

ISSUE 17 | TERM 1 | 2026

ILLUMINATE

ST BRIGID'S CATHOLIC COLLEGE

wellbeing
TOP TIPS

YEAR 7
BELONG DAY

COLLEGE FOUNDATIONS
COMPASSION





St Brigid's Catholic College Illuminate Magazine is a publication designed with our community in mind.

The content and stories are prepared for parents, students, and the wider community to provide a quarterly illumination of key achievements, activities, milestones, and outcomes.





Here at St Brigid's, we acknowledge that the land on which we live, work, and play on was never ceded. We acknowledge the rich, diverse, and deep knowledge systems and cultural practices that have existed for hundreds of thousands of years in Australia.

We pay our deep respect to our ancestors who have walked these ancient lands over many generations, and we honour and pay our respect to the Elders across the many Aboriginal and Torres Strait Islander nations.

We acknowledge the special and unique relationships Aboriginal and Torres Strait Islander peoples have to Country, Waterways and Skies.

We acknowledge Aboriginal and Torres Strait Islander peoples and their continued connection to culture, knowledge, systems, spirituality, language, and cultural practices.

Always was, always will be Aboriginal and Torres Strait Islander lands and waterways.

INFLAME OUR HEARTS AND MINDS IN CHRIST

COLLEGE PRAYER

St Brigid,

Woman of **wisdom** and **compassion**,
steward of God's precious gift of Creation,
Peacemaker where turmoil reigned,
light of hope to those who suffered.

You ignited passion for learning, empowering those in
your care.

Inflame our hearts and minds in Christ,
so that we may have the **courage**
to live out our call
to love as His disciples,
and ensure that our world
is a better place for our having lived.

Amen.

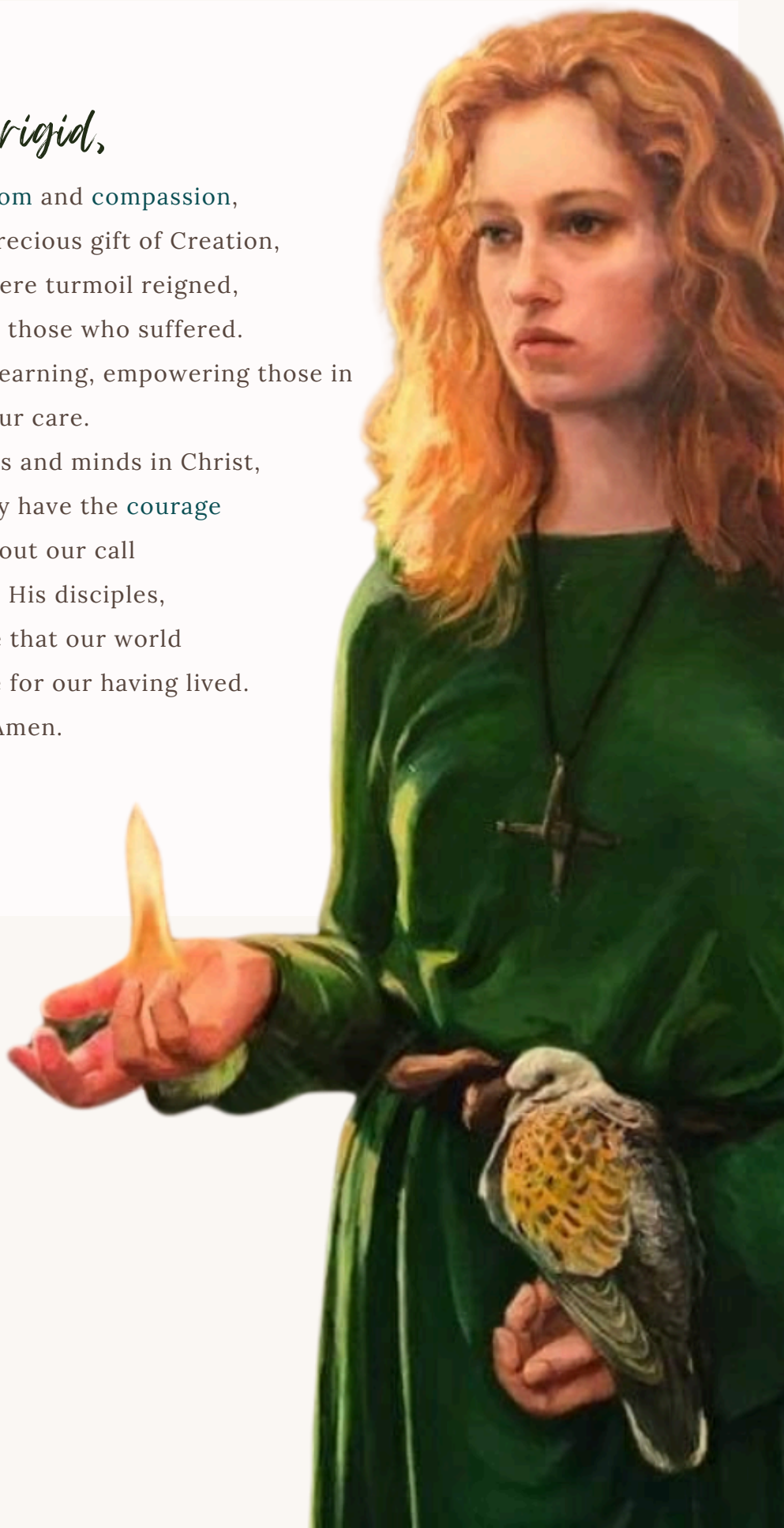


TABLE OF CONTENTS

- 1** **WELCOME**
College Principal's Message
- 2** **COMPASSION IN ACTION**
Assistant Principal - Evangelisation & Catechesis
- 5** **COMPASSION IN LEARNING**
Assistant Principal - Student Achievement
- 7** **YEAR 7 WELCOME TO HOUSE**
The Wellbeing Team
- 9** **COMPASSION AND CONNECTION**
at St Brigid's
- 11** **ALIGHT YOUTH MINISTRY**
YMES Canberra
- 13** **YEAR 10 GEOGRAPHY**
Learning in the community
- 15** **SPORTING SUCCESS SHINES**
Sports Report
- 19** **YEAR 11 AGRICULTURE**
Farm Case Study
- 20** **MENTOR GROUPS**
House Superstars
- 24** **ATTENDANCE HONOUR ROLL**
Term 1
- 25** **TOP TIPS TO WELLBEING**
From Senior Student Zara

Principals Welcome

Mr Adam Murdoch



Colossians 3:12

“Therefore, as God’s chosen people... clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Starting this term, each edition of Illuminate will focus on one of our College Values. This shift reflects our commitment not only to speak about our College Values, but to actively live them out in our daily college life. By centring each issue around a College Value, we hope to create space for deeper reflection, meaningful stories, and practical examples that inspire us all to grow together. This shift mirrors our new Foundations for Inflaming Hearts and Minds in Christ which has our College Values at its core.

Our first value is Compassion, which calls us to show kindness, understanding, and care for others, especially in moments when it is most needed. Throughout this edition, we will highlight the many ways compassion is expressed within our College - both in quiet acts of support and in larger efforts to serve others.

It is our hope that by focusing on Compassion, we encourage every member of our community to embody this College Value in their words, actions, and relationships.

As Easter People, we live in the light of the Resurrection, yet we never forget the Cross. We proclaim a crucified Christ - not as a symbol of defeat, but as the ultimate sign of love and redemption.

The crucifixion of Jesus stands as one of the most profound expressions of compassion in human history, not merely because of the suffering alone, but because of the intention behind it. In enduring betrayal, humiliation, and an agonising death, Jesus chose forgiveness over retaliation and love over hatred, even praying for those who condemned him. Rather than responding to injustice with anger, the crucifixion reveals a radical, selfless love that seeks redemption and reconciliation, making it a timeless symbol of empathy, sacrifice, and boundless compassion.

Wishing everyone in the community a holy and blessed Easter. May this sacred season bring peace to your hearts, joy to your homes, and renewal to your spirit. Let us celebrate the hope and love that Easter brings.

God Bless you and your families.

Damien Tomsett
Assistant Principal



FOCUSING ON OUR FOUNDATIONS: COMPASSION IN ACTION

This term, our College has continued to strengthen our commitment to the Foundations by encouraging every student to be a positive role model and to reflect Christ's values in their words and actions. We celebrate those students who consistently demonstrate these Foundations and support those who are still developing the skills needed to grow in these areas.

Our focus for the term has been the value of Compassion—reaching out with love, kindness and empathy. Students have been invited to live this value both in their daily interactions and within our wider College community.

Witnessing Christ's Teachings and Values means listening with empathy and offering support, showing care and kindness each day, respecting personal space and dignity, and helping everyone feel valued and included.

Within the College and the broader community, compassion calls us to welcome, help and include others, use respectful and considerate language, and take responsibility for our actions while rebuilding trust in respectful and restorative ways.

By embracing these practices, our students contribute to a culture where every individual feels safe, supported and valued. We are proud of the compassion shown across our community this term and look forward to continuing this important work together.

Congratulations to Our Newest Members of the Catholic Community We extend our heartfelt congratulations to Brando A, Eva M, Brock F and Isiah P, who will be joyfully welcomed into the Catholic Church at the Easter Vigil this year. These students have made the inspiring decision to embrace the Catholic faith, and we pray that God continues to guide and bless them as they grow in their relationship with Christ.



We also acknowledge and thank the dedicated staff members who have been chosen as sponsors and will accompany the students on this important step in their faith journey. Our gratitude goes to Mr Barnes, Mrs Hosking and Mrs Tenev for their support, mentorship and commitment. Please keep these students and their sponsors in your prayers during this special Easter season.

Thank You to Our College Community for Supporting Project Compassion

As we journey through Lent—our season of reflection, renewal and preparation for Easter—we are reminded of Jesus’ call to pray, fast and give alms. Lent invites us to look beyond ourselves, respond to injustice and support those in our world who are most in need.

This year, our College community has once again demonstrated tremendous generosity. Thank you to all students who contributed a gold coin donation in support of Project Compassion. Your willingness to give is a powerful witness to compassion in action.

We extend special thanks to our four House groups for their collective efforts in raising funds for Caritas Australia’s vital projects:

- Kildare: \$85
- Lakes: \$80.65
- Terry: \$138.20
- Walker: \$176.30

Your contributions will make a meaningful difference to communities facing poverty and injustice. Thank you for embodying the spirit of Lent with such generosity and heart.

As we fast approach Easter it is a time of renewal and reflection to rediscover the joy of Jesus Christ and the meaning of life. Lent prepares us to celebrate Easter which is an important time in the Church’s calendar as it provides the opportunity of prayer, fasting and almsgiving. Through prayer, we come closer to God so that we are better able to realise the promises made for us at our baptism, to live justly as Jesus teaches us. Fasting joins us in solidarity with people experiencing poverty who often have no choice but to go without their basic human needs. Sharing what we have, or ‘almsgiving’, is a sign of our commitment to justice and our thanks for all that God has given us. By praying, fasting and giving alms, we are reminded of Jesus’s death and resurrection.

This Easter, we encourage you to attend the following Mass services at our Parish Churches, I wish you and your family a wonderful Easter break.

HOLY WEEK MASS PROGRAM		
	ST MARY'S	ST BRENDAN'S
PALM SATURDAY VIGIL	6:00 PM	5:00 PM
PALM SUNDAY	7:30 AM 9:00 AM 6:00 PM	8:00 AM
HOLY THURSDAY	NO MORNING MASS	
LORD'S SUPPER MASS	6:00 PM	5:00 PM
GOOD FRIDAY:		
STATIONS OF THE CROSS	9:00 AM	9:00 AM
PASSION	3:00 PM	3:00 PM
EASTER VIGIL	6:00 PM	5:00 PM
EASTER SUNDAY	7:30 AM 9:00 AM	8:00 AM
	NO EVENING MASS	



Year 7 Belong Day – Beginning Their Journey in Our Catholic College School Community

On Wednesday 25 February, our Year 7 students travelled with their Religion teachers to the Light of Christ Centre at St Leo's College, Waitara, to join other Year 7 students from across the Diocese for Year 7 Belong Day. This event is an important milestone in welcoming our newest high school students into the Catholic community of Broken Bay.

Belong Day marks the beginning of each student's faith journey in high school—a time to grow spiritually, build connections and understand what it means to be part of a supportive Catholic community. Our Year 7 Religion teachers have enjoyed the opportunity to connect more deeply with their classes and strengthen the relationships that will support their learning and wellbeing.

Below are testimonies from Year 7 students about their experiences at St. Brigid's and connection to a Catholic Community. They have been exploring belonging to a Catholic Community in Religious Education lessons:

I enjoyed making new friends, having new opportunities and finding out all the new items on the canteen menu. I didn't expect for a school to be so on top of their student's wellbeing. I find it interesting that we have so many sacred times dedicated to praying and religion. **Willow L**

My first term at St Brigid's Catholic College has been great. All the friends I've made along the way and the experience has been fantastic. The events they have done have been great and so enjoyable. Another thing I like is mentor, the idea of meeting new people and having a teacher you can always go to is amazing.

Oliver D

I came to St Brigid's knowing nobody, but I felt welcomed to this school and made friends easily. At St Brigid's I have had the opportunity to learn much more about Jesus and learn about St Brigid. I am so grateful for this welcoming community and school. **Mindy H**

At St Brigid's, I enjoy being in an open community and having a safe and comfortable place to learn and socialize. I did not expect to get 15 minutes each day to talk to a teacher I can trust and get to connect with my friends to wind down from class work. **James F**

At primary school I felt I was ready for a change; I wanted to learn more about my faith. But when I came here, I realized that there was so much more under the covers than I thought there was. This change has not only helped me meet new people and become more independent but has changed the way I see my religion and what it truly is.

Willow C

Compassion in Learning: Growing Together in Faith and Understanding

At St Brigid's, compassion is at the heart of learning. Each day, our community strives to reach out to one another with love, kindness and empathy, recognising that learning is not just about academic success, but about forming young people who care deeply for others and the world around them.

This spirit is especially evident through our continued support of Project Compassion – Caritas Australia's Lenten Appeal, Unite Against Poverty. In 2026 students are encouraged to reflect on how their learning can inspire action, justice and service. Through generosity and advocacy, our students learn that compassion is lived through choices that uplift others.

We also value learning that extends beyond the classroom. Through LifeLink, our senior school leaders model learning that grows from connection, reflection and real-world experience. These lessons—built on faith, responsibility and lived values—remind us that some of the most meaningful learning does not come from a syllabus document, but from engaging with life and serving our community.



Learning extends into the home. Families play a vital role in nurturing curiosity, resilience and responsibility, and we deeply value this partnership. Together, home and school support and challenge students to become the best versions of themselves, with each child purposefully placed at the centre of their learning journey.

I have recently had the privilege of meeting with prospective students and their families, and it is both rewarding and affirming to hear that our day-to-day work as a school community is recognised. It is especially encouraging to know that families see this commitment and are eager for their child to continue their learning journey with us.

As the term draws to a close and we approach our Parent-Student-Teacher Conferences, we look forward to working collaboratively with families to celebrate student successes and thoughtfully identify areas for growth. Through shared dialogue, compassion and commitment, we strengthen learning outcomes and wellbeing for every student.

By working together—with faith, purpose and compassion—we continue to create a learning community where every student is known, valued and supported to flourish.



Year 7 Welcome to House Compassion in Community

By The Wellbeing Team



WELCOME TO THE ST BRIGID'S CATHOLIC COMMUNITY!

It has been a joy to witness the warmth, openness, and compassion you have already brought to our school. From your very first days, you have embraced the Foundations for Inflaming Hearts and Minds in Christ, showing a genuine desire to grow not only academically, but also spiritually and personally. Your kindness towards one another, your willingness to listen, and your care for our shared community reflect a maturity beyond your years and set a powerful tone for the journey ahead.

One of the standout moments this term has been your engagement in *Belong Day*. With openness and generosity, you reached out to new friends and stepped into unfamiliar surroundings with empathy and respect. Whether you were sharing stories, working collaboratively, or participating in reflective activities, you demonstrated compassion by making space for others and helping everyone feel valued and included.

Belong Day reminds us that community is built when we choose understanding over judgement—and you brought that vision to life.

Your approach to learning has also reflected a compassionate spirit. You have entered classrooms with curiosity and care, listening to different perspectives and supporting one another as learners. Compassion in learning means recognising that everyone grows at a different pace, offering encouragement, and celebrating effort as well as success. Already, you are showing that you are learners who lift each other up and create classrooms where everyone feels safe to wonder, question, and try.



Most importantly, we have seen you show compassion in the way you step beyond your comfort zones. Whether welcoming someone new, offering help, or approaching challenges with patience and grace, you have shown that compassion is an action, not just a feeling. As you continue your journey at St Brigid's, may compassion remain at the heart of all you do—shaping your choices, strengthening your friendships, guiding your learning, and deepening your faith.





Compassion and Connection at St Brigid's

This year, St Brigid's proudly launched FLAME, our wholeschool wellbeing program that weaves Faith, Learning, Agency, Ministry, and Emotions into everyday school life.

FLAME places wellbeing at the heart of our community and invites students to grow as compassionate individuals who care for themselves, others, and the world around them.

Our Term 1 theme is Compassion, a value grounded in our faith and expressed through understanding, kindness, and action. Compassion calls us to notice others, to stand alongside them, and to respond with love—even when it requires effort or courage. Through FLAME, students are encouraged to show compassion in their learning, relationships, and choices, guided by the example of Christ.

"Compassion calls us to notice others, stand alongside them, and respond with kindness—even when it takes courage."



The program begins with a strong focus on belonging and connection through our Opening School Mass and whole House welcome liturgy. These moments invite us to recognise our shared humanity and our responsibility to one another, welcoming Year 7 and new students while honouring the journeys of our senior students. Together, we are reminded that community flourishes when compassion is lived daily.

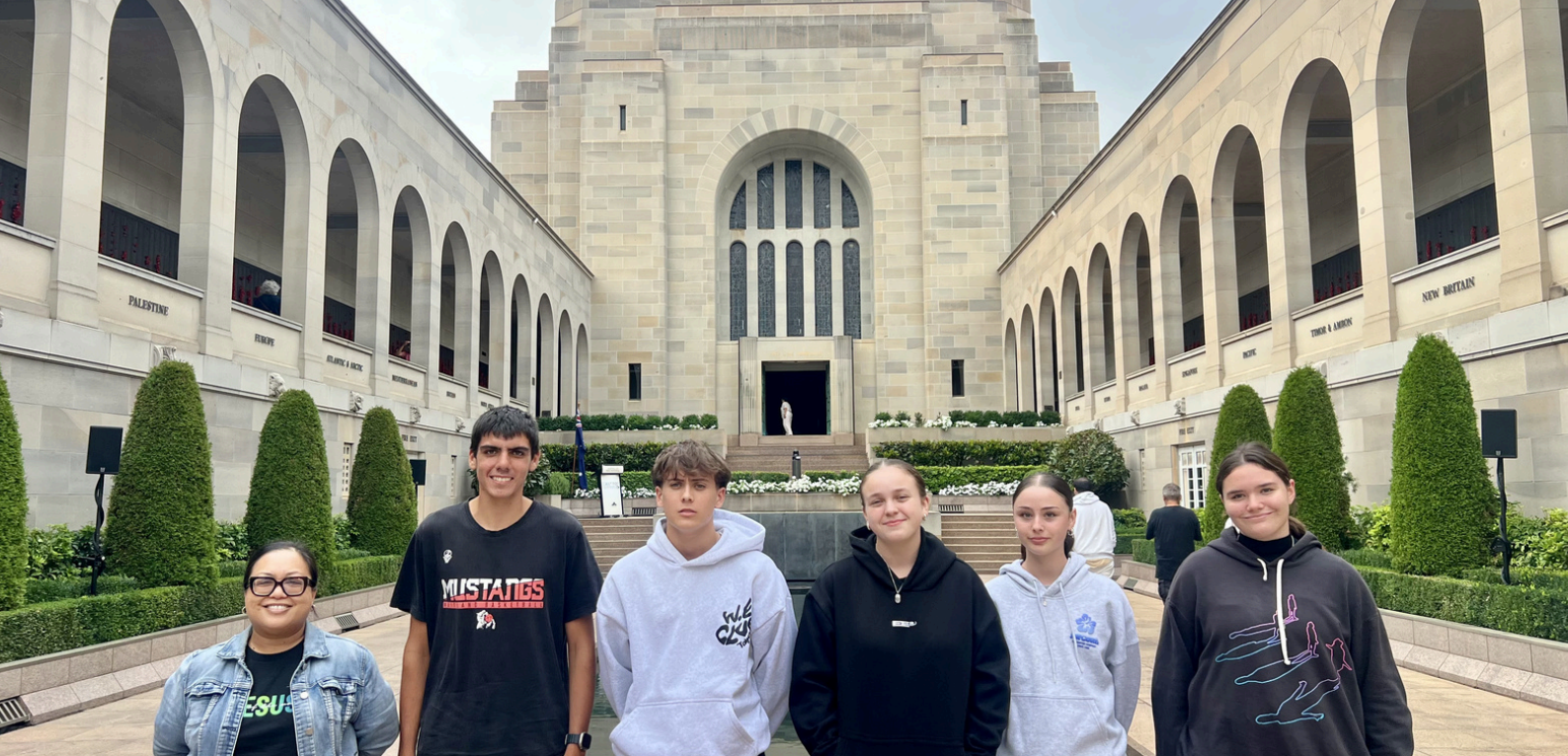
A key focus of FLAME is fostering meaningful connections between students, Mentor teachers, Houses, and families. Mentor teachers and House Advocates lead Tier 1 wellbeing activities, mentor sessions, and House events that nurture empathy, understanding, and a strengths based culture across Years 7–12. These relationships give students practical opportunities to practise compassion—by listening, encouraging, and supporting one another in everyday moments.

Term 1 also brings opportunities to live compassion through service and celebration.

Harmony Day was a joyful expression of inclusion and respect for diversity, culminating in an International Happiness Day sausage sizzle and fundraising for Project Compassion. These experiences reflect FLAME's emphasis on Ministry—inviting students to serve others while recognising the dignity and worth of every person in our College and beyond. As we continue the year, we look forward to seeing our students grow as compassionate people—deepening their faith, strengthening their relationships, and living out the values of St Brigid's through thoughtful actions, caring hearts, and a spirit of service under the light of FLAME.

"At St Brigid's, compassion is lived daily through connection, service, and a genuine care for one another."





YOUTH MINISTRY STUDENTS REPRESENT ST BRIGID'S AT YMES CANBERRA

Earlier this term, five Youth Ministry students from Year 10 and Year 11 had the exciting opportunity to attend the Youth Ministry Equipping School (YMES) in Canberra. The four-day, three-night experience brought together young people from across Australia for a powerful conference centred on the theme “Get Up. Listen. Go!”

Before the conference officially began, students made the most of their time in the nation’s capital. They explored the Australian War Memorial, spent time in prayer at the Tomb of the Unknown Soldier, and honoured the many Australians who have served our country. The group also visited Parliament House and shared dinner with fellow students from the Diocese of Broken Bay, setting the stage for new friendships and shared experiences.

Over the two conference days, students were immersed in faith, formation and community. They listened to inspiring keynote speakers, participated in Mass, Adoration, Praise and Worship, and had the opportunity to engage in Reconciliation and Prayer Teams. A highlight for many students was attending a variety of workshops, with Theology of the Body and Personal Testimony proving to be favourites.





Break times were filled with laughter and connection — from ice-cream runs and games to singing, dancing and meeting young people from different schools and backgrounds. Each evening, Broken Bay students gathered to debrief and reflect on the day, and it was wonderful to witness the strong friendships that formed throughout the week.

Since returning from Canberra, students have continued to share the impact of YMES with the wider community, speaking at Staff Prayer and during the Kildare House Spirituality Day.

A huge thank you to Georgia D, Samantha C.F, Rose D, Luca F and Tristan F for representing St Brigid's with such pride, enthusiasm and faith. Your school community is incredibly proud of you — and inspired by the way you lived out the call to Get up, listen and go.

Maisie Tenev

Alight Youth Ministry

YEAR 10

GEOGRAPHY

On a sunny day in Week 7, Year 10 Geography students set off for their annual fieldwork excursion to beautiful Norah Head, exploring the area's natural and human environments through hands-on investigation. Students rotated through four activities.

"Through deep listening, shared experiences, and care for the environment, students developed a deeper sense of compassion for Country and each other."

The first activity was the Norah Head Nature Trail walk, a scenic track leading to Rosetti Lookout. Students conducted weather observations, recording temperature, humidity, and wind data, and comparing these to forecasts for the day. They also gained insight into the area's early European settlement, including Norah Head's maritime history, and the lighthouse in 1903.

On the return walk, students participated in a plant identification activity, learning about both native and introduced flora.

The next session, Caring for and Connection to Country, was led by Sharon Bailey, who guided students in reflection and discussion about Aboriginal People's land management. The groups then participated in the practice of Dadirri - a deep listening and quiet reflection - to strengthen their understanding of Aboriginal perspectives on land stewardship.

The third activity involved students sitting by the beach, observing human interactions with the environment and discussing the impacts these interactions may have. They completed an Ecological Observation Chart and annotated a Land Use Map to study how human activities shape the coastal landscape.

The final activity took place at the end of Cabbage Tree Bay Beach, where students examined coastal landforms and management strategies. They identified processes such as erosion, deposition, and wave action, while noting how built structures - like rock walls, vegetation and fencing - help protect the coastline. Students then completed a field sketching task, capturing both the natural beauty and the human efforts to manage and sustain this dynamic coastal environment.

It was a productive and enjoyable day of fieldwork, deepening students' geographical skills and their appreciation of the land and coastline they call home.





Sporting Success Shines at St Brigid's This Term

This term has been an action-packed one for sport at St Brigid's, with students proudly representing the college across a range of competitions. Their enthusiasm, teamwork and sportsmanship have been on full display, making it a memorable season for all involved.

St Brigid's Swimming Carnival

Earlier this term, our annual St Brigid's Swimming Carnival brought the school community together for a day of competition and connection. There was plenty of house spirit on display, with students cheering each other on and getting involved across a wide range of events. Alongside the competitive races, students took part in several novelty activities, giving everyone a chance to participate and enjoy the day in their own way.

The carnival started smoothly, but a sudden change in weather meant the event had to be cancelled. Despite the disruption, students handled the situation with patience and maturity, showing real respect for staff and each other. It wasn't the ending we hoped for, but the attitude of our students made us proud. Congratulations to Kildare House on taking out the overall win at this year's swimming carnival.



Broken Bay Swimming

Following the excitement of our school swimming carnival, a talented group of students went on to compete at the Broken Bay Swimming Championships. Every swimmer gave their best effort in what proved to be a highly competitive diocesan event.

A special congratulations goes to Kye McDermott, who not only broke two Broken Bay records, but was also named 16 Years Boys Age Champion.

He broke the boys 16 years 100m freestyle record which was set back in 2005, a 21 year old record, and also the 16 years boys 50m butterfly record set in 2023. These are massive milestones.





Touch Football

In Week 5, our 15 Years and Under boys and girls teams headed off to the Broken Bay Touch Championships. Both teams played with determination and spirit, with the boys finishing 1st overall after an outstanding tournament. Our girls also impressed, securing a strong 3rd place finish.

More recently, our Opens boys and girls travelled to North Manly for the Broken Bay Opens Touch Tournament. They competed with grit, skill and excellent sportsmanship throughout the day, representing St Brigid's with pride.

A heartfelt thank you goes to Mr Underwood, Mr Devlin and Miss Mayall for generously giving their time to coach and support these teams.

Basketball

Our basketball teams also enjoyed a fantastic day out in week 8, showcasing excellent teamwork and a great sense of camaraderie. Students played with enthusiasm, shared plenty of laughs and supported one another throughout each game. Their positive attitude and sportsmanship were clear to see, and they represented St Brigid's with pride from the first whistle to the last.

A big thank you to Mr Devlin and Mrs Cannon for taking the basketball team and ensuring the students had such an enjoyable and successful day.

Representing Beyond the College

Sport at St Brigid's extends far beyond school-based competitions. Many of our students continue to strive for excellence at higher levels, with opportunities to represent the Broken Bay Diocese and even NSW. We congratulate the following students who have been selected to represent Broken Bay and NSW in their respective sports. Students and families are encouraged to keep an eye on their emails for upcoming representative opportunities. Anyone seeking more information is welcome to speak with Miss Ardern.

Broken Bay Rugby League

- Jayden Austin
- Koby Devine
- Alexah Katoa
- Milan Brackell
- Emerald Martin
- Milla Atwell

Broken Bay Touch Football

- Chloe Spindler
- Tayla Gerard
- Ma'Niyah Jenkins
- Tayla McAndrew
- Braxton Clark
- Nathan Jackson
- Koby Devine

Broken Bay Swimming

- Indi Poi
- Angus Halicek
- Harry LeLaen
- Harry Boulton
- Kye McDermott
- Samantha McDermott

- Jett Sherwood
- Jayden Austin
- NSWCCC Barbarians Cricket
- Jessica Zalewski



Sailing World Championships - Compassion in Action

Congratulations to Samuel D (Year 11), who proudly represented Australia at the 2025 Youth Sailing World Championships in Portugal over the holidays. This outstanding achievement reflects not only Sam's dedication and talent in sailing, but also the spirit of compassion shown through teamwork, respect, and support for others on and off the water.

Compassion is seen in the way athletes encourage one another, navigate challenges together, and grow through shared experiences. Sam's journey highlights how success is not only measured by results, but by the connections formed and the care shown within a team and across the global sailing community.



The Youth Worlds brought together sailors from around the globe, and it was inspiring to witness the respect and sportsmanship shared between competitors. Travelling, training, and competing alongside the Australian squad was an unforgettable experience and a highlight of our sailing journey.

While we experienced our share of ups and downs, the regatta provided invaluable experience and reinforced our love for high-performance sailing. Representing Australia on the world stage was an honour, and the lessons learned in Vilamoura—both in sailing and in supporting others—will shape my future.”

Photos from the event capture not only the racing and incredible conditions in Vilamoura, but also the spirit of unity, encouragement, and compassion that defined the experience.

Sam has shared his reflections on this incredible experience below:

“I have been sailing the Nacra 15 catamaran and was fortunate to qualify to represent Australia at the 2025 Youth Sailing World Championships in Vilamoura, Portugal. Sailing with Emma Webb, we competed against a world-class fleet of youth sailors in one of the most competitive events on the international sailing calendar.

“The support and camaraderie within the Australian team made the experience incredibly special.”

Over 13 races across 5 days, we faced a wide range of conditions that tested our boat handling, teamwork, and decision-making on the water. Throughout the regatta, the support and camaraderie within the Australian team stood out. We encouraged each other through challenges, celebrated successes together, and built strong connections that made the experience even more meaningful.



YEAR 11 AGRICULTURE

Farm Case Study

Year 11 Agriculture recently visited the dairy farm at Tocal College as part of their farm case study, gaining a valuable firsthand look at a working dairy enterprise. Throughout the day, students not only explored the practical aspects of farm management, but also developed a deeper appreciation for the care, responsibility, and compassion required in working with animals, the land, and the wider farming community.

Students were highly engaged and participated in thoughtful discussions with Matt Brett, Dairy Farm Manager, who shared insights into the production system, decision-making processes, and the challenges and opportunities involved in running a commercial dairy operation. His reflections also highlighted the importance of ethical practices, sustainability, and the wellbeing of livestock—reinforcing the role compassion plays in successful and responsible farming.

The group also had the opportunity to visit the historic homestead, where Jacqui provided a fascinating and engaging tour. Her storytelling encouraged students to reflect on the people and history connected to the land, fostering a sense of respect and connection to those who have cared for it over time.

We sincerely thank Jacqui for her generosity and warmth as a guide, and Matt Brett for sharing his invaluable knowledge and passion. Experiences such as this inspire our students to approach agriculture with both skill and compassion, recognising their role as future stewards of the land.



Kildare King

Kildare House is proud to celebrate the outstanding achievements of Kye Mc, a true House legend! Kye has also stepped up into his leadership role this year, confidently assisting with House assemblies and setting a positive example for his peers. He played a key role in guiding Kildare to victory at our recent Swimming Carnival, demonstrating determination, teamwork, and House spirit. He then went on to an incredible performance at the Broken Bay Swimming Carnival, where he broke two age group records and was deservedly crowned Age Champion. An exceptional effort, congratulations, Kye!



Kye Mc



What is a House Superstar?

Each term a person is chosen as a House Superstar for proudly representing their house and its values.

Lakes Legend



Gaby S

Gaby is the kind of person who is always looking out for others. Whether it's offering a helping hand to staff or students, stepping up to support whenever it's needed, or helping organise teams for sporting events and Friday challenges, Gaby is always there to make things better for everyone. Your positivity, teamwork, and willingness to help never go unnoticed. Thank you, Gaby, for everything you do, you truly are a Lakes legend!



What is a House Superstar?

Each term a person is chosen as a House Superstar for proudly representing their house and its values.

Terry Topdog

Brando has made a profound impact on the College since he started in year 7 last year. Always a welcoming young man, Brando has done everything he can to make the St Brigid's community an inviting place including joining the youth ministry team, attending inter-school events and representing Terry in Friday challenges. Significantly, Brando is taking a massive step in his own spiritual life by starting his journey to becoming Catholic through our local church, St Mary's Toukley. We are all very proud of you Brando!



Brando A



What is a House Superstar?

Each term a person is chosen as a House Superstar for proudly representing their house and its values.

Walker Warrior



Willow L

Willow L is a highly engaged and positive member of the St Brigid's community. She maintains an excellent level of attendance and actively participates in all aspects of school life. Willow is keen as mustard when it comes to Friday House challenges, Walker Tuesday Tussle challenges, and College events, consistently demonstrating enthusiasm and courage by willingly stepping forward to get involved. She regularly shows generosity through her contributions to fundraising efforts and is well known as a friendly, kind, and welcoming young lady. Willow's courage, positivity, and strong sense of community make her a valued member of the St Brigid's community and a true Walker Warrior.



What is a House Superstar?

Each term a person is chosen as a House Superstar for proudly representing their house and its values.

Attendance HONOUR ROLL

The following students are commended on having attended school over 98%.
St Brigid's is looking at ways to encourage and reward exceptional attendance. We
look forward to presenting our attendance based reward schemes early in Term 2.
Congratulations to all these students.

Lachlan B	Ella R	Lola M	Tamika F
Grace B	Oliver R	Ella M	Ella G
Declan B	Marcus R	Eyli P	David G
Peyton B	Mikaeel R	Benjamin P	Isaac G
Ruby B	Gabrielle S	Isla R	Ruby G
Brea C	Chelsea S	Mason S	Felix H
Storm C	Natasha S	Max S	Levi H
Emily C	Keira T	Craig W	Ava-Rose H
Valli F	Charlie T	Cameron W	Mindy H
Jayden F	Alexandra T	Samantha W	Zara H
Sioeli F	Zac W	Isla A	Guy H
Summer G	Dylan W	Cooper A	Jackson K
Ilirjana G	Lillian B	Oliver A	Oliver K
Oscar G	Benjamin B	Chevy A	Harrison L
Amelia G	Isabella B	Linsey A	Ashley L
Tayla H	Ryan B	Benjamin B	Willow M
Archer H	Van B	Vincent B	William M
Oliver H	Samantha C	Nixon B	Andrew O
Saxon L	Isabella D	Harrison B	Cooper P
Anton L	Ashton D	Bede B	Stone P
Luca M	Phoebe E	Elise C	Indi P
Mason M	Kirrilee F	Olivia C	TJ R
Keenai M	Paige F	Evie C	Taj R
James M	April G	Sophie C	Bella S
Ryan M	Miller H	Cooper C	Elly S
Robbie M	Jack H	Oliver D	A-Litkim S
Brielle M	Zac H	Riley D	Elliana S
Samuel M	Mia J	Carl D	Blake S
Hunter O	Willow L	Mason E	Oscar S
Isiah P	Oscar L	Majestik F	Indya' R
Eric P	Malaya M	Nathaniel F	Dylan V
			Caspian W
			Ivy Z
			Scarlett Z

TOP TIPS TO WELLBEING

Hear from senior student Zara as she shares her top tips for wellbeing and staying balanced at school.



When you're having a tough day, what's something kind you do for yourself to get through it? When I've had a tough day I like to surround myself with family and friends that boost my mood. I find it restorative to remove myself from stressful things, especially for a moment after school at home, separating from devices and school work to take a breath and reconnect with my personal values.

Can you share a moment this year when you showed yourself compassion instead of pushing too hard? Probably a couple of times this year where I chose family and friend time over studying. I tend to prioritise schoolwork over personal time, so choosing to put my work down for a second and take a break is a way that I reconnect with my personal values and be invested in all parts of my life, not just studying.

What helps you speak to yourself gently when you're stressed or struggling with schoolwork? Reminding myself that the feelings of stress and worry that I have in that moment won't last forever. This brings me some calm and motivates me to focus so that I can power through the work to have fun when its finished.



How do you balance high expectations with being understanding toward your own limits? Balancing high expectations with your own limits can be a very tricky task, for me it's taken years of practice and growth. Understanding that you can't always be perfect and that no one expects more of you than yourself. You can be your own worst enemy when you get in your own head, so surrounding yourself with people who encourage, support, and are proud of you is key to balancing yourself at school and in home life.

What supports or people help you feel cared for and less alone during Year 12? My friends, family, and peers going through the same challenges and tasks as me helps me to keep persevering and focusing in year 12. My mentor teacher, Mrs Carantinos, is also a huge support for me, and I encourage any students looking toward year 12 to lean on their mentor teacher when they are struggling or need some support.

How do you recognise when you need rest, and what compassionate choices do you make in those moments?

I recognise I need rest when I cannot regulate my emotions as well and get really short with people in general conversation. In these moments I recognise that I need to not only prioritise my wellbeing but the emotions of those I am close with and remove myself from situations where I am losing my temper out of compassion for others.

When you make a mistake or don't achieve what you hoped for, how do you respond with self-kindness?

When I make mistakes or don't meet my achievements and expectations I was aiming for I have to remind myself that making mistakes are human. Staying focused on goals that are measurable and achievable helps me to stay focused and understand that there are always other opportunities to achieve my goals.

What small acts of care (for yourself or others) make your school days feel more manageable? Small acts of care like asking how each others days are going, especially relating to our lives outside of school helps us to remain connected and not always focused on school every second.

How do you stay connected to what really matters to you, especially when things feel stressful? Making clear goals and working to maintain them helps me personally to stay motivated. Focusing on especially one specific goal at a time, for example a specific test and moving onto your next small goals as you achieve them.

What would you like other Year 12 students to know about treating themselves gently throughout the year?

The important thing is to not dwell on mistakes, as much as you think some things, at school specifically, are the end of the world there are always other opportunities. There is always another way to reach your goal or achieve your dreams, your pathways don't just end because you failed a test. Lean on others and remember to enjoy yourself, there is more to life than school.





StBrigid's
CATHOLIC
COLLEGE