



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

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2 May 2024

Mind Up - Mindful Listening

Mindful listening helps us to choose which sounds to focus our attention on and helps us to be thoughtful in the way we hear and respond to the words of others.



Why practise Mindful Listening?

As children monitor their own auditory (hearing) experience – noting what they choose to focus on and/or respond to – they build self-awareness and self management skills.

Being able to listen in a focussed way to what others say and to home in on important words and phrases give a young listener more context for understanding what’s being said and a better idea for how to respond. This work helps prepare children for following directions, resolving conflicts through discussion, building friendships, and listening for important

details in texts read aloud.

What might you be seeing/hearing in the classrooms?

You might see mood music, listening walks, whisper words or journal entries on making a list of ways to stay focussed on listening in school, or a sketch of a sound that your child likes listening to.

Family Challenge– Mindful Listening

Find a spot you can all sit together, this could be at home, by the beach, in a park... Sit or lie down near each other and close your eyes for 1-2 minutes. Listen to all the sounds you can hear around you. Then compare together the different sounds you heard.

Let each person in the family play their favourite song. Listen mindfully and think about why they might like that song. Talk about what you liked about the song with each other.

P&C News

Mothers & Special Persons Day Volunteers needed

With less than one week to go, we extend a warm invitation for you to join us and become a vital part of our Market stall.

These events are not possible without volunteers. Volunteers will assist Caningeraba students on Wednesday 8th and Thursday 9th as they shop for gifts for the special Mothers and mother figures in their lives.

Click the link below for more information and to sign up as a volunteer. Thank you for your support!

Click here to Sign Up online
<http://www.volunteersignup.org/AD9JL>

Mothers & Special Persons Day Raffle



Last chance alert! Secure your Mothers & Special Persons Day raffle tickets now! Don't miss out on the opportunity to win fantastic prizes while supporting Caningeraba P&C's efforts to build a new playground for the school. Grab yours before it's too late and help make a difference!

Get your Tickets now

Click here for more information
<https://user.flexischools.com.au/login?returnUrl=/home>

Tickets will be available for purchase until May 7, 2024 and the lucky winner will be drawn on May 9, 2024.

Tuckshop News

Friendly Faces Wanted: Are you passionate about fostering a vibrant school community? We are looking for friendly faces to join our Tuckshop volunteer team!

Whether you're a parent, guardian, or community member, your presence and support are invaluable. Drop by, meet Ellen and Renee, and discover how you can become an integral part of our team, whether it's one day a term, a month, or every week.

Click here to Sign Up online
<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:

PW	Easton	P/Y	Lennox
1M	Eli	2P	Phoenix
2R	Ruby	4P	Lucy
5W	Max	PM	Saige
4S	Eddie and Elianna	4B	Lenox and Mikayla
4P	Lucy and Skye	6O	Charlotte

Diary Dates



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
Friday 10 May	Various	Prep school tour 9:30am
Thursday 16 May	4B, 4M, 4P & 4W	Currumbin Wildlife excursion
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

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.

Interschool Sport – Results Week 2

Sport	Team /Score	Opponent/Score	Player of the Match
5A Rugby League	Caningeraba 6	Currumbin 32	Will
6A Rugby League	Caningeraba 6	St Augustine's 34	Bede
5A OZ Tag	Caningeraba 6	St Augustine's 8	Sophie
5B OZ Tag	Caningeraba 8	Marymount Gold 5	Meila
6A OZ Tag Blue	Caningeraba 5	Currumbin SS Green 11	Mae
6A OZ Tag White	Caningeraba 14	William Duncan 0	Nylah & Tahli
6B OZ Tag Blue	Caningeraba 0	Gold Coast CC 0 (no show) vs instead St Vincent (A team) 8	Tara
6B OZ Tag White	Caningeraba 16	St Augustine's Green 5	Arliyah
5A Netball	Caningeraba 7	Palm Beach 7	Soraya
5B Netball	Caningeraba 10	Currumbin Valley 9	Eva
6A Netball	Caningeraba 30-17	Palm Beach	Indiana
6B Netball	Caningeraba BYE	BYE	
5A AFL	Caningeraba 56	William Duncan 0	Jaggar
6A AFL	Caningeraba 31	Palm Beach 8	Jonah
5A Boys Soccer			
5B Boys Soccer			

6A Boys Soccer	Caningeraba	BYE	
6B Boys Soccer	Caningeraba 5	Hillcrest Blue 0	Allen
5A Girls Soccer	Caningeraba BYE	BYE	
6A Girls Soccer	Caningeraba 0	Hillcrest Blue 2	Sienna
Tennis Group 1	Bodhi		
Tennis Group 2	Evie		
Tennis Group 3	Archie		
Year 5 Home Sport			Ivy
Year 6 Home Sport			Alexis

Netball	5B	Palm Beach	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	Hillcrest	Burleigh Bulldogs Football Club	1:15
Soccer	6 Girls	Marymount	Burleigh Bulldogs Football Club	12:25
Soccer	5A Boys	Hillcrest	Burleigh Bulldogs Football Club	12:25
Soccer	5B Boys	Hillcrest	Burleigh Bulldogs Football Club	1:15
Soccer	6A Boys	Hillcrest	Burleigh Bulldogs Football Club	12:25
Soccer	6B Boys	Marymount	Burleigh Bulldogs Football Club	1:15

Week 3 Interschool Sport Schedule

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

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.

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

Community News

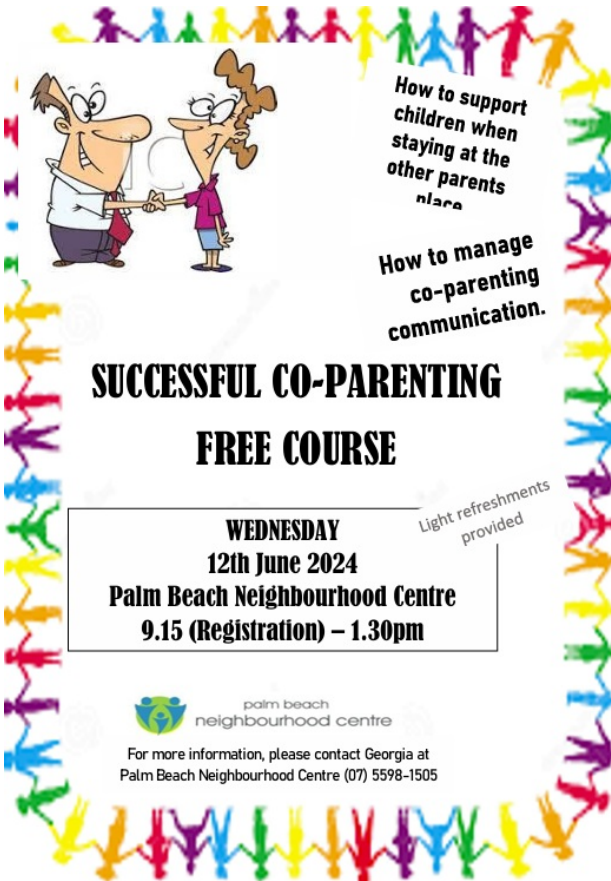
Gold Coast Libraries

Looking for an after-school boredom buster?

Join us at **Kid Zone** every weekday during the school term. Play board games, LEGO®, puzzles and word games.

See staff for more details.

CITY OF GOLDCOAST™



How to support children when staying at the other parents place


How to manage co-parenting communication.

SUCCESSFUL CO-PARENTING

FREE COURSE

WEDNESDAY
12th June 2024
Palm Beach Neighbourhood Centre
9.15 (Registration) – 1.30pm

Light refreshments provided

 palm beach neighbourhood centre

For more information, please contact Georgia at Palm Beach Neighbourhood Centre (07) 5598-1505



palm beach neighbourhood centre

HAPPY PARENTS HAPPY KIDS

- ✦ Raise emotionally resilient children.
- ✦ Harmonious and positive parent and child.
- ✦ Strategies for encouraging respectful behaviour.



Delicious snacks provided.

Palm Beach Neighbourhood Centre
 16 Third Avenue, Palm Beach
 Wed 5th June 2024
 9:15am – 1:30pm
 Bookings are essential (07) 5598 1505