



BUNDAMBA STATE SECONDARY COLLEGE
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Term 3 Newsletter 2022

We acknowledge the Traditional Custodians of the lands across Metropolitan Region, where the fresh water flows into the salt water. The blending of these waters signifies the interconnectedness of all First Nations people and the lands where schools and workplaces of this Region are situated.

We pay our respects to Elders past and present, who are the keepers and preservers of the cultural knowledges, languages and traditions.

We all have a role in creating workplaces, schools and communities that recognise, uphold and value the contribution of First Nations peoples.

Principal's Message

Shortly, parents and carers will receive their learning reports for their students for term 3. This report is a good time to start a conversation with your student about how their learning is progressing. Whilst a student's achievement results are important, sometimes, I urge you to look at your student's effort results. When a student is receiving praise from teachers for their effort in a particular subject, that is a real moment of celebration.

Congratulations to all students who are giving their best effort everyday and showing our core values of empowerment in their learning.

As we approach term 4, it's a good time to remember that all students should be focussing on finishing the year of learning off with strength. We have year 12 students right at the very end of their formal school education with only a few more weeks left of school. I urge all these students and their families to take this last few weeks to cherish the end, and give their personal bests for their final assessments. I look forward to seeing so many young people graduate with pride in their accomplishments in November.

For students in all other year levels, I want to remind you that attendance matters in term 4. Everyday you are away, you miss important learning. Every time a student misses learning, there are gaps in the sequence of learning opportunities. When a student has multiple gaps in their learning and hasn't attended at least 85% of scheduled classes, it is challenging for them to achieve satisfactory, C or higher results. I urge students and families to use term 4 to put school first above all else. All students have times when they may have dips in motivation, but it's important to understand that attendance is the good foundation which makes learning progression and improvement possible. I look forward to celebrating our students and their learning achievements with parents, carers and our school community soon at our upcoming Awards Evening.

Best wishes for a safe and peaceful school holiday for all staff, students and families.

Date Claimers

- 3rd October - Public Holiday
- 3th October - Term 4 Commences
- 11th October - Sports Awards Ceremony
- 3rd November - WesTEC Graduation
- 15th November - Final Assembly (students only)
- 16th November - Year 12 Formal
- 18th November - Graduation
- 25th November - Swimming Carnival

Excursions

- 22nd November - Year 11 UQ Experience Ecology
- 29th November - Year 7 UQ Experience Day



Subject & Career Expo

Whether you are in year 12 or year 9, it is never too early to start exploring career/course options!

Earlier in the term, the school welcomed students and families of years 9-12 to attend the Subject and Career Expo. The night was the opportunity to assess future educational options and ask any questions about particular courses and Higher Education/TAFE providers. Students were able to engage with Universities, TAFE's, RTO's, community service organisations and industry about Post-Secondary Education and future employment opportunities.

It was a great evening, and it was wonderful to see our students taking advantage of the opportunity to speak with different organisations.

Students had their hands full of brochures and goodies, as they navigated the expo and discovered the many different pathways. This night supports our students to make informed decisions regarding their career pathways.



Technologies designed for hands on learning

Building and Construction

This term, the year 7-10's have developed many skills in our workshops, designing and building book ends, money boxes and mantle clocks. Year 11 furnishing students have created individually styled side tables, and year 12 Building and Construction students are building a raised garden bed near the tuckshop. Students can use these valuable skills in the construction or landscaping industry, or apply them to projects around their home. We are so grateful to our senior students for helping to improve our school environment.



Engineering Skills

Year 12 students undertaking gas metal arc welding processes to complete their Sash Clamp Project.



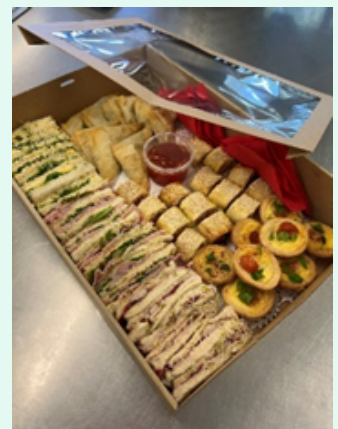
Year 12 Hospitality

Hospitality classes investigated, planned, designed and trialed a number of savoury and sweet recipes to produce 'high tea-style' foods that could be packaged in grazing boxes. Each group produced and presented their high quality flavoursome selections in a traditional 'high tea' tiered stands then packaged these into grazing boxes. Well done teams!



HPJ122A

HPJ122B



Design Technologies - Year 8

Fusing Cultural Diversity

Year 8 Food Studies have been learning how to work safely and hygienically in the kitchen this term. Students have been adjusting to working in teams to produce a variety of tasty savoury food parcels as part of their practical experience and assessment work. The focus for this unit, is for students to fuse two cultures to create yummy snacks!

1.



3



2.



1. Cheesy Vegetable Bites
2. Mexican Tortilla Parcels
3. Indian Empanadas
4. Italian Pizza Scrolls

4.



Business

Year 12 Certificate III in Business students became entrepreneurs in Term 3, becoming their own boss. Working together in teams, students developed products from design through to prototype and production, onto marketing, sales, and customer service. Teachers are enjoying new lanyards, lip gloss and stationary products, all while our students are enjoying developing their business skills and sharing in their profits.



Digital Technology

Students study Digital Technologies within their timetable in years 7-10 Technology and Business. In addition to this, our school has now launched a NEW extracurricular Digi Tech activity, Bundamba esports Club.

In the coming days the Bundamba esports Club will launch. Listen out in the Student Notices to see how you can get involved - spaces will be limited. Studies show the benefits of Esports include:

1. Increased collaboration and teamwork skills
2. Increased academic and social engagement
3. Exploration of STEM (Science, Technology, Engineering, Mathematics) concepts and careers paths
4. Improved brain function and capabilities
5. Improved peer connection



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The Arts

Year 11 and 12 Dance

This term in Dance our year 11 and 12 classes have reflected on contemporary techniques and expressive skills to communicate meaning. Both classes learnt unique whole group routines that had a high degree of complexity.

Our year 11's performed to 'Hold On' and explored themes associated with mental health.

Our year 12's performed a contemporary piece to 'First Burn' from the musical Hamilton.



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The BSSC Rock Band



Our Rock Band, "Down by the Damba", competed against a number of other Ipswich schools at the Battle of the Bands at Studio 188. Our students worked very hard, practicing most of their lunch breaks, in addition to rehearsals each day after school for three weeks to prepare for this event. They achieved an honourable mention at the end of the night for their stage presence and are looking forward to rehearsals for future performances together. A big thanks to Ms Hogan and Mr Mantle for giving so much of their time to help the band prepare and to everyone who came to support them on the night.



Inspiring Portraits

Year 12 Visual Arts in Practice



Anastasia Jackson: Eddie Vedder

For this project, Inspiring Portraits, I chose to represent Eddie Vedder because I have grown up with his music, and it has changed my perspective on some aspects of my life, such as bullying and domestic violence. The purpose of my artwork was to show how Eddie, his band and his lifestyles are all an inspiration to the world.

Adrian Santarelli: Takia Waititi

For this project, Inspiring Portraits, I chose to represent Takia Waititi as an inspiring person because he's from New Zealand, the same country where I am from. His cultural background is Maori. Takia Waititi is a funny and cool actor and director from many movies that I love to watch and that is why he was chosen as my inspiring person. The purpose of my artwork is to show the audience the interesting mix between a Maori flag and a New Zealand flag for the background, which represent Takia's cultural heritage.



Jonathan Herrmann: Alice Cooper

Alice Cooper is inspiring to me because he acts as a catalyst between real world events and problems, and his audience, making it more digestible for others. He acts as the metaphorical villain for the older generations, such as the parents and the parents of those parents, by challenging the status quo and expectations set for the time.

Matt Ward: Tyler the Creator

For this assessment I have been tasked to make a realistic portrait of an inspiring person who I have chosen to be 'Tyler the Creator'. 'Tyler the Creator' is an openly proud bisexual icon who has inspired many through his talents and bravery as a musical artist. The portrait is set into three sections portraying three different parts of Tyler's career. This was done by using his album covers to convey his path and where he is now.



Zak Cosgrove: Bruce Lee

I chose to represent Bruce Lee as my inspiring person because as a young child, he inspired me to push myself forward whenever times got tough. He did his own stunts when he was doing films, and I was really amazed by his skills. The purpose of my artwork is to show the audience that Bruce Lee is an inspiring person, because he worked hard to be a respected martial artist, known for great skills and level of fitness. I think it'll inspire others to try martial arts and work out more.



The Countdown is ON!

Term 3 has been an exciting time for our amazing year 12 cohort. Through this term, some highlights have included celebrations of key milestones such as our "75 Day" and "50 Day" countdowns, and the formation of committees to plan the formal and graduation.

Along with these activities, the focus of our BCC program has been supporting students in their preparations for a successful transition to year 13, and in preparing our students studying general subjects for their upcoming external exams. Guest presenters have included UniSQ, Link and Launch and Elevate Education.



Important Dates

10th October - "25 Day Countdown"

18th October - Senior Pathways Evening

24th October - 11th November - External Exam Block

14th-18th November Alternative Program

15th November - Final Assembly & Cohort Photograph

16th November - Formal

16th-17th November - Mystery Tour

18th November - Graduation Ceremony



Being so close to the finish line, this is a great time for students to reflect on their progress to date, and set some goals to ensure they finish their schooling journey at BSSC successfully. If you see any of our year 12's around, please encourage them to work hard to complete their last assessment pieces, finalise work for their certificate courses and study hard for their external exams.



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Teaching and Learning

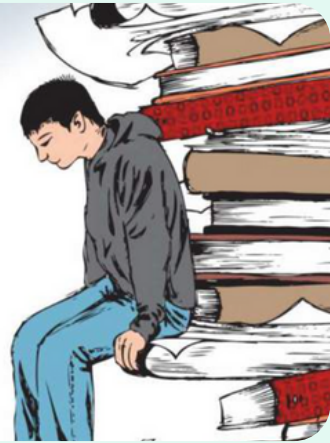
Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control.

It is important to understand that small amounts of stress (lasting less than a few weeks) can help us to complete tasks and feel more energised.

Being prepared for periods of stress can make it easier to get through them. Knowing how to manage our wellbeing can help us recover after a stressful event. Some of us may refer to our ability to manage stress as our resilience.

Exam Stress

How to overcome it and succeed this assessment period!



Taking care of your wellbeing can help you feel more able to manage stress. Different things will work for different people, but these are some ideas you could try:

•Be kind to yourself.

Learning to be kinder to yourself can help with how you feel in different situations. Try to take breaks in your day for things you enjoy. And reward yourself for your achievements, even if they seem small.

•Try to find time to relax.

This might feel hard if you can't do anything to stop a situation that is making you stressed. But if you can allow yourself a short break, this can help with how you feel.

•Develop your interests and hobbies.

Spending time on things you enjoy could help distract you from a stressful situation. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people.

•Spend time in nature.

This can help to reduce stress and improve wellbeing. You could try going for a walk in a green space, taking care of indoor plants, or spending time with animals.

•Look after your physical health.

Getting enough sleep, staying physically active and eating a balanced diet can make stress easier to manage. Stress can sometimes make these things difficult to look after. But even small changes can make a big difference.

EXAM TIPS

NHS
Salford
Clinical Commissioning Group

1



Make a revision timetable

Help set up your time management. Write down how many exams you have and on which days you have them. Then adjust your study accordingly. You may want to give some exams more time than others, so find a balance that works.

2



Get enough sleep and drink enough water

Being well hydrated is essential for your brain to work at it's best so make sure you drink plenty of water throughout your studies and on exam day.

Use sleep to your advantage and plan ahead. Don't over use caffeinated drinks in an effort to stay awake!

3



Think positively

Remind yourself on how you overcame previous set backs. This will help you deal with future challenges and help build a mental resilience. View the exam as an opportunity or as a challenge.

4



Take regular breaks

If you were training for a marathon, you wouldn't try to run for 24 hours a day. Likewise, studies have shown for long-term retention of knowledge, taking regular breaks really helps.

Everyone's different, so develop a study routine that works for you and don't feel guilty about being out in the sunshine instead of hunched over textbooks!

5



Don't compare yourself with others

Remember, everyone's different and everyone studies differently. Focus on yourself and not on others as this will stress you out. Instead, focus on what you can control.



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