



# HEAD OF YEAR 11 *Newsletter*

MIKAELA MCGREEVY

Dear Parents and Carers,

Welcome to mid-term already! It is crazy how quickly those first few weeks passed by. It has been very humbling to see our cohort engage in a range of activities over the start of the term. There has been Aqua Fun Day, Music Camp, EVP Camp, Beach Volleyball competitions and House Week to name a few.

## ASSESSMENT

Exam Block Dates: 19<sup>th</sup> March (Thursday Week 8) – 24<sup>th</sup> March (Tuesday Week 9)

Assessment Calendars: In Connect in Week 4, all students created an A3 assessment calendar to take home. Students and families can also track assessment timelines on Daymap. If you haven't signed up for your Daymap access, please follow the steps here: [Daymap Connect Guide for Families](#)

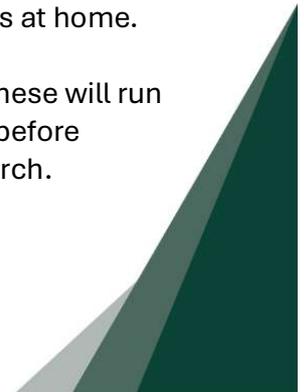
Below is a visual guide for how our units of work will be completed in Year 11 and 12. The main difference is that it doesn't run on Term calendar dates. For every unit of work for each subject that has a satisfactory result, your child is awarded 1 QCE point.

Unit 1		Unit 2		Unit 3 <i>Contribute to ATAR score</i>		Unit 4 <i>Contribute to ATAR score</i>	External Exam Preparation
Term 1 (Yr11)	Term 2 (Yr 11)	Term 3 (Yr 11)	Term 4 (Yr 11)	Term 1 (Y12)	Term 2 (Y12)	Term 3 (Y12)	Term 4 (Y12)

## PAYING IT FORWARD

Over the course of the remainder of the Term, we have challenged the Year 11 students to think about how they are *Paying it Forward* to themselves in an increase time of stress. We are running Take Time Thursdays during Recess 2 for any student to come to E04 to engage with mindfulness activities, games and disconnection from technology for 30 minutes. I encourage you to promote their attendance to this and complete similar habits at home.

We will also be running with Year 12s, two 'Cuppa Mornings' for Exam Block. These will run from 7:40 – 8:25am for students to come and get a tea, hot milo and a biscuit before entering their exams. They will occur on Friday 20<sup>th</sup> March and Monday 23<sup>rd</sup> March.





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## SLEEP HYGIENE

*Paying it Forward* in our wellbeing by considering our sleep hygiene. Good sleep hygiene is especially important for adolescents because their bodies and brains are still developing, and quality sleep helps support learning, memory, mood regulation, and overall health.

Consistent routines:

- Limit screen time before bed
- Keeping a regular sleep schedule
- Creating a calm sleep environment

When we practice healthy sleep habits, they are better able to focus on school, manage stress and maintain their physical wellbeing.

Some very helpful resources:

[Monique's Story: A Year 11 On Changing Sleeping Habits](#)

Headspace: [Sleep](#)

## STUDENT LEADERSHIP

On Monday, we launched our Student Leadership program with our Year 11s for 2026 – 2027. The application forms have been sent to our Year 11s and due in Term 2.

Being a Student Leader builds real-world skills like confidence, teamwork, communication, and leadership. We invite our students to make a difference in The Gap SHS to represent peers, create positive change, and leave a mark on the school and community.

We also launched our Cohort Challenges in our Year Level Assemblies. If you haven't seen it already on our Facebook page, we did a Connect Cup challenge. There was a lot of fun and laughter in the room. I look forward to the upcoming games and activities ahead.

Kind Regards,  
Mikaela McGreevy

