



Senior Weekly

'News Flash'

Term 3, Week 2

The focus this week is to review your progress together with your teachers and home-based supervisors at Parent-Teacher interviews this week. You can [self-reflect](#) beyond your academic results: mind - do you feel clear-headed, engaged, and intellectually challenged? body - does your body feel healthy, nourished, and strong? soul - Do you feel at peace and connected to the world around you? work - Do you feel interested in and fulfilled by your work and studies? play - Do you feel joyful? Are you engaging in activities that bring you joy? love - Do you feel positive about the relationships in your life? You can holistically maximise your potential and build your capacity to improve.

Important tasks to do this week include:

Attend this week's events:

- ✓ online Parent-Teacher interviews - this Tuesday (20 July) from 1:00 PM to 5:00 PM (if previously booked through PTO portal)
- ✓ online Year 12 Assembly + QCE progress check - this Wednesday (21 July) in Period 4 (starting at 12:50 PM)
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (22 July) at lunchtime
- ✓ online Parent-Teacher interviews - this Thursday (22 July) from 1:00 PM to 5:00 PM (if previously booked through PTO portal)
- ✓ Bookings for Parent-Teacher interviews closed 9:00 AM Monday (19 July) - email Community Engagement Team Email: communityengagement@brisbanesde.eq.edu.au, if any queries regarding Parent-Teacher interviews
- ✓ If you were unable to attend Parent-Teacher Interviews and have any queries about senior plan or QCE tracking, please contact Charlotte Thomas (HOD Senior Pathways) Email: cthom925@eq.edu.au
- ✓ Year 12 students to complete the [Year 12 Career Transition Planning survey](#) (emailed Tuesday 01 June) if not yet completed - here is the survey link: Yr 12 2021 Transition planning survey - email Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@eq.edu.au if any queries
- ✓ Year 12 students to complete survey (emailed Wednesday 05 May) regarding preference of venue for external exams in October 2021 (check your junk folder) - email Kirsti Ellerton (HOD Senior Curriculum Teaching Learning) Email: kelle4@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 your timetable, [daily notices](#), announcements and Semester 1 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

BrisbaneSDE Senior Team

Notices - Year 11

- ✓ Week 2 - Tuesday (20 July) from 1:00 PM to 5:00 PM - Parent-Teacher Interviews THIS WEEK
- ✓ Week 2 - Thursday (22 July) - lunchtime: online senior social session THIS WEEK
- ✓ Week 2 - Thursday (22 July) from 1:00 PM to 5:00 PM - Parent-Teacher Interviews THIS WEEK
- ✓ Week 3 - Tuesday (27 July) Year 11 Parent Information Evening 6:30 PM NEXT WEEK

Notices - Year 12

- ✓ Week 2 - Tuesday (20 July) from 1:00 PM to 5:00 PM - Parent-Teacher Interviews THIS WEEK
- ✓ Week 2 - Wednesday (21 July) - from 12:50 PM - online Year 12 Assembly + QCE progress check THIS WEEK
- ✓ Week 2 - Thursday (22 July) - lunchtime: online senior social session THIS WEEK
- ✓ Week 2 - Thursday (22 July) from 1:00 PM to 5:00 PM - Parent-Teacher Interviews THIS WEEK
- ✓ Week 3 - Monday (26 July) Year 12 Parent Information Evening 6:30 PM NEXT WEEK

Mercy's Health Tip of the Week

Do you know how much sugar is in the sugary drinks? The daily recommended amount of sugar is 6 to 8 teaspoons per day. But frozen drinks, sports and energy drinks, as well as soft drinks are all packed full of sneaky sugars that cause an energy slump and poor attention in the short-term and also contribute to many chronic illness such as diabetes and heart disease. A large frozen drink has 20 teaspoons of sugar per serve! That's the equivalent of having almost 8 icy poles. A can of coke has 12 teaspoons of sugar. This week try swapping your sugary drinks out for sparkling water and try adding different fruits and herbs such as mint to boost the flavour!

If you require some health support or tips, contact Mercy (Nurse with [School-based Youth Health Service](#)) Email: <mailto:Sbyhn.BrisbaneSchoolDE@health.qld.gov.au>

Note: Mercy is available on Tuesdays, Wednesdays and Fridays (odd)

Notices - General

- ✓ 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
- ✓ BrisbaneSDE's Got Talent (BGT) 2021 is under way - submissions close Monday of Term 3 (Monday 26 July) - email Caroline Rasmussen (BrisbaneSDE's Got Talent Supervising Teacher) Email: crasm40@eq.edu.au if any queries or you wish to join the BGT team
- ✓ Student Clubs starting 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 clubs
- ✓ External VET course opportunities are still available - contact Elena Simmons (External VET Coordinator) Email: esimm10@eq.edu.au if any external VET queries or if check out the [External Vocational Education and Training Programs Blackboard course](#)
- ✓ Careers and pathways opportunities and information is 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

"Your present circumstances don't determine where you can go; they merely determine where you can start."

Nibo Querin