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The BUZZ from the Campus Principal

Enrolments Update

We know that BUSY Schools offer an alternative to traditional school that is desperately needed in our community, and our continued growth in enrolments proves this more and more each day. It is exciting to see that our Brisbane City campus is growing with the enrolment of so many wonderful young people who are so very committed to re-engaging with school. We currently have 11 X Year 12 students and 41 X Year 11 students, however, as the news spreads of the fantastic 'BUSY Schools... where opportunities begin' we know these numbers will continue to grow. We would like to remind you at this time, that we remain committed to the small class numbers of 16 students in a class, and to creating a place of safety and belonging.

Employment Pathways Officer (EPO)

We are excited to announce that our new EPO, David, has joined the team this week. David joins us with a wide range of experiences and knowledge across various states and sectors in Australia where he has worked with young people who have been disengaged with school but wanting to find a pathway to employment. David has a great depth of knowledge, skills, and experience with working with First Nations' students that we know he will continue to share with our young First Nations' students. Over the coming weeks, David will begin looking at Work Experience, Traineeships/Apprenticeships, and further learning opportunities for our young people. He will also begin delivering the BUSY Schools to Work program on Fridays for the students who are not currently enrolled in the Cert II Health Services or attending TAFE or other work/traineeship requirements. We also look forward to the amazing artistic skills that David has and how he can support our school in creating some fantastic artwork around the campus.

UNIQ You Guest Speakers **Wednesday Week 6, 1 March**

Next Wednesday, we have female guest speakers coming to the school to share with our female students the opportunities available for them in a wide range of industries and careers that have traditionally be filled by men. Our student will be invited to organize Zoom meetings with women, who often come from backgrounds similar to our students, to discuss career paths that they may not have considered. For our Group 1 students, Year 12 and Year 11 A, this has been a day where they have been completing their First Aid theory, but as students have now completed this we ask that **ALL female students** from these classes and girls from 11D and 11E, be at the school 11.45am for a 12.00pm start (Elective lesson) to welcome our guests. We will then have a special lunch for all students, including the male students to have an early celebration for International Women's Day which is a week later.

Student Voice Leaders team

On Monday, Year 12 students will be invited to apply for a role in the Student Voice Leaders (SVL) team. The roles will be Male and Female School Captain, First Nations' Ambassador, Cultural Leader, and Eco Leader. Students will be given an application form with the process and SVL constitution. We encourage all students to consider applying as these roles help with developing confidence and leadership skills and qualities.

Anne English
Campus Principal

Meet the Staff: Nola-Louise – Essential English Teacher



My name is Nola-Louise Rasmussen. Most people call me Nola. I am the Essential English teacher for the Brisbane City Campus. This is my twenty-first year of teaching and I am just as passionate now as I was in my first year of teaching. This is my fourteenth year of teaching in Australia. Before joining the BUSY Schools, I was a teacher at Groves Christian College in Kingston, pastorally caring for both students and staff, teaching mainly English and Woodwork. I also coached U16 Boys Basketball, U16s Boys Rugby League and U16 Boys Touch Rugby.

When I left school, I decided to become a carpenter like my dad and became the first woman carpenter in a small Pacific Island nation called Samoa. BBC ran a documentary on me when I was part of the Fletchers' South Pacific Construction team who renovated the house of the famous author who wrote Treasure Island, Robert Louis Stevenson. Other women who were the first pilot and the first electrician were also in the documentary. I was a carpenter from 1990 to 1999 and then trained to become a teacher just like my mother was, in a small town called

Bethlehem in Tauranga, New Zealand. I played Mixed Touch Rugby in the 1997 South Pacific Games for Samoa and lost to Australia taking home the silver medal. Part of my teaching in the past has led me to taking students overseas on short missions' trips to make a difference in Kenya, Samoa, Tonga, China, and Cambodia. I also have a passion for music, travelling, and meeting people. Here at BUSY Schools, I am privileged and honoured to continue doing what I love, teaching and celebrating the students' successes.

The IA1 task is well underway for Year 12, and it has most certainly been encouraging watching how far the students have come during the past five weeks. Our Brisbane City Campus has such a warm, welcoming atmosphere, where everyone looks after one other, taking ownership of their learning and attending classes with a bright smile on their faces.

I look forward to meeting our families and partnering with you all in catering to your child's needs. I love our team of staff and students. This is such a great place to work at.

Curriculum:

Tips for supporting student learning:



Encourage PREPARATION by:

- Being ready to learn
- Being rested
- Eating before learning begins



Maths News: Year 12 students will be commencing their Term 1 assessment on a Problem Solving and Modelling Task (PSMT) next week. In PSMT the students solve real-life problems that are like solving puzzles. When faced with a difficult puzzle, students must first identify the problem or challenge, then break it down into smaller parts and develop a plan to solve each part of the puzzle. In PSMT, students use similar problem-solving techniques with creativeness.

The task requires the students to design stone sculptures that can be displayed in a new gallery at Brisbane City Council. The students have 5 weeks (week 6 to 10) to complete the task. They need to start by researching different types of 3-dimensional geometric solids, such as prisms, cylinders, and spheres and consider the shapes and forms that would complement each other in a sculpture. They would apply the knowledge of measurement they learned in class to construct a sculptor according to the specifications given. They then identify the key components of a problem, develop a plan of action, and solve each part of the problem systematically.

It is advisable that the students start thinking about a sculptor that they would consider in their PSMT by becoming alert of various sculptors around in town and keep it simple and manageable to complete the task at the same time meeting the requirements.

Reminder: Our school uses **Microsoft Teams and OneNote** to enhance the learning experience for our students. **Students** can access class materials and assignments, collaborate on projects with classmates, and use One Note as a digital notebook, to store class notes, complete assignments, and organize their work.

Parents and carers can access this platform from home to support young people. You can view your child's class materials, see their progress, and stay informed about their assignments.

This will help you to stay involved in your child's education and support their learning at home.



Wellbeing: From the Youth Worker – Tania

SURVIVING A TOXIC RELATIONSHIP AND THE WARNING SIGNS TO LOOK FOR

<p>INTENSITY</p> <p><small>OVER THE TOP GESTURES, ESPECIALLY ONES THAT SEEM LIKE TOO MUCH. YOU SWEAR, BEATING YOUR FISTS, AND TALKING TO LIVE AND APPROVE OF THEM, IN AN OBSESSIVE WAY.</small></p>	<p>CRITICISM</p> <p><small>NAME CALLING, TELLING YOU THAT YOU ARE STUPID, WORTHLESS OR NOTHING WITHOUT THEM.</small></p>
<p>CONTROL</p> <p><small>TELLING YOU WHAT TO WEAR, SAY OR DO, ASKING FOR YOUR PASSWORDS AND GIVING YOU NO PRIVACY.</small></p>	<p>GAS LIGHTING</p> <p><small>MAKING YOU FEEL LIKE EVERYTHING YOU DO IS WRONG, DENYING TO APOLOGIZE OFTEN ABOUT THINGS THAT AREN'T YOUR FAULT.</small></p>
<p>ISOLATION</p> <p><small>LIMITING YOUR TIME WITH YOUR FRIENDS AND FAMILY, TRYING TO CONVINCING YOU TO BE MORE DEPENDENT ON THEM.</small></p>	<p>BLAME</p> <p><small>MAKING THEM OWNERS YOUR RESPONSIBILITY OR CLAIMING THEY ARE YOUR FAULT.</small></p>
<p>ANGER</p> <p><small>OUTBURSTS OF RAGE OVER SMALL THINGS, THREATS OF HARM, PHYSICAL VIOLENCE, PUNCHING WALLS, BREAKING OR THROWING THINGS.</small></p>	<p>SABOTAGE</p> <p><small>MAKING YOU MISS IMPORTANT EVENTS WITH FIRES OR GOING, KEEPING YOU FROM GETTING SLEEP, SO YOU MISS WORK OR MEETINGS.</small></p>
<p>JEALOUSY</p> <p><small>ACTING IRRATIONALLY ABOUT FRIENDS OF THE OPPOSITE SEX, DEMANDING ALL YOUR TIME AND ATTENTION, ACCUSING YOU OF CHEATING.</small></p>	

Support Services



Support for eating disorders and body image issues.

Talk to someone now- Call the National Helpline 1800 33 4673

Chat Online 8am-Midnight, 7 Days per week with a Counsellor.

It is not a crisis care service. In an emergency dial 000, Life Line 131 114 or Kids Helpline 1800 55 1800.



Kids Helpline
1800 55 1800
Phone support is there all day, every day
Online support is open from 8am-midnight every day (AEST)



Suicide Call Back Service
1300 659 467
Phone support all day, every day, and follow-up calls



Open Doors Youth Service provides support to young people with diverse genders, bodies and sexualities. We support young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual, Pansexual, Sistergirl or Brotherboy (LGBTIQAP+ Sistergirl & Brotherboy)

Phone: (07) 3257 7660



headspace
1800 650 890
Open 9am-1am daily (AEST)



Remember, help is always close.

Mental Health and Wellbeing

13 11 44

Remember, help is always close.

It ain't weak to speak



Lifeline
13 11 14
Phone support all day, every day
Online support 7pm-4am daily (AEST)



Beyondblue
1300 22 4636
Phone support all day, every day
Online support 3pm-midnight every day

Friendly February 2023

Friendly February 2023

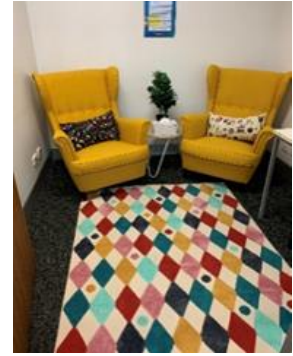
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour
6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	
13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	
20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	
27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today						

ACTION FOR HAPPINESS

Happier · Kinder · Together

Wellness Room:

We remind all students and staff that the Wellness Room is now available for improving your physical, social, occupational, intellectual, environmental spiritual, and emotional wellbeing. This is a quiet and private place where you may need to take a moment to refresh and repair. Please check in with Harrison to gain access to the room that is near the Sick Bay.



Feedback Process

At The BUSY Schools we want everyone to have a voice! We want to hear any compliments and/or concerns. The best way for feedback to be effective it to pass it through the most relevant channels. If you have anything you need to express, you could:

- Approach the relevant people directly and have a respectful conversation to resolve the incident;
- Approach Anne English to discuss the issue; and/or

Report the feedback on the BUSY Schools Website: <https://www.busyschools.qld.edu.au/busy-schools-feedback/>

A vertical graphic with five colored boxes containing the values: Inclusivity, Excellence, Resilience, Integrity, and Innovation, each with a brief description.

- INCLUSIVITY**
People of all communities coming as one team for common goals.
- EXCELLENCE**
We always strive to exceed.
- RESILIENCE**
Equipped to meet challenges and excel.
- Integrity**
We act with honesty and sincerity.
- Innovation**
Embracing new ideas and technology to stay ahead of change.



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