On Friday 19th June, Emma Hopkirk, Kylie Juniper and Chris Kruger were lucky enough to visit the wonderful families out at Wrotham Park Station. We had a great group of students to work with; Scott, Max and Charlie Cobb, Jesse and Georgia Neilson, Oscar Collin, and two wonderful students from other SDEs Milly and William. Fun was had by teachers and students with great activities throughout the day including reading and making sun dials, creating Adobe Voice promotional videos, camouflaging animals in paint and Wrotham Parks’ Really Rad Race to end the day with. I think it’s safe to say that we all slept well that night!

Calendar – Term 3 2015

27 June-3 July – Cairns to Karumba Bike Ride
Saturday, 27 June – Cairns to Mareeba lunch stop to Atherton
Sunday, 28 June – Atherton to Ravenshoe lunch stop to Mt Garnet Rodeo Grounds
Monday, 29 June – Mt Garnet to Undara Turn Off lunch stop to Mt Surprise
Tuesday, 30 June – Mt Surprise to Newcastle Range lunch stop to Georgetown
Wednesday, 01 July – Georgetown to Gilbert River lunch stop to Croydon
Thursday, 02 July – Croydon to lunch stop to Normanton
Friday, 03 July – Normanton to Karumba
13 July – Term 3 commences
17 July – Cairns Show Day Public Holiday
20- 24 July – Cairns Mini School & PEDALS Program
27 July – P&C Meeting, 2.30pm ph 1800 141 220, Room 1149 273 350
27-31 July – Cert II Hospitality Restaurant
28 July – Australian Schools English Competition
28-29 July – Languages Speaking Competition
29-30 July – ICPA Federal Conference, Brisbane
30-31 July – SDE Principals’ Meeting, Brisbane
3-7 Aug – Peninsula/Cooktown Mini School & PEDALS Program
10-14 Aug – Savannah Mini School & PEDALS Program in conjunction with Mt Isa SOTA
17 Aug - P&C Meeting, 2.30pm ph 1800 141 220, Room 1149 273 350
24-28 Aug – Mareeba/Tablelands Mini School & PEDALS Program
24-28 Aug – Cert I Retail Training Camp
1-2 Sept – QCS test
7 Sept - P&C Meeting, 2.30pm ph 1800 141 220, Room 1149 273 350
7-11 Sept – Year 12 Block Exams
8-9 Sept – Instrumental Music Camp
9-10 Sept - ICPA State Conference, Cloncurry
14-18 Sept – Year 10-11 Block Exams
18 Sept – Last Day Term 3
5 Oct – Labour Day Public Holiday
6 Oct – Term 4 commences
Message from the Principal

We limmer to tomorrow of Bush Whacked. A total of counts we have conducted by.

Annual Camp Week activities feature the tenting and includes sports, legs and activities with counselors. Our students are spending time in the G.R.O. and S.E. programs. Our P & C President Rachel is a member of a model for a week of all P & C activities.

A grr for Cairn Karekako, you can read about activities for your a.m. and will be part of your year. I am sure to try tricks as events. Try your will to Risho community for particularities of recent tragedy.

O prevent it to Cairns RSL for food for an immunity BBQ will beory. Thanks to all of you in the part of these events.

Sam Simmian, Your, giving a week of 'If I'm' were related to Cairn's community. You can check it at aetete and achieve cards at these sites. All竞技 games are and use Freddy. Frege is a leg away giving him time to those who need it.

Mall Wotten Goffiffy, as imely as success. It is in an amo to read format with some use of it.

I am continually astounded with the quickness of what we produce. In this section will see one of our students produce. In this section will work with some use of it.

We say farewell to Mr. Roncarie for from changing. Red will focus on the text H will misse the immunity and we think work and wish him to every first stage of his life.

I will be to every first week. I take to myself of you as assise on my way to next week. If you are able to make it fancy in picking the prompts:

http://cairnstateaundersaffarts.com

All to every toy for your family.

A re Olivi Pincipal
THIS YEAR our home tutors were introduced to the **G.R.O.W model of coaching** and how to use it to get the best out of students. They learnt habits to embed comprehension strategies and lay the foundations for self-directed learning. They got a grip on the importance of using data to inform teaching and learning, and learnt the scary stuff on how easy it is for us all to create a digital footprint.

Our guest speakers included Taeya Condon and Judith Taylor from Royal Flying Doctors Service. Taeha’s Practical Neuroscience presentation provided all with an understanding of how we can plant the **SEEDS** to change our brain. Enhancing **Social** skills, getting **Exercise**, ongoing **Education**, a healthy **Diet**, decreasing stress and getting a good night’s **Sleep** – all impact on our mental and physical wellbeing. Basically ‘we are what we eat’, and our ‘use it or lose’ it brains thrive on a challenging work out. Judith Taylor followed up with ever practical advice on Women’s and Children’s Health.

The last of the ‘healthy mind - healthy body’ speakers this year was Olivia Evans from Smithfield Dental. She presented the facts on the importance of **Oral care**. The good - prevention; the bad - sugar and the ugly - what can happen down the line, when we don’t manage to take care of that ‘stitch in time’.

The P&C Meeting and Bi-Annual Forum provided the opportunity for all to engage in an open round table discussion on school related issues. And once again, the P&C Exec and other keen members worked hard to get letters of request out to local businesses – to support this year’s Cairns to Karumba Bike Ride.

Thanks one and all for the efforts made to bring your students to our wonderful Annual Camp week; your engagement in all we had to offer and, last but not least, to our awesome presenters.

See you again soon,
Camilla 😊
Parents’ & Citizens’

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Cairns to Karumba Bike Ride

Some things Just Get Better With Time!

18 years on and the Cairns to Karumba Bike Ride continues to get better and better, just like a good drop of wine! This year sees our biggest numbers in the last four years. For the School P&C this simply ensures another great year of fundraising.

Some highlights on the 2015 ride are sure to include:

- Day 1 being dedicated to David O’Loughlin who sadly passed away in July 2014. Not only did David co-ordinate the event in 2011 but was also a terrific advocate for cycling in FNQ.
- Day 2 will focus on assisting the Ravenshoe community as we pass through at lunch time. Following the tragic events in Ravenshoe, Milboe Ltd (ride organising group) and all riders will make a significant financial contribution to the town, plus host a free BBQ for all event participants and locals who wish to be part of the action.
- A feast will once again be on offer at both 40 Mile Scrub, courtesy of Melissa Cowe and her team of volunteers. This is a morning tea that all riders simply rave about. With so much to choose from it is worth every pedal stroke just to be there for the feast!
- No Talent Quest - to be honest we may need to change the name in future because last year we actually saw 9 great acts out of 10. Yep, you picked it, one was a dud. At least they lived up to the name of the show. This year will be another great battle at the Mt Surprise Pub.
- Superhero Day has been added for the first time and will take place when riding from Mt Surprise to Georgetown. If you think wearing Lycra is odd, just imagine the reaction in Georgetown when we all turn up in our Superhero costumes! Should make for a fun day.
- Cyclists’ vs the Gulflander - from Croydon to Normanton it’s on! 151km and my money is on the cyclists. The Gulflander averages 30km/hr. Pack 1 and 2 riders average 35-40km/hr on this long flat stretch of road. Both leave at 8.30am and it should be a very interesting race. I simply pray that our riders don’t get too many flats as this may be the only thing that has them come in after our beloved train.
- Ties & Tiara in Normanton. Each year so many people dance on the deck at the Albion Hotel that we wonder if the whole thing will simply give way. Fortunately it hasn’t so far. It’s the night before the final day of riding so it’s always a great night of bad dancing and interesting costumes!

If you live along the ride route, please give our cyclists a wave as they take on the 780kms between Cairns and Karumba. Better still, come and join us for a lemonade when we get into town each afternoon. That way you can be part of fun and festivities and pass on a sincere thanks to the riders who have a ball and raise lots of dollars for the CSDE P&C (plus other worthy groups) in the process.

Steve Corrie
Ride Co-ordinator
Steve.corrie@active8change.com.au
Its Sam and time to rise and shine. I definitely love the sunsets more than the sunrises, but both are as beautiful as the other. My Mum has headed off to work in her dinghy to check our nets - we are commercial fisher people. We catch, process and freeze Barramundi, shark and Mackerel on board our 50 foot vessel, which is also our home. Then we store it in our 7 tonne freezer until we meet up with a Mother ship which comes around from Cairns. It brings our stores (groceries) and fuel and we off load our frozen product which goes to Mackay and then some of our fish is distributed locally and some is exported.

To begin the day I look after my 2 younger brothers while Mum is out working. My chores range from babysitting my little brother, Noah, helping Tyrone with his lessons, cooking, cleaning and looking after the animals. Tyrone is 9 and Noah is 18 months. Tyrone is in Year 4 with CSDE and I am in Year 11. On board our boat we have all amenities, air conditioners, bathroom, full kitchen, laptops and phone and internet most of the time. We don’t have normal television channels but we always have plenty of DVDs for our spare time, not that there is much of that. We have a quad bike for unlimited riding along the miles of mostly untouched beaches, 3 dogs, a cat and a couple of chooks, yes, they are all on the boat with us. We travel up and down the Gulf of Carpentaria. When we stop catching fish in one area we move onto the next.

We attempt to attend most of the school camps; it’s either a 12 hour drive in our Landcruiser or a $540 flight one way to Cairns. Sometimes due to the isolation it can be up to 3 months between getting our mail, which is sometimes extremely hard trying to keep up to date with our school work. Mum has been teaching us Distance Ed for almost 20 years, as my sister and older brother also did Distance Ed way back in 1998. So we have become pretty prepared.
It is a good life and I am happy to be able to help my Mum with our commercial fishing business. Also we see some pretty amazing things and have all the fish we can eat.

Sam Simmonds
Year 11

Above: Tyrone, Mum (Cathy), Noah and I at the CSDE sports day. Go team Red.
Left: Quality wild caught barramundi and blue salmon.

Staff News
The DO's \& DON'T's ofhealth, happiness
and success

by Dr Ramesh Manocha
Senior Lecturer
The University of Sydney
Worries and Anxieties: Helping Children to Cope

Children, like adults, have all sorts of strong feelings about what is happening to them. At times, the world can seem frightening or uncertain, which may create fearfulness, worry or anxiety.

Different Types of Anxiety

Fears and Phobias
Very young children often develop fears and phobias. These can be triggered by changes (going to childcare, separating from a parent), or particular things (spiders, snakes, monsters, etc.). Fears like these are common but with encouragement and support most children learn to overcome their anxiety.

General Anxiety
Some youngsters feel anxious most of the time for no apparent reason – it may be their temperament or may be a pattern of behaviour that is shared by other members of the family.

School-Related Anxiety
School refusal can be caused by anxiety – separating from parents, fear of bullying, problems with friendships, trouble with school work or teachers are worth investigating.

Home Related Anxiety
Family problems (money issues, squabbling, separation/divorce), death of a family member or friend, harsh discipline or a traumatic experience e.g. burglary can be a cause of anxiety (as well as depression).

What are the Signs
- Feeling sick – stomach aches, headaches. Not being able to stomach food.
- Feeling tense, fidgety, needing to go to the toilet often.
- Feeling fearful or panicky, breathless, sweaty.
- Being irritable, tearful, clingy or having sleeping difficulties,
- Withdrawing from social contact.

Anxiety can limit a person’s experiences in life. It can contribute to lack of confidence, loneliness, health problems and learning difficulties. The emotional effects if not remedied can be long lasting.

What to do
- Talk to your child – show him/her that you care and want to understand the reasons for their anxiety.
- Give comfort, reassurance and practical help with how to cope e.g. encourage helpful thoughts rather than focussing on unhelpful thoughts. There are children’s books to help children cope with divorce, death, anxieties.
- Prepare your child for changes. If possible give sufficient warning – talk to them about what might happen and why, as well as ways to manage the changes.
- For children with school/separation anxiety, regular routines and consistency around sleep, and getting ready for school, having breakfast etc. will generally improve the outcome.
- Be aware of school or family situations that may be creating worries for your child.
- Be aware of your own anxiety and protect your child from taking on your woes.
- Use relaxation techniques e.g. controlling your breathing, listening to peaceful music, doing something you enjoy.
- Encourage daily exercise, healthy eating, drinking plenty of water, and most importantly getting enough sleep – children need at least 8 to 9 hours – a healthy body helps keep us on top of difficult situations.

If your child is so anxious that they can’t cope, more specialist help may be needed. Have a chat with your Guidance Officer, and/ or see your doctor.

Adapted from Mental Health and Growing Up, 3rd Edition – Factsheets
http://www.rcpsych.ac.uk/info/mhgu/index.htm
**Library News**

**Spirit Animals  (Book 1) Wild Born**

#1 New York Times bestseller Brandon Mull launches Scholastic’s wildly popular multiplatform phenomenon. Four children separated by vast distances all undergo the same ritual, watched by cloaked strangers. Four flashes of light erupt, and from them emerge the unmistakable shapes of incredible beasts -- a wolf, a leopard, a panda, a falcon. Suddenly the paths of these children -- and the world -- have been changed forever.

Enter the world of Erdas, where every child who comes of age must discover if they have a spirit animal, a rare bond between human and beast that bestows great powers to both. A dark force has risen from distant and long-forgotten lands, and has begun an onslaught that will ravage the world. Now the fate of Erdas has fallen on the shoulders of four young strangers . . . and on you.

Part engrossing book series, part action role-playing game -- discover your spirit animal and join the adventure.

**Spirit Animals  (Book 2) Hunted**

The adventure continues …

In the world of Erdas, only a rare few are able to summon a spirit animal in the way Conor, Abeke, Meilin, and Rollan have. The bond they share with their animals is a partnership that allows them to access more-than-human abilities.

But what if there was another way to create a spirit animal--to force the bond, giving the human partner total control? And what if someone with selfish intentions was offered this gift . . . with a catch?

Our heroes have barely had time to come together as a team, and their spirit animal bonds are still greatly untested. But now they face a brutal confrontation against an enemy who will break any rule to defeat them.

**Spirit Animals  (Book 3) Blood Ties**

The adventure continues in this third book …

Erdas is a land of balance. A rare link, the spirit animal bond, bridges the human and animal worlds. Conor, Abeke, Meilin, and Rollan each have this gift … and the grave responsibility that comes with it.

But the Conquerors are trying to destroy this balance. They’re swallowing whole cities in their rush for power--including Meilin’s home.

Fed up with waiting and ready to fight, Meilin has set off into enemy territory with her spirit animal, a panda named Jhi. Her friends aren’t far behind . . . but they’re not the only ones.

The enemy is everywhere.
Zen Ghosts
It's Halloween. The trees are ablaze in fiery reds. Excited children don colorful costumes. And there's mystery and fun around every corner!
When Addy, Michael, and Karl finish trick-or-treating, their bags are brimming with treats. But the fun isn't over yet. Their good friend Stillwater the panda has one more special surprise in store for them. A mysterious visitor is about to tell them a spine-tingling story -- one that will fill each and every reader with wonder.

The Kingfisher First Picture Atlas
Featuring more than 19 maps and packed with fun and fascinating information, the Kingfisher First Picture Atlas is perfect for all children aged 5 and over. An introductory section shows young readers how to find their way around the world, by introducing them to different styles of maps and helping them understand how they work. The atlas is organized by continent. Regions and countries are then shown in more detail. The maps are annotated with colourful pictorial icons pointing to places of interest, and the pages feature photographs and artwork which help build up a picture of each area, including people, activities, famous cities, buildings and landmarks, food, wildlife and much, much more. This atlas is a fun reference tool that will be perfect for very young children to use at home and at school. Children will enjoy using and displaying the accompanying full-colour poster.

The Last Thirteen
I click my fingers and everybody dies.
Sam wakes from his nightmare to discover the terrifying reality. It will come true.
Kidnapped from school and finding out his parents aren't who he thinks they are, Sam is suddenly running from danger at every turn. Nothing will ever be the same again.
With his life and identity shattered, Sam's salvation is tied to an ancient prophecy. He is in the final battle to save the world, up against an enemy plotting to destroy us all.
He alone can find the last 13.

The Last Thirteen #2: 12
This is where you die Sam.
The nightmare is real and Sam must face his destiny.
Will the chilling prophecy and the ultimate battle come true?
Nothing could have prepared Sam for this terrifying new life as one of the last 13 Dreamers. From New York to Egypt, to Italy -- the search for the last 13 will take same across the globe. He cannot do it alone, but who can he trust?
He must find the last 13. The race has begun.
Student Work

What a fantastic sculpture of Curlew by Natalie Littler, Year 12!

Budding author, Anna Plant, Year 2 has made this beautiful book.

My name is Sally, I am bright and kind and have many friends.
I like to swim and talk to the animals.
I imagine that I flew on a fluffy cloud to a magical land in the sky.
There were fields of pretty flowers and a magical rainbow with flowers on it that you could climb.
Languages

"and Cultural Experiences in Iceland,"

September 9, 2017,

CSDE languages teachers travel to this state for tours. Along with teachers with my cultural activities for Yr 7 and Yr 8, they are great for teachers in the college.'

All teachers are skilled in tasks teachers are shared. Some great examples of making it, rice cooking in Japanese, and trivia.

Students show their speaking and reading a picture card face to face with teachers.

Thank you Richard Grice (Deputy Principal) for remembering this cultural event.

A great goes guest to this state event for used supervision, which supervised and mentored a student teaching and located with their activities.
Annual Camp, Sports Day and Cultural Day 2015

Focus of the event: Art for children to enjoy, interact, collaborate, dress as, organise, sing.

Group of different types, drama (were there at 3:00 on正面), development of coor skills and some son songs for children to get movement.

Aerobic exercise for children with special needs in front of South Gym.

The session of children's art tourism from to in a new way for Ages with series of stop to range muscles for daily articulated muscle.

I'll already Bobbi with pleasure to get into the individual part of group.

P–Y Year 3 by Fiona MacIvy

What a wonderful world and what a fun day of dancing and dance of these and further and all skills! Sports Day Duration of a few!
Oft first, they work together to complete the challenge. Their support of each other is the key to success. All try different activities in the Mak Walk. They offer various (only to kids: fishers, frogs, dogs) with proudly fed blankets. There was nothing.

D 2 of them (after a 'not very face of' age) start with a photo. They were introduced to the camp's 'trip down to the Data Squirrel with celery at the gate.'

We weighed heavily the presence of the crocodile. Luckily, it was giving way to our victory…an and for the rest.

Oft first, we had to try their catapults to wild weeds with my misses across the yard. Overall, time was handled. It was great for kids to make interaction with the voices of the children. The teacher explained once, and like the rest of the support.

The Wild Life
The Nature

Safety was in mind. The day was nervous.
Year 7 – 9 by Here Mays and many others are at school to How Balch and Earthimetric Change.

After a quick orientation of where we were in to live for the next 3 days, it was straight into an hour of AFL. We were so lucky to meet a well-known Western Bulldog player, Dale Morris! 'Initiative Games' saw students trying to make a tower out of milk rates which seemed easy, but a student was at the top of this tower!

Tasks were the group had to fit to a tyre one at a time and roll right off! Both activities were a must!

We really had our competitive game of Tall which ended with one timing to go for a daily end! So much and very accepted for these results!

It was off to bed early after a good check after a long day!

The next day morning was 'High Ropes' which really challenged many students who had a fear of heights. It was amazing to see these students overcome their fears and the encouragement shown by fellow students. In Orienteering, it was a race to arrow around the course in record time with small ups running through the bush looking for markers hidden in trees. After lunch everyone put on their old clothes and headed for E Mud!! It is impossible to describe what it is like to see 28 students up to their waists in thick mud in a moment and then they lie down in it. After a swim in the ocean and a hose down, very cold could be identified again.

From mud to Art where students made a amazing leaf print using a press and a difficult technique called dry paint. Then it was off for a walk down the beach to the local cafe for dinner. Unfortunately it rained and we had to ferry everyone but I think the students were secretly happy because they were secretly tired. Home to a movie that kept everyone to the screen right until the end!

We spent Thursday driving packed! Time off to Cairns Dome for a morning of (very) high rounders, event of mud walk to clay houses and scary Big In adventure. Every event was a must for us to our maximum limit. May meets, if it's your week, I'm sure everyone enjoyed exciting activities.
Year 10: by Margaret Rose

This story, from Year 10 solos me time with their friends, generosity, spirit, inclusivity.

I was fixed for the moment I arrived as to how quickly they moved as a group of people left at the camp.

I have many memories of camp to tell constantly spinning in my head and others willed cleverly in sight of a canister.

A Murphy would have it, the supervisors wouldn't camp they can't get with their stuff. A I surfaced, I cards students to take calmly call to 'raft' to gather as the story was in the water. To concern and encouragement from the story of your show caring, insight into your life, to all proud of yourselves and continued to be inclusive and be a world of Romance SD!
Once the trials started, there was a great sense of team spirit and encouragement between the students. They quickly embraced the challenge of their sports with their own enthusiasm. It was gratifying to see so many girls involved in the long jump trials and stars amagmt.

It was an extremely close call with the competitors, and finally...

...looking forward to the results...
A f t e r s o m e s p o r t s , W e l l i s d o y .

H u t o r s s h o w t h e i r c o m p e t i t i v e t e m p e r a m e n t w i t h W o r l d T r i v i a, w h e r e s t u d e n t s w i t h o t o n e s o f a c t i v i t i e s o u r y o u n g e r s m e e t e c o-

g i l d s, i n t e r a c t w i t h E c o S c h o o l s t e m p a r t s

w i t h i n t e r e s t e d a n d t r y s e s s i o n s a n d t h e r e w a s l o t s o f l i g h t f u l i f e m e n t . M i c h a l e Q o r y t l i s s e s a n d w e l c o m e t o g r i d f r o m t h e y o u n g .

C o m e s, J a p a n e s e S u s h i , I t a l i a n G o g , I t a l i a P i z z a a n d P a s t a w i t h J a p a n e s e G r i n T a m , a s e t e d e t g o l a r g o a l a t s t a r f o r m a c h e r y . W e l l a n d w e r k y o u n g i n g a n i w a y .

A g e t o n k y o u & C f f i n g t o r e f o r m a n c e W e l l a n d w e r k y o u n g i n g a n i w a y .
Cairns Libraries
BOOKSALE
Cairns Showgrounds
Fred Moule Pavilion
7 - 9 August
9am - 5pm
For further info please phone 40443724

Come to the Booksale for your chance to win a family pass to see The Cranky Bear @ Cairns Civic Theatre

CAIRNS Libraries
www.cairnslibrary.com.au
A Lifestyle Experience!