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A note from the Campus Principal

I wish to sincerely thank our families, parents, and carers for continuously supporting our young people's learning experience this term. Our students have worked tirelessly to complete their assessments and are often catching up on work from their previous schools as well as our own, congratulations students.

A huge thank you also goes to our amazing staff who have been supporting students over the term and even offering one-on-one support to students in week 10 to get things completed. Thank you to all staff for this support.

We have received some feedback that our phone systems are having issues with receiving calls, to let all parents know we have investigated this matter and have identified some issues with our transfer systems. This will be rectified over the holiday break. If you wish to call our administration officer directly, **Clare Sutton** can be contacted via **0473 658 758**.

Term 4 will see a range of events, parent information sessions and award ceremonies which acknowledge students and staff on the year that was. Its hard to believe that we are nearly at the end of 2023. Given the nature of it now being holiday time, the theme of this weeks newsletter focuses on the importance of rest, self care and recharge. Enjoy the break with loved ones and see you in term 4.

Andrew Cavanagh
Principal

R U OK Day?

Is a reminder of the importance of empowering everyone to meaningfully connect with the people around them and start a conversation with those in their world who may, or may not be struggling with life. You don't need to be an expert to reach out – just a good friend and a great listener. Below is a simple process to follow for us as adults to check in with our young people and each other. At BUSY Schools Cleveland, a lot of what we do is focused on building positive relationships in removing the stigma around mental health. We encourage all members of our community to continue to check in with each other, a simple conversation can make a huge difference.



1. Ask



2. Listen



3. Encourage action



4. Check in

Sharing – how giving back can help us in return

The saying goes that “sharing is caring” — but did you know it’s been scientifically proven that helping or sharing with others is good for your health? From improving your sense of well-being and happiness to helping you live a longer life, the benefits are endless.

As kids, we are taught to share by our parents and 99% of the time we were very against it. However, we learn to share when we notice the kind of joy that it brings to the person we choose to share ourselves and our belongings with.

Think about it the other way too. When you know what someone else loves, don’t you feel motivated to share those things with them?

So, why is it good to share?

1. Sharing with others is scientifically proven to be good for your brain as it triggers dopamine, serotonin and oxytocin (all the good stuff!) and will improve your mood.
2. Sharing inspires gratitude in the act of giving and receiving. Sharing this gratitude with others not only makes you feel happy but the person on the receiving end of this gratitude too.
3. You become aware of what you love. Then you can fill more of that new thing in your life and crowd out things you don't love from consuming your time, money, energy and attention.

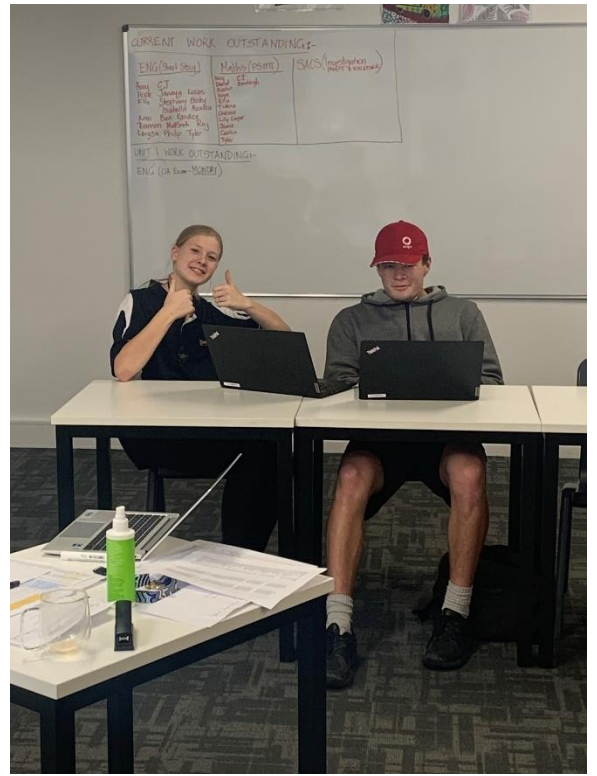


Year 12 Jerseys & Celebrating Success

Term 4 will see our student community make some critical decisions on their Year 12 Senior Jersey, this is often quite a significant (along with Formal and Graduation) rite of passage for our young people. Once the final design is approved, we will commence fittings and an order for 2024 which BUSY Schools will cover the cost for. On the last day of Term 4, we will also be holding the Year 11 Awards Ceremony, communications will be released around this important event at the beginning of term 4.



Campus Moments



Name	Role	Contact Details	
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Have you noticed a positive change in your teen since they started attending The BUSY Schools Cleveland? Would you like to share this with others?

Please leave us a review on our Google page to help others decide if The BUSY Schools is the perfect solution for their teen. To leave a review, visit <https://g.page/r/CWWIQ0vT6tcCEBM/review>.

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 can contact the Campus Principal at anytime via Andrew.Cavanagh@busyschools.com.au