



# HEAD OF YEAR 11

# Newsletter

MIKAELA MCGREEVY

Dear Parents and Carers,

## Being Kind in Term 2

Kindness and empathy go hand in hand in creating a positive and inclusive school community. Empathy is the ability to understand how others might be feeling and to respond with care—and when we practise empathy, kindness naturally follows.

At school, empathy can be as simple as noticing when someone is sitting alone, being patient with a classmate who is finding something difficult or listening without judgement.

These small acts of kindness help others feel seen, supported, and valued, and they strengthen the sense of belonging within our classrooms and playgrounds.

Learning to be empathetic also helps students develop important life skills. It encourages respect, builds strong relationships, and supports emotional wellbeing. When students consider how their words and actions affect others, they become more mindful, confident, and compassionate individuals.

As a school community, we encourage students, staff, and families to model empathy every day. By putting ourselves in someone else's shoes and choosing kindness, we help make our school a safe, caring place where everyone feels understood and supported.

Below are a few links I would like to draw you to:

Being Kind Online

<https://www.youtube.com/watch?v=-iA17Exw9FM>

Self-Compassion

<https://raisingchildren.net.au/teens/mental-health-physical-health/about-mental-health/self-compassion-teenagers>



**RESILIENCE PROJECT.**

## GEM Chats Empathy

**CREATING WELLBEING HABITS & CONNECTION**

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

**HOW TO USE GEM CHATS**

Make GEM Chats a part of your dinner routine to reflect, check in, and practice empathy.

Try these prompts:

- ★ Thank each family member for something they've **done or said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done **something kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared for** this week? What actions did they take?

**TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:**

@theresilienceproject... The Resilience Project The Resilience Project theresilienceproject.com.au





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## CONNECT – TERM 2

### **Presentations**

Small Steps for Hannah – H.A.L.T for the cycle of Domestic and Family Violence to raise awareness and educate the community to identify coercive control behaviours.

<https://www.smallsteps4hannah.com.au/>

Year 11 Students will hear this presentation on the 12<sup>th</sup> May.

### **QEW Survey**

Our annual Queensland Engagement and Wellbeing Survey will be completed by our students in Week 2 Connect. This survey looks at 12 dimensions of overall student wellbeing. I explained to Year 11 that this informs our Connect planning and school approach to the relevant age and stage that our students are at.

### **Reflection of Goals and Report Cards**

Students will receive their interim report card this week as an indicator of progress for Unit 1. I have asked students to spend some time this week reflecting on their efforts in Term 1 and goal reviews as we complete the end of Unit 1. We formally end Unit 1 at the end of Block Exams in Week 5 and 6.

If your child wants to change a subject, they need to go to Pathways and Performance in Q Block to get the relevant subject change form and determine what subject availability there is.

### **Leadership and Camp Preparation**

As we look ahead to our leadership journey beginning in Term 3 and camp in Week 10, team building is a key focus in our Connect program this term. This period is an opportunity for our cohort of developing leaders to connect, share knowledge, and build trust, strengthening continuity across the school. Investing time in team building now will help us set a positive culture within our cohort and school community as we step into our new roles as leaders.



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## Date Claimers

- Cross Country 22<sup>nd</sup> April
- Open Day 23<sup>rd</sup> April
- ANZAC Day School Ceremony 24<sup>th</sup> April
- QEW Survey 27<sup>th</sup> April
- Yr 11 Geography Excursion 30<sup>th</sup> April
- Parent Teacher Interviews 5<sup>th</sup> May
- Small Steps for Hannah Presentation 12<sup>th</sup> May
- Leadership Speeches 18<sup>th</sup> May
- Year 11 Exam Block 21<sup>st</sup> – 26<sup>th</sup> May
- Senior School Assembly 1<sup>st</sup> June
- NAIDOC Assembly 15<sup>th</sup> June
- Camp and Work Experience 22<sup>nd</sup> – 25<sup>th</sup> June
- End of Year Celebration 12<sup>th</sup> November

## AARA Application – Changes to Medical Certificate Requirement

Please note the changes to the medical certificate requirements on an AARA application from a health professional.

Particularly for medical circumstances, it must include details of the illness, condition or event. A general statement of ‘unfit for duty’ is insufficient.

For more detailed information please see page 3 on: [AARA Illness and Misadventure Requirements](#)

Kind Regards,  
Mikaela McGreevy