



Senior Weekly

'News Flash'

Term 3, Week 7

The focus this week is to revise and prepare for exams. Mock exams start for Year 12 next week and continue into Week 9 (remember to bring required exam equipment e.g. pens/pencils, ruler, calculator, etc). Year 12 students should review Year 12 exam information portal accessible from the Senior Secondary Comms section of the BrisbaneSDE website. Exam block for Year 11 is in Week 9. All senior students should double check work rate calendars, assessment schedules, develop revision plans, submit required assessment and sit exams in coming weeks. Any subject or assessment queries should be directed to subject teachers. You can refine your study skills this week and develop a repertoire of revision strategies to help you be successful in exams. Read Reachout's "5 Steps to Study Success" for tips: (i) embrace a small amount of stress, (ii) study in 20-minute blocks, (iii) talk about what you have learned with a friend or family member, (iv) take breaks, and (v) get enough sleep!

Important tasks to do this week include:

Attend this week's events:

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- ✓ online Year 11 Parent Information Evening - this Monday (23 August) @ 6:00 PM
- ✓ online Year 12 Parent Information Evening - this Tuesday (24 August) @ 6:30 PM
- ✓ online Year 12 Exam Slaying Workshop 2 - this Wednesday (25 August) in Period 4
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (26 August) 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 daily notices, announcements, timetables and 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 7 - Monday (23 August) evening: online Year 11 Parent Information Evening @ 6:00 PM THIS WEEK
- ✓ Week 7 - Thursday (26 August) lunchtime: online senior social session (including special senior book review and reading activity for Book Week) THIS WEEK
- ✓ Week 8 - Thursday (02 September) lunchtime: online senior social session NEXT WEEK

Notices - Year 12

- ✓ Week 7 - Tuesday (24 August) evening: online Year 12 Parent Information Evening @ 6:30 PM THIS WEEK
- ✓ Week 7 - Wednesday (25 August) Period 4: Exam Slaying workshop 2 * THIS WEEK
- ✓ Week 7 - Thursday (26 August) lunchtime: online senior social session (including special senior book review and reading activity for Book Week) THIS WEEK
- ✓ Week 8 - Year 12 Mock Exams commence (refer to timetable in Year 12 Exams Information Portal on BrisbaneSDE website) NEXT WEEK
- ✓ Week 8 - Thursday (02 September) lunchtime: online senior social session NEXT WEEK

Mercy's Health Tip of the Week

Week 7 - Sleep: Did you know that 1 in 2 young people aged 16-17 don't get enough sleep? That means half of your friends are sleep deprived and this can have a big impact on our health and wellbeing. You should be getting 8-10 hours a night to improve mood, concentration, attitude and overall health. Sleep also allows your brain to store and remember what you've learnt in the day and helps you focus and concentrate in school. Here's some ways to improve your sleep: (i) Take time to wind down – give yourself 30 minutes to relax before going to bed. Read a book, listen to some music or do some stretches, (ii) Skip the screens – Avoid screens for an hour before bedtime, (iii) Write it down – If something is worrying you and keeping you from sleep, write it down. It will de-clutter your mind and it will give you a to-do list to tackle the next day, (iv) Add exercise to your day – It's a great mood booster and can help to release physical and mental tension. Check out this [great comic](#) showing how to deal with stress when you're trying to sleep!. 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 usually available on Tuesdays, Wednesdays and Fridays (odd) however Mercy is away on leave this week)

Notices - General

- ✓ * The second Year 12 exam slaying workshop will be held next week (Week 7) (suitable for new students and those who attended the first workshop session back in Week 4) - email Emma Di Bernardo (Student Wellbeing Coordinator) Email: studentwellbeing@brisbanesde.eq.edu.au if any queries
- ✓ National Science Week will be celebrated this week - students are invited to attend online morning tea science brain breaks each day from Monday (16 August) to Friday (20 August) from the Student Council Blackboard course - email Caroline Rasmussen (Student Council STEM/Innovation Group Supervising Teacher/Year 11 Dean) Email: crasm40@eq.edu.au
- ✓ 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
- ✓ 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 via email 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

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

Mary Radmacher