



HEAD OF YEAR 10 *Newsletter*

Mikaela McGreevy

Dear Parents and Carers,

We have certainly had a big start to Term 3 with our SET Planning preparation and meetings. I look forward to seeing you this week at these meetings.

CONNECT PROGRAM – TERM 3

Stepping Up in Term 3

As the academic demands grow, it's easy for students to let health and wellbeing take a back seat—but stepping up in this area is key to long-term success. Prioritising sleep, staying active, eating nutritious meals, and taking regular breaks can boost concentration, memory, and mood, making study sessions more effective. Creating a balanced routine that includes time for relaxation, hobbies, and social connection helps reduce stress and prevent burnout. By making wellbeing a priority, our students can not only perform better academically but also build habits that support a healthier, happier life.



I invite you to ask the following questions over the dinner table this week:

- Have you been having enough sleep lately, or are you feeling constantly tired or irritable?
- Are you taking regular breaks to move around, eat well, and do things that you enjoy?
- Do you feel overwhelmed or stressed? Have you talked to someone about it?

Recognising emotional and physical strain early can make a big difference in seeking support and managing stress.

SENIOR SCHOOLING AGREEMENT

In your child's SET Plan interview you would have signed the Senior Schooling Learning and Engagement Agreement.

Legislative Requirements – Education and Training for 15-17 year olds

Education and training for young people in Queensland stipulates a 'compulsory participation' requirement, which means that all young people must participate in 'learning or earning':



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- For two years after they complete compulsory schooling (i.e. completed Year 10 or turned 16 years of age) or
- Until they turn 17 years of age or
- Until they complete a Queensland Certificate of Education (QCE) or Queensland Certificate of Individual Achievement (QCIA), Senior Statement of Attainment or a Certificate III or IV vocational qualification. These requirements are based on national and international evidence that young people who complete 12 years of education have greater opportunities for further education and sustainable employment.

The Senior Schooling Agreement encompasses three main themes:

- Academic – Submission of work on time, Satisfactory grades in all subjects, bringing required resources to class
- Engagement – Satisfactory effort and behaviour in class and outside of class, wearing the correct uniform, engaged in planned course of study
- Attendance – Students are expected to maintain an attendance rate of at least 95%.

These categories are monitored by our Year 10 Team in 2025 and continues into 2026-2027.

WELLBEING CHAT – Good Sleep Hygiene

There have been a lot of conversations with our Year 10s regarding getting a quality night's sleep. The exposure to phone use, late night extra-curricular activities, studying and gaming has a major impact on the ability to fall asleep. This has a direct flow on impact to the school day and concentrating in class.

We encourage our students to build good habits across the term to support getting a quality sleep.

Factors to consider could be:

- Sleeping Routine
 - Is there a consistent bedtime during the week?
 - Is there a consistent wake up time?
 - Are they avoiding napping in the afternoon after school?
- Sleep Environment
 - Is the bedroom free from distractions?
 - Are electronic devices turned off/place on do not disturb?



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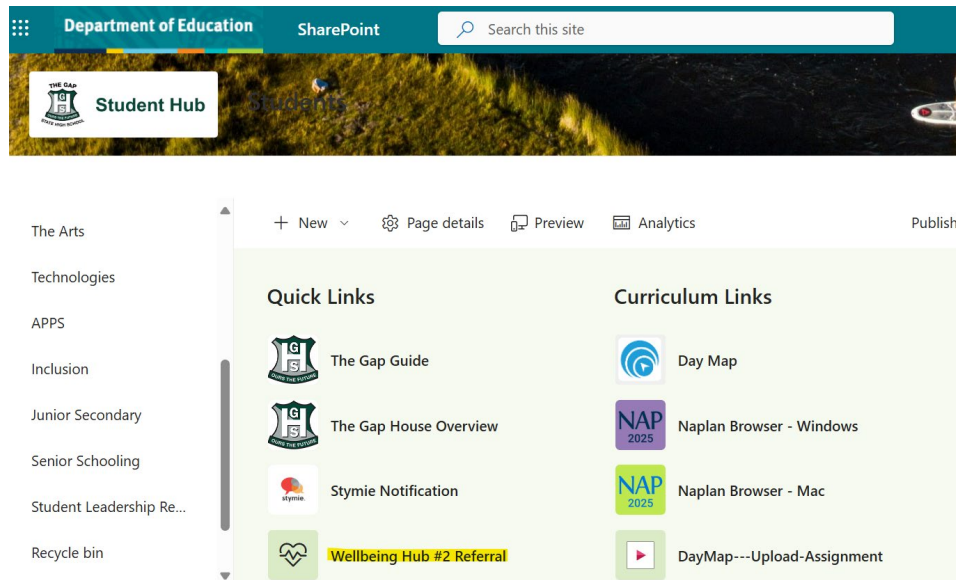
- Health and Nutrition

- Are they eating dinner too close to bedtime?
- Are they eating a nutritious breakfast?
- Are they participating in physical activity during the day and not before bed?
- Are they drinking energy drinks or caffeine?

I invite you to read the following article if your child has persistent sleep problems. [Raising Children: Sleep Concerns](#)

Students are also invited to book in with our school's GP – Tania McDonald or the school nurse – Adrienne.

Appointments can be made on the Student Sharepoint page under Wellbeing Hub #2. Tania is in every Wednesday. This may be a good place to start the conversation regarding poor sleep hygiene.





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ASSESSMENT POLICY

With our assessment period starting to build up, I wanted to remind you of our school's assessment policy. The direct links for our documents are below:

[Assessment Policy](#)

[AARA Form](#)

It is crucial that we support our students with applying for AARAs before the due date if they have been impacted by illness or misadventure.

All applications need to go to the AARA@thegapshs.eq.edu.au email account. Please attached all of the signed documentation to these emails. The snippet below is directly from our assessment policy regarding AARA applications.

Access Arrangements and Reasonable Adjustments (AARA)

	Procedure
AARA, including illness and misadventure (AARA)	<p>Applications for AARA</p> <p>The Gap State High School is committed to reducing barriers to success for all students. AARA are actions taken by the school to minimise, as much as possible, barriers for a student whose disability, impairment, medical condition or other circumstances may affect their ability to read, respond to or participate in assessment.</p> <p>The school follows the processes as outlined in the <i>QCE and QCIA policy and procedures handbook</i> available from www.qcaa.qld.edu.au/senior/certificates-and-qualifications/qce-qcia-handbook.</p> <p>The school principal or delegate manages all approval of AARA for students.</p> <p>All long term AARA applications must be accompanied by the relevant supporting documentation and made as far in advance as possible to meet the QCAA published timelines. All evidence used to make decisions is recorded in the student's file by the principal or their delegate.</p> <p>Students are not eligible for AARA on the following grounds:</p> <ul style="list-style-type: none">• unfamiliarity with the English language• teacher absence or other teacher-related issues• matters that the student could have avoided• matters of the student's or parent's/carer's own choosing• matters that the school could have avoided. <p>Applications for extensions to due dates for unforeseen illness or misadventure</p> <p>Students and parents/carers must contact AARA@thegapshs.eq.edu.au as soon as possible and submit the relevant supporting documentation.</p> <p>Copies of the documentary evidence template, extension application and other supporting documentation are available on the School website.</p>

Kind Regards,
Mikaela McGreevy