



# Senior Weekly

## 'News Flash'

### Term 2, Week 1

It's that time again when a new school term is upon us! The holidays have drawn to a close and it's time to get organised for the new school term. The start of the new term provides you with the opportunity for new beginnings. You have had time to reboot and enjoy a holiday break. You also have had some time to reflect on Term 1 and can now focus on better approaches, making improvements and starting the term off on a positive note.

Important tasks to do this week include:

- Attend this weeks events
- online senior social session (for Year 11 and 12 students) this Thursday (28 April) at lunchtime (come meet senior students, establish a peer network and find a study buddy) ... a great way to connect
- Apply for Senior Camp (being held 18-21 May 2021 at Maroon Outdoor Education Centre) - camp applications closing soon - check out camp information and forms available on the school website
- Contact Elena Simmons (External VET Coordinator) Email: [esimm10@eq.edu.au](mailto:esimm10@eq.edu.au) if you have any external VET queries or if you are interested in enrolling in external VET courses
- Access your QCAA Student Portal with your LUI and check your pathway and subjects and email [SeniorPathways@brisbanesde.eq.edu.au](mailto:SeniorPathways@brisbanesde.eq.edu.au) if any queries
- Regularly check your timetable, daily notices and announcements and contact your year level Dean if you have any queries or require help: Caroline Rasmussen (Year 11 Dean) Email: [Year11Dean@brisbanesde.eq.edu.au](mailto:Year11Dean@brisbanesde.eq.edu.au) or Di Bennett/Steph Deeley (Year 12 Dean) Email: [Year12Dean@brisbanesde.eq.edu.au](mailto:Year12Dean@brisbanesde.eq.edu.au) (NOTE: new generic email addresses for the deans)

Term 2 - bring it on! It's time to refocus again. Wishing you a good start to Term 2.

BrisbaneSDE, Senior Team

#### Notices - Year 11

- ✓ Week 1 - Thursday (22 April) - lunchtime: online senior social session THIS WEEK
- ✓ Week 2 - Wednesday (28 April) - Period 4: Year 11 Assembly NEXT WEEK

#### Notices - Year 12

- ✓ Week 1 - Thursday (22 April) - lunchtime: online senior social session THIS WEEK
- ✓ Week 2 - Wednesday (28 April) - Period 4: Year 12 Assembly NEXT WEEK

#### Mercy's Health Tip of the Week

As you are prone to being at home and sitting at computers for extended periods of time, this can lead to some physical symptoms such as feeling stiff, having a sore back and neck, and eye strain.

Here are some tips to help prevent and reduce these symptoms: (i) Check your ergonomics and ensure your computer and chair are set up properly (ii) Move during your breaks and stretch regularly. Remember recommended sitting time is every 30 minutes. Click on this link for tips about sitting less and moving more: <https://www.heartfoundation.org.au/heart-health-education/sit-less-move-more>

If you require some health support or tips, contact Mercy (Nurse with School-based Youth Health Service) Email: [Sbyhn.BrisbaneSchoolDE@health.qld.gov.au](mailto:Sbyhn.BrisbaneSchoolDE@health.qld.gov.au) (Note: Mercy is available on Mondays (even), Tuesdays and Wednesdays)

## Notices - General

- ✓ Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - contact Caroline Rasmussen (Year 11 Dean) Email: crasm40@eq.edu.au if you wish to join
- ✓ Skills for Assessment (8 week) course will recommence in Term 2 - contact Deb Harvey (Literacy Coordinator) Email: dharv49@eq.edu.au if interested in joining the Term 2 course
- ✓ Parent-Teacher Interviews are scheduled for Tuesday 11 May 2021 from 2:00 PM to 6:00 PM - bookings will open Tuesday 04 May 2021 Email: Community Engagement Team if any queries
- ✓ Senior Camp will be held in Term 2 - check out camp information and forms now available on the website - contact Hamish Pike (Head of Department HPE & Camp Coordinator) Email: hmpik0@eq.edu.au if you have any camp queries or wish to apply for camp
- ✓ Careers and pathways opportunities and information will be regularly posted in Careers & pathways information section of this Blackboard course
- ✓ Reach out to your year level Guidance Officer if you require career or guidance support: Wally Vanek (Year 11 Guidance Officer) Email: wvane1@eq.edu.au or Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@eq.edu.au (note: new Year 12 Guidance Officer commencing in Term 2)

**"With the new day comes new strength and new thoughts "**  
**Eleanor Roosevelt**