



# Senior Weekly

## 'News Flash'

### Term 1, Week 9

The focus of this ninth week is to revise well and try your best in all your exams and assessments. Some good tips for this week include:

(i) set up a calm environment and study space, (ii) chat about exams and orally discuss content with family and peers.

(iii) maintain regular sleep and study schedules, (iv) give yourself some mini-rewards, (v) take breaks and go on walks, (vi) healthily vent and use relaxation strategies that work for you e.g. cook up a storm, listen to music, play with a pet, etc. It helps to be positive about assessments, manage stress and form good habits.

#### Important tasks to do this week:

- Attend this week's events:
  - Year 12 assembly this Wednesday (24 March) Period 4 (for Year 12 students)
  - online senior social session (for Year 11 and 12 students) this Thursday (25 March) at lunchtime (come meet senior students, establish a peer network and find a study buddy)
  - Week 7 of 8 of the continuing Term 1 Skills for Assessment course (for Year 12 students)
- Contact Elena Simmons (External VET Coordinator) Email: [esimm10@eq.edu.au](mailto:esimm10@eq.edu.au) if you have any external VET queries or if you are interested in enrolling in external VET courses in the holiday break especially if you may need extra QCE points
- Access your QCAA Student Portal with your LUI and check your pathway and subjects and email [SeniorPathways@brisbanesde.eq.edu.au](mailto:SeniorPathways@brisbanesde.eq.edu.au) if any queries
- Regularly check your timetable, daily notices and announcements and contact your year level Dean if you have any queries or require help: Caroline Rasmussen (Year 11 Dean) Email: [Year11Dean@brisbanesde.eq.edu.au](mailto:Year11Dean@brisbanesde.eq.edu.au) or Di Bennett (Year 12 Dean) Email: [Year12Dean@brisbanesde.eq.edu.au](mailto:Year12Dean@brisbanesde.eq.edu.au) (NOTE: new generic email addresses for the deans)  
Remember passing an exam is only part of the story. There's always different options to reach your goals. Give it a go and try your best!

BrisbaneSDE, Senior Team

#### Notices - Year 11

- ✓ Week 9 - Year 11 Exam Block (Monday to Thursday) THIS WEEK (lessons cancelled during exam block)
- ✓ Week 9 - Thursday (25 March) - lunchtime: online senior social session THIS WEEK
- ✓ Week 10 - Tuesday (30 March) Period 1 to 3 - Year 11 Social/Enrichment Day NEXT WEEK

#### Notices - Year 12

- ✓ Week 9 - Wednesday (24 March) Period 4 - next Year 12 Assembly THIS WEEK
- ✓ Week 9 - Thursday (25 March) - lunchtime: online senior social session THIS WEEK
- ✓ Week 9 - Friday (26 March) Period 4 - Term 1 Skills for Assessment course (Week 7 of 8) THIS WEEK
- ✓ Week 9 - Year 12 MAG, MAM and Languages Exams

#### Mercy's Health Tip of the Week

**There are always positive health choices that will help to make things easier. All you need are people to point you in the right direction!**

If you require some health support or tips, contact Mercy, Nurse with School-based Youth Health Service  
Email: [mcase125@eq.edu.au](mailto:mcase125@eq.edu.au) Please note: Mercy is available on Mondays (even), Tuesdays and Wednesdays

## Notices - General

- ✓ Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - contact Caroline Rasmussen (Year 11 Dean) Email: [crasm40@eq.edu.au](mailto:crasm40@eq.edu.au) if you wish to join
- ✓ Term 1 Skills for Assessment (8 week) course is already under way for Year 12 students on Fridays in Period 4 and will continue for the remainder of Term 1 - contact Deb Harvey (Literacy Coordinator) Email: [dharv49@eq.edu.au](mailto:dharv49@eq.edu.au)
- ✓ Senior Camp will be held in Term 2 - check out the flyer now available on the website - contact Hamish Pike (Head of Department HPE & Camp Coordinator) Email: [hmpik0@eq.edu.au](mailto:hmpik0@eq.edu.au) if you have any camp queries
- ✓ Careers and pathways opportunities and information will be 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 Margie Simpson (Year 12 Guidance Officer) Email: [msimp5@eq.edu.au](mailto:msimp5@eq.edu.au) (Note: Margie is available on Mondays and Tuesdays)

**"Go see 'Hidden Figures' ... it will give a more positive outlook on what is possible if you work hard, do your best, and are prepared. ."**

**Katherine Johnson**

**... it might help with Maths too!**