Dear Parents,

A Meditation for Lent
“Pray Always”

We are always in God's presence

I pause for a moment and think of the love and the grace that God showers on me, creating me in his image and likeness, making me his temple....

God’s freedom

Lord, may I never take the gift of freedom for granted. You gave me the great blessing of freedom of spirit. Fill my spirit with Your peace and Your joy.

Remaining in God’s presence

Help me Lord to be more conscious of your presence. Teach me to recognise your presence in others. Fill my heart with gratitude for the times Your love has been shown to me through the care of others.

(from Sacred Space.com
The Irish Jesuits)

May Brigid Bless the House Wherein you dwell

Ms Kate Edmondson
Principal
FROM THE ASSISTANT PRINCIPAL

Mindfulness for Students
As part of the College’s revised Pastoral Care Program, we now offer the students a period of mindfulness meditation once a week during Homeroom. Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.

In a society where students experience major and rapid changes, including increased testing and pressure to perform, over-scheduled children/teenagers, an exponential rise in the use and need for technology, as a College we needed to find ways to increase our students’ emotional intelligence, general wellbeing and their ability to focus and pay attention.

Clinical studies from Monash, Melbourne, UCLA, Harvard and Oxford Universities have all found that mindfulness practice can help students to better manage the pressures of secondary school, reduce stress, increase resilience and assist in lowering the incidence of physical and mental health issues. At the same time, mindfulness meditation has been found to increase positive emotion, vitality, life satisfaction and self-esteem. In addition, studies have shown that people who spend more time being mindful tend to experience clearer, more focused thinking, improved memory and attention and heightened performance and achievement.

Mindfulness runs every Monday during Homeroom.

End of School Day
Just a reminder to all parents that school finishes at 3:20pm. The time between 3:00 – 3:20pm (Period 6) is the time that staff can speak to whole year groups, hand out notes and discuss behaviour or clean-up issues. Likewise, students can see teachers and class teachers can ask to see students. Whole year groups have been required at school until this time over the last few weeks. Many senior students have lessons from 3:00pm till 4:00pm. Please DO NOT organise appointments for your daughter or yourself, if you require your daughter with you, until well after 3:20pm. If for some reason you do, your daughter should have a signed note from you which her Year Coordinator must sight before 11am.

Central Australia Immersion – Parent Information Evening

(10th March @ 6pm in St Anne’s)

The College is offering a group of Year 10/11 students the opportunity to be involved in an Immersion Experience to Central Australia in the September 2015 school holidays. If your daughter has returned her Expression of Interest form please attend the parent information evening this Tuesday night. It is compulsory for any student and their parent/guardian who wants to be considered for the Immersion to attend this information evening.
Dates to Note:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>10/3/2015</td>
<td>• Dr Karl Kruszelnicki Years 9 &amp; 10 Science Enrichment Incursion</td>
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<td></td>
<td>• World Youth Day 2016 Launch – Years 9 &amp; 10</td>
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<tr>
<td></td>
<td>• Central Australia Immersion Parent Information evening – 6pm in St Anne’s</td>
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<tr>
<td>11/3/2015</td>
<td>• CGSSSA Touch Competition</td>
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<tr>
<td>13/3/2015</td>
<td>• Public Speaking Final</td>
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<tr>
<td>16/3/2015</td>
<td>• P&amp;F Meeting – 7pm</td>
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<td></td>
<td>• Vaccinations – Yrs 7, 11, 12</td>
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<td></td>
<td>• Year 11 &amp; 12 Music Recital Evening</td>
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<tr>
<td>17/3/2015</td>
<td>• CGSSSA Swimming Competition</td>
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<tr>
<td>20/3/2015 – 2/4/2015</td>
<td>• Year 12 Exams</td>
</tr>
<tr>
<td>25/3/2015</td>
<td>• CGSSSA Junior Football Competition</td>
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<tr>
<td>27/3/2015</td>
<td>• CSDA Debating Round 1</td>
</tr>
<tr>
<td>2/4/2015</td>
<td>• Final Day Term 1 – Normal school day</td>
</tr>
</tbody>
</table>

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
JUSTICE AND DEMOCRACY CAMP

Over the 23rd and 24th of February, Brittany and I flew to Melbourne with Mrs Day for a Justice and Democracy camp. When we arrived in Melbourne we were united with many other students from Brigidine schools in Victoria, NSW and Queensland who all shared the same dream to make the world a better place. We had the privilege of listening to many guest speakers who increased our perception of the injustices that go on around us.

Our first guest speaker was Lucho from Peru; he is head of Caritas Huacho program. He explained to us about the quality of life he lived back home in his community, and the daily struggle that they face. This eye opening experience allowed us to be grateful for how privileged we are, and how we can empower ourselves to take part in the Caritas fundraiser to improve the life of others.

Our second guest speaker was a member of the Australian Catholic Religious Against Trafficking in Humans (ACRATH). She explained to us the harsh reality that 27 million people are enslaved worldwide, and this injustice occurs on our Australian shores. We heard from the experience of a trafficked woman. This put into perspective how privileged we are to be young educated women in this country, and that there are so many others out there who aren’t as privilege as us.

The third speaker was Sr Brigid (a Brigidine sister) who talked about asylum seekers and the global indifference present today. She helped to remove the stigma and myths around asylum seekers and help us to gain a greater understanding on what their situation is like. After this talk we now are empowered with the knowledge necessary to advocate on behalf of their voices and rights.

Our final speaker was an ex-student of one of the Brigidine Schools in Victoria. She spoke about the many opportunities which are available for us to partake in, so as to speak out on behalf of the injustices in the world. She explained protests that are present in our local area, petitions we can sign and the aid work we can participate in overseas.

Throughout the camp we created an artwork, to advocate how we can express ourselves and be a ‘fearless voice’ for individuals and communities who are experiencing injustices. Out artwork expressed the power of social media, and what we can do as students to improve and eradicate injustices in the world.

This camp was an eye opening experience in which we learnt more about the injustices present in the world and how we can improve the situation of others. This camp was a great experience as it made us aware of the consequences of silence and how we have a commitment to the Gospel be fearless voices for all.

Liana McMorrow and Brittany Nipperess
YEAR 11 LEADERSHIP DAY
What is a leader? This question, so simple, always proves to be so difficult to answer correctly, due to its enigmatic nature.
On Tuesday the 24th of February, Year 11 was faced with having to provide an answer for this question, when they attended their Leadership Day held in Synan Hall. The day was led, by the anything but taciturn, yLead team, which consisted of Bel, the epitome of a leader, along with her two co-workers, Emma and Sam. This was the perfect team to enlighten Brigidine’s newest senior students on how to be distinguished leaders.

The day entailed singing, dancing and a whole lot of group activities that stimulated team building. The day encouraged us to step out of our comfort zones and to interact with our peers who were not in our immediate friendship groups. The most memorable part of the day was when our year group was able to all pass through a rotating piece of a rope in less than 6 seconds. Although this may seem like an extremely insignificant part of the day, it was the activity that initiated the year group to work as a cohesive unit. From firstly all making it through the turning rope in three and a half minutes, to then being able to do it in less than 6 seconds, a time that was thought extremely unachievable before the commencement of the exercise, was a phenomenal achievement. yLead vehemently instilled and shared their leadership skills and knowledge with such largess throughout the entire day, that it enabled each girl to take at least one thing away from the program which would help her to serve Brigidine as a better leader.

Year 11 Leadership Day was by far, one of the most memorable days we have had as a cohort to date. The day brought about a growth and an altruistic atmosphere amongst the Year as a whole. The entire experience has brought the Year so much closer together, as the program cast a new light on what it meant to be a leader. The day showed every girl that, even though she may think otherwise, she has the makings of a great leader. The day highlighted that leadership is defined by the way a person acts within their community, and is by no means, defined by something as simple as a badge.

Taylor Trompp
Yr 11 Student
SPORT NEWS

SWIMMING CARNIVAL 2015

Once again we were blessed with beautiful weather for our annual swimming carnival. It is a day that reflects great school spirit, fun and a healthy level of competition. It goes without saying that days like this would not be possible without the generosity of our loyal officials Janet Hill, Melissa Hill and Josie Sinapi along with the hard working PD/H/PE staff and all the Brigidine staff who combine together to ensure the smooth running of the carnival. A special mention must go to all the students who volunteered their time on the day to assist with the various jobs: your help was greatly appreciated. As well as this a thank you to all the House Captains who displayed great leadership and enthusiasm when preparing their teams for the day.

Congratulations to all competitors and especially to the following students who competed hard all day to achieve Age champions.

12 Years  Champion  Lara Reardon  Aquinas
13 Years  Champion  Isabella Coghlan  Regina Mundi
14 Years  Champion  Jasmine Delaney  Brigid
15 Years  Champion  Charlotte Wilson  Winifred
16 Years  Champion  Annalise Jones  Xavier
17 Years  Champion  Emma Thompson  Aquinas
18 Years  Champion  Hayley King  Winifred
SCHOOL CHAMPION  Hayley King  Winifred

HOUSE SPIRIT SHIELD  AQUINAS  CAPTAIN  Monique Taukamo
                       VICE CAPT  Dani Duncan
WINNING HOUSE  WINIFRED  CAPTAIN  Ruby Vaingalo
               VICE CAPT  Hayley King
TUESDAY TOUCH RESULTS

SEMI FINALS

Congratulations to all the 9 teams who made it to the semi-finals in the Eastern Suburbs Touch Competition. Brigidine entered 14 teams in the competition so this was an incredible result. All teams have been playing for 2 terms in a very long and challenging competition.

SEMI FINALS RESULTS

BRIGIDINE 14 DEFEATED BY ST CATHERINES
BRIGIDINE 12 DEFEATED OLSH
BRIGIDINE 4 DEFEATED OLSH
BRIGIDINE 2 DEFEATED ST CATHERINES
BRIGIDINE 3 DEFEATED BY KAMBALA
BRIGIDINE 1 DEFEATED ASCHAM
BRIGIDINE 10 DEFEATED BY MORIAH
BRIGIDINE 8 DEFEATED ST CLARES
BRIGIDINE 7 DEFEATED BY OLSH

Brigidine will have 5 teams representing in the Grand Finals on Tuesday 10th March so please come along and support your friends.

GRAND FINALS 10TH MARCH

4.10  BRIGIDINE 12  V  KAMBALA
5.00  BRIGIDINE 8  V  OLSH
5.00  BRIGIDINE 1  V  REDDAM
5.00  BRIGIDINE 2  V  KAMBALA
5.00  BRIGIDINE 4  V  EMANUEL
JESS THORNTON WINS 2014 JUNIOR SPORTS STAR AWARD FOR NEWSLOCAL

Mrs Kate Elder
PD/H/PE Department
YEAR 9 COMMERCE

In the last two weeks the two Year 9 Commerce classes got to explore the Spot Business Precinct from a business point of view. The students visited and surveyed the businesses looking at the types of businesses that are there and the changing nature of the type of businesses during the last four years. The students divided the businesses up into the following classifications:

- Food and beverage
- Retail
- Accommodation
- Educational
- Entertainment
- Professional Services
- Other service providers
- Vacant shops

After tallying their results they graphed these using excel. Here are their results:

![2015 Types of Businesses at the Spot](image-url)
Mrs Dawson
HSIE
TAS@BCR

Hospitality News

Year 12 Hospitality Takes over Pinocchios!

By Lauren Godkin

Brigidine College Randwick Year 12 Hospitality students all had the exciting yet challenging task of taking over Pinocchio’s Restaurant a The Spot, preparing, cooking and serving 130 paying customers. The menu was made up of options such as Scallops Wrapped in Bacon, Tempura Prawns, Eye Fillet Steak with Mushroom Sauce, Atlantic Salmon with Cream Dill Sauce, Chocolate Mousse and Crème Caramel.

The night received rave reviews from many families, teachers & friends, with many of us girls surprised the night was such a great one; with all of us gaining such an incredible experience. We were responsible for setting the menu, taking all bookings, setting the restaurant floor for the night, all mise en place, food preparation, managing the kitchen as well as coordinating the dining room for the full service period. We now truly know the workings of a busy restaurant. We were exhausted at the end of the night but also full of satisfaction when the last chair was stacked for what we had accomplished. The night was a great success and we are all definite that we would do it again in a heartbeat.

Good luck to the next Year 12 Hospitality because Pinocchio’s has invited Brigidine back to do it all over again next year. Thank you to our teachers Mrs Ginzburg and Miss McColl and to all the staff, parents and friends that booked in for the evening to make this experience possible.

Also a very special thank you to George from Pinocchio’s for trusting us with his restaurant. We are very aware that we have the very good name and reputation of this successful business in our hands.
YEAR 7 AT THE SPOT
Brigidine Visual Arts students have been seen in The Spot sketching and taking photographs. The girls will study the Fauves and using their drawings and photographs will make their own colourful paintings. They can be viewed by parents and friends at the Visual Arts Exhibition in August.

Ms Deirdre Brennan
Visual Arts Coordinator

Sisters of Charity Outreach needs Volunteers for our Services
Volunteering opportunities include visiting the socially isolated in their homes in the Eastern Area of Sydney, collecting country people coming to Sydney and driving them to medical appointments or taking their requests for transport, and contributing to fundraising by working in our Gift Shop.

For further information please contact:

Maria McNuff
Volunteer Coordinator and Educator
Tel: 8382 6437    Mob: 0404 861 523
Email: mmcnuff@stvincents.com.au
www.sistersofcharityoutreach.com.au
SPIRIT CUP

Let the games begin. 5 houses: Aquinas, Brigid, Regina Mundi, Winifred and Xavier competing for spirit points. To start the competition that would lead on to our 2015 Swimming Carnival, our year 12 leaders held our very first European handball competition.

Round one saw Aquinas and Brigid go head to head, battling for the first lot of points. In the end Aquinas came out victorious with a score of 4 and Brigid scoring 1. Regina Mundi and Winifred followed with an equally intense match, Regina winning 7 to 1.

The next day the competition continued with Aquinas challenging Xavier to a match. Supporters were watching intently, their eyes following every movement of the ball. Aquinas remained victorious with 6 points against 2, earning their spot in the finals.

The day continued as Brigid took on Regina Mundi in the fourth round. The adrenalin of the teams radiated around the entire hall. Balls were thrown, goals were scored and after ten minutes of extreme European handball, Brigid came out on top with 4 points against 1.

The third day commenced the last round before the finals. Xavier and Winifred were pumped for their chance to take the last spot in the finals. Despite their determination, neither Xavier nor Winifred reached the finals because Regina had accumulated the most points propelling them straight to the finals.

FINALS. The excitement was felt all around as Aquinas and Regina took their positions on the field. The first whistle was blown and the action began. Speed... Agility... Adrenaline... all displayed by our girls fighting for first place. But in the end Aquinas was on fire, scoring 5 points to 1.

Thank you to all the year 12 leaders and staff for your support.

By Tanya Thongpanich and Teebana Balakumar
ENGLISH DEPARTMENT

The English Department has been working extremely hard to update our new programmes in line with the new National Curriculum documents published by the NSW BOSTES. This has meant that many texts have changed.

Parents of **Year 7** are advised that the novel students require for study is now available from Ts Bookshop:

*Crow Country by Kate Constable*

Parents of **Year 9** are advised that the novel students require for study is now available from Ts bookshop:

*The Book Thief by Markus Zusak*

Year 12 English Extension has been taking the study of Beckett’s masterpiece, *Waiting for Godot*, very seriously!

**Ms Monica Jarman**
Thoughtful Food 2015

Thoughtful Food Program was held on Wednesday afternoon with the largest turnout of student volunteers Brigidine has seen. 54 junior students along with senior student mentors prepared a variety of food for the St Vincent de Paul Night Patrol program. The students not only developed their culinary skills they also made an abundance of fresh foods for people in need.

The thoughtful food program is aiming to provide the homeless people of Sydney with more than just biscuits and coffee. This food preparation program allows junior students to make and bake healthy foods for senior students to take with them on Night Patrol.

The Thoughtful Food Program, a school social justice program is held in Brigidine’s commercial kitchen on a monthly basis.

Thank you to all the students who participated in the program on Wednesday afternoon.

A special thank you to Ms Chaloner & Ms Alley
CAREERS NEWS
Congratulations to our HSC class of 2014 on their results.

ATARS Received

<table>
<thead>
<tr>
<th>ATARS</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>90's</td>
<td>31 or 25%</td>
</tr>
<tr>
<td>80's</td>
<td>40 or 32%</td>
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<tr>
<td>70's</td>
<td>16 or 13%</td>
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<tr>
<td>60's</td>
<td>14 or 11%</td>
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<tr>
<td>50's</td>
<td>17 or 14%</td>
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<tr>
<td>40's</td>
<td>2 or 1.6%</td>
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<tr>
<td>Below 40</td>
<td>5</td>
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</tbody>
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Facts and Figures
- A total of 457 Band 5 and 6 results in one or more subject
- Top achievers list 3rd in state in General Maths and 6th state in Community and Family Studies
- 25% scored an ATAR of 90 or above
- 2 students on the Premiers All Rounder List
- 93% of courses above state average
- 56 (44%) of students appeared on the DA list

Preference of Institution

Of the 128 students 118 received an offer from the following tertiary institution.

<table>
<thead>
<tr>
<th>Institution</th>
<th>Areas of Study</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNSW</td>
<td>Science, Exercise Science</td>
<td>28</td>
</tr>
<tr>
<td>UTS</td>
<td>Media/Global Studies/Arts</td>
<td>23</td>
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<tr>
<td>ACU</td>
<td>Economics/Business</td>
<td>22</td>
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<tr>
<td>USyd</td>
<td>Health/Nursing</td>
<td>15</td>
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<tr>
<td>Notre Dame</td>
<td>Education</td>
<td>12</td>
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<tr>
<td>Mac U</td>
<td>Law/Criminology</td>
<td>4</td>
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<tr>
<td>Wollongong</td>
<td>Design</td>
<td>4</td>
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<tr>
<td>Private Institutions</td>
<td>Creative Arts</td>
<td>4</td>
</tr>
<tr>
<td>Other Institutions</td>
<td>Other</td>
<td>6</td>
</tr>
</tbody>
</table>

Latest News of Open Days and Information Evenings for Tertiary Institutions
The information below is an abridged version of the careers newsletter which is posted to the Edmodo Careers page. For more detailed information please join the page with the following code: 4jeic8

**UNSW: Built Environment Parent and Student Information Session**
Wed 25th March, 6.00pm – 8.30pm,
A valuable information session where students can:
- Learn about degrees within the disciplines of Architecture, Design, Construction and Planning
- Hear about the career paths within the Built Environment
- Have any questions answered about studying at the faculty of Built Environment at UNSW
http://www.be.unsw.edu.au/Parent_Info_Night

**UTS Discover Sessions: Nursing and Midwifery**
Discover Midwifery: Tue 14th April, 6.00pm
Discover Nursing: Tue 30th June, 6.00pm
Learn more about nursing or midwifery by attending an interactive workshop.

**Sydney Design School Information Session**
Thu 26th March, Level 2, 40 Oxley Street, St Leonards
The Information session will run for approximately 40 minutes, and will cover the courses available at the design school and the career opportunities available to graduates.
Contact: 02 9437 1902

**University of Notre Dame: Bachelor of Medicine/Bachelor of Surgery Information Session**
Sun 22nd March, 12.00pm, 160 Oxford St, Darlinghurst
Tue 19th May, 6.00pm, 160 Oxford St, Darlinghurst
The sessions are designed to help prospective students learn more about the admissions process, gain an overview of course content, meet current students and view the facilities.
Contact: 02 8204 4404 or sydney@nd.edu.au
http://www.nd.edu.au/events/sydney

**University of Notre Dame: Logos for Schools**
Logos I – Philosophy: Mon 29th June – Fri 3rd July
Logos II Ethics: Mon 14th December – Fri 18th December
The University of Notre Dame is offering a version of its core curriculum to Year 11 students providing them with an opportunity to undertake introductory study of philosophy and ethics. Students who successfully complete the programme will have the 2 Unit course appear on their HSC, although results from the course will not contribute to the calculation of their ATAR.
Contact: (02) 8204 4164 or umit.hibbert@nd.edu.au
http://www.nd.edu.au/sydney/schools/theology/logosforschools

**UNSW: Year 12 Medicine Information Evening**
Thu 12th March, 6.30pm, Sir John Clancy Auditorium, UNSW
The Year 12 Medicine Information Evening provides students with a general overview of the UNSW Medicine degree, as well as detailed information on their application and admissions process from current staff and students in the Faculty of Medicine. The Faculty will also provide ACER’s tips and tricks on how to prepare for the UMAT exam. https://www.whatson.unsw.edu.au/egateway/students.schedules_search?p_event_id=57

UNSW: Health Careers Kit 2014
This document, developed by the University of New South Wales, contains information about going to university, allied health/medicine/nursing programs at a range of universities, and more. https://rcs.med.unsw.edu.au/health-careers-kit#.VO_o5rkfpD8

University of Western Sydney: The Academy Scholarships
The Academy at UWS offers substantial financial support for high-achieving students who are committed to academic excellence and to making a contribution to their community. Scholarships include the VC Leadership Scholarship, valued at $10 000 per year, and the Dean’s Scholarship and Academic Excellence Scholarship, valued at $5 000 per year. http://www.theacademy.edu.au/scholarships

Private Colleges

Billy Blue College of Design Open Day
Sun 3rd May, 10.00am – 2.00pm, 46-52 Mountain Street Ultimo
Explore purpose built facilities, meet lecturers and current students, experience design first hand and get important course and enrolment information.
Contact: 1300 851 245 or info@billyblue.edu.au

CATC Design School Open Day
Sat 2nd May, 10.00am – 2.00pm, 46-52 Mountain St Ultimo
Explore the course options available at CATC Design School and learn about the career opportunities in Graphic Design, Interior Design and Photography.
Contact: 1300 661 111 or enquiries@catc.edu.au

College of Event Management Information Session
Fri 27th March, 6.30pm, Level 9, 28 Foveaux Street Surry Hills
Speak to lecturers and staff to learn about the course and exciting career opportunities available after graduation.
Contact: 1300 725 846 or mailto:enquiries@coem.edu.au
http://collegeofeventmanagement.com.au/campus/information-sessions

Other News

The HSC and Careers Expo 2015
Thu 28th May – Sun 31st May, Royal Hall of Industries, Moore Park, Sydney
The expo will feature over 145 exhibitors providing information and resources for the HSC, university study, TAFE, career advice, exchange and gap year programs. 

Ms Jennifer Nicolas
Careers Advisor

NETBALLERS NEEDED
My daughter's Saturday netball needs some more players.

Competition will by May - September, U15s (girls turning 13yo, 14yo & 15yo in 2015) at Heffron Park. I can be contacted on the details below.

Cath Hansen
Mobile 0427 248 284
Email cathyhansen2@hotmail.com
**Presidents Message...**

One of the great joys being involved with the Saints is seeing the hundreds of our kids running around for the first time of the new season at training. No doubt there will be a few sore bodies after the first few training sessions but the beauty of youth means they’ll pick up their fitness pretty quickly before the season actually starts.

Regardless of whether or not your child is starting their first season and have never played AFL before or have loads of experience we believe that the key to greater enjoyment comes from self improvement.

So whatever level your child plays at please encourage them to practice kicking, handballing and running either by themselves or with their Mum, Dad, brother or sister and they will enjoy the results when they start playing.

One practice session a week is important but not enough for those that would like to keep improving at a level of their peers...

Number one rule? It’s all about fun and learning in a supportive team environment.

Have a great 2015 season!

Regards
Bruce

---

**Please Register Soon...**

With training starting this week, and the start of the season 9 weeks away, please register so that we can finalise teams for this season.

Registration for U9s, U13s & Girls teams [www.maroubra saints aflw.com.au](http://www.maroubra saints aflw.com.au)

Remembering that all U9’s for 2015 need to register as “New Players” when completing the registration form.

Note: All players must be registered and financial prior to tacking the field for round 1

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**Our Club is solely run by Volunteers...**

With training starting this week, your Team Coach and Manager will be asking for parents to take up volunteer positions within the team. We will require help with a team manager, a ground manager per team/boundary umpires/ goal umpires/ timekeepers/score keepers and parents to set up & pack up grounds. Please put your hand up to help on game day as volunteers are essential to run the games our kids love to play. Speak with your Managers for more info.

Please remember that all parents will be required to be on the Baseball Field during halftime over the season by their team manager. Please assist by arriving for your registered shift on game day. If you cannot make your shift please organise to swap shifts with another parent within the team so as not to leave all the work to only a few parents.
Botany Bay City Council Youth Services is having an "Open Day". Come along and check out the wide range of programs and activities offered to our youth aged 12 to 24 and their families.

Everyone is welcome, BBQ and light refreshments will be available.

MARCH 24th 2015
4pm to 7pm
Easilakes Youth Centre
Cnr. Florence Avenue and Evans Avenue
EASTLAKES

MARCH 26th 2015
4pm to 7pm
Hillsdale Youth Centre
236 Bunnerong Road
HILLSDALE

For further information please contact community services on 9366-3889
SCHOOL TUTORING PROGRAM 2015

What is the School Tutoring Program?

The school tutoring program is a cost free tutoring service for students in Years 6 – 12 who would like help with their school work but who can’t afford to pay for full private tuition. The service is available for students either living in or attending school in the Botany or Randwick Council areas. The program is run by the Shack Youth Services in conjunction with the University of New South Wales and has been operating since 1996.

How does it work?

You fill out the attached enrolment form and email or post it to the Shack Youth Activities Coordinator during the enrolment period between February 17th and February 27th, 2015. You can also email shack.tutoring@benevolent.org.au during the enrolment period to request an enrolment package.

We match you with a university student from the University of New South Wales, who can tutor you in the subjects you need help in. This person is volunteering his or her time. You will meet your tutor after school on a Monday, Tuesday or Wednesday at the university for a supervised tutoring session. The tutoring program usually runs from late March to late May during semester one (school terms 1 and 2) it does not operate during University holidays and exam periods. A new enrolment need to be submitted for semester 2 (school terms 3 and 4).

What do I have to do?

You are required to contact your tutor by text or phone every week to confirm your attendance at tutoring. If you are unable to attend a tutoring session you must inform your tutor and the Shack Youth Activities Coordinator and give sufficient notice of your non-attendance. Failure to attend, without prior notification, can result in your removal from the program.

You will also be responsible for bringing to your tutoring session all work that you need help with. You must bring textbooks, writing paper and pens with you to each session as well as any other materials you need to do your work such as a calculator. If you do not bring work to do, your tutor is not obliged to tutor you.

Please note that all program information, advice and updates throughout the year are advised to participants via email and it is therefore essential to include an email address on your enrolment form and to regularly check your email.

You will receive email notification in March or August when you are matched with a tutor.

Regards,
Youth Activities Coordinator
shack.tutoring@benevolent.org.au
0401 540 228
02 9305 4600
A note for parents - please read carefully

As part of our tutoring program we expect a firm commitment from your child to attend the sessions and to maintain weekly contact with their tutor. There is to be no tutoring with the assigned tutor outside this program and no contact with the tutor for any reason other than tutoring.

Full Name
Signature
Date

I give permission for Shack staff to take photos of my child and use in reports and to advertise Shack tutoring

Parent Signature

Does your child have any Dietary requirements? Please list below.

Yes
No
Parent Signature

For the student - please read carefully

As part of this program you are expected to be committed, attend your tutoring sessions and maintain weekly contact with your tutor. Failure to attend, without prior notification, can result in removal from the program.

Full Name
Signature
Date

Enrolment closing date for Semester 1 tutoring: 27th of February, 2015

Please email your completed enrolment form to: shack_tutoring@benevolent.org.au

The Shack Youth Services | School Tutoring Program
CELEBRATE YOUTH WEEK
FREE PROGRAM
For young people 12 to 24

CANDLE MAKING / RELAXING BATH SALTS
Learn a new craft - hand made candles and bath salts with aromatic aromas.
Tuesday 14th - 11.30am to 1.30pm
Central Library Experiences
Limited places, bookings are essential

3 on 3 BASKETBALL COMP!
Just form a team of 4 and enter our fun free 3 on 3 competition.
Cash prizes to be won! Compete over two days.
Wednesday 15th and Thursday 16th from 8am.
Must register, conditions apply.
Two Categories: Entrants: 12 to 20 years and Seniors: 17+
Venue: Bronte Park, Botany
Bookings close on Thursday, 2nd April 2015

PAINT BALL
Duel Hamer 'n' again.
Need to be 18 years and over for this activity.
Monday 20th - 6.30pm to 8.30pm
Bookings are essential and on a first in, first serve basis.
Bexley North Central Library Experiences 7.30pm start.

YOUTH CENTRE NIGHT COMPS
Table tennis, pool table, playstation, free BBQ and drinks.
Tuesday 21st - 4pm to 7pm
Fairfield, Youth Centre, 25a Florence Street, Auburn, Eastlakes.

MOVIE NIGHT
Free movie night at Youth Comps.
LIMITED PLACES AND MUST BOOK.
Thursday 23rd - 4pm to 6pm
Fairfield Youth Centre, 25a Florence Street, Auburn, Eastlakes.

GIRLS ONLY TRIVIA NIGHT
Have a fun night with prizes, food and drinks.
Sunday 26th - 2pm to 4pm
Eastlakes Youth Centre, 27a Florence Street, Auburn, Eastlakes.

All activities are for young people aged 12 to 24.
All activities must be booked. Conditions apply.
FURTHER INFORMATION CONTACT Patrick, or Yasemin 9366-3889

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YOUTH IN THE CITY

SCHOOL HOLIDAY PROGRAM
FOR YOUNG PEOPLE AGED 13-18 YEARS (or younger if in high school)

WEEK 1: MONDAY 6 APRIL
EASTER MONDAY PUBLIC HOLIDAY
COST: Free

WEEK 1: TUESDAY 7 APRIL
10.30AM - 12.30PM
Swimming
Maroubra Beach
($10 Lunch)
COST: $13

WEEK 1: WEDNESDAY 8 APRIL
10.30AM - 12.30PM
Easter Show
($10 Lunch)
COST: $13

WEEK 1: THURSDAY 9 APRIL
10.30AM - 12.30PM
Sports and BBQ
Park - Globe
(lunch provided)
COST: Free

WEEK 1: FRIDAY 10 APRIL
10.30AM - 4.00PM
Movie - Swimming
Botany
COST: $6

WEEK 2: MONDAY 13 APRIL
10.30AM - 12.30PM
Movies
Fox Studios
($10 Lunch)
COST: Free

WEEK 2: TUESDAY 14 APRIL
10.30AM - 12.30PM
Film Workshop
Redfern Community Centre
(lunch provided)
COST: Free

WEEK 2: WEDNESDAY 15 APRIL
10.30AM - 12.30PM
Swimming
Calvert Beach
($10 Lunch)
COST: Free

WEEK 2: THURSDAY 16 APRIL
10.30AM - 12.30PM
Trampoline
($10 Lunch)
COST: $20

WEEK 2: FRIDAY 17 APRIL
10.30AM - 4.00PM
Dance Workshop
Sydney Aquatic Centre
($10 Lunch)
COST: $6

For more information and bookings Phone: 02 8512 8771 or Email: youthservices@sydney.nsw.gov.au
Permissions forms can be downloaded from www.cityofsydney.nsw.gov.au

Youth Services has several convenient pickup and drop off locations for the School Holiday Program -
Sydney Town Hall, Earlwood, Revesby, Pyrmont and Glebe.
For more information on location pick up and drop off points Phone: 02 8512 8771

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Additional YOUTH WEEK IN THE CITY EVENTS:
Including: YOUTH SYMPOSIUM at the MICA ON FRIDAY 10
All AGES HIP HOP EVENT ON SATURDAY 11 and SPORTS DAY ON SATURDAY 18
For more information on events visit www.cityofsydney.nsw.gov.au/youthweekinthecity
APRIL 2015 HOLIDAY PROGRAM
For Young People 12 – 18 years old

WEEK ONE
6th April - 10th April

Monday 6
CLOSED

PUBLIC HOLIDAY

Tuesday 7
Youth Centre @ Eastlakes
All the usual fun of Eastlakes Youth Centre.
Table Tennis, Pool Tables, PS3 & PS4
Cost: FREE
At: Eastlakes Community Hall
On: Of Evans & Florence Avenue, Eastlakes
Time: 10:30am - 3:30pm
B.Y.O. Lunch

Wednesday 8
Ten Pin Bowling
Enjoy 2 rounds of bowling and a yummy lunch at Manly RSL Super Club.
Cost: $20
Bus leaves & returns to Central Library Eastgardens
Depart: 11:30am Return: 2:00pm Lunch Provided

Thursday 9
Youth Centre @ Hillside
All the usual fun of Hillside Youth Centre.
Table Tennis, Pool Tables, PS3 & PS4
Cost: FREE
At: Hillside Community Hall
On: 236 Burroway Road, Hillside
Time: 10:30am - 2:30pm
B.Y.O. Lunch

Friday 10
Zone 3 Laser Tag
3 games of Laser Tag at Zone 3 Cannington.
Cost: $25
Bus leaves & returns to Central Library Eastgardens
Depart: 10:30am Return: 2:00pm B.Y.O Lunch

Girls Night @ Eastlakes Youth Centre
All the usual fun of Girls Night plus Movie Night!
At: Eastlakes Community Hall
On: Of Evans & Florence Avenue, Eastlakes
Time: 4:30pm - 7:30pm Snacks Provided

WEEK TWO
13th April - 17th April

Monday 13
Paintball
Paintball at Delta Force again. Need to be 16+ for this one.
Cost: FREE
Bus leaves & returns to Central Library Eastgardens
Depart: 7:30am Return: 3:30pm B.Y.O Lunch

Tuesday 14
Candle Making/Bath Salts
Handmade candles and bath salts with beautiful aromas.
Cost: FREE
At: Central Library Eastgardens
Time: 11:30am - 1:30pm

Eastlakes Youth Centre Camp Night
Table Tennis, Pool & Playstations 3 & 4 comps plus a free BBQ.
Cost: FREE
At: Eastlakes Community Hall
On: Of Evans & Florence Avenue, Eastlakes
Time: 4:30pm - 7:30pm Dinner Provided

Wednesday 15 & Thursday 16
3 on 3 Basketball Comp
Form a team of 4 and enter our 3 on 3 Basketball competition. Comp runs for 2 days. Prizes to be won. 2 categories Juniors and Seniors. Conditions apply.
Cost: FREE
At: Roselane Park, Botany
Time: 10:30am
B.Y.O. Lunch

Thursday 16
FREE Movie Night
FREE Movie Night at Hoyts Eastgardens. Bookings are Essential spots are limited.
Cost: FREE
At: Hoyts Eastgardens
Westfield Shopping Town
Time: 5:30pm - 9:30pm
B.Y.O. Snacks

Friday 17
Sydney Aquarium & Madame Tussauds
Meet the dugongs at Sydney Aquarium and then see some very famous wax figures at Madame Tussauds.
Cost: $25
Bus leaves & returns to Central Library Eastgardens
Depart: 10:00am Return: 2:30pm B.Y.O Lunch

Girls Night @ Eastlakes Youth Centre
All the usual fun of Girls Night including trivia night with lots of prizes to be won.
At: Eastlakes Community Hall
On: Of Evans & Florence Avenue, Eastlakes
Time: 4:30pm - 7:30pm Snacks Provided
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

Centre for Emotional Health | Department of Psychology | Level 3, C3A Building
Macquarie University, NSW 2109, Australia

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

1 x school blazer size 12 (excellent condition) - $90
2 x summer dress size 8 (excellent condition) - $80
1 x winter pullover size 14 (excellent condition) - $40
1 x winter kilt size 8 (good condition) - $20
2 x LS shirts (junior) (good condition) - $5 each

All items purchased last year and priced for a quick sale.

Please text Cassy on 0433 902 975 or email csmi6800@uni.sydney.edu.au

Brigidine uniform (all in great condition, no marks etc) for sale as follows:
2 x Summer Dresses – Size 10 - $25.00 each
1 x Blazer – Age 16 - $60.00 (dry cleaned, like new)
Tartan Skirt – Size 8 - $25.00
2 x Junior long sleeves blouses – size 10 - $20.00 each
2 x Sports tops – age 14 - $20.00 each
1 x Track suit pant and jacket – track top XS and track bottoms size 10 - $25.00 each
2 x Sports shorts – Size 8 - $10.00 each
1 x Swim costume (only worn twice) – size 10 - $20.00

Accessories also for sale – include Brigidine Green Bag, Science and cookery aprons, navy cap, navy library bag. – The lot $75.00

If all items sold together then would ask $350 for the lot (will throw in 6 pairs of socks for free)

Call Joanne on 0438781158
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<tr>
<th>Category</th>
<th>Item</th>
<th>Size</th>
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<tr>
<td></td>
<td>Blazer</td>
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<tr>
<td></td>
<td>Pullover</td>
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<td><strong>Summer Sport Uniform</strong></td>
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<td></td>
<td>Shorts</td>
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<td>Swimming Costume</td>
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<tr>
<td><strong>Junior Winter Uniform</strong></td>
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<td>Long sleeve Blouse</td>
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<tr>
<td><strong>Winter Sport Uniform</strong></td>
<td>Track Jacket</td>
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<tr>
<td><strong>Compulsory Accessories</strong></td>
<td>College Back Pack</td>
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<td>Excursion back-Havasack</td>
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<td>Navy Apron</td>
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<td>White Apron</td>
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My contact number is 04 0623 777 4 (Jiva)

The best time for me to be contacted is after 6:00 pm during week days and any time on the weekend.

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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

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<th>Item</th>
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</tbody>
</table>

Please contact: Belle Kong (parent) at 0430 020 629 or email: belle.kong@yahoo.com.au.