16	Jordan
5A OZ Tag	Caningeraba 3	Currumbin SS (Green) 18	Isabelle & Lucy
5B OZ Tag	Caningeraba 11	William Duncan 7	India & Zara
6A OZ Tag Blue	Caningeraba 7	Merrimac SS 7	Aaliyah
6A OZ Tag White	Caningeraba 11	St Augustine (Gold) 2	Miraya & Anaya
6B OZ Tag Blue	Caningeraba 6	Merrimac SS 4	Everleigh
6B OZ Tag White	Caningeraba 3	Burleigh Heads SS 11	Olivia
5A Netball	Caningeraba 10	Currumbin 6	Coco
5B Netball	Caningeraba 0	Palm Beach 10	Mahli
6A Netball	Caningeraba 23	Elanora 4	Elle
6B Netball	Caningeraba 9	Currumbin Valley 2	Imogen
5A AFL	Caningeraba		
6A AFL	Caningeraba		
5A Boys Soccer	Caningeraba 5	William Duncan 1	Parker and Travis
5B Boys Soccer	Caningeraba 10	Hillcrest 0	Xavier and Hudson
6A Boys Soccer	Caningeraba - 2	Gilston - 0	Marco / Koa
6B Boys Soccer	Caningeraba - 4	Hillcrest Red - 1	Jed / Owen
5A Girls Soccer	Caningeraba 10	William Duncan 0	Finlay
6A Girls Soccer	Caningeraba 0	Hillcrest 2	Chelsea
Tennis Group 1	Paige		
Tennis Group 2	Dax		
Tennis Group 3	James		
Year 5 Home Sport			Oliver / Liam
Year 6 Home Sport			Joel / Luka

## Week 5 Interschool Sport Schedule

Sport	Team	Opponent	Venue	Time
Rugby League	Year 5	St Augustine's	Pizzey Park Union 1	12:25
Rugby League	Year 6	Currumbin	Pizzey Park Union 1	1:15
AFL	Junior	St Vincent's	Carrara AFC	1:15
AFL	Senior	St Vincent's	Carrara AFC	12:25
OZ Tag	5A	Elanora	Coplick Family Sports Park	1:15
OZ Tag	5B	G.C.C.C.	Coplick Family Sports Park	1:15
OZ Tag	6A Gold	Hillcrest	Coplick Family Sports Park	12:25
OZ Tag	6A Green	Hillcrest	Coplick Family Sports Park	12:25
OZ Tag	6B Gold	St Vincent's	Coplick Family Sports Park	12:25
OZ Tag	6B Green	St Augustine's	Coplick Family Sports Park	12:25
Netball	5A	Palm Beach	Mallawa Drive Palm Beach	1:15
Netball	5B	Burleigh Heads	Mallawa Drive Palm Beach	1:15
Netball	6A	Currumbin	Mallawa Drive Palm Beach	12:25
Netball	6B	Palm Beach	Mallawa Drive Palm Beach	12:25
Soccer	5 Girls	Gilston	Burleigh Bulldogs Football Club	1:15
Soccer	6 Girls	Hillcrest	Burleigh Bulldogs Football Club	12:25
Soccer	5A Boys	Marymount	Burleigh Bulldogs Football Club	12:25
Soccer	5B Boys	St Vincent's	Burleigh Bulldogs Football Club	1:15
Soccer	6A Boys	Marymount	Burleigh Bulldogs Football Club	12:25

Soccer	6B Boys	St Vincent's	Burleigh Bulldogs Football Club	1:15
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## 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

## 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

## 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**

## **Community News**

[Click here to download the Year 7 Selective Entry Tours flyer](#)

### **What is Saver Plus?**



Saver Plus is a program for people on lower incomes. It's about bolstering their financial skills, so they can develop (and keep) good savings habits. Since 2003, Saver Plus has supported more than 60,000 people to start saving.

It's helped overcome the barriers around education expenses. And it sets them up for a brighter future.

### **What are the eligible savings goals?**

Eligible savings goals are education related products or services that:

- Assist a primary or secondary school student's education;

[Click here to download the Saver Plus Information Sessions flyer](#)

