Welcome to our November Newsletter

Dear Parents,

The idea that the universe comprises a seen and unseen world is not unique to Catholicism but is basic to human religious belief. This week is a time as we move towards the end of the Church year to enter into what we say we believe as Catholics in the Creed “we believe in the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.” These things are apparent to us in each moment and not just in future times. Our prayers to Mary reveal our belief that she exists now in heaven as its Queen and with creation and all the “host of heaven and all the angelic powers, all the cherubim and seraphim call out to (God) in unending song: “Holy, Holy, Holy is the Lord God of Hosts!”

We have to live in our lives here in creation with all its difficulties and with our feet firmly on the earth. What we can sometimes see is another world more wonderful than our imagining that showers its love and care upon us and is so obvious if only we have, in each moment, the eyes to see it.

A Reminder

If your daughter uses her mobile phone to ring you to ask you to come to the school to pick her up, please ask her if she is down at the school office and if she has spoken to the relevant staff whose job it is to care for her when she is sick. We don’t have the staff to be able to go looking for girls throughout the school as parents have arrived and want to take them home without any forewarning. Our procedure is that girls who are sick speak first with the office staff and then the Year Coordinator is called to sign the girls out of the school. An office staff member then rings parents to say that their daughter is sick and needs to go home.

May Brigid bless the house wherein you dwell.

Ms K Edmondson
Principal
FROM THE ASSISTANT PRINCIPAL

It’s busier than ever with all students either currently doing or about to do their final assessments for 2011. Year 10 students will be doing their School Certificate exams next week. HSC exams will conclude on 11th November. It’s great to hear from staff that the majority of the girls have been working very hard in preparation for their assessments. The girls should feel quite confident in facing their assessments. I take this opportunity to wish them luck.

Energy Drinks

In this issue of the newsletter I thought I would take the opportunity to make you aware of Energy drinks that have flooded the market and our children seem to be drinking so frequently. In particular, the girls are attracted to the smaller cans such as the ‘pocket rocket’ which is a 60ml guarana energy shot. When these drinks are consumed especially on an empty stomach the girls can actually begin to feel unwell.

Excessive intake of 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.

Energy drinks should not to be brought to school under any circumstances. We also strongly advise and recommend that the girls should not be drinking these energy drinks.

Reminders to Parents

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

- The best place to drop off and pick up your child would be on Coogee Bay Rd away from the Bus Zone
- There is NO PARKING in Aeolia Street.
- The worst times to collect and drop off your children are between 8.25 am—8.35 am and 3.20 pm – 3.30 pm. Perhaps you might consider arriving and departing outside these times.
- Double parking is also not permitted.
- IT ONLY TAKES A MINUTE TO CREATE AN ACCIDENT.

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.

Mrs Antoinette McGahan
THE YEAR 11 RETREAT
On Monday the 24th of October, The year eleven’s set off to their retreat in Stanwell tops to discover the people they were created to be. We were greeted by beautiful sunny skies, and a newly found warm summer’s day that later proved to be a little too warm! After a quick debriefing and some morning tea, we set out to some exciting hands on activities in the beautiful bushland around us. These activities ranged from crossing a dangerous “river” with only four planks and some co-operation, balancing on unstable rope structures to reach the top, and even ripping round the go-carting track! There was also a beautiful session with Miss Dorothy in which we got the chance to experience the feelings and events that the early aboriginal community experienced, and is still being experienced today. This activity showed us empathy, an important feature of humanity and our faith. After some well earned dinner, and some R&R, many of us had our first true experience of Christian meditation. It was very different to sit and be with God in complete silence, living in this world, which has a constant to do list. We shared a special ceremony in which we poured ourselves into our school community, (literally!) and reflected on our leadership roles within the school and our individual communities.

Our future school Captain, Sacha Evans and Stephanie Beshara shared with us the beautiful, but awkward moments of our year so far, reminding us of all the memories, and how many we are going to have as we share our final year together. After we enjoyed some birthday brownies provided by the lovely Sacha for a few recent birthday girls, we retired to our cabins to what the teachers hoped to be a well earned sleep.

The next day was truly special for all of us. After we reflected on the meaning of the Beatitudes, we shared our hopes of the future with one another, and really reflected on the people we are and want to be. We recognised our extraordinary ministers of the Eucharist, and shared a special mass together in which we were joined by Father Peter. Our new Extraordinary Ministers of the Eucharist include: Zoe McAnespie, Bonnie Iriarte, MacKillop Tran, Amy Botansky, Laura Harris, Jennifer Nicolas, Megan Pandika, Sacha Evans, Janice Kwan, Kate Myers, Tiffany Alexander, Paloma Siles, Joanne Cunney, Sophie Thomson and Saron Berhane

It was a wonderful time spent together with the grade, and I feel it has really brought us closer as a year group, giving us further support for each other during our HSC year.

Jordann Crawford Ash
NORTH SHORE’S GOT TALENT (with Bishop Peter Comensoli and Gary Pinto)
Join hundreds of young people for an incredible FREE youth event with talent performances and skits, talks, testimonies and a FREE BBQ Dinner. The evening will be concluded with an amazing LIVE concert with Gary Pinto and the Revelations. Gary wrote the World Youth Day 2008 theme song, works and performs regularly with Guy Sebastian and is the vocal coach on the X Factor TV Show.

If you have a band, act or performance which you would like to publicly perform and compete, please contact Chris Cox at chris@shparish.org.au or on 8969 3200. Mark this date in your diary not! Come and see your friends demonstrate God’s gifts in their lives. For further details go to www.cys.org.au

Mrs Robyn Ross
Youth Ministry Coordinator

The 2012 Archdiocesan Festival
‘TELL ME A STORY’
Excitement is stirring amongst the Sydney Catholic Schools as preparations begin for the 2012 Archdiocesan Festival
‘Tell Me a Story’
Years 7-11 Auditions on Monday 14th November 5pm-7pm.
Join our online community www.caspa-sydney.ning.com for audition details and to register
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)