



Senior Weekly

'News Flash'

Term 3, Week 8

Mock exams start for Year 12 this week (Week 8) and continue into next week (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 will start next week (Week 9). This week all senior students should be sitting or revising for exams and finalising and submitting assessments in accordance with work rate calendars. Any subject or assessment queries should be directed to subject teachers.

Important tasks to do this week include:

Attend this week's events:

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- ✓ mock exams for senior students studying Year 12 subjects - this week
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (02 September) at lunchtime
- ✓ Year 12 students to complete the Year 12 Career Transition Planning survey (emailed Tuesday 01 June) if not yet completed - here is the survey link: Yr 12 2021 Transition planning survey - email Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@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
- ✓ 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

Wishing you all the best for your upcoming assessments. Aim to develop your courage muscles, take care of yourself and manage stress by following Mercy's tips. Enjoy your student-free day (with no lessons) on Friday.

BrisbaneSDE Senior Team

Notices - Year 11

- ✓ Week 8 - Thursday (02 September) lunchtime: online senior social session THIS WEEK
- ✓ Week 8 - Friday (03 September) - all day: student-free day (no lessons all day) THIS WEEK
- ✓ Week 9 - Year 11 Exam Block NEXT WEEK
- ✓ Week 9 - Thursday 09 September): R U Ok Day (Student Council activity planned for Wednesday 08 September) NEXT WEEK, Week 9 - Thursday (09 September) lunchtime: online senior social session NEXT WEEK

Notices - Year 12

- ✓ Week 8 - Year 12 Mock Exams commence (refer to timetable in Year 12 Exams Information Portal on BrisbaneSDE website) THIS WEEK
- ✓ Week 8 - Thursday (02 September) lunchtime: online senior social session THIS WEEK
- ✓ Week 8 - Friday (03 September) - all day: student-free day (no lessons all day) THIS WEEK
- ✓ Week 9 - Thursday 09 September): R U Ok Day (Student Council activity planned for Wednesday 08 September) NEXT WEEK
- ✓ Week 9 - Thursday (09 September) lunchtime: online senior social session NEXT WEEK

Mercy's Health Tip of the Week

Week 8 - Exams and stress: In stressful times such as exam blocks, we need to take some extra steps to reduce our stress and make sure we're looking after ourselves. This also helps us perform well, because we will have the confidence to tackle our big tasks and the energy to complete them. (i) Work out what times of the day you have the most energy and plan to study then; (ii) When you have a break, make sure you do something physical or fun, such as a short run or playing with a pet; (iii) Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, games, etc; (iv) When studying, switch your phone and email off to stop the distractions; (v) Ask teachers the best way to study for each subject; they have many years' experience they can share with you. Remember, you can do this! You have all the tools you need to succeed! Your worth and value as a person is not determined by a number or a grade! For more stress and study tips go to <https://headspace.org.au/young-people/how-to-reduce-stress-and-prepare-for-exams/> 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))

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
- ✓ 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

"Don't say you don't have enough time. You have exactly the same amount of hours per day that were given to Michelangelo, Mother Teresa, Leonardo Da Vinci and Albert Einstein."

H. Jackson Brown Jr