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## A note from the Campus Principal

It has been such a busy first half of the term with many changes occurring around timetables, as well as Year 12 students sitting the Common Internal Essential English exam and preparing for the Common Internal Essential Maths exam which they will sit in Week 6. They showed great resilience in the English exam and I am sure they will do it again when it is time for the Maths exam. Well done Grade 12! Your effort is to be commended.

I would like to extend a very sincere thank you to all the staff, the students and the families and support networks that have been so patient as we have worked through the challenges of this term. This school would not be what it is without all your support and understanding.

We look forward to seeing what the rest of the term has in store for us all.

Naomi Vucas  
Campus Principal

## What is Empathy?

Empathy is the expression, through words and actions that show you understand and care about the way another person is feeling or what they are thinking.

There are 3 parts that form the foundations of empathy these are; Cognitive empathy, Emotive empathy and Empathic action, otherwise known as thoughts, feelings and actions.

By showing empathy, we are connecting with others and building strong relationships and it is these relationships that build strong foundations for personal and professional success.

## What are the 3 parts of Empathy?

### 1: Cognitive empathy or thoughts:

Cognitive empathy is the ability to understand someone else's perspective and what they might be thinking and feeling. It's the thinking part of empathy, and as the name suggests, it happens on a cognitive level. You make an educated guess based on your own knowledge and past experiences. You put yourself in the other person's shoes, as the saying goes. This is a crucial first step of engaging with empathy.

### 2: Empathic Action or feelings:

Emotive empathy is feeling with someone. It goes beyond just the cognitive and is not above or apart from them, but together with them. When we see someone being sad, for example, our mirror neurons fire and that allows us to experience the same sadness and to feel empathy. We don't need to "think" about the other person being sad – we experience it firsthand. This both happens automatically and it's a choice we make to let ourselves experience that feeling with them, especially since we're socialized to not let ourselves feel uncomfortable feelings.

### 3: Empathic Action or actions:

Empathic action is the doing part of empathy. It goes beyond simply understanding others and sharing their feelings: it moves us to take some form of action, to help however we can. That comes in many forms, depending on the situation, ranging from direct help, to asking how you can help, to just sitting in silence with them and not "doing" anything, which is often exactly what that person needs us to "do."

# The Three Types of Empathy

There are 3 parts to empathy, which have more formal names but can be more easily understood as thoughts, feelings and actions. To truly practice empathy, all 3 are required:

Learn more about empathy and emotional intelligence, visit: [www.dseconads.org](http://www.dseconads.org)



## Curriculum and Assessment News

### WEEK 5 ASSESSMENT NOTICES

Monday 15/5

Yr 11 English and Maths start Term 2 assessment.  
Yr 11 SCS mock interviews this week  
Yr 12 SCS classes start working on their project.  
Yr 12 Maths MOCK Exam on today and Wednesday

Tuesday 16/5

All Yr 11s and 12s working on assessments

Wednesday 17/5

Yr 11 English and Maths start Term 2 assessment.  
Yr 11 SCS mock interviews this week  
Yr 12 SCS classes start working on their project.  
Yr 12 Maths MOCK Exam on today and Wednesday

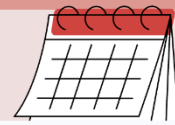
Friday 19/5

All Yr 11s and 12s working on assessments

Planning ahead

Next week: Yr 12 Maths CIA exam on Monday and Wednesday. All students continuing to work on assessments.

# WEEK 6 ASSESSMENT NOTICES



Monday 22/5

Yr 11 English and Maths are in their second week of Term 2 assessment.

Yr 12 SCS classes working on their project  
Yr 12 Maths Exam on today and Wednesday

Tuesday 23/5

All Yr 11s and 12s working on assessments

Wednesday 24/5

Yr 11 English and Maths are in their second week of Term 2 assessment.

Yr 12 SCS classes working on their project  
Yr 12 Maths Exam on today

Friday 26/5

All Yr 11s and 12s working on assessments

Planning ahead

Next week: All Yr 11s and 12s continuing to work on assessments.

**IMPORTANT!!**  
**YR 12 ESSENTIAL MATHEMATICS**

*Yr 12s will be completing an Essential Mathematics Examination called the CIA (Common Internal Assessment) on Monday 22 May and Wednesday 24 May.*

If a student is absent on the day of the exam, they will need to provide the school with a medical certificate to be granted an alternative examination date.

No medical certificate or other acceptable evidence = NR for Essential Mathematics, loss of 2 QCE credits.

## Leadership Team News – Day for Dolly

This week, students participated in a lesson in kindness in support of Dolly's Dream. Dolly's Dream is an initiative started by Kate and Tick Everett following the shattering loss of their 14-year-old daughter, Dolly, after ongoing bullying.

Dolly's Dream is committed to changing the culture of bullying by increasing understanding of the impact of bullying. Our students are quite supportive of each other in times of need and understand that every one of them has their own individual story and reason for being on this journey with BUSY Schools. Our School Leaders planned the activity and will be using Dolly's kindness butterflies within the school. We will just have to watch this space to see what they do with them.

For more information, please see the attached flier.

### **EMPLOYMENT PATHWAY OFFICER REMINDER!**

**PLEASE CHECK COMPASS NOTICEBOARD DAILY FOR ANY NEW COURSES OR VACANCIES THAT YOU MIGHT BE INTERESTED IN APPLYING FOR**

### **EMPLOYER EVENT MORNING**

It was so a great turn out on Wednesday of employers ready to chat with our students about their future employment and education pathways. We had numerous industries attend such as Australian Defence Force, Cairns Regional Council, Glencore Mining, Koppin Constructions as well as BDO North Queensland!

Feedback from the employers was that the BUSY Schools students were friendly and some were out going in their asking of questions. We look to run another event later in the year for our students to meet with existing and new employers.

### **IRONMAN CAIRNS IS BACK SUNDAY 18<sup>TH</sup> JUNE 2023**

Athletes credit the local Cairns volunteers for making this event so great, and we'd love a group from your school to join our volunteer team in 2023! We have many exciting roles that place you right in the action of the event. Volunteering is open to those aged between 12- 85 and all volunteers receive a pack containing t-shirt and cap. Bring a group of students to volunteer together in an exciting team-building event role in your local community and have fun encouraging the competitors! Volunteer roles are available in Cairns and Palm Cove from Thursday 15 June through to race day on Sunday 18 June.

Some of the volunteer roles include:

- **Athlete check-in**– use an iPad to check-in athletes and provide with a race pack and any other items required to participate in the event.
- **Transition assistants** – assist athletes racking their bikes prior to race day in the transition area. On race day transition marshals ensure athletes use the correct entry and exits for coming into and leaving transition areas. After the race assistant athletes to collect the correct bike.
- **Street gear bag assistant** - collecting, storing and securing athlete's personal property (usually by race number) during the race.
- **Course marshalling** – our 'eyes and ears' on the course, ensuring the safety of athletes and spectators. You may assist pedestrians to cross the course safely at designated points.
- **Aid station volunteers** – offer a variety of rehydration liquids and/or foods to athletes during the race. Groups of highly energetic volunteers are ideal in this role, especially those that love to get involved and cheer on athletes as they pass by.
- **Finish line assistants** – working directly with athletes after the race, you may be asked to provide towels or medals, direct athletes to recovery, medical or massage, or remove timing chips.
- **IRONKids** – assist on our children's race on Saturday June 17. Roles include check-in, numbering, course marshals and finish line/recovery assistants.

If you've never volunteered at our event before, here's a video of what to expect: [IRONMAN Oceania Volunteers - YouTube](#)

More information on the event can be found on the website: [IRONMAN Cairns](#)

Please visit our Facebook page to stay up to date with the latest event information:

<https://www.facebook.com/IRONMANOceania/>

### **SHORT COURSES FOR TERM 2!**

Here are the new dates for the Construction White Card, Responsible Service of Alcohol and First Aid course for this term:

First Aid – Tuesday 16<sup>th</sup> of May – **1 SPOT LEFT**

First Aid 19<sup>th</sup> of May

White card – Tuesday 23<sup>rd</sup> of May

First Aid – 30<sup>th</sup> of May

White Card – 2<sup>nd</sup> of June  
RSA – 6<sup>th</sup> of June – **3 SPOT LEFT**  
RSA – 9<sup>th</sup> of June – **5 SPOT LEFT**  
RSA – 13<sup>th</sup> of June  
White Card – 16<sup>th</sup> of June  
RSA – 20<sup>th</sup> of June  
First Aid – 23<sup>rd</sup> of June

Please come and see Amanda and Amba for enrolment forms

### **HEROS IN SCIENCE OPEN DAY**

JCU is pleased to launch Heroes in Science 2023, a unique one-day program providing students in Years 11 and 12 with an unrivalled opportunity to go from the lab into the field to gain unique insights into a career in science.

From this full-day program, students will experience how science informs decisions on conservation, climate change, urban growth and many other areas that affect not only global issues, but our everyday lives.

**When and where:** 8 June - JCU Cairns, Nguma-bada campus, Smithfield

To help with students career goals, JCU Advisors will also be on hand to provide information about courses and university life.

Applications are now open and close 15 May 2023. More information is available here: [jcu.edu.au/heroesinscience](https://jcu.edu.au/heroesinscience).

### **CAIRNS MARITIME CAREERS DAY**

The **Cairns Maritime Careers Open Day**, which will take place on **Saturday 13th May between 9:00am and 1:00pm**. The event will be held within Tingira St with the Great Barrier Reef International Marine College being the central location of activity. To date, we have secured event location partners in Austal, Tropical Reef Shipyard and Norship who are prepared to open their doors to career seekers.

Buses will be running career seekers from Innisfail, Mossman, Atherton, Mareeba and Yarrabah with these buses being utilised to shuttle attendees between the three shipyards and the central point at the Great Barrier Reef International Marine College.

The primary focus of the event is for local career opportunities in the marine/reef tourism and manufacturing industries, as well as the global career opportunities in the defence, supply chain and sustainment, Navy, commercial shipping, and superyacht sectors.

Please let Amanda and Amba know if you would like to attend or you can register directly through the link on the flyer attached

### **SITE VISITS FOR TERM 2**

BUSY Schools students have been given the opportunity to attend a site visit with Perrott Engineering Tuesday 6th of June and Norweld Wednesday 7th of June 2023.

#### **Perrott Engineering**

Since being founded in North Queensland in 1974, Perrott Engineering has grown into a specialist hydraulic, lubrication and precision engineering business servicing industries across Australia, Papua New Guinea and Southern Asia from our substantial sales and service facilities in Cairns.

#### **Norweld**

Norweld has a proud history of making their customers dreams a reality. The team have tested all of their products by travelling around Australia amounting to tens of thousands of kilometres travelled pushing the gear through some of the toughest of conditions. From this experience and knowledge, they have strived to develop the ultimate tray and canopies.

Monday, Tuesday students can attend the Norweld site visit as not to interfere with their exams and same for Wednesday, Friday students for the Perrott Engineering visit.

Please let Amanda and Amba know if you want to attend these site visits

### LEADERSHIP DEVELOPMENT DAY

Defence Force Recruiting invites you to our upcoming Women in the Australian Defence Force Leadership Activity for female students on years 11-12. This activity will show how you can do what you love in the Australian Defence Force (ADF). Led by currently serving female personnel, this is the opportunity to discuss what life is like in the Navy, Army and Air Force and where a career in the ADF can take you:

**When:** Wednesday, 28th June 2023

**Location:** Cape Tribulation Treetop Adventures – 3922 Cape tribulation Road, Cape Tribulation 4873

**Timings:**

**7:15am** – Arrive at DFRC Cairns – 118 McLeod Street, Cairns QLD 4870

**7:30am** – Depart to Cape Tribulation Treetop Adventures

**10:30am** – Participate in Treetop experience.

**1:30pm** – Depart Cape Tribulation Treetops Adventures to DFRC Cairns

**4:30pm** – Event debrief with Women in Defence team

**4:45pm** – Event concludes

**Transport provided from DFRC Cairns to Cape tribulation and return.**

**Secure your spot:** Please complete the attached form with your student's details and email a copy to Shontelle at [sverri@dfr.com.au](mailto:sverri@dfr.com.au) by Monday, 12th June

**All expenses are covered by Defence Force Recruiting and lunch is provided to attendees on the day.**

### JAMES COOK UNIVERSITY ENGINEERING CAMP – TERM 2 SCHOOL HOLIDAYS

Thank you for being patient and expressing interest in the inaugural JCU Engineering Futures - Residential Camp:

#### Camp Details

Over five days, students live on the JCU campus and take part in academic, personal development and team-building activities. The interactive program provides opportunities to meet JCU students and university staff and encourages students to build connections with their peers.

**Dates:** Monday 3 July – Saturday 8 July 2023 (Week Two of school holidays)

**Location:** JCU Townsville, Bebegu Yumba campus, Douglas

Accommodation is in the residential colleges on JCU campus with catering provided for all participants while on campus. The camp will be supervised by JCU staff

**Costs:** JCU will coordinate and support all travel, accommodation and meals for students

Please see with Amanda and Amba in the EPO office for applications

### UNIVERSITY OF QUEENSLAND CAMPS

The InspireU Program brings Aboriginal and Torres Strait Islander high school students from across the state for a week-long camp on our St Lucia campus in Brisbane. During the week, you'll will participate in a range of interactive and fun activities, led by UQ academics and our industry and community partners. The camps are themed around the professional disciplines such as Business, Science, Health Sciences and STEM.

The InspireU programs give you the opportunity to:

- Meet UQ faculty staff and learn about their preferred degree and career discipline.
- Stay on campus at one of UQ's colleges and experience student life at UQ.
- Participate in fun and interactive workshops and cultural activities.

Connect with current Indigenous UQ students and learn about their university experiences.

All reasonable (travel and accommodation) costs associated with attendance at the camps are covered by the University's [Aboriginal and Torres Strait Islander Unit \(ATSISU\)](#).

## 2023 QATSIF Creative Arts Competition

QATSIF (Queensland Aboriginal and Torres Strait Islander Foundation) is pleased to announce the opening of their **2023 QATSIF Creative Arts Competition**. This competition is open to all Aboriginal and Torres Strait Islander secondary (Yr 7 – 12) 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 our poster.

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

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

Competition will close at 5pm on Friday, June 9, 2023, Please see Amanda, Amba or Faith for entry forms and any questions.

## SCIENCE & ECO FESTIVAL SEPTEMBER 2023

International First Nations Space Science and Environment Symposium - Cairns 2023. This one-day hybrid event, held at the Cairns Convention Centre, will play host to industry leaders, experts and professionals from across the space, science and environment sectors. They will lead discussions and interactive workshops on STEM. The symposium will celebrate First Nations Scientists and inspire Australians to envisage a career in STEM.

Join us on the 15th September 2023

### Google Review

Have you noticed a positive change in your teen since they started attending The BUSY Schools? 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/CUkV7U-PMCuEEBM/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 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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[www.busyschools.qld.edu.au](https://www.busyschools.qld.edu.au)