Why Jesus Came

The suffering of Jesus is a very human thing. The people he came to love, the system he meant to stretch to its human limits, to its fullest potential, to its deepest vision of God, turned against him. We have all known the situation, the feeling, the pain. It is what people did to Jesus that killed him. It is what the system did to him that destroyed him. It was a fearful system and apathetic people that brought the total sacrifice of Godhead to an ultimate end. It is what people did—or failed to do—for the One who had already sacrificed everything for our sakes, who “did not deign being equal to God a thing to be clung to but who became like us in everything,” that led to his death. This is the suffering that takes all the love a human being has. This is the kind of suffering that is divine mystery nobly, humanly, borne.

Jesus does not come to appease God. Jesus comes to teach us how to live a life that makes us worthy of the God who made us. Jesus comes to show us what we ourselves can be, must be. Jesus comes so that we can come to be everything we were created to be, whenever our lives, wherever our efforts, whatever our circumstance: shining glory of human degradation.
The truth of the passion rings across time for each of us: The goal we each seek is the cross we each choose. The purpose of our lives determines the nature of our deaths. What we stood for in life determines who will be at our deathbeds, how we will be regarded by the “nice” people of the time, the degree of respect with which we will be held thereafter. Jesus lived the human cross with us, for us. We have a companion on the way

Joan Chittister

May Brigid Bless the House Wherein you dwell

Ms Kate Edmondson
Principal

FROM THE ASSISTANT PRINCIPAL

ASTHMA
If your daughter suffers from asthma, please ensure she brings her Ventolin to school and carries it on her at all times.

Lunch Boxes and Drink Bottles
We have a growing number of lunch boxes and drink bottles accumulating in our lost property bin. Please check your daughter brings home these items and if not, send her to the office to retrieve them the next day. The girls have a tendency to get up from where they are sitting at recess and lunch and leave these items behind.

Providing notes for being late to school
The government has recently changed the guidelines around attendance at school. If your daughter is late to school because she has been at a medical appointment, you must provide a medical certificate to justify this partial absence. Notes with are vague and state that a student has been at an appointment, family issues or transport are now to be regarded as unjustified partial absences.

Staff Professional Development Day – Term 2
The Term 2 staff professional development day will be held on Friday 5\textsuperscript{th} June 2015.
Supporting your daughter

Life is becoming more and more complicated for adolescents and as parents, we struggle to keep up with what they’re doing and support them to safely navigate this tumultuous time. Below is a list of apps both you and your daughter/s can use to try to slow down and gain perspective, whilst also utilising the world your daughters know very well – cyberspace.

**Smiling Mind**
Mindfulness meditation programme that helps the girls relax and provides a sense of calm, clarity and contentment

**Recharge Sleep App**
Recharge is a personalised 6 week program that centers on improving mood, energy and wellbeing through the establishment of good sleeping patterns.

**Life Charge Journaling App**
Life Charge quickly and easily captures the positive and the negative experiences the girls have every day and tracks how their thinking changes over time.

**Juice Energy Tracker App**
Juice tracks the impact of exercise, food and sleep on your energy levels.

**The Sorter App by ReachOut Australia (17+)**
The Sorter helps girls deal with all the different things life throws at them – issues, with friends, love, family, work, money, study etc...

**Lift Goal Setter App**
Lift is a great app for setting goals for fitness and wellbeing. Use it to set goals for personal development, track progress, and to get coaching and support.

**The Butterfly Effect App**
Encourages and empowers girls through daily quotes and self-affirming messages

**Super Me Resilience Game**
SuperMe is a web game to help girls think positively and become more resilient thus helping them better deal with failure.

**Reach out SMS Tips and website**
These tips come on a daily basis depending on the theme you’ve chosen. Go to the website reachout.com and register under ‘apps and tools’. The website likewise provides a wealth of information on issues affecting adolescents today from relationships, school and study to family and friends.

**Term 2 Return**
School returns on **Monday 20th April**. Girls return in full winter uniform; they must wear their blazers to and from school each day.
**Dates to Note:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>21/4/2015</td>
<td>• Years 9&amp;10 Music Recital</td>
</tr>
<tr>
<td>22/4/2015</td>
<td>• Senior CGSSSA Football</td>
</tr>
<tr>
<td>24/4/2015</td>
<td>• CSDA Debating – Round 2</td>
</tr>
<tr>
<td>27/4 – 30/4</td>
<td>• Year 11 Assessment Period</td>
</tr>
<tr>
<td>28/4/2015</td>
<td>• Parents Advisory Council Meeting – 7pm</td>
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<tr>
<td>29/4/2015</td>
<td>• Brigidine/Marcellin Leadership Afternoon</td>
</tr>
<tr>
<td>1/5/2015</td>
<td>• CSDA Debating – Round 3</td>
</tr>
</tbody>
</table>

Thank you for your continued cooperation and support.

**Brigid Taylor**  
Assistant Principal
Above are some important dates for both Youth ministry projects and World Youth Day 2016 in Krakow. I will keep the community informed of all youth ministry events and projects throughout the year. Details relating to the Sacramental programme will be published in the next newsletter.

Mrs Robyn Ross
Youth Ministry Coordinator
SPORT NEWS

Congratulations to Heidi Cummings in Year 10 who won a Gold medal at the State Surf Life Saving Championships in the girls U15’s sprint team. A fantastic effort Heidi, and good luck when competing in the Australian Titles next month.

Congratulations to Alexandra Sutherland in Year 7 who was placed 2nd in the 1600m Walk at the NSW Little Athletics State Championships with a time of 7:58:95. A tremendous effort! Well done.

Good luck to our CGSSSA Football Teams who will be competing in the Championships early next term. They have been training hard and we wish them all the best.

CGSSSA Dates Term 2

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football Senior</td>
<td>22 April</td>
<td>Meadowbank</td>
</tr>
<tr>
<td>Football Junior</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>Basketball Senior</td>
<td>20 May</td>
<td>Menai</td>
</tr>
<tr>
<td>Basketball Junior/Inter</td>
<td>20 May</td>
<td>Bankstown</td>
</tr>
<tr>
<td>Cross Country</td>
<td>29 May</td>
<td>Homebush</td>
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<tr>
<td>Netball</td>
<td>17 June</td>
<td>Concord</td>
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</tbody>
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Mrs Kate Elder
PD/H/PE Department
CGSSSA SWIMMING
Our 2015 Swimming Squad competed at Ryde Aquatic Centre on Tuesday 17th March. The girls gained some excellent individual results and we placed 2nd in Division 2 on the day; 8th overall! We are now awaiting results to determine which students will be selected in the Combined Catholic Colleges team. Congratulations to all girls and we wish all CCC representatives the best when they compete at the next level.

2015 Swimming Squad

<table>
<thead>
<tr>
<th>Lara Reardan</th>
<th>Kyra Thanbayah</th>
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<tbody>
<tr>
<td>Lisa Hammon</td>
<td>Liana McMorrow</td>
</tr>
<tr>
<td>Isabella Coughlan</td>
<td>Brooke Emerson</td>
</tr>
<tr>
<td>Olivia Leung</td>
<td>Elisha McMorow</td>
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<tr>
<td>Jasmine Delaney</td>
<td>Mia Rowles</td>
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<tr>
<td>Chloe Finch</td>
<td>Isabella Lacey</td>
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<tr>
<td>Charlotte Wilson</td>
<td>Angela Jebb</td>
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<tr>
<td>Marina Hatzigiannis</td>
<td>Grace Galway</td>
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<td>Annalise Jones</td>
<td>Hayley King</td>
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<td>Emma Thomson</td>
<td>Emma Birrel</td>
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<tr>
<td>Nicola Jones</td>
<td>Yasmene Placer</td>
</tr>
<tr>
<td>Caitlin Hansen</td>
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</tbody>
</table>

Ms Mazzeri & Mrs Atkins
PD/H/PE Department

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
TERM ONE TAS BONANZA

YEAR 9 DAT Draws the Line
Whitehouse Drawing Incursion – Guest Designer

Year 9 Design and Technology students spent a ground breaking day learning the tricks of the trade from Whitehouse Institute of Design, the leading design educational institution in Australia. Whitehouse Institute produces some of the country’s most successful designers in Fashion Design, Interior Design, Styling and Creative Direction. Our girls had the privilege of having Crystal from this highly regarded institution to show them how to effectively develop beautiful illustrations of fashion figures, garments and accessories. And what a successful day it was!

The girls started the day practicing how to draw figures. Did you know that the length of the head is the same as the length of the leg and hands? This was one of the many tricks that the girls learnt. From this they developed their very own signature fashion figure. That was soon followed by practicing how to draw fabric on the body. From a slideshow of a fashion illustration, Crystal prompted the girls in what shapes they saw and encouraged them to redevelop the shapes onto their fashion figure and combine it with their design changes that they made to the garment.

To end this inspiring day, Crystal demonstrated some fashion illustrations using colours and pantone markers. Pantone markers are coloured alcohol based markers used by designers in the industry to enhance their drawings. The girls were amazed at how beautiful the illustrations that Crystal did in such a short length of time and appreciated her talent. “I practice drawing every day, it is what I love doing”, Crystal said to the girls. Crystal also showed year 9 how to represent a range of textures such as sequins, fur and satin by applying different drawing techniques.

Ayva Tierney said, “I learnt so much from the incursion and was surprised at how easy it was to represent texture by applying a range of simple drawing techniques.” Kalinda Campbell Govender and Giorgia Goutzas said “I learnt a lot about the fashion design industry and I can now see how important it is to practice freehand drawing because of its benefits of being a quick and effective way to represent our design ideas.” Both Kalinda and Giorgia said that they are confident that the skills they gained from the incursion will improve their portfolio work.

Speaking of portfolio! Every girl who participated in the incursion received a participation certificate from the Whitehouse Institute of Design. This would look great in the student’s portfolio to demonstrate their achievements in requests for Tertiary education or design-related work entry. But for three lucky girls who excelled during the day – they received something a bit more. Crystal had the difficult task of selecting these three students. She said, “It was hard to pick only three as every girl today is just so talented and showed so much passion for drawing.” Crystal finally announced that Sarah Wang and Zoe Koster received the highly commended certificate which also comes with extra information about the institute. And the stand out girl of the day from Year 9 Design and Technology that impressed Crystal was Lara Pagola who received a 5 day holiday scholarship to the Whitehouse Institution of Design.

Congratulations Tara! What a great
prize indeed!! Finally, to all of Year 9 Design and Technology, we want also to congratulate you for displaying great enthusiasm, passion and commitment during the day. Well done!

Below are just a few pictures of the work the girls completed on the day. The results speak for themselves regarding how much the students took from the incursion! Great job!

Ms Moly Lee
TAS
Bags Bags Bags!!
Miss McColl’s Year 7 designers are full steam ahead in preparation for the TAS ‘Good Food and Design’ show next term. Imaginations are running wild and experimentation is underway as the girls create their fabulous bags! Production will begin soon. Can’t wait to see the finished products!

Yr 9 Design & Technology students “Blurring the Boundaries”!
Students have been hard at work designing and experimenting for our Semester 1 design project ‘Blurring the Boundaries’. Yr 9 elective students have been given the challenge to create a short film that complements their chosen theme and design. The film must incorporate an ‘umbrella’ in some context and will be shown during the presentation of their finished product at our annual TAS ‘Good Food and Design” show next term. I’m sure we have some budding “Spielbergs” in the making!
TAS show 2015 gets a black and white makeover
It has been an exciting introduction to the Graphics Design subject for the Year 9 Graphics students. The girls have been given the opportunity to work on designing the new look for this year’s TAS Show - that is being held on the 18th of June. The students worked collaboratively to decide on the show’s theme that would bring together the latest works of our talented design students from Years 7-12. The event also includes the very popular food night markets catered by our professional Yr 12 hospitality students.

This design project is real. It provides Yr 9 Graphics students with an enriching experience where they are able to understand the outcomes of the syllabus and become experts in meeting the outcomes. This means that they are becoming incredibly skilled at creating outstanding graphics that will amaze anyone who views them.

Below are some designs created by these girls which clearly demonstrate their great talent. To date, the class has voted on the most successful design and will be busy designing the promotional material for the TAS show such as posters, tickets and competitions. So keep your eyes peeled for this year’s new look. It’s going to be a show stopper!

From left to right: (top row) Kayla Thomas, Franceska Vargas, Olivia Galvin, (bottom row) Eva Lee (2), Michaela Sullivan (2) and Natalia Smorawinska
Year 7 Technology 3
The beginning of Term 1 involved looking at technology in terms of definition, high and low technologies and the design process. Students were also able to design their very own Brigidine uniform. The fantastic sketched results were shown off in the form of a fashion show whereby a catwalk was created and designs were displayed whilst walking down the ‘runway’.

Students are currently engaged in the first stages of creating clocks made out of wood. They are working through the ‘design process’ and have been considering steps such as ‘design brief analysis’ and ‘research and investigation’. Students will soon start creating their clocks as they continue to document their process.

Can distraction be a good thing? Well…. Yes. When it's scurrying over to our very own 3D printer which lives in our Tech room to see what's being ‘printed’! (A cool blue bracelet was eventually produced).

Year 7 students intrigued with our 3D printer.

Year 11 Hospitality
The Year 11 Hospitality students remained cool, calm and collected on Open Day despite producing well over 1,000 cupcakes for prospective students to decorate! The team work, hygienic practices and skills demonstrated by these ladies were fantastic and highlighted the potential and ability of these students - a great start to the year!
Year 8 Tech 3
Students have been studying the ‘Master Chef’ unit this term and have been considering food safety and hygiene, food preparation techniques and correct tool/equipment use. Healthy eating and food models such as the healthy eating pyramid, and presenting food for visual appeal are currently being looked at. Next on the agenda is food photography and some tricks of the trade. Did you know that ice cream in photos might actually be mashed potato? Ask a student from 8 Tech 3 to tell you why…. Practical cooking sessions have resulted in the students making dishes such as beef stir fry and delicious berry and coconut friands-see recipe below. Because of the recent health scare with frozen berries, we used fresh berries in our recipe this time, and a topical and relevant class discussion ensued in terms of food health and safety.

Blueberry and Coconut Friands

Ingredients
½ cup castor sugar
½ cup self-raising flour
½ cup desiccated coconut – plus extra to serve
¼ cup almond meal
4 egg whites
125g butter, melted
1 cup frozen blueberries

Method
1. Preheat oven to 200°C.
2. Grease a ¼ cup capacity oval Friand pan
3. Combine sugar, flour, coconut, and almond meal in a large bowl.
4. Add egg whites and use a wooden spoon to stir and combine.
5. Add melted butter and stir to combine.
7. Place 4-5 blueberries on top and press to indent into cake mixture.
8. Bake in oven for 15 minutes or until a skewer comes out clean.
9. Remove from oven and place on a wire rack to cool slightly before turning out.
Food & Design Excursion to Sydney Royal Easter Show
On the 26th of March, Year 10 Food Technology and Design Technology had the opportunity to go to the Royal Easter Show! Food Technology girls were fortunate enough to experience professional Food Testing and were able to learn about judging ice-cream on the taste, texture and appearance. The girls got to try four different flavours: vanilla, cookies and cream, black forest and caramel macadamia; with them all tasting delicious. After that tasty yet educational food testing session the girls went to the working dairy where they saw a live demonstration of the cows getting milked and an explanation on the process the milk goes through before going to the shops. Design Technology also had a fun showcase on Natural Fibres. Not only did the girls get the chance to listen to these wonderful sessions, they also saw Jamie Oliver, the Woolworth Dome and many food tasting stations. The day ended spectacularly with everyone enjoying themselves, with all the girls bringing back many amazing memories as well as new knowledge they learnt from the EASTER SHOW 2015!
Written by: Nicole Suniary and Vanessa Leung

Year 12 Hospitality
Congratulations to Holly Fishwick of Year 12 Hospitality who was recently awarded a prize to the value of $100 for her outstanding contribution to the Pinocchio’s at the Spot restaurant takeover by Year 12 Hospitality. This is just the second year that our Hospitality students have taken on the venture of planning the menu, coordinating all bookings, setting up the restaurant and preparing, cooking and serving to a full restaurant of 140 patrons. Once again it was a great success. We have been invited back for next year and of course, this is much appreciated.
Year 8 Technology @Luna Park
This week Year 8 Technology enjoyed a day at Luna Park for an opportunity to see engineered systems at work. This excursion brings each of their four main units studied across Technology together. As part of the day students were asked to observe and analyse the Technology and engineering of the rides, the food marketing and service, the layout and design and of the park as well as the graphics and imagery which brings this iconic harbour side treasure to life. Of course, popular places to experience this was at the top of the Ferris wheel, or whilst taking sharp turns on the Wild Mouse!!
Meanwhile back in the classroom the students are constantly expanding their ideas and developing their designs. The Design Cube unit is providing some great challenges and scope for students to push their ideas and creativity.

We have already seen their independence grow, their ability to 'on the spot' problem solve, and their understanding of the importance of sustainability deepen.

Take the opportunity to discuss with them, what makes a design successful and you will be sure to get a taste of why this unit is one of our most exciting.

Design by Izabella Deep Jones
St Brigid’s Fire
Social Justice Group

*Sister Brigid Arthur speaks about asylum seekers*

The Brigidine Sisters Asylum Seekers Project (BASP) is an organisation run by Brigidine Sisters in Melbourne to provide practical support for asylum seekers who are in both detention centres and the community in Australia. They also campaign for the rights of asylum seekers in offshore detention centres.

On Monday one of the founders of the organisation, Sister Brigid Arthur, generously gave her time to come and talk to interested students and teachers. She told us about the work that the organisation does as well as sharing some of her own experiences from spending time with asylum seekers in Australia. Her talk was motivating, and she gave us some good advice on what we could do as a school to help with this issue – especially regarding raising awareness.

For more information please see: [http://basp.org.au/](http://basp.org.au/)
CAREERS NEWS

Like Mhscareers’ Facebook Page - https://www.facebook.com/mhscareers

Universities

UTS Law Undergraduate Information Evening
Wed 24th June, CB05B Haymarket, Building 5, Block B, City
Year 11 and 12 students and their parents are invited to learn about the Bachelor of Laws, combined degrees, scholarships, study options, pathways and career options. http://www.uts.edu.au/about/faculty-law/events/law-undergraduate-information-evening

Defence Force University Sponsorship
The Defence University Sponsorship allows students to study an accredited degree at any Australian university and graduate with a career in the Navy, Army or Air Force. http://www.defencejobs.gov.au/education/universitysponsorship/

University of Melbourne Interstate Information Day
Thu 9th April, The University of Melbourne, Parkville campus
The University of Melbourne have an information day during the April school holidays for interstate students and their families to find out about the courses they have on offer, applying through VTAC, and moving to Melbourne. Attendees will be able to tour the campus including one of the residential colleges. https://futurestudents.unimelb.edu.au/explore/events

Australian Veteran’s Children Assistance Trust Scholarships 2015
Applications open Tue 18th August and close Sat 31st October
The Australian Veteran’s Children Assistance Trust, provides scholarships based on need and merit to children and grandchildren of ex-serviceman or women to study at TAFE, university, or a private college. http://www.avcat.org.au/Aboutus/OurScholarships.aspx

U.S. Undergraduate and Sport Scholarship Information Sessions
Undergraduate + Sports Scholarship Information Session
Wed 8th April, US Consulate General, Level 10, MLC Center, 19-29 Martin Place, Sydney
RSVP: Mon 6th April
A free information session on the US undergraduate application process and NCAA eligibility process. The information session will be divided into two segments, general application and sports scholarships. Those not interested in sports scholarships can choose to leave at the conclusion of the general application session.
Undergraduate Information Session
Fri 17th April, US Consulate General, Level 10, MLC Center, 19-29 Martin Place, Sydney
RSVP: Wed 15th April
A free information session on the US undergraduate application process.
Contact: (02) 9373 9230 or edadvsyd@gmail.com

TAFE & Apprenticeships
Sydney TAFE: Info Seminar for Year 10, 11 or 12 Students and Parents
Students and their parents are invited to Sydney TAFE to get information about courses, important steps in career planning, entry from TVET to trades and higher education, and support available to TAFE students.

Contact: 02 9217 4854 or Sydney.CareerAdvice@tafensw.edu.au
http://sydneytafe.edu.au/newsevents/events/info-seminar-year-10-11-or-12-students-and-parents

**Private Colleges**

**CATC Design School: Open House**
Thu 16th April, 5.00pm – 7.00pm, 46-52 Mountain St Ultimo
Meet students and course coordinators; get information about courses in graphic design, interior design and photo imaging.
Contact: 1300 661 111 or enquiries@catc.edu.au

**APM College of Business and Communication: Open House**
Tue 28th April, Wed 6th May and Fri 8th May, The Rocks Campus, 1 – 5 Hickson Road, Sydney
View the new campus, speak to students & staff, and learn about the course and career options available at APM College of Business and Communication.
Contact: 1300 880 610

**Billy Blue College of Design: Open House**
Thu 16th April, 5.00pm – 7.00pm, 46-52 Mountain Street, Ultimo
Meet students as well as course and career advisors who are available to answer questions about enrolment.

**AFTRS: Information Day**
Sat 30th May, Building 130, The Entertainment Quarter, Moore Park
Speak to staff and students, view the facilities and learn out how to prepare an application to study at AFTRS.
http://www.aftrs.edu.au/events/aftrs-open-days

**William Blue College of Hospitality Management: Open Day**
Sun 3rd May, 11.00am – 3.00pm, The Rocks Campus, 1-5 Hickson Road
Take a guided tour of the campus, meet representatives from industry, learn about flexible study options and get guidance about FEE HELP and VET-FEE HELP.
Contact: 1300 851 237 or enquiries@williamblue.edu.au
http://www.williamblue.edu.au/about-william-blue/upcoming-events/william-blue-open-day-sydney

**AFTRS Winter School**
Three Week Films School: Mon 1st June – Fri 19th June
Short Film Screen Writing: Mon 29th June – Fri 3rd July
Filmmaking Intensive: Mon 6th July – Fri 10th July
Intro to TV and Radio Presenting: Mon 22nd June – Fri 26th June
TV Field and Story Producing: Mon 22nd June – Fri 26th June
Advanced Lighting: Wed 24th June – Fri 26th June
Writing for TV Intensive: Mon 6th July – Fri 10th July
AFTRS Winter School provides an opportunity to be taught by industry professionals and have access to the latest equipment.
Contact: 1300 065 281 or open@aftrs.edu.au
http://www.aftrs.edu.au/short-courses/winter-school

Other News

HSC in the Holidays: “Ace the HSC” Charity Seminars 2015
Tue 5th May, UTS, Building 5
The Charity Seminar will provide strategies to reduce anxiety, tips to improve HSC English marks, study and examination advice and will conclude with a Q and A session.

National Youth Science Forum
Expressions of interest for the NYSF are now open and close Sun 31st May. Students must be in year 11 to apply – the programs occur in the summer before year 12, and are for students interested in careers in science, engineering and technology.
Contact: 02 6125 2777 or nysf@nysf.edu.au
http://www.nysf.edu.au/

University of Sydney HSC Essay Writing Course
Upcoming courses commence: Tue 7th April – Fri 10th April, University of Sydney, Camperdown
This course for senior high school students will teach them how to properly write essays in a HSC exam situation.
http://cce.sydney.edu.au/course/ESHS

Defence Force Australia: Information Sessions
Sydney – Women in Defence: Tue 7th April, 6.30pm, 9 George Street Parramatta
Sydney – Engineering Careers: Tue 7th April, 6.30pm, 9 George Street Parramatta
Sydney – Health Careers: Wed 8th April, 6.30pm, 9 George Street Parramatta
Online – Health Facebook Q and A: Thu 9th April, 6.30pm – 8.00pm
Sydney – Navy Careers: Tue 14th April, 6.30pm, 9 George Street
Sydney – Air Force Careers: Mon 20th April, 6.30pm, 9 George Street, Parramatta
Sydney – Army Careers: Thu 23rd April, 6.30pm, 9 George Street
Sydney – Officer: Wed 29th April, 6.30pm, 9 George Street Parramatta
https://www.facebook.com/DefenceJobsAustralia/events

TSFX Exam Study Tip #2: Homework and Study Banks
This tip outlines the benefits of participating in regular study, and suggests a study schedule for students in years 11 and 12.

Hobsons Course Finder: How Facebook Can Help (or Hurt) A Student’s Job Prospects
Lions Australia Youth Exchange
Applications close Tue 30th June
Lions Australia Youth Exchange provides the opportunity for 16 – 21 year olds to experience life overseas as part of a program that does not involve tourism, academic studies or employment. All Lions Youth Exchange Programs depart in early December and return in mid-January. http://lionsclubs.org.au/activities/youth/ye/overseas-destinations/

Ms Jennifer Nicolas
Careers Advisor
headspace School Support

Supporting your young person during the holidays

There are signs that may suggest things are not quite right with your young person, and that you might need to talk to someone about what’s going on. These include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Unusual sleeping or eating habits
- Being easily irritable or angry with friends or family for no reason
- Being involved in risky behavior they would normally avoid
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time
- Having lots of negative thoughts

Holidays can take students away from friends and their usual school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person’s routine or life structure.
Tips to help you support your young person:
1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards

It's helpful to ensure that your young person stays involved and remains active during the holidays

Some general tips:
- Maintain a regular routine (i.e., getting up in the morning, eating three meals a day)
- Encourage them to keep in contact with friends
- Involve them in decisions and give them responsibility at home (i.e., deciding what to eat for dinner and helping prepare it)
- Encourage them to get involved in activities or projects, and participate with them when you can

If you believe that a young person is at risk of harm, you should seek professional support from your GP, mental health service or emergency department and keep the young person safe until help arrives.

Support Service Options:
headspace.org.au to find your nearest headspace centre
headspace.org.au for free online and telephone support
reachout.com for information about wellbeing

Lifeline 13 11 14
Kids Helpline 1800 224 456
Parentline 1800 301 300

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Fund.
**Term 2**
Programs commence 17th April 2015
Programs are for young people aged between 15 and 19.
Please contact Wale on 9305 4600 to book your spot.

**Monday**
**Back on Track**
Do you have an interest in martial arts?
Be trained by professionals.
Nutritional breakfasts, showers and drop off at school
6 – 8:30am

**Tuesday**
**Fit & Fun**
Come & join The Shack team for an intensive workout with Fitness First.
Meet at The Shack from 3:30 for a 4pm start at the gym
4 – 6pm
In partnership with PCYC.

**Wednesday**
**Back on Track**
Do you have an interest in Muay Thai boxing?
Be trained by professionals.
Nutritional breakfasts, showers and drop off at school
8 – 9am
In partnership with.

**Thursday**
**Girl Power**
Empower ~ Growth ~ Respect
Come join us at The Shack for our weekly Health Program.
Dealing With Relationships
Physical Wellbeing
Emotional Wellbeing
Mental Wellbeing
Sexual Health
Personal Safety
9:00pm – 5:00pm
Drop off times is available

**Youth Support**
We are open Monday to Friday 10-4pm.
Would you like support with:
Relationship issues
Education and employment
Substance use
Mental health
Housing and accommodation
Police support
Contact Juki on 6465 4569 or 6497 5801 4696
The Shack is proudly funded by:

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Shock Tutoring in Partnership with
Please register your interest in tutoring for terms three and four of 2015. To do this please email Moral Week at shock.tutoring@benevolent.org.au
Events for Teens

Teen School Holiday Activities

Monday 6 April - Friday 17 April

**Hanna Beads**
Wednesday 8 April, 2.00 - 3.30pm, Margaret Martin Library
For teens enrolled in Year 7 to Year 12, Cost Free!

Create your own piece of art with iron-on beads. Make something practical like a coaster, or get your creativity flowing and go 3D, mini or just plain fun - plus you can turn your creation into jewelry or a keyring at home.

**Young Adult Writing Group**
Wednesday 15 April, 4.00 - 5.30pm, Bowen Library
Ages: 16 - 25, Cost Free

Do you want to improve your writing skills and unleash your creativity in a judgement-free zone? Join fellow creative writing enthusiasts to discover your inner author. Learn tips to get a story flowing and skills to edit your work and polish your final story. If you are currently working on a project please bring it to the session with you.

**RPG Marathon**
Friday 17 April, 10.30am - 6.00pm, Bowen Library
Ages: 12 - 25, Cost $10 for library members, $15 for non-members
Library membership is free

Total novices and experienced players are invited to an all day event! RPG. Lunch and snacks will be provided throughout the day. Prizes may be awarded for the best "Play of the Day". Limited spaces are available in various RPG games such as: Dungeons & Dragons, Lord Of The Rings, Pathfinder, and Savage Worlds.

**RPG - In the Library**
Saturday 18 April, 12.30 - 3.30pm, Margaret Martin Library
Ages: 12 - 25, Cost Free

Love playing RPGs and tabletop games? Want to continue the adventures from Friday's RPG Marathon? Join in one of the regular monthly Saturday games being played at the Margaret Martin Library.

**Bookings are essential through:**
Enquiries: 9314 4888

Margaret Martin Library
Royal Randwick Shopping Centre T1, Belmore Rd
Randwick 9580 8966

Bowen Library and Community Centre
186-190 Bowen Parade, Maroubra 9314 4888

Mclabur Community Library
1970 Bowen Parade, Maroubra 9504 1132
# School Holiday Program

**FOR YOUNG PEOPLE AGED 13—18 years (or younger if in high school)**

## Week 1: Monday 6 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Easter Monday Public Holiday</td>
<td>Free</td>
</tr>
</tbody>
</table>

## Week 1: Tuesday 7 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30AM—4:00PM</td>
<td>Swimming, Maroubra Beach (BYO Lunch)</td>
<td>$12</td>
</tr>
</tbody>
</table>

## Week 1: Wednesday 8 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Easter Show (BYO Lunch)</td>
<td>Free</td>
</tr>
</tbody>
</table>

## Week 1: Thursday 9 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Sports and BBQ, PFA—Glebe (lunch provided)</td>
<td>Free</td>
</tr>
</tbody>
</table>

## Week 1: Friday 10 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Picnic + swimming Botany (lunch provided)</td>
<td>$6</td>
</tr>
</tbody>
</table>

## Week 2: Monday 13 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Movies, Fox Studios (BYO Lunch)</td>
<td>$8</td>
</tr>
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</table>

## Week 2: Tuesday 14 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Film Workshop, Redfern Community Centre (lunch provided)</td>
<td>Free</td>
</tr>
</tbody>
</table>

## Week 2: Wednesday 15 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Swimming, Coogee Beach (BYO Lunch)</td>
<td>$30</td>
</tr>
</tbody>
</table>

## Week 2: Thursday 16 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Trapeze, Tempe (BYO Lunch)</td>
<td>$20</td>
</tr>
</tbody>
</table>

## Week 2: Friday 17 April

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM—4:00PM</td>
<td>Surf Simulator, Ryde Aquatic Centre (BYO Lunch)</td>
<td>$0</td>
</tr>
</tbody>
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For more information and bookings Phone: 02 8512 8771 or Email: youthservices@cityofsydney.nsw.gov.au

Only once booking has been confirmed, payment can be made in person at one of the City's Service centres or via faxed credit card authorisation form.

Youth Services has several convenient pick up and drop off locations for the School Holiday Program:-

Sydney Town Hall, Erskineville, Redfern, Pyrmont and Glebe

For more information on location pick up and drop off points Phone: 02 8512 8771

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**Also in April: Youth Week in the City Events**

Including: YOUTH SYMPOSIUM of The MCA 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

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: 5th Evans & Florence Avenue, Eastlakes.
Time: 4:00pm - 7:00pm  B.Y.O. Lunch

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

Thursday 9
Youth Centre @ Hillocks
All the usual fun of Hillocks Youth Centre.
Table Tennis, Pool Tables, PS3 & PS4
Cost: FREE
At: Hillocks Community Hall
On: 135 Barrenjoey Road, Hillocks
Time: 4:00pm - 7:00pm  B.Y.O. Lunch

Friday 10
Zone 3 Laser Tag
3 games of Laser Tag at Zone 3 Carlingford.
Cost: $20
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: 5th Evans & Florence Avenue, Eastlakes.
Time: 4:00pm - 7:00pm  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
Hands on activities 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 & PlayStation 3 & 4 games plus a free BBQ.
Cost: FREE
At: Eastlakes Community Hall
On: 5th Evans & Florence Avenue, Eastlakes.
Time: 4:00pm - 7:00pm  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 & Seniors. Conditions apply.
Cost: FREE
At: Roselane Park, Botany
Time: 10:00am

Thursday 16
FREE Movie Night
Free Movie Night at Hoftys Eastgardens. Bookings are essential spots are limited.
Cost: FREE
At: Hoftys Eastgardens
Westfield Shopping Mall
Time: 5:30pm - 7:30pm  B.Y.O. Snacks

Friday 17
Sydney Aquarium & Madame Tussauds
Meet the dolphins at Sydney Aquarium and then 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: 5th Evans & Florence Avenue, Eastlakes.
Time: 4:00pm - 7:00pm  Snacks Provided
BARNARDOS BEACH BOLT

COOGEE BEACH
SUNDAY 14 JUNE 2015

DO IT TOUGH FOR KIDS DOING IT TOUGH
GET A TEAM TOGETHER OR GO SOLO & HELP US RAISE MONEY FOR KIDS IN NEED
HAVE YOUR FRIENDS, FAMILY AND TEACHERS SUPPORT YOU AND WIN GREAT PRIZES
ONE MILE, ONE DAY, ONE CAUSE

SIGN UP TODAY & OUTRUN CHILD ABUSE
www.beachbolt.com.au

Proudly Sponsored By
Titan
Fitness Coogee

Coogee Bay
Swimming Club

Randwick City Council

All proceeds go directly to Barnardos Australia to help children in desperate need.

Barnardos Australia

ABN 16 000 101 263 1 is a Company Limited by Guarantee. Registered Charity No. 2, 99336
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
ALL NOTICES WILL NOW BE IN NEWSLETTER FOR 2 MONTHS ONLY UNLESS REQUESTED TO KEEP THE AD GOING

UNIFORM ITEMS FOR SALE

Take all items list for $200.00 Firm
Various Sizes

3 x Junior Summer Dresses
1 x Blazer
1 x Jumper
4 x Sport short sleeves Polo shirts
2 x long sleeve Polo shirts
3 x track pants
3 x track jackets
1 x Junior Skirt
2 x Long Sleeve Blouses
1 x Senior Skirt
2 x Senior Short sleeve blouses
1 x Blazer
1 x Jumper
1 x haversack
1 x white apron

Please contact Pauline on 0401 965 788

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1 x summer dress size 8 (excellent condition) - $40
1 x winter pullover size 14 (excellent condition) - $40
1 x winter kilt size 8 (good condition) - $20
1 x sport jacket (xs) (good condition) - $30

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

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Brigidine Blazer (all in great condition, no marks etc) for sale as follows:
1 x Blazer – Age 16 - $60.00 (dry cleaned, like new)

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

Call Joanne on 0438781158
<table>
<thead>
<tr>
<th>Junior Summer Uniform</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dress  size 10</td>
<td>$20</td>
</tr>
<tr>
<td>Blazer size 14</td>
<td>$50</td>
</tr>
<tr>
<td>Pullover size 12</td>
<td>$45</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Summer Sport Uniform</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Sleeve Polo  size 10</td>
<td>$5</td>
</tr>
<tr>
<td>Shorts size 10</td>
<td>$5</td>
</tr>
<tr>
<td>Swimming Costume size S</td>
<td>$10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior Winter Uniform</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Skirt size 4</td>
<td>$65</td>
</tr>
<tr>
<td>Long sleeve Blouse size 10</td>
<td>$15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Winter Sport Uniform</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Track Jacket size 10</td>
<td>$20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Compulsory Accessories</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>College Back Pack</td>
<td>$35</td>
</tr>
<tr>
<td>Excursion back-Havasack</td>
<td>$5</td>
</tr>
<tr>
<td>Navy Apron</td>
<td>$5</td>
</tr>
<tr>
<td>White Apron</td>
<td>$5</td>
</tr>
</tbody>
</table>

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.

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
<table>
<thead>
<tr>
<th>Item</th>
<th>Condition</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLLEGE BLAZER</td>
<td>GOOD CONDITION</td>
<td>14</td>
<td>$30</td>
</tr>
<tr>
<td>COLLEGE BACKPACK</td>
<td>GOOD CONDITION</td>
<td></td>
<td>$10</td>
</tr>
<tr>
<td>COLLEGE KILT</td>
<td>GOOD CONDITION</td>
<td>8</td>
<td>$20</td>
</tr>
</tbody>
</table>

Please contact Therese on 0411099288

Brigidine College Uniforms, Accessories for Sale

<table>
<thead>
<tr>
<th>Item</th>
<th>Condition</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dress</td>
<td>Very Good</td>
<td>16</td>
<td>$30</td>
</tr>
</tbody>
</table>

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