



BRIGIDINE ST IVES



Cocurricular Opportunities
2023



Brigidine College values a holistic education and provides opportunities inside and outside the classroom for girls to flourish, experience challenge, build connections and find interests that ensure they will become balanced lifelong learners.

Our Mission

We inspire our students to value learning, seek wisdom, act with integrity and to honour their spiritual heritage. We challenge young women to act as global citizens, with strength and gentleness in their own lives and the lives of others.

Our Motto

Fortiter et Suaviter

Strength and Gentleness

Our Values

We are proud to produce graduates who are “Women of Strength, Women of Gentleness”, embodying the Brigidine values:

Courage	Speaking and acting with integrity
Confidence	Upholding our beliefs by living and leading with our values
Compassion	Walking with and having empathy for all
Excellence	Striving for our personal best in all we do
Hope	Bringing a sense of purpose and optimism to every endeavour
Hospitality	Placing community and dignity at the heart of our interactions, welcoming all
Justice	Acting always with fairness and justness, creating equity in the world in which we live
Wonder	Celebrating all that is good with curiosity and gratitude

Contents

Introduction.....	5
Costs, Registration, Notification, Permission, Communication and Uniform.....	6
Clubs.....	8
Sport.....	10
Performing Arts – Music, Dance and Drama	16
Debating, Mock Trial and Speech	20
Duke of Edinburgh Award	22
Tours and Immersions	24
Contacts	25

Introduction



Brigidine's Cocurricular Program

Brigidine strives to provide students with a world class education that extends well beyond traditional academic expectations and experiences. Each student at Brigidine has the opportunity to participate in a diverse and challenging experiential program that aims for holistic personal growth, via the development of teamwork, resilience, creativity, passion, skill, confidence and teamwork. The Cocurricular program allows for students to be much more than classmates. Here at Brigidine, every student can also be a part of the crew, the cast, the ensemble, the club, the community, the adventure, the outdoors and the team.

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

We provide a rich program with opportunities for students to discover and grow throughout their own Brigidine journey.

The following is a showcase of our Brigidine Cocurricular program.

Owen Vale

Director Cocurricular

Costs, Registration, Notification, Permission, Communication and Uniform

Brigidine's Cocurricular program is voluntary and, in most instances, attracts an additional registration fee.

The registration process for cocurricular activities is ongoing and reflects the activities timing and seasonal variances throughout the year. Students and parents are notified via email when registrations open with links to online registration forms. These forms provide additional details relating to each activity, such as trial dates, training and rehearsal requirements, costs, and uniform requirements.

In addition to email communication, the Sports Department uses the Team App for daily and weekly team specific communications and announcements including venues, timings, ground closures and cancellations. Families registered to play sport will be invited to use Team App with instructions via the Sports Department.

Parents are separately invoiced for any cocurricular activity fees via the Parent Portal once an activity has commenced.

All students and parents have access to the live and up-to-date cocurricular calendar, which is housed and accessed via the 'Links' menu on the Parent and Student Web Portal. In addition to an outline of activity schedules, dates and event timings, this calendar also provides the contact details for all activity coordinators, links to sporting draws, and any specific details relevant to each activity, such as venue locations and uniform requirements.



Clubs

Covering a variety of interests, Brigidine's Clubs are interest activity groups run by student leaders and are generally held either weekly or fortnightly during lunchtimes throughout the school year. Clubs are generally low cost or fee free activities run by senior student leaders with academic staff support.

Art Club

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.

Astronomy Club

The Brigidine Astronomy Club conducts stargazing sessions on site every term. This involves the club members gathering on the school grounds after twilight while the Astronomy Club leaders utilise the College telescope to gaze at different objects in the night sky. The objects of interest vary throughout the year, from the moon, our local planets to distance clusters and nebulae. The club also conducts an annual road trip to various professional observatories around Australia where students get to meet researchers and engage with the astronomy community. Occasionally the club gathers to watch science fiction movies in the theatre; this often occurs if clouds obscure the night sky for a planned stargazing event.

Creative Writing Club

The Creative Writing Club meets weekly in the library. The club aims to develop the students' writing skills that go beyond the traditional domain of normal, professional, academic, or technical forms of writing. Students are encouraged to develop and experience several different genres and styles across a whole range of fields of both fictional and non-fiction writing; storytelling, playwriting, poetry, prose, journalistic, and more.

Languages Club

The Languages Club is for students who are passionate about languages and different cultures. It is a place to come together and share interests. The club runs fun linguistic and cultural activities which engage students and focus on the student's linguistic and cultural knowledge. The club recognises the importance of learning a second language and developing thinking skills.

Drama Club

The Drama studios come alive each week with students in Years 7 to 10 engaging in a range of fun theatrical activities. Drama Club is run by our Senior and Junior Drama Captains and offers students the chance to gain confidence, work together as a team and enjoy a variety of drama activities. Activities include, improvisation, play building, scene work, voice, movement and screen acting.

History Club

The History Club provides an opportunity for those students who love History to explore beyond the History curriculum. Students delve into a range of different historical periods, from expansive ancient civilisations through to major historical revolutions. In this Club, students are given the opportunity to examine the way history has shaped and influenced contemporary society, developing their knowledge of the journey of humanity. History Club encourages all students to engage with various projects that reflect their specific interests and any student with a passion for the past is welcome to attend.

Robotics Club

The Robotics Club is for students who are interested in robotics, coding, technology and 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 Superheroes, and Grok Learning.

Science Club

Science Club offers hands-on scientific activities for all students in Years 7 to 12. Activities are led by our senior student leaders and provide students with opportunities to test, experiment, validate and engage with all things science.

Student Book Club

Book Club is for students who wish to participate in discussions about books. Library student 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.

Social Justice Club

Brigidine students are encouraged to identify, consider and engage with the social justice issues in their daily lives here at the College. Social justice issues are considered from within the Brigidine community, but also more broadly to consider issues with a national and international impact. The Social Justice Club offers students an opportunity for greater reflection, collaboration and activism. Current initiatives include the Days for Girls program, and care for the homeless via the Dignity Dishes program.



Strength & Gentleness

18

B

Brigham
Young
University
Sports

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 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 sporting 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 sporting calendar. IGSSA has 31 member schools. 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 also competes in the Broken Bay Secondary Schools Sports Association (BBSSSA), the NSW Combined Catholic Colleges (NSWCCC) carnivals and representative pathways for sports including Water Polo, Athletics, Cross Country, Diving, Golf, Surfing, Surf Life Saving, Swimming and Triathlon.

In addition to the associations above, Brigidine also competes in Saturday and mid-week school-based sports competitions for AFL, Rugby 7s, Sports Aerobics, Volleyball and Water Polo, and provides a range of lifestyle activities that promote fitness and wellbeing such as Fitness, Strength & Conditioning, Taekwondo and Yoga. Representative pathways also exist for AFL and Rugby 7s via NSWCCC or CIS (Combined Independent Schools).

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



Calendar of Saturday and Mid-Week Sports

Term 1

AFL
Cross Country
Softball
Tennis
Water Polo

Term 2

Athletics
Basketball
Cross Country
Football
Hockey
Water Polo

Term 3

Hockey
Netball
Rugby 7s
Athletics

Term 4

Touch Football
Volleyball
Tennis

PLEASE NOTE: Training for Saturday sport commences in the last two weeks of the previous term. Students can only select one Saturday morning sport each term.

AFL - Term 1

Students have the opportunity to play AFL in the NSW AFL Independent Girls Schools competition. Training is held at Hassall Park before school. Games are played at a range of venues on Saturday afternoons across Sydney.

Athletics - Terms 2 and 3

The College Athletics Carnival is held in Term 1. At this event every student is given an opportunity to participate and compete for her House. Students who perform well are then selected into the Athletics team to train and represent Brigidine in representative carnivals.

Basketball - Term 2

Students have the opportunity to play Basketball in the IGSA competition. Training is held at the College before and after School. Games are played at indoor venues on Saturday mornings at venues across Sydney.

Cross Country - Terms 1 and 2

The House Country Carnival is held in Term 1 for any student who would like to run and represent her House. Students are then selected to represent the College and compete at the IGSA Cross Country event in May.

Football - Term 2

In Term 2 students have the opportunity to play Football in the IGSA competition. Training is held once a week at Hassall Park before school.

Hockey - Terms 2 and 3

In Term 3 students have the opportunity to play Hockey in the IGSA competition. Training sessions are held after school at the Ku-ring-gai Hockey Centre in Bobbin Head Road, North Turramurra. Games are played on Saturday mornings at venues across Sydney. Brigidine also enters a team in the Mollie Dive competition in Term 2.

Netball - Term 3

In Term 3 students have the opportunity to play Netball in the IGSA competition. Training sessions are held before or after school at the College. Games are played on Saturday mornings at venues across Sydney.

Rugby 7s - Term 3

In Term 3 students have the opportunity to play Rugby 7s in the NSW Rugby competition. Training is held at Hassall Park before school. Games are played in a gala day format on Saturday afternoons at Pymble Ladies College and Loreto Normanhurst.

Softball - Term 1

In Term 1 students have the opportunity to play Softball in the IGSA competition. Training sessions are held before or after school at Hassall Park. Games are played on Saturday mornings at venues across Sydney.

Tennis - Terms 1 and 4

Students have the opportunity to play Tennis in the IGSA competition in Terms 1 and 4. Training sessions are held before or after school at a range of venues. Games are played on Saturday mornings at venues across Sydney. In Term 1, a team also represents the College in the prestigious Tildesley Shield tournament.

Touch Football - Term 4

In Term 4 students have the opportunity to play Touch Football in the IGSA competition. Training sessions are held before or after school at the College and at Hassall Park. Games are played on Saturday mornings at venues across Sydney.

Volleyball - Term 4

In Term 4 students have the opportunity to play Volleyball in the Santa Sabina competition. Training sessions are held before or after school at the College. Games are played on Saturday mornings at venues at Santa Sabina College in Strathfield.

Water Polo - Terms 1 and 3

Students have the opportunity to play Water Polo in various competitions in Terms 1 and 3. Training is held at the Warringah Aquatic Centre after school. Games are played on Saturday mornings at venues across Sydney.

“Participating in numerous sports at Brigidine has allowed me to explore new sports and meet new people. I have been able to play with older girls who I look up to, and younger girls who I strive to inspire. Brigo sport is a huge part of my life!”

Alana Reddy



Performing Arts

Dance

Cocurricular Dance offers a variety of classes for students from Years 7 to 12 catering 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. Brigidine College have two jazz and two contemporary eisteddfod groups, and a hip-hop eisteddfod group. All dancers are welcome to audition for places in these troupes.

The highlight of the year for all dancers is the Brigidine College Dance Spectacular production which is usually held in early September. This event showcases every dance class/group, as well as a range individual and eisteddfod performances.

Music

The Brigidine College cocurricular music program aims to encourage students to develop their interest and ability in music. The program provides an opportunity for every student, regardless of ability, to develop their musical potential, with an emphasis on ensemble collaboration, participation, enjoyment and teamwork. Students will develop individual and ensemble skills, including musical theory across a diverse range of ensembles – including a variety of bands, orchestra, vocal ensembles and strings. Students perform at numerous events and compete in a range of eisteddfods and competitions.

Brigidine College offers 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.

Year 11 Play

Drama offers students the chance to perform via an exploration of their creativity, critical thinking, collaboration, and communication skills. The Year 11 Play is an annual tradition at Brigidine College and offers all Year 11 students an opportunity to be involved with their cohort to work together on a major theatrical production. Auditions are held in Term 1 and rehearsals run throughout Term 2, with the production being staged onsite in the Murray Theatre in June each year.



The Musical

The Brigidine College Musical is performed annually at the end of Term 1 onsite in Bowie Hall. The cast is comprised of students from Years 8 to 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 60 and 80 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.

Girls in Black

Girls in Black is available to all girls interested in learning technical audio visual, production, and theatre skills. Throughout the year the Girls in Black provide backstage and technical support for all College theatrical productions, assemblies and music events. Specific skills include theatrical lighting design and control, sound production, recording and mixing, live video broadcasting and streaming, and theatrical production stage management.

Theatre Sports

Theatre Sports is improvised theatre that takes great skill, courage, confidence and teamwork. It fosters resilience and offers a range for actors to compete and perform live without the need to learn a single line of dialogue. We have teams entered in the Intermediate and Senior sections of the Impro Australia competition.

“Cocurricular Dance at Brigidine has given me the opportunity to push myself out of my comfort zone and gain new experiences performing and working in a team. I am able to do what I love in a nurturing environment full of supportive teachers and friends.”

Elif Caner





“Brigidine Drama has helped me open up and form connections with my peers unlike any other Drama program I have attended. Drama is my favourite part of the day.”

Bailey Haines

Debating, Mock Trial and Speech

Debating

Debating is an exercise of the mind where students think about and discuss current events, issues shaping our world, share ideas, communicate, collaborate, make new friends and meet new people. As a formal competitive argument between two teams, debating provides students with the opportunity to improve their ability to structure and deliver logical and convincing arguments, and to improve public speaking skills.

Debating is very much a team sport. The College competes in a range of interschool debating competitions throughout the year commencing with the Independent Schools' Debating Association (ISDA) on Friday nights throughout Terms 1 and 2. All students are welcome to try out for Brigidine College debating teams.

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. The Mock Trial team is usually selected from Year 11 students who have elected Legal Studies as an academic subject, however, participation is not strictly limited to this academic cohort.

Public Speaking

The Public Speaking program teaches confidence, persuasive speaking skills and raises awareness of global issues. It develops and improves stage presence, creative writing and composition skills, critical thinking, voice control and leadership skills. Brigidine 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.

Tournament of Minds

The Tournament of Minds (TOM) is a collaborative problem-solving competition held annually for teams of students in Years 7 to 10. Teams of seven students complete a range of intellectual, problem solving, creative and performance challenges involving STEM, The Arts, Language Literature and Social Sciences. TOM develops diverse skills in students, including enterprise, time-management and discipline.

“The Cocurricular program has given me the opportunity to pursue my passions, grow as a person, work as part of a team and connect with girls from all year groups. Getting involved with a wide range of activities has truly enriched my Brigidine journey and I can’t recommend it enough. Some of my best memories of Brigidine are from cocurricular activities.”

Abigail Mills

“Brigidine offers so many cocurricular activities that have allowed me to discover and follow my passions. I have been involved in Debating, Tennis, Write a Book in a Day, Netball, Festival of Speech, Musical, Year 11 Play, Tournament of Minds, Girls in Black and many Music ensembles. I have made many memories with friends across all year groups.”

Charlotte Sim



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 non-competitive 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.

“The Duke of Edinburgh program has allowed me to see the reward in tackling new challenges and stepping outside my comfort zone. The friendships and skills I have gained from it have been invaluable.”

Madison Lisle

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 through travel and community engagement. Each year, students are invited to participate in a variety of tours that will allow them to encounter unique personal and teambuilding experiences both nationally and internationally.

Opportunities in recent years have included tours focusing on Indigenous culture, music, sport and community service. 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, team bonds, enduring memories, independence and resilience.

Some of the College's recent pre-Covid-19 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)

Contacts

Clubs: for further information about Clubs at Brigidine please contact
Owen Vale, Director Cocurricular - 9988 6297 | ovale@brigidine.nsw.edu.au

Water Polo: Claire Hatherell - 9988 6355 | chatherell@brigidine.nsw.edu.au

Softball, Basketball, Rugby 7s, Touch Football, Swimming, Taekwondo:
Tim Donlan - 9988 6257 | tdonlan@brigidine.nsw.edu.au

AFL, Football, Netball, Athletics, Strength and Conditioning:
Brent Tansley - 9988 6290 | btansley@brigidine.nsw.edu.au

IGSA Tennis, Tildesley Tennis, Hockey, Volleyball, Cross Country:
Matilda Griffin - 9988 6253 | mgriffin@brigidine.nsw.edu.au

Sports Aerobics: Josh Holmes - 9988 6263 | jholmes@brigidine.nsw.edu.au

Dance: Shannon Riley - 9988 6257 | sriley@brigidine.nsw.edu.au

Music:
Charlie Lovelock - 9988 6244 | clovelock@brigidine.nsw.edu.au
Michelle Casiglia - 9988 6397 | mcasiglia@brigidine.nsw.edu.au

Year 11 Play: DiAnne McDonald - 9988 6250 | dmcdonald@brigidine.nsw.edu.au

The Musical:
Roslyn Boyd - 9988 6208 | rboyd@brigidine.nsw.edu.au
Chris Rutherford - 9988 6312 | crutherford@brigidine.nsw.edu.au

Girls in Black: Gareth Edey - 9988 6295, gedey@brigidine.nsw.edu.au

Theatre Sports: Owen Vale - 9988 6297 | ovale@brigidine.nsw.edu.au

Duke of Edinburgh: Skye Wachter - 9988 6296 swacher@brigidine.nsw.edu.au

Tours and Immersions:
Owen Vale, Director Cocurricular - 9988 6297 | ovale@brigidine.nsw.edu.au

ICAL THINKING COLLA



STAFF
ACCESS
ONLY
NO STUDENT
ACCESS



STAY OFF
THE GAMES
ARE NOT ALLOWED TO PLAY GAMES OR BROWSE LATEO
ELECTRONIC DEVICES DURING LUNCH OR RECESS WIT
THE PERMISSION OF LIBRARY STAFF





Brigidine College St Ives

325 Mona Vale Road,
St Ives 2075 New South Wales

+61 2 9988 6200 | office@brigidine.nsw.edu.au

ABN: 15 085 694 695

BRIGIDINE.NSW.EDU.AU