Dear Parents and Caregivers,

Last week saw Cooktown's annual Discovery Festival. What an amazing event in such a small town. It was great to see so many people from our school community involved. Our school overflows with talent. Busking is strong with many of our students and it was great to see the confidence they displayed while performing.

Another highlight was the tug-o-war and the truck pull. The teachers raised money, winning the Truck Pull, which will go towards the year 5/6 camp. We had the largest float in the parade this year and took out the Most Colourful Prize. Thank you to everyone who put in the time and effort to help make this happen. Thankyou to Scott's Earth Moving for their wonderful truck and to Andrew the driver.

In other school news the Environment Club scored $870 from Coles Landcare to help keep the program running. This has made Miss Taylor and her student's very happy.

Roslyn Sergenson from SEP has had her article about the importance of sound field systems in classrooms and how it helps improve learning outcomes, published in the TechnologyEd magazine. Congratulations Ros!

The last 3 weeks of term are extremely busy with students handing in assessments, taking exams, excursions and trips as well as the annual school sports carnival. This time of the year can become quite stressful for students, so good food and quality sleep is important. There is more information in the newsletter on this topic.

Attendance letters stating your child's Semester 1 attendance percentage will be posted this week. All parents are invited to a morning tea on Wednesday 15th July at 10am to celebrate and discuss the importance of great attendance at school.

Reports will be sent out in the final week of term with parent teacher information sessions in Term3. Stay safe during the holidays and see you next term ready for learning.

Leanne Rayner
Principal
Mrs Sorensen and the Year 12 Recreational Studies students organised a fun afternoon by way of the Wreck Run. Parents, staff and students all participated in this great event. Teams were pitted against each other as they made their way through the various obstacles put before them. The success of the Wreck Run will definitively see another one happening. All money raised will go towards the Year 12 graduation.

Year 9 English

Well, what a HUGE term this has been for us. NAPLAN was a big hurdle to clear and our students did very well to sit the exams with such a high level of concentration. A massive thank you to all the parents and caregivers for supporting their children by ensuring they were well fed, well rested and at school on time.

For the balance of the term, we have been looking at poetry. Forget the old dusty poems you learnt as a child! We’ve been looking at Slam and Urban poetry. Engaging, captivating and relevant to this generation! Check out some of our student favourites: ‘Why I hate school, but love education’, ‘To this day’, ‘I will not let an exam result decide my fate’ and ‘Why I think this world should end’. Ask your child what poem they are looking for their assessment – their choices may surprise you!!

**Fire and Ice**

By Robert Frost

Some say the world will end in fire,
Some say in ice.
From what I’ve tasted of desire
I hold with those who favor fire.
But if it had to perish twice,
I think I know enough of hate
To say that for destruction ice
Is also great
And would suffice.

Take care over the holidays and see you all for Semester 2!!

Miss Angela Mroz and Mr Geoff Keating
Tips for a Good Nights Sleep

Setting yourself up for a good night's sleep,

- It's important to have a routine - try to do more or less the same things before you go to bed every night so your body understands that the series of activities leads to sleep.
- Avoid all stimulants like caffeine and alcohol half an hour before bed.
- Avoid food for two hours before bed time.
- Screens are another stimulant you should avoid before bed, including computers, tablets, ipad, mobile phones and television.
- Don't have mobile phones, televisions or computers in your bedroom.
- Make sure your bedroom itself is going to help you get to sleep, so it's dark enough, comfortable, and the right temperature.
- Make sure your bed and bedding is conducive to sleep - a comfortable bed and pillow and the right weight of blankets or doonas.

Certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. If you like a snack before bedtime why not try replacing your nightly snack with one of these healthy alternatives.

- Almonds: Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep.
- Bananas: Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan which has been linked to better sleep quality,
- Cheese and crackers: Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep and help you fall asleep sooner.
- Cherries: Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept longer and better than participants who did not.
- Hummus: The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.
- Peanut butter: Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it's a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.
- Walnuts: Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night's sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

French Inventions

The LOTE classes have been discussing famous French inventions. Joel and Mischa Roethlisberger both topped the class with their hot air balloon and guillotine projects.

Attention to detail was very impressive, with Mischa's guillotine able to chop a carrot stick.

While Joel had a tea light ready to light to release some hot air, no one was quite game to do it!!
Under 8's

Under 8’s week was from 15–22 May 2015 and the theme was: Voices of children—Look, listen, hear and respond. This year, Under 8’s day was held at the PCYC and was another huge success.

There were so many wonderful activities including sewing (with Miss Venus and Miss Lia), making egg carton caterpillars (with Mrs Doctor and Miss Kristy) along with a ball toss, dress ups, disco, leaf rubbings, playdough, threading, the parachute and a music station with Miss Bec. We even got to see a fire truck and ambulance!

Thank you to Miss Kathy and Mr Daniel for cooking a sausage sizzle for everyone to enjoy and a huge thank you to the wonderful Cooktown State School High School students who helped with the face painting.

Everyone had a wonderful time and we can’t wait for next year!

Athletics Carnival

P-12

Prep-3 Thursday 25th June

Year4 – Year 12 Friday 26th June
Year 10 Drama

What a term this has been for our small group of thespians! We have been looking at the influences that The Bard has had on society and why his works are still popular in today’s age. Macbeth, Romeo and Juliette, A Midsummer Night’s Dream, Othello… we have taken a slice out of many of Shakespeare’s works and looked at them closely.

Our skilful actors have mastered the Shakespearean language and have delved into performing an individual selected scene from one of The Bard’s works as well as a group scene. Our witches in “That Scottish Play” are brewing up trouble – let’s see if Macbeth and Banquo can escape their prophesies….

Did you know….. Shakespeare has been credited by the Oxford English Dictionary with introducing almost 3,000 words to the English language. Words like zany, moonbeam, puking and lacklustre!! He is also credited with introducing many phrases that we use: ‘All of a sudden’, ‘As dead as a doornail’, ‘Eaten out of house and home’ and ‘Love is blind’ just to name a few. So, YOU just may be a thespian and you never realised!!

Miss Angela Mroz

P-12 School Disco

Thursday 25th June

Prep -Yr2 - 4.30pm - 6.00pm
Year 3-6 - 6.00pm - 7.30pm
7.30pm - 9.30pm Year 7 -12

Music—Dancing—limbo—
Competitions— fun—lights—Games

$5 Entry
$10 Entry Includes food and drink
See Miss G @ I Block for tickets
Year 10 Information

Term 3 is a big one for year 10 students. During week 3 students will be doing their SET Plans. This will involve students choosing their subjects for years 11 and 12.

Work experience will also be held during Week 10. More information will be coming out about this this week.

Now is an good time to discuss your child’s interests and career options for the future.

Footy Match

On August 7th, Cooktown SS students from years 9-12 will travel to Mareeba to compete in the inaugural Rugby League footy match between Ravenshoe and Cooktown Schools.

This is a builds for a great school and community connection.

More information will be given out next term regarding this trip.

Positive Behaviour for Learning

In the last few weeks we have revisited student expectations for the Junior and Senior Secondary sectors. This has involved consultations with parents through the P&C, students through the Student Council and teachers through staff meetings. We have agreed that we will use the mantra:

As safe respectful learners we

* Arrive prepared
* Are at the right place at the right time
* Use a respectful voice and manner
* Follow instructions.

In the next few weeks we will be asking everyone to think about what these statements mean. For example: To arrive prepared for learning involves parents and families as well as the students. It means making sure students get enough sleep, have nutritious food available for breakfast; that school uniforms are ready, that homework and study have been done. For teachers it means planning for the year, semester, term, week and day. It means providing lessons that take into account individual needs, providing feedback to students so they can improve their learning while keeping to the approved curriculum and covering all the topics, as well as managing behaviour, marking and recording information for reporting. No wonder students, parents and teachers are tired at the end of term!

If student/s in your family are able to meet these expectations consistently, they will have a range of positive consequences from doing well in formative or summative assessment to more extrinsic rewards such as a post card or phone call home or certificates on parade. Teachers use a range of strategies to encourage students to stay on task. Strategically it is better to use the least intrusive method possible to cause minimal disruption to other students’ learning. If these strategies are not successful then students may be asked to go to time out in class, or a buddy class or you may receive a phone call from the teacher. If this does happen please be supportive and find out what happened and use the opportunity to discuss strategies you find are successful. To successfully re-enter class students will be asked to answer the following questions to show they have reflected on their behaviour and or reactions. These questions are:

* What did you do?
* Which rule/s did you break?
* How did your actions affect others?
* What procedures do you need to follow to make sure this doesn’t happen again?

Parents are welcome to join our fortnightly Positive Behaviour for Learning Team meetings where we discuss, plan and review strategies such as this to make our school as productive a learning centre as it can be.