

Junior Secondary Newsletter

Volume 1 | June 2 2025



Junior Hub Welcome

Welcome to our first monthly newsletter. Our junior team is committed to providing this space to share exciting news happening across all curriculum areas, with an additional focus on highlighting extra-curricular and sporting achievements. We are excited to establish another way to connect with the families in our school community.



- June 6/7** School Musical - Charlie and the Chocolate Fadtory
- June 24** Athletics Carnival - Pre-Events
- June 26** Athletics Carnival - all students to attend
- July 24** Year 8 & 9 Incentive Day - Dreamworld

Junior Hub Focus Seeking Support

Bundaberg State High School promotes positive relationships and the wellbeing of all students, staff and visitors to the school. Students are encouraged to report incidents to support staff prior to escalations taking place. There are a variety of ways to report an incident, which is aimed to support all students. Strategies include:

- reporting directly to a designated year level coordinator in the Junior Hub
- sending an email to support staff
- filling in an anonymous 'bust a bully' slip in the Junior Hub
- talking to a teacher or trusted adult

Our goal is to provide proactive support to help students build positive teacher and peer relationships.

Bust a Bully

Your Name: _____

Year level: _____ Date of Incident ____/____/____

Bully's Name: _____

What happened? _____

Where did it happen? _____

When did it happen? _____

In class (if so) Teachers Name: _____

Before School 1st Break 2nd Break After school

Other (provide details) _____

How long has this been going on?

Once Weekly Other

My response so far

Ignored it

Advised Parent

Told a teacher Teacher's name: _____

Other _____

BULLYING: NO WAY!

SAFE AUSTRALIAN SCHOOLS TOGETHER.

YEAR 8 & 9

DREAM WORLD Incentive Day

BE YOUR BEST IN TERM 2 TO RECEIVE AN INVITE

90% Semester One Attendance
That's around 6 days of justified and explained days off for Term 1 & 2. Every Day counts!

Make great choices
That means zero suspensions for Term 2 and ensuring you are doing your best in class to allow others' to learn.

Teacher support
Year Level Co-ordinators will need to sign you off +
Year 8 - your core teachers
Year 9 - 4 classroom teachers

WHEN IS IT?
TERM 3, WEEK 2: THURSDAY

HOW MUCH?
\$90-\$110

ANY QUESTIONS?
SEE THE JUNIOR HUB STAFF



Staff Spotlight
Mrs Lisa Alexander

Junior Guidance Officer - 7 & 8

What makes you most proud?
Seeing students make huge gains in their wellbeing, mood and thought patterns by practicing some very easy coping strategies we have come up with together. These could include more sleep, less social media/gaming and using distractions like pets, outdoor activities or other interests.

What is something that recently made you smile?
Lots of things in my workday make me smile, but most recently I asked a student if talking things through had helped, they responded "yes a lot actually, thank you". It reminded me that listening is so important, and this made me smile.

Why did you become a guidance officer?
My favourite part of teaching was to help students no matter their circumstance. I always loved helping students succeed, even if it felt impossible. We always got there together one step at a time. Now I do that all day as a guidance officer.

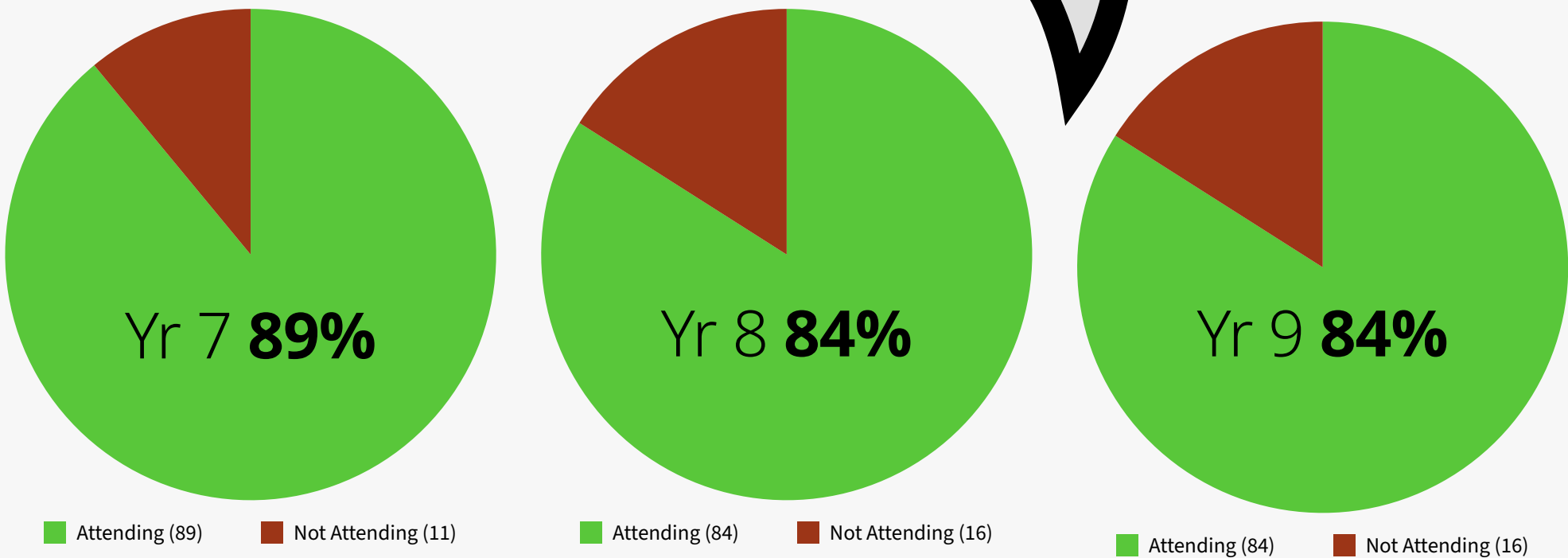
Do you have any hidden talents?
Before I was a teacher, I was an Australian champion hairdresser.



Remember the saying "thoughts are not facts". This phrase will assist you to do a personal check-in. Ask, are my thoughts true right now? How do I actually know this? If not, what are the facts? This will help reframe your thinking and manage your emotions in a more balanced and helpful way.

Attendance Spotlight
Everyday counts

Research shows that in Qld, higher student attendance is associated, on average, with higher student achievement. Additionally, attending school every day helps children to build social and emotional skills, such as communication, teamwork and resilience.



Please contact the Junior Hub on 41545309 if you require a support meeting for your child's attendance.

Curriculum News
Arts Faculty

Tickets are now on sale for our BSHS Musical - Charlie and the Chocolate Factory. Tickets are only \$20 for adults and \$17.50 for students and concessions. The set and costumes look fantastic and the effort that the students and staff have put in to make this musical a huge success is amazing! There are three shows to choose from...Friday night, Saturday matinee or Saturday night. [Click here for tickets.](#)



Sport News
Rugby League



BDSSS School Rugby League has kicked off. Congrats to the year 9 boys on their gutsy come-from-behind victory over the year 9/10 Kepnock SHS side.

A huge thank you to Chris and Toni from Waldo's Mowers for their generous donation of caps to our Year 9 and Open Boys Rugby League sides.



Fullback Tye Jackson received **Player of the Match** in the game against Kepnock SHS. He played an outstanding game creating space and time for the other outside backs in attack and made some great try saving tackles in defence.

New this year
The Resilience Project

Bundaberg State High School is proud to be working with The Resilience Project to support the wellbeing of our students. This year, students in Years 7 to 9 are exploring tools for emotional growth (gratitude, empathy, mindfulness and emotional literacy) through engaging lessons and real-life application. Our focus is on building resilience, connection, and a healthy mindset for life.

THE RESILIENCE PROJECT.

We're working with The Resilience Project

We're proud to be implementing TRP's evidence-based whole school wellbeing program. Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**.

Gratitude	Empathy
<p>Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.</p>	<p>Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.</p>
Mindfulness	Emotional Literacy
<p>The practice of mindfulness is about an awareness of life as we are living it. It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.</p>	<p>Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.</p>

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

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