

# Brigidine College Newsletter

June 2011  
Issue # 008

## COMING EVENTS:

THURSDAY 23 JUNE

2011

\* **Founder's Day Mass  
and Activities**

THURSDAY 30 JUNE

2011

\* **PARENT TEACHER  
INTERVIEWS**  
Years 8, 10 and 11  
8.30am to 6.00pm

\* **PARENT TEACHER  
INTERVIEWS**  
Years 7 and 9  
8.30am to 3.30pm

FRIDAY 1 JULY

\* **Year 12 Formal**

## Welcome to our June Newsletter

Dear Parents,

Last Sunday the Church celebrated the Feast of Pentecost. Jesus has ascended to heaven and has sent the Holy Spirit to help us to live as a community of people who are working for God's will to be done on earth as it is in heaven. If we confess a belief in the Holy Spirit then we should ask ourselves some critical questions about who the Holy Spirit is for us. Karl Rahner says that God "made His Spirit the innermost dynamic principle of the world, through whom everyone finds God as her absolute future" (*The Great Church Year* Page 216.) I sincerely hope that this "innermost dynamic principle" is evident here at Brigidine. According to Paul in his letter to the Galatians, self control is one of the fruits of the Spirit (i.e. evidence that the Spirit is present and working) however none of us should be so disciplined that we become rigid and obsessively controlling. We all need "wriggle room" for the Spirit in our lives. A school has to by necessity be a disciplined and ordered place; we have to leave space for the Spirit to work so that Her other fruits such as kindness, generosity, gentleness and joy also get a good airing. Our Founders Day celebration is when the Holy Spirit can be let loose in the school. Our leaders, with Ms McGahan, are well underway with the preparations for this fun day.

Founders Day begins with Mass at OLSH Church where we will tell again the story of the first five Brigidines, who inspired by Bishop Delany, became religious sisters in order to educate poor Irish children. Students must all be in correct formal uniform for the Mass. When we get back to school, the girls may change into the clothes they have chosen to wear for the activities. The senior girls have organized a range of "blow up jumping things" and the cost for each girl for the day (this includes lunch) will be \$10. The senior girls will collect the money in Homeroom each day.



## **Last call for girls who would like to join the Sacramental Program this year.**

Any parent who would like their daughter to be a part of this program should contact me through the [info@bcrandwick.catholic.edu.au](mailto:info@bcrandwick.catholic.edu.au) address. Many girls secure enrolment in the school because they have been baptized but have not gone on to receive the other Sacraments of Initiation. A Brigidine Sister conducts the classes after school once a week and the girls are Confirmed with the Marcellin boys in September. Girls are prepared for Baptism if that is what their parents want.

Parents should be aware of the parent teacher interviews at the end of term. Online bookings are now open.

May Brigid bless the house wherein you dwell.

**Ms Kate Edmondson**  
**Principal**

## **FROM THE ASSISTANT PRINCIPAL**

There's light at the end of the tunnel and it is fast approaching. We are almost there! What a term and semester it has been! Nevertheless this is the perfect opportunity to congratulate all our students on their performance for Semester 1. Students will receive their reports in the last week of this term. The feedback thus far regarding their achievements and results has been very rewarding.

An important part of receiving reports is that students should be able to evaluate their present learning strategies and plan for improvement. Just as teachers are constantly evaluating their learning and teaching, students also need to evaluate their learning, especially as the term nears an end. I hope that our students will examine their current study skills and think about what they need to improve on next semester.

The Parent Teacher Interviews will be held on Thursday 30<sup>th</sup> June for Years 8, 10 and 11 from 8.30am-6pm. Years 7 and 9 will be held on Friday 1<sup>st</sup> July 2011 from 8.30am-3.30pm. Bookings are to be made on [www.sobs.com.au](http://www.sobs.com.au). All parents have received an email regarding this.

## **Uniform and Behaviour in Public**

The majority of our students are to be commended for the excellent way in which they wear their winter uniform and represent the College in public. They are certainly a credit to themselves, their families and to the College.

However, there are still some girls who do need to be more aware of an appropriate way to behave when they are in public and in the Brigidine College uniform. They should show respect for themselves as respectable young adults. We will be conducting a series of uniform checks. Please be aware that Students not wearing the correct uniform will be placed on an automatic lunchtime detention. Parents are reminded that NOSE RINGS are NOT allowed to be worn to school. Students who do not comply will be sent home.

Students and parents are reminded they are to travel directly to and from school. The girls have been reminded of these issues many times and we would be most grateful for parents to discuss these matters with their daughters. For further information please consult the College Planner.



## Energy Drinks

It has been brought to our attention that some students are consuming drinks which contains extremely high levels of caffeine. Excessive intake of such energy drinks can cause many problems some of which are quite severe. Dangers can include extreme addiction. These energy drinks have a much higher percentage of caffeine than other caffeine drinks such as tea and coffee. A high intake of caffeine has been scientifically proven to be very harmful to the human body, leading to short term as well as long term side effects. Some of the side effects of energy drinks due to caffeine are:

- Insomnia
- High Blood Pressure
- Osteoporosis
- Infertility
- Heart Diseases
- Ulcers

Caffeine has other side effects besides those mentioned above. Each person's response to caffeine is different hence there might also be certain short term side effects of energy drinks as well. Some people cannot even tolerate moderate amount of caffeine and energy drinks side effects might start to show up in the initial stage of its consumption. Energy drink side effects may be arrhythmia, which is irregularity of heart beats. Energy drinks also create health concerns related to the stomach, such as cramps. Excessive consumption of energy drinks may also cause dehydration and excessive fluid loss during exercises, this happens due to the diuretic characteristics of caffeine.

**These drinks affect the performance of your daughter's performance at school. We strongly advise that energy drinks not to be brought to school under any circumstances. We also strongly advise and recommend that the girls should not be consuming these energy drinks.**

## Housekeeping

I would like to take this opportunity to remind parents that Brigidine College has always been a site that presents difficulty for those parents electing to drop off and pick up their children. To ensure safety at all times, parents are asked to remember the following:

- The best place to drop off and pick up your daughter is on Coogee Bay Rd. Please adhere to the parking signs.
- There is NO PARKING in Aeolia Street.
- The worst times to collect and drop off your daughters are between 8.20 am—8.30 am and 3.20pm—3.30 pm. Perhaps you might consider arriving and departing outside these times.
- Double parking is ILLEGAL and jeopardizes student safety.
- **IT ONLY TAKES A MINUTE TO CREATE AN ACCIDENT.**

The school community is only as strong as the support of parents in these matters. We appreciate your support and cooperation at all times.

Students are always reminded to remain focused, think positively and strive for their personal best in all they do.

**Mrs Antoinette McGahan**



## **VISUAL ARTS NEWS**

### **Congratulations to Sasha McNamara in Year 11**

Sasha applied for an Intensive Studio Practice position at the National Art School in Darlinghurst. This is a Board of Studies endorsed enrichment course for senior Visual Arts students through a highly prized and fiercely competitive selective process. The course is designed to enhance and extend a student's technical and conceptual knowledge and skills through an intensive study of their specialty area in the most amazing facilities of the National Art School with excellent tuition. Sasha was awarded a place in the Sculpture School.

Module 1 - 4 days of Studio Workshop in the July holidays. If all criteria are met, students will be invited to continue to:

Module 2 – 5 Studio Workshop days in the September holidays

Completion of Module 2 will lead to:

Module 3 – Assessment, critique and an Exhibition on Saturday 1 October, 2011

This program requires commitment from students but the opportunities are very special indeed and we wish Sasha all the best in her endeavours.

**Mrs Routh**

**Visual Arts Coordinator**

### **EASTERN SUBURBS TOUCH ASSOCIATION - REFEREES LEVEL 1 COURSE**

**At Randwick Labour Club (4<sup>th</sup> Floor) Alison Road Randwick**

**Thursday 30 June 2011 – 5.00pm to 7.30pm**

Course costs: \$40.00 includes 2 instructors, rule book DVD on signals and games,  
Test papers, soft drinks and nibblies.

ALL PLAYERS & PARENTS WELCOME BUT YOU MUST REGISTER TO ATTEND

Contact before Monday 27 June 2011

Email: [eaststouch@bigpond.com](mailto:eaststouch@bigpond.com) OR ring John Ryan on 0419 206 109

## **YEAR 12 WORKPLACEMENT**

On Monday 23 May the following Year 12 Business Services students completed their second and last week of Work Placement.

**Amber Kentwell, Amy Young, Ariana Obando, Ebony Docker, Emily Barca, Maia Friedman  
and Michelle Wright.**





The students came back to school with positive comments and happy to have put their knowledge and skills into practice.

We wish to thank the employers and their staff for their commitment and support:  
*Belle Property Randwick, Galilee Catholic Primary School, Housing NSW, Jenkins Engineering, LJ Hooker, Randwick City Council, Toni & Guy Academy.*

**Miss Catanzariti**  
**VET Teacher**

### **CGSSSA GYMNASTICS**

On Wednesday 8 June the Brigidine Gymnastics Team competed in the CGSSSA Gymnastics competition at Five Dock Leisure Centre.

All of the girls involved were extremely dedicated to the team and put in many hours of lunchtime practice and early morning training sessions at Bunnerong Gymnasium to perfect their routines. Our girls were up against tough competition on the day competing against schools such as Santa Sabina, Bethany, College, Woolwich and many more.

All the hard work and training paid off with five students managing to gain overall places. We also had many apparatus place getters on the day.

The following girls are to be commended on their efforts and achievements:



### Level 1

Hannah Denney (2<sup>nd</sup> Bars)  
Natasha Toms (1<sup>st</sup> Bars, 2<sup>nd</sup> Floor, 2<sup>nd</sup> Overall)  
Amelia Chichester (1<sup>st</sup> Beam)  
Marissa Costas (1<sup>st</sup> Floor & 3<sup>rd</sup> Overall)  
Madeline Wheatley  
Lilian Glassic

### Level 3

Bella Ramond  
Courtney Limbert  
Samantha Eskin

### Level 2

Maylene Lam-Hang (1<sup>st</sup> Bars & 1<sup>st</sup> Overall)  
Mia Sfara (1<sup>st</sup> beam, 1<sup>st</sup> Vault, 1<sup>st</sup> floor & 2<sup>nd</sup> Overall)  
Annabelle Knight (2<sup>nd</sup> Bars, 3<sup>rd</sup> Floor & 3<sup>rd</sup> Overall)  
Amelia Wilson (3<sup>rd</sup> Bars)  
Jessica Henderson (2<sup>nd</sup> Vault)  
Kelly Cremen

### Level 7

Lainey Crowe

A big congratulations to **Natasha Toms** who placed **2<sup>nd</sup> Overall** and **Marissa Costas** who placed **3<sup>rd</sup> Overall in Level 1** and **Maylene Lam-Hang** who placed **1<sup>st</sup> Overall**, **Mia Sfara** who placed **2<sup>nd</sup> Overall** and **Annabelle Knight** who placed **3<sup>rd</sup> Overall in Level 2**.

Thank you to all the parents who drove out to the competition on the day and to and from all the early morning training sessions. Your support was greatly appreciated.

Most of all, well done to our CGSSSA Gymnastics Representatives. We are proud of your efforts.

**Miss Pauline Scardino – PDHPE Department**



ONE NIGHT & ONE NIGHT ONLY

# BRIGIDINE DOES BROADWAY

*Songs from Musicals*

Cullen Centre

Tuesday 28th June 2011

7:30pm START

GREAT SONGS  
GREAT SHOWS

*Starring*  
THE  
BRIGIDINE  
CHOIR  
AND  
ORCHESTRA

*Prices*  
\*\*\*  
Adult - \$5  
Student - \$2  
Child - \$2

