

cocurricular opportunities



Brigidine College
St Ives



The College values an holistic education and provides opportunities inside and outside the classroom for girls to flourish, experience challenge, share interests, demonstrate the Brigidine spirit and find interests that ensure they will become lifelong learners.

cocurricular program

The College recognises that cocurricular opportunities play an important role in the education of girls, helping to nurture and develop the individual in all aspects of life: physically, emotionally, socially, spiritually and cognitively. Students are assisted in developing teamwork, critical thinking and social skills, thereby increasing confidence and resilience. They develop lifelong relationships with their peers and learn how to lead others. These skills will be beneficial later in life and in the workplace.

Our cocurricular program offers wonderful opportunities for students to try new activities and further develop current interests. The diverse program allows them to try something new, meet girls with shared interests, learn new skills and become involved in other aspects of College life.

There is overwhelming evidence to support the physical benefits of involvement in sporting activities, underpinning the fact that a healthy body leads to an active mind, and studies consistently show us that children who are more physically active tend to perform better academically. The Duke of Edinburgh Award encourages a student's sense of adventure, resilience, leadership, responsibility, lateral thinking and teamwork. Enrichment activities such as debating provide rigorous, critical thinking skills and engender mental and emotional maturity. This can lead to high levels of academic and occupational achievement. Debating also provides invaluable life skills by teaching students to become self-managed learners who can recognise how others think, thereby improving their ability to cooperate in a team environment.

Participation in cocurricular performing arts activities such as music performance ensembles and drama productions provide students with a means for self-expression, and developing self-esteem is a by-product of this. Research shows that students who study the arts are not only more successful with examinations but also learn to think creatively and to problem solve by imagining various solutions and rejecting outdated rules and assumptions; questions about the arts do not have only one right answer.

The College values an holistic education and provides opportunities inside and outside the classroom for girls to flourish, experience challenge, share interests, demonstrate the Brigidine spirit and find interests that ensure they will become lifelong learners, contributing to their world with strength and gentleness.

Belinda Moore
Director Cocurricula

clubs and activities

Covering a variety of interests, Brigidine's Clubs and Activities are run by student leaders and are generally held during lunchtimes throughout the school year.

Art

Art Club is for any student who wants a little bit more creativity in their lives! The Art leaders run activities every week in the Art studio. With a fun, relaxed atmosphere, artworks range from drawing, painting, printmaking and mixed media. It is an opportunity to improve your skills and learn some new ones.

Drama

The Drama studios come alive with drama queens from Years 7 and 8. Run by our senior and junior Drama Captains, Drama Club at lunchtimes offers students the chance to gain confidence, work together as a team and enjoy a variety of drama activities. During Term 4 Drama Club also offers a screen acting course for junior and senior students run by two professional actors from The Talent Company, involving students completing their own show reel.

Languages

This club is open to all students and explores anything to do with any country's language, people, festivals, traditions and culture. Activities include trivia and general knowledge questions, finding articles in travel sections of newspapers and magazines, discussions on political situations here and overseas, and discovering weird, interesting and wonderful facts about diverse nations whilst discussing why they would be great to visit.

Robotics

The Robotics Club is for students who are interested in robotics, coding, technology or engineering. Students typically spend their time working with various types of kits to construct fun STEM projects. Competitions are available for those who wish to participate, including Zero Robotics, FIRST Robotics, RoboCup, STEM Video Game Competition, Tech Girls are Superheros and Grok Learning.

Science

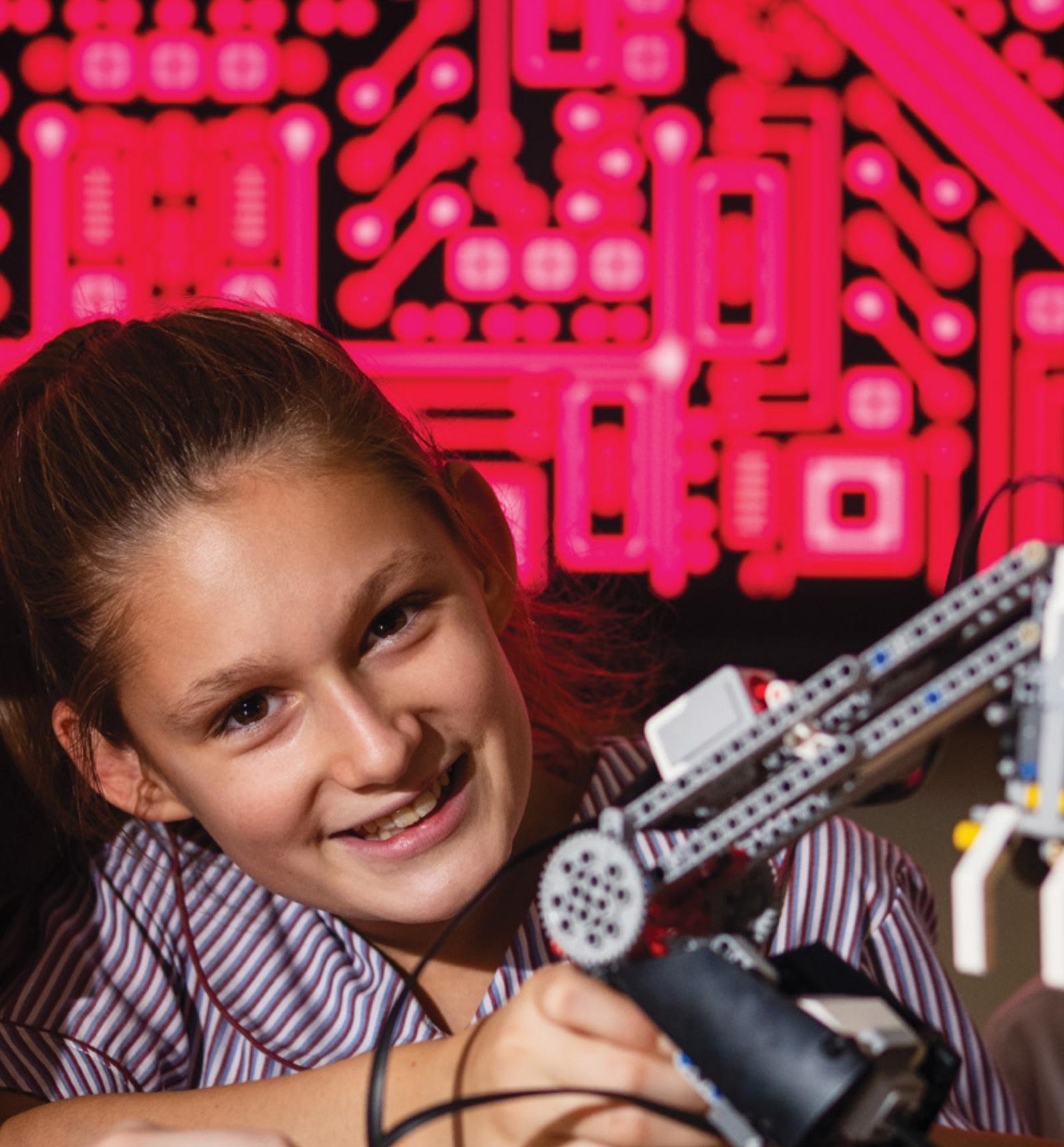
With hands-on activities led by our senior leaders, the Science Club offers anyone from Years 7 to 12 opportunities to find out more about the world around them. From flying drones to making slime, every Friday brings a new adventure that you might even be able to sink your teeth into!

Student Book Club

Book Club is for students who wish to participate in discussions about books. Library leaders assist with the organisation and management of the club, and all members are encouraged to bring ideas and shared experiences about what they have read. Classes are held every second week at lunchtime.

Textiles

This club provides an opportunity for beginners to learn some basic sewing skills and decorative techniques to construct simple garments. The girls learn how to use a sewing machine and make scrunchies from fabric they learn to dye themselves. Students will complete a drawstring bag and learn a variety of decorative textile techniques.



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duke of edinburgh award

The Duke of Edinburgh Award (DEA) is an international award program providing young people between the ages of 14-25 years with the opportunity to experience a sense of personal achievement through individual challenge, teamwork and fun. Young people who take part in this award experience real connection to both their immediate and global communities. Completion of the Award empowers students to become future leaders and true global citizens.

The Award is designed to individually challenge its participants in a noncompetitive way, encouraging personal growth, perseverance and commitment.

There are three levels of the program (Bronze, Silver and Gold) and four components of each level:

- **Service**
Volunteering time to assist others or your community
- **Physical Recreation**
Improving fitness and discovering new sports or active recreational activity
- **Skills**
Undertaking a new interest or hobby or extending a current one
- **Adventurous Journey**
Embarking on a journey in an unfamiliar environment, creating opportunities for team building through shared planning, role allocation, problem solving and accommodating physical and personality differences. There are two adventurous journeys – Practice and Qualifying.

At Brigidine, Bronze is open to Year 9 students, Silver to Year 10 students and Gold to Years 11 and 12 students. Registrations occur annually at the start of Term 4 the year before the award commences.

“Duke of Ed empowers young people to make true, impactful change in the world, whether that be having the compassion to help, the courage to take on a challenge or the sheer determination to stand up for what you believe in. If you can climb up that mountain, canoe over 20 kilometres in the blazing summer sun and carry everything you need for four days on your back, you can do anything.”

Caitlin Cummins, *College Captain 2019*



performing arts

Dance

Cocurricular Dance offers a variety of classes for students from Years 7 to 12 which cater to girls of all abilities and interests. Classes include jazz, ballet, hip hop, musical theatre, salsa and tap. Our Eisteddfod dance groups are selected each year to compete at various eisteddfods. We have two jazz and two contemporary eisteddfod groups, and all dancers are welcome to audition.

The highlight of the year for all dancers is the Dance Spectacular production held usually in September. This event showcases every class as well as individual and eisteddfod performances.

Girls in Black

This program is available to all girls interested in learning technical theatre skills and provides backstage and technical support for College productions.

Students learn and practise skills such as theatrical lighting, sound production and stage management. The girls provide support for College productions including the College Musical, Year 11 Play, Music Gala Concert and many more events.

Music

The cocurricular Music program aims to encourage girls to develop an interest in musical activity, participation, teamwork and enjoyment. It provides an opportunity for every girl, regardless of her ability, to develop her musical potential. Girls will develop skills, knowledge and the theory of music across a diverse range of ensembles.

Students perform at numerous events and compete in a range of eisteddfods and competitions. A music tour occurs every two years and is available to all members of the Music program.

We offer private instrumental tuition including lessons in piano, voice, woodwind, brass, strings, guitars and drums. Students can enter AMEB exams or have lessons to simply improve and have fun.

Musical

The College Musical is performed annually at the end of Term 1 in Bowie Hall. The cast is comprised of students from Years 8 through to Year 12, with auditions held the year prior. All roles are filled by the girls to maximise the opportunities for them to share their talents and participate. Between 80 and 100 students are involved as cast members each year, with additional opportunities for students to perform in the orchestra and to be involved in a technical capacity as part of the Girls in Black.

Year 11 Play

Drama offers students the chance to explore their creativity, critical thinking, collaboration, communication and connectivity – all key skills required by 21st century learning. The Play is an annual tradition in the College and offers all Year 11 students an opportunity to be involved with their cohort to work on a major production. Auditions are held in Term 1 and rehearsals run throughout Term 2, with the production being staged in the Murray Theatre in June each year.



“I joined Girls in Black in Year 7 and have since learned a wide variety of skills that have allowed me to be actively involved in many of the school’s events and productions. What’s amazing about the experience is that you get to learn practical skills that are unique and specialised. Girls in Black has also allowed me to improve my ability to work cohesively within a team and with girls across all Year groups.”

Teya Murray, Year 11

speech

Debating

Debating is an exceptional exercise of the mind where students think about current events, discuss issues shaping our world, share ideas and meet new people. As a formal argument between two teams, debating provides students with the opportunity to improve their public speaking skills, practise making logical arguments and structure their thoughts, all while making new friends from their own school and others they compete against.

The College competes in the Independent Schools' Debating Association (ISDA) on Friday nights throughout Terms 1 and 2. All students are welcome to try out for the ISDA squad. Brigidine also participates in friendly interschool debating competitions in Terms 3 and 4. These competitions are open to all students.

Mock Trial

The Law Society of New South Wales' Mock Trial competition is open to schools across NSW for students in Years 10 and 11. The program aims to introduce students to the NSW judicial system by providing practical experience in the running of a court case in a true-to-life adversarial setting. Students learn advocacy, debating and problem solving skills. The competition also helps students to increase basic skills such as listening, speaking, writing, reading and analysing.

Public Speaking

The Public Speaking program teaches confidence, persuasive speaking skills and raises awareness of global issues. It develops stage presence, voice control and leadership skills. It improves knowledge, critical thinking and creative writing. The College enters a variety of public speaking competitions each year in which students from Years 7 to 12 have the chance to participate. These include Catholic Schools' Debating Association Public Speaking, Rostrum Voice of Youth, The Plain English Speaking Award, Legacy Junior Public Speaking Award, AHIGS Festival of Speech, Lions Youth of the Year, and Zonta Young Women in Public Affairs Award.

Speech and Drama Classes

The Australian Speech Communication Association (ASCA) course is run by external providers and structured across Junior and Senior grades. The girls are assessed by their teacher and their starting grade determined according to their ability. There are eight Senior grades (S1 - S8) followed by higher order qualifications as the Certificate of Communication. At the end of each year, students will be examined by an external ASCA examiner.

Tournament of Minds

The Tournament of Minds is a problem solving program for teams of students in Years 7 to 10. Teams of seven students complete the challenges. Each team chooses a challenge from one of the following areas: STEM, The Arts, Language Literature and Social Sciences.



“Through participating in debating I have gained many valuable skills, from becoming a more confident speaker, to learning how to properly create an argument and eloquently present a case. I am so grateful to have joined the Debating Club. Through it, the friendships I have made and the skills I have gained are things I have taken with me through my time at Brigidine and will help me later in life.”

Auria Nunes, Debating Captain 2019

sport

Brigidine's Sport program aims to recognise the holistic nature of the development of girls and create opportunities which foster health and wellbeing by offering a diverse range of over 20 different sports and activities, in both competitive and non-competitive environments. Participation in sport and activities encourages teamwork, commitment and leadership and develops resilience, integrity and a sense of connectedness amongst students.

Brigidine creates a safe and supportive environment which provides students with opportunities to develop their skills in a broad range of activities. Our programs accommodate students from beginners to representative level players. Trials are held for each sport and teams compete in graded competitions, providing healthy competition and enabling students to attain their sporting potential by playing against those of similar skill levels and abilities.

Brigidine College is a member of the Independent Girls' Schools Sports Association (IGSSA) and much of the Saturday school sport is based around the IGSSA calendar. IGSSA has 31 member schools, including country schools such as PLC Armidale, NEGS and

Frensham. In addition to providing interschool sporting Saturday competition for girls, IGSSA also provides a pathway to representative competition at state and national levels. Brigidine competes in Saturday IGSSA sport and follows the IGSSA representative pathway for Basketball, Football, Gymnastics, Hockey, Netball, Softball, Tennis and Touch Football.

Brigidine competes in the Broken Bay Secondary Schools Sports Association (BBSSSA), the NSW Combined Catholic Colleges (NSWCCC) carnivals and representative pathways for sports such as AFL, Athletics, Cross Country, Diving, Golf, Surfing, Surf Life Saving, Swimming, Triathlon and Water Polo.

In addition to the associations above, Brigidine also competes in Saturday and mid-week school-based competitions for AFL, Sports Aerobics, Volleyball and Water Polo, and provides a range of lifestyle activities that promote fitness and wellbeing such as Fitness, Taekwondo and Yoga.

Interhouse competitions in Athletics, Cross Country and Swimming are held throughout the year and all girls are encouraged to participate, promoting the ideals of sportsmanship, self-respect and College spirit.

Overall, the Brigidine Sports program aims to nurture the potential of every girl and celebrate achievements of individuals and teams at all levels.

“There is much more to do with sport than bats and balls. It teaches fair play, sportsmanship, teamwork and commitment. Such life lessons have been experienced here at Brigidine and will surpass our time at the College and shape who we are as young women.”

Kahli Gilchrist, *Senior Leader 2019*



tours and immersions

A vital aspect of nurturing the minds and imaginations of our students is by providing them with opportunities to experience the world around them. Each year, girls are invited to participate in a variety of tours that will allow them to encounter unique and often remote areas of the world.

Opportunities in recent years have included tours focusing on music, community service, culture and sport. Participation in these programs provides wonderful opportunities for students to embrace the challenges of living in a global community while facilitating the development of lifelong friendships and enduring memories, independence and resilience.

Antipodeans

The Brigidine Antipodeans Immersion program to Southeast Asia allows students to develop their mindfulness, resilience and leadership. During the immersion, students work in leadership teams to book accommodation, transport, restaurants and organise sightseeing activities under the guidance of Antipodeans Leaders and College staff. Students gain an insight into the realities of life for people with whom they engage and develop a deep appreciation for a culture very different to their own. They are also challenged to step out of their comfort zone by completing a project in 4-6 days for a local community and a 3-4 day hike.

Indigenous Immersion/Tour

The Indigenous Immersion/Tour provides students with a unique opportunity for experiential learning. Participants immerse themselves in the culture and life issues of our Indigenous brothers and sisters by engaging with key communities, community elders and school leaders. The purpose of this 8-10 day immersion/tour program is to gain an insight into the realities of life for Indigenous people, their history and learn about their traditional ways.

Other Tours

Some of the College's tours have included:

- **Netball and Hockey Tour** to New Zealand
- **Cultural Tour** to the UK
- **Music Tour** to Singapore
- **STEM Tour to NASA** (as part of The Alliance of Girls' Schools Australasia)

“From immersing ourselves in the Indigenous culture to exploring the beautiful Daintree Rainforest, the Indigenous Immersion was truly something to remember. After spending a few nights in different communities we had learned so much about the Indigenous way of life, including fishing in crocodile-infested rivers, cooking damper in coals on the beach and swimming in gorgeous water holes surrounded by some of the rarest flora in the world.”

Molly Fileman, Year 9





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