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The BUZZ from the Campus Principal

Enrolments Update

New Year 11 Enrolments: **New Year 12 Enrolments:** **School Total Enrolments:**

Welcome to Term 2!

All the staff here at the Brisbane City campus hope that all families and students had a wonderful break. It was a fantastic and very busy Term 1 and the rest was well deserved by everyone. We would like to offer a warm and friendly welcome to all our new students and staff, and a welcome back to all students and staff who have returned from Term 1. Our new staff include: Heather (Essential English and Social & Community Studies) and Jeong (Essential Maths) and a new EPO, Richie, and new EYW, Tamar. Welcome everyone! This term, we have a lot of new people at the school. We now have 6 X Year 11 classes and 2 X year 12 classes that are very quickly filling. We will not have more than these classes this year and we anticipate that the last spots available in these classes will fill very quickly. The great news about this is that we don't expect there to be many great changes to classes from here on. If, however, you or your young person has any concerns, please let either Harrison or Tamar know so that we can address these as soon as possible.

Absences – As we approach the cooler months with flus and colds and another round of Covid, we would like to remind parents and carers that if students are going to be absent from school or are running late, we would appreciate a phone call, email, or text with a reason for our records.

Uniforms – as the weather becomes cooler, we are seeing more students wearing jumpers that are not the school hoodie. The BUSY Schools provides a really warm and comfortable hoodie that also looks great for all Year 11 students so we ask that these are worn instead of personal jumpers. As the jersey has not yet arrived, Year 12 students are permitted to wear another jumper until they do arrive.

ANZAC Day

On Monday, the school held a remembrance service for ANZAC Day. Students and staff participated in marking this important part of Australian and New Zealander history. Thank you to Tamar, Nola, and Richie who led the school in singing both National Anthems. We would like to acknowledge Uncle Barry and Amy Clarke who helped us with gathering the different flags for the day.



Student Leaders

After the ANZAC Day service, we presented our newly selected Student Leaders who received their badges.

Wellbeing Electives

The Thrive mental and physical health program began this week during Tuesday (Group 1) and Thursday (Group 2) elective classes from 12.00-12.45pm.

The Training Ground is local friendly gym who have joined with us to offer students fitness sessions during their Monday (Group 1) and Wednesday (Group 2) elective classes from 12.00-12.45pm. Josh and his team have given the BUSY School a great discount as their way of supporting our students. The team is really enthusiastic about seeing our young people achieve their goals and are excited to join us in Term 2.

There are still a few available spots in these sessions, however, students must have a **signed consent and waiver form** prior to attending this activity.

****Please note, students need to bring a towel, a water bottle, and possibly more suitable sports clothing.**

Other electives will also be offered during this time with 'budget meals' cooking classes starting soon and the option to learn basic conversational languages including German, Japanese or Korean.

Heather will be offering a Vision Board elective this term, so we are looking for any old magazines, brochures, and/or craft materials. Thank you.

Anne

Industry Days

Friday, Week 1, the **Certificate III Entrepreneurship and New Business** was delivered by Skill 360 from the BUSY Group. This course continues until the end of Term 3 with some extra weeks at the start of Term 4 if needed. Please note that for students to be able to participate in the running of a small business stall at the markets, they must demonstrate a commitment to the course through their attendance and completion of class work.

The **Certificate II Health Services** course continues through to the middle of this term. Hopefully, all students have now received their scrubs – if not please see Harrison.

The **BUSY Schools to Work (BSTW)** program will begin in Week 3 for students who are not enrolled or attending other learning or work/traineeship commitments. This course offers a range of over 46 modules that can be completed over two years at a different pace for students so that it fits in with their other learning and work commitments. All students who are able to attend are expected to participate in these modules as part of their learning and work readiness program.

Other non-subject days

I am in the process of talking with TAFE about other short courses that they will be able to provide. These include the First Aid/CPR course and the Barista/Food Services/RSA/RSG cluster course, and possible Trade Tasters. These would be completed at the Southbank TAFE Campus and on those days when students do not attend school, depending on whether they are in Group 1 or 2. We will continue to advise you as we know more. Students who may have concerns about making their own way to Southbank will be able to arrive at the school where a staff member will then ensure they arrive at the TAFE campus.

We would also like to remind students and parents that if students come into school on their non-subject days, they need to come prepared for learning. Students need to stay in the HUSH completing or catching up their work quietly. Many students use this time for working on their TAFE and Certificate component work or missed class work so it is important to remember that this is a quiet working area.

The Basketball Challenge – Shoot Hoops in June

This is the inaugural year of this fundraising event, designed specifically to really resonate with our students and our school communities including parents, caregivers, business connections, friends and families. Beyond this, we hope it will raise awareness of The BUSY Schools generally and of course spread the word that we are a registered charity, not-for-profit, seeking support through donations and sponsorship.

It's not about how good anyone is at basketball... it's just about aiming for a basket and seeing how many balls you can sink during the month of June! 😊 This can be in the driveway at home, down at the local park, or even into a mini hoop on the back of the bathroom door!

You may have seen some of the digital ads starting to pop into your feed if you're on Facebook or LinkedIn, plus we've sent communications out to the entire BUSY universe!

It is **free to register** and every team captain receives a little welcome pack with some thank you pressies inside.

If you haven't already, please visit www.basketballchallenge.com.au to have a good squiz through the site and get a sense of how it all works.



Brisbane Marathon Fundraising

Hi All, Harrison, your friendly neighbourhood Admin Officer here. It was recently announced that the BUSY Schools is a designated fundraising option for the Brisbane Marathon, so you know I had to jump on the opportunity!

Currently we are only looking at doing the 5KM walk, as I think even that might be pushing it as my wife and I tow our 2-year-old along with us.

If you'd like to get involved or donate, please check out the link below! If we blow past our target amount, I'll even shave my hair and allow all of our Brisbane City students to crack as many baldie jokes as they see fit! Click on the link to show your support:

<https://bmf23.grassrootz.com/the-busy-schools/the-busy-schools-brisbane-city>

Introducing the new staff:

Hello, my name is Tamar and I am excited to be the new Educational Youth Worker at BUSY Schools Brisbane City campus. I bring with me over nine years of experience working with youth in Education Queensland and absolutely love helping teenagers work towards achieving their goals and dreams. I am also a mother to three young adults who have, as any parent knows, supplied a never-ending degree of laughter, insanity, and knowledge.

I am thrilled to be a part of the team here at BUSY Schools and have been welcomed warmly by the team and students. My role here is to support the students emotionally, socially, and practically so they can successfully manage their future direction through study and work choices, and day to day in general.

I am here full time and can be located at 'The Hive' so please don't hesitate to drop in or make contact.



Hi, my name is Mila, I joined our Brisbane campus on the 14th March 2023. The last 20 years of my career were filled with various Learning Support Teacher positions as well as teaching Mathematics across the State, Catholic, and Independent education sectors. I am a mother of three fabulous adults, and while not working I enjoy hiding in our country home, far away from the busy city life. The rest is filled with music, art, reading & writing, bush walking, and gardening. Working in a small school where everyone is valued has been my dream, so here I am. 😊

I hope I will add value to the work of our fantastic teaching team and make it easier for some of our students to achieve their academic goals.



Curriculum:

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.



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/g8c1rfw0hik>

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. If you feel you need a private space for whatever reasons you may have, please check in with Harrison or Tamar to access the room.

The Hush

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

Students can come in on their 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.



Vaping

Recently, there has been some cases of vaping in the school. We would like to remind all of our school community that vaping is not permitted within the building as per government laws. Vaping has serious health risks and is a serious breach of the BUSY Schools Code of Behaviour that could have serious consequences. We encourage families to visit the following website and discuss what vaping could mean to individuals. <https://www.vapetruths.initiatives.qld.gov.au/>

We would like to remind all female students to access the [UNIQ You](https://www.uniqyou.com.au) website and to book a call with a role model from a range of different industries. Please see the attached flyer or speak with Richie (EPO).



HOW TO BOOK A CALL

STEP 1: CHOOSE YOUR ADVISOR

Explore unique and interesting roles and pathways through the [UNIQ You website](https://www.uniqyou.com.au) or view our advisors by subject guide. These options give you access to our of almost 100 strong, positive, female role models.



STEP 2: COMPLETE BOOKING REQUEST FORM

Once you know who you would like to talk to, complete the easy-to-use [online booking form](#) to request a call at a time that suits you.



STEP 3: HAVE THE CALL!

Keep an eye on your email for a confirmation email with a date, time and Zoom link. You will also be joined on the call by a UNIQ You team member or your school educator. You are also welcome to bring a friend along on the call as long as they are not on camera.



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

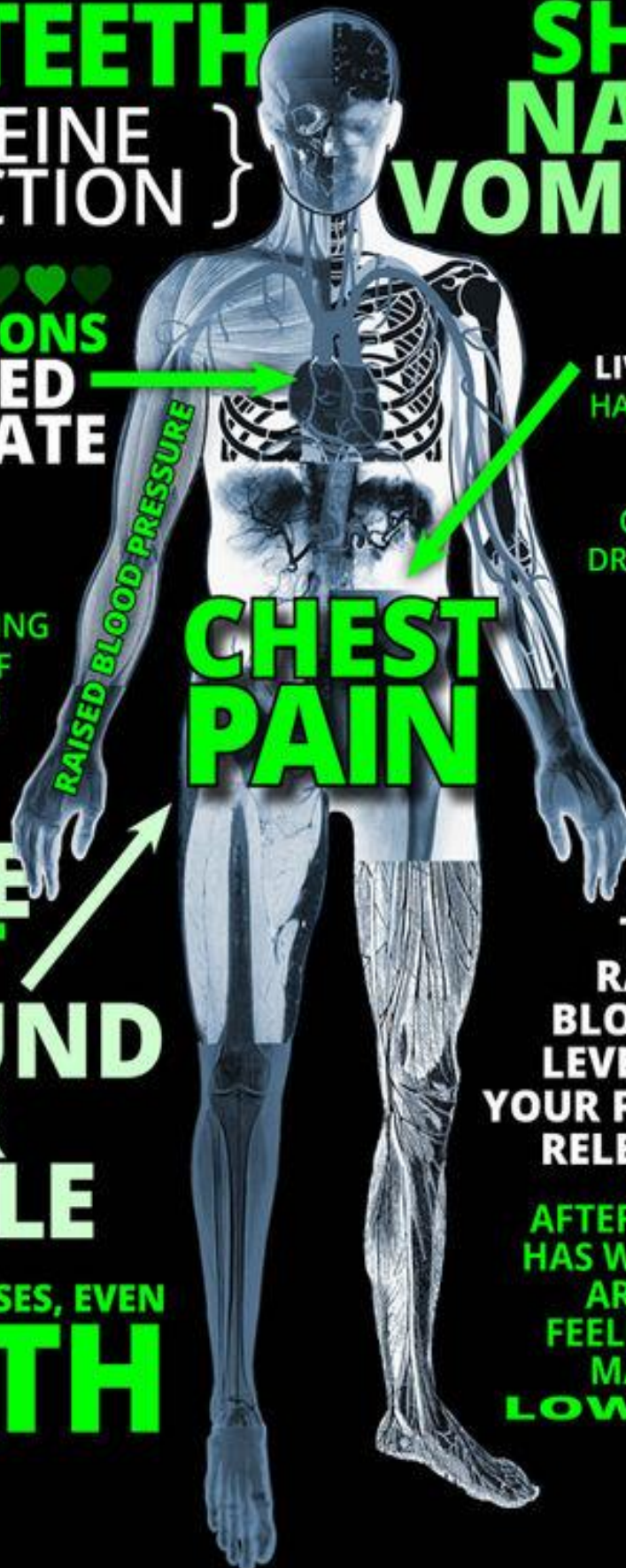
IN EXTREME CASES, EVEN
DEATH

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



Active April 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Restorative Conversations



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

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/>

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.



Connect with us



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www.busyschools.qld.edu.au