Dear Parents,

And so we begin again.

At the Opening Assembly I gave the girls my answers to the prime question for each member of our community “Why am I at Brigidine?”

1. To be trained in the ways of justice and peace so that I become a virtuous woman. At Brigidine we will continue to put before the girls the very best values and attitudes as defined in Catholicism and in what is regarded as virtue in Western philosophy.

2. To learn the habits of happiness. Happiness is not given freely to us as is the sun and the air. We have to know ourselves and know the difference between short term challenge and long term happiness and contentment and how to live in the tension between the two.

3. To be educated according to the provisions and rules of our NSW society.

4. To leave Brigidine with as much chance as possible of living a meaningful, productive and happy life.

I hope that you have all received the email I wrote last week about the change in our timetable structure at school. The structure is a response to the points I make above. Schools are now directly responsible for contributing to the well being of our students. Once that was the total province of the family. Not for one minute do I want to presume on the responsibilities cherished by parents in the nurture of their daughter. It is my role always to define for families what we do here at Brigidine so that parents know what it is they can expect. I say it in the context of the complexity of our times where the abilities and attitudes of parents are wildly different and we are educating students who can have very few life skills. Both the Government and the Church asks schools to devise means through which students will define for themselves what it means to be alive and secure within and the personal skills to achieve this.
The most important thing for parents to know is that the girls may now leave school at 3pm although the school reserves the right to ask them to stay on any day until 3.20pm. Yesterday girls in a Maths class had not done their homework and so their teacher kept them between 3 and 3.20 to go over the work that they had missed. As I pointed out to the girls, this is all for their welfare and improvement in their studies. This is simply one example of how we use the time from 3 till 3.20 and I am encouraging the staff to be as creative as they can with this time for the academic and personal growth of the girls. There is a novelty aspect to all of this at the moment and we will be encouraging girls to use the period 6 time productively rather than tearing out as fast as they can go. No wonder there is so much to learn in regard to organisation.

Girls who get a school special bus are supervised as they wait in Kilbride Courtyard and bus supervision proceeds as it always has. The times for school special has not changed and no girl will miss her bus when required at school until 3.20pm.

I was concerned about Year Seven. On behalf of the whole school I thank Mrs Parsons and the Year Seven team for their outstanding work in teaching our new girls Brigidine processes and helping them feel secure about how they are cared for at school and what is expected of them. From my point of view the Year Sevens have taken to it all as ducks to water.

Our new processes are dependent on technology; Sentral and the eDiary. Technology is great except when it is not fully working, and unfortunately Mr Baldwin our Admin Coordinator has had many battles to get the programs to do as they have promised. Mr Lin and Mr Rawlings have been flat out preparing the new laptops which were meant to arrive early in January but as is the way of things arrived much later.

Sentral and eDiary also help parents see into their daughter’s timetable. This is a step forward, however our efficiency is challenged by the attitude of parents who email staff demanding that something be fixed immediately. The first thing to happen at school is always a conversation between the student and the teacher concerned. I expect that staff will get back to parents within 24 hours and it is not reasonable for parents to want something acted on immediately unless the parent believes there is a threat to a girl’s safety. Needing a timetable change is not such a threat. A school functions with employees all making a number of things happen at once and we have a process for girls to converse with staff. It is good for the girls’ growth in confidence to do so.

May all our families be blessed this year and may each girl grow into her best self.

*May Brigid Bless the House Wherein you dwell*

*Ms Kate Edmondson*
*Principal*
FROM THE ASSISTANT PRINCIPAL

Welcome back to all our parents in Years 8 – 12 and a special welcome to all our new parents in Year 7 and those who have begun in other Years. This newsletter is but one place in which you will find information regarding what is going on at the College. You will see below an outline of College procedures that will affect both you and your daughter/s on a daily basis. Please note changes to the leave procedures.

We ask for all parents support in ensuring these procedures are followed. It makes it very difficult when parents ‘cover’ for their daughters when they have not followed the rules/procedures of the College. The girls need to feel the consequences of their actions in order to make better decisions in the future. As well as academic learning, it is vitally important that our girls learn that all actions have consequences and they must think through and take responsibility for their actions and decisions.

PROCEDURE FOR EARLY LEAVE

1. Student requests to leave early must be accompanied by a note, stating clearly the time and reason for the absence, signed by a parent / guardian
2. Students must have this note signed by the Year Coordinator prior to the end of recess (11am) on the day of early leave
3. At the time that the student is to leave the school she is to show her signed note to her teacher
4. The student must report to the front office with her note before she leaves the school
5. An early leave ticket will be printed and must be kept by the student who will give to their Homeroom teacher the following day
6. Students are to remain inside the College grounds when waiting to be picked up by a parent / guardian
7. All girls in Years 7 – 9 MUST be picked up by an adult
   • We would ask parents/guardians for their support in this matter as it is a significant duty of care risk when girls forge notes and leave the College without parents or the school knowing where they are.

If a student is late to school without a valid reason, she will have a punctuality detention that afternoon for 20 mins between 3:00 – 3:20pm or 2:40 – 3:00pm (Thurs)

Please make appointments outside school hours 8:35 – 3:20pm

PUNCTUALITY

All students who are late to school, without a valid reason, or parent notification, will be placed on an afternoon detention between 3:00 - 3:20pm that afternoon. If a student does not arrive in time for Period 1 at 8.40am, she is regarded as being late. She must report to the office to be signed in. Girls do not need to call in themselves in they are on a bus and it is late. They should report to the front office as soon as they arrive and explain the situation.
SICKNESS

Parents must call in the morning of their daughter’s absence due to illness. It is not appropriate for students to call in their own absence illness, no matter what Year they are in. If this occurs it will be regarded as an unexplained absence.

UNIFORM EXPECTATIONS

- Only items from the list in the school eDiary are to be worn to school each day
- Girls' summer dresses and kilts must be touching the floor when a girl kneels with her shoulders back. This is the minimum length.
- Shoes are traditional black leather lace up with low flat heels. All variations (e.g. buckles, high heels, ripple soles and sport shoes) are not allowed
- Hairstyles are to be well groomed, simple, unsophisticated and appropriate for a school student. Long hair is to be tied back. Hair must be a natural colour with no obvious streaking or tinting. Ribbons or scrunchies are to be navy blue, white, yellow or bottle green and any hair accessories such as combs are to be navy or tortoise-shell in colour
- Sports uniform is NOT worn to school unless a student has a scheduled sports lesson on that day. Sports uniform is for sport day or practical PDHPE
- Coloured nail polish is not to be worn with the uniform. Only clear nail polish may be worn
- NO Makeup is to be worn with the uniform
- The College school bag is the only permitted bag allowed
- If gloves or scarves are worn in winter they are to be navy blue
- If it is raining girls may wear a plain navy or bottle green spray jacket – no insignia at all.
- Those students studying Hospitality are expected to wear their Hospitality Uniform during Hospitality ONLY
- Girls NOT in correct uniform are required to attend a uniform detention on the day of the infringement, between 3:00 – 3:20pm or 2:40 – 3:00pm (Thurs).

Jewellery

The following are the ONLY items of jewellery allowed to be worn with the school uniform. Any other items worn may be confiscated for breach of the uniform rules.

- One plain and matching gold or silver stud or sleeper in each ear lobe
- One watch

- Students who have additional piercings done during term or school holidays will NOT be permitted to breach these rules. Any breach of the uniform rules will incur a uniform detention as stated above.
- Students who choose to wear non-regulation items of jewellery will have these items confiscated. They will be stored
in the College safe and returned to the student at the end of that school term

- The College fully supports the NSW Cancer Council’s campaign to encourage students to wear protective headwear. A College cap is available. No other headwear will be accepted, including on sports day
- No visible tattoos
- No writing or graffiti is to appear on any item of the College Uniform.

**NO RINGS**
**NO NECKLACES**

**MOBILE PHONES**
At Brigidine we acknowledge that the use of mobile phones is widely accepted in today’s society. We understand that for reasons of safety outside of school hours, students may be required to carry a mobile phone.

**CONDITIONS**

- Mobile phones will remain switched off, may not be used to contact other people and should not be visible during school hours 8.40am – 3.20pm.
- Students are not to send text messages to other mobile phones during school hours or receive text messages, including to parents
- Mobile phones are not to be brought into any examinations or assessment tasks
- Due to the Privacy Act, mobile phones are not to be used to take and /or transmit still video images
- **The College accepts no responsibility for the loss or damage of mobile phones**
- Students in breach of any of the above conditions will have their phone confiscated. The mobile phone can be collected by the student at 3.20pm from the office
- **Students are not permitted to contact their parents using their mobile phones during school hours. If they are sick, then they are to see their Year Coordinator or go directly to the Office.**
- Parents are encouraged not to ring or text their daughters during school time. If parents need to contact their daughters during school time, then they are asked to do this through the Office.

**Use of SENTRAL**

All parents and students have access to the College’s **SENTRAL Student/Parent Portal**. Please ensure you utilise this resource on a weekly basis. The girls MUST access SENTRAL on a daily basis. School bulletins will be posted on SENTRAL as well as the girls’ timetables and attendance. If you do not yet have access to the SENTRAL portal please email michael.rawlings@syd.catholic.edu.au

If you have already registered for SENTRAL remember to use your email and password to access the portal. You can access the portal via our College website or via the following link http://sentral.bcrandwick.catholic.edu.au/portal/login
Dates to Note:

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>13/2/2015</td>
<td>• Year 12 Reflection Day</td>
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<td>• Parent Meet &amp; Greet</td>
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<td>18/2/2015</td>
<td>• Ash Wednesday</td>
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<td>24/2/2015</td>
<td>• Year 11 Leadership Day</td>
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<td>27/2/2015</td>
<td>• Swimming Carnival - 8am (Botany Pool)</td>
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<td>• Public Speaking Round 1</td>
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<td>2/3/2015 –</td>
<td>• Year 7 Camp</td>
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<td>5/3/2015</td>
<td>• Open Day</td>
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<td>6/3/2015</td>
<td>• Zone Public Speaking Final</td>
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<td>13/3/2015</td>
<td>• Public Speaking Final</td>
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<td>16/3/2015</td>
<td>• Vaccinations</td>
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<td>20/3 – 2/4</td>
<td>• Year 12 Exams</td>
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<tr>
<td>27/3/2015</td>
<td>• CSDA Debating Round 1</td>
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<tr>
<td>2/4/2015</td>
<td>• Final Day Term 1</td>
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Thank you for your continued cooperation and support.

Brigid Taylor
Assistant Principal

UNIFORM NEED ALTERING?
Too long, too tight, elastic not right? I have over 50 Years experience in sewing and doing alterations and now I do them for my Grandson’s uniforms! If you need prompt, affordable help with making those uniforms fit just right, please call me. I can also come to the uniform shop if you need help with fitting. Tina 9399 8009 or 0410 540 084
ART EXPRESS EXHIBITS MAYLENE LAM-HANG

Maylene Lam–Hang completed her Body of Work for Visual Arts (Year 12 2014) and has been selected to exhibit in Art Express for 2015.

Maylene’s Body of Work titled “Escape Through Reflection” uses the symbol of the mirror to “reflect” the natural landscape as a framed artwork. The work communicates through layers of meaning expressing the more complex idea of spiritual beauty which is innate to all aspects of life.

The Brigidine community congratulates Maylene on her fine achievement and Mrs Smyth who has been her teacher for the HSC course.
Observational Drawing

Every class in the 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 have more than 3 minutes. If we are studying Art Criticism or Art History girls still have 3 minutes of drawing. The objects change every cycle and we are continually looking for objects with interesting shapes.

This exercise can be viewed as merely building drawing skills. Eye hand coordination is developed and so are observational skills. The importance of this activity is in the brain. The power is in imaging, as a device for understanding and remembering complex information. Both hemispheres of the brain are literally given an ‘aerobic workout’ as the dominant left side of the brain forces the right side of the brain to work.

As the Visual Arts Coordinator, I have wanted to develop and celebrate the creative potential of every student in the Visual Arts. It is amazing what you can achieve once everyone makes a commitment to a 3 minute exercise on a regular basis.

Anyone with objects suitable for still life drawing would be appreciated.

Ms Deirdre Brennan
Visual Arts Coordinator
SPORT NEWS

TUESDAY TOUCH
Tuesday touch has begun again at Queens Park. All girls must make sure they have correct uniform and remain playing in the team they were registered in. No team is allowed to forfeit so you need to get organised before each game and please see Mrs Elder if you are having problems.

The dates for the term are as follows

ROUND 7 - 3rd FEB
ROUND 8 - 10th FEB
ROUND 9 - 17th FEB
ROUND 10 - 24th FEB
SEMI FINALS - 3rd MARCH
GRAND FINALS - 18th MARCH

Mrs Kate Elder
PD/H/PE Department

Alternative Schoolies Fiji Program 2014
On the 22nd-29th of November 2014, 6 Brigidine girls participated in the 2014 Harvest Inroads CEO Alternative Schoolies Fiji Program. The girls; Chantelle Liew (myself), Jess Lee, Carolina Knight, Sarah Quilligan, Courtenay Sherwood and Aisha Aziz had an amazing life-changing experience. There was a total of 28 students from CEO Catholic Sydney schools, with our school having the largest amount of students that attended. The students stayed at an Eco-Lodge, 40 minutes away from the Nadi, at which they had meals freshly prepared.

The week consisted of 3 main volunteer projects; 2 being held at a primary school and the other involved preparing food for a Women’s Refuge. We travelled to Tau Primary School in which we were helping to build a toilet block for the kindergarten class. The second project was held in Nawicomba Primary School in which we were again working with cement, but this time building a footpath for the children. The third project involved us cooking dinner (curry) and personally delivering it to a Women’s Refuge Centre. The women were very grateful for our generosity and thanked us through dance and singing. We were also very fortunate to be able to attend 2 primary schools’ end of year performance which involved traditional dancing and singing.

The program was however definitely not simply work, we had a fun activity each afternoon. These joyous experiences included relaxing on Natadola Beach, being immersed in mud at a Mud Pool and washing it off in a natural hot spring, receiving amazing massages, climbing
Sigatoka Sand Dunes, shopping in Nadi, kayaking and creating a bonfire. The last day was a special treat though in which we went island hopping, visiting a plantation called Cloud Nine, the island Muscat Cove where we had pizza lunch, and snorkelling around a sand bank. Travelling around the islands was a thrilling experience as we got to witness the beautiful Fijian scenery. There were also cultural immersion activities such as a Meke ceremony (traditional dancing and singing) and a welcoming/farewell Kava ceremony, which enabled us to fully appreciate our Fijian experience,

This whole experience was definitely worthwhile and we highly recommend it for next group of HSC students. This Alternative Schoolies will remove all the stress built up from the HSC and you will regret missing out on this amazing opportunity!
Chantelle Liew  
Year 12 2014 Student

CAREERS NEWS  
College Careers Subscriptions:

1. MHS Careers  
Brigidine College subscribes to mhscareers, a careers service which allows students and parents to be kept up to date with Careers News and Events.  
To access this information go to the website www.mhscareers.net and then login with: student or parent and the password: 14cairns  
Newsletters are sent weekly.  
To register to receive the newsletters use the CONTACT US page on the mhscareers website or send an email to ron@mhscareers.com stating your name, email address, our school/college name, whether you are a student or parent and the state(s) that you are registering for.  
On the website, have a look at the News Pages and Events Calendar and the many other useful careers pages.

2. Job Jump  
Want to receive the latest Careers news on what interests your daughter? Want to quickly find the information to help them with their choices?  
Go to www.jobjump.com.au and watch the 3 minute video on the top right hand corner.  
Our school's password is: dogs
A detailed version of this information is posted to the Careers Edmodo page. Password is x5b2my

Careers newsletters from both of these organisations are published on the Careers Edmodo site each week.

Latest Careers News

Universities

Macquarie University Accounting Information Session
Wed 4th February, 7.00pm – 7.30pm,
Learn about the different accounting courses available at Macquarie University.
Contact: 02 9850 1881 or events@mq.edu.au
http://www.mq.edu.au/about/events/view/accounting-online-chat-session/

UNSW Campus Tours
Fri 6th February, 3.30pm – 4.30pm
Sat 7th February, 10.00am – 11.00am
Fri 13th February, 3.30pm – 4.30pm
Fri 20th February, 3.30pm – 4.30pm
Fri 27th February, 3.30pm – 4.30pm
UNSW Campus Tours are conducted by highly trained and experienced Student Ambassadors who can provide information about the ins and outs of studying at UNSW. Tours are conducted nearly every Friday throughout the year and also at 10am on the first Saturday of each month.
http://infoday.unsw.edu.au/

UMAT 2015
UMAT is a test that is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at the universities listed on the website.
Registrations for UMAT 2015 are now open and close 5:00pm (AEST) 5th June 2015.
The test takes place nationally on Wed 29th July 2015.
http://umat.acer.edu.au/

Private Colleges

AIE Online Experience Day
Sat 7th March, 12.30pm – 4.00pm AEDT
Course overview sessions will be running on the range of online courses in 3D animation, game programming and game design offered by AIE.

Think Education FEE-HELP ebook Complete Guide
Think education has created a downloadable eBook to help explain the FEE-HELP process.
Sydney Film School Information Night
Wed 4th February, 6.30pm, 82 Cope St, Waterloo
Hear from teachers, current students and graduates of their Diploma and Advanced Diploma of Screen and Media courses. Watch short films made by students and learn more about the application process.
Contact: +61 2 9698 2244 or events@sydneyfilmschool.com
http://www.sydneyfilmschool.com/school/open-days,-tours-info-nights.aspx

Shillington College Information Session
Tue 3rd February, 6.00pm, Level 3, 50 Margaret Street, Sydney
Learn about studying a course in graphic design at Shillington College.

Blue Mountains International Hotel Management School: Leura Campus Open Day
Sat 21st February, 10.00am – 1.00pm, 1 Chambers Road, Leura NSW
An interactive hands-on day where students can view the campus, with a guided tour from a current student, and also experience work making cocktails and café lattes.

Other News

Defence Jobs Australia Information Sessions
Parramatta – Women in Defence: Tue 3rd February, 6.30pm, 9 George Street
Parramatta – Army Combat Roles: Thu 5th February, 6.30pm, 9 George Street
https://www.facebook.com/DefenceJobsAustralia/events

Discover Your Career
An online career resource developed by the National Tourism Alliance with the support of the Federal Government to promote tourism and hospitality career pathways.

Hobsons Course Finder: Online and Distance Education

Tourism identified as one of Australia’s Five Super Sectors

My Career Match
This week’s newsletter from My Career Match contains articles titled, ‘5 Hottest Industries’ and ‘Top 10 Highest Earning University Degrees in 2015’.
To view this newsletter or subscribe to My Career Match, visit:

Young People at Work
This website, run by the NSW Government, offers a wide range of advice on getting a job,
workers’ rights at work, how to leave jobs, and more.

**Gap Year**

**Student Exchange Australia and New Zealand Upcoming Information Sessions**

**Sydney**
- Thu 5\textsuperscript{th} February, 7.30pm
- Thu 5\textsuperscript{th} March, 7.30pm
- Wed 25\textsuperscript{th} March, 7.30pm
- Wed 6\textsuperscript{th} May, 7.30pm

Adina Apartment Hotel Sydney, Cnr Kent & Bathurst Sts, Sydney CBD

**Camp America Online Information Session**

Wednesday 11\textsuperscript{th} February, 6:30pm - 7:30pm (AEDT)
Find out everything you need to know about Camp America and get all your questions answered from the comfort of your own home.

**Cultural Care Au Pair Online Information Session**

Monday 9\textsuperscript{th} February, 6pm (AEDT)
Offers work placements as au pairs/nannies in the US. Past au pairs will share their experiences and advice.

**Projects Abroad Information Sessions**

Tue 17\textsuperscript{th} February, 6.30pm – 7.30pm, Sydney Central YHA, 11 Rawson Place, Sydney
Tuesday 24\textsuperscript{th} February, 6pm (AEDT) online.
This general information session will provide an overview of Projects Abroad, profiles of volunteers, safety concerns and information on all their different destinations and projects. Attendees will be able to ask questions via instant messages throughout the 45 minute presentation.

Ms Jennifer Nicolas
Careers Advisor
## Canteen Menu

### Snacks
- Garlic Bread $1.00
- Hash Brown $1.00
- Pastizzi $0.70
- Mini Pies $0.70
- Mini Sausage Rolls $0.70
- Mini Spring Rolls 3 for $1.00
- Chicken Nuggets $0.50
- Bunana Bread From $2.00
- Muffins $2.50
- Rice Pudding $3.50
- Fruit Salad $3.50
- Jelly $1.50
- Yoghurt and Fruit $3.50

### Salads
- Greek $4.50
- Caesar $4.50
- Chicken Caesar $5.00
- Chicken and Avocado $5.00
- Pasta Pesto $3.50

### Pies
- Traveller Beef Pie $3.50
- Small Sausage Roll $1.20
- Spinach and Cheese Roll $4.00

### Sandwiches and Wraps
*In white or multigrain:
- Chicken, Avocado and Lettuce $4.50
- Ham, Cheese and Tomato $4.00
- Cheese and Tomato $3.50
- Egg $3.50
- Salad $3.50
- Tuna, Cucumber and Lettuce $4.00
- Chicken tender wrap $3.50

### Burgers and Rolls
- Chicken Burger $5.00
- Grilled Chicken Burger $5.50
- Chicken Schnitzel Roll $5.50
- Sweet Chilli Chicken Tender Roll $5.00

### Turkish Toasties
- Chicken, Avocado and Cheese $4.50
- Ham, Cheese and Tomato $4.50
- Tomato and Cheese $3.50
- Mini Ham and Cheese $2.50

### Hot Food
*Daily specials – see board for details
- Pasta Napoliena with cheese
- Spaghetti Bolognaise
- Chicken Risotto Sm.: $3.50 Lrg.: $4.50
- Fricassé Rice
- Butter Chicken and Rice
- Honey Soy Chicken Wings and Rice
- Chicken Chow Mein Noodles $3.50
- Macaroni and Cheese $5.00
- Pasta Bake $5.00
- Nachos $5.00
- Wedges $4.00

### Drinks
Prices as shown on fridge

### Ice Cream
From $1.80
- Frozen Cups $2.50
- Zooper Dooper $1.00
EXAMPLE FOR SCHOOL NEWSLETTER

NSW SCHOOL IMMUNISATION PROGRAM

NSW Ministry of Health offers all school students free vaccinations recommended by the National Health and Medical Research Council (NHMRC). These vaccines are important and protect students through to adulthood.

In 2016 the following vaccines will be offered:

Year 7 students:
- dTPa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months for male and female students (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school into Year 8)

Year 11-12 students:
- measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided
- complete the consent form, including by signing their name next to the vaccine/s the vaccines they would like their child to receive
- return to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Public Health Unit
South Eastern Sydney Local Health District
ABN 79 442 941 439
Building 23 (Level 1), Easy Street, Prince of Wales Hospital Campus, Randwick
Postal Address: Locked Bag 06 Randwick NSW 2031
Tel: (02) 9382 8333 Fax: (02) 9382 8334
Duke Of Edinburgh Adventurous Journeys

For any student wanting to do their Adventurous Journey in the upcoming holidays please note that Brigidine College does not organize the Adventurous Journey or the practice Adventurous Journey. We use a group called Somerset Outdoor Learning Centre whose business it is to administer and provide the qualified guides for the participants. All bookings must go through Somerset direct. Information for bookings can be found at www.campsomerset.com.au/dofe.html
The Safer Drivers Course is designed for Learner Drivers between 17 and 25 years old to educate them on driver safety.

The aim is to reduce the statistics of accidents to Provisional Drivers.

Completing the course will add 20 hours to your log book. The cost of the course is $140.

To be eligible you must have completed 50 hours of on road driving excluding hours gained through the 3 for 1 scheme.

Eastern Suburbs PCYC will be running the program once a month and our next course starts Saturday 14 February 2015.

For more information, please visit [http://www.pcycnsw.org/saferdrivers](http://www.pcycnsw.org/saferdrivers) or contact the club on 9314 2536.
To give you a brief overview, the Mother’s Day Classic is a fun walk/run held on Mother’s Day, 10 May 2015, to celebrate family time, a healthy lifestyle and to help raise much needed money for breast cancer research. The Women in Super Mother's Day Classic is Australia’s largest breast cancer research fundraiser.

This event has been running for over 17 years and in 2014 more than 135,000 participated in a record 97 locations, including many rural and regional centres. If you are a runner, power walker or just enjoy a gentle stroll, ask your mum, wife, grandmother, aunt or sisters and their families along and celebrate Mother's Day with us.

We are looking for support to build community team participation in 2015. It would be great to have your support in promoting this to create community teams of staff, students and their families. Below is a graphic that you can add to newsletters and some more information on the event can be found at www.mothersdayclassic.com.au

If you are interested please let me know. I thank you in advance for your support.

Kind regards,

Lauren Finn
Committee Member, Mother’s Day Classic Women in Super Organising Committee
Anxiety Program for Children and Adolescents

The Cool Kids program is a tried, tested and proven anxiety treatment for children and adolescents which has been adapted for use within the school setting.

Your School Counsellor is invited to learn how to implement this program:

Friday, 13 March: Cool Kids Workshop

This workshop focuses on:

- assessment and treatment of anxiety in children and adolescents,
- general information on anxiety disorders including diagnostic criteria, assessment techniques and current research findings on factors that maintain anxiety and how this links with treatment approaches,
- specific training on how to run the Cool Kids program

For more details and to register.

BILLING DETAILS: For any school counsellor/teacher that wishes the school to be invoiced, please go to the bottom of the registration page and look for the paper registration form (PDF) under the heading “Additional Information”.

If you require any help with the registration process or if you have specific questions about the workshop, please contact me.

Kind regards

Barb Corapi
Marketing Officer

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T: +61 2 9850 4064
W: centreforemotionalhealth.com.au | mq.edu.au
ALL NOTICES WILL NOW BE IN NEWSLETTER FOR 2 MONTHS ONLY UNLESS REQUESTED TO KEEP THE AD GOING

UNIFORM ITEMS FOR SALE

School Blazer
Size 16
$145 (excellent condition, worn a few of times only)
Contact - Jenny on 0403 257 204

Blazer
Size 16
Excellent Condition
$50
Call Monica on 0425 231 746

COLLEGE BLAZER
Size 14
GOOD CONDITION
$30

COLLEGE BACKPACK
GOOD CONDITION
$10

COLLEGE KILT
Size 8
GOOD CONDITION
$20

Please contact Therese on 0411099288

Brigidine College Uniforms, Accessories for Sale

<table>
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<th>Item</th>
<th>Condition</th>
<th>Size</th>
<th>Price</th>
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<td>Dress</td>
<td>Very Good</td>
<td>16</td>
<td>$30</td>
</tr>
</tbody>
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Please contact: Belle Kong (parent) at 0430 020 629 or email: belle.kong@yahoo.com.au.

- 1X SCHOOL BAG
- 2X SIZE 14 BLAZERS
- 1X SIZE 14 JUMPER
- 1X SIZE 12 SKIRT
- 1X PE SPORTS BAG
- 1X BCR CAP
- 1X SIZE 12 BCR SWIMMING COSTUME
- 3X BRIGIDINE SWIMMING CAPS
- 1X SIZE 12 PE SHORTS
- 1X SIZE 14 TRACKSUIT PANTS
- 2 X SIZE 16 LONG SLEEVED SENIOR SCHOOL SHIRT
- 4 X SIZE 14 SHORT SLEEVE SENIOR SHIRT

CONTACT ANGELA ON 0417 229 047

- $10
- $25 EACH
- $20
- $20
- $5
- $5
- $10
- $5 FOR THREE
- $5
- $5
- $10 EACH
- $5 EACH