



Senior Weekly

'News Flash'

Term 2, Week 6

Last week's Senior Camp held at Maroon Outdoor Education Centre was an amazing success. Thank you to all students for participating amazingly at camp and for developing strong connections with each other and the BrisbaneSDE school community. Camp students were able to build personal and social development, resilience and connectedness whilst actively engaging in a series of field based outdoor adventure sessions, for example - ropes challenges, orienteering, canoeing, hiking and camping. You will be able to read all about Senior Camp adventures and see some fantastic camp photos in the upcoming Term 2 edition of the Student Times student newsletter to be published at the end of this term. Thank you to camp coordinators: Hamish Pike and Rose Sheen, visiting staff: Georgia Chapman, and supervising camp staff: Natasha Agra, Tristan Baskerville, Taru Bullock, Deb Jane, Karina Henwood, Dan Osmoloski, Caroline Rasmussen and Wally Vanek for being awesome camp supervisors. Year 11 students will have the opportunity to attend Senior Camp next year. It is highly recommended - just ask this year's camp students!

The focus this week is to be prepared for upcoming assessment and to practice self-care and learn to manage stress and anxiety in the lead up to exams and assessment deadlines. Follow tips in last week's assembly from Mercy (School Nurse) about managing stress and advice from Emma Di Bernardo (Student Wellbeing Coordinator) to read [how to turn stress into success](#).

Important tasks to do this week include:

Attend this week's events:

- ✓ online Parent Information Evening this Tuesday (25 May) starting 6:30 PM
- ✓ online senior social session (for Year 11 and 12 students) this Thursday (27 May) at lunchtime (come meet senior students, establish a peer network and find some study buddies) ... a great way to connect! (this week's session will be run by Caroline Rasmussen (Year 11 Dean) Email: Year11Dean@brisbanesde.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
- ✓ 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
- ✓ 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
- ✓ 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
- ✓ Term 2 assessments are closing in. Now is the time to create your [exam slaying checklist!](#)

BrisbaneSDE Senior Team

Notices - Year 11

- ✓ Week 6 - Thursday (27 May) - lunchtime: online senior social session THIS WEEK
- ✓ Week 7 - Monday (31 May) Year 11 Parent Information Evening 6:30 PM NEXT WEEK
- ✓ Week 10 - Wednesday (23 June) - next Year 11 Assembly

Notices - Year 12

- ✓ Week 6 - Thursday (27 May) - lunchtime: online senior social session THIS WEEK
- ✓ Week 7 - Tuesday (01 June) - Year 12 Parent Information Evening 6:30 PM
- ✓ Week 9 - Wednesday (16 June) - next Year 12 Assembly

Mercy's Health Tip of the Week

Being active is important for young people to grow healthy and set good habits for life! It has been proven to lower stress and anxiety, improve concentration, build strong muscles and bones and increase confidence. Plus it can be FUN! Young people should do at least 60 MINUTES of moderate to vigorous physical activity every day. This can include: * Active video games (like Wii sport, Just Dance) * Drama class * Trampoline centre * Online yoga/pilates class * Learning a new TikTok dance * Photography walk (photos of environment/nature) * Rock climbing. Remember, move every day and do what you enjoy! To get some free online exercise classes go to <https://exerciseright.com.au/homeworkouts/> or search YouTube. For more ideas and information, go to <https://www.health.gov.au/health-topics/physical-activity-and-exercise>.

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 now under way with even more categories than last year - start preparing your talent act - submissions close Week 2 of Term 3 - 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
- ✓ BrisbaneSDE Student Times (student newsletter) Team is currently seeking newsworthy student stories and student gallery items for its Term 2 edition - email queries or submissions to Caroline Rasmussen (Student Times Supervising Teacher) Email: crasm40@eq.edu.au
- ✓ Student Clubs starting soon - 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
- ✓ Skills for Assessment (8 week) course (held Fridays in Period 4) has recommenced this term - contact Deb Jane (Literacy Coordinator) Email: dharv49@eq.edu.au if any queries or if interested in joining this course
- ✓ External VET course opportunities are available for Semester 2 start - 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

“Communication is merely an exchange of information, but connection is an exchange of our humanity.”

Sean Stephenson