

## In this issue:

- BSEM – Self Regulation Tools
- Week 4 Assessment Notices
- Year 11 Social Community Studies
- Year 12 Social Community Studies
- Employment and Vocational News
- Feedback

We are so excited to see our new Trauma Informed education strategies grow and help us to support our beautiful young people more effectively so they will be prepared for all the challenges that they may face as they transition out into the world of adulthood.

This week our students have been in their Wellbeing classes creating ‘Ready to Learn’ scales. Students will be using the scale to learn and communicate how they are feeling as they enter the classroom. The scale begins at 1 where students are saying they are not at all ready to learn, all the way to 5 where they are pumped for learning. Staff will also use this at the start of their meetings. It allows those leading the learning to gauge where their audience is at the start. Staff will spend next week looking at how they can work with students to build up to a 3, 4 or 5.

Naomi Vucas  
Campus Principal

## BSEM News – Self Regulation Tools

Self-regulation is essentially the amount of control we exert over our behavioural and emotional responses. Different stimuli can elicit powerful reactions, and how we moderate and manage those reactions is governed by our capacity to self-regulate.

Self-regulating tools can include the following:

### Social Emotional Stories, Lessons & Games

Using stories is a great way to help students relate and build a personal connection to a topic plus help encourage social emotional skills within the students.

Board games and card games are also great ways to teach self-control because they teach students that sometimes they win and sometimes others win. It also encourages regulation behaviours such as taking turns, following rules, and inhibiting emotional impulses.

### Breathing Exercises

Deep breathing helps gain control over emotions, anxiety, and learning. It also refreshes our brains. These exercises can be done as a class, individual or in the chillout space.

### Brain Breaks

Brain breaks in the classroom add specific movement or activities to enhance students’ moods and help improve attention, memory, cognitive function, and ability to cope with stress.

### Chill out Space

A designated space for students to escape to for a personal break. Colouring in books, puzzles, and fidget toys are all great self-regulating tools and can be accessed in the chillout room.

### Creating a continuum to represent stress arousal states using a scale of 1-5

This encourages students to choose their own metaphor to represent their stress arousal state. Students can choose illustrations of:

- Animals (happy animals to attacking or distressed animals)

- Cars (shiny new cars to cars on fire)
- Homes
- Hairstyles
- Nail art

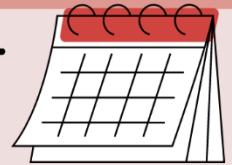
Other stress scales could be a thermometer, the stress arousal curve, or a measure of some other sort.

### Ready to learn scale for the classroom 1-5

1- not ready to learn, 5- ready to learn

Each student can create images that are appropriate for themselves and design their own list of strategies.

## WEEK 4 ASSESSMENT NOTICES



Monday 13/2

Yr 12 Essential Maths assessment begins  
Yr 12 Essential English assessment continues

Tuesday 14/2 ♡

Yr 12s working on assessments (as above)

Wednesday 15/2

Yr 12: Essential Maths assessment begins  
Yr 12 Essential English assessment continues

Friday 17/2

Yr 12s working on assessments (as above)

Planning ahead

In Week 6, Yr 11s will begin their first assessments for Essential English and Social and Community Studies.

WOW what an amazing start to 2023 in World of Work (**Social and Community Studies**). We have hit the ground running and it is all work, work, work.



**Skill Development:** we have been focussing on essential skills for the workplace such as effective communication, teamwork, understanding diversity, problem solving and responsibilities.



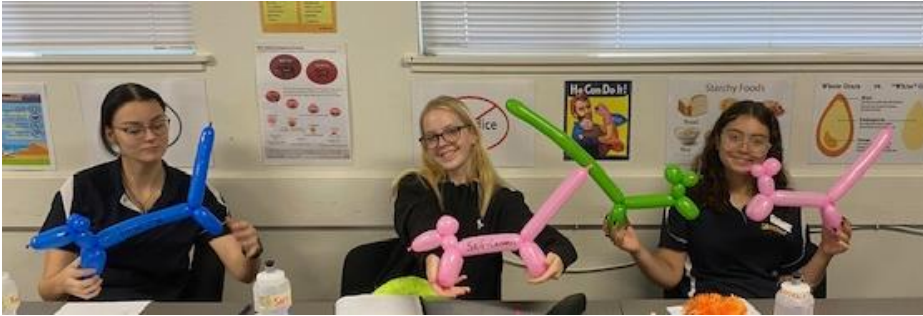
**Personal Development:** Students are exploring their **Character Strengths**, although they have many, we are focusing on the top 5. They will have identified a preferred **communication style**, so they have insight into strengths and areas of improvement for effective communication. We have undertaken a **Career Quest**, to identify what careers might suit us best.



**Dream Jobs and the Future:** We have had the pleasure in class of expanding on our Dream Jobs and future Careers in order to realise what is needed to reach them. We are happy to now have met our future Electricians, Builders, Stockbrokers, Musicians, Game Designers, NRL Stars and the list goes on! Next in class we will be taking the understanding of Personal Development and Skills together with their Dreams and Careers, adding students own filter of Self Promotion to define what will make you a success in reaching these dreams.

## Year 12 Social Community Studies – Cor Bezuidenhout, Faith Sayer

Year 12 SCS students are exploring relationships and barriers to having good lasting relationships. As part of maintaining good relationships, we looked at barriers that prevent us to grow as individuals preventing us to improve our relationships. Students did some hands-on construction of characters and items with balloons, writing their barriers on the characters / items to help them acknowledge what they are struggling with so that they can improve in those areas.



## Employment and Vocational Training News – Amba Tipton, Amanda Lines and Craig O'Neill

### KMART IS HIRING

Kmart Cairns Central is looking for part time junior staff for weekday and weekend work  
If you are interested in applying for a position with Kmart, speak with Amanda or Amba in the EPO office.

### RED ROOSTER MANUNDA - TEAM MEMBERS WANTED

Wanting a part time job that you can gain cooking skills with?  
Want to work close to home and school?

If you are interested in applying to Red Rooster Manunda, let Amanda or Amba in the EPO office know with your resume.  
If you don't have one, that's they can help you.

### 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:

<b>First Aid Course</b> - Tuesday 17th of February 2023	<b>1 SPOT LEFT</b>
<b>First Aid Course</b> - Tuesday 28th of February 2023	<b>5 SPOTS LEFT</b>
<b>Responsible Service of Alcohol</b> - Tuesday 7th of March 2023	<b>10 SPOTS LEFT</b>
<b>Queensland Construction White Card</b> - Friday 17th of March 2023	<b>14 SPOTS LEFT</b>
<b>Responsible Service of Alcohol</b> - Friday 24th of March 2023	<b>5 SPOTS LEFT</b>
<b>First Aid Course</b> - Tuesday 28th of March 2023	<b>14 SPOTS LEFT</b>

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

### 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)

## UNIQ You

In 2023, our school will have full access to UNIQ You's groundbreaking virtual career advisory service which gives girls in Grades 9-12 the opportunity to book real-world, personalised video conversations with women working in 'nontraditional'

roles and industries. Talk with an engineer, data scientist, fire fighter, apprentice carpenter, police officer, data analytics consultant, field ranger and more.

This unique platform will provide students with a world full of opportunities without having to leave their desks. UNIQ You advisors work for some of Australia's leading organisations and are excited to offer powerful insights into some of the most male-dominated industries in Australia.

These conversations will empower girls

Please see attached flyer for more information.

## 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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