

**In this issue:**

- Assessment Notices
- Bus Changes
- Visual Arts
- BESM News – What Makes me Stressed?
- Student Leadership Team news
- Employment And Vocational Pathways News

**A note from the Campus Principal**

We are halfway through the term and the workload is ramping up! There are students working on assessments across subjects and so they may be feeling more anxious than usual. Please keep supporting them to attend and keep in touch with teachers when more assistance is required.

This fortnight our staff made 124 positive emails or phone calls to let families and carers know how much we value the choices of our students. This was almost double the number of negative contacts made. This just goes to show how amazing our students are – and it is only early days for many of the students.

Naomi Vucas  
Campus Principal

## WEEK 6 ASSESSMENT NOTICES



Monday 27/2

Yr 11 Essential English and SCS assessments begin.  
Yr 12 Essential Maths assessment continues.  
Yr 12 Essential English assessment FINAL due.  
(Presentation in class time)

Tuesday 28/2

All students working on assessments (as above)

Wednesday 1/3

Yr 11 Essential English and SCS assessments begin.  
Yr 12 Essential Maths assessment continues.  
Yr 12 Essential English assessment FINAL due.  
(Presentation in class time)

Friday 3/3

All students working on assessments (as above)

Planning ahead

Next week: Yr 11s will continue with their English and SCS assessments. Yr 11s will also do a practise Maths test in class.  
Yr 12 Essential Maths assessment (PSMT) draft due.

**Extension requests:** If you require an extension on your assessment/exam, please provide the school with a medical certificate or other evidence of your extenuating circumstance. See/email Steph if you have any questions about extensions. [stephanie.mullins@busyschools.com.au](mailto:stephanie.mullins@busyschools.com.au)

**Bus Changes**

There are several time changes for next week – please check Compass for your bus schedule. Remember to be at the pick up point 10 minutes before your pick up time.

# VISUAL ARTS

The last couple of weeks in Art has focused on drawing for our assessment due week 10 of this term. Students have been picking items that have meaning for them to draw as a way to create a self portrait using objects instead of drawing their faces. This way they can use a range of different compositions and drawing media. We have also been working on finishing a mural in the kitchen. Anyone that needs to wait for a bus after art class has been helping and the wall is already looking amazing!

Thanks for all the support!



## **BSEM News – What Makes Me Stressed?**

Some of the stressor's teens deal with include the following:

- Moving to a new home and school
- Dating
- School and assessments
- Too-high expectations
- Sports and other extracurricular activities
- Employment
- Social awkwardness
- Too much to do
- Family problems
- Relationships with friends
- Money problems
- Uncertainty about the future.

**Symptoms of stress can include:**

- Tense muscles, headaches, a tight jaw, teeth-grinding, a racing heart, and sweaty palms
- trouble sleeping
- low energy, tiredness, or exhaustion
- the feeling of being on edge and irritable
- difficulty concentrating
- loss of motivation
- the feeling of being overwhelmed.

Remember that not all stressors are bad, but identifying the good and bad stressors in your life will help you to prioritise, learn stress techniques and in some cases get needed help before the stress leads to physical or emotional harm.

The following aspects of our health are vital to our wellbeing and crucial for managing stress better.

1. Getting sufficient sleep
2. Prioritising physical activity
3. Eating a balanced and varied diet
4. Making time for the people you care about
5. Giving the focus you would like to the things you are passionate about.

### Introducing Student Leader – Saffi Berlin



**Saffi Berlin**

Email: [saffi.berlin@busyschools.qld.edu.au](mailto:saffi.berlin@busyschools.qld.edu.au)



#### My role at Busy School

At Busy School; I am a dedicated student leader. I enjoy encouraging students to pick themselves up whenever I can. I see myself as an observative and approachable person. Joining this school is one of the best decisions I have made in life, and I am passionate about helping every one of you feel the same.

#### Job / Interests

I am currently an employee at Maccas but am hoping to change that soon. I am a 'go with the flow' person in life and will take what comes to me. In my free time I enjoy exploring FNQ's beautiful waterfalls and beaches with my favourite people.

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

#### 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 our QTAC Guides, and this year we'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, our 2023 QTAC Guide Cover winner got 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!

[2024 QTAC Guide Cover Competition - QTAC](#)

#### THE QUEENSLAND TOURISM INDUSTRY COUNCIL ROADSHOW 2023

QTIC would like to invite year 11 and 12 students who are interested in a career in the tourism and hospitality industry to come along to this fun, interactive event. This Roadshow showcases the vast range of career opportunities in our industry and introduces industry professionals who can share their personal career journeys. Students will also take part of in a range of activities including Cookery, Mixology, a Panel Q&A and a short tour.

**Date:** Tuesday 23rd May 2023

**Time:** 8:30am – 2:15pm

**Location:** Cairns Convention Centre

**RSVP:** By Friday April 21<sup>st</sup> 2023

Its FREE to attend, and BUSY Schools has 10 student places for eager students to attend. There are limited spaces so please come and see Amanda, Amba or Craig in the Industry Room opposite Classroom 5. Remember if you have a school day or course on this day you unfortunately cannot attend.

### **HMAS CHOULES SHIP TOUR**

Consider a dynamic and fulfilling career working alongside like-minded, expertly trained personnel in the Australian Navy. HMAS Choules is docking in Cairns with Defence Force Recruiting hosting a tour of the ship for students that want to learn more about Navy careers. On this tour you'll hear first-hand from current Navy members about their lives in the Australian Defence Force and explore different areas of the ship.

Discover more about roles in the Navy ranging from engineering to communications or IT & intelligence by joining us on the HMAS Choules ship tour.

**When:** Thursday 30<sup>th</sup> March 2023

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

To register your interest, please visit [www.defencejobs.gov.au/events](http://www.defencejobs.gov.au/events) or email [cptcairns@dfrc.com.au](mailto:cptcairns@dfrc.com.au)

### **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:

<b>Responsible Service of Alcohol</b> - Tuesday 7th of March 2023	<b>6 SPOTS LEFT</b>
<b>Responsible Service of Alcohol</b> - Friday 24th of March 2023	<b>2 SPOTS LEFT</b>
<b>First Aid Course</b> - Tuesday 28th of March 2023	<b>3 SPOTS LEFT</b>
<b>First Aid Course</b> - Tuesday 31st of March 2023	<b>1 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

**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/>



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