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Another busy week at BUSY Schools! We currently have 95 Year 11 students and 82 Year 12 students currently enrolled in our amazing school. Our average attendance in class in our first two weeks has been 79.8%. That is pretty impressive for a Special Assistance School, but I think we can do even better. Most of you should now have access to the Compass app which is where you can find timetables, reports, learning tasks and the link to add attendance notes for absences. It is a new start for Year 11 students and some of our Year 12 students, and that can be unnerving. Please do not hesitate to contact the youth workers or anyone at the school to keep us informed and to allow us to support you and your young person as they transition into our school.

Over the last two weeks, students and teachers have been using our Health and Wellbeing time to get out and play some games. It was great to see students interacting with each other, and of course, watching some of the teachers joining in with dodgeball, volleyball, and basketball. Next week we will move back into classrooms and start learning about self-regulation and Ready to Learn plans. This session is very important to us as we aim to build strategies with students to help them when they are facing challenges at school, but also once they leave school.

Naomi Vucas  
Campus  
Principal



### Berry Street News – Marney Fichera

#### What is Self-Regulation:

Self-regulation is the ability to control and manage one's own feelings and emotions, it is a learnt skill that over time and with practice becomes automatic. People with a history of trauma can find it difficult to manage and control their feelings and behaviors or self-regulate. Learning the skill of self-regulation is beneficial to navigate the stressors of life, by learning self-regulation empowers us to manage how we react to other people, stress, and life's little hick-ups.

#### 5 Steps in the Self-Regulation Process:

1. Emotion and Feeling identification.
2. Preferred feeling state or emotion (goal/intention)
3. Identification of required input to feel better (unmet need)
4. Initiate healthy action to meet need.
5. Evaluate if this worked.

Consider 2 stressful things in your life and how you might use the 5 steps of self-regulation to help manage them.

#### Co-regulation to teach self-regulation:

Relationships that we form have a massive impact on our reactivity and stress levels, they can be an additional stress, or they can diffuse stress. Co-regulation is the process of supporting our young people to build up their self-regulation in a positive and supportive manner, this is done by modelling self-regulation and at times helping the young person step through the process themselves.

### Successful Self-Regulation:

When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life.

### Introducing the Learning Support Teachers

The Learning Support teachers this year are Annette Frumento, known as Nettie, and Bronwyn Cushnan. Our role is to ensure that all possible assistance is provided to allow your young person to achieve academically. Both of us have worked in secondary mainstream education in a variety of roles, Nettie has spent 25 years in a variety of leadership/management and support roles, and it is my second year being at BUSY Schools and I love it. Bronwyn has 24 years experience as a teacher and Guidance Counsellor and is new to our school this year.

We have seen firsthand how many students get lost in the large mainstream system. To have the privilege to work in a school such as this and see student's confidence and belief in themselves grow as they start seeing their potential is a wonderful experience.

As a Learning Support Teacher, we work with the teachers, students, and yourselves to provide the best educational support possible. To do this we ask if your young person has ever been identified with a learning disability or impairment. These may be in the form of a formal diagnosis or one of identified traits. These may include any of the following:

- ADHD, ADD, ODD, ASD
- Speech and Language disorder
- Auditory
- Intellectual impairment
- Anxiety

The school requires any documentation from a medical practitioner/s that you have regarding the diagnosis of the disability or impairment of your young person. This documentation is kept in confidential files and is not shared with outside parties. The school will arrange meetings, with yourselves, during Term One to work through the documents you have provided to the school and set up an education plan to support your young person's learning.

If you have any questions or require additional information, please feel free to contact the school.

We look forward to working with you and your young person to assist him or her to realise their full potential.



### Visual Art - Faith Sayer

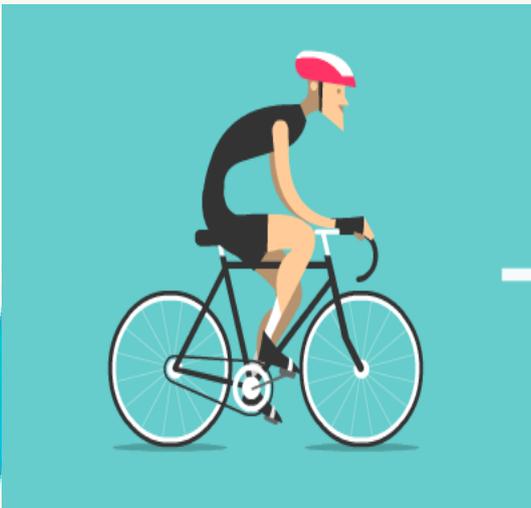
Welcome to the first year of Visual Art at BUSY Schools! It has been really exciting to set up a new classroom with all the supplies and setting up our printing press so we can do printmaking in Term 4! We have a drawing assessment this term and spent the first two weeks playing with different media and testing techniques including ink, pastel, ballpoint pen, pencil, charcoal, and watercolour so that everyone will feel confident when we start assessment in Week 4. Students are making a series of drawings of objects that have personal significance and meaning to them. We are looking forward to sharing some of the progress with the school community over the next term.



# 11 ESSENTIAL

Students have started the year figuring out problems that involve ratios, rates and percentages. In Year 11, the focus in Term One is calculations through numbers. Ask them to help you work out this question.

1. If the ratio of cement to sand to gravel is 1:2:3, how much of each is required to make 54 kgs of concrete?



Working out how to answer questions takes practice. Class time is essential to keep ahead of the game. When we think of 'rates', we can refer to: rates of pay per hour, the amount of water passing through a leaky tap or how far can we go in 12 hours if our average speed is 45 km/hr. Try this one at home.

2. If a cyclist covers 2000 metres every 3 mins:

- i) What is their average speed in km/hr?
- ii) If this average speed is maintained, calculate how long will it take the cyclist to travel 3kms?

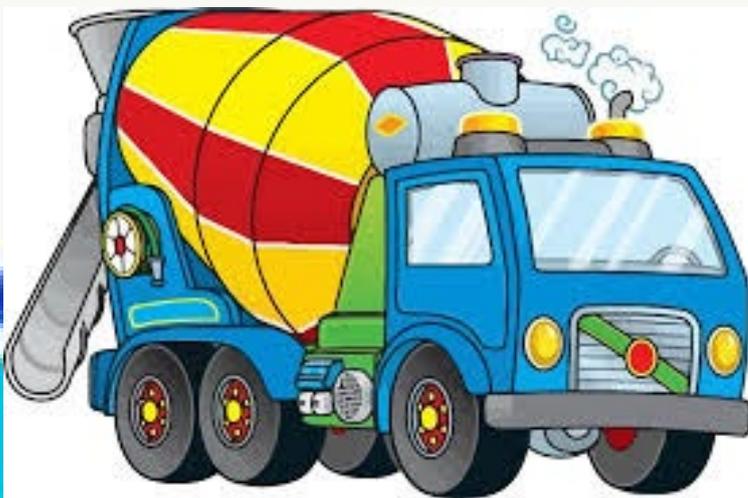
And if that's not enough, let's consider percentages (%). When we think of % we think of 100, something out of 100.

Students are learning that the ancient Chinese calculator - the abacus—is a great resource to use to explain %. With 100 beads, you can see 100%.



# 12 ESSENTIAL

Students are right back into the swing of learning the joys of mathematics again. How many millimetres in a metre and how many cubic millimetres in a cubic metre again? If you said a billion then you're right!!! Better check that one with them.



The Year 12 students have begun with a real-life task: *How Much Concrete Do You Need To Build A Retaining Wall?* This task engages students to work out the amount of concrete needed to secure 32 posts of a retaining wall into holes of varying

Students use Excel to solve problems. Like with learning any new skill, it is tricky at first. But with some persistence and by practicing keying in a variety of formulae, they were able to solve real life complex problems accurately.



**ONE DAY COURSES!!!!**

The below one day courses (830am to 230pm) are available to our students for additional employability skills. The Tuesday courses are for Wednesday and Friday students to attend as not to interrupt their school days, Same as the Friday course for Monday and Tuesday students:

**Queensland Construction White Card** - Tuesday 14th of February 2023

**First Aid Course** - Tuesday 28th of February 2023

**Responsible Service of Alcohol** - Tuesday 7th of March 2023

**Queensland Construction White Card** - Friday 17th of March 2023

**Responsible Service of Alcohol** - Friday 24th of March 2023

**First Aid Course** - Tuesday 28th of March 2023

There are limited spaces so please come and see Amanda, Amba or Craig in the Industry Room opposite Classroom 5.

**VOLUNTEERING OPPORTUNITIES! EXTRA SKILLS AND NETWORKING!**

BUSY Schools students have been given the opportunity to engage in volunteering with the Cairns Regional Council’s multiple venues, events and festivals. These volunteering positions will allow your young person to gain experience in customer service, time management, multitasking, team work and initiative :

**The Court House Gallery - Open Tuesday-Saturday from 10am-4pm**

Gallery Attendant

Volunteer shifts are either 10am-1pm or 1pm-4pm each day

**Tank 4 Gallery - Open 7 days a week**

Gallery Attendant, Information Officer

Volunteer shifts are Saturday, Sunday and public holidays from 10am-2pm.

**Cairns Children’s Festival - 20-21 May 2023 at the Court House and Tanks Arts Centre Precinct**

Site Assistant, Customer Service, Community Engagement, Information Officer

**Cairns Festival - Friday 25 August – Sunday 3 September, 2023**

Site Assistant, Customer Service, Community Engagement, Information Officer

**Understory Film Festival - 16-19 November at the Tanks Arts Centre and Munro Martin Parklands**

Site Assistant, Customer Service, Community Engagement, Information Officer

**FEMALES IN TRADE MENTORING**

The BUSY Sisters Mentoring program has been created with support of the Office for Women, Department of the Prime Minister & Cabinet to support and mentor women to succeed in apprenticeships and traineeships; full time, part time and school based, in male-dominated industries.

Our Mentors have lived experience in male dominated trades, and professional backgrounds across a range of industries, including hospitality, automotive, as well as counselling and student support. They have a passion to see women succeed in their chosen fields and a unique understanding of some of the obstacles and difficult territory that women sometimes must navigate and overcome, to succeed in a male dominated environment.

If you would like to speak with one of these amazing mentors, please let Amanda or Amba in the EPO office know

**CQU START UNI NOW**

[Start Uni Now \(SUN\)](#) is a CQUniversity initiative that provides a real uni experience by combining your students school study with the challenge of university level study.

We invite you, along with your students and their parents to join us at ou. [SUN Webinar](#) on **Monday, 6 February 2023 from 4 - 5 pm AEST.**

We'll talk through everything you and your students need to know about the program including:

- How SUN can help students get a head start on their degree

- Find out about costs - first unit is free and subsequent units have reduced fees
- Learn how students gain real insights into uni life
- How SUN studies can contribute to your students QCE
- How to apply
- Eligibility for direct entry into their course
- How students can gain credit towards their degree and more

## AUSTRALIAN DEFENCE TRADE JOBS

You can choose from a wide variety of [trades in the Australian Defence Force](#) (ADF) ranging from electronics, mechanics and carpentry to cooking and plumbing, and enjoy training, good pay, mateship and job security. Others are unique to the military and will see you working with some of the most technically advanced equipment and systems in the world. All come with a great salary from the day you start, comprehensive training, travel and amazing experiences.

You will receive world-class training in the ADF from trade experts. They'll use the best available tools and equipment and work in modern, well-resourced facilities. Better still, students will have the opportunity to gain nationally accredited qualifications that benefit them for life.

The [Defence Jobs website](#) is a valuable resource to ensure you have the most up-to-date information on ADF careers. We also have Navy, Army and Air Force Trade brochures. If you would like a copy of these, please reach out to your closest [Defence Force Recruiting Centre](#). The [Recruitment Process Overview \(General Entry\)](#) explains the step-by-step journey and who may contact your students when they apply for a Defence trade

**Do you want to join the Australian Defence Force straight after finishing high school? They should consider these currently recruiting roles:**

### [Marine Technician](#)

Maintain and operate engineering machinery and systems, ensuring the ships remain fully operational and mission capable.

### [Vehicle Mechanic](#)

Maintain and service an exciting variety of high-tech military vehicles including tanks, armoured personnel carriers, trucks, bulldozers, 4WDs and motor bikes.

### [Network Technician](#)

Take on an exciting cyberspace systems role, responsible for the operation and management of the Air Force's network capabilities during air, space, cyber and ground operations.

Our Women in Defence Team will be visiting Cairns in February and running a specialised leadership activity for female students in years 9-12 who are interested in a career in the Australian Defence Force.

To find out more about the event and how to register your student's interest, please see below:

Leadership Development Day

**When:** Tuesday, 21st February 2023

**Location:** Cairns ZOOM and Wildlife Dome – The Reef Hotel Casino, 35-41 Wharf Street, Cairns City QLD 4870

**Timings:**

**8:30am** – Arrive at DFRC Cairns – 118 McLeod Street, Cairns QLD 4870

**9:30am** – Depart to Cairns ZOOM and Wildlife Dome

**10:00am** – Participate in ZOOM experiences

**1:00pm** – Depart Cairns ZOOM and Wildlife Dome to DFRC Cairns

**1:15pm** – Networking lunch with our Women in Defence Team

**2:00pm** – Event concludes

***Transport provided from DFRC Cairns to Cairns ZOOM and Wildlife Dome and return.***

**Secure your spot:** Please complete the attached forms with your student's details and email a copy to Shontelle at [sverri@dfr.com.au](mailto:sverri@dfr.com.au) by Thursday, 9th February.

*Places are limited to 5 students per school. Additional students may be considered if places do not fill.*

*All expenses are covered by Defence Force Recruiting and lunch is provided to attendees on the day.*

## **CQU BECOME A PILOT EXPERIENCE**

If you're dreaming of a career as a pilot, a Far North Queensland open day next month will provide plenty of inspiration – and even the possibility of taking to the skies.

Since 2021, CQUniversity in Cairns has partnered with Mission Aviation Fellowship's Flight Training Centre at Mareeba to offer a three-year Bachelor of Aviation degree course. The partnership mixes theory and lectures from CQU with practical training by MAF's experienced instructors at Mareeba Airport.

The pilot training open day is an opportunity to check out the planes that students fly, try the flight simulator, meet staff and students, and to ask questions about the course. The centre's head of delivery René Don said interested students can book a trial flight for a discounted cost.

**WHAT:** Pilot training open day

**WHEN:** Saturday February 11, 9am-1pm

**WHERE:** MAF Training Centre, 37 Vicary Road, Mareeba Airport

**FIND OUT MORE:** MAF Mareeba on Facebook or email [mba.trainingcentre@mafint.org](mailto:mba.trainingcentre@mafint.org)

## **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 is 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/>



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