Dear Parents and Caregiver’s,

Well we are half way through Term 3 already! This term we will be having our first lots of meet and greets with the Pre-school. If you know of anyone with children of this age please let them know of these meet and greets.

Student are also in the midst of exams and assessments. It is crucial that students are sleeping and eating well at these times. Breakfast is key to get our bodies ready for the day. I has been bought to our attention that several students are trying to kick start themselves with energy drinks. These can be detrimental to growing bodies. Please read our article in the following pages regarding the school’s ban on these drinks.

The P & C will be holding their AGM on Tuesday 26th August, 4.30pm at the Events Centre. Nominations for positions will need to be into the Secretary by Monday 25th August. Any vacant positions will then have nominations called from the floor. For more information or to obtain an office bearer nomination form, contact the Secretary on 0427678292 or email Kimberly.heath@bigpond.com.

A presentation on the Queensland Core Skills (QCS) test will also take place to offer parents a greater understanding of the State wide test for Year 12 students.

The Year 5/6/7 Camp was a great success. It was wonderful to hear the stories of the bonding between the 3 grades and the teachers. Our school has had several camps at Camp Patterson now and each one has been a huge hit with students and staff alike.

Last fortnight we saw many of our students compete at the District Athletics Carnival. Primary were held at CSS, while the high school students travelled to Atherton High School. All displayed behaviour to be proud of, putting in their best effort with each event. Several of these students will be off to Cairns this week-end to compete at Barlow Park against other athletes in the Peninsula region. Good Luck!

We would like to congratulate 9 students in year 9 who have been selected to be the artists in painting the Lion’s Park toilet block during week 7. These students are Ramneek Kaur, Trixie Meldrum, Jardina Hookey, Barbra Taylor-Kaigey, Shamulia Ware, Natara Michael, Josh Naylor, Wilbur Kulkarni, Ashlee McIvor.

Have a great week.

Leanne Rayner
Prep at the Cooktown Show

Here is the Prep class proudly showing off their fantastic Cooktown Show entries. They entered the Children’s Art - Prep and under finger painting section and received 1st, 2nd, 3rd and highly commended awards. They also entered two different types of cucumbers from their veggie garden and both entries received highly commended. Congratulations Prep!

Senior Student Information

For students interested in applying for QTAC Application for 2015 TAFE & University certificate courses, Diplomas and Degrees (Bachelors).

QTAC applications must be submitted online. You can do it at home, however the Guidance Officer would be more than happy to help with this at school.

- 5 August 2014 – 30 September 2014.......................... $35
- 1 October 2014 – 31 January 2015............................. $130

If you have any questions or concerns please do not hesitate to contact the Guidance Officer or the Deputy of Secondary Schooling.

Now is the time to start thinking about your future!

Digital Media News

Cooktown P-12 State School has a new Web Site. It is full of lots of useful information and newsletters can be downloaded from there as well. Just type cooktownss.eq.edu.au in your browser to get connected.

The Cooktown P-12 State School P&C has joined Facebook. Be sure to look the up and like the page if you are on Facebook. P&C is an essential part of any school. The page can keep you in touch and is full of current events.

Headlice seem to be doing the rounds again.

To help combat this, please check your child's hair regularly. Sunday night is always a good time to help prevent infection at school the next day. Combing through with conditioner can make it easier for child and parent. This temporarily stuns the lice.

If you are concerned that eggs or lice may be left over be sure to treat with a Head Lice treatment. Repeat every 2 days for 10 days.
Energy Drink Ban

It has to come our attention in the high school that energy drinks are becoming, once again, popular. Energy drinks are a major health concern. The Australian Medical Association (AMA) and The Turning Point Drug Centre have issued a warning about energy drinks saying the amount of caffeine in the drinks is dangerous - especially for teenagers. The AMA also says school students who consume energy drinks before class could be severely affecting their behaviour and performance. This article is a quick reminder to all parents and students that energy drinks are banned from all schools in Queensland. Any energy drinks, open or not, seen at school will be confiscated until 3pm. Please support us in our venture to clean up our school.

Junior secondary reading rocks!

A selected group of Junior Secondary students have been working hard on achieving set reading goals. Students work in pairs applying known reading strategies to improve their level of comprehension, enable them to give a detailed retell in order and read fluently with expression. It is very rewarding seeing students work with such a positive and mature attitude. Their hard work is earning them results. Well done to all my super readers!

REMEMBER: Reading is just like playing sport or driving a car. Athletes don’t just turn up to a game and play, and people don’t just get in a car and drive. They put in the time and effort to learn, practise and apply the skills needed for them to be successfully. Reading is the same. Learn the skills. Practice the skills. Apply the skills and earn your success!

Mrs Stack

School Wide Positive Behaviour

Recently we have looked at learning during our Focus Skills. The two areas have been ‘Being Prepared’ and ‘Achieving Success’.

Being prepared is a combination of physical and mental readiness. Physical readiness is something you can help with in your family. This includes checking that your child has the gear they need for school. During the year consumables such as pens, pencils, erasers and note books get used or misplaced. Does your child still have enough for their learning? Find out when assessment is due, this is especially important for senior school students as the school has to submit assessment for moderation on set timelines.

Being prepared also means getting enough sleep on the nights before school, eating well to fuel not only growing bodies but also to fuel the brain (which uses 20% of our energy) and drinking plenty of water and keeping sugary drinks such as fruit juice, soft drinks and energy drinks for special occasions.

Wearing a school uniform helps with mental preparation. It’s a bit like a costume which helps actors become their character. As students dress they are changing their persona into that of a student.

The other very important area we have discussed is how to focus on achievement. Sometimes small changes can lead to greater success. Most of the information for this has come from this web site: http://www.studyvibe.com.au/Home.aspx. It contains information about planning, study skills and motivation as well as links to other sites that generate reference lists for assignments, calculators and much more.

Striving to achieve means getting the results you need to take you where you want to go in life. Nearly all workplaces expect competency in numeracy and reading and writing as well as being able follow instructions and learn what you need to do for your job. Encourage reluctant students to look at school as preparation for the world of work.
Camp Patterson Thank You!

I would like to take this opportunity to offer a huge thank you and congratulations to all the students and staff that made the year 5/6/7 camp a massive success. The teamwork, leadership skills and peer bonding that was on display was wonderful to see. A special thanks goes out to Miss G and Miss B who did much of the organising and made this camp one to remember! Also, to everyone who donated money and participated in the camp fundraising, we thank you for your support.

Mr Lingard 6L

Last week’s adventures were an absolute hoot with our successful and challenging Camp Paterson. Year 5, 6 and 7 ventured out to Mareeba where they participated in a lot of team challenges involving an overload of persistence, hard work and communication. Bear Grylls would be impressed by the many leaders that were born on this camp. Students were placed in groups that involved creating survival rafts, shelters for cyclones and many obstacle courses that required team work to the extreme! The girls had the eye for archery with the most bullseyes whereas the boys used their strength and hard work to succeed in a broad range of activities.

All teachers on board were astounded by the amazing behaviour and overall acceptance and encouragement from one another. Many students were taken out of their comfort zone and placed in situations where their peers relied on them. All pupils rose to their encounters and displayed a real sense of valour and confidence. We all grew that little bit more during this wonderful experience.

We all look forward to taking these exemplary students away again for future adventures.

Miss B
**Expert to Visit School**

On Tuesday in week 7, some high school students will be visited by a geography and spatial science expert, Terry Prowd. Terry is a director of a surveying company, Cottrell, Cameron and Steen Surveys. Terry's experience includes both surveying and town planning matters, until recently looking after most of the company's planning applications. He manages the company's GPS technology and has recently been heavily involved in providing consultancy services to the mining sector.

Terry will be teaching students about mapping and GIS as well as giving them career options working within spatial science. If you see him around school, please make him feel welcome and say hello.

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**Science Week**

Next week is National Science Week. However due to other events happening CSS will be holding Science week in week 10 of this term. Presently Science week will involve lunchtime activities (listed below), a science quiz competition for Form classes (primary school will have separate competition), and possibly Sciku (a science poetry) competition for individuals. Mr Bates is working hard on this so if there is anything you would like to be added to the list be sure to go and see him.

**Examples of the lunchtime activities include:**

- Creating slime (this would be done on the last day of the week)
- Making water fireworks
- Pasta Bridge construction* (Google this — there are some amazing ideas out there!)
- Elephant toothpaste
- Making sherbet
- A paper plane competition,
- Bicarb and citric acid
- Mini forensic investigation*
  And a mystery science treasure hunt. *

*Indicate activities with prizes.

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**Prep Enrolments 2015**

Prep enrolment packs will be available at the end of this term. Some important dates to remember for our first lot of Prep Meet and Greets

- Thursday September 11 –3.30 –4.30
- Wednesday September 17th 5.30-6.30

Additional staff will be on hand to engage with children allowing to talk freely with the Prep Teachers.

The learning experiences in the Preparatory Year will help your child to:

- take on responsibility
- become more independent
- respect other people
- co-operate with others
- make sensible choices about their health and safety
- develop their physical skills
- learn about their environment
- develop their oral language
- develop their early mathematical understandings
- learn how to be thinkers and problem solvers
- use their imagination and creativity
- develop their early literacy understandings
Thank you and farewell to all the teachers, teacher aids, staff, students, parents and carers of Cooktown State School.

We have seen many health improvements in the school over the last two years –

- Hand hygiene has improved greatly. Everybody ensures they wash their hands thoroughly before eating their lunch and after going to the toilet.
- Healthy eating and physical activity has been promoted throughout the school, we had the 10 week healthy eating challenge for the teachers, and the 10,000 steps. Hydration is important and has improved, especially on sports day it was good to see students remembering to bring their own water bottles.
- Sun safety, very important living in Far North Queensland, all the primary students are very good wearing their sun hats, the teachers are a good example too, although we are still trying to encourage the seniors that wearing a hat is ‘cool’.
- Sexual Health awareness, a very prevalent topic with the increase in sexual transmitted diseases, and the importance of wearing protection and the confidence and assertiveness to say ‘NO’ and walk away if you know it’s not the right thing to do. Family Planning Queensland is a good recourse for students, teachers and parents to access for more information.
- Saying ‘NO’ to drugs, HEADSPACE is an excellent resource, www.headspace.org.au, if as a parent you are concerned for your child and need more information.
- A reminder to the year 12’s who will be celebrating their graduation soon to be sensible with alcohol. Know their limit, and look after their mates.

There are many more noticeable improvements seen around the school over the last two years and this is down to the hard work and dedication from all the teachers/teacher aids and wonderful staff of Cooktown High School.

It really has been a pleasure to have been part of your team, I will be sad to go, but ready for the new journey that presents.

Queensland Health will be advertising for a new SBYHN to commence very shortly.

All the best,
Michelle Hodgkiss

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**The 1st Fleet**

Last term, Miss Taylor's year 4 class were writing about who came over in the first fleet. Powerful writing from such young minds!

**Character: Convict Woman, Cath**
By: Michala Harrison

Dear Diary,
I am a convict on the First Fleet. It’s scary. I don’t know where I am right now. There are lots of babies being born. There’s vomit everywhere. It stinks like heck and I want to get out of here. I am here because I stole a golden watch. I was picking pockets and I found. I was transported to New South Wales as punishment. I was just seventeen.

From Cath

**Character: Child Convict, Sara**
By: Shaelanee Haegamaea

Dear Diary,
I’m only 10 years old. I got whipped because I refused to listen today. All I could see was whips and I could hear people screaming and crying. I feel very sick and very uncomfortable since I eat last night and the rocking of the boat. I’m scared. I miss my mum. I’m scared that I’ll never come back.

From Sara

**Character: Chief Surgeon, John White**
By: Veronika Buhmann

Dear Journal,
My name is John White. Today I saw the worst possible thing I have ever seen. I watched a disgusting fat blood thirsty rat nibbling on an infectious black rotten wound. I was horrified at the sound of a poor defenceless 6 year old girl SCREAM as she was being lashed! They whipped and whipped adding to her already rat infested wounds. I yelled trying to stop them but they pulled me back.

Yours sincerely
John White

**Character: Convict woman, Ali**
By: Sienna Thomason

Dear Diary,
It’s Tuesday, 1798. I’ve been on this ship for three weeks. I’m starving. All we get is bread and water. It is very hot and cramped in the ship. There has been a lot of surprise storms. My job is scrubbing the salty deck. The air is salty and the oceans are bare. Some nights I lie awake thinking about you Ma.

From Ali

**Character: Marine, Cody**
By: Cody Hocking

Dear Diary,
I am a marine on a ship. I am part of the First Fleet. Today I slapped a man with a whip 30 times. I also shot my gun to get attention. The next day we landed and started a new colony. After we finished, I had 3 years at work and was given a farming land so I refused to go back to England.

From Marine Cody