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The BUZZ from the Campus Principal

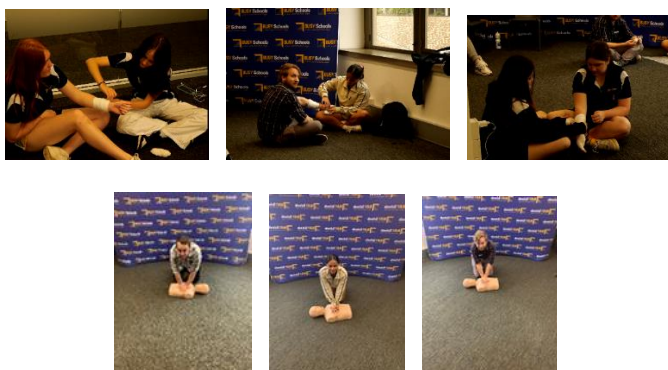
Enrolments Update

Last Week's Enrolments: 62
New Year 11 Enrolments: 4
New Year 12 Enrolments: 1
School Total Enrolments: 67

Wow! Week 7... this term is moving along so quickly... or is that just me? Enrolments continue to grow and with that we have now seen that we need to create a new class for Group 1 (Monday and Tuesday subject days). We now have a new class of 11B that is comprised of some students from 11A and some new students. Based upon the rate of enrolments we continue to see, we anticipate that it will not be long before we see these classes grow to capacity. Depending upon enrolments, 12A may need to be split into 2 classes as well with a new 12B formed. Students and parents will be informed via email.

First Aid and CPR Practical Days

On Tuesday and Wednesday, Year 11 and 12 students and staff who were enrolled in the first intake for First Aid/CPR, completed their practical learning. Students and staff worked with the mannequins for CPR and learnt ways of bandaging and making and using slings as part of their training.



International Women's Day #Embrace Equity

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all **#EmbraceEquity**. <https://www.internationalwomensday.com/> Our students helped us celebrate and remember the value of women in our world and consider equality and equity for all women in the world.



BUSY SKILLS TO WORK (BSTW)

Due health reasons, our EPO, David, has had to resign and is therefore no longer able to deliver the BSTW program. We are in the process of recruiting a new EPO and looking at other ways to deliver the program and will let students and families know as soon as possible. Thank you for your understanding.

Student Voice Leaders

Last call for all applications for the school leaders. Ask Harrison for a form.

Anne English
Campus Principal

Curriculum:

Tips for supporting student learning:



Encourage Positivity by:

- Maintaining a growth mindset
- Remembering the words, 'not yet'
- See opportunities instead of challenges

Golden Tickets – Year 11

As we approach the end of this term, we want to remind you of our academic expectations for our students. We want to encourage our students to excel in their studies and to complete all of their assignments on time.

We are pleased to announce that students who complete all of their 3 subjects' assignments by Week 9 of this term can receive a "golden ticket". This ticket grants the student the opportunity to take a break and not attend school during Week 10. This is a great opportunity for students to relax, recharge, and enjoy some time off.



We hope that this will motivate students to stay focused on their studies and to complete all their assignments on time.

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.



The Hush

The Hush is a quiet room for quiet work or for quietness at breaks.

Students can come in on the flexible industry days to catch up on their subjects or work on assessment or to work on some of their TAFE components.

The Hush will also be used by new students when they first start as part of their orientation with the support of the Teacher Aide or other staff.

When we have a Learning Support Teacher, the Hush will also be used then to help students who need any extra support.



Upcoming Events/Activities:

2023 QATSIF (Queensland Aboriginal and Torres Strait Islander Foundation) Creative Arts Competition. This competition is **open to all Aboriginal and Torres Strait Islander secondary students** in Queensland schools. There is no limit to the range of creative arts that can be entered, so please don't be limited by the suggestions on the poster.

This will be the 6th annual QATSIF Creative Arts Competition. You can check out some of their deadly 2022 QATSIF Creative Arts Competition entries at: <https://youtu.be/q8c1rfw0hik>

All students entering the competition will receive a certificate and either a trophy or medallion. Griffith University will be sponsoring the competition again and are planning to connect with some of the young artists to offer additional opportunities.

If you are interested, ask Harrison for an entry form.



Calling all YEAR 12 Students: 2024 QTAC Guide cover competition

Over the past few years, QTAC have featured artwork created by Queensland Year 12 students on the front cover of the QTAC Guides, and this year they're doing it again! One lucky current Queensland Year 12 student will get the chance to show off their creative flair, with their artwork featured on the front cover of the 2024 QTAC Guide. Last year, the 2023 QTAC Guide Cover winner received a special prize from QTAC. Now is your chance to be in the running to win! Entries have been extended to 12 MARCH 2023. Show us your interpretation of the concept "**Choose the Future**" and click the link below to enter your artwork or for further details!

<https://www.qtac.edu.au/2024-qtac-guide-cover-competition/>

Previous covers:

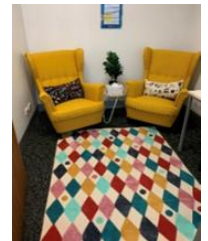


Wellness Room:

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 or Tania to access to the room that is near the Sick Bay.



Wellbeing with the EYW - Tania

Here we are, week 7 of term 1, already. With 3 weeks to go, our students are feeling the pinch of assessment time. And with that, we have seen an increase in energy drinks being consumed by our students to get them through the day. Some points to remind our young people of regarding energy drinks to help them make informed decisions.

Are there benefits to drinking energy drinks?

While energy drink producers make many claims about the benefits of energy drinks, including: increased sporting performance and endurance; improved reaction time; mental alertness and concentration; and, improved stamina and overall wellbeing,⁷ there is limited scientific evidence to support these claims.⁷

Negative effects of energy drinks on young people

While drinking energy drinks is common among young people (particularly males), little is known about how much they can safely drink. What is known, however, is the damaging effects these drinks can have.⁴ Headaches, insomnia, tiredness, irritability, stomach aches and hyperactivity are just some of the effects that have been linked to young people who consume energy drinks.^{3,5}

Another concern is nutrition and sleep – both particularly important during adolescence when major growth is occurring.⁴ Longer-term issues include tooth decay, obesity and Type 2 diabetes.³And, energy drinks have also been linked to high-risk behaviours in young people, including smoking, alcohol and other drug use, fighting and impulsive risk taking.^{3,6}

<https://adf.org.au/insights/energy-drinks/>

For further reading on how energy drinks affect the body within 24hours.

<https://www.medicalnewstoday.com/articles/298202#Sugar-crashes,-energy-slumps-and-caffeine-withdrawal>

A friendly reminder, even in times of stress and anxiety- it is important to be kind and polite. Treat others as you wish to be treated. Speak kindly and respectfully to others and treat our spaces with respect. Our teachers, staff and other students are all feeling the pressure with you during this time. So, be mindful of your attitude and behaviours towards yourself and others.



What energy drinks do to your body

ROT TEETH

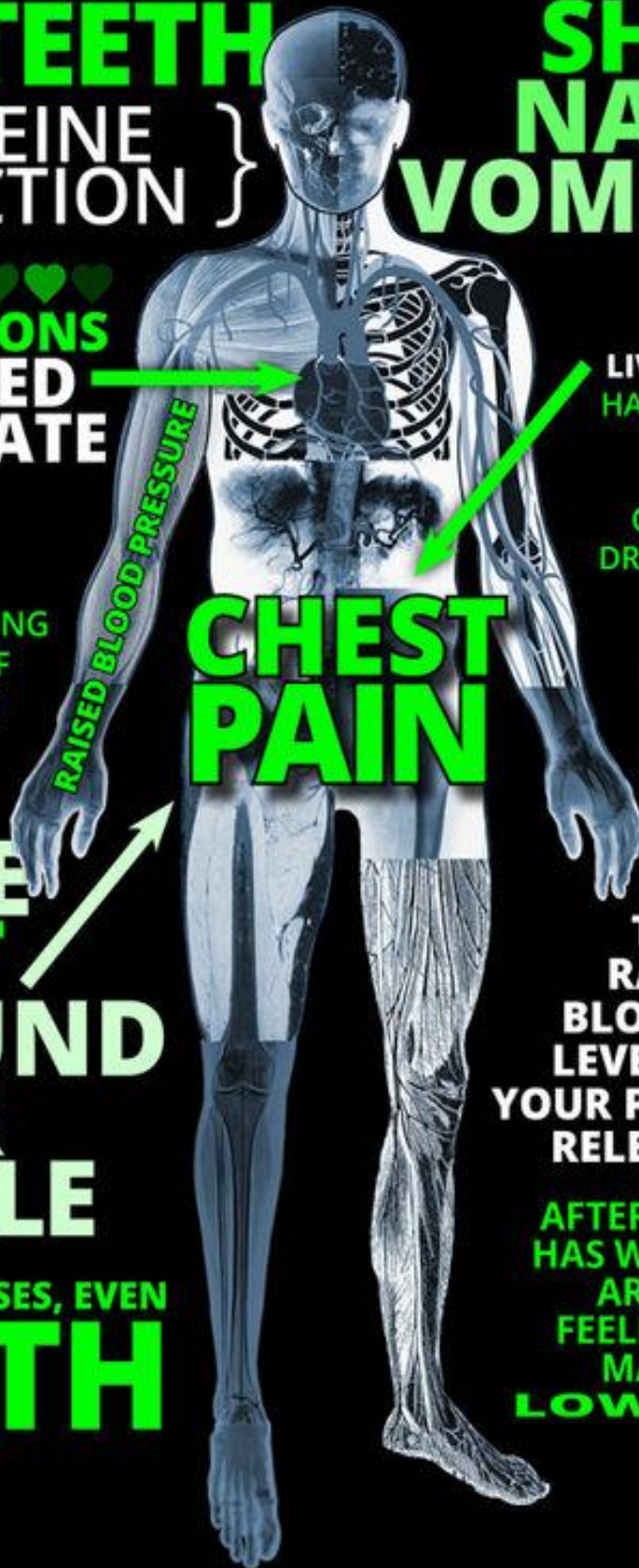
{ CAFFEINE
ADDICTION }

HEART ♥♥♥♥♥
PALPITATIONS
INCREASED
HEART RATE

STRAIN ON YOUR
HEART, BLOOD
VESSELS AND
KIDNEYS INCREASING
YOUR CHANCES OF
CARDIOVASCULAR
AND RENAL
CONDITIONS

STORE
FAT
AROUND
YOUR
MIDDLE

IN EXTREME CASES, EVEN
DEATH



SHAKES NAUSEA VOMITING FITS

LIVER HAS TO WORK
HARD FOR 12 HOURS
TO PROCESS AND
REMOVE THE
CAFFEINE IN THESE
DRINKS. MEANWHILE
IT IS GIVING LESS
ATTENTION TO
REMOVING OTHER
TOXINS WITH IN
OUR BODY WHICH
MAY LEAD
TO OTHER
ILLNESSES

THE SUGAR IS
RAISING YOUR
BLOOD GLUCOSE
LEVELS, CAUSING
YOUR PANCREAS TO
RELEASE INSULIN

AFTER THE CAFFEINE
HAS WORN OFF, YOU
ARE LIKELY TO BE
FEELING TIRED AND
MAY EXPERIENCE
LOW MOODS

6 Simple MINDFULNESS Activities for your Classroom

BELLY BREATHING



Centervention has a complete lesson plan you can use on belly breathing. You will find everything from pre and post discussion questions to step-by-step directions. It is a wonderful activity for when students need to cool down and self-regulate.

CALMING CORNER



Calming corners can help reduce students' stress and provide calming visual, auditory, and tactile experiences for de-stressing. A calming corner can be a physical corner in your classroom or a virtual space.

BRAIN BREAKS



Brain breaks are activities, or short breaks, that promote learning and focus for students. These types of breaks involve students participating in activities like mindful breathing, mindful movements, and mindful yoga.

MINDFUL JOURNALING



Three Good Things: A Happiness Journal is a free app that can help students with mindful journaling by having students write down three good things that happen to them each day. As a result, their happiness and positivity increase.

BREATH, THINK, DO



The free **Breath, Think, Do** app through Sesame Street is great for introducing young children to calm through breathing. Children help an animated monster facing a frustrating situation calm down by taking long, deep breaths.

SMILING MIND



Smiling Mind is a free app that offers hundreds of mindfulness activities. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for kids in different age groups, as well as for schools, workplaces, and sports.

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

ATTENTION BUSY SCHOOLS BRISBANE CITY CAMPUS STUDENTS

Get your resumes ready to start a qualification and or career in the following current list of school-based traineeships and apprenticeships.

2 X Hairdressing Apprenticeships, Newstead Qld

Table 26- Retail Cert III in Business, West End Qld

Total Tools School-based Traineeships, Springwood Qld

School-based Apprenticeship in Plumbing, Underwood Qld

Individual Support Traineeship with Community Solutions (Disabilities),
Redcliffe Qld (APPLY ASAP)

Steel Fixing School-based Apprenticeships with Reel Steel, Manly and
Morayfield Qld. (APPLY ASAP)

Trainee Educator Traineeship with Goodstart Early Learning, Norman
Park Qld

Boilermaker School-Based Apprenticeship with General Cranes, Yatala Qld.

3 X Boost Juice Cert III in Business School-based Traineeships,
Indooroopilly

IGA West Ipswich Cert III Business

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/>



Connect with us



/busyschools



/busyschools



www.busyschools.qld.edu.au