Dear parents and Caregivers,

On Wednesday, our awesome Chaplain, David Kamaholtz organised a unique opportunity for our year 7-12 girls to engage with motivational speaker Vita Adam.

Vita is a passionate singer/songwriter whose darkest moments of being broken hearted and battling anxiety have been turned around through her music to encourage others to always see the positives in their situations.

Her presentation, known as ‘The Bold  The Beautiful’ promotes strong self-appreciation and confidence. The girls had an amazing time, having dance offs, discussing what makes you bold and beautiful sharing stories and singing. There were some great answers to this and hopefully gave the girls some new ideas about this.

If your daughter was part of this presentation be sure to follow up with her about it.

Leanne Rayner
Rocking Reader!

Harrison Roberts from 7L is passionate about reading. His vocabulary, imagination, spelling and overall literacy skills are fantastic and this is largely due to the amount of books he reads.

So far this term, he has read 7 novels. His goal is to reach 30 books by the end of the semester.

I encourage all avid readers at Cooktown State School to follow Harrisons lead and dive into reading! The benefits are tremendous and will help you in all areas of your school work. Plus, it’s great fun!

Mr Stack & Year 7/8s

Firstly, I would like thank all parents/carers and staff for welcoming me into Cooktown State School this year. Also, this is a new year for my students as they start their first year in secondary school. I congratulate the students for kicking this year off to an excellent start. Every day, the students come to school with a great attitude, well prepared and motivated to learn.

This term, Geography students have gathered an understanding of the importance of water and how it connects people locally and globally through culture, spiritual beliefs and economically. For Science, we conducted experiments using a variety of separation techniques aiming to collect clean usable water from a variety of different samples.

Students have been working really hard in Maths too. We have just completed one unit and its assessment. Our new maths strand is on units of measurement and shape. It has required a lot of persistence and concentration from the students and I can see the confidence growing within them as they build their knowledge and understanding of these concepts.

During English, we have a number of different learning concepts taking place such as identifying language features in motivational speaking, building our writing and editing skills while using correct grammar and punctuation, continuing to build on our word bank knowledge, identify and apply strategies which make for a good reader.

As you can see, students are working hard in year 7/8s every day. Already, students have come a long way in just six weeks. A big praise for the following students currently at 95% or more attendance this year; Kashala Lorna, Mitchell, Louis, and Erica. Attendance = Success.

Cross Country

Don’t forget Cross Country is coming up in 4 weeks. Prep –3 Wednesday 1st April during the 1st 2 sessions. This age group will be doing a fun run. Year 4 –12 will be Thursday 2nd April.

Now is the time to start your training!

Year 4 2km         Year 5 - 8 3km
Year 9-10 4km      Year 11-12 6km
Life in ‘A Doll’s House’. What a drama!

The year elevens and year twelves have come together to build their team skills, their vocal skills, movement and theoretical components in this terms unit of Realism in drama - focusing on ‘A Doll’s House’, a classic and well known play by Henrik Ibson.

The students have three formal assessments this term. The first is a directing task, the second as an actor and then a written piece after viewing a ‘live’ recorded play. This play is in addition to, ‘A Doll’s House’ providing students with a range and variety of drama texts which they can analyse and contextualize as twenty-first century students of drama at Cooktown State School.

Art News from 3/4 D

In our Visual Arts unit the students are working with warm and cool colours. They are studying an artist’s use of colour to portray emotions.

The students will analyse and critique the art works of their peers later in the term.

Come and see our art gallery during week 10, when we will display all of the fabulous pieces of art created by 3/4D.

GingGing Playgroup

for children 0-5 years

in Cooktown @ the Cooktown District Community Centre

11 Charles St

Starts Thursday 5th February 2015

& every Thurs: 9.30 am – 11.30 am.
Parenting Ideas

Insights

Building parent-school partnerships

WORDS Michael Grose

10 research-backed tips for raising happy kids

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the RULER Program tools to all Parenting Ideas Club members. We’ll be doing that soon – and I can’t wait!

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children, you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters

A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

more on page 2
Congratulations to Mahlyke Pierce-Walker who received a $300 Scholarship from Engineering Aid Australia.

EAA conducts summer schools in Sydney and Perth in January each year providing students with a wide range of engineering activities, site visits and opportunities to meet employers and young engineers from sponsoring engineering companies.

EAA also assist students who have attended a summer school by providing them with financial assistance to complete their secondary school studies and to study engineering or a related course at University and helping them to find work experience and career opportunities with sponsoring engineering companies.

Mahlyke applied for the Scholarship last year and attended their Summer Camp over the Christmas holidays. If Mahlyke decides to study engineering at University he will also be eligible for another $3000.
Josie's Amazing Tassie Experience
2015 Australian Tidy Town Awards – Sheffield, Tasmania

In 2014 Cooktown was awarded Queensland’s Tidiest Town making Cooktown a state Finalist for the Australian Tidy Town Awards held on the 27th February 2015 held in Sheffield Tasmania. Josie Dagge (Year 5/6G) was granted the amazing opportunity to join Cook Shire Council representatives Sarah Martin, Sarah Greaves and Councillor Kaz Price to this special event. Josie was offered this once in a lifetime opportunity for her environmental values and winning the “Best Recycler” category in the 2104 Cook Shire Recycling Competition. Josie collected an amazing 4,635 containers (aluminium cans and plastic bottles) during the months of October and November 2014.

Josie would like to truly thank Keep Australia Beautiful for their generous offer. Josie would also like to thank the Cook Shire Council for sponsoring her. The Shire donated the remaining costs of travel and invited her Mum, Kate to be her chaperone for this event.

Just to give a clearer picture of what Tidy Town Awards are all about, the award encompass the following 12 community project areas of assessment: (1) Community Spirit, (2) Energy Efficiency, (3) Environmental Protection, (4) Friendliest Town, (5) Heritage and Culture, (6) Litter Action, (7) Outstanding Contribution, (8) Resource Recovery, (9) Waste Management, (10) Water Conservation, (11) Young Legends (i.e. Jessie Price & South Cape York Catchments), and, (12) Environmental Innovation.

Josie represented Cooktown in a very positive light and celebrated the environmental initiative (Litter Action - Cook Shire Recycling Competition) to which she is involved. This experience will truly leave an imprint on Josie for a lifetime. Her family was humbled by this offer and so proud of Josie’s recycling efforts and her want to do whatever is required to protect her environment. For this on-going desire, Josie thanks the teaching and passions of her Year 4 teachers, Ms Alice Taylor, who is made learning about the environment interesting and fun.

How Josie feels she has made a difference ….

Cooktown is a beautiful place and I am proud I live here. We are the closest town to the Great Barrier Reef and we have amazing landmarks and scenery in all directions.

I enjoyed being part of Cook Shire Council’s Recycling Competition. I was the ‘Best Recycler! I collected the most plastic and aluminium containers over the 2 month period. My class “Green Thumbs” came second against all the schools in our cluster.

I know I made a difference to my local environment in the following ways:

I cleaned up plastic bottles and cans along the road in my neighbourhood and discovered that the ‘Dare’ Ice Coffees were the most frequently discarded plastic bottle along that route.

I cleaned up bottles and cans around many of the streets in Cooktown including along the beaches and road of Finch Bay, Quarantine Bay and Walker Bay, the Cricket Grounds and footy oval as well as around the school grounds.

Many people saw me picking up this rubbish and hopefully they will think again before throwing more on the ground.

I collected the bottles and cans from the Local Golf Course to save them the job of taking them to the tip. The staff continues to encourage the golfers to recycle.

I contacted a number of friends and neighbours asking them to keep their cans and plastic bottles for me to pick up and some of my friends and neighbours started asking their friends or workmates to keep their containers for them as well.

One friend started picking up cans and bottles around his property and another stopped putting his cans in the rubbish bin.

My family made sure that they put all their recyclable containers in the bins we have outside out house.

Josie’s Wish for the Future is:
“People - Think before you throw … Recycle it rather than ‘bin it’

Maybe the Cook Shire can adopt the sign that the Kentish Shire in Tassie uses: “Hey Tosser! Take some Pride!”
**Year 5/6G Fundraising**

This term 5/6G are focusing on raising money for our camp at Lake Tinaroo. We have been making advertisements and calculating the amount of money that we will hopefully raise with your help and support. This will help to lower our expenses for camp. Right now the price for one student is $200. We are hoping to lower this by at least $50.

To raise money we have planned lots of fun events and exciting competitions, with the help of 5T. Keep an eye out for some of the following events - Smoothie Stalls - How many Eggs in the Jar - Bake Sales.

We will keep you informed and we can't wait to have some fun with you!

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**Rugby League Trials**

Last week Mr Ottone escorted 16 boys from year 9–12 to Mareeba to attend the District Rugby League Trials.

All boys played well and enjoyed the exposure. Jakeb Whitman yr 11 and Shaun Law yr 12 were both selected to represent the Tableland team at the Peninsula Trials in Innisfail this week.

Due to other commitments Jakeb did not attend, but Shaun made the trip to Innisfail. Shaun played a hard game and there was lots of action throughout the day. The solidarity and experience of the other players who play in regular club matches proved too hard for Shaun to break through.

Either way, congratulations to all boys for their participation and Shaun and Jakeb on their success.

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This year the CDCC have been successful in obtaining a Youth Week Grant to develop and support Cooktown’s Got Talent.

So start thinking about your act. More information to follow.

**Cooktown’s Got Talent Friday 8th May.**