



Senior Weekly

'News Flash'

Term 3, Week 9

This week is the second week of mock exams for Year 12 and the exam block for Year 11 (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. All senior students should be busy sitting 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:

- ✓ second week of mock exams for senior students studying Year 12 subjects - this week
- ✓ Year 11 exam block for senior students studying Year 11 subjects - this week (no lessons for Year 11 Applied and General subjects from Wednesday to Friday this week; Year 11 VET lessons will still run all week)
- ✓ online eSmart morning tea session focusing on bullying vs banter - this Monday (06 September) at morning tea
- ✓ online R U Ok Day session (for students from Years 7 to 12) - this Wednesday (08 September) at lunchtime
- ✓ online senior social/R U Ok session (for Year 11 and 12 students) - this Thursday (09 September) at lunchtime
- ✓ Senior Formal (for graduating Year 12 students) will be held on Thursday 18 November at Rydges South Bank in Brisbane - refer to the BrisbaneSDE website for more information and the permission form and email the BrisbaneSDE Community Engagement Team Email: communityengagement@brisbanesde.eq.edu.au if any queries
- ✓ 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
- ✓ 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 senior exams this week. Be prepared, be positive and try your best.

Notices - Year 11

Week 9 - Monday (06 September): eSmart Week morning tea session (Student Council activity focusing on bullying vs banter) THIS WEEK

- ✓ Week 9 - Wednesday (08 September) to Friday (10 September): Year 11 Exam Block THIS WEEK
- ✓ Week 9 - Wednesday (08 September): R U Ok Day (Student Council activity) lunchtime THIS WEEK
- ✓ Week 9 - Thursday (09 September) lunchtime: online senior social/R U Ok session THIS WEEK
- ✓ Week 10 - Wednesday (15 September): online Year 11 Assembly - Period 4 NEXT WEEK
- ✓ Week 10 - Thursday (16 September): online 10-11 Connect Day NEXT WEEK

Notices - Year 12

- ✓ Week 8 - Year 12 Mock Exams continue (refer to timetable in Year 12 Exams Information Portal on BrisbaneSDE website) THIS WEEK
- ✓ Week 9 - Monday (06 September): eSmart Week morning tea session (Student Council activity) THIS WEEK
- ✓ Week 9 - Wednesday (08 September): R U Ok Day (Student Council activity) lunchtime THIS WEEK
- ✓ Week 9 - Thursday (09 September) lunchtime: online senior social/R U Ok session THIS WEEK
- ✓ Week 10 - Wednesday (15 September): online Year 12 Assembly - Period 4 NEXT WEEK

Mercy's Health Tip of the Week

R U Ok: Have you heard of R U OK? Day? This week on September 9th it's R U OK? Day in Australia. This day encourages us to stay connected and have conversations that can help others through difficult times in their lives. In these times when we can feel disconnected and distant from others, it's so important to be alert to your family and friends and show your support and love in practical ways. And you might just save a life by checking in and showing that you care! You already have all the tools to be able to have these conversations but here are some tips: Ask R U OK? – Be relaxed and friendly in your approach. Another way to ask might be 'How are you going?' or 'What's been happening?' or even, 'I've noticed you haven't seemed like yourself lately, is everything ok?'; Listen with an open mind – Take what they say seriously and don't try to rush the conversation. Try not to judge their experiences but just acknowledge that things must be hard for them. It's also ok to sit in silence for a bit; Encourage action – Ask some questions to encourage some next steps such as 'What have you done in the past to manage similar situations?' or 'How can I support you?' Sometimes people need more support than 1 person can give so encourage them to see a mental health professional as soon as they can; Check In – Make sure you follow up with them at least a couple of weeks after your conversation to check in and see how they're going. For more info check out How to ask "[Are you OK?](#)" | [R U OK?](#) 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

- ✓ National eSmart Week is this week to encourage everyone to be safe, smart and responsible online - attend the Student Council morning tea session on Monday (06 September) focusing on bullying vs banter and check out information and webinar activities on the eSmart website: <https://www.esmart.org.au/events/national-esmart-week/> - email Caroline Rasmussen Email: crasm40@eq.edu.au if any queries
- ✓ R U Ok Day is on Thursday 09 September - attend an online R U Ok session for 7-12 students on Wednesday 08 September - email Emma Di Bernardo Email: studentwellbeing@brisbanesde.eq.edu.au if any queries or attend the online senior social/ R U Ok session on Thursday 09 September - email Caroline Rasmussen Email: crasm40@eq.edu.au if you wish to join or have any queries
- ✓ Student Council is held online every Tuesday lunchtime from the Student Council Blackboard course - email Caroline Rasmussen Email: crasm40@eq.edu.au if you wish to join or have any queries
- ✓ 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

"A simple hello could lead to a million special things" Anonymous