13 October 2016

Principals Report

Dear Parents and Caregivers,

It is absolutely wonderful to be back from my Long Service Leave. During my time away I ventured overseas to Hawaii with my mother. During our fabulous time in Hawaii flying around in helicopters over lava flows and waterfalls and swimming in the beautiful sea it became evident just how lucky we are to live in Australia and especially Cooktown. We are absolutely blessed to live in such a beautiful pristine environment. Our landscape is second to none in the world. It was very hard to get excited about the mountains, sea and waterfalls when we have all of these spectacularly on our doorstep.

Apart from our perfect vistas we are also blessed with much more. The education system in Hawaii is under great stress and student outcomes are falling. Infrastructure is need of support. We are so very lucky that we have a free and excellent and extremely accountable education system. Apart from this what was really confronting was the loss of industry, agriculture and employment opportunities. Homelessness was evident with people living in make shift abodes under highways, on traffic islands and in hotel gardens. People wearing cardboard signs asking for food, work shelter, anything standing outside plush hotels on the tourist strip. It all just made me extremely thankful of just how special our own piece of paradise really is.

Now to Term 4. This is the shortest term of the year wrapping up on 2 December 2016, and we have a huge agenda to complete. Our Year 12 students have less than 5 weeks of schooling to complete and are frantically completing assessments to ensure their success and QCE attainment. The Japanese Trip staff and students depart Tuesday 22 November. Optiminds students take off to Brisbane this weekend – all the very best! Grand Parents Day is next Wednesday 19 October at 12.30pm at the Events Centre – hope to see you all there! Awards Evening is Thursday 10 November only one month away. All this and so much more at our amazing school.

Currently we are taking Prep enrolments for 2017. 2017 is the very first year that Prep is compulsory for all children turning 5 years of age prior to June 30 2017. If you have a child ready for Prep in 2017 please come in to the office and collect your prep pack full of enrolment information and support materials. If you would like to discuss your child’s enrolment I am most happy to assist you at your convenience.

This week I have had the special pleasure of contacting parents with great news stories about their child at school. This term I hope to do this very regularly. It is such a joy to contact parents and have a lovely conversation about just how special their child is. Having said that I would like to thank all of our parents, caregivers and grandparents for the wonderful support you give to your child so that they are successful at school. You make a difference and sincere thanks. One of the sad things is that many parents whom I have tried to contact have changed phone numbers and unfortunately miss out on getting the good news message. So please check in at the office to ensure your contact details are up to date so all our teachers are able to make connections with you.

Please remember next Monday the 17th October is a student free day.

Once again thank you all for your support of our amazing school and students. Term 4 is certainly off to a spectacular start.

Principal

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Great state. Great opportunity.
Japan Trip

SIX WEEKS AND COUNTING!

The great countdown is on. There are six weeks remaining until students, teachers and parents depart to Japan for twelve days. With the trip rapidly approaching, finalisations are now occurring. Last week the schools representative shirts arrived, with these shirts looking amazing a second order has now been placed for many people to purchase a shirt.

Teachers, parents and students who are going on the trip are equally excited, with many having picked out the day, or days, they are most looking forward to. The most looked forward to day so far is spending a day at Disneyland. Many of the students are planning to dress up as Disney characters from their favourite childhood movies.

A huge thanks goes out to Geoff Keating, Aaron Bates and Sam Clayton for their huge efforts in organising this trip and ensuring that students and parents attending this trip are going to gain as much cultural experience as possible.

Guidance Gossip

THE IMPORTANCE OF SLEEP

Why is sleep deprivation such an issue?

Sleep, nutrition and exercise are core pillars of a healthy life, but sleep will impair function fastest if you don’t get enough:

- **Learning and academic performance**: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- **Emotional and mental health**: studies show children who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem.
- **Behaviour and decision making**: sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- **Body systems**: sleep deprivation affects children’s physical growth, brain development, immune system and plays a key role in weight gain.

How much sleep do our children need?

- Preschoolers (3-5 years old) : 10-13hrs
- Primary School Aged Children (6-12 years old) : 9-11 hrs
- Teens (13-17 years old) : 8-10 hrs

How do we identify children who are sleep deprived?

- Difficulties concentrating, poor short term memory, declining grades
- Tired body language
- Moody and stressed

- Engaging in extreme behaviours like tantrums or aggression

Practical Sleep tips?

1. Prioritise your sleep and create a regular sleep/wake routine.
2. Improve your time management skills.
3. Clear your mind by setting aside thinking and planning time prior to winding down.
4. Have a one hour break between study and sleep.
5. Have a one hour break between electronic devices and sleep.
6. Keep your bedroom an electronics free zone.
7. Keep your bedroom dark, quiet & the right temperature for sleeping.
8. Expose yourself to bright light in the morning and dim light at night.
9. Keep pen and paper beside bed to write down anything that pops up in your mind that may concern you and keep you awake if you don’t write it down.
10. Choose healthy food and drink and avoid caffeine at least 6 hours before bed.
11. Exercise daily, but not too close to bedtime.
12. Have a relaxing pre bed wind down routine.
13. Limit weekend sleep in’s.
14. Get rid of the snooze button.
15. Don’t lie awake in bed feeling stressed or frustrated. Try to do something to calm down and then give sleep another go.

Adapted from: The Positive Times (2016). How to alleviate the epidemic of sleep deprived students in your school by the sleep connection.

School Swimming Lessons

Term 4 2016

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<th>TIME</th>
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<th>Tuesday</th>
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<td>9.10 – 10.20</td>
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<td>10.20 – 11.30</td>
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<td>Session 3</td>
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<td>12.10 – 1.20</td>
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<td>Session 4</td>
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<td>3/4P</td>
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Swimming Lessons started this week and will run for 8 weeks at the Cooktown Pool. Each lesson will last for 1 hour, please ensure that students wear the correct footwear and hats as they will be walking to and from the school pool please note there is a school Levy of $10 per student. Please hand in the Medical form and money into the school office by the end of week 4 Friday 28th October 2016.

Asthma & Bushfire Smoke

Bushfire smoke and smoke from prescribed burning activities can be a major trigger for people with asthma and other respiratory conditions. It’s important to be prepared and know how to respond if you are exposed to smoke.

Prescribed burning happens across South Australia, by the Department of Environment, Water and Natural Resources, to reduce bushfire risk, manage native plants, and protect biodiversity in our parks and reserves.

This generally takes place in autumn and spring, and only on certain days when conditions are suitable. In parts of the state, depending on seasonal conditions, burns can also happen at other times of the year. Presence of smoke from prescribed burns, generally, is in shorter duration than that of bushfires. To minimise the impact on people’s health and wellbeing during prescribed burns, consideration is given to the amount of smoke that will be produced, and the direction and area it will cover.

What do I do?

Tips to stay safe and well if there is bushfire smoke in your area:

Stay indoors when there is smoke (unless you are advised to evacuate); close all windows and doors and block air vents.

- If you have an air conditioner, use it - set it to recycle, at home and in the car.
- Avoid doing physical activity outdoors while smoke is around.
- Continue using your asthma preventer medication as prescribed by your doctor.
- Always have your asthma reliever medication (blue/grey puffer) with you, and use it as soon as you get symptoms - to prevent them from getting worse. If available, use a spacer as it helps get more medication into your lungs.
- If your asthma reliever medication isn’t working, or needed 2-3 hourly or more, seek urgent medical advice by calling 000 for an ambulance.
- If you don’t have your asthma medication with you, or you can’t access your house to get it, your community pharmacy can provide emergency asthma medication even if you don’t have a script or money to pay for it.
- Older people, children, and those working at the fire front are most at risk, so be aware and if you notice someone having trouble access help fast.

- If you don’t have an Asthma Action Plan, or are unsure what to do in an asthma emergency, follow the Asthma First Aid procedure on the back of this brochure.

P & C News

During the month of September myself and our Secretary, Mrs Kate Dagge, attended the annual P&C’s Qld State Conference in Gladstone. We had a huge three days of conference duties including the Gala Dinner Awards Evening where we got to frock up and dance. We had interesting guest speakers including the Minister for Education, Hon. Kate Jones MP and sometimes seen on the ABC’s Q&A program, Jane Caro. Both ladies stories were amazing to hear.

Some of the workshops topics I attended were Cyber Safety, Preventing Domestic and Family Violence in Schools and P&C Good News Stories, where we heard about the great work being done by other P&C’s around Queensland and were inspired to bring some good ideas back home with us.

One good news story from our Cooktown State School P&C is a Cook Shire Council grant that has allowed our P&C to purchase two sheltered wooden tables and chairs to shade our students during breaks. These tables were made by Alan Pettigrew of Bloomfield and delivered free of charge by Tuxworth and Woods. Without the awesome support from the Cook Shire Council grant this project would not have been possible, therefore many thanks to the Cook Shire Council and everyone associated with the project to keep our students sun safe and seated. Many more thanks to our fantastic former secretary and grant writer, Kimberly Sullivan as without you there would be no shelter shade.

Nikki Darvell,
President,
Cooktown State School P&C.

Year 9 Visual Art

The Visual Art department is busy with all students preparing works for the Annual Art Exhibition, Art Kitchen Rules. This year the exhibition opening will be in the same week as our Presentation Night, on Tuesday 8th November. Part of the works displayed will be Grid Enlargement Portraits by the Year
9 Visual Art class. Last term Year 9 students learnt about breaking down visual information to make it easier to reproduce and enlarge works in proportion using digital programs and grids. Students then selected a celebrity to produce a portrait major work using grid enlargement and digital techniques. The results were fabulous. Please keep a close eye on the next newsletter which will provide details regarding the Art Kitchen Rules opening night. See you there!

Jen Hall

Endeavour Lions Scholarships

The Endeavour Lions club is once again kindly offering financial assistance to any 2016 Year 10 students wishing to undertake year 11 study at any Cooktown school in 2017. They are also offering the Bert Mason Scholarship this is a $3000.00 Tertiary Scholarship to a student of Cooktown State School wishing to undertake further study at an Australian University in 2017.

New school crossing

Corner of May and Charles Street

Throughout the year, several concerned Cooktown State School staff, parents and community members have witnessed potential hazards with children crossing the road after school before and after school. Furthermore, the school buses found the turning circle difficult from Charles into May Street.

Cooktown State School would like to thank the Cooktown Shire Council who listened to the school’s and bus company’s concerns brought forward and have devised a more effective school crossing for student and community use. The Council have been busy over the last two weeks implementing these changes with works to be completed shortly. This is wonderful improvement to ensure the safety of our students and the wider school community.

What’s on

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<tr>
<th>Event</th>
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<tr>
<td>Student Free Day</td>
<td>Monday 17th October</td>
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<tr>
<td>Grandparents Day Afternoon Tea</td>
<td>Wednesday 19th October</td>
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<tr>
<td>Presentation Evening Years 4 - 12</td>
<td>Thursday 10th November</td>
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<tr>
<td>Hero’s to Homeless family fun Day</td>
<td>Saturday 29th October 2pm – 5pm</td>
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Work Experience

Eden Oldaker commenced work experience with Cornetts IGA this week and is already receiving positive feedback for demonstrating an excellent work ethic. Eden is trialling work experience this term with a view to commencing a school-based traineeship in 2017.