



Senior Weekly

'News Flash'

Term 4, Week 3

The focus this week is to stay positive. Negative thinking can decrease chances of success before even getting started! Focus on your strengths and be kind to yourself when working on weaknesses. Reframing techniques can help turn negative thoughts into helpful thoughts to create growth mindsets. Surround yourself with positivity and use positive self-talk and affirmations such as "I believed in myself" and today I am my own superhero!". Stay healthy and positive. You are stronger than you seem and smarter than you think!

Important tasks to do this week include:

Attend this week's events:

- ✓ online Year 12 exam slaying workshop - this Wednesday (04 August) in Period 4
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (05 August) at lunchtime
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (29 July) at lunchtime
- ✓ 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 4 - Wednesday (04 August) Period 4: Year 12 exam slaying workshop (Note: also for Year 11 students studying Year 12 subjects this semester)
- ✓ Week 4 - Thursday (05 August) lunchtime: online senior social session NEXT WEEK
- ✓ Week 5 - Wednesday (11 August) no lessons due to Brisbane Show/Ekka Public Holidays NEXT WEEK
- ✓ Week 5 - Thursday (12 August) lunchtime: online senior social session NEXT WEEK

Notices - Year 12

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Mercy's Health Tip of the Week

Keep your teeth healthy to keep your smile for life! Eat well – Eat lots of vegetables, legumes, cheese, bread, fruit and nuts. Avoid sugary foods such as cake, ice cream, biscuits and chocolate. Drink well – Drink plenty of tap water during the day as it contains fluoride and helps to protect your teeth. Avoid sugary drinks such as fruit juice and soft drinks. Clean well – Brush your teeth twice a day with fluoride toothpaste and a soft-bristle toothbrush. And floss between your teeth once a day to reduce the amount of bacteria and food build-up which leads to decay. Stay well – Visit the dentist once a year for a check-up and cleaning, don't wait until it hurts. Visit https://www.health.qld.gov.au/oralhealth/healthy_teeth/fact_sheet for more information. 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

- ✓ Year 12 exam slaying workshops will run in Period 4 on Wednesdays Week 4 and Week 7 this term - email Emma Di Bernardo (Student Wellbeing Coordinator) Email: <mailto:studentwellbeing@brisbanesde.eq.edu.au> if any queries
- ✓ 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

"Edit your life frequently and ruthlessly. It's your masterpiece after all."

Nathan W. Morris