Good afternoon Parents, Students and Families,

It is with pleasure that I congratulate the students in years 3, 5, 7 and 9 for their efforts with the National Assessment Program Literacy and Numeracy (NAPLAN) assessments held on Tuesday, Wednesday and Thursday last week. With three consecutive days of testing, all of our participating students can be commended for giving their best efforts on this piece of high stake assessment. Student reports will be shared with all families of participating students in September next term.

On Monday, May 23 our year 11 students have the exciting opportunity to complete the practical component of their Certificate II in Tourism Studies. Departing Cooktown at 6:30am, the year 11s will travel to Cairns by coach before flying to the Gold Coast for the duration of the school week to complete their practical studies at several of the famous theme parks as well as the pristine beaches. What a way to not only complete the required practical components of this Certificate II course but also an outstanding option of achieving four valuable Queensland Certificate of Education attainment points! Enjoy your time away year 11 students and be sure to thank Ms Williams and Mr Mann for their support!

As we begin to edge closer to the end of term, school-based assessment projects begin to increase. Research indicates that students who attend school regularly (≥ 95%) invariably achieve higher academic results and have a wider range of post-school opportunities regarding employment and training. Excellent attendance is being rewarded at present as part of the State-wide Try for 5! Competition with awards being supplied by no less than the North Queensland Cowboys and Brisbane Broncos Rugby League clubs with our participating Prep to year 10 classes. Not only do our students have the opportunity to win incredible prizes by simply attending school every day, they are also increasing their likelihood of success with their assessment pieces at school. Congratulations to all of the myriad of families whose students are attending school every day and to those whose attendance rates are improving every day. Your support from home is very much appreciated!

Finally, our Positive Behaviour for Learning focus of the fortnight has been to be in ‘the right place at the right time’. It has been fantastic to see so many of our Prep to year 12 students organising themselves during breaks and before school to ensure that they are organised and ready to commence their studies on time in the correct location and with the required resources. Being in the right place at the right time not only sets an individual up for learning success and displays excellent levels of respect but also supports the learning of others – a crucial skill required for success at school!

Have a fantastic fortnight. I look forward to seeing the school community at our upcoming community and school-based events!

**GUIDANCE GOSSIP**

**Helping kids become resilient**

Definition: ‘Resilience – the ability to cope in times of stress or hardship.’

As parents we work to equip our children with the tools they need to solve their own problems, to respond to difficulties, to feel good about themselves and others, and to perceive the future in a hopeful and confident manner. It would be great if all children arrived with a Do it Yourself Manual but here are some ideas to help your child become resilient.
Brooks and Goldstein talk of 10 key principles for resilience:

- Be empathetic – teach understanding of how another person might feel, recognize your own feelings
- Communicate and listen effectively – and respond to what your child is saying
- Love your children in ways that make them feel special and appreciated – let them know you love them unconditionally.
- Accept your child for who they are and help them to set reasonable goals – goals for today, and goals for the future. It’s good to work towards something.
- Help them experience success in what ever they show competence in (even if it’s collecting bugs)
- Focus on positives, reword negative talk – sometimes the positive may be hard to see, but it’s there. Always end a conversation with something positive. Instead of saying ‘don’t do’- say what you want your child to do.
- Help them to understand that ‘mistakes’ are just things yet to be learnt
- Develop responsibility, compassion and social awareness by providing opportunities where you can contribute or give back to others.
- Teach your child to solve their own problems and make appropriate decisions (What’s the problem? What are the choices? Which is the best choice? Try it. If it doesn’t work review your choices.) This also helps them to take responsibility for their actions.
- Discipline in a way that promotes self-discipline and self-worth. Punishment is one form of discipline and often the least effective form as it teaches the child what not to do rather than what to do, and can often build resentment. It is difficult to teach your child a better way to behave when you yourself are angry and upset. So be calm, tell your child what you want them to do, and praise your child for doing the right thing. Have though, a plan in place for dealing with noncompliance, but STAY CALM. Your child is watching you and will copy how you behave.

In following these principle we will contribute to helping our children be resilient, to be emotionally healthy, and equipped to successfully confront challenges, and bounce back from setbacks.

Adapted from ‘Raising Resilient Children’ by R. Brooks and S. Goldstein

A word from your friendly School Nurse…..

Firstly, to everyone that came to see the Watoto Children’s Choir, wasn’t it fantastic! Thank you for supporting this. Cooktown raised over $2000 which will directly fund the Watoto charity; this was an inspiring, generous effort, well done Cooktown! The choir, consisting of 18 orphaned children from Uganda presented an inspiring message of Hope.

Hope is the feeling that what is wanted can be had and that things will turn out for the best.

Sometimes we feel like we have no hope. I am here at the school to support the school community including students, teachers and carers. Some of the main issues for which young people and the school community see me about include: social and emotional wellbeing, relationships, stress, eating issues, sexual and reproductive health, drugs (including smoking) and growth and development. If you are worried for your teenager regarding any of these concerns please consider encouraging them to see me. I provide a confidential health service. I am at the High school alternate Mondays and every Tuesday and Wednesday. You are also welcome to call the school office to speak with me. As Stephen Hawking famously quoted, “where there is life, there is Hope.”

Dietitian

When people think of science and scientists, they tend to gravitate towards this idea of somewhat slender men in big lab coats laughing maniacally over bubbling test tubes and beakers with the occasional randomly discharging electrical device in the background for dramatic effect. Whilst this image appeals to a great many of us (including most research scientists), it is not often the case.

Science is the process of testing current knowledge with new ideas to either confirm or change the current way of thinking, using well thought through, thorough, unbiased, measurable and repeatable processes. The intention of these processes is to reliably say that the new idea is better or not then the current idea most of the time. If it is better or works once in a thousand tries, then it’s not better most of the time. Similarly, only trying once and it working once by no means indicates that it would work 999 times more. Doing it 1000 times and only reporting on the one time it works is just unethical and deceptive.

Nutrition science is a little different due to time frames and tends to be more observational. It is tempting to look at a diet trial with the same mindset as a medication trial, for example, measuring the changes over 6 – 12 months. This overlooks two important things. With respect to diet, in the short term (6 – 12 months) we know that 1) weight loss, regardless of how it is achieved, will improve health measures and that 2) diet education and supervision resulting in reduced energy intake and high physical activity will result in weight loss. When these trials are done, people tend to lose weight and exercise more, proving points 1 and 2 over and over again; it also means that we have a bewildering plethora of diets that have ‘scientific evidence’.

Where observational nutrition science comes into its own is looking at diet in the long term i.e. over the life time. We are able to do this by observing regional traditional diets and the prevalent health problems in those regions. Examples include people eating a traditional rural Okinawan (in Japan) diet (high carbohydrate, low GI) or people eating a traditional Mediterranean diet (high monounsaturated oils, low processed carbohydrates, all fresh). We compare these with the long term health outcomes of people on a Western diet and work out the differences (Hint: People on an Okinawan or Mediterranean diet have longer and healthier lives). This is important because diet
related health outcomes take a lifetime to develop, not a few months. When considering how you’re going to live your life ask yourself; how long was this diet studied for? How do they know that this diet is going to be the best one for you for the rest of your life?

Next time I’ll look at how stories can alter food habits, regardless of what the science tells us.

Stay tuned...
Gareth Salkield, Accredited Practising Dietitian

Year 6 Southern Cape Cluster Schools Leadership Camp

Sixteen students from Lara, Cooktown State School, Bloomfield, Lakeland and Rossville Schools had three jam-packed days at Home Rule to further develop their learning skills. The camp aimed to develop the personal and social capabilities of the student leaders. These skills are one of the seven general capabilities in the Australian Curriculum, and are foundations for learning and citizenship. In consultation with their principals and teachers, the students outlined leadership activities that they would like to develop in the schools. There was a lot of emphasis on becoming a strong public presenter, which all the students could demonstrate strong improvement with at the with at the end of camp.

Communicating clearly was a skill quickly valued during the canoeing experience in this photo!!

http://vimeo.com/168300480

Learning with 3OS

Going on the computers

We went on the computers and we made our own PowerPoint. We learnt how to change the color and size of the writing. We were in our classroom and everyone has a computer and head phones so that they can listen. We like the computers because it is fun and cool.

Written by Mitchell and Ty

Rather puzzled in 3OS

Mrs Ottone and Mrs Stack had great delight in surprising 3OS students with a class present. Students waited in suspense for the parcel to arrive and took many guesses at what they thought it could be. Students were told that it was something that would require teamwork, persistence, strategy, patience and a good eye.

All students were very excited when we showed them that it was a special 500 piece puzzle. Not only are we required to work together to complete the puzzle, but we will also work together to color the puzzle so that it looks bright and beautiful.

At first, we were rather puzzled at how we were going to do this. Then we agreed that we needed a strategy. Together, we decided that we would start with the border. We spent days sorting the 500 pieces into 2 groups- 1 group had all the edges and the other group had the pieces with no edges. It then took us 4 weeks to work together to complete the border. Persistence has paid off and we did it!

We are now focused on sorting and completing the top left hand corner. Wish us luck!

From Mrs Ottone and Mrs Stack

GRIP NATIONAL LEADERSHIP CAMP 2016

Would you like to develop valuable leadership skills whilst having enormous fun during the July school holidays? Students in Yr 10-12 are invited to participate in a national leadership camp being held in Sydney, hosted by the GRIP Leadership team. Teenagers from around Australia will be gathering for this 4-day camp from July 3-6. GRIP Leadership is well known for organising Australia’s largest student leadership events and helping students reach their potential as a leader. Full details available at

http://www.gripleadership.com.au/content/grip-national-leadership-camp/gjix4

Try for 5! Competition Update

The exciting Try for 5! Competition reached new heights this fortnight with our year 8R Form Class maintaining their excellent attendance from last fortnight to once again be the school’s champion class in terms of their attendance at school! The 8R class narrowly ‘pipped’ the year 10 girls and the 3/4P class at the post – all of whom were above 90% attendance for the fortnight.

Our individual winner this week was Roxanne Wende from the runners-up class year 10 girls class. Roxanne has 100% attendance for the entire year to date and is the winner of
this week’s LGIASuper prize pack from the North Queensland Cowboys.

Congratulations to everyone who has tried and been at school all 5 days this past week. Keep doing your best to support Cooktown State School into being the champion attending school in the state!

previous individual attendance award winner Phoenyx Seagren

previous class winners 3/4P with Try for 5! Ambassador Matthew Bowen of North Queensland, Queensland and Australia Rugby League fame.

The current class champs, 8R, and individual champ – Roxanne Wende

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<tr>
<th>Sport</th>
<th>Deadly Ambassadors</th>
<th>Achievements</th>
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<tr>
<td>Soccer</td>
<td>Sam Saif</td>
<td>Former Semi Professional English League representative</td>
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<tr>
<td>Volleyball</td>
<td>Selina Scoble</td>
<td>Former Qld representative and Olympian</td>
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<td>Touch</td>
<td>Mick DeVere</td>
<td>Former NRL and Kangaroos representative</td>
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<td>Football</td>
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<td>Basketball</td>
<td>Andre Moore</td>
<td>Former NBA and NBL representative</td>
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<tr>
<td>Rugby</td>
<td>Darren Smith</td>
<td>Former NRL and Kangaroos representative</td>
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<td>League</td>
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<td>Softball</td>
<td>Kelly McKellar - Nathan</td>
<td>Former Qld and Australian representative</td>
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Special thanks also goes to the Queensland Government’s partners who will be actively involved across the day and have provided valuable support to ensure the Cooktown Deadly Sports day is a great success. An additional thank you goes to all the students, teachers and parents who participated in the event.

We hope to continue the community culture through sport with our up and coming Athletics carnival held throughout the last week of term. Event information will be sent home in week 8 of Term 2.

http://vimeo.com/168297949

Deadly sport program

Cooktown State School welcomed all participating schools, students, teachers, school staff, local club representatives, sport development officers, community members and elders to the Cooktown Deadly Sports day held on 6th May 2016.

Sport and recreation is the lifeblood of Queensland communities and as a school community we committed to keeping our children and young people active so they can live a healthy life. The Deadly Sports program is an addition to our current school program that promotes sport, active recreation, exercise and the importance of living a healthy and active lifestyle, particularly in Aboriginal and Torres Strait Islander communities. We hope it continued on again next year.

The Deadly Sports Ambassadors, with the assistance of our year 11/12 Fitness students, are great role models for all young Queenslanders. They helped to promote the benefits of an active and healthy lifestyle. Students enjoyed and learnt from these outstanding athletes across the day.