



Senior Weekly 'News Flash' Term 1, Week 4

The focus of this fourth week is to develop a growth mindset. Watch this video:

<https://www.youtube.com/embed/rUJkbWNnNy4> and follow these four steps to help you develop a growth mindset this week: (i) listen to your inner voice - tap into the internal conversations going on in your mind (ii) make a conscious choice to take action (iii) replace the negative thoughts with positive ones (iv) take action. Research has proven that visualising your day beforehand and reflecting on your time at the end of the day can set you up for daily success. A good tip is to use two post-it notes each day - one to start the day right (for example - I will complete flipped learning on compound interest and have meaningful discussions about interest rates in General Maths) and one to end the day right (for example - I will review and reflect on the success criteria from today's lessons).

Important tasks to do this week:

- ✓ Attend this week's events:
 - online senior social session (for Year 11 and 12 students) this Thursday February 18 at lunchtime (this is a great way to meet new students, establish a peer network and find a study buddy)
 - BrisbaneSDE Swimming Carnival this Friday, February 19 at Mayfield Pool located in Carina in Brisbane – Follow this link: [Swimming Carnival](#)
- ✓ Check you have found an approved exam supervisor and completed and submitted the exam supervisor form to the Enrolments team Email: enrolments@brisbanesde.eq.edu.au
- ✓ Apply for AARA (Access Arrangements and Reasonable Adjustments) if required and contact Ruth Gilmore (AARA Coordinator) E aara@brisbanesde.eq.edu.au if you have any AARA queries
- ✓ Finalise external VET study enrolments and contact Elena Simmons (External VET Coordinator) E esimm10@eq.edu.au if you have any external VET queries or wish to confirm external VET courses
- ✓ Regularly check your timetable, Student Notices and announcements and contact your year level Dean if you have any timetabling issues, queries or require help: Caroline Rasmussen ,Year 11 Dean E crasm40@eq.edu.au or Steph Deeley, Year 12 Dean E sdeel1@eq.edu.au

Well done to the amazing turnout of Year 12 students at your first assembly last week. It was great to see the positivity of students who are aiming for the finish line of their school journey at the end of this year.

This coming week you can get behind your sporting houses at the Swimming Carnival - BLUE for students with surnames starting from A to L (for example Year 12 Dean - Ms Deeley is BLUE) and RED for students with surnames starting from N to Z (for example Year 11 Dean - Ms Rasmussen is RED). Good luck to all the swimmers and cheer squads. Have a good week ahead. Be open to self-growth and aim to be your best self.

Notices - Year 11

- ✓ Week 4 - Thursday (18 February) - lunchtime: online senior social session THIS WEEK
- ✓ Week 4 - Friday (19 February) - BrisbaneSDE Swimming Carnival THIS WEEK
- ✓ Week 5 - Wednesday (24 February) - Period 4: second online Year 11 assembly

All year 12 students have been emailed their LUI on Friday (12th February). Please check your emails and email Senior Pathways team Email: SeniorPathways@brisbanesde.eq.edu.au if you have any queries

Notices - Year 12

- ✓ Week 4 - Thursday (18 February) - lunchtime: online senior social session THIS WEEK
- ✓ Week 4 - Friday (19 February) - BrisbaneSDE Swimming Carnival THIS WEEK
- ✓ Week 4 - Friday (19 February) Period 4 - Term 1 Skills for Assessment course (Week 2 of 8) THIS WEEK
- ✓ Week 6 - Wednesday (03 March) - Period 4: second online Year 12 assembly

Notices - General

- ✓ Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - contact Caroline Rasmussen, Year 11 Dean E crasm40@eq.edu.au if you wish to join or have any queries
- ✓ BrisbaneSDE Swimming Carnival this Friday, February 19 at Mayfield Pool located in Carina in Brisbane – Follow this link: [Swimming Carnival](#)
- ✓ Term 1 Skills for Assessment (8 week) course has already started for Year 12 students on Fridays in Period 4 and will continue for the remainder of Term 1 - contact Deb Harvey, Literacy Coordinator E dharv49@eq.edu.au
- ✓ Senior Camp will be held in Term 2 - check out the flyer now available on the website - contact Hamish Pike, Head of Department HPE & Camp Coordinator E hmpik0@eq.edu.au if you have any [camp queries](#)
- ✓ Careers and pathways opportunities and information will be 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 E wvane1@eq.edu.au or Peter Rose, Year 12 Guidance Officer E prose2@eq.edu.au