Welcome to our June Newsletter

New posters regarding Cybersafety have been put up in our Yr Seven classrooms and given that we are educating the girls in the ethics of using a communication device, I would like to give this advice to parents.

1. Remind your daughter often that it is a criminal offence to use a communication device to harass or bully. Many of the younger girls do not understand that communicating maliciously using sms or internet is harassment. I encourage parents whose daughter has experienced this kind of harassment to call the police.

2. While the Catholic Education Office provides a strong internet filter for Brigidine, many students search for and find ways around the filter. Our IT Manager Mr Rawlings can check for this happening. Girls break their enrolment contract with the school when they do this. They usually do so in an attempt to access an unsuitable site.

3. No girl should be on the social site called Formspring. This is a site where participants are anonymous and communicate maliciously. Girls who are participants in Formspring are setting themselves up to be very hurt.

4. Parents should be in control of a girl’s Facebook account. The safest procedure is for your daughter to be chatting online in an open part of the home and she should know that her parents are going to look at her Facebook entries at anytime.

5. There should be curfew on mobile phone use. There is no rule to say that a girl has to be available 24 hours a day. It is healthy for families to have a time when it is just family time and for a girl to have a time when all she is doing is her homework or relaxing with her family.

6. Make sure that you know how to check the history of internet usage; you can easily check the sites that have been accessed on a computer.

The girls are told through action and word here at Brigidine that they are expected to be kind to one another. A good test of a moral person is whether or not they act morally when they think that no one else will ever know. To the girls, the use of sms and internet feels anonymous and so they think it is and they can say things that they would never say to someone’s face. We all need to keep saying that once something has been put on a phone or internet it cannot be deleted completely. In using social sites etc, the girls are putting their thoughts on a big public noticeboard for everyone to see. They need to consciously work at making their entries as ethical as possible.

May Brigid bless the house wherein you dwell.

Ms Kate Edmondson
Principal
FROM THE ASSISTANT PRINCIPAL

We are well and truly over half way through the term and I am sure that both teachers and students are feeling it. It has certainly been quite busy in a variety of ways such as NAPLAN Tests, Assessment Weeks, Debating, Night Patrol and Athletics Carnival just to mention a few. Each event has been fulfilling and exciting in one way or other. Thank you to all the staff who have made these events possible and most successful. Without the support and goodwill of the staff, the girls would not have such worthwhile experiences and positive role models. The term is far from over and there is still so much to do. We still have 4 weeks to go and during this time staff members are busily preparing Semester Reports for our upcoming Parent and Teacher Interviews.

This fortnight I would like to briefly talk about “Bullying: Is Your Child a Victim?” We all naturally want to protect our children and the children in our care. Each child has the right to feel safe at school. It is sad that bullying still exists in school. Possibly the reason for this is perhaps adults are unaware of it or may feel powerless to stop what is often a secretive activity. The Warning Signs may be:

**Social and Psychological indicators:**

- Anxiety
- Weeping for no reason
- Being withdrawn and silent
- Sudden inexplicable mood swings
- Outbursts of anger for no apparent reason
- Reluctance to go to school

Parents can make a major difference to the mindset of children vulnerable to bullying. Here are some suggestions:

1. Closely monitor your child’s feelings about school and other children. Look beyond the superficial responses and check signs of real contentment.
2. When the experience of bullying is detected, it is important to listen carefully and find out exactly what is happening. Find out who said what, and why. Remain calm but supportive, confident and protective.
3. Take measured action. For instance, ring and make an appointment with the appropriate person at school (homeroom teacher, Year Coordinator, Assistant Principal). Work out a joint strategy with the school.
4. Initiate actions designed to build up your child’s confidence and self-esteem, such as: spending more time with her in favoured activities, praising her for achievements and for being ‘such a great kid’, avoiding negatives, including things you normally ‘nag’ about.
5. Teach your child how to be confident and resilient.
   - Walk tall (don’t hunch or ‘crumple’)
   - Look people in the eye (don’t stare at the floor)
   - Speak clearly and distinctly (not in a whisper)
   - Breath calmly and keep the pace normal (don’t fidget or twitch)
6. Expect them to have many friends and to know that friendships change. No one can make others be our friend.
7. Offer advice about ways to ‘deflect’ the bullying, such as non committal replies.

Above all remember that you and your child have the support of Brigidine College. We all want our College to be a safe and happy learning environment.
Thank you for your continued cooperation and support.

Mrs Antoinette McGahan

ATHLETICS CARNIVAL 2011
What fantastic weather we had for our Annual Athletics Carnival! Once again we were blessed with perfect weather conditions and school spirit was high.

One of the many highlights of the day was the 1500m walk which left the stands empty and filled the track with colour, as nearly the whole school managed to walk the 1500m to complete the event. The day finished on a high with the staff, student relay when all students returned to the stands to cheer for their House and their Captains.

A big thank you must go to all the staff who help make the carnival a great success, especially the PE staff who work tirelessly all day. Congratulations to all the students who participated in the day especially the athletes and the student helpers.

CONGRATULATIONS TO OUR AGE CHAMPIONS.

12 Years Champion  Ruby Breen
13 Years Champion  Jessica Thornton
14 Years Champion  Molly Blakey
15 Years Champion  Henrietta Burns
16 Years Champion  Hannah Denney
17 year & Over Champion  Tahlia Bavadra and Rachel Howard
School Champion  Jessica Thornton
CONGRATULATIONS TO THE WINNING HOUSE.

- Winning House: Xavier
- House Spirit: Xavier
- Xavier Captains: Bronte Goodieson and Elle Gillard

Ms Kate Emerson
Sports Coordinator
CGSSSA BASKETBALL

Senior Report
The Senior Team were on fire from the moment they set foot on the courts at Sutherland Basketball Stadium! They had convincing wins against St. Clare's (35-21), Glebe (36-8), Bethlehem (40-15) and Domremy (44-7) to stake a claim in the Semi-Finals, where they again proved unstoppable against St. Clare’s.
The talent and teamwork evident on the court and the sportsmanship displayed by the girls was fantastic! The girls then went on to the Grand Finals where they narrowly lost to Monte (25-18).
Well done girls!
Shauna Haretuku, Jasmine Smith, Nadia Moore, Alexis Mavrantonis, Victoria Nikitianos, Vanessa Panousis, Natalie Murphy and Kate Murphy.
Ms Kathy Mazzeri
PDHPE Department

Junior and Intermediate Report
The CGSSSA Basketball Competition was held last Wednesday, 25th May 2011, our Juniors and Inters played out at Bankstown Basketball Stadium.
The Junior and Inter teams both played 7 round games each, with the juniors winning all convincingly, finishing at the top of their pool. The Inters won all bar one of their round games, where they had a draw with Monte. They also finished at the top of their pool with both teams advancing to the Semis.
In the Semi Finals the Juniors were up 17-10 at half time but unfortunately ended up losing the game by 1 point. The Inters sailed through their semi beating OLMC convincingly.

The Inters grand final was a much closer game, our girls played brilliantly as a team and were too strong, competing like true champions and winning the competition.
Congratulations to all the girls on a very successful day.
Miss Jennifer Michaels
PDHPE Department
The Secret Life of the Brigidine Debating Team

Well it has truly so far been a 'debatable' season in Debating, where each of our lives have been taken over by adjudicator comments (either a self esteem blow or an ego boost), and post-debating cake binges. We have seen the BCR competitors flex their minds, not their muscles; run with their ideas, not their legs and sweat at the pressure of coming up with puns that seek no 'opposition'.

We have talked our way out of and into arguments, filled with the spirit of a warrior (I apologize for the cliché). We have fought and battled with harsh words, sharp tongues and equally sharp minds. We leapt over baffling topic lines, pre-debating nerves that took control over our senses, and we even managed to keep 'winning' by constantly referencing Charlie Sheen in our speeches. All this whilst looking presentable of course, and confident. We have said 'affirmative' to the challenge of debating and won over the 'negative' forces of nervousness and the Marist Boys. We never got distracted from the main goal of victory. And unlike some athletes, in the debating arena we didn't even need steroids to empower us... only litres of cordial, inspirational quotes and packets of sugar.

This season has been a story of inspiration and hope, battle and victory, life and death (that may be a tad extreme). It has been a season that challenged all of us and made us want to reach the heights of glory - to crush our enemies... and shake hands with them afterwards. But the climax of our story, even of our existence is still to occur as we have made it into elimination, where hopefully we'll 'eliminate' the competition.

So come watch Brigidine use wild hand gestures, listen to my brilliant and astounding puns and observe us defeating the opposition with arguments that are so convincing they must be propaganda! Although there were a few slips ups, or should I say slips of the tongue, this has been a wonderful year in debating, and it continues to be. In 'summary', I think we are all 'defining' the season well... and the topics. One more word of advice - never get into an argument with a Brigidine debater but do say 'affirmative' to a night out of debating!

Suzy Ihar
Year 11