



# HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

## CAREER EDUCATION, CAREERS EXPO AND SET PLANNING

Year 10's are busy engaging in a number of events and activities to support students in *Thinking Big* and *Stepping Up* in preparation for the upcoming SET-P (Senior Education Training Plan) Event in Term 3.



### Career's Day and Career Education in APP

Year 10 Careers Day is scheduled for Friday 13 June 2025.



Students will be engaging in rotational presentations across Period 1 and Period 2 with Industry Experts here at The Gap SHS before heading to the Brisbane Careers and Employment Expo at Southbank.

Students have been exploring Career Education in their APP lessons and this excursion will compliment their learning and support students to consider a range of career pathways to help inform their Senior Education and Training (SET) Planning interview and Senior Subject Selection which will occur in Term 3.

The Consent Form for this excursion has been distributed via QParents and needs to be completed by Monday 2 June.

<b>Date of Excursion:</b>	Friday 13 June 2025	
<b>Venue:</b>	The Gap State High and Brisbane Convention & Exhibition Centre	
<b>Itinerary Details:</b>	Meeting location:	JAR Hall – 8:40am
	Industry Specialist Rotations:	Q Block – 9:15 to 11:00am
	Morning Tea:	TGSHS – 11:00 to 11:30am
	Departure Time to Expo:	A Block – 11:30am
	Arrival Time:	12:00pm (Brisbane Convention & Exhibition Centre, South Bank)
	Careers Expo:	12:10pm – 1:30pm
	Return Time:	Approx. 2:00pm – Return to TGSHS (pending traffic)

If you have any questions regarding the excursion, please contact the Pathways & Performance department via [Pathways&Performance@thegapshs.eq.edu.au](mailto:Pathways&Performance@thegapshs.eq.edu.au).

## UPCOMING EVENTS

Term 2: Week 8 – Friday 13 June – Careers Day  
 Term 2: Week 9 – Monday 16 June – Friday 20 June – Block Exams  
 Term 3: Week 1 – Thursday 17 July – Subject Information Evening  
 Term 3: Week 5 – Thursday 14 August & Friday 15 August – SET Plan Meetings





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## BLOCK EXAMS

Year 10's are about to engage in their first official Block Exam week. Students are required to attend for all scheduled exams. No classes run in Week 9 and students will be issued with a timetable of exams.

This Exam Block is important as results from this term are coupled with Term 1 to develop a Semester 1 result for each subject. Semester 1 Results are used as the juncture for prerequisites for Year 11 subject selection. Whilst students have an opportunity to *Step Up* if they do not meet a prerequisite at this juncture and reselect subjects at the end of the year, this process is reliant on spaces being available in desired courses.



### Expectations and Assessment Policy

As per the Whole School Assessment Policy, all students are expected to be **in attendance** for their scheduled exams. If a student is absent from school on the day that assessment is scheduled, the responsibility lies with the student.

For unexpected absences, contact must be made with the school to advise of the absence; **AND** a Medical Certificate must be provided **AND** the assessment will be completed upon return to school. Students must submit an AARA Application with attached evidence to [AARA@thegapshs.eq.edu.au](mailto:AARA@thegapshs.eq.edu.au)

Students need to make arrangements with their Trainer / TAFE / Work etc. to ensure that they are in attendance for their exams.

## Teens Need More Sleep Than You Think - Dr. Michael Breus

Help your student maximise their academic results and wellbeing by ensuring that they are well rested and getting enough sleep each night.

Read the article, *Teens Need More Sleep Than You Think* written by Dr Michael Breus from [sleepdoctor.com](http://sleepdoctor.com).

<https://thegapshs.eq.schooltv.me/newsletter-article/7250/57>



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### Teens Need More Sleep Than You Think

A game plan to help teens sleep better

The life of today's teenager is busy and in constant flux. They have increasing responsibilities at school and at home, their social lives are expanding, their independence is growing, and they're making plans for their future. Adolescence is a time of significant maturation—physical, emotional, intellectual. Sleep fuels these important processes. Good, plentiful sleep is essential to teens' development, growth, and quality of life.

