



Senior Weekly

'News Flash'

Term 2, Week 5

The focus on this fifth week is for students to enjoy learning with the aim of becoming life-long learners. With a love of learning, you can be more motivated to acquire new skills or knowledge or to build on existing skills or knowledge. Students have the ability to feel good when learning new things, even when they may sometimes be challenging. For tips on becoming a life-long learner, watch this video: [10 Simple Ways To Engage In Lifelong Learning](#). Education does not stop at the end of senior. "Education is not preparation for life, education is life itself" (John Dewey)

Important tasks to do this week include:

Attend this week's events:

- ✓ attend [Senior Camp](#) this week from Tuesday 18 May to Friday 21 May (only for approved camp students and camp staff)
- ✓ online combined Year 11/12 Assembly this Wednesday (19 May) from 12:30 PM to 1:00 PM which will cross live to Senior Camp (this assembly will be run by Steph Deeley Email: sdeell1@eq.edu.au)
- ✓ online senior social session (for Year 11 and 12 students) this Thursday (20 May) at lunchtime (come meet senior students, establish a peer network and find a study buddy) ... a great way to connect! (this week's session will be run by Steph Deeley Email: sdeell1@eq.edu.au)
- ✓ Access your QCAA Student Portal with your LUI and check your pathway, subjects and points and email SeniorPathways@brisbanesde.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) and email Kirsti Ellerton (HOD Senior Curriculum Teaching Learning) Email: kelle4@eq.edu.au if any queries
- ✓ Regularly check your timetable, [daily notices](#) and announcements 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 (note: as Caroline Rasmussen will be attending Senior Camp this week, Year 11 students to contact Steph Deeley Email: sdeell1@eq.edu.au / Year11Dean@brisbanesde.eq.edu.au if any urgent Year 11 dean assistance required)
- ✓ If you are going on camp, enjoy the week - soak up the great outdoors, connect with others and nature. If you are not going on camp, try new things: plan your own adventure and eat some rainbows (see Mercy's tip below).

Notices - Year 11

- ✓ Week 5 - Tuesday 18 May to Friday 21 May - Senior Camp - Maroon Outdoor Education Centre THIS WEEK
- ✓ Week 5 - Wednesday 19 May - combined Year 11/12 Assembly from 12:30 PM to 1:00 PM THIS WEEK
- ✓ Week 5 - Thursday (20 May) - lunchtime: online senior social session THIS WEEK
- ✓ Week 6 - Tuesday (25 May) - Parent Information Evening 6:30 PM NEXT WEEK

Notices - Year 12

- ✓ Week 5 - Tuesday 18 May to Friday 21 May - Senior Camp - Maroon Outdoor Education Centre THIS WEEK
- ✓ Week 5 - Wednesday 19 May - combined Year 11/12 Assembly from 12:30 PM to 1:00 PM THIS WEEK
- ✓ Week 5 - Thursday (20 May) - lunchtime: online senior social session THIS WEEK
- ✓ Week 6 - Tuesday (25 May) - Parent Information Evening 6:30 PM NEXT WEEK

Mercy's Health Tip of the Week

Positive living - nutrition. Being happy and healthy go hand-in-hand. Kick start your health with these four simple steps: 1) Cut back on sugar. You should aim for 50grams/12 tablespoons per day, but a can of Coke contains 14 tablespoons/ 2) Swap it out. Instead of soft drinks or energy drinks, drink plenty of water - recommending 2-3 litres per day/ 3) Portion. Have smaller, more regular meals throughout the day, rather than 1 or 2 large meals. 4) Eat the rainbow. Aim to pack as many colours as you can into your 5 serves of veggies and 2 serves of fruit a day. You're on your way to a healthier you! See more at www.healthier.qld.gov.au

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 is available on Tuesdays, Wednesdays and Fridays (odd))

Notices - General

- ✓ Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - contact Anna Savage (HOD Pathways and Engagement) Email: asava33@eq.edu.au if you wish to join this week
- ✓ Skills for Assessment (8 week) course has recommenced this term - contact Deb Jane (Literacy Coordinator) Email: dharv49@eq.edu.au if any queries or if interested in joining this term's course (**note: there is no course this week as Deb Jane is attending Senior Camp**)
- ✓ External VET course opportunities are 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 (**note: as Wally Vanek will attending Senior Camp this week, Year 11 students requiring guidance support to contact Nicole Collins or guidance officers from other year levels - refer to Staff Contacts section**)

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

Eleanor Roosevelt