16 June 2016

Dear Parents and Community

It has been a wonderful year for Cooktown P-12 SS. Our current enrolments are 389 students. As our Primary numbers have grown so dramatically I have decided to relieve the sizes of classes by creating a Year 4, 5, 6 class. Next term we will be welcoming Mr Reece Toomey who will be teaching our Term 3 newly formed 4,5,6 class. Parents of children who may be involved in this class will be contacted or have already been contacted by our Deputy Principal Mrs Alison Martin. I know that the Cooktown P-12 SS community will welcome Mr Toomey with open arms.

We farewell Ms Karly Denmead and Ms Mel Voakes our cluster HPE and Performing Arts teachers. We thank them for their service to our Cluster. We welcome Mr Tim O’Hallahan and Natalie Skaines to our Cluster community who will be filling the roles of HPE and Preforming Arts for us.

I would also like to thank the outgoing P and C Committee- Ms Ali Ward, Mrs Bronwyn Sieverding, Mrs Kimberley Roberts and Mrs Nikki Darvell. Ladies your dedication and support to our entire school has been positively supported by a wonderful collegial P and C. Congratulations and thank you.

We are still looking for an executive committee for our new 2016 – 2017 P and C. Currently we have Mrs Nikki Darvell, Vice President and Ms Bev Coleman, Treasurer. We still require a President and a Secretary. Our next meeting will be on Tuesday 21 June 2016 at 4.30pm at the Events Centre, I hope to see you there.

During Term 3 I will be taking long service leave. This will be only the second long service I have taken in my 37 year teaching career. I look forward to travelling overseas with my mum, visiting my son who is training infantry at Pukapunyal, spending time with my daughter, son in law, grandson and of course my husband. In between all of that I hope to rest up, refresh, get my creativity flowing and be back ready for Term 4 and all of our fabulous celebrations. During my leave Mr Tal Mitchell will be acting Principal. I know that you will all support and assist Mr Mitchell during this time.

I would sincerely like to thank the whole Cooktown P-12 SS community for their ongoing unfailing support for myself, our staff and our students.

I wish you a very safe and relaxing mid-year holiday, and look forward to seeing you in Term 4.

Best regards

Leanne Rayner

Principals Report

We are all feeling very special in the Primary this term. The classrooms have had a mini makeover with brand new colourful desk tops and the grounds now have extra seating in the form of picnic tables. Some of the tables have a cover over them for protection from the sun. The students were all extremely happy and in the first few days after their arrival, the seats were much in demand.

Even though this term is one of our longest (11 weeks), it has been full of purposeful activity and the weeks have flown by. We have successfully completed NAPLAN exams, enjoyed the Sports Gala Day, lots of Drama performances and workshops and a fabulous Under 8s Day. We also joined with CDCC and walked against domestic violence on 30th May. Upcoming in our last 2 weeks of the term, we have Brave Hearts visiting and the Primary Athletics Carnival (Years 3-6) on Monday 20th June. Watch this space for the date of our P-2 Games and Activity morning that we will hold early next term.
A big shout out to the teachers at Cooktown for their passion and commitment to ensuring your children have quality teaching and learning whilst at school. Many of the teachers are involved in a long term professional development opportunity this year called “How Language Works”. These workshops are peeling back the layers of the English language and helping teachers develop a deep understanding of literacy. This will in turn be passed on to our students. The workshops are running every 2 weeks or so and continue until the end of the year. In addition, our Prep teachers along with Griffith University and Regional Office, are involved in some action research about age-appropriate pedagogies. The research will assist Prep teachers to offer a range and balance of teaching methods and activities to ensure Prep students are engaged and happy at school.

**Year 8 Leadership and Development Program**

A Huge thanks to both Daniel and Tess Buhmann for generously donating their skills and time to help train the students in the year 8 Leadership Development Program in preparation for their 250km bike ride in August. “I found it very exhilarating and it helped build my confidence” said Lennox Chambers. In Preparation for the August ride, the students will be riding to North Shore in week 10 this term.

**Chappy**

Tuesday 31st May was World No Tobacco Day.

Tobacco kills around 6 million people each year. More than 5 million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke. Smoking is still a leading cause of preventable illness and premature death in Queensland.

If you are concerned about your child’s tobacco use or have been considering quitting smoking yourself I am here to support you. Please make an appointment to see me or encourage your child to visit me at school. The Australian Government QUITLINE is an excellent resource that can be accessed via telephone on 137848 or there is an interactive website at http://www.quitnow.gov.au

Now is the time to QUIT, Happy Word Tobacco Day!

**Guidance Gossip – Cooktown State School**

**Helping Manage Stress**

If there is one thing we all are exposed to, to a greater or lesser extent in our lives, it is stress. From the newborn to the elderly stress takes different forms but the actual reaction on our minds and bodies is similar. The feeling is uncomfortable, and at times unmanageable without a helping hand.

Stress is an important feeling though. For babies being distressed will get an adults response, and hopefully action to eliminate the stress. If exams didn’t provide some level of stress then most students may not put the extra effort in to achieve. Stress can initiate change, help us focus on the task at hand, and in some cases even save our lives. Allowing stress to build up can cause us to lose focus on the positives, keep us from concentrating, and cause bodily injury and even loss of life. The important thing is acknowledging that we will have stressful times but we also can take control over our stressors.

Did you know? Managing stress is all about taking charge: of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

The first thing to do is to identify what is causing your stress. When you pinpoint the main causes then seek healthy ways to manage and cope with stress, but remember they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it’s helpful to think of the four A’s: avoid, alter, adapt, or accept ie. How can I avoid the stress, what needs to be done to alter the stress, what can I do to adapt to the stress, can I accept what is causing the stress and move on.

**Here are some tips:**

Think about how you cope with stress and is it helping or contributing to more stress eg. Unhealthy diet causes the body to feel stressed.

Choose healthy ways of coping with stress eg. exercise, time out to think, talking to others, relaxation, seeking medical help

Keep a diary and write down feelings, stressors – focus on the four A’s. It helps to get the stress out of the head and on to paper to help make sense of it. Often solutions crop up when the mind it clear

Focus on the big picture – envisage a future without the stressors. What will it look like? What do you need to do to get to that stage?

Know your limitations – adapt as needed, seek help as required.

Make time for fun and laughter – stress can be all consuming but doing things that are fun puts life in perspective.
It's not the load that breaks you down, 
It's the way you carry it. 

-Lou Holtz

Written by Trent Kirk – Guidance Officer

Dietitian

Weight Loss

So we've talked about science and how stories about nutrition can be changed in such a way that they miss the big picture. Let's talk about one of the biggest ones that isn’t ‘told right' fairly regularly – weight loss. Why is it so hard? Let's face it, if it was easy, 63% of Australia wouldn't be overweight. I can hear the chorus in the background singing the faults of the BMI approach to assessing weight, however, with that statistic, BMI is being used in context and is applicable.

So, why is it so hard? Well, using a very simplified view, if energy in is less than energy out, we lose weight. This, however, does not account for the human body being very complex. Also, working out what people mean when they say 'lose weight' is of itself complex. I tend to ask 'what are you trying to achieve by 'losing weight’? The answer, fairly invariably, is as unique as the person who is answering the question. This should give a strong hint as to how unique achieving weight loss will be for each person.

Weight loss through simply ‘eating less' is difficult because our bodies can slow down (through feelings of fatigue and increased appetite) in order to conserve energy to maintain weight. Interestingly we do speed up our metabolism (through extra fidgetyness, the ‘hot' feeling we get when we eat too much and reduced appetite) to slow down weight gain; this is part of the ‘set point theory' of weight homeostasis (sameness). Further to that, because our bodies like running on carbohydrates, if we eat too little of these while we are losing weight, our livers will cannibalise our muscle mass to make more carbohydrate, resulting in muscle loss and weakness during weight loss. It also means rapid regain of weight when normal eating resumes as this muscle mass recovers.

Anyone who has tried to do this when eating a very low energy diet will attest to how much harder that exercise is. As such, a moderate difference between energy in and energy out is recommended along with exercise. How does this relate to your kids? Understanding the concept of ‘energy density' and providing low energy density foods for your kids most of the time. Along with that, encouraging play and other options like walking to school to maintain physical activity will also keep fitness up and weight sensible. Finally, recognising when you or your child may need more energy to maintain exercise such as training for a sport is also really important.

Next week we'll tackle energy density and why Australian sugar isn't the devil... stay tuned.

2016 Discovery Festival float and Harmony Tree

A big thank you to all the students, staff and families that helped with the decorating of our school float entry “Every family needs a farmer” we had a great turn out of students on the day dressed up as farmers and animals and of course Mrs Rayner riding on her tractor throne! We had fresh fruit to hand out this year Passion Fruit and Dragon fruit and of course lollies and the crowds loved it. In fact they loved our float so much that we took out first prize! Congratulations to all involved in a great school effort I can’t wait to see what the float theme will be next year. Students in the Primary school decorated a Harmony Tree for the school they worked in groups and individually, they decorated a row of people to hang around the tree the trees looked fantastic it was lovely to see the students art decorating the trees in Anzac park.

P&C News

The Cooktown State School Parents and Citizens Association are still on the lookout for new executive committee members. A general meeting will be held on Tuesday the 21st of June, 4:30pm at the PCYC Events Centre, refreshments available.

This year our aim is to take as many of the executive committee available to the P&C’s Queensland State Conference in Gladstone on the 9th and 10th of September, all expenses paid! I have attended three State Conferences myself and have found them to be extremely informative with excellent motivational speakers and plenty of upskilling workshops on everything from grant writing to healthy food choices. During the two day conference we will enjoy many talented performances by state school students from the area. There will be the annual awards evening with a beautiful sit down meal, free drinks and dancing into the evening. And of course there are the prizes including iPads which I have failed to win so far.

So come along to the meeting next Tuesday to express your interest in being on our amazing executive committee or just come along to find out what our P&C does. We have recently funded two sets of wooden tables and chairs with shelters over them for the students to enjoy outside.

I would like to thank our outgoing president Ali Ward for all the hard work she has done over her many years with the P&C. It is with great sadness that we say goodbye, thank you and well done!
Our uniforms are no longer for sale from the PCYC and will not be available for sale until an executive committee is established.

Nikki Darvell  
Vice President  
Cooktown State School P&C.

Student Council Movie Night Fundraiser

This Friday evening will see our High School Student Council host the annual Movie Night Fundraiser. The Student Council are hosting this fundraiser to raise money towards their major project of 2016 - the Purchase of a watercooler.

Entry to the Movie Night will be $2.00 per student/child with a hotdog deal available for $5.00. The primary event will see the viewing of Hotel Transylvania 2 with the movie commencing at 5.30pm sharp, primary students collection time is between 7 and 7.15pm.

To aid the student council with supervision, all prep to year 3 students and younger siblings must be accompanied by an adult or high school attending sibling at all times throughout the viewing of this film.

The high school event will see the viewing of the 5th wave at 7.30pm sharp. This film is rated M, therefore permission for high school students younger than 15 years of age must be provided by a Parent/Guardian at the events centre entry doors prior to the start of this film. High school student collection will be between 9.30 and 9.45pm.

Important dates

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<tr>
<th>Event</th>
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<tr>
<td>School photos</td>
<td>Thursday 16th June</td>
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<tr>
<td>Defence Force Talks Years 10 - 12</td>
<td>Thursday 16th June 2pm</td>
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<td>Student Council Movie Night</td>
<td>Friday 17th June 5pm</td>
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<td>Athletics Carnival Years 3 - 6</td>
<td>Monday 20th 9am</td>
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<tr>
<td>End of Term full school assembly</td>
<td>Wednesday 22nd June 9am</td>
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<td>P &amp; C Meeting</td>
<td>Tuesday 21st June 4.30pm at the PCYC</td>
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Sports Carnival Years 7 - 12  
Friday 25th June 9am

School Holidays  
Saturday 25th June – Sunday 10th July

Gold Coast Trip Certificate II Tourism

Whilst on the 2016 Gold Coast Cert II Tourism trip, students were taken around the Gold Coast and Surfers Paradise area. This allowed Cooktown students to sample one of Queensland’s best tourist hotspots. Students were also taken to Dream World where they met up with traditional owners and discovered the story of how the land around the Gold Coast was made. Students also attended a slide show which provided a tourism campaign overview. Students also had the opportunity to go stand up paddle boarding, visited Movie World, experience ice skating and a trip to Surfers Paradise to test their surfing skills. A big thank you to Ms Delma and Mr Mitchell who organised the certificate course and overall trip. While students visited a number of locations around the Gold Coast some of the best learning took place at their accommodation sight “Runaway Bay Sports Complex” Here Students interacted with numerous other schools, cultures and worked on their team building, socialising, respect others and to maintain their own living environment. All positive life long skills. Thank you also to Ms Williams and Mr Mann for taking time out of their busy schedules to supervise the various activities the students participated in.

Drama at school

Week 10 was a flood of theatre and drama at Cooktown State School P-12. We were joined by the Jute theatre Troupe, performing on Monday and then working with a number of students who worked on their own performance on Friday. The themes around history, family and our personal connections were explored.

Further drama performances and workshops from Homunculus theatre Troupe( funny name and funny to watch)The focus on laughter, joy was also presented through the traditions of commedia. The amazing feats of the acrobats stunned the Primary School and High School students.

Games and fun is serious too. The skills of theatre, focus, concentration and working with others are key skills that Homunculus developed with us.
The Reflections from our students of it being “fun”, “wanting them back” and students offering to save up their own money to “bring them back” is testament to the experiences of theatre as experienced by our students.

**Paul Fraser**

![Image](image1.jpg)

Mrs Rayner and Mr Prokopuk joining in on the fun acting out a marriage!

The crowd enjoying the performance.

**Robocup junior Event in Cairns**

Students from Cooktown State School Robotics Club travelled to the Robocup junior Australia regional competition in Cairns. The event was hosted by the Cairns School of Distance Education and sponsored by the Queensland Society for Information Technology in Education (QSITE). The event has two different disciplines.

The first event was the dance robots. Students who wish to compete in the dance competition are tasked to create a robot to perform on a large dance mat. Competitors have to choreograph themselves with the robot, dress it up and create a dance routine. This event had many competitors. Cairns West State School and St. Andrews were the winners. Cooktown State School did not enter this event.

The second event was the Junior/Senior rescue. Students, who wish to compete in this event need to create a robot with sensors that can follow a line, avoid obstacles, navigate a maze, and detect when to turn at intersections, rescue a victim from a rescue area and within a time limit. This is by far the hardest competition event that we compete in and our members do not take this lightly. The club created two robots that were able to complete all that was required of them. Our two robots were Rhino and Pinchy. Competitors never know what courses will look like till each round starts. Having this uncertainty and other environmental issues can throw the proverbial spanner into the works. This affected our robot Rhino. The two robots performed admirably and it did come down to luck in the end to separate the best robots. Our two robots were entered in the senior rescue. Pinchy finished second in the senior division and Rhino was back in the pack. As a school, Cooktown State School was second overall at Robocup among high school teams.

Our teams preformed a demonstration of the open competition. This was only the second time any school has ever attempted such a hard task with even more issues to overcome. Pinchy tried but didn’t finish, however Rhino finished the course. It was rather ironic that our most temperamental robot on the day was able to officially become the second robot to ever complete an Open rescue course.

Our students again were thanked for their work helping out competitors creating and programming robots before the competition. We usually help out Primary age students attending the pre-competition workshop. We again mentored and helped the winning primary division rescue team.

The next competition is Robotics Grand Prix and we are already preparing for the September competition and are excited to defend our title as the fastest in FNQ.

**Herman Rijken**

ICT Teacher

![Image](image2.jpg)

Left to Right Jayden Sharp, Hudson Dagg, Harrison Roberts, Kieron Saunders

http://www.youtube.com/watch?v=krBZ7309B5k

**Let’s celebrate our student’s achievements**

Congratulations to Holly Faman in Year 11 who won 1ST prize in the Youth Encouragement Award for her art pieces on 3rd June 2016. Keep up the great work Holly.

**Premier’s Reading Challenge**

Students from Prep to Year 9 have the opportunity to participate in the Premier’s Reading Challenge which ends on the 26th of August. Students can read books either independently or shared and write the titles on a record form.
Prep to Year 4 students are challenged to read 20 books and students in Years 5 to 9 need to read 15 books. In November, once all the reading data has been collated and we have received our student certificates, the school will hold a celebration for students who completed the challenge.