Term 4 Date Claimers

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 4 Dates</td>
<td>08/10/19 – 13/12/19</td>
</tr>
<tr>
<td>P&amp;C Meeting</td>
<td>14/10/19</td>
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<tr>
<td>Student Free Day</td>
<td>21/10/19</td>
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<tr>
<td>Enviroweek</td>
<td>21/10/19 – 27/10/19</td>
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<tr>
<td>Year 12 Block Exams</td>
<td>04/11/19 – 08/11/19</td>
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<tr>
<td>Remembrance Day</td>
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<td>School Ceremony</td>
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<tr>
<td>Serving Up Skills</td>
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<tr>
<td>National Recycling Week</td>
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<tr>
<td>Graduation Celebration Dinner</td>
<td>13/11/19</td>
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<tr>
<td>Year 12 Final Day</td>
<td>15/11/19</td>
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<td>White Ribbon Day</td>
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<td>Year 10 &amp; 11 Final Day</td>
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<tr>
<td>Celebration Week</td>
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<tr>
<td>Presentation Night</td>
<td>03/12/19</td>
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<tr>
<td>Music Camp</td>
<td>02/12/19 – 03/12/19</td>
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</tbody>
</table>

Principal’s Report

Welcome to our Term 3 newsletter.

Well we have been busier than a Canberra waiter in a parliamentary sitting week. Our school continues to focus on developing deeper connections with our students, their families and our partner schools to improve learning outcomes for all. A number of our students have had astounding success and experiences in a number of arenas. You can read all about their journeys in the pages that follow.

Brain breaks is the topic of choice in this edition for Camilla our Parent Liaison Officer. She will take you through all of the latest research and approaches to support the improvement of attention spans. It is fascinating. Now where was I? Oh yes, Camilla also has tips on how to restore your mood and motivation.

The creative writing group is expanding and along with our student cohort we now have a number of staff involved in the program. A particular highlight in this issue is Sylvian’s wild encounter in his own private rainforest… we applaud the courage of all our students who look over the creative precipice and choose the excitement of performing or creating over fear of failure.

Our amazing Languages’ team recently partnered with the Modern Languages Association of Queensland to deliver the Cairns Languages Speaking Competition. Our team also successfully trialled an online competition for our German speaking students. You can check out all of the details in our student news.

Staff news introduces you to some of our new staff members and their roles. Also, in a follow up to her last article, Robbie from Guidance shares some more excellent ideas about actions for happiness. ‘Chappy’ Deb gives us a glimpse into some of the amazing programs she has been involved in organising for ASDAN.

Field correspondents have been busy filing reports from all over the country-side. These include our NAIDOC...
celebrations and a passionate letter from one of our participating students about what he would like to see happen at next year’s event. Our world’s first eZ Club also report on their activities with recent excursion to a YWAM ship at the Cairns Marina.

Finally the news that you have been waiting to hear about regarding the most recent Cairns to Karumba Bike Ride. Did the baldy old bloke fall off his mountain bike, dirty his reputation, sully his pride and bruise his ego? Answer: yes of course he did. Day one on the sand banks of mighty and swift flowing … puddle in Atherton. However it was all for a wonderful cause. Our P&C are expecting to receive over $60,000 in funding from this event. Congratulations to all involved in this wonderful ride.

Have a safe and relaxing spring vacation. Our considerations are to all of the people who are effected by the bushfires raging across Australia. We return to school on Tuesday 8th of October as Monday the 7th of October is the Queen’s Birthday public holiday in Queensland.

Kind regards,

Andrew Oliver
Principal

Parent Liaison Officer

Why brain breaks?
Do your children (students) respond well for the first 20 minutes of the lesson, and then quickly become distracted, inattentive or even disruptive? What the heck can we do to get their little brains back on track?

Normal attention span by age
Children aged 5-6 old can typically hold their attention on an activity for about 10-15 minutes at a time, and filter out distractions SO LONG AS the activity interests them. If they find the activity boring, or too difficult to do without appropriate guidance, their attention span could be limited to 5-10 minutes. If the task is novel or interesting, attention spans can increase – up to 30 minutes for a 6-7 year old. Hence the role of ‘play in learning’.

Play in learning
Play is how children explore, discover, fail, succeed, socialise, and flourish. It is a fundamental element of the human condition. It is key to giving children skills to succeed: Creativity, Innovation, Teamwork, Focus, Resilience, Expressiveness, Empathy, Concentration and Executive Function.

The American Academy of Paediatrics, the National Academy of Sciences and the Centres for Disease Control all agree that play, and physical activity are critical foundations of childhood, academics and future skills. Play ticks all the learning boxes (according to Pasi Sahlberg) – children can feel good and have fun while being challenged, and learning, in a state of joy. Play changes our perspective from ‘Me’ to ‘We’. Families (and schools) who play together – stay together (Art Aron).
Neuroscience of brain breaks

For students to learn at their highest potential, their brains need to send signals efficiently from the sensory receptors (what they hear, see, touch, read, imagine and experience) to memory storage receptors in the brain. The most detrimental disruptions to traffic along these information pathways are stress and overload. Brain Breaks are planned learning activity shifts that mobilise different networks of the brain. These shifts allow those regions blocked by stress or high intensity work, to revitalize. By switching activity to different networks, brain breaks allow the resting pathways to restore their calm focus and foster optimal mood, attention and memory.

For new information to become a memory, it must pass through an emotional filter called the amygdala and then reach the pre-frontal cortex (PFC). When students’ brains become anxious, confused, or overwhelmed, the activation of the amygdala surges until this filter becomes a stop sign. New learning no longer passes through to the PFC to retain and sustain memory. Even if students are not stressed by the pace and new content of learning, a point arises when the amygdala exceeds its capacity for efficient conduction of information through its networks, into memory.

Brain breaks restore brain supplies

Using brain breaks can restore the emotional state needed to return the amygdala from overdrive into the optimal state for successful information flow. Neurotransmitters are brain chemicals that carry messages from one nerve cell to the next, across gaps between the cells called synapses. These message carriers are necessary to keep oneself calm, help focus our attention and so lay down a new memory. Neurotransmitters are in limited supply at each synapse and can deplete after as little as 10 minutes of continuing the same type of learning activity (attentive listening, practice drills, note-taking). Brain breaks, by switching the type of mental activity, shift brain communication to networks with fresh supplies of neurotransmitters. This intermission allows the brain’s chemicals to replenish within the resting network.

Timing

Brain breaks should take place before fatigue, boredom, distraction, and inattention set in. Depending on a student’s age and focus development, brain break frequency will vary. As a general rule - concentrated study of 10 to 15 minutes for elementary school and 20 to 30 minutes for middle and high school students calls for a three- to five-minute break.

Brain Break Strategies

Brain breaks do not require disruption in the flow of learning. Simply stretching, moving to a different part of the room, or singing a song can revitalize the brain. Select brain breaks appropriate to your child’s interest and mix them up. Let your children (students) choose from a range provided. Assign a colour to specific type eg. green – energetic breaks; blue – calming, breathing; yellow – fun, games; Pink – dancing, singing etc.

Mood

To restore the emotional state needed to bring the amygdala back from overdrive, help students build habits of emotional self-awareness and mindfulness. Prepare them for successful self-calming brain breaks by demonstrating and providing practice times as they build experience using mindful breathing or visualisations.

Neuroscience has yielded information on activities that increase restorative neurotransmitters such as dopamine. Some of these activities, such as laughing, moving, listening to music, and interacting with peers, make great mood-boosting brain breaks:

- Read aloud from a relevant and engaging book
- Introduce physical activity such as jumping rope, singing a song with movements, or tossing a beach ball while students ask and answer questions to review the topic—these are all great dopamine boosters. They also increase the blood flow and oxygen supply to the brain
- Have students move in ways that they think a character in literature or person in history would at a designated event
- Move to imitate a biological, physical, or mathematical process.

Motivation

Especially when topics of study are necessary foundations, but are not of high personal relevance to students, brain breaks can enhance their motivation to attend to a potentially tedious subject. Tell a true anecdote about the author, historical persona, or scientist when they were the same age as your students. This will personalize the topic and boost interest and engagement. Use dopamine boosts from personal connections and personal relevance by inviting students to share with partners something about how the learning relates to their lives or interests. After just a few minutes, students’ refreshed brains are ready to return to the next learning activity with a subdued amygdala and full supply of neurotransmitters. Both they and you will reap the benefits of this restoration.

Explain to your children / students how brain breaks help their brain to: connect, make patterns (join the dots),
have lightbulb (ah ha) moments, grasp new concepts, lay down memory and indeed grow and polish those little neurons until they gleam brightly.

Resources:

https://www.upperelementarysnapshots.com/2018/03/12-free-brain-breaks-for-classroom.html

https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels

Camilla Haskell,  
Parent Liaison Officer

Student News

A message from Year 8 student – Bianca M.
Hi! I am Bianca, I’m 13 and I study Italian at Cairns SDE. I am studying Italian because I have Italian heritage, would love to be fluent one day and have a conversation with my relatives in Italian. I enjoy learning new words in Italian and seeing sometimes how they sound very similar to the English word. When I grow up I would love to go to Italy and be able to converse fluently!

In the Span of an Instant – By Sylvian, Year 12 creative writing student
Our meeting was brief. Very brief. Nevertheless, the shock of it was equal to anything I had previously experienced – even greater perhaps. It happened on our sloshy two kilometres of driveway that snaked through the muggy rainforest. The afternoon sky above the canopy was dim, and the dense foliage below dimmer. I was returning home, after a trip out to the mailbox.

With a backpack’s mass of parcels added to the weariness and sweat weighing me down, my eyes were too heavy-lidded to see further than a few metres. Plants crawled past, lacking light and attention in the eerie quiet. Who could have guessed that such a mighty predator could be as soundless as an ant?

Just as I slogged out of a patch of poor light and into shadows again, it happened.

The silence and stillness were shattered as a massive black shape barraged through the bushes on my right and shot across the road in a blur. I gave a shout and vaulted back at a comparable speed, adjusting my terrified vision to better see the horror through the dusky haze. But by then the phantom had ploughed through the vegetation on the other side and vanished.

The deathly quiet of the forest returned, after being disrupted for hardly more than a second. I remained exactly where I was however; wide-eyed, shivering, and stiff as the trees around me. I was consumed with dread that the cassowary would return. I had, of course, immediately identified the creature as such; few tropical faunae boast such a towering size.

At last, after several highly tense minutes, I was able to shake myself out of my stupor and continued homeward. My senses were strung tauter than a tightrope and I hoped – prayed – that I would not have the bad luck to come across the supreme predator again.

Sadly, I had other encounters yet to come. More menacing. More entrapping. More deadly. As was the case in our next meeting, in which I was not so lucky in escaping mortal peril…

Boom Bang Bananas by Wilfred C, Year 4 student
My Nanana loves bananas  
She thinks they are fruitasty, 
My Popopsicle loves ice blocks 
He has to eat them hasty!

Banana split its pants 
And had to get some ice cream, 
He screamed you screamed 
We all screamed 'cause Split screen!

Yay I'm eatin' Frashed Manana Bitters 
Oh! Splanana Bit my Nana, 
Hoobloo away today? 
Boom bang bananas!!
Spark Camp
Spark Camp is run by university students through the “Youth Without Borders” program. You can find out more here: http://spark.ywb.com.au/about-us/. This was the first year that Year 12 Cairns SDE student, Patrick W. had attended. He is based near Rockhampton and travelled to and from Brisbane via Train. Here is what Patrick wrote about the camp: It was a truly unique and life-changing experience. It can offer something to everyone. I met people who were interested in mechanics, sound engineering and carpentry. They all got so much from the camp and not just a holiday. If you ever have the opportunity to go to the camp, go for it. Before we arrived, we all had several misconceptions about it, such as it would be like an ordinary classroom, pre-rehearsed with uninterested teachers. We arrived to all the staff dancing to ‘Can’t Stop The Feeling’ in front of us. That was when it all changed. From then on, the staff were either joining in on engaging activities or chanting some random thing about a moose, a coconut, banana or a bus. By the second day, we were joining in, and by the fifth, we were starting the chants. Our perspectives were changing on everything from university life to what was socially acceptable, i.e., dancing and singing while walking through a university. Somehow, this allowed us to get to know ourselves better. It also made it very easy to make friends. The camp also brought together many people with various backgrounds. This was truly inspiring. On the last day all of us were so emotional. We had realized that we would be leaving some fantastic friends behind but nonetheless so thankful we had the experience. The most powerful thing the camp did for me was it changed the word ‘if’ to ‘when’, like in the case of ‘if’ I get in to a university to ‘when’ I get in to a university.

Students attend JCU Student Conference for Legal Studies
Recently, students attended the JCU College of Business, Law and Governance 2019 Far North Queensland Student Conference. Students engaged in interactive sessions and activities, and watched presentations from a range of legal experts covering topics such as Human Rights, Criminal Law, Technology and the Law and other contemporary issues. Students from across Far North Queensland attended this event.

Khadija – “Today I learned about the Office of the Public Guardian (OPG). Before this legal conference, I had no idea that the OPG existed. I learned about how the OPG is an independent organisation, separate from the government that works to help children, young people, adults with impaired decision making and juveniles in detention etc.”

Isaac – “Today I learned about how legal studies works and how it can help you for your future. Law studies can be used across many platforms of study such as business.”

Niklas – “Today I learned about all the jobs you can get with a law degree. I learned about what to do if the person who commits a crime has a mental health issue. I also learned about mediation and how this process helps to resolve conflict.”

Zonta International Conference in Brisbane
We were honoured to have two of our teachers, Ros & Karen, and four eZclub members, Sylvian, Piper, Luke & Tara represent Cairns SDE at the Zonta International Conference in Brisbane from 6-8 September. The conference gathered like-minded people across Australia and New Zealand to take action on the challenges of gender equality, educating women and addressing gendered violence, 100 years after the founding of the Zonta movement. For further information please visit www.zonta.org.
MLTAQ 2019 Cairns Languages Speaking Competition

For the 8th year in a row, Cairns School of Distance Education has hosted the Cairns Languages Speaking Competition. This event run by the Modern Language Teachers’ Association of Queensland (MLTAQ) was a great success. Over 600 students attended the event across the two days and presented speeches in Japanese, Chinese, French and Italian. The judges and teachers were impressed with the quality of the speeches and the talent of the students, which seems to get better and better each year. Being the year of Indigenous languages, we were also delighted to watch Aboriginal & Torres Strait Islander performances by students from White Rock - Abal Kebi Werem & Guyala Dancers led by Ms Michelle Rollason and Ms Wilhelmina Gutchen. Our very own Kevin Loccisano also treated us to an interactive dance workshop, which was a hit. Congratulations to all of the students that participated and special congratulations to those who won an award or trophy in their age divisions. Thank you to all of the staff, families and sponsors involved in making this years’ event so enjoyable - arigatou, danke, grazie, merci, xie xie!

Cairns Languages Speaking Competition Place Getters

<table>
<thead>
<tr>
<th>Language</th>
<th>Division</th>
<th>Place</th>
<th>Name</th>
<th>School/s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese</td>
<td>Years 9-10</td>
<td>Middle Trophy Winner</td>
<td>Augustus</td>
<td>CSDE</td>
</tr>
<tr>
<td>Italian</td>
<td>Year 7</td>
<td>2nd Place</td>
<td>Augustus</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td>Year 10</td>
<td>Highly Commended</td>
<td>Lea</td>
<td>CSDE / Mareeba State High School</td>
</tr>
<tr>
<td>Japanese</td>
<td>Year 5 – Group D</td>
<td>Highly Commended</td>
<td>Charlotte</td>
<td>CSDE / Alexandra Bay State School</td>
</tr>
<tr>
<td></td>
<td>Year 6 – Group D</td>
<td>3rd Place</td>
<td>Talia</td>
<td>CSDE / Millaa Millaa State School</td>
</tr>
<tr>
<td></td>
<td>Year 8 – Group B</td>
<td>1st Place</td>
<td>Ocean</td>
<td>CSDE / Smithfield State School</td>
</tr>
</tbody>
</table>

As I stand up and look at the crowd in front of me, I embrace the once a year feeling of the MLTAQ speaking competition. Adrenaline rushing through my veins, I start my speech. The audiences’ eyes tracking me as a pace up and down the stage. Finally my speech is done, I answer the questions and take a seat. Then each speaker like me presents their speech, each speech as interesting as the last. Finally, all the speeches are over all the contestants and parents look anxiously at the judges. Then the final verdict comes, silence fills the room, as first second and third place gets called out. Palms sweaty, I wait in my chair. Finally, the session is over and we are dismissed and the winners told to stay. I truly enjoyed this year’s competition and I am looking forward to next year’s.

Augustus
Middle Trophy Winner for Chinese
2nd Place – Year 7 Italian
Cairns Languages Speaking Competition – Online Division
For the first time this year, we also ran an online competition for all language students who study their language program through Cairns School of Distance Education. This category was open to both full time CSDE students as well as our school-based students. This is also the first time German has been included. It was great to see so much enthusiastic participation. Place getter results are below:

<table>
<thead>
<tr>
<th>Language</th>
<th>Division</th>
<th>Place</th>
<th>Name</th>
<th>School/s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese</td>
<td>Years 5-6</td>
<td>1st Place</td>
<td>Jack</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Arend</td>
<td>CSDE / Western Cape College Weipa</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Shireena</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td>Year 7</td>
<td>1st Place</td>
<td>Ned</td>
<td>CSDE / Clifton State High School</td>
</tr>
<tr>
<td>French</td>
<td>Years 7</td>
<td>Highly Commended</td>
<td>Angie</td>
<td>CSDE / Tully State High School</td>
</tr>
<tr>
<td>German</td>
<td>Years 7-8</td>
<td>1st Place</td>
<td>Oliver</td>
<td>CSDE / Trinity Bay High School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Jessy</td>
<td>CSDE / Malanda State High School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Hayley</td>
<td>CSDE / Mount Isa School of the Air</td>
</tr>
<tr>
<td></td>
<td>Year 9</td>
<td>1st Place</td>
<td>Matilda</td>
<td>CSDE / Maleny State High School</td>
</tr>
<tr>
<td>Indonesian</td>
<td>Year 5</td>
<td>2nd Place</td>
<td>Duke</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td>Years 9-10</td>
<td>Trophy Winner</td>
<td>Hannah</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Christos</td>
<td>CSDE / Browns Plains State High School</td>
</tr>
<tr>
<td>Italian</td>
<td>Years 5-6</td>
<td>1st Place</td>
<td>Mason</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Tanna</td>
<td>CSDE / Silkwood State School</td>
</tr>
<tr>
<td></td>
<td>Years 7-8</td>
<td>1st Place</td>
<td>Georgia</td>
<td>CSDE / Malanda State High School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Bianca</td>
<td>CSDE / Mountain Creek State High School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Elizabeth</td>
<td>CSDE / Holland Park State High School</td>
</tr>
<tr>
<td>Japanese</td>
<td>Year 5</td>
<td>1st Place</td>
<td>Thomas</td>
<td>CSDE / Augathella State School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Layne</td>
<td>CSDE / Geham State School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Campbell</td>
<td>CSDE / Augathella State School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Highly Commended</td>
<td>Trinity</td>
<td>CSDE / Irvinebank State School</td>
</tr>
<tr>
<td></td>
<td>Year 6</td>
<td>1st Place</td>
<td>Faith</td>
<td>CSDE / Alexandra Bay State School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd Place</td>
<td>Anna</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd Place</td>
<td>Timothy</td>
<td>CSDE / Augathella State School</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Highly Commended</td>
<td>Fergus</td>
<td>CSDE / Geham State School</td>
</tr>
<tr>
<td></td>
<td>Year 8</td>
<td>1st Place</td>
<td>Zoe</td>
<td>CSDE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Highly Commended</td>
<td>Natalia</td>
<td>CSDE</td>
</tr>
</tbody>
</table>
National Science Week
National Science Week took place from the 10th – 18th August (week 5) and we asked students to tell us what their favourite thing about science is! Here are a few student entries we received:

“I like science because of all the interesting topics like chemistry and natural disasters. The best part is learning new facts and details.” – Mason Year 6.

“I like that I can learn about the way that the world works underneath the everyday life, the foundations of everything.” – Meri Year 7

“I like doing experiments because you don’t know what is going to happen and it is all a mystery. I like to learn new things so I can become smarter and have more knowledge and I like learning new things.” – Poppy Year 5

“Science is great, exciting fun, we learn about the stars and the sun, learning about animals, fossils & rocks, is what I love the most, amazing things to discover, from the land to the coast.” – Kate Year 5

QLD School Surfing Titles
Year 9 student, Lilliana, recently won the Under 16’s girls QLD school surfing titles at North Stratbroke Island. She will now chase the Australian school and individual titles held in Margaret River, Western Australia in December. Congratulations Lilliana and good luck!

Queensland STEM Student Program
Congratulations to Melissa Buddle for being admitted into the Queensland STEM Student Program to Hiroshima and Kyoto. Melissa is a student of CSDE and Caloundra State High School who has studied Japanese with us since 2018. Due to her excellent performance and commitment in both Japanese and STEM subjects, Melissa will be one of 15 students chosen to travel to Japan for 15 days in December. This will also include a homestay for 5 nights. Excellent work Melissa!

Robotics Grand Prix
Students from Prep – Year 12 showed off their programming skills at the Robotics Grand Prix Challenge at Bentley Park College on Saturday of week 9. We had students from Cairns SDE and Kowanyama attend workshops for two days prior to the Challenge where they were able to construct and test their robots. Congratulations to the teaching team and students on another successful event!

Showstopper Dance Championships
Congratulations to Year 10 student, Soleil, who recently competed in the finals of Showstopper Dance Championships in Los Angeles and became the American National Teen Champion in two different styles - lyrical and song & dance. Well done Soleil!

Hospitality in Practice Vocational Training
During Week 4, Year 11 students Jay and William completed their Hospitality in Practice Vocational Training at the Cairns SDE café. They learnt how to make barista-style coffees and delicious smoothies as well as how to demonstrate excellent customer service in a stimulated environment for their final assessment that took place at the end of the week. Thankyou to Brent at Blackbird Espresso Speciality Coffee who showed the students, staff and parents how to use the coffee machine and create coffee art.
Young Language Ambassadors Conference
Recently, 9 of our students were fortunate enough to participate in the Young Language Ambassadors conference hosted by James Cook University. This conference is an incredible opportunity for our students and one which we are incredibly thankful for, not only because of the relationship it builds with James Cook University, but also because it is a wonderful opportunity for like-minded students to connect and share their passion for Languages and Language Learning. With student representatives from all over Queensland, this is truly an inspirational conference and we thank Dr. Florence Boulard and Professor Nola Alloway for their commitment to promoting language studies in our region and beyond.

Cairns SDE was represented by 9 students from our school-based partners, Milla Milla State Shool, Gordonvale State High School & Chancellor College on the Gold Coast and all of our students had an incredible time. CSDE is exceptionally grateful to the principals of our partner schools, and to Lucy Miller and her mother Heidi who travelled from the Gold Coast to be part of the conference. Lucy met with her teacher Mr Alberti for the first time in person and spoke to our teachers at length about her passion for languages and her plans to study abroad after she finishes Year 12. Our younger students were very much inspired by her passion and we hope that they follow in her footsteps, one day.

More information about the Young Language Ambassadors Program:
Since 2014, over 900 young language ambassadors across North and Far North Queensland in Years 5 to 12 were selected to represent their schools and participate in the YLA Conferences. The ambassadors are selected on the basis that they are outstanding language students and demonstrate a passion for language education. To continue promoting the importance of language education and internationalism to the youth of our region, the College of Arts, Society and Education of James Cook University invites all language learners in North and Far North Qld to participate in this exciting program. For more information, please contact you Languages teacher.

Open Learning Campus Community Lunch
In Week 8, OLC students, carers/parents and teachers came together for a community lunch and caught up on student progress throughout Term 3. A big Thankyou goes to Lizzie for helping the OLC teachers prepare all of the food. Congratulations to Meghann for receiving a certificate for completing all of her senior school curriculum. She has also completed her Cert III in Early Childhood Education and is currently employed in a day care centre. Great work Meghann!

Staff News
News from the Guidance Officers
My name is Robbie and I am one of two guidance officers at Cairns School of Distance Education that work with parents and carers, teachers, home tutors, specialists and external agencies to support the academic, social/emotional learning needs of students enrolled at our school. I work with students from Prep to Year 6 while Jeremy works with students from year 7 to year 12. I also work with the students that attend the Open Learning Campus.

In the last newsletter, I shared information from the ACTION FOR HAPPINESS website and in particular, about two of the ten keys that support happiness - GIVING and RELATING. Did anyone have a look at the site to find out what the other eight were?

The third key is about EXERCISING and how to take care of your body. Outer body and mind are connected. Being active improves our mood as well as being good for our physical health. We can improve out wellbeing by unplugging technology, getting outside and making sure that we get enough sleep! I make sure that I get up and down from my desk, I take frequent breaks between jobs that I have to do, and I walk to see people rather than ring them on the phone. In this way I try to ensure that my mind stays active throughout the day. What do you do to look after your body and therefore your mind?

The fourth key is AWARENESS, living life mindfully. Learning to be more mindful and aware can do wonders for our wellbeing. It helps us to get in tune with our feelings and prevents us from dwelling on the past or worrying about the future. In this way we can get more out of the day. Sometimes I walk mindfully by focusing on how I walk and how fast I walk - it does wonders for calming the mind. Taking a few deep belly breaths is
also a good thing to do especially if you have a tough job ahead of you.

Enjoy the rest of the term and consider the importance of your own happiness! Try writing down 3 good things each day - you will be surprised how powerful this action is!

Robbie, 
Guidance Officer

Chappy Chat

As School Chaplain at CSDE I get to be involved in a range of varied, interesting and exciting activities and to meet lots of amazing people! In the last term I have connected with students at our school camps and at our mini school at Laura and run some sessions at these events, such as some adventure-based learning group initiatives with senior students at camp and some wellbeing sessions with students from Prep to Year 8 at Mini schools.

I have been involved in developing some online modules with Kids Helpline to assist students with topics related to good mental health and wellbeing and on-line safety. As a School Chaplain I have resources and training from the eSafety Commission that I can also use to support students and families. I also support staff at our school with a prayer group and as a member of the staff Wellbeing Committee, who organise various initiatives to support staff at our school.

I work closely with students at our Open Learning Campus and am currently facilitating an Outdoor Education program in conjunction with our teachers, which will give students accreditation for the ASDAN program, through which they can accrue QCE points.

My role exists to provide social, emotional and spiritual support to students, families and staff at our school and I am here as a listening ear for anyone who would like to email, call or drop in for a chat. I would love to meet you. Please contact me via the school office or at debbieb@chappy.org.au

Be Blessed!

Chappy Deb, 
School Chaplain

Positive Behaviour for Learning

I will be... respectful, safe, a learner. These are the values we, as a whole school, have adopted in order for us to create a positive school environment, where all students feel safe, are included, and are supported, ultimately leading to improved student learning and wellbeing outcomes.

- Respect: be considerate of your fellow students and your teachers as they too are probably under a big workload. Use your manners and appropriate language when speaking with students, staff and our families.
- Safety: look after your belongings, making sure you have all the equipment you need to experience success in each of your subjects.
- Learning: ask all of the questions and seek help when needed. Unfortunately, your teachers, home tutors, families and caregivers are not mind readers, and sometimes we need a little bit of help from you so that we can support you. Sounds crazy, but give it a go!

The Positive Behaviour for Learning leadership team have continued to explore ways we can embed these
values in to all aspects of our school. From lessons to camps, assemblies and mini schools, we believe in a school where respect, safety and learning are the values we can use to develop a positive school climate, and become global learners. We look forward to strengthening these values within all aspects of our school and community, in particular working with students, families, and home tutors so we may all own respect, safety and learning at Cairns SDE.

**White Ribbon Update**
During the Term 3 Cairns SDE Mini Schools students participated in age appropriate sessions discussing the White Ribbon message with situational role-plays. Students also revisited ‘Kids Helpline’ concepts and received a comic endorsing anti-bullying strategies.

Throughout the past twelve months almost one quarter of our staff have purchased a White Ribbon shirt to support the campaign of taking a stand against domestic violence. Staff plan to wear these on White Ribbon Wednesdays each week to demonstrate an effective message throughout our school and community.

The Cairns CDE White Ribbon team have a few small events planned for the coming school term. We will end the year by accepting the White Ribbon pledge with the school community during Celebration Week, Term 4.

**News from the eZ Club - YWAM comes to Cairns**
This week the eZ Club members shared with the Zonta Club of Cairns members, a fabulous opportunity to board the YWAM ship for a presentation and private tour. YWAM, which stands for ‘Youth With A Mission’, docked this week in Cairns on its way to give medical service to coastal villages of Papua New Guinea peninsular.

After spending the past 8 months in remote Papua New Guinean villages, where they delivered healthcare and training with the assistance of local health authorities, over 290,000 healthcare services were delivered, including direct care to 29,000 patients during this time. It is anticipated the next 10 months will be equally as busy. Villagers are more aware now of the YWAMS ship's routine and value to them; some will travel up to two weeks to see a medical professional.

On board the ship we were welcomed with a presentation, explaining the work YWAM does. This was very inspirational, particularly when we viewed a video of a PNG woman seeing her three children for the very first time, after having her cataracts removed. Following the presentation we were divided into small groups and shown around the ship. We were shown the dental clinic (Yes, an actual clinic with 5 chairs and a portable chair that fits in a backpack to take to shore); the surgery room where the eye operations are performed, as well as the general layout of the ship.

I learned that the work of YWAM would not be possible without its numerous sponsors, including the generous Cairns Community that donated a $30,000 GeneXpert IV pathology/diagnosis machine; HSC Henry Schein Cares donates dental equipment and PUMA Fuel donates all fuel ($9/litre on PNG) required for the ship and the tenders to go ashore; not to mention the many volunteers. Volunteers are in two categories professionals and general. So far there has not been a shortfall to deliver the medical services nor crew to service the ship. Spreading the word via the people who come in contact with the ship is one way of ensuring this. Of late there have been 904 volunteers, including four Year 11 and Year 12 students from both Cairns and Cooktown. The vessel left Cairns for PNG at 8.30pm with final upgrades still underway. YWAM ship would arrive in PNG on Sunday 9th August.

Ken Callaghan and Ros Scott, Cairns SDE White Ribbon Team
Dr D’Aietti and Mrs Scott, 
eZclub Teachers

On Wednesday evening, we had the amazing opportunity of boarding and touring the YWAM Medical Ship, PNG. This incredible experience was both inspirational and gave us a new perspective on the possibilities of regular everyday students contributing to helping others overseas. When we arrived, we met up with the crew and introduced ourselves. As soon as we boarded, we were shown a beautiful video giving us an insight into what YWAMS do from the eyes of a young Papua New Guinean boy which was incredibly touching. We then moved into small groups and were shown all over the ship: the bridge, where all the navigational magic happened; the galley which was where everyone met for meals and briefings; all the halls and passageways; where they kept the life boats which they use to get to villages; and most importantly, the rooms where they performed dental and eye surgeries, as well as all the equipment (which amazingly has all been donated from places around Cairns and Townsville)! Our tour guide was very informative and explained what the volunteers did during the weeks they were over in PNG; about the voyage over the sea to get there and other things like prep time, training and what the volunteers do on their days off. By the end, she explained that it’s not just doctors and nurses needed to make what they do possible, but also other volunteers can come along to do things like help sweep the floors or hold eye charts for patients. These are all crucial jobs that even students and everyday people would be able to help with.

Chloe and Gracelyn
eZclub members

Wellbeing Committee social event – Rock-climbing

Our Wellbeing Committee social event this term was an adventurous rock climbing event at the Northern Outlook in Redlynch. Huge thanks to Mark Renfree who led the climbing activity and kept us all safe! A small but intrepid group of CSDE staff braved the climbing walls and pushed personal limits to scale new heights, as well as admirably supported colleagues on the end of a rope by stepping up to the plate (well the wall) to belay! We ended the evening with a relaxing drink and dinner at the Red Beret, to unwind after the adrenalin-charged activity!

News from the Sustainability Committee

We are very proud that we run the World’s Largest Lesson introducing the Sustainable Development Goals (SDG’s) to our junior and senior students during Innovation Week. Students and home tutors joined the lesson, became familiar with the SDG’s names and icons, and discussed the interconnectedness between the various goals. As a group, we linked the SDG’s to our everyday lives and we run a survey to find out which goals our students and home
tutors consider the most relevant for our Cairns SDE community to support and address. Thanks for all the staff that supported us with their various talents and passion for a sustainable future.

Thanks,
Renata Medeiros & Sustainability Committee

Environment and Sustainability Sessions
During Term 3 Mini School weeks, students participated in Environmental and Sustainability Sessions as prepared by the Cairns SDE Sustainability Team. These sessions focused on the activities of Nature Play (an initiative for students to reconnect to nature with outdoor learning and play), the Great Barrier Reef conservation program of Junior Citizens of the Reef and a ‘Clean Up Australia’ local clean-up. Students were actively engaged in these sessions with keen and enthusiastic discussion and participation.

Further information regarding these programs can be found at:

Nature Play QLD
https://www.natureplayqld.org.au/

Junior Citizen of the Great Barrier Reef

Clean Up Australia Day
https://www.cleanupaustraliaday.org.au/

Thanks,
Cairns CDE Sustainability Team

Cairns to Karumba Bike Ride
A big congratulations to all of the riders, supporters and volunteers on a successful 2019 Cairns to Karumba Bike Ride this year. Participants rode 780 km across 7 days to raise funds for students located in remote rural regions while connecting with communities and families along the way. Thankyou to everyone that raised funds and donated to a great cause! We look forward to next years’ adventure.

Meet our new staff
Patricia Burke-Tillema
Hi, my name is Patricia Burke-Tillema, Ms Burke is fine. I am local to the Mossman area and am the daughter of sugarcane farmers. My career started as a professional photographer for 15 years full time after completing an Associate Diploma in Creative Arts in 1982. I studied at Brisbane College of Advanced Education, majoring in photography/b & w processing and film and television. I completed my Bachelor of Education at Cairns’ James Cook University in 2006. In my teaching career I have mainly taught mathematics I have also taught photography, visual arts, literacy, numeracy and junior science. In the last two years I taught mathematics and science in Junior Secondary, while completing the QUT’s Junior Secondary mathematics courses. I have taught in Narrogin, Western Australia, Mossman, the Cairns area and then Woree State High School for the last 5 years. I have worked with low level students and work to build confidence and achieve their goals. Each individual student learns differently and strategies are used to suit the individual student. I bring experience and enthusiasm and look forward to starting my new position with Cairns School of Distance Education.

Scott Clarke
In the language of the Gimuy Wallaburra Yidinji people, kurinyala pilan kutan. I am very excited to be working in such a fascinating, newly emerging environment and can’t wait to meet you all. I come to you from about 18 years at Cairns High, most recently in the position of HOD Humanities and Business. An overview of some of my previous roles are below.

• Acting Head of Department (HOD) Humanities and Business, Cairns State High School (CSHS) 2019.
Acting HOD Humanities, CSHS. Term 2, 3 and 4 2017.
Acting HOD Business and IT, CSHS. Term 2 2017.
Acting HOD Teaching and Learning (Years 7-9), CSHS. Term 1 2016.
Year Co-ordinator, Cairns State High. 2006-2010 and 2019.
Trained profiler Essential Skills for Classroom Management.

On a personal note I have a beautiful family with 2 children. I live at Edge Hill and will be riding my bike to work every day. I am an Army Reservist with the 51 FNQR and love the outdoors, food and most of all education.

Barbara Prentis

Hi, my name is Barbara Prentis and I am the new Youth Support Co-ordinator. I am originally from the USA, but I have lived in Australia with my husband and three children for twenty years now, the last twelve in Cairns. I have previously worked with Cairns Youth Justice, Good to Great Schools Australia and most recently at Bentley Park College. Prior to that my work experience was in graphic design and marketing related roles. As most people do, I love to travel. I’m looking forward to meeting and working with the Cairns SDE team.

Lisa Henry

Hello! My name is Lisa Henry. I am originally from Scotland and I have lived in the beautiful Far North Queensland for over 7 years now. I completed by BSc in Medicinal Chemistry in 2004 and my Graduate Diploma of Teaching and Learning in 2017. In between this time, whilst living in Cairns, I worked for 3 years as a dive instructor for Pro Dive Cairns which took me to the Outer Great Barrier Reef for 3 days and 2 nights every week. I then took the role of the HR manager for the same company before embarking on my teacher training. Upon graduating from my GDTL I worked for 2 terms at Cairns State High School before taking a year off to have my baby boy. I have recently discovered that becoming a mother has helped to develop my teaching philosophies by allowing me to witness first hand a young child’s unique developmental path and I must say, it’s pretty amazing! I am excited to join the team at Cairns SDE for this reason as there is a real drive and focus on catering for our students’ individual needs. I live in Cairns with my partner, son, dog, cat and 4 chickens. You could say we like animals. Outside of school I like to keep active as much as possible and enjoy the amazing surroundings we live in - hiking, cycling, swimming and trips to the dog park most afternoons. I would just like to add that the staff here at CSDE have been so incredibly welcoming and supportive and I feel lucky to be part of such a great team. Thank you and I look forward to working with you.

Chris Cunsamy

Thank you all so very much for making my start here an enjoyable one. First impressions are so important and you have certainly accomplished that; making the Cairns School of Distance Education very proud indeed. My name is Chris Cunsamy and I am on a temporary assignment to help in administration and reception in A block. Originally from the island of Mauritius, I was brought up in London before moving to Sydney in 2000 and then to Cairns in 2003.

For the past 13 years I have been a Director for CBC Staff Selection working in recruitment and human resources. My other areas of expertise include: coaching/mentoring, business management, economic development, business development, account management and marketing. From a community point of view, I coach at local football clubs, athletics clubs, local schools and peninsula school sports. I have the absolute pleasure in working with some incredible young talent in both the corporate and sporting environments; supporting and developing them to achieve their true potential. I hold an Advance Diploma in Business Management, Football Federation Australia Junior Licence, Athletics Australia Level 2 Intermediate Coach and Personal Trainer Licence. My ethics of: Respect, Effective Communication and Hard Work are well instilled in those I help mentor or coach. I’ll look forward to getting to know the staff at the school over the coming weeks.
Field News

NAIDOC Day
In week 1 of Term 3 we celebrated the history and culture of Aboriginal and Torres Strait Islander peoples for NAIDOC Day. Thankyou to special guests Brian Singleton who gave the Welcome to Country, the Naurita & Merindi Briscoe Singers who performed traditional songs, Aaron Thomas – Detective Senior Constable CPIU who gave a touching speech about his journey to where he is today, Trevor Gillespie who performed the didgeridoo and got everyone up to dance, and the NAIDOC committee for providing coconut damper, traditional honey & jams, jam tarts, coconut buns, lemon myrtle tea and fruit for morning tea. Students had the opportunity to paint calico bags which they were then able to take home with goodies inside including donated books and NAIDOC wrist bands and stickers. We had a great day listening and learning about the Aboriginal and Torres Strait Island cultures and look forward to celebrating next year.

Below is a letter from Year 3 student, Isaac, about why all children must attend a NAIDOC celebration:
“All students must participate in fabulous NAIDOC week to show respect for Indigenous Culture in Australia. You can have fantastic fun and learn about the Aboriginal Peoples and Torres Strait Islander Peoples ways. It is important because it is our history and they are our 1st peoples. It is incredibly important to show respect for Indigenous Australian culture. They are the oldest living culture in the whole world. It is over 65 000 years old. Did you know that amazing fact? You can have heaps of energetic fun at NAIDOC week celebrations. Do awesome colourful painting, you can make great objects just with weaving palm leaves and cool traditional dancing to the didgeridoo. It’s magnificent in every way! You will learn so much! There are many amazing languages, interesting artefacts and exciting singing and dancing – and you can join in! I encourage you to learn about traditions, outstanding colours and understanding voice, treaty and truth. So all students must participate in the sensational cultural NAIDOC Celebrations for the excitement of learning about Indigenous culture, enjoying traditional activities and understanding. I encourage all students and parents to attend next year. See you there!”

Innovation Week
Our first Innovation Week was a great success! Students were able to participate in a number of activities including lego, drone flying and radio interviews with 89.1FM. We were lucky to have Cairns Regional Council, Young Theatre Company, CQUniversity and Dr Karl join us during the week where they passed on their knowledge and expertise about science, technology and sustainability. Congratulations to Jacob & Chloe, Hannah & Laura, and Isaac who won the best ‘Cairns SDE of the future’ presentations. They came up with innovative and sustainable ideas that have great potential for the future.

During Innovation Week, we also had a few senior science students’ complete mandatory practical experiments for the new chemistry, biology and physics syllabus. These practicals were conducted by Ms Hermon at Trinity Bay High School science laboratories each afternoon after students have had a lesson on each practical procedure. This gave students the opportunity to conduct experiments while learning how to modify (refine, extend or redirect) the methodology in order to address their own research question as required for the second summative internal assessment.

Year 11 Chemistry student, Paige, wrote an article reflecting on her experience doing practical experiments:
“Recently I had the opportunity to attend a chemistry residential at Cairns School of Distance Education. I was struggling with my chemistry before this so I decided to attend the chemistry residential and stay for the week. In my opinion it was the best decision I could have made. There were two lessons per day that lasted about an hour and a half sometimes a bit longer. During these lessons we would go over the background information and understanding needed to successfully complete that afternoons scheduled mandatory practical experiment. For example on Monday the first lesson
was about gases and the second was about precipitation reactions. In the afternoon we would go over to the laboratories that Trinity Bay High School kindly allowed us to use, where we would set up and complete two experiments. The teacher, Mrs Hermon, guided us through the practicals to start with and then if we needed extra help all we had to do was ask. I found this experience super beneficial as I wasn’t understanding a lot of the fundamental concepts in chemistry. After completing the Chemistry Residential in Innovation Week I am able to answer questions and understand the content."

We also received some positive feedback from one of the parents at our school:
“My son had a fantastic time and learned a lot. His confidence in his chemistry has really improved. Everyone involved in looking after Stuart during his stay was wonderful and we can’t thank them enough.”

School Tree Day
School Tree Day is a great way to inspire students to learn about the local environment while playing an active role in their community. This Term, students planted three Lilly Pilly trees between D Block and F Block to celebrate. Our Principal, Andrew Oliver, helped the students plant the trees and shovel the dirt in the hole. We look forward to seeing them grow!

Mini School
Mount Garnet – Week 2
Students in the Tablelands cluster enjoyed a great week at Cairns SDE Mini School held at the Mount Garnet Race Course. Activities included learning about the continental drift and tectonic plates while finding facts about different prehistoric periods, along with searching for man-made fossils. Students explored the Jurassic Period with VR cameras and tested their directional skills with M-Bots. Before a fantastic afternoon excursion to Undara Lava Tubes, students learnt about volcanoes and created mini volcanic eruptions. Students made their own paint from natural materials to create cave paintings and completed sessions on volleyball and catching skills, an environment and sustainability work shop, a White Ribbon workshop, Clean Up Australia (Mini School) activities and Year 7-12 Well Being sessions with our school nurse Sally O’Brien. Evening activities were enjoyed by all with star gazing (we saw the India’s Chandrayam-2 rocket traveling through the skies), trivia night, Karaoke Night and Cave-person Disco. Our visiting Mini School mascot, ‘Manny’ the mammoth was a hit with all the kids. A huge thank-you to parents and home-tutors for travelling to Mount Garnet from across the Tablelands to help support the event and prepare delicious and healthy meals. Thank-you also to our Cairns SDE coordinators Cherie Meares and Emma Hopkirk for organising the event and activities.

Peninsula – Week 3
Staff, students and families had a great week at the Peninsula Mini School in Laura Rodeo Grounds. They enjoyed a range of activities and to top it off, they got to go on a guided tour to see the famous rock art in Quinkan Country. We received some lovely feedback from one of the parents that attended the event, “Time for an appreciation post. Firstly I have to say... what an eventful, joyful and long overdue week. The kids had an amazing time hanging out with “like-minded” kids from all walks of the outback. To watch them play and have fun, and interact and socialise, was such a joy! Mini School! A week in the bush with the brave and willing teachers, daring to travel the distance and face the elements of the outback! The “swag hair”, the peace and tranquillity of the bush, the good food. The surprise water fight! The wildlife... and the hilarious disco and talent show (to name a few of the adventures). But it’s these teachers that make it count! They make it so much fun and entertaining, educational and personal for our
kid, and our kids absolutely LOVE them for it! Amaliya has not stopped talking about it since we left! (And believe me, she can talk... the whole 3 hours home!). So, from the bottom of my heart, THANK YOU! To all the parents, teachers, kids, spouses, the list goes on. It wouldn’t be possible without your dedication and hard work, and we certainly appreciate it. It might not seem like much to others, but those others are not in these kids’ shoes. You truly are a special and lovely bunch. Especially when your kids are treated like their own! It’s so good to see all the mums come together and just treat each child as if it’s their own. Super special!”

Parents and Citizens

Hi to all in the Cairns SDE Community,

It seems like just yesterday that I was writing the P&C item for the term 2 school newsletter, but no, it was three months ago! Hasn’t term 3 just whizzed by? It has been so busy with NAIDOC Celebrations, GI Outreach, the inaugural Innovation week, Hospitality training, the OLC Community Lunch and at the end of term, Robotics Workshops and Music Camp, plus working through work rate calendars and block exams! And for home tutors, juggling all of this with running properties, businesses and everything else. Thank you so much to all involved, especially students and families, who participate in these events as with you they are a triumph.

GI Outreach, or mini schools as we know them, were much enjoyed by students, but there was disappointment that they were cut back to three days. A number of families have to travel for several hours on pretty bad roads to make it to these activities so we want to make the most of it. ‘The powers that be’ at school have heard our discontent at this change to the program which was made largely without our input. That is why it is so important we put our hands up, stand up, step up, be involved, and make our voices heard. We can do this through our P&C by becoming members, attending meetings and using our cluster representatives to get our message across. Follow the ‘Our Community’ tab on the school website for cluster rep details and P&C contacts: https://cairnssde.eq.edu.au/Ourcommunity/PandC/Pages/PandC.aspx.

One of the successes of our P&C is the Canberra (and Snow) trip which is going ahead in July 2020. By now, if you have a student who will be in years 6 to 12 in 2020 and is planning to attend this event you would have submitted an expression of interest and paid a deposit. Thankyou to all who are supporting this activity, as like all events, they can only happen if we have support from the school community.

As you know our major fundraising event of the year, the Cairns to Karumba Bike Ride, took place from the 29th June to 5th July, and it was a huge success. A big THANK YOU to all involved in this 22nd C2K – riders, volunteers, sponsors, supporters, families, students and everyone along the way who cheered the riders along. Your support for this annual event is much appreciated. We are very thankful for the incredible fundraising effort with $62,608.45 being transferred this year to our P&C. Money raised will go towards our Presentation Night Awards and the balance is invested for renovations on the G Block Multipurpose building which will support our students’ education today and into the future. Thankyou again for all your support this year. Have a great mid-semester break.

Kind regards,

Judith Eriksen
P&C President
Miscellaneous

Special visit from Consul-General of Japan in Brisbane
We had the great honour of welcoming Mr Kazunari Tanaka (Consul-General of Japan in Brisbane), Mr Masayuki Watanabe (Vice Consul in Consular Office in Cairns) and Ms Kay Holmes (Administration in Consular Office in Cairns) to our school to meet the Leadership team and Japanese teaching team. Our Japanese teachers presented a PowerPoint to give the special guests an overview about our school and language learning. Thankyou to Year 8 students Natalie L & Zoe M for participating in the online lesson so that Mr Kazunari Tanaka and Mr Masayuki Watanabe could understand how a lesson is conducted at Cairns SDE, and to Cynthia Mabo who baked traditional damper, jam tarts and coconut buns for morning tea. We appreciate the hard work and dedication from our language teachers for creating opportunities like this.

Save the date – Book Week!
We will be celebrating Book Week in Term 4 Week 7. The theme this year is: Reading is my secret power. Lucy our therapy dog couldn’t wait to get started on her favourite book.

Year 12 Graduation Dinner
This year the Graduation Celebration Dinner will be held on Wednesday the 13th of November from 5:30pm-10:00pm at Tafe Queensland North (Gatton St, Manunda). There will be a buffet meal for $45 per person. RSVP’s and payment is due by the 23rd of October. Please email field@cairnssde.eq.edu.au or call 4080 9111.

Presentation Evening
Pop this date in your calendar – Tuesday 3rd December 2019. Presentation Evening will be at Cairns State High School, Crosswell Hall and doors will open at 5:15pm. Invitations for students receiving awards will be sent out in Term 4 Week 5 and RSVP’s will be required in Week 6. We look forward to celebrating student achievements for 2019.

Coming soon…
New Student Portal! This portal will allow students to access all of the information they need in one place. This includes, student notices, staff directory & absence list, support, event calendar, quick links, EQ network outage information and the ability to log an IT job. Keep your eyes peeled for the release date.

Great Barrier Reef Clean-up 2019
Tangaroa Blue have invited our school to attend one of their Great Barrier Reef (GBR) Clean-up Launch Events through ReefClean. Do your part and help protect the GBR from 1-31 October 2019. To register your interest and receive a clean-up pack email reefclean@tangaroablue.org or visit www.reefclean.org. GBR Clean-up Launch Events:
- Cape York - 5th October - 9am @ Quintell Beach, Lockhart River
- Wet Tropics - 5th & 6th October - 8am @ Mulligan Bay, Hinchinbrook Island
- Burdekin - 5th October - 8.30am @ Rollingstone Beach, Townsville

Upcoming Sustainability Dates:
- Enviroweek 21st – 27th October – Winners of the aged-group competitions will be announced at assemblies during Term 4 Week 3.
- National Recycling Week 11th – 17th November

Sunflowers at Cairns SDE
Thankyou to the Cairns Show Association for providing sunflower seeds for our wonderful Administration team to plant at the front entrance of the school. The seeds were planted during the April school holidays and have now bloomed into big, bright yellow sunflowers. Next time you visit our school, be sure to admire them as you drive in the front entrance.

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These events are open to the public. If you have any questions about the event please direct them to reefclean@tangarooblue.org

#QMHWTakeTime Instagram Challenge

The challenge:
Aligning with the Take Time — for Mental Health theme, QLD Health are inviting people across Queensland to share with them what it looks or feels like when you ‘take time’ for the things that boost your mental wellbeing. Your post must be shared on Instagram using #QMHWTakeTime and can capture anything from a moment to an artwork. You might like to show how important it is to be active, keep learning, give, connect, enjoy the moment, or care for our planet. Just be creative, be yourself, and join the conversation.

The challenge will run in the lead up to Queensland Mental Health Week (QMHW) from Monday 26 August 2019 until Thursday 3 October 2019. There will be six prize draws during this time with all entrants having the chance to win!

Prizes include:
3 x Lifetime Awakened Mind app licences
2 x Buddha boards (inspired by the Zen idea of living in the moment)
1 x Fitbit Inspire HR (drawn on 3 October 2019)

How does it work?
Visit the Queensland Mental Health Week Instagram, like their page @qldmentalhealthweek and follow their Take Time — for Mental Health campaign when it kicks off on 26 August 2019. Read the #QMHWTakeTime challenge Terms and Conditions here — entrants will be deemed to have accepted these Terms and Conditions. Share your creative image between Monday 26 August and Thursday 3 October 2019 with the hashtag #QMHWTakeTime telling them what it means for your mental health. And don’t forget to tag @qldmentalhealthweek. Let your image inspire others as you join their Instagram conversation on how important it is to take a moment for the simple things that boost mental wellbeing.

Have the chance to win one of the six prizes. There will be six prize draws. A prize draw will take place each Thursday during the challenge period starting 29 August 2019 and ending Thursday 3 October 2019. Winners will be contacted through a private message on Instagram and arrangements will be made for them to receive their prize.