

## DEPARTURES / ARRIVALS

GRADE  
SIX



JUNIOR  
SEC



# COOKTOWN AIRLINES

FLYING THE FRIENDLY SKIES OF JUNIOR SECONDARY SINCE 2015!!!

Issue Number 1, Week 2, Term 3 2019

Welcome to our first edition of Cooktown Airlines, our weekly newsletter dedicated to our Year 6 passengers who will be departing Primary School at the end of this year and arriving in Junior Secondary at Cooktown P-12 State School in 2020!!! Every two weeks we will explain more and more of what Junior Secondary is about, preview the exciting year ahead, and provide tips and ideas for parents! Enjoy!!!

### *Introduction*

Please allow me to introduce myself.



My name is David Lang and I am the Deputy Principal of Junior Secondary (7-9) at Cooktown P-12 State School P-12. I have been teaching with Education Queensland since 2000, and have worked in a number of schools: Nanango, Wynnum, Wellington Point, Coorparoo, Brisbane Bayside, Biloela, and now Cooktown, where I have been fortunate enough to be

Deputy Principal from the start of 2017. My wife Leah also works at the school, and my three children attend the school – in Years 3, 5 and 7. We love living in Cooktown and it is an absolute privilege to serve and work for the students, parents and teachers of Cooktown P-12 State School.

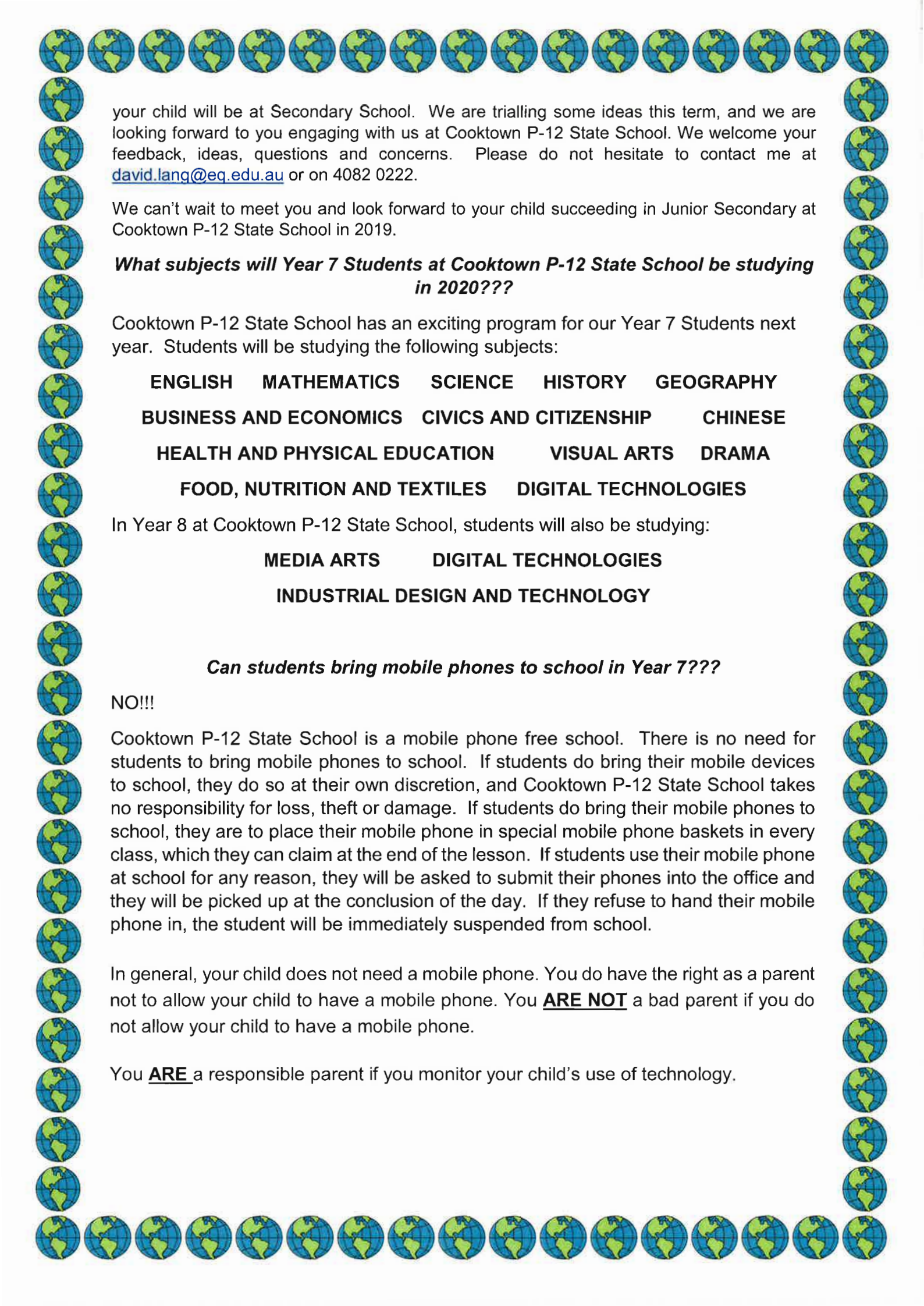
Adolescence is a time of change. From the years of approximately 11-15, young people start undergoing a number of changes; mentally, physically, socially and emotionally. The Junior Secondary School (Years 7-9) at Cooktown P-12 State School is designed to support these changes in our students, and to ensure that every student flourishes and succeeds both inside and outside of school. Research overwhelmingly points to success in adolescence as linked to relationships; the relationships between students themselves, the students and their teachers, the students and their parents, and parents and teachers. Our Junior Secondary School is committed to developing, strengthening and embedding these relationships, and we want to start with our incoming Year 7 cohort now (current Year 6 students).

“Cooktown Airlines”, our signature Junior Transition Program, represents the departure from Year 6 and arrival into Year 7. Beginning this week, we will be sending out a biweekly newsletter that is packed full of information, advice and suggestions built around Junior Secondary. It will also include information about parent meetings, Year 6 students visiting and learning in the High School, and other dates. If you would like to join the mailing list group that receives this by email, please email me at [david.lang@eq.edu.au](mailto:david.lang@eq.edu.au). Your email will not be shared with other parents. All students will also receive a paper copy in class.

“Cooktown Airlines” comprises of opportunities for Year 6 students to experience Secondary School. This year a selected group of students in Year 6 will have the opportunity to participate in our Junior Secondary Celebration Day at Finch Bay on the last day of Term 3 based on effort, attendance and behaviour; we have done this over the last two years and everyone agreed it was a fantastic and fun-filled day! We have organised two Transition Days for students to taste Secondary School in Term 4. The purpose of these days is for students to follow a traditional high school timetable, and trial subjects that they may not have experienced in primary school. The aim is also to alleviate any concerns students may have in moving into a secondary school environment, and allow students to meet some of their teachers.



We also understand that as parents you have lots of questions that you would like answered. There are a number of events where we would like to engage with parents, and as I wrote earlier, the stronger the relationship between parents and the school, the more successful



your child will be at Secondary School. We are trialling some ideas this term, and we are looking forward to you engaging with us at Cooktown P-12 State School. We welcome your feedback, ideas, questions and concerns. Please do not hesitate to contact me at [david.lang@eq.edu.au](mailto:david.lang@eq.edu.au) or on 4082 0222.

We can't wait to meet you and look forward to your child succeeding in Junior Secondary at Cooktown P-12 State School in 2019.

***What subjects will Year 7 Students at Cooktown P-12 State School be studying in 2020???***

Cooktown P-12 State School has an exciting program for our Year 7 Students next year. Students will be studying the following subjects:

**ENGLISH    MATHEMATICS    SCIENCE    HISTORY    GEOGRAPHY**  
**BUSINESS AND ECONOMICS    CIVICS AND CITIZENSHIP    CHINESE**  
**HEALTH AND PHYSICAL EDUCATION    VISUAL ARTS    DRAMA**  
**FOOD, NUTRITION AND TEXTILES    DIGITAL TECHNOLOGIES**

In Year 8 at Cooktown P-12 State School, students will also be studying:

**MEDIA ARTS    DIGITAL TECHNOLOGIES**  
**INDUSTRIAL DESIGN AND TECHNOLOGY**

***Can students bring mobile phones to school in Year 7???***

**NO!!!**

Cooktown P-12 State School is a mobile phone free school. There is no need for students to bring mobile phones to school. If students do bring their mobile devices to school, they do so at their own discretion, and Cooktown P-12 State School takes no responsibility for loss, theft or damage. If students do bring their mobile phones to school, they are to place their mobile phone in special mobile phone baskets in every class, which they can claim at the end of the lesson. If students use their mobile phone at school for any reason, they will be asked to submit their phones into the office and they will be picked up at the conclusion of the day. If they refuse to hand their mobile phone in, the student will be immediately suspended from school.

In general, your child does not need a mobile phone. You do have the right as a parent not to allow your child to have a mobile phone. You **ARE NOT** a bad parent if you do not allow your child to have a mobile phone.

You **ARE** a responsible parent if you monitor your child's use of technology.

***Junior Secondary Transition Introduction Afternoon – Add to Your Calendar!!!***

We will be running our first Junior Secondary Transition Information session on Monday, August the 12<sup>th</sup> from 3:30pm to 4:30pm. Students and parents will be invited to listen to important information, ask questions, and discover what Junior Secondary is all about! No need to RSVP...see you there!

## **Junior Secondary Transition Introduction Afternoon**

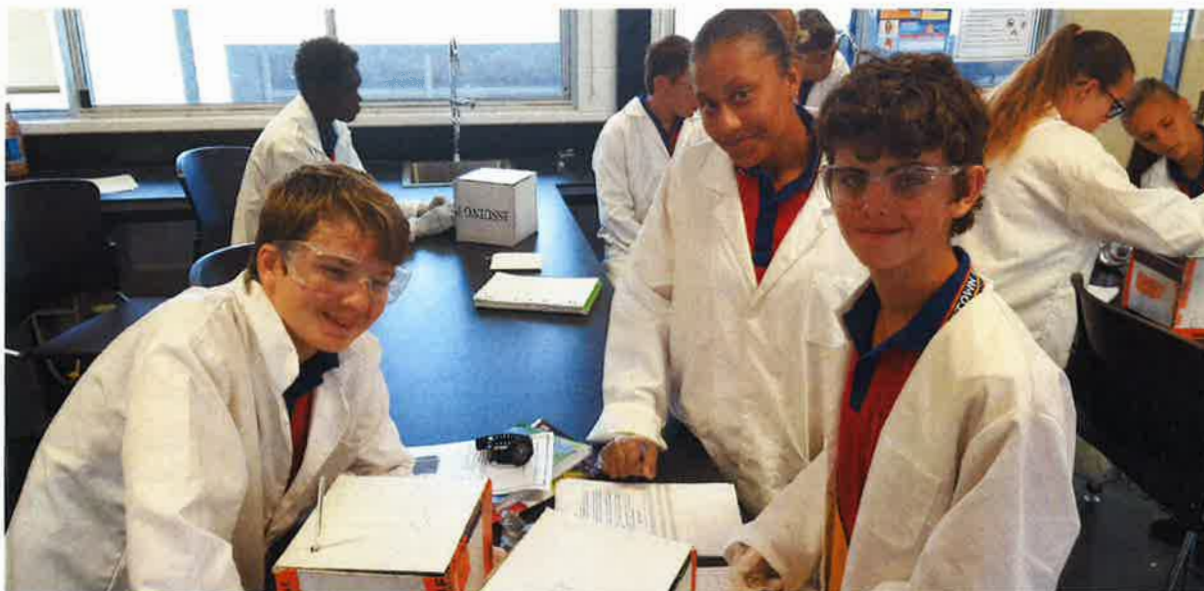
**When:**

**Monday 12<sup>th</sup> August 3:30 – 4:30**

**Where: At the School Library**

### **Tips For Parents**

We at Cooktown P-12 State School believe that the stronger the relationship between parents and the school, the more successful the student will be at school. Cooktown P-12 State School subscribes to Parenting Ideas ([www.parentingideas.com.au](http://www.parentingideas.com.au)), and each newsletter we will add an article from the website. In this issue the article is about parenting kids through the challenge of change.





## RESILIENCE by Michael Grose

*Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.*

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

**The following five ideas will help:**

### **1. Acknowledge feelings**

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. *"How do you feel about this?"* is a great way to initiate conversations on an emotional level.

### **2. Look after yourself (and your partner)**

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. *"Will life ever return to normal?"* is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

### **3. Stay optimistic**

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you

will get through this. *"This too shall pass"* is a powerful resilience concept for kids to experience and learn.

#### **4. Maintain consistency and routine**

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.



#### **5. Stick together**

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other. Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.

Regards

A handwritten signature in black ink, appearing to read "David Lang".

David Lang

Deputy Principal – Junior Secondary