Welcome to our July Newsletter

FOUNDER’S DAY MASS 2012 - WED JULY 18 2012

This school Eucharist celebrates the story of the founding of the Brigidine Sisters by Bishop Daniel Delany in Tullow Ireland in the first years of the Nineteenth Century. The whole school walked up to Our Lady of the Sacred Heart church in Randwick and we asked each girl to ensure that she is in correct formal uniform. It is a very special day.

Year 12 girls told the story of the first six Brigidines in a tableau which gave our school community a strong sense of the first women’s strength and purpose. Fr Hearn in his homily revealed to us the suffering of being Catholic in Ireland at the time of the founding of the congregation and what difficult but wonderful work was ahead for the Brigidines in educating children and adults who had been denied education because they were Catholic.

Ten Brigidine sisters joined us from Mass and they left the church with thunderous applause from the staff and students. It is always so moving for us to be reminded of our connection to these truly great women, past and present, and the culture that they established in their schools throughout the world. We work hard here at Brigidine Randwick to ensure that it is still alive in the school today.
It is very good for the girls’ emotional health for them to feel connected to something that is much bigger than themselves or as they imagine themselves to be. Last night the ABC program The 7.30 Report had a story about self harm in girls. The eminent psychiatrist interviewed said that those adolescents who felt connected to their family were able to overcome the practice of deliberate self harm or did not ever do it. A Catholic school has always engaged its students in a whole range of ideas and activities that present Life as the opportunity to build meaning and purpose and that participation in Church is an opportunity to express the joy of being alive. As I read recently, we don’t talk often enough about the joy that accompanies compassion. The first Brigidines, like everyone who enjoys emotional wellness were no strangers to joy and contentment. You don’t have to be an eminent psychiatrist to glimpse the self loathing that motivates acts of self harm. Joy, a sense or worthwhile purpose and deep meaning, operate against self loathing which can appear to a girl as a terrifying inner abyss of loneliness and isolation.

Because I believe so strongly in the value of activities such as the Founders Day Mass and our the Walkathon Day, I feel more than disappointed when parents allow their girls to stay home because “nothing” is happening at school. It is so much better for the girls to come to be a part of a community here at school than to go to the shops or watch banality on TV. While these activities have their place, they will not stretch a girl’s sense of herself to the degree achieved by being connected to her school community and her family. Schools are not just about classwork and exams, they are the last communities of our society where young people are offered the normal, ordinary, healthy security of belonging to a group.

Ms Kate Edmondson
Principal
FROM THE ASSISTANT PRINCIPAL
Welcome back! I hope everyone managed to have a refreshing and most enjoyable break. This term will be as busy as every other, so I hope that each girl is ready to give her very best in all that she does this Semester. Our Year 12 students will begin their Trial HSC next week. So I would ask that we keep them in our prayers and thoughts during this stressful time. I would also ask each and every student to remember that one day it will be their turn doing the HSC. So I am asking the girls to especially be quiet in their movement around Synan Hall.

Founder’s Day
As you all know Founder’s Day is a special day in our school calendar. Last week we continued the celebrations with the Mass at Our Lady of Sacred Heart Randwick. It was an excellent opportunity to express our faith as a Christian community. Thank you to those who were able to join us.

Homework
The beginning of a new term is always an excellent opportunity to remind parents and students about our Homework Policy which states that the purpose of homework, like schooling, is learning. When conscientiously undertaken, homework is a valuable aspect of the learning process and should complement what is being done at school. Brigidine College recommends the following as a guide to how much homework each girl should be completing on a regular basis:

- Years 7 – 8 should be completing between 1.5 – 2 hours five times per week
- Years 9 – 10 should be completing between 2 – 2.5 hours five times per week
- Years 11 – 12 should be completing on average 30 hours per week.

Understandably it may not be possible to do homework every night due to other commitments but this should be used as an average and where other commitments consume time on some nights, other nights should be set aside for study to compensate.

Please remember to write a short note in the diary explaining why homework is not done and when the work will be completed. This is more than satisfactory for all homework with the exception of the Formal Assessment Tasks for which the process is outlined in the Assessment Handbooks.

College Planners
A reminder that the College Planner is a valuable tool for student organisation and for communication between home and school. It is a good idea for parents to actually check and sign their daughter’s diary each week.
House Keeping Reminders

- If your daughter is absent from school, please ring! A note of explanation is also required on the day of her return.
- If your daughter requires time off to attend any appointment, please make sure a note is sent the day prior or on the day. Parents should endeavour to make these appointments outside school hours if possible.
- If you are planning or organising an extended holiday, ensure you download the appropriate forms or contact the school office for further information.
- The school day commences at 8.35 am when the first bell rings. Please make sure your daughters arrive at school on time. Any student who is late to school twice within a week without a written note of explanation from parents will automatically be placed on 20 minutes of detention during a lunchtime. If a student receives three of these lunchtime detentions, then they will be required to attend a one hour detention on a Tuesday afternoon. The tally does not restart every term.
- No student should be catching a school or public bus from outside the Children’s Hospital in High Street. The ongoing congregation of students on hospital grounds is disruptive to the operation of the hospital especially the Emergency Department.

Thank you for your continued cooperation and support.

Mrs Antoinette McGahan

THE 2011 ANNUAL SCHOOL REPORT TO THE COMMUNITY

The 2011 Annual School Report to the Community is now available on the College Website under the Administration menu and in the “What’s New” section (29 June 2011) as well as at the school administration office.

P & F MEETING

Changed to
MONDAY 6 August 2012
7.00pm in DC5

********SAVE THE DATE********MOVIE NIGHT: THE SAPPHIRES (PG)**********

Our "Mums' and Daughters'" Movie Night is on Monday 20 August at 6.30pm
Please do come along and join for a fun-filled night with friends and family.
Tickets on sale as from next week in the office foyer at recess and lunch breaks.

ADULTS $15.00 - STUDENTS $10.00

Thanks from the P & F Committee.

LINK TO CAREERS BULLETIN

For up-to-date Careers information go to: Link to Bulletin No 8. : Link to Bulletin No 8.

OVERDUE WALKATHON MONEY MUST BE RETURNED BY NEXT WEEK!
SKI TRIP 2012
On Sunday the 1 July, 45 year 8 and 9 students, along with Miss Michaels, Ms Alley, Miss McColl and Ms Harkins, set off on a seven-hour coach trip to the Snowy Mountains. After a breakfast break in Goulburn and a stop-off at Rhythm Snowsports in Cooma to collect our ski gear. The group finally arrived at the Jindabyne Sport and Recreation Centre, where we would be accommodated for the following five days. After a long day the girls all settled down in the common room and, despite their anticipation and eagerness for the following day to arrive, managed an early night. The next day, after a 6am wakeup call and a hot breakfast, the girls re-boarded the coach and soon enough arrived at the Thredbo Ski Resort – many of the students bursting with excitement catching their first sight of snow. The two-hour morning lessons commenced taking the girls around the resort as they learned to improve their skiing and boarding techniques. The girls then met for a delicious lunch at The River Inn, and once again embarked onto the mountain, this time free skiing in large groups on specified runs. At four o’clock (after an essential hot doughnut snack) the girls, exhausted but remaining copiously high spirited, boarded the coach and arrived at the accommodation. After dinner, a movie night commenced with ‘Crazy, Stupid Love’ being chosen as the favourite along with a cup of hot Milo prepared by the teachers. The next day, similar to the last, the girls went straight to the slopes and were eager to start their morning lessons again. Lunches were eaten with great enthusiasm and the girls enjoyed another afternoon of skiing with great conditions around the resort. That night the teachers organised a trivia night with weird and wonderful questions on anything from Robin Hood to the Australian Premier League. The girls, now aware of the energy requirements for the following day, settled down easily and at 6am on Wednesday rose with great excitement surrounding the day ahead. Lessons were undertaken and the lunch line extended all around the River Inn. In the afternoon, the students skied around the Thredbo Village area and ‘Friday Flats’ practicing everything they had learned in their morning lessons. That night, the State of Origin was screened in both year 8 and 9 common rooms, as students discussed which team would bring home the win. Thursday came soon enough and the teachers and students, despite a few aches and pains, were eager to get back on the mountain. With news of the talent quest ahead, many students took out their camera’s and filmed many scenes from around the slopes – editing them that night ready to show as their talent. The talent quest was a chance for the entire group to showcase anything from high jumping and singing to flexibility and rapping.

The following morning, the last day of the trip, the girls had their final 6am wakeup and jumped back on the bus to Thredbo for the last time. After their final morning lesson and an enormous hot lunch, the girls boarded the bus and started the journey back home to Sydney. Being entertained by movies including ‘The Notebook’ and ‘Little Rascals’, the girls stopped for dinner back in Goulbourn and soon after arrived back home greeted by parents and families. The Brigidine Ski Trip for 2012 was a successful adventure all round. It gave the girls a chance to not only bond with one another, but the staff members who were present on the trip. Laughs were shared and countless memories were made that will most certainly never be forgotten.

Lucy Kelley – Year 9
Year 8 are working on their still life paintings. They are using water colour paint on water colour paper. This brings together many skills they have been developing over the year. They have also studied only in water colour paint. They are looking forward to their parents and friends coming to the Visual Arts Exhibition 28 August to view their hard work.

Ms Deirdre Brennan  
Visual Arts Coordinator

The excursion allowed students to get a closer look as to how a photographer works in visual arts. Glenn Duffus discussed how he used different lens, filters and printing mediums to create his artworks, inspiring all of us with his passion and knowledge of photography. It was a great experience, and we all appreciated being able to see the beautiful photographs and widening our knowledge of artists ‘practice.

Glenn Duffus & Ruby Martin-Cansick  
at his Exhibition at the Spot

Last term years 10, 11 and 12 Visual Art students paid a visit to local photographer Glenn Duffus and were immediately struck by the awe-inspiring photos of our local beaches, crashing waves and vibrant sunsets.

Johanna Roberts  
Year 11 Visual Arts
**VISUAL ARTS STILL LIFE DRAWING**

Every class in Visual Arts spends the first 3 minutes of the lesson completing a still life drawing in the back of their Visual Arts Process Diary. Girls early to class will end up with more than 3 minutes. If we are studying the history of art girls still have 3 minutes of drawing. This exercise can be viewed as building drawing skills, however, it is far more than this with the brain experiencing aerobics as observational skills are developed. The objects change every cycle and we are continually looking for objects with interesting shapes.

The Visual Arts Department gladly receives donations of objects for the still life drawing. We would like to thank Mrs Edmondson and Mrs Dawson for their donations. Also, Ms Vicky Ann Hokin (Class of 1975) gave us many interesting objects. If you have some interesting objects you would like to donate to the department they would be greatly appreciated.

**Ms Deirdre Brennan**

**Visual Arts Coordinator**

**WAVERLEY ART PRIZE**

The Waverley Art Prize was recently exhibited at the Pavillion Gallery at Bondi. The theme of the exhibition was ‘Conspiracy, Myth and Legend’. Jeslyn Fung (Year 10) exhibited a stunning painting exploring culture. Claire McCarthy and Cassandra Ciccarelli (Year 11) both exhibited video. Both girls were exploring ideas and issues around gender.

The school would like to congratulate the girls for participating in the exhibition.

**Ms Deirdre Brennan**

**Visual Arts Coordinator**
EX-STUDENT NEWS:
Congratulations to Courtney McNally (Year 12 2011) who was awarded the Lionel Bowen Scholarship at a Botany Bay City Council Meeting on Wednesday 27th June, presented by Botany Bay Mayor Ron Hoenig and Mrs Margaret Dwyer (daughter of Lionel Bowen), followed by a Civic Dinner in the Council Chambers.

This is a prestigious award and she is a worthy recipient. It was an absolute pleasure to be asked to attend this ceremony with Courtney, her family and some of her friends.

Miss Narelle Watson
Year 11 Coordinator

UP COMING EVENTS IN THE SPORT DEPARTMENT

- **CGSSSA DANCE** 12 September. Practice has begun. We are entering teams in the Jazz, Tap, Hip Hop and Creative. Girls will be holding cake stalls throughout the term as fundraisers for their costumes so please be supportive.

- **National Basketball Team** trials will be held on 1 August. All students interested in trialling must return their permission notes before then.

- **CGSSSSA ATHLETICS** 10 August Homebush. Training has begun for all team members. Training is held on Wednesday afternoons at ES Marks. Girls meet the bus on Coogee Bay Rd at 3.30pm and are dismissed from the field at 5.00pm. A reminder that permission notes and CCC forms need to be returned ASAP.

Mrs Kate Elder
Sports Coordinator
BRIGIDINE RANDWICK REGIONAL SURF TEAM

Our Brigidine College Surf Team competed in the Regional Surf Championships on 23 and 24 June 2012 at Cronulla Beach.

Our junior girls’ team consisted of Caitlin Duffus, Brooke Emerson and Shanelle Peeti and our senior girls’ team was made up of Lisa Scott and Grace Bambridge. Each of the girls surfed in their heats on Tuesday in 4 - 6 foot surf and really challenging conditions. They all surfed really well and all gained a spot in the semi-finals on Wednesday.

The semi-finals were surfed in 5 - 6 foot swell. The conditions were a little better than the day before but some of the sets were pretty big. The first 3 surfers in each semi-final gained a place in the final. Lisa gained a spot in the senior girls final and Brooke gained a position in the junior girls final.

There was a presentation at the end of the day and huge congratulations to all the girls for a great fighting effort and particularly to Lisa Scott who came 4th in the Senior Girls final and to Brooke Emerson who came 5th in the Junior Girls final.

Our Brigidine College Randwick Senior Girls team was awarded 1st place in the MR (Mark Richards - surfing legend) Cup and have been invited to compete in the State Teams School Surfing titles in Coffs Harbour.

Congratulations girls.
Ms Jennifer Michaels
PDHPE
**NSW SURFING CHAMPIONSHIPS**

Congratulations to *Grace Bambridge and Lisa Scott* who gained 2\textsuperscript{nd} place in the Schools’ Surf NSW State Titles held at Coffs Harbour. The girls were narrowly defeated in the final round to gain Second place in the Mark Richards U19 team event.

A fantastic result for the girls and Brigidine College as this was our first year of entering the Surf Championships.

*Mrs Kate Elder*  
Sports Coordinator

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**ASSISTIVE AND INCLUSIVE TECHNOLOGY INFORMATION LINE**  
**TUESDAYS, WEDNESDAYS AND THURSDAYS 3.30PM - 7.00PM**  
**PHONE: (02) 9569 9155**

A new support service operated by allied health professionals and specialist teachers for parents, teachers and students in Sydney Catholic schools.

The Assistive and Inclusive Technology Infoline provides:

- specialist support and information about adaptive, assistive and inclusive technologies for students with diverse learning needs, particularly those students with disabilities and learning difficulties
- advisory support and information that is grounded in research and best practice and supported by individuals who use technology
- advisory support and information which aims to enhance the educational outcomes for students with diverse learning needs through the use and implementation of assistive and inclusive technologies

**Please note:**  
This service operates **during school terms on Tuesdays, Wednesdays and Thursdays** and between the hours of **3.30pm-7.00pm only**

Service operates as part of the Vanier Inclusive Technology Program.
What a wonderful second term for Saint Brigid’s Fire! Our main focus for last term was raising awareness, as in my opinion, action must be fuelled by knowledge to make a difference. We discussed important issues such as reconciliation, what healthy eating and body image truly is, and the lives of refugees in Australia for Refugee Week. We ran a couple of forums, with guest speakers donating their time to come and speak to our students, sharing their experiences and wisdom.

Saint Brigid’s Fire ran lunch time TV shows, so the girls could escape from the cold. We saw the story of AIME (Australian Indigenous Mentoring Experience) as seen on Australian Story. This is a foundation established by a young university student designed to match volunteer university students with indigenous students in high school. The programme has increased indigenous retention rates dramatically. http://www.aimementoring.com/

We also watched the series Go Back To Where You Came From which places regular Australians in the position of refugees, so that they can experience life differently; both extremely inspiring and eye opening. A new series has begun for 2012. http://www.sbs.com.au/shows/goback/

We all enjoyed listening to Sr Ann Laidlaw from the Catholic Immigration Office whose work with refugees extends back to post WWII. She was able to begin to put the refugee situation into Catholic Social Teaching terms. My favourite event for last term was definitely the food sculpture competition Plate up! inspired by the Butterfly foundation’s campaign to promote healthy eating. A random selection of ingredients with only 2 conditions, creativity and height, created a really fun and entertaining lunch time.

The teachers participating were having just as much fun as the students, with some interesting end results created! It was a really fun way to engage with food, yet still sharing an important message... food is a wonderful thing! It shouldn’t cause us troubles. We would like to thank our student participants, as well as Mr Condon, our celebrity judge, and our teacher participants, Mr Baldwin, Mrs Day, Mr Hainsworth and Ms McColl. http://www.thebutterflyfoundation.org.au/
This term we have already heard from Georgia Driels from the UNSW Centre for Refugee Research. She told us about her time working with refugees on Christmas Island and in New Delhi, India. She spoke to us about the idea of reciprocal research: that those academics who research the stories of refugees give something back to the community that they are researching. Her talk was both thought provoking and inspiring. http://www.crr.unsw.edu.au/

Last term was a big one, but there is much more to come, including the return of the St Brigid’s Fire Healthy Treats Programme which supports Night Patrol, run by Mr Baldwin. We welcome the input of both students and their families in helping us stay up to date with pertinent Social Justice issues. Stay tuned to hear about all the great things you can be involved in with Saint Brigid’s Fire.

**UPCOMING DATES FOR YOUR DIARY**

- 6 August: Hiroshima Day
- 8 August: Feast of St Mary MacKillop
- 26 August: Refugee and Migrant Sunday
- 21 September: International Day of Peace

**Jordann Crawford-Ash**  
Social Justice Captain

**LIFE, MARRIAGE AND FAMILY CENTRE**

**Retreat day for Carers** - All men and women who provide support and care to a person who is elderly or with a disability, mental illness, chronic condition or terminal illness, are invited to a guided retreat day on Saturday 11 August 2012. The day will be led by Bishop Terry Brady and Sister Antonine of the Missionaries of Charity and will include two talks with times for prayer, meals and Mass. The day will be held at the Mt Schoenstatt Shrine and Retreat Centre, Mulgoa. The cost of the day, including meals is $10. Enquiries and registration can be directed to LMFevents@sydneycatholic.org or 9390 5283.

**Mass for Pregnant Women** - On Sunday 9 September at 10:30am, His Eminence Cardinal Pell will celebrate the Annual Mass for Pregnant Women at St Mary’s Cathedral. All women who are expecting a baby and all those who would like to show support for pregnant women are welcome. A morning tea will follow in the Cathedral Chapter Hall. Enquiries and registration can be directed to LMFevents@sydneycatholic.org or 9390 5283.
Girls at Brigidine have many opportunities outside of the classroom to participate in Science related programmes. Teachers let their students know about many of them and also notices go up in the Science block at regular intervals. Printed here is a report from one of our Year 11 students who recently availed herself of one such opportunity. Miss Tapp – Science Coordinator

NatCamp 2012

From July 6-9, Youth Scientist Australia (YSA) had their annual NatCamp for members from the four chapters (Melbourne, Sydney, Adelaide and Brisbane) to meet each other. YSA is an organisation run by young people from 15-25 years to promote science to other young people and kids. This year Brisbane hosted the NatCamp at Noosa Heads. There was a group of about 40 young people, to attend the camp you had to be a YSA member, and fill in a form to apply, I was chosen to go as I was a newbie to YSA.

People from the other chapters (such as Sydney, like me) were all flown up a day before, and were treated to the lolly factory – a shop the size of Coles filled with all things yummy and helping out in YSA Science holiday workshop for kids aged 9-13. In the workshop we helped kids build freestanding potato bridges and elevated coke can holders and to make parachute for eggs.

There is a theme for every NatCamp, and this year it was communication, every chapter is designated with an activity to this theme. Activities surrounding this theme included name games involving people running at each other branded with pillows. On Friday, Brisbane held the first activity, running a part of their training for holding YSA science workshops. Later, Sydney’s activity got us to rearrange a picture book by verbally describing our given page. Saturday kicked off with Adelaide’s activity, a very yummy one indeed. More verbal description was needed for this activity. In teams we had to pass on the description of a very complicated molecule that would cure cancer, add in lollies and Chinese whispers and things got quite complex. The stress of Adelaide’s activity was rewarded with a trip to the beach, leading to a Brisbane vs. Other Chapters touch game. In the afternoon, a game of capture the flag and Melbourne’s activity, which was long distance mathematical charades, was followed by brownies and ice cream and a long night of celebrity head. Sunday was quite a stress-free morning; with pancakes for breakfast and more celebrity heads before pack up and a relaxed drive back to the airport.

Jasmine Cummings – Year 11
INSPIRED, MOTIVATED AND TRANSFORMED

On 20 July Year 9 had a Community Day. Community Day brought us together as a community to learn more about each other and to achieve our goals in life. The teachers had invited a special guest speaker to talk to the Year 9 - Glen Gerreyn.

Glen Gerreyn travels around the world sharing his stories and teaching people (especially teenagers) to discover who we are and why we are here, and achieving dreams and success. Glen started the day off by telling us his life story, and how he started the ‘Oxygen Factory’ and food programs for kids and teenagers. Glen explained step by step what life was about and what we needed to do in order to achieve our dreams and hopes. He explained to us about the steps to success. He talked to us about the ways people try to stop us to achieve our goals and how society views us as teenagers. Glen tried to get under our skin to show us what we had to do in order to discover what was inside us and who we are. He wanted us to think about our life as being important.

Throughout the day we, as a form, were inspired to learn about self-discovery, what we wanted life to be like for us in the future and the way to success. As Glen gave us questions that we needed to reflect upon, we learnt that what we wanted was there in our reach but we needed to try harder. We learnt life lessons on achieving our dreams and how to go through life thinking about the future and not pondering in the past.

Glen Gerreyn motivated us to improve our life ambitions and be sure to leave the room inspired, motivated and transformed into someone who knows who they are, why we are here and how to achieve our dreams and goals in life. Year 9, I'm sure, left the room transformed, inspired and motivated by Glen Garreyn, we now know who we are and what we want for the future that is to come for us.

By Tanya Thongpanich
Year 9
Creative Writing for Teens
Free!
Wednesday 8 August 2012 4.00pm - 6.00pm
12 - 18 years (attending high school) Bowen Library 9314 4888
Do you want to improve your writing skills and unleash your creativity?
To celebrate Book Week, guest author Libby Hathorn will host a fun and hands-on creative writing workshop. Libby has written books for both children and young adults. She has received many awards for her books, some of which have been translated into several languages. This is a National Year of Reading event.

After school - what's next?
Free!
Wednesday 29 August 2012  6:30pm - 8.00pm
Parents of and students aged 15 - 18 years Bowen Library 9314 4888
Not sure if university is for you? Want to find out what other career and education options are available?
Hear from industry professionals from a variety of fields — such as logistics, defence, music and trades — and see if any might be right for you.
There will be time to have your questions answered. Parents and students aged 15-18 are welcome to attend this free event.

If you require any further information regarding these events go to
contact Sam Sheppeard-Boros, Youth Officer, Library Services Randwick City Council  02 9314 4888