



Senior Weekly

'News Flash'

Term 2, Week 9

The focus this week is to be kind to yourself and develop self-compassion when reflecting on the past semester. It is not always easy to be 100% kind to ourselves all of the time. You might complete a task and be hard on yourself for falling short of the expectations: "I always make mistakes. I am so stupid". Read [how to be kind to yourself](#) from headspace. Developing self-compassion can help you learn to be okay with not always meeting the high expectations you might place on yourself for school and life. You can gently challenge yourself to reframe these thoughts or experiences in a more positive light: "I gave it a go and it's okay to make mistakes, I am learning from each mistake that I make, and everybody makes mistakes".

Important tasks to do this week include:

Attend this week's events:

- ✓ online Year 11 assembly this Wednesday (16 June) in Period 4 (for Year 11 students)
- ✓ online senior social session (for Year 11 and 12 students) this Thursday (17 June) at lunchtime
- ✓ Access your QCAA Student Portal with your LUI and check your pathway, subjects and credit 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
- ✓ Look after yourself, take charge of your health and be kind to yourself too.

BrisbaneSDE Senior Team

Notices - Year 11

- ✓ Week 9 - Wednesday (16 June) - Period 4 - online Year 11 Assembly THIS WEEK
- ✓ Week 9 - Thursday (17 June) - lunchtime: online senior social session THIS WEEK
- ✓ Week 10 - BrisbaneSDE Cross Country/Fun Run from 12:30 PM to 2:00 PM NEXT WEEK
- ✓ Week 10 - Connect Day for senior students onsite from 8:00 AM to 2:00 PM NEXT WEEK

Notices - Year 12

- ✓ Week 9 - Thursday (17 June) - lunchtime: online senior social session THIS WEEK
- ✓ Week 10 - Wednesday (23 June) - Period 4 - online Year 12 Assembly NEXT WEEK
- ✓ Week 10 - BrisbaneSDE Cross Country/Fun Run from 12:30 PM to 2:00 PM NEXT WEEK
- ✓ Week 10 - Connect Day for senior students onsite from 8:00 AM to 2:00 PM NEXT WEEK

Mercy's Health Tip of the Week

June 14th to 20th is Men's Health Week in Australia. Men's Health Week is a week dedicated to the promotion and support of men and boys' health. Did you know that on average males suffer more illness, more accidents and die earlier than females? Some reasons for this include mental health issues, accidents, heart disease and cancer, plus men visit their doctors far less. Men's Health Week raises awareness of preventable health problems and encourages early detection and treatment of disease among men and boys. It also recognises the unique health challenges men experience. Don't leave it too late to seek help. The unknown can be scary but information and knowledge are power! Take charge of your health and speak to your School-Based Youth Health Nurse today. For more information go to: www.menshealthweek.org.au

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

- ✓ Complete the QEW (Queensland Engagement and Wellbeing) Survey which will be available from this Wednesday (16 June) - check emails for passwords
- ✓ 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
- ✓ 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) - 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

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia