11 February 2016

Principals report

Welcome to 2016, We have High Expectations!

It is wonderful to see everyone back at Cooktown P-12 State School safe and sound after a fabulous holiday and ready for learning. We have had an exciting amount of new enrolments to our school. We welcome especially our 35 new Prep students and parents who are starting their learning journey with us. I know that you all as part of the very special Cooktown P-12 State School community join with me in welcoming all our new families.

Due to the large enrolments especially in our Primary campus we will be reorganising our nine primary classes. If your child is involved in a change of classroom you will be notified shortly and be well informed by our Deputy Principal Primary Mrs Alison Martin.

This year we also welcome new teachers to the Cooktown P-12 State School Community.

<table>
<thead>
<tr>
<th>Mr Jimmy Mann</th>
<th>HPE Junior Secondary and Primary</th>
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<tr>
<td>Ms Jennifer Young</td>
<td>Primary</td>
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<td>Ms Briohny Morgan</td>
<td>Primary</td>
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<tr>
<td>Ms Sarah Gordon</td>
<td>Primary</td>
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<tr>
<td>Ms Karyn Bryant</td>
<td>Junior Secondary (Joining us 15th February)</td>
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We also have two new Southern Cape Cluster positions for HPE and Preforming Arts. These positions will be filled by Ms Karly Denmead and Melanie Voakes who will join us on the 15th February.

Thank you to all parents who have ensured that students have the necessary equipment and are in full school uniform. This makes for a very smooth start to the year and happy relaxed students.

We also look forward to great successes in our Junior Secondary campus and Mr Ottone, Deputy Principal Junior Secondary/Student Services is keen to guarantee a smooth transition for students from Primary into Junior Secondary and likewise for those entering Senior Secondary. Mr Mitchell is extremely excited and aiming for 100% Queensland Certificate
of Education for all of our Senior Secondary Students as well as providing a vast array of curriculum offerings to ensure every student’s potential is met. Congratulations to Mr Aaron Bates and Mr Paul Fraser who have been successfully appointed as Queensland Curriculum and Assessment Authority panel members for Geography and English.

For the very first time Cooktown P-12 State School is offering a trip to Japan for our Junior Secondary Students, an Art trip to Sydney for Senior Secondary Art students and we will be preparing for 2017 world competitions in San Francisco with our Robotic team. A Cert II in Tourism will also see our year 11 students travel to the Gold Coast in May. This ensures them of 4 points towards their Queensland Certificate of Education for which they require a minimum of 20 points.

Following our great academic success in 2015 we look forward to continuing the upward spiral of always aiming for and achieving excellence. Cooktown P-12 State School is a School of Excellence.

Leanne Rayner.

Positive Behaviour for Learning (PBL)

Welcome back to the new school year. It’s great to see returning faces and welcome to new students and families. Our school has an active PBL team that oversees the implementation of our school wide behaviour expectations:

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

This is achieved in a number of ways. You may have noticed bright blue signs on each block and our signs on the front fence. What you may not have noticed is the Focus skill Lesson that are taught to all students during Home Group or Roll and then reinforced by staff whenever they catch someone following them. Our school has a variety of methods to ‘reward’ students for meeting our expectations. These include the Blue Tickets or Reeled in tickets, the Blue Ticket shop, Weekly draws for the junior and senior secondary students, but equally important is the recognition given through gesture or words. Our aim is to teach students what our expectations are and if they have trouble meeting our expectations, put supports and procedures in place that enable them to achieve success.

PBL is about developing a safe supportive environment. We do this by building positive relationships with each other. It is important that our PBL team has parent representatives on it; this gives us a parent perspective to routines and procedures that we may decide to implement. This term we are meeting in the library at 3.20pm on February 4th and 18th, March 3rd and 17th. Parents from all sectors of the school are welcome.

New school uniforms

Our new school uniforms have arrived and they are looking fantastic. We have three separate shirts one for Primary, Junior Secondary and Senior Secondary school. The shorts and hats show the child’s school house you will need to know which house your child is in, blue for Kennedy and red for Cook. You are still able to continue to wear the old style uniform until the end of the year. Uniforms are available from The PCYC Events Centre office Monday to Wednesday 9am to 8pm, Thursday and Friday 12noon to 6pm, Ph :40695890 this is cash only service. Uniform prices are as follows:

<table>
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<tr>
<th>Uniform</th>
<th>Price</th>
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<tr>
<td>Primary polos (prep – year6)</td>
<td>$28.00</td>
</tr>
<tr>
<td>High School Polos (year7 – 12)</td>
<td>$32.00</td>
</tr>
<tr>
<td>School Shorts</td>
<td>$22.00</td>
</tr>
<tr>
<td>Hats</td>
<td>$16.00</td>
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We also made our data wall for reading with fish and looked at our Little Wrigglers data wall. We are learning about days of the week, moving information from our short term memory to long term memory, adjectives and nouns.

Written by Ryan and Molly

Learning with 30S

Our class 30S are learning about number lines and 3 digit numbers. We had a challenge to build a tower and calculate its value. Together, we built this tower which was worth 12424. We had to do lots of Trading to work this out.

Starrlia Colley Year 7, Payton Lukacs Year 1, Spencer Wende Year 11.
Scholastic Book Club

Scholastic book club is back with the first issue for the year open for orders. We welcome your purchases as Cooktown State School receives a percentage of the total sales to purchase more great books and resources for the library.

You can order online via www.scholastic.com.au/loop or return your completed form along with monies enclosed in a sealed envelope or zip lock bag to your child’s teacher.

The due date for this issue #1 is Friday 12th February 2016

Guidance officer

Hello students and parents

As the Guidance officer I am available to students and families who wish to seek assistance and support relating to personal and educational issues. I offer Counselling services as part of my role. Ideally, counselling is short term and is directly linked to the student’s ability to engage in learning. I can help with educational and personal matters/issues such as: bullying, grief and loss, family and peer relationships, self-esteem, stress, study habits and skills, time management, behaviour, anger, coping strategies, careers pathways etc. There are many issues you might wish to seek assistance with.

If you would like to make a time to speak with me, please contact the school office.

Thank you Trent Kirk.

School Nurse

Hi I’m Inga and I’m the new school based youth health nurse. I moved to Cooktown last year with my family and we love it here, we have found the community to be very warm and welcoming to us.

I am at school to give all high school students, parents and staff the opportunity to access a health professional. You can come and see me about anything but especially things that might be affecting your health and wellness like stress or feeling unhappy, relationships, puberty and growing up, personal and family problems, healthy skin, healthy eating and exercise, sexual health, smoking, alcohol and other drugs.

When you see me almost everything we discuss will be confidential which means I won’t tell anyone else. You can pop into my room anytime I’m there or make an appointment to see me at the school office. I look forward to meeting you all.

Cooktown Fishing Report

Taylor Russel, Krystian Bevan, Mr Stack, Jack Whitman, Trent Duncan, Solomom Gibson, Mr Kirk, Billy McKie.

During Term 4, 2015, year 8 students were given the opportunity to fundraise every Friday to reduce the cost of a fishing expedition on the Pink Boat as an end of year reward. With some assistance from Mrs White (Pizza Cooking Extraordinaire) the cohort accumulated over $800.

So, with very little sleep and eager anticipation, Taylor Russel, Trent Duncan, Jack Whitman, Solomom Gibson, Krystian Bevan, Billy McKie, Mr Stack and yours truly woke one fine sunny Saturday morning and ventured out to the reef. The slow but steady trip to the reef produced numerous school of Spanish mackerel, which eased the pressure of returning home empty handed and avoiding embarrassment for some of the young men after weeks of ‘Big Noting’ their amazing fishing abilities.

By the time we finally reached the first anchorage position, I was pretty sure I had witnessed this cohort eat half of Cooktown IGA’s bread and deli supplies. A smart move for some who started reeling in some quality largemouth nannygai, trout, moses perch, spangled emperor and trevally. The fishing trip was split between Peter Bevan’s and Billy McKie’s largemouth nannygai. As an added bonus the group were featured in the January issue of Queensland Fishing Monthly Magazine.

Overall, it was an enjoyable trip for most (bring your seasickness tablets next time… you know who you are) and a great way to end the school year.

Trent Kirk
**What’s on**

<table>
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<tr>
<th>P &amp; C Meeting</th>
<th>16 February 4.30pm at PCYC Events Centre</th>
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<tr>
<td>Nab AFL Auskick</td>
<td>Every Wednesday (for 7 weeks) 3.15pm – 4.15pm PCYC registration required.</td>
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**10 confidence-building strategies every parent and teacher should know**

*By Michael Grose*

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. **Focus on effort & improvement**
   
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. **Praise strategy**
   
   While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. **Develop self-help skills from an early age**
   
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. **Practise unconditional acceptance**
   
   Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. **Expand their horizons**
   
   Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8. **Recognise improvement**
   
   Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

9. **Put the training wheels on to support learning**
   
   Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while get they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10. **Build teaching and training into your day**
    
    Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.
11. Ask children for help

Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

**Congratulations Shanaye Bevan**

Late last year, Shanaye Bevan – a school of Distance Education Student, applied for a position at the James Cook University Summers Schools Languages programme, from January 11th – 15th, 2016 and was selected as a representative from Cooktown P-12 State School. This elite group, made up of Students from Cardwell to the Torres Strait, worked intensively on their language (other than English) studies for a 4-day period.

Shanaye thoroughly enjoyed her time at the Summer Schools Programme and indicated that this period of her holidays was a valued opportunity to increase her Japanese speaking skills and to expand her understanding of the Japanese culture.

Congratulations on your selection in the Summer Schools programme, Shanaye, our school is very proud of the way in which you represented our school community at this prestigious event.

Keep up the great work!

**School of Distance Education Student Shanaye Bevan.**

**School Swimming Carnival**

A splash and a dash from the year 1 and 2 students at Cooktown State School. They should be very proud of themselves for their participation and enthusiasm in the pool. It takes a lot of confidence and positive risk taking behaviour to ‘ride like the wind’ on noodle in the pool. Or, Kick like a motor boat with a kick board.

Cooktown State School upper primary were joined by Roseville and Endeavour Christian College as it got “Hot to Trot”. All students were so willing offer support and encouragement with some fantastic Cook and Kennedy Cheers. Some students turned themselves into to supermen and gained a number of points for their house. Well done to all participants who reinforced the true meaning of sporting carnivals.

Secondary Students had fun in the Sun and finalised Friday’s carnival with some great team challenges. A number of individual students did their house proud with a high level of participation and a “give it a go’ attitude.

Well done to all participates who put aside their fears and reservations to try their best. You are an inspiration to us all.

All age champions will be announced and given a certificate on parade.