

Brigidine College Newsletter

21 October 2011
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Welcome to our October Newsletter

Brigidine P & F AGM

Tuesday 26 October 7.00pm in DC5

At the AGM all elected officers will stand down and all positions are open to nominations. New participants to the P&F are both a natural occurrence (as our children move in and out of Brigidine) and vital to keep the enthusiasm and ideas at a level of excellence. Parents from Years 7, 8 and 9 in particular are encouraged to take on this level of involvement as you will see the benefits of your efforts. The P&F is not about fundraising; parents assist at events which are crucial to making the school a vibrant community where our daughters can perform publically in some capacity or where parents have the chance to meet. During 2011 the P&F has assisted with the Meet & Greet cocktail party at the beginning of the year, TAS Evening, Musical, Founders Day BBQ and 2nd Hand Uniform Sales. Each one of these has been a great success this year.

Rebecca Cocks will not be standing as President for 2012, Sue Suchy will not be standing as Vice President and Cathy Goodieson will be standing down as Fund Raising Co-ordinator.

Positions to be filled on the 2012 P&F Committee are:-

- President:
- Vice president
- Secretary:
- Treasurer:
- Year 7-12 Class Rep Co-ordinator:
- Fund Raising Co-ordinator:

Nominations for all positions are now open and can be made via email to rebeccacocks@optusnet.com.au If you have any further questions regarding any position please contact Rebecca Cocks on 0413 457 035.

Ms Edmondson and all who come to the meetings and/or have accepted a position on the P and F committee know that all parents today are time poor. Therefore there is always a newsy presentation from the school and each meeting has a focus. It really is a case of many hands making light work. Please consider standing for an official position or coming regularly to meetings and assisting at events.

Regards

The 2011 P&F Committee

COMING EVENTS

24 OCTOBER

- ❖ HSC Continues

24 & 25 OCTOBER

- ❖ Year 11 Retreat

26 OCTOBER

- ❖ Year 7 Vaccinations

❖ P & F AGM

7.00pm in DC5

7 NOVEMBER

- ❖ "Girls & Friendship"
Cullen Hall 7.00pm



PARENT SEMINAR

MONDAY 7 NOVEMBER

COMMENCING at 7.00pm IN CULLEN HALL

(Free Parking in EZY Park not available).

“GirlWorld – Girls and Friendship”

SUPPORTING YOUR DAUGHTER TO SUCCESSFULLY NAVIGATE Girl World

This NEW 1 hr 20 min workshop is specifically aimed at parents and educators.

Research tells us that friends are more important to teenage girls than even their parents or teachers. How do we best support our daughters to make friends? How do we help our daughters decide if a friendship is helping or harming them? How can we support our girls when they are caught up in girl-world drama or the victim of “Mean Girl” style bullying? This parent workshop will address these issues and equip parents and educators to support their girls to develop the necessary skills they need to make safe, important decisions about their friendships

What does this workshop cover?

- How to help your daughter make new friends.
- How to support your daughter to resolve conflict respectfully
- Cyber world – communications essentials
- What to do when things go wrong: how to know if your child is being bullied and what to do about it.

Danielle Miller is a major innovator and expert in the field of education and student welfare. She was responsible for the curriculum, staffing and quality of learning of the English faculty of a dual campus high school. As Students at Risk Coordinator for all high schools in Western Sydney she advised the Federal Government on funding for support programs for students at risk of dropping out.

The immensely successful Lighthouse Project was Dannielle’s brainchild. It pairs at-risk student with workplace mentors, helping them develop employment skills and discover the real world relevance of what they learn at school. Another of her innovations was an accredited Higher School Certificate (HSC) course in service learning that she developed. The curriculum nurtures students’ entrepreneurial skills while involving them in meaningful community volunteer work.

Feedback from a client school where Dannielle presented this Parent Workshop:

Danni’s (or Gorgeous as known by the girls) presentation on ‘friendships’ was the second presentation she has delivered to our community and was engaging, interactive, insightful and practical. Her comment “girls can’t be what they can’t see” was a gentle reminder about the language we use to describe ourselves around the girls, as parents and as educators. Her 10 step guide on conflict resolutions was very useful and valuable. Danni’s energy, passion and flair is infectious and has a profound and lasting effect on both our girls and our parent community.

(Briony Trotter, Head of Marketing & Community Relations, Wilderness School, Adelaide)



FROM THE ASSISTANT PRINCIPAL

Welcome back to Term 4 everyone! The holidays already only seem like a dream, however, I do hope that the holidays were relaxing and re-energising for all. The year is certainly slipping away very quickly so now it is certainly full steam ahead. I hope that each and every student is ready to give her very best in all that she does during this final term for 2011. I truly believe that every single student can still make a difference in her performance if she really wants to by being prepared to work very hard and to do her absolute best.

REMINDERS TO PARENTS

I thought it is timely to bring to your attention a few important matters at the beginning of term. So I remind parents and students of following points:-

- Both Informal and Formal Assessments are critical to the learning of all students. **ALL** assessments count towards their final reports.
- Your daughter should write her homework in her school planner. Every student should have homework, revision and preparation to do **EVERY NIGHT**. If this is not always possible, then extra time should be set aside on the next night to compensate.
- Bus and train passes are a privilege. Students are required to meet the conditions set out by the transport authorities. These authorities actually have the right to withdraw passes if used incorrectly. **Students are required to catch the bus for which the pass has been issued. Also students are not permitted to lend their passes to anyone.**
- If your daughter is absent from school, please ring. A note of explanation is required on the first day of her return.
- All students should now be in their Summer Uniform. **No makeup is to be worn. One pair of earrings (studs preferably in the lowest part of the lobes). Hair tied back with ribbons in uniform colours** **The PE uniform is only to be worn to school on the days that the student has sport.** Many girls are in uniforms which are now too short for them.

Students are always reminded to remain focused, think positively and strive for their personal best in all they do. Thank you for your continued cooperation and support.

PARENTING

During the holidays I had the opportunity to do some reading which included an interesting book titled **“You Can’t Make Me – Seven Simple Rules for Parenting Teenagers”** by Dr Leanne Rowe and Dr David Bennett. It was given to me by one of our Year Coordinators. It highlighted to me what we are dealing with as parents and as educators on a daily basis.

The book briefly describes how different it is raising a child today in comparison to years gone past. It highlights points such as

- Our children are more informed about issues than their parents;
- Puberty seems to be much earlier than it was for various reasons and factors;
- We, including our children, live in a time of enormous social change, world turmoil, media exposure to violent and



- sexual images, high levels of family breakdown and secular disconnected communities;
- There is a significant increase in mental disorders amongst our young – teenage depression, eating disorders, drug and alcohol abuse, unwanted pregnancy, sexually transmitted infections, blood-borne viruses, homelessness and unemployment; and
- Almost 50% of students report some type of bullying.

There's no right or wrong way of parenting but one thing seems apparent is we cannot bury our heads in the sand. When a couple first learn they are going to become parents there is usually a huge amount of joy and excitement, very few really stop to even consider the challenges of parenthood.

Drs Rowe and Bennett stress the importance of humour, common sense, resilience and self reliance in parenting. They also suggest seven simple rules for parenting teenagers which are a great guide.

- **Show Love and Respect in Small Ways** – Love and respect are important in all relationships but especially in building strong family relationships. Children today 'need warmer, more nurturing and firmer parents. Mutual respect is also important. Ask your teenager what makes them feel loved and respected. Show love and respect in small, meaningful ways.' Young people can be disrespectful because they may feel disrespected by their parents or adults. They can also be sensitive to criticism and easily embarrassed. And so sometimes a parents concern can be misinterpreted. Finding the right balance can be difficult.
- **Teach by Example in Times of Conflict** – Changing your attitude to family conflict can be very significant in how you deal with it. The recommendation is to use conflict to teach another way of thinking. In resolving conflicts we can teach teenagers a better process by:
 1. 'Considering what is really behind the problem.
 2. Listing all the solutions they can think of, even the silly ones.
 3. Thinking of all the advantages and disadvantages of each solution.
 4. Choosing the best solution.
 5. Trying the solution and then reviewing it later.
 6. Going through the same process again if it doesn't work.'

Most of all, teach by example, set limits, take a stand on issues of safety, but always keep communication lines open.' It is also important to

- 'Persevere – don't give up.
- Have proper conversations.
- Listen and show respect.
- Know what is normal and when to worry.
- Hug your kids – just get in there and hold on.'
- **Keep Them Connected to School** – Studies show that teenagers need to have strong connections to family and school to help them develop resilience. 'By persevering with difficulties, you will teach your child what it means to be resilient. For this reason, changing schools is rarely the answer.'



- **Reduce the Risks (Diet, Smoking, Alcohol, Drugs, Sex)** – It is only natural that adolescents will want to experiment. There are issues surrounding all these risky behaviours. It is really important as parents to be open and honest, discuss values and beliefs and different scenarios and respect the young person's privacy. As parents and adults we can teach our children by example.
- **Understand the Difference Between Sadness and Depression** – Unfortunately depression in children and adolescents is quite common but can be prevented and treated. Depression in parents is more common. As parents it is very important to understand the difference between normal sadness and depression, and seek help to intervene early.
- **Ask the Right Questions in a Crisis** – At times as parents it is much more important to know what questions to ask than to think we have the answers. Sometimes it is better to listen rather than to advise or intervene. Developing a range of questions to ask depending on the situation would be most helpful.
- **Start a Small Social Revolution** – Rowe and Bennett state that the welfare of children is paramount to most parents. However the health trends, world turmoil, rapid social change, etc... can all impart a feeling of hopelessness. This shows that we need to show that we care about the problems facing our young people in today's world and about the communities in which we live.

There is no doubt that parenting can be very rewarding even with the challenges. The most important thing to remember is that you are not alone. There is help through many different avenues – all you have to do is ask. Keeping all lines of communication open is vital especially with your child's school and Year Coordinator.

Mrs Antoinette McGahan

YOUTH MINISTRY

Upcoming Events

Check www.cys.org.au (Catholic Youth Services) WHAT'S HAPPENING – October 2011. This site will give parents and students a list of Diocesan events, special events, regular events and notices.

'The Youth Forums aim to be a gathering of student voice to obtain relevant information that will address issues affecting young people. The goal of these student forums will be to develop resources and to assist with formation activities with respect to 'Body Image' from a Catholic youth perspective. The students forums will continue to ensuring that the resources developed are meaningful and appropriate to the wider student body of our Catholic schools'.

Eastern Region will be having this event on the 21 November from 3.00pm to 5.00pm. Venue to be announced at a later date. Two students from Years 8, 9 10 and 112 will be invited to attend this event. These students will be accompanied by Mrs Robyn Ross.

ARTES CHRISTI PRESENTS JOSEPH!

Don't miss Andrew Lloyd Webber's classic Biblical musical which returns to the Seymour Centre this October/November in support of the



Queensland Flood Victims. The show stars Catholic singer-songwriter Gary Pinto as Joseph and footballer/entertainer Jason Stevens and opera soprano Joanna Cole.

PERFORMANCES:

28 October (8pm), 29 October (3pm & 8pm), 3 & 4 November (8pm), 5 November (1pm & 4pm)

GROUP TICKETS from \$30.00 Phone 9351 7940 or online www.theword.org.au

Mrs Robyn Ross

Youth Ministry Coordinator

ST BRIGID'S PARISH CENTENARY:

This year St Brigid's Parish Coogee, will be celebrating our 100 year Centenary (1911-2011) on the weekend of 26 and 27 November, 2011. We will be having celebrations on both Saturday and Sunday, with an official lunch at the Coogee Diggers Club, Coogee on the Sunday. Tickets to the lunch will be on sale after each Mass this weekend 22 & 23 October or may be purchased at the Parish Office (9315 7562)."

SPORTS NEWS

Congratulations to *Jessica Thornton* and *Molly Blakey* who competed in the NSW All Schools Athletics Championships. Jessica won Gold in 100m and 400m and Molly won Gold in the 400m. Both girls will be competing in the Nationals at Brisbane in December. Good luck girls!

TUESDAY TOUCH FOOTBALL

Tuesday Touch begins on 18 October. All girls need to check with their captains regarding times and make sure you sign on before each game. I am in the process of sourcing shorts/bike pants that the girls can buy to play in that will be more appropriate and comfortable. Good luck to all 16 teams for a successful season.

EASTERN UNSW LIONS – Girls' & Women's Super League Trials

The Eastern UNSW Lions is a joint venture between the University of NSW Football Club and the Eastern Suburbs Football Association, and brings elite female football to the Eastern Suburbs, competing in the Football NSW Women's and Girls' Super League competition.

The Lions would like to invite interested players to trial for the Under 12, Under 14, Under 16 and All age squads for the 2012 competition. For more information about the Lions please email easternUNSWlions@unswsoccer.com

Ms Kate Emerson - Sports Coordinator



LAPTOP COMPUTER REPAIRS

Students who are using the Government funded laptops at the College are expected to arrange any repairs to the laptops through the College Library and our technician only. The laptops have a FOUR YEAR warranty and can be repaired cost-free under that warranty as long as the fault has not been caused by carelessness or misuse. Students are strongly encouraged to use the hard shell case we supplied to avoid screens being cracked in transit to lessons or home.

Problems not covered by warranty will be assessed and a letter sent to parents regarding the parts needed etc. The College's technician, Mr Lin can order in spare parts for a repair once payment is made and no charge for labour is made.

As the laptops remain the property of the College, other means of repair should not be used. Some students who have ignored these instructions recently have had further problems because of a repair company using incompatible parts. This can void the warranty. We ask for your assistance in ensuring the right thing is done with regard to our repair policy- students must register their laptop for repair via the School Library.

If you have been sent a letter detailing repairs needed and the cost of spare parts an early Response/payment is appreciated so we do not end up with a large collection of laptops waiting to be repaired.

The repair time is usually relatively short, once the parts can be ordered, but to date we have some that have been waiting a few months as parents have not responded to the letter sent out.

Mr M Rawlings
IT Administrator

A NOTE FROM CARITAS AUSTRALIA

To date, Caritas Australia supporters have shown deep compassion and support, donating close to \$2.5 million. Thank you. **The Australian government has now agreed to match donations received between 5 October and 30 November.**

Even if you are unable to do any extra fundraising, please use your school newsletter to inform your local community about this unique opportunity.

Visit our [East Africa crisis page](#) to find out what's happening and download our educational resources.



VOCATIONAL EDUCATION AND TRAINING (VET)

This year both year 11 and year 12 students of Business Services and Hospitality completed a week out on work placement at various businesses throughout the city. At the end of each year employers are asked to nominate students who were outstanding at their worksite. The employers look for commitment, punctuality, enthusiasm, initiative and how competently they complete the tasks set for them. As employers nominate very few students, this award is a great honour. We were very pleased to receive eight awards. Congratulations to the following students:

STUDENT	WORKPLACE	SUBJECT
Sarah Anderson	Cater Care Australia (Cranbrook)	Hospitality
Ebony Docker	Toni And Guy Academy	Business Services
Kori Banks	Coaching College	Business Services
Jess O'Toole	The Coffee Club	Hospitality
Holly Billman	PRD Nationwide Randwick	Business Services
Alison Wong	Randwick City Council	Business Services
Arielle Kurz	Toni And Guy Academy	Business Services
Melissa Leverett	American Institute for Foreign Study	Business Services



Mrs Dawson
VET Teacher



SCIENCE NEWS - STARS Challenge

For 3 days in July, August and September, 8 girls chosen from years 9 and 10 travelled to Marist College, Korari, to take part in *Science Thinking and Research Skills (STARS)* run by CEO, Sydney.

This gifted and talented project involved 53 students from 8 schools in the Eastern Region. Over the three days, the girls worked with students from other schools to:

- investigate Climate Change,
- research the Government's and Opposition's positions on Climate Change, and
- Look into what the future may hold for us.
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Brigidine girls were able to produce some very high quality videos and presentations, answering questions such as:

- 'Will the carbon tax have an impact on climate change?'
- 'Who are the top 10 global heroes and bandits of climate change?' and
- 'Who are the climate change skeptics and are they credible?'
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Although we did not win the final presentation challenge, Chantelle managed to win a science 'taboo' game on climate change and Team Brigidine designed the most creative newspaper model of a possible climate change solution: "*Fish of the future*". Their model "*Fish of the Future*" was designed to engulf and house all people if water levels were to rise significantly. In second place, year 10 Brigidine girls designed '*Drink master 2100*' which was a machine designed to recycle respired air and water.

Well done girls, everyone should feel confident that we have creative scientists here at our own school to combat climate change! The Scientists of the future are Leoni Suniary (Year 9), Anna Macdonald, Tara Tjandra, Fleur Chang (Year10), Chantelle Liew (Year 9), Maxine Williams (Year 10). Alex McManus and Sarah Quilligan (Year 9)

Miss Yvette Martinovich – Science Teacher



