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This week, Stephanie Mullins, Rebecca Henderson and myself were fortunate enough to travel to Brisbane for a conference around teacher growth and development, and we look forward to working with the staff over a slow and steady roll out of what we have learnt. We were also able to visit the new Brisbane City Campus which has only opened this year. It brought back some memories for me back to the beginnings of our school in 2020 when we had only 11 students. Three years on and we have five campuses across Queensland and to date we have 197 students.

It is hard to believe that we are almost half through Term One. Many of our new students are beginning to settle into the new setting and some are still being supported to assist them with their transition into the school. I would like to congratulate the many Year 12 students who are trying to support the new students as they become accustomed to our ways. We have amazing school leaders, but there also many other natural leaders who have been modelling our expectations consistently to others. A huge thank you is extended to all of you!

Naomi Vucas
Campus Principal

Berry Street News: Self-Regulation Continued - Marney Fichera (Youth Worker)

As mentioned in last week's newsletter, self-regulation is the ability to control our behavioural and emotional responses in all kinds of situations. Like in any trades or office work, if you have the right tools you are able to perform your job more effectively and efficiently. It's the same with self-regulation; once you have mastered the tools that work for you, you will be able to have strategies in place to help you regulate in stressful situations.

Recognizing that you have options can help you put your self-regulation skills into practice. Focus on identifying what you are feeling but remember that feelings are not facts. By giving yourself time to stay calm and think about your options, you can help yourself to make better choices. As adults in our young people's lives, we can help and support the appropriate development of self-regulation in our young people. Some suggestions include:

Explicitly Teach Skills

- Talk about ways of managing upsetting situations.
- Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways (for example, by drawing or acting out their feelings).
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.
- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.

Talk about Emotions

- Acknowledge and respond to emotional communication.
- Role-model how you manage your own feelings.
- Talk about strategies to manage strong or uncomfortable emotions.

Promote a Calm Environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- Providing structure and predictability

- Establishing age-appropriate routines and limits.
- Avoiding competitive experiences for young people.
- Including relaxation breaks in the day.
- Encouraging ways to release tension they might be holding in their body.
- Demonstrating calmness and staying in control of your own feelings and behaviours – self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they ‘push your buttons’.

With BUSY Schools now adopting the Berry Street Model of teaching we are arming our students with the tools they need. The classrooms are incorporating brain breaks, breathing exercises and the students continue to have access to the chill room for some quiet time or someone to talk to if the classroom is getting too much for them.

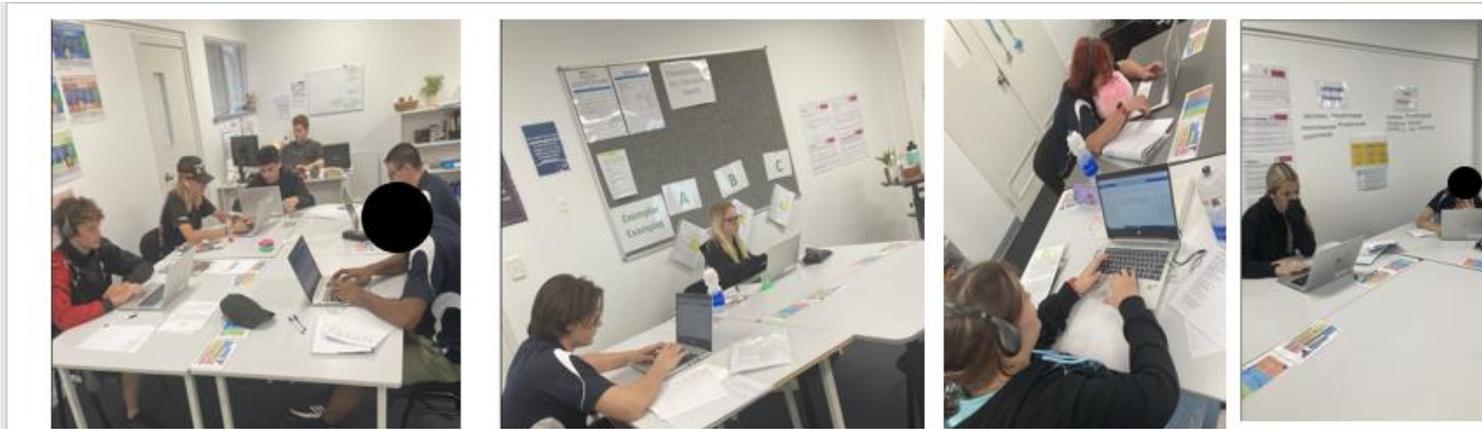
WEEK 5 ASSESSMENT NOTICES

Monday 20/2	Yr 12 Essential Maths assessment continues Yr 12 Essential English assessment draft due
Tuesday 21/2	Yr 12s working on assessments (as above)
Wednesday 22/2	Yr 12: Essential Maths assessment continues Yr 12 Essential English assessment draft due
Friday 24/2	Yr 12s working on assessments (as above)
Planning ahead	Next week, Yr 11s will begin their first assessments for Essential English and Social and Community Studies.

Year 11 Essential English – Ben O’Connor, Theresa Van Der Westhuizen, Stephanie Mullins

In Year 11 Essential English so far, we have endeavoured to let our students appreciate the importance of this subject. English is undeniably the lubricant for all their other subjects. How can you solve Maths equations if you do not have a good rapport with English? We do not only aim to make our students confident and effective users of English, but we also want to equip them with transferrable skills to sustain them throughout their future pathways.

The title for this unit is the World of Work, and we are demonstrating *the application* of English, the way students will encounter it in the real world. We do this by looking at where and when we use formal and informal language, recognising the importance of body language and visual language around us, and being able to communicate coherently with others. Students will be analysing workplace texts, visual advertisements, and Work Safe posters. In addition to this, they will become familiar with patterns and conventions of public speaking to deliver their own training presentation on their chosen workplace issue.



The Year 12 students have hit the ground running already this term as the first assessment, IA1 (Internal Assessment One) began in Week Three. The students have been engaging in lessons that allowed them to voice their concerns about the local issues that impact them as youth in Cairns and volunteering actions that they could be involved in to raise awareness or provide solutions. Some of the local volunteering concepts that students looked at with their peers in class we Ozharvest, Parley for the Oceans and Rosies; poverty, environment, hopelessness, human connection and plastic pollution. The students identified cultural assumptions, values, attitudes, and beliefs associated with each these organisations and how volunteering action could have an impact in our local community. Everyone is hard at work creating their persuasive speech and visual aid to present in Week Six!

Year 12 Essential English

GRIP School Leadership Conference –

Kiki Kennedy, Saffi Berlin, Melaina Blackman, Ena Hudson, Koby Fenton-Simpson, Steele Day

On Friday 10th February, we as school leaders attended the GRIP Student Leadership Conference, which guided us in ways to help our school grow and become a school where everyone feels they have a purpose! We all had a great experience and became stronger as a team. We have gained multiple ideas on how we can help the school, but we also would appreciate suggestions and feedback from students as we would like school to be a happy place for everyone. The school leaders would like to thank Naomi and Bec for the opportunity to go to the conference and we are excited for what we can accomplish in our last year at BUSY Schools.



Employment and Vocational Pathways News – Amanda Lines, Amba Tipton, Craig O’Neill

EXPLORE THE CQU EXPERIENCE

Year 12 students are invited to experience a day in the life of a CQU student, getting a taste of what post-school study is really like. Not only does Uni Experience inform and excite students about their future, it also kickstarts the conversation about preparing and applying for university or TAFE.

What to expect:

Students can choose two study areas of interest and participate in interactive, hands-on sessions delivered by CQU teaching staff. On the day, students will receive a personalised timetable to navigate the day just like uni students. They'll also:

- Learn about our early offer options and other pathways to uni.

- Discover study support and scholarship options.
- Get to ask our friendly CQU staff and students questions.
- Meet students from other schools with similar interests

Study areas on offer:

- Aviation
- Business *subject to lecturer availability
- Digital Media (Graphic Design, Interactive Media, and Screen Production and Animation)
- Education
- Engineering
- Exercise and Sport Sciences
- Information Technology (App Development, Cyber Security, and Business Analysis)
- Music
- Nursing
- Paramedic Science
- Psychology
- Public Health

Date: Friday, 10 March

Time: 9 am to 2 pm (8.30 am registration for a 9 am start)

Location: CQU Cairns

Cost: Free (including a light morning tea and lunch)

School registration: Due COB Wednesday, 22 February

Please see Amanda or Amba in the EPO office if you would like to register for this day. Remember if you have a school day or course on this day you unfortunately cannot attend.

HMAS CAIRNS OPEN DAY

An Open Day is a great opportunity to learn more about the trade, communications, IT & intelligence or leadership roles available in the Navy. You will meet current Navy personnel to receive expert insights and gain a first-hand account of their lives both on base and on board. By attending an Open Day you'll learn more about the training and ongoing opportunities for growth and development and see if a career in the Navy is for them.

At the HMAS Cairns Open Day students can hear first-hand from Navy personnel about their careers in the Australian Defence Force and explore different areas of the base.

When: Saturday 25th February 2023

Where: HMAS Cairns - 2A Draper Street, Portsmith QLD 4870

Registrations encouraged but not essential.

UNIVERSITY OPTIONS FOR NEXT YEAR

The Australian Defence Force Academy (ADFA) offers world-class [degrees](#) in Business, Engineering, Computing, Arts and Science.

Based in Canberra, students who join ADFA have a unique opportunity to receive advanced military and leadership training whilst studying a range of degrees from the University of New South Wales (UNSW). ADFA also offers students a salary while they study, allowing them to focus throughout their degrees and enjoy a range of sporting and extra-curricular activities without the need to get a part-time job.

Upon graduation students are guaranteed a career in the Navy, Army or Air Force and will have their degree fully funded, graduating HELP-debt free. Students who graduate from ADFA move into a range of exciting and varied jobs as Officers, these range from Pilots, Civil Engineers, Logistics and Finance Officers, Mission Controllers and much more.

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:

Responsible Service of Alcohol - Tuesday 7th of March 2023	9 SPOTS LEFT
Queensland Construction White Card - Friday 17th of March 2023	12 SPOTS LEFT
Responsible Service of Alcohol - Friday 24th of March 2023	4 SPOTS LEFT
First Aid Course - Tuesday 28th of March 2023	5 SPOTS LEFT

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

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/>

