Dear parents,

Yesterday Mrs Horne and I attended an excellent day of professional learning lead by Dr Michael Gordon who is an expert psychiatrist in the field of adolescent mental health. It was a day of listening from 9am to 5pm which normally would be very draining, however Dr Gordon’s information was so interesting and relevant and the questions coming from the group so insightful about modern schooling, that we were both energised by the day. Dr Gordon showed great knowledge and understanding of the multiple roles carried out by schools and the reasonable and unreasonable demands made of school communities by individuals and society. After my day of listening and note taking, this is the advice about parenting anxious children that I gained.

1. Anxious people (that includes children) seek control. Parents can find themselves in a situation where the anxious child is controlling the activities of the home. "Tough love" strengthens the child.
2. Anxiety is treated by gradually facing up to what is feared. Leaving a low light on for a child who is frightened of the dark has been a standard practice of parents. The child has the light and watches the parents go happily to bed in the dark.
3. An anxious child needs calm parents. Many parents can’t tolerate seeing their child in distress and become more anxious than the child and want to fix the problem immediately. "Anxiety makes us mindless". The parent needs to be thinking straight as the anxious child is not.
4. Children test parents. If a child who is frightened by the dark senses that their parents become anxious as well, they figure that their parents too are frightened of the dark and therefore lose faith in the parents as a protector and the anxiety doesn’t change. It is normal for children to believe that their parents can do anything just as it is normal to discover later on in their development that their parents have clay feet.
5. Parents also model how to deal calmly with disappointment and living contentedly with some wants and needs unmet. Parents (and teachers) model to children the great importance of taking responsibility for feelings, for gaining self knowledge through one's individual thinking and feeling systems and to be very slow to blame others for problems.

6. School refusal is an anxiety disorder and research shows that only 50% of children are able to return to school as normal.

7. A functioning adult knows how to rescue themselves from difficulty and as a parent, takes on the responsibility of teaching this skill to their children. Dysfunctional adults are longing for rescue from others.

It is the role of the school is to provide an environment that is helpful for the development of robust mental health. It is not real to expect that a school can be a place where individuals never face difficulties. In the final analysis, no matter how much others love us, we are all responsible for ourselves. As I often say to the girls, they will never know how wonderful they are unless they see themselves triumphant over difficulty. Here at Brigidine, we do all we can to assist those very important moments of triumph.

Ms Kate Edmondson
Principal

Sacramental Program
2013

Would you like your daughter to be Baptised or Confirmed?

Confirmation is usually held for Brigidine and Marcellin College students in September.

Send you daughter’s name to
info@bcrandwick.catholic.edu.au

Attention Mrs Day
SPORTS NEWS
Congratulations to Jessica Thornton who represented NSW Combined Catholic Colleges in Touch at the NSW All Schools Championships last weekend. This was Jessica’s first State Touch Championships and the NSW CCC team won the under 15’s division. Well done Jessica.

Congratulations to Molly Blakey who has returned from her successful meet at the World Youth Athletics Championships in the Ukraine. Molly competed in the 400m and reached the semi-finals finishing in 11th place. This is an incredible achievement for a 15 year old competing in an under 18 years event, and a fantastic experience as captain of the Australian team.

Congratulations to Karly Vouros of year 7 who has been selected into the NSW Metro Team for the Nationals. This team won the National Championships and Karly was named player of the Tournament.

SPORTS AWARDS 2013
I would like to invite all parents and relatives to attend the Annual Sport Awards. At this ceremony we recognise the achievements of outstanding sports women and teams within the school over the past year.
It will be held in the Cullen Centre on Tuesday 27th August from 11.30am-12.45pm.

CGSSSA ATHLETICS
Good luck to our Athletics squad as they compete in the Catholic Schools Championships next Friday at Sydney Athletics Centre, Homebush. The girls have been training hard for their events and we wish them luck on the day.

CGSSSA DANCE
The DANCE teams will be holding a few cake days on the 6th August and 20th August. The girls are raising funds to help with the cost of their costumes, so please place these dates in your diary and bring some money along to support your friends.

REDFERN RED SOX BASEBALL
Any girl aged 6-16 who would like to try Baseball you are welcome to attend the try Baseball day on Saturday 3 August and Sunday 11 August from 2-4pm at Perry Park (Corner of Burke and Maddox Street).
For further information email: redfernredsox@gmail.com

Mrs Kate Elder
Sports Coordinator
REFLECTION DAY RECOUNT.. YEAR SEVEN REFLECTION DAY

On Wednesday the 24th of July Year 7 had their reflection day. Mr Campbell, Miss Catanzariti, Mrs Parsons, Mrs Day and Miss Giuffre were all there. After saying a prayer, the activities began, starting with some games. First we played a game where we had to get into birthday order in absolute silence, and then played Captain Ball. We then had to get into 3 or 4 groups within our religion classes and make a poster based on 'Creation'. We could use whatever craft materials we liked and then each group presented their poster to the year. Everyone had really interesting ideas such as waterfalls, suns, rivers and rainbows, explaining how they link to creation. They also used unique ideas such as their hands to make the grass and sun. In the afternoon session we went down to the Cullen Lawn to reflect and fill in booklets. The activities included drawing micro and macro sections of the lawn, scavenger hunts and writing about what we see. Then we went back upstairs and said a prayer, which concluded the day. All of Year 7 had a great time especially enjoying the picnic lunch.

Charlotte Rose McHenry
LEADERSHIP DAY
On the 14th of June 2013 Brigidine College Randwick was invited to a Leadership Day at Patrician Brothers Fairfield where we came together as a Catholic community and discussed the importance of leadership and what it takes to be a leader. Fifteen year 11 students attended with Mrs Horne on the day along with other students from over twenty different schools.
We discussed many different strategies with the other schools, about leadership and were all inspired to do more in our school community and take action. Throughout the day we were also lucky enough to listen to some of the most powerful and influential people in our modern society, including the honourable Kevin Rudd MP (now Prime Minster Kevin Rudd!!!) and Today Show host Lisa Wilkinson. The keynote speakers talked about what it takes to be a leader and the responsibility that it upholds in the community around us which was inspiring and great. We would like to say a big thank you to Mrs Horne for taking us and organising everything.

Kate Williamson and Kate Ryan

BRIGIDINE ANNUAL ART SHOW – TUESDAY 27 AUGUST 2013

FEATURED
HSC Bodies of Work
Zoe Alexandrou
Krista Ann Alexander
Madeleine Batkell
Cassandra Cignaroli
Savannah Cleary
Lauren Hunter
Glaudia Kosakow-Sendlich
Colina Mackenzie
Grace Manoles
Ruby Martin-Carrick
Claire McCarthy
Kelly McClure
Tyler Morelli
Johanna Roberts
Mary Somerville
Tiarna Tafla
Natalie Tresch
Marine Williams
LIBRARY NEWS

Art in the Library

Our talented Year 8 students are currently involved in the exploration of ancient Aegean Art which will involve their creation of a postcard celebrating the achievements of the Aegean civilisation. Specifically, they will be representing the influence of the sea on pottery and painting in the beautiful sea ringed land that would come to be known as Greece. The girls are pictured, to the right and below, examining our excellent print collection after viewing selected digital sources.

Prize Winning Illustrators: only the beginning

Our library is excited about the prospect of launching a book on our founder, Daniel Delany, which will contain prize winning photographs from a number of our highly talented Art students during a lunch time at the College. The first place winner in the Delany International Art Competition is Theresa Downey, with Sabrian Chan and Tiffanie Leung achieving second and third places, respectively. There are a number of other beautiful entries that we will celebrate formally at a later date. We will let parents know when the launch takes place so that you can RSVP and we can do some light catering.
Theresa Downey: 1st place

2nd place: Sabrina Chan

3rd place: Tiffanie Leung
The Joys of the Reading Zone
The regular visits our girls make to the library with their teachers are crucial for developing their functional and cultural literacy. Pictured below are some girls from Mr Penteado’s delightful Year 7 English class.

STUDENT ONLINE SURVEY
This term your daughter will be invited to participate in an online student survey. The purpose of the survey is to identify those students with a language background other than English, who, because of their language background, may be entitled to assistance with their studies. The results of the survey will be used to determine the level of resources required to assist individual Brigidine students from an ESL (English as Second Language) background, with their learning. We appreciate your daughters’ participation in this survey.

Ms Kerrie-Marie Baxter
English Teacher
SONGS FOR SUDAN—FUNDRAISING FOR SISTER PHILLIPA MURPHY

As part of our continuing support of Sr Philippa’s school in South Sudan, a concert has been organised to raise money to send to her.

The concert will feature the Sydney Male Choir, of which Mr Burg is a member. The Sydney Male Choir is widely recognised as Australia’s premier male choir. In 2013 the choir is celebrating its Centenary, and has recently returned from a highly successful tour of the UK and France, where it had the great honour of being the official choir at the ANZAC Day Dawn Service at Villers Bretonneux.

The concert will take place on Sunday 25th August, at 2.00pm, at St. Joseph’s Church, Walz St, Rockdale.

Tickets are $20 for adults, $10 for school age children, and will be available from Mr Burg at school, or at the door on the day.

It would be wonderful to have a big audience, so get your tickets and come and enjoy a great afternoon of song!

SONGS FOR SUDAN

Featuring

The Sydney Male Choir

In aid of Comboni High School in Mapuordit, South Sudan

St Joseph’s Church
Walz St., Rockdale
2.00 p.m., Sunday 25th August
Tickets $20.00/ $10.00(child)
Phone 9567 8655
National Self Detection Program for Scoliosis
July and August are the months when it is recommended that girls in Years Seven and Nine download the self detection brochure from the Scoliosis Australia homepage. It can be found at www.scoliosis-australia.org. The website contains comprehensive credible information about scoliosis. Through the forum, girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature. Three girls per thousand require active treatment (spinal brace or surgery). In its early stages, scoliosis can be asymptomatic and so screening in the age range of Years Seven and Nine is a sound preventative health measure.

CREATIVE WRITING WORKSHOP FOR TEENS
Tuesday 20 August 2013, 4.00 - 6.00pm, Margaret Martin Library, Free!

Do you want to improve your writing skills and unleash your creativity? To celebrate Book Week, local creative writing lecturer, and soon to be published author Candice Fox will host a fun and hands-on creative writing workshop. Learn tips to get a story flowing and hear about the road to becoming published. If you have a story in the works bring it along to get some advice.

This is a free event for ages 12-18. Book early as places are strictly limited.

To register call 02 9399 6966

GUITAR LESSONS
Any students who are interested in starting guitar lessons this term please collect a form from the music department. Lessons are on Tuesdays and Wednesdays with Brett Adamson. If you have any questions please contact the guitar teacher:
brettcadamson@gmail.com

Jacqueline Ainsworth
Music Teacher
Dear Parents, carers and school staff,

I write to you today to confirm that, after extensive consultation and negotiations with the Federal government, Catholic schools have reached an agreement regarding the new ‘Better Schools’ funding plan.

Funding for all Catholic schools has been assured.

The Federal government has guaranteed our Catholic school system the flexibility and autonomy to move forward with funding certainty and to allocate funds to our local school communities where they are needed most.

We appreciate that the Federal government has understood that it is this flexibility that has made our system of schools a success for so many years.

I have always maintained that the guiding principles of any new funding model should be excellence, equity and choice. This is why we had negotiations with the Federal government – to ensure the government’s response to Gonski in the ‘Better Schools’ model satisfies these three principles.

EXCELLENCE

The negotiated funding model provides stable funding over the next six years that allows Catholic schools to plan for the long term. Additional investment will enable a stronger focus on building teacher capacity that will allow teachers to effectively tailor programs for individual students – targeting areas where the need is greatest.

The guarantee of ongoing funding will also allow us to continue to sustain major innovations and evaluate school programs to ensure that we keep delivering ongoing benefits to students.

EQUITY

I am pleased there is now a model designed for all children and all schools across Australia. The agreed model is based on assisting all students achieve to the maximum of their potential.

Extra funding has been allocated for students who require extra support, especially students from low socio-economic backgrounds, Indigenous students, ESL students, gifted students, and students with a disability or other special need.

CHOICE

Along with stability and equity, the funding for Catholic schools recognises that parents have a right to choose the educational environment that best suits the needs of their child.

We take very seriously the financial stewardship of the resources we have available to fund our Catholic schools.

Our priority has always been, and will always be, to provide a high-quality Catholic education for every child and to deliver on our commitment to keep Catholic school fees affordable. We are pleased that significant fee rises will be avoided, and our fees will remain affordable for Catholic families.

On average Catholic schools operate at about 90% of the resourcing level of government schools – even when parent contributions are taken into account – but at a system we now have the flexibility to direct resources to where the needs are greatest.

Overall, the new schools funding model is a satisfactory outcome for Catholic schools. In the short term, the immediate investment in our schools will not be significant, as the State government freeze on funding applies until the end of 2014.

However, in the longer term, we are expecting significant gains in funding with lasting and tangible benefits to our students from 2017 onwards.

More details of the new school funding model and the associated Catholic system implementation plan will be provided to you in the weeks and months ahead.

With warm wishes,

Dan White
Executive Director of Catholic Schools