Dear Parents,

We have a custom here at Brigidine of having a cake on International Teachers’ Day. Charlotte McHenry and Lucy Ashby were student representatives who came in to thank their teachers.

Last Wednesday another group of student leaders from our HSC class was inducted. It is always so touching to see their enthusiasm and goodness and sincere longing to live a leadership at school that really makes a difference to the whole school community. Lauren Edwards, our School Captain, made a dignified and well-crafted speech and we felt very proud of her and indeed all the new leaders.

Last Saturday I attended a day sponsored by the Australian Ursulines which focused on Indigenous issues. Father Frank Brennan sj gave three hours of input about his belief that there should be an acknowledgement of Indigenous occupation of Australia in the Constitution. Many indigenous leaders disagree with him and want an anti-discrimination clause in the Constitution or a Treaty. As you would expect from this great Australian lawyer we were given highly
interesting detail about each proposal. Fr Brennan's central point is that we should try to change the Constitution in a way that the Australian people will accept. He proposes something which he think will succeed. Australians have changed their constitution eight times since 1901 and each time, in hindsight, the change was not contentious. It can't be contentious because to change the constitution there must be a majority of voters in each state and then a majority of the states in favour of the change. No doubt next year the national conversation about the 2017 referendum will increase and after last Saturday I feel much more ready to engage with it. The 2017 referendum will mark fifty years since the 1967 referendum in which over 90% of Australians voted to change the constitution so that Indigenous Australians could be included in our census.

Time flies in a school; next week we are in the middle of the last term of 2015. The girls grow before our eyes.

May Brigid bless all you do to make good things happen in our world.

Ms Kate Edmondson
Principal

FROM THE ASSISTANT PRINCIPAL

Mental Health Support

- **Beyond Blue** - fact sheets, web chats and support for anxiety, depression and suicidal prevention
- **Black Dog Institute** - information related to diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder
- **Reach Out** - information and fact sheets regarding a range of mental health issues including: depression, stress, bullying, abuse, anxiety, wellbeing and relationships
- **Headspace** – National Youth Mental Health Foundation provides services online, by telephone and face to face for people aged between 12-25 years of age.

Internet Use

One of the most frustrating issues for parents today is how to control their teenager’s internet use when they have their own devices. It is so vitally important that boundaries are in place around how and when the internet is used for teenagers. Think about having to ask your parents to use the house phone when you were younger; most teenagers were not able to just pick up the phone and spend hours every night ringing their friends. The internet and a mobile phone/laptop should be considered as the old landline. They should have permission to use it; use should be limited and they should never call someone after 8pm, nor should they be on the internet after 8pm. It is not a question of independence as they have many experiences whilst at secondary school to grow in their independence.

A suggestion for monitoring and controlling your daughter’s internet use at home is **Mobicip**. **Mobicip** allows you to create a safe experience for your family on all types of devices and computers. It enables age-appropriate settings and time limits; monitors Internet use and app installs and allows you to stay in touch via web, email and app notifications.
Brigid Taylor  
Assistant Principal  

YEAR 11 RETREAT  

The morning of Thursday the 16th of October saw the Year 11 cohort half asleep in the main quad, arms full with bags and pillows, ready for Year 11 retreat.

After the long bus ride we arrived at Stanwell Tops greeted by our activity guides and everyone’s favourite, food. The Year group was then split into six groups ready for the day’s activities. Activities included survivor challenges, which involved a group working together to win team challenges, go-karting and an insightful information session from Catholic Mission. The day concluded with a night prayer service, courtesy of Mrs. Day.

Friday was a day of reflection and bonding activities that would ultimately bring our Year group closer than ever before, as we prepared for our final year of schooling and readied ourselves for the HSC 2016. We are especially thankful to Fr Peter for coming down and celebrating a beautiful mass with us.

Overall, the retreat was one of the most memorable experiences of our school life and it could not have gone ahead without the
teachers, whom we thank very much for the time and effort they put into the organisation of the retreat and also, for coming along and sharing this experience with us. Taylor Trompp

SPORT NEWS

CGSSSA VOLLEYBALL
On Tuesday the 20th of October, the senior CGSSSA volleyball team took the bus to Sydney Olympic park to compete bright and early in the CGSSSA Volleyball tournament. It was a great day with a successive win and a close call that gave last year’s winner a bit of a rattle. The team had been training very hard, waking up early to train on school mornings, through lunches and even practised in their free time at retreat. Although for most it was their first hit at volleyball, it didn’t stop the great encouragement and support of each other. Well Done, Estelle Davis
FANCY A COFFEE?

Espresso coffee. Hospitality students have been learning about varieties of coffee, stretching and texturising milk, who drinks the most coffee in the world and how to make the perfect cappuccino!

The Hospitality students are inviting all students and staff to share in their learning experience. Come along to their pop-up coffee stall in D15 (kitchen) on the following days and times.

- Thurs Nov 12th 7.45am - 8.30am
- Thurs Nov 19th 7.45am – 8.30am

SAVE THE DATE

2016 Brigidine Snow Trip

Sunday 10 July – Thursday 14 July 2016

Open to Year 8 & 9 students

Any questions please see Ms Alley or Ms Michaels
In the holidays, I attended the Conoco Phillips Science Experience at UNSW, hosted by YSA (Young Scientists Australia).

It spanned three days and was for year 9 + 10 students from all over Sydney.

On the Monday we were put into teams and spent some time getting to know each other. Then we were taken through the Uni. to a room in which we saw robots play Soccer. We got to see a robot demonstrate right in front of us and watch some footage from the Robo Cup Championships in previous years. We also learnt about Microbiology, got to explore different marine life in the Marine Biology lab and learn about Material Science.
On the Tuesday we got to go to the 3D printing section where they printed one of the boys in the program, first scanning him and then loading the data into the machine and letting it print. We also got to watch an awesome Science show, make slime, tall towers of paper and sherbet, play a trivia game and extract DNA from a banana! We had to use particular household ingredients, including dishwashing detergent and eventually we were able to see the DNA floating in the cups we were using and remove it.

On the final day, we went into the city to the Powerhouse Museum, where we got to walk around and see the different exhibits. Then, in our teams, we had to design a rocket, using plastic bottles, card, other materials and water, which would fly when air was pumped in. All 6 groups successfully made their rockets. Before the presentation to announce which team had accumulated the most points, we had to create a casing for an egg using only straws and spaghetti; so it would withstand being dropped from a specified height.

Overall it was an amazing experience and if given the opportunity I would definitely attend it again.

By Charlotte McHenry

STEM CONFERENCE IN MELBOURNE

Miss Dommel and I attended a 2 ½ day conference this week in Melbourne. STEM stands for Science, Technology, Engineering and Mathematics. The focus of the conference was to:

- Inspire and empower STEM educators to improve quality teaching
- Increase engagement in STEM education and career pathways
- Connect students with real life industry relevancy
- Drive creativity, inquiry based learning, problem solving and project based learning

The conference drew an impressive list of presenters from many walks of life. To name a few:
We had the chance to attend hands-on workshops and network with teachers from other schools. After attending we are affirmed in our decision to introduce coding in years 7-10. It was apparent from many at the conference that this is an essential skill for the digital learner.

It was also reinforced that the workforce of the 21st Century must have STEM skills. Students need to study subjects at school that equip them with these skills. It was said that parents are the biggest obstacle to students choosing STEM subjects as they can’t see the end point. They often bring their own history to their children’s decision making. When their school history in STEM related subjects is not ideal this impacts on their children’s choice of subjects.

Interestingly, one Science presenter said, students will remember 10% of what they were taught in STEM subjects but they will not forget the skills acquired whilst studying them. A great ATAR result is still valued but the skills are more important as they transferrable and long lasting. Your daughters are predicted to have 12 career changes over their working lives. The Science staff here at Brigidine are committed to helping them get all of the necessary skills and attitudes to be successful citizens of this unfolding STEM century.
MadMaker Challenge for Year 8

Earlier in the year four science staff attended the MadMaker Teacher Training Workshop at Sydney Uni so that we could be part of the MadMaker Challenge. We then applied for a grant and we received 14 Arduino Esplora boards as part of the MadMaker project.

So now all of Year 8 is participating in the MadMaker Challenge. It is an integrated STEM activity carried out in the classroom and run by the Electrical Engineering Faculty at USYD.

What kind of activities does the MadMaker Challenge deliver?

MadMaker is a 6-week online course aimed at students in the junior school with a goal to educate them about embedded systems (electronic devices) and their use in everyday life. It involves using the entry-level Arduino Esplora programmable board and desktop 'Processing' programming language to investigate fun and interactive ways to use science, technology, engineering and maths to solve real-world problems.

The challenge is separated into 6 weekly modules that are based around themes that link to a variety of STEM subjects. The idea is that students will be intrigued by the question of how things work. This challenge aims to develop their skills in how to think, analyse and solve by learning to prototype a device that can be used to sense, measure, calculate and interact in real-world applications.

Staff can view student progress and help when necessary. The girls also have real-time access to programmers at USYD to help with their coding.

We will report back to you in the next newsletter to let you know how the girls fared.

http://goo.gl/eBv2hS Here is a link to the board and how it works.

Miss Tapp, Science Coordinator.
CAREERS NEWS

The information below is a condensed version of the careers newsletter that is emailed weekly to students as well as posted to the Edmodo Careers Page.
The current code to join the Edmodo page is gyfr6
The link for parents wishing to join the group is here: https://www.edmodo.com/home

Universities

UNE New Courses in 2016
UNE have a number of new courses available to study in 2016, including the following:

- Advanced Diploma in Legal Studies
- Diploma in Prosecution and Advocacy
- Bachelor of Clinical Exercise and Physiology with Honours
- Bachelor of Exercise and Sports Science with Honours
- Bachelor of Education (Pacific Focus)
- Graduate Certificate in Applied Leadership in Positive Education
- Master of Professional Psychology

To view more new courses, as well as revised courses, access the following:
http://www.une.edu.au/study/study-options/new-courses

UNSW: Bridging Courses
Throughout January and February in 2016, UNSW will be holding bridging courses in Chemistry, Mathematics, and Physics. Each course consists of 40 hours of tuition including lectures, tutorials, laboratory classes and/or demonstration sessions.
https://www.science.unsw.edu.au/future-students/bridging-course-timetable

The Good Universities Guide: University Fee Deregulation Reforms Put on Hold

The University of Notre Dame: Apply now for 2016
If Year 12 students missed the Notre Dame main due date of 30 September and still want to apply, they still have an opportunity to submit an application. Applications can be downloaded at http://www.notredame.edu.au/school-leaver.php

The University of Notre Dame: Getting to Know Nursing - Information Session
Students interested in a career in nursing can come along to a free information session on Monday 2 November from 6pm at our School of Nursing – 160 Oxford Street, Darlinghurst. Students attending this session will learn about nursing as a profession and the many and varied areas in which nurses are able to practice. For further details or to register go to www.nd.edu.au/events/sydney
Private Colleges

Coco Republic Design School Information Evening
Tue 27th October, 6.00pm – 7.30pm, Coco Republic Design Centre, 24 O’Riordan Street, Alexandria
Experience a tour and speak with academics and alumni about the courses available.

Sydney Film School: Digital Filmmaking Distinction Course
Mon 18th January – Fri 22nd January, 10.00am – 3.30pm, 82 Cope St, Waterloo
A short course for senior high school students that seeks to develop technical skills in the production of digital films as well as refine students’ critical appreciation of cinema. The course scope includes film grammar, script writing, the production process, camera skills, studio production, the art of editing, and distribution.
Contact: admissions@sydneyfilmschool.com

JMC Academy: How to Get a Job in Game Sound Production

Jansen Newman Institute: Scholarship Program
Applications close: Sun 17th January
Jansen Newman Institute is currently offering a number of scholarships covering one year of tuition to students commencing in 2016. Scholarships are awarded to applicants who can best demonstrate academic drive, industry passion, and commitment to their community. Scholarship winners will then be required to become a college ambassador and promote the school at a number of events throughout the year.
http://www.jni.edu.au/apply-online/scholarships

Think Design: Scholarships
Applications open: Mon 2nd November
Applications close: Sun 31st January
Think Design, made up of Billy Blue College of Design and CATC Design School, is offering Think Design Higher Education Scholarships and Think Design Higher Education Pathway Scholarships for Term 1 in 2016. The Think Design Higher Education Scholarships are available to new students with no previous design experience while the Think Design Higher Education Pathway Scholarships are available to new students who have previously worked in the industry, or who have previously studied design. The scholarships are valued at $10,000 and $20,000 respectively.
http://www.billyblue.edu.au/apply/scholarships

Gap Year and Exchange Student Information

African Conservation Experience Gap Year Program
African Conservation Experience runs a series of conservation projects in South Africa and accepts students for 2-12 week placements. Projects include wildlife conservation and management, marine conservation, veterinary work, community projects and more. [http://www.conservationafrica.net/Gap-Year-Students](http://www.conservationafrica.net/Gap-Year-Students)

**ISV High School Program**
ISV's High School Program allows high school students to combine volunteering and adventure travel to Thailand, Vietnam, Costa Rica or South Africa. Students live, travel and learn in another country whilst making a positive contribution to communities and environments through volunteering. Download the ISV High School Booklet that details departure dates and itineraries: [http://www.isvolunteers.org/high-school-program](http://www.isvolunteers.org/high-school-program)

**Projects Abroad Webinar**
Wednesday 4th November, 6pm (AEDT)

**Other News**

**Open 2 Study**
Open 2 Study is a website that offers a number of free online courses. The courses run over four weeks and include videos, further readings, assessments, quizzes, and transcripts which can all be accessed through a single online classroom. [https://www.open2study.com/](https://www.open2study.com/)

**Defence Careers Australia: Pilot Q and A**
Thu 29th October, 6.30pm – 9.30pm
Learn about becoming a pilot and flying some of the world’s most advanced aircraft. [https://www.facebook.com/events/1675981986022384/](https://www.facebook.com/events/1675981986022384/)

**How to Become a Naturopath**

**Agrifood Careers & Rural Skills Australia**
This website provides information to students, parents, career advisers and teachers about the agricultural and horticulture industries in Australia. Students interested in pursuing a career in these industries should visit this website. [http://agrifoodcareers.com.au/](http://agrifoodcareers.com.au/)
Department of Education’s Job Guide
The Job Guide provides information about starting a business, choosing subjects for Year 11 and 12 and also has a list of occupations with a detailed job description for each. VET in Schools, Resume Building and Learning Pathway information is also offered on the website.

Job Outlook
Learn about the average weekly wages, current vacancies and expected future growth of a number of jobs.

Jobs of the Future: Examining Workforce Trends

Ms J Nicolas, Careers Adviser

ALL NOTICES WILL NOW BE IN NEWSLETTER FOR 2 MONTHS ONLY, UNLESS REQUESTED TO KEEP THE AD GOING

UNIFORM ITEMS FOR SALE

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</thead>
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<tr>
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<tr>
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<tr>
<td>School Skirts</td>
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</tbody>
</table>

All pieces of clothing are in very good condition.

Call Hilary on 0433 829 833

Please Contact Kathy on 0438 787200
1 x School Blazer size 16 - $40
2 x Summer Dress size 14-16 – 1 x $20 & 1 x $30 (good condition)
Summer Sport Shorts size 14-16 - $15
Sports Short Sleeve Polo T-Shirt Size 14-16 - $20
2 x Winter Skirts Size 14-16 - $40 each
Track Suit Jacket Size 16 - $35
Swimming Bag - $25
Prices are negotiable
Please contact Rajie on 0402 961 387

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
ENGAGING ADOLESCENTS™
PARENT WORKSHOP

Parenting skills for resolving teenage behaviour problems
Maintaining positive and constructive channels of communication is one of the most important skills that adults must have when living with teenagers. This workshop aims to provide parents with effective tools and strategies in the following:

- Identifying normal and acceptable teenage behaviour
- Family life with teenagers and how to build positive and respectful relationships
- How to manage challenging behaviour from your teenager

**WHEN:** Saturday 14 November 2015
**TIME:** Please arrive at 9.15am for registration. The course runs from 9.30am to 3.30pm
**WHERE:** Pagewood Central Library, Westfield Eastgardens Shopping Centre, Banks Ave, Eastgardens NSW 2035
**COST:** $20 includes course workbook, morning tea, lunch and afternoon tea
**BOOKINGS:** Please contact Patrick or Yasmin on 9366 3889 or Secimy@botanybay.nsw.gov.au

This group has been proudly sponsored and supported by Botany Bay City Council

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
Managing HSC Stress
HOLIDAY PROGRAM

Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?

The Managing HSC Stress program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation.

Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood. Come along and enjoy all of the benefits of the 4 week program in one day!!

When? Monday 18th January 2016
Time? 10am – 4pm
Lunch and afternoon tea will be provided.

Where? Health Psychology Unit
Ground Floor, 174 Pacific Highway
St Leonards
The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.

Cost? $50 per student. Medicare rebates or private health insurance may apply

Register? Registration is essential as numbers are limited. To register call 9514 4077 or email anna.wallace@uts.edu.au