



# Senior Weekly

## 'News Flash'

### Term 2, Week 7

The focus this week is to be prepared and organised to complete and submit upcoming assessments. It is that time of term where you can develop your courage muscles to more positively approach upcoming assessments.

*"Courage is like a muscle. The more you use it, the stronger it gets. ... It's a muscle we must practice daily." Achieving anything worthwhile takes thousands of small brave steps and sheer hard work. But as you start taking action, you will discover that you are capable of more than you thought, and whole new realms of possibility open for you. It begins with a single act of courage. Followed by another. Then another.*

*(Dr Maggie Warrell 2017)*

Important tasks to do this week include:

#### Attend this week's events:

- ✓ online **Year 11 Parent Information Evening** this Monday (31 May) 6:30 PM (link already emailed to home-based supervisors)
- ✓ online **Year 12 Parent Information Evening** this Tuesday (01 June) 6:30 PM (link already emailed to home-based supervisors)
- ✓ 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](mailto:Year11Dean@brisbanesde.eq.edu.au))
- ✓ Access your QCAA Student Portal with your LUI and check your pathway, subjects and credit points and email [SeniorPathways@brisbanesde.eq.edu.au](mailto: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](mailto: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](mailto: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](mailto:Year11Dean@brisbanesde.eq.edu.au) or Di Bennett/Steph Deeley (Year 12 Dean) Email: [Year12Dean@brisbanesde.eq.edu.au](mailto:Year12Dean@brisbanesde.eq.edu.au)

Wishing you all the best for your upcoming assessments. Aim to develop your courage muscles and manage stress by practising mindfulness (see Mercy's tips below).

BrisbaneSDE Senior Team

#### Notices - Year 11

- ✓ Week 7 - Monday (31 May) Year 11 Parent Information Evening 6:30 PM THIS WEEK
- ✓ Week 7 - Thursday (03 June) - lunchtime: online senior social session THIS WEEK
- ✓ Week 10 - Wednesday (23 June) - next Year 11 Assembly

#### Notices - Year 12

- ✓ Week 7 - Tuesday (01 June) Year 12 Parent Information Evening 6:30 PM THIS WEEK
- ✓ Week 7 - Thursday (03 June) - lunchtime: online senior social session THIS WEEK
- ✓ Week 9 - Wednesday (16 June) - next Year 12 Assembly

## Mercy's Health Tip of the Week

About ½ of all young people feel stressed at any one time and we all need some stress to give us energy and help us perform. But too much can get us down, making us tired, cranky and nervous. Here's just a couple of tips to help beat stress: 1. Take a breath break. Close your eyes, take a deep breath in while counting to 4, hold your breath for another count of 4. Breathe out slowly. Rinse and repeat as often as needed. 2. Imagine. Close your eyes and take a deep breath. Picture yourself in a place you find relaxing and enjoyable. Imagine you can smell, hear, touch and feel this place. Stay there for 5 minutes. 3. Have a sigh. Sometimes you just need to let out a big sigh and let the air flow naturally as you release some tension with each breath. 4. Quick pause. Think of one of the 5 senses (taste, touch, sight, sound or smell). Notice 3-5 things in your environment that relate to this sense. Let your thoughts flow as you list them in your mind. If you need to, choose another sense and do it again. Download the [Smiling Mind app](#) for more mindfulness activities.

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:wvane1@eq.edu.au) or Nicole Collins (Year 12 Guidance Officer) Email: [ncoll1@eq.edu.au](mailto:ncoll1@eq.edu.au)

**“Accept no-one's definition of yourself, define yourself.”**

**Harvey Fierstein**