From the Principal

Dear Parents and Caregivers,

Welcome to our new school year of 2015! It promises to be a fabulous year. We have been very excited with many new enrolments and I know the Cooktown P-12 family will welcome all new families to our fabulous school community.

I would like to introduce you to our 2015 staff members

Principal - Leanne Rayner
Deputy Principal Senior Secondary – Mr Tal Mitchell
Deputy Principal Junior Secondary and Student Services – Mr Denny Ottone
Deputy Principal Primary – Ms Alison Martin
Head of Special Education Services – Mr Michael Serginson
Special Education – Mrs Ros Serginson, Ms Tracey Zahnleiter, Ms Rachel
HPE – Ms Kerry Williams
Library – Mrs Helen Clarke
LRT – Gail Warwick-Geier
Prep – Mrs Di Doctor and Mrs Jade Stack
Year 1 – Ms Venus Burton
Year 2/3 – Ms Nikki Smith
Year 2/4 - Ms Lynette Day
Year 4/5 – Mr Paul Prokopuk
Year 5 – Ms Alice Taylor
Year 6 – Ms Leila Geise
Junior Secondary Yr 7, 8, 9 – Mr Damian Lingard, Mr Ben Stack, Mr Herman Rijken, Mr Geoff Keating, Trent Kirk
Senior Secondary Yr 10, 11, 12 – Mr Aaron Bates, Mr Paul Fraser, Mr Sam Bann, Ms C Sorensen, Mrs L Sorensen, Mr Adam Kinley, Ms Carol Worland, Ms Angela Mroz, Mrs Jennifer Hall

Teacher Aides – Mrs J, Ms Leah, Ms Mel, Ms Julie, Ms Dottie, Mr Rakim, Ms Jodi, Ms Kristie, Ms Carol, Ms Beck, Ms Krys, Ms Linda, Ms Kim, Ms Terry, Ms Margaret, Mr Jeff, Ms Kate, Ms Karen

Teacher Aides – Mrs J, Ms Leah, Ms Mel, Ms Julie, Ms Dottie, Mr Rakim, Ms Jodi, Ms Kristie, Ms Carol, Ms Beck, Ms Krys, Ms Linda, Ms Kim, Ms Terry, Ms Margaret, Mr Jeff, Ms Kate, Ms Karen

Office – Mrs Pauline Collins, Ms Carol Exton, Ms Michelle Gray, Mrs Abi Johnson

Cleaners – Mr Darren, Mr Neville, Ms Anne-Marie, Ms Terece, Ms Linda

PTO
The Cooktown P-12 Team are here for our students and their families, we are more than happy to help you at any time regarding your child’s education or wellbeing.

We plan to have a parent and teacher meet and greet in week 3. We will keep you posted for dates and times. Once again we warmly welcome everyone to the 2015 school year and look forward to working together as a school of excellence to ensure outstanding outcomes for all of our students.

We are letting the staff and students settle into routine and get to know each other this fortnight. Keep an eye out for next fortnights newsletter when we will have lots of stories from the class rooms!!

Leanne Rayner

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Lost Property

There are a large number of lost property items in the office from lunch boxes to watches and jewellery.

Please come in and ask if you have items missing. We would love to give them back to their owner.

Please ensure all students items are labelled so they can be returned to their owner.

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**SWIMMING CARNIVAL Years 4 –12**

Welcome to 2015! This term we are starting off with our schools Swimming Carnival. This will be held 9-3 on Thursday the 12th of February. This event will be for grades 4-12. All events will be run from nominations, so please...nominate this week so you don’t miss out!

Students will be allowed to wear their house colours for the carnival to cheer on Cook or Kennedy swimmers.

It is expected to be a hot day so please remember to pack:

- water bottle
- hat and sunscreen
- towel
- swimmers

There will be a sausage sizzle on the day with drinks and ice-blocks available for purchase as well. The tuckshop will be closed to years 4-12 for this day so please, remember to bring money or some lunch!

Parents and family are welcome to come along to cheer on the swimmers or to volunteer their time to help us with the event.

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**What Age do I Compete in?**

I was Born... I compete in...

1998-9: 16 and Open
1999: under 16’s
2000: under 15’s
2001: under 14’s
2002: under 13’s
2003: under 12’s
2004: under 11’s
2005: under 10’s
2006: under 9’s
School starts at 9am every morning. When a student arrives late for class, they may miss important information for the day, may arrive feeling flustered, and will miss out on learning. Late arrivals also disrupt classes.

Getting lunches made and uniforms ready the night before can help students be on time for school. Going to bed at a reasonable time is also important.

Adolescents (teenagers) need between nine and 10 hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager’s academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.

The table below shows you how much time can add up. Remember – every day counts

<table>
<thead>
<tr>
<th>He/She is only missing just….</th>
<th>That equals….</th>
<th>Which is…..</th>
<th>and over 13 years of schooling that’s….</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes per day</td>
<td>50 minutes per week</td>
<td>Nearly 1.5 weeks per year</td>
<td>Nearly Half a year</td>
</tr>
<tr>
<td>20 minutes per day</td>
<td>1 hour 40 mins per week</td>
<td>Over 2.5 Weeks per year</td>
<td>Nearly 1 year</td>
</tr>
<tr>
<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 Weeks per Year</td>
<td>Nearly 1 and a Half years</td>
</tr>
<tr>
<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 Weeks per year</td>
<td>Over 2 and a Half years</td>
</tr>
</tbody>
</table>

P & C

The P&C is a great way to help build a strong school. Everyone’s opinion is important and this is the be way to get your voice across. New ideas and members are always welcomed. The P&C also gives a short presentation each month of how certain events and programs run within our school e.g. How District and Peninsula sporting events work, Presentation Evening, QCE to name a few. If there is any item you would like to put on the agenda contact Ali Ward on 4069 5980 or pandc@cooktownss.eq.edu.au.

Cooktown P-12 P&C meet the 1st Tuesday every month, 4.30pm at the Events centre. Everyone is welcomed!

Strong P&C’s make Strong Schools

Smoking banned 5 metres around school grounds

Smoking any tobacco products or using an electronic cigarette within five metres of any state or private school grounds has been banned. This applies before, during and after school hours as well as over weekends and school holidays.

On the spot fines can be issued by environmental health officers, police or other officers authorised by the local government to anyone found in breach of this legislation. The ban does not extend to businesses or residences that share a property boundary with a school.

Smokers are asked to put out your cigarette and dispose of the litter thoughtfully well before you reach the school boundary.
Out and About Cooktown P-12

Showcasing their work for the week are Year 8 Woodwork students Chelsea Pennel, Emma Beaufils Jimu Boughi and Tiffany Hart-Rosendale (with Susan Baru hiding in the back!)

Getting into their Distant Ed subjects are Connor Meldrum, Darcie Sieverding, Bo Skipworth and Georgia Eastaughffe

Practicing their writing in the sand with Mrs Neil are Coral Thompson, Shantal Wilson, Molly Grillo and Fraser Ryle

Happy to be back at school - Leah Whitford, Oliver Hansen, Michala Harrison Miss Taylor and Kaitlyn Darvel

Showcasing their work for the week are Year 8 Woodwork students Chelsea Pennel, Emma Beaufils Jimu Boughi and Tiffany Hart-Rosendale (with Susan Baru hiding in the back!)

Cooper Ross-Kelly, Jacob Francisco, Janaya Ross-Kelly, Kahil Johnstone, Brax Mitchell and Selina Skyring from Prep are getting excited about their swimming lessons!