



Senior Weekly 'News Flash'

Term 4, Week 1

It's that time again when a new school term is upon us! You have had time to reboot and enjoy a holiday break. The focus this first week back from holidays is to get organised for the new school term, manage your time and stay on track, and find a balance between your study and life. Here are some myQCE study tips from QCAA: [get organised](#), [get academic](#), [get healthy and happy](#), get support when you [need it](#), [get advice](#) and [get involved](#). Remember the secret of getting ahead is getting started. Important tasks to do this week include:

Attend this week's events:

- online Year 11 Assembly this Wednesday (06 October) in Period 4 (starting at 12:50 PM)
- online senior social session (for Year 11 and 12 students) this Thursday (07 October) at lunchtime
- Senior Formal (for graduating Year 12 students) will be held on Thursday 18 November at Indooroopilly Golf Course in Brisbane - refer to the BrisbaneSDE website for more information and the permission form and email the BrisbaneSDE Community Engagement Team Email: communityengagement@brisbanesde.eq.edu.au if any queries
- Year 12 students seeking to pursue higher education are required to complete QTAC applications which close on Thursday 30 September 2021 - email Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@eq.edu.au if any queries
- Year 12 students to complete the second Year 12 career planning survey (Career Conversations continued) - <https://forms.office.com/r/Nj5attDm9d> - email Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@eq.edu.au if any queries
- Complete the online QCAA Academic Integrity course (access course via your QCAA Student Portal) to help you understand the correct way to approach assessment - email Kirsti Ellerton (HOD Senior Curriculum Teaching Learning) Email: kelle4@eq.edu.au if any queries
- Regularly check daily notices, announcements, timetables and results and contact your year level Dean if you require a pathway review or if you have any queries or require any help: Caroline Rasmussen (Year 11 Dean) Email: Year11Dean@brisbanesde.eq.edu.au or Di Bennett/Steph Deeley (Year 12 Dean) Email: Year12Dean@brisbanesde.eq.edu.au

Term 4 - bring it on! It's time to refocus again. Wishing Year 11 students a productive term and wishing Year 12 students heading into their final school term every success at finishing senior school on a high note.

Year 11 notices

- Week 1 - Wednesday (06 October) - Period 4
- online Year 11 Assembly THIS WEEK
- Week 1 - Thursday (07 October) - lunchtime:
online senior social session THIS WEEK
- Week 2 - Thursday (14 October) - lunchtime:
online senior social session NEXT WEEK

Year 12 notices

- Week 1 - Thursday (07 October) - lunchtime:
online senior social session THIS WEEK
- Week 2 - Thursday (14 October) - lunchtime:
online senior social session NEXT WEEK
- Week 2 - Friday (15 October) - Senior Formal
permission form and payment due NEXT WEEK

Mercy's Health Tip of the Week:

Week 1 – Body Image: The way we see ourselves and our physical bodies affects so much of how we interact with people and the world around us. Body image isn't about how we look. It's all about how we **feel** about how we look. Whatever your size, shape, level of ability or appearance every person deserves to enjoy a positive body image. A healthy body image means being comfortable in your own skin and feeling happy about how you look **most of the time**. No one feels amazing 100% of the time. It's also about valuing yourself for **who you are**, not by what you look like. Here's some tips to help you if you're struggling with a negative body image: (i) Focus on what your body can do. Think of the millions of unique things your body does every single day and appreciate the marvellous job our bodies do. (ii) 'Unfollow' people on social media who make you feel bad or question things about yourself. Fill up your newsfeed with body positive messages by people in all shapes and sizes. (iii) Remember that what you see in the media is often a highly filtered, photoshopped and distorted view of reality. Even the people in those pictures don't look like that in real life! Your body is unique and amazing! Start thinking of it with the kindness and love that it deserves! If you require some health support or tips, contact Mercy (Nurse with School-based Youth Health Service) Email: Sbyhn.BrisbaneSchoolDE@health.qld.gov.au (Note: Mercy available Tues & Wed).

General notices

- Student voting closes for 2021 BrisbaneSDE's Got Talent on Wednesday (06 October) - refer to the announcement in this Blackboard course, check out the amazing finalist entries and vote using the Microsoft Forms surveys for each category
- 2022 Student Leadership nominations will open soon – check Blackboard announcements regularly for more information - email Caroline Rasmussen (Year 11 Dean) Email: crasm40@eq.edu.au if any queries
- Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - email Caroline Rasmussen (Year 11 Dean) Email: crasm40@eq.edu.au if you wish to join
- Student Clubs recommence this term - check Blackboard announcements regularly for more information on student clubs - contact Caroline Rasmussen (Year 11 Dean) Email: crasm40@eq.edu.au if any queries regarding student

"Don't wait for the perfect moment. Take the moment and make it perfect."

Zoey Sayward