FROM THE PRINCIPAL

Dear Parents, Students and Staff,

This week students in the Senior School were presented with a challenge – that happiness is a choice which must be worked on to be achieved. If you are not choosing to be happy you are not fully living your life. At a recent Assembly, I presented the students with a challenge which requires them to follow a five day plan:

- **Day 1** – Wake up and look in the mirror and think of five things you are grateful for.
- **Day 2** – Take notice of what makes you happy and what makes you sad and write it down.
- **Day 3** – Make everything positive today. It is your choice to keep your thoughts, actions, and words positive all day.
- **Day 4** – Take control of your life – this includes how you react to people or situations and keeping your reactions in check.
- **Day 5** – Choose and accept happiness in your life. You deserve happiness and are the only one that can give and take it from you.

Sometimes life can be very difficult, but we must all work through these times and grow from them. Very positive opportunities can be found through dealing with difficulties. Now is the perfect time for you to make the choice to be happy and allow yourself to live your life fully.

The 5 day Plan has been on the Student screens throughout the senior school. I have had some excellent feedback from students this week who have had a positive experience doing this exercise. Year 9 student Emily Whelan says, “The happiness exercise really helped me this week because when you focus on the positives rather than the negatives of a situation, such as when you have to do a test, it makes it seem easier to take on.”

**International Women’s Day – Making it Happen**

“Making it Happen” was the theme for this year’s International Women’s Day. KRB was privileged to have alumna and environmental conservationist and activist Alice Forrest, (KRB 2005) speak to students at our annual International Women’s Day lunch. After finishing her studies at KRB, Alice travelled and worked before deciding how she really wanted to make a difference to the world. She gained a Bachelor of Science (Biodiversity & Conservation) in 2013 from Macquarie University.

Since then Alice has travelled to Japan to be a voice for the dolphins of The Cove, sailed across the Indian Ocean studying blue whales, explored deserted islands researching seabird colonies and worked with schools in Fiji to protect our oceans from plastic pollution. She is about to participate in a research project on the Pitcairn Islands.

Alice really engaged with Senior School students who were enlightened by her experiences worldwide. Alice’s major advice to students was to say yes to every opportunity. She also encouraged our students to:

- Focus on using reusable products.
- Become educated and knowledgeable in their area of interest.
FROM THE PRINCIPAL

• Eat wisely
• Tell a friend about the importance of sustainability
• Do what you love, you will gain a great deal from this
• Be open minded about new situations and challenges
• Get involved in your areas of interest
• Practice conservation to save one baby whale

It is very inspiring for our students to hear from women who are part of our wider KRB community and who are great role models, making a difference to their world. I thank Alice for her support of this important event for our young women at KRB.

Sporting Achievements

Many of our students have been “making it happen” and achieving great results in sport.

• On Friday 13 March, KRB students competed at the IGSSA Swimming Carnival at Homebush Aquatic Centre. Our swimmers reached 31 out of a possible 37 finals and KRB achieved 5th place overall out of the 26 IGSSA schools competing. Rhiannon Cann (Year 10) won the 50M butterfly, a great result for the KRB Senior Swim team and coach Hamid Mobarraz and Head of Sport Mary-Kate Churcher.

• Our Junior School swimmers competed at NSWCIS yesterday and today with our Senior Girl relay team coming 3rd. They will go on to compete at State. Michaela Sorrenti also achieved 3rd place in the 50m Butterfly event.

• Both our Junior School and Senior School Swim teams had a motivation session with Olympic swimmer James Magnussen. James certainly inspired the students with his advice about preparing for a race as well as strategies for operating in the pool.

• Holly Harris (Year 7) achieved a bronze medal at the Coupe du Printemps Figure Skating Championship held in Luxembourg last weekend. Holly was awarded the bronze medal out of a field of 22 competitors in the Advanced Novice Girls section of the event.

• Maisie Stevens (Year 10) came 2nd in the National Under 16 200m with a time of 24.75 seconds. She also gained 4th place in the 90m hurdles.

• KRB’s Tildesley Tennis Team, after two days of competition, achieved a ranking of 5th place overall for the School. This is an exceptional improvement for the team and I congratulate them on a very outstanding effort. In Singles, Georgina Harrison reached 4th round; Bianca Cruz, 3rd round and Amelia Coutts, 4th round. In Doubles Josephine Harrison and Eloise Bridgers reached 3rd round

• Nine Touch Football teams will be competing in the Grand Finals tomorrow, 21 March, and I wish them all the best of luck.

Students Making It Happen

At Assembly, 11 March, I presented students from Years 7 to 11 with their leadership badges. Students nominated themselves to become their year group’s representative for the Students Representative Council, Yearbook, Environment, Liturgy and Social Justice Councils. I look forward to the difference these students will make to the School in 2015. The new student leaders for 2015 can be found on page 3.

Isabel Sigalla (Year 11), was one of the winners of the Youth Award for this year’s Woollahra Council Citizenship Awards. She was part of a group of long term student volunteers from local high schools involved in the Funsworth Group, an after-school program for children with intellectual disabilities. Isabel and the other students demonstrated their commitment to providing peer support and mentoring to the children involved.

Claudia Thackray (Year 12), has been “making it happen” in sailing this year. She skippered two international regattas representing the Royal Sydney Yacht Squadron in early February, the home regatta ‘The Hardy Cup’ on Sydney Harbour and the ‘Nespresso Youth International Match Racing Championships’ on Waitemata Harbour, Auckland, New Zealand.

Michaela Wong (KRB 2014), was recently awarded the Monsignor Doherty Award and $5000 for her HSC Artwork entitled “Which Side Are You Drawn To?” The Monsignor Doherty Award is part of the Clancy Art Prize for Religious Art from the Australian Catholic University.

Community

Last week, I had the pleasure of welcoming new parents to the school with the first of two Principal’s Welcome dinners at KRB this semester. This dinner was an opportunity for parents to meet with Bryan (Board Chair), Michelle Chaplin (Head of Junior School), Mary Cook (Director of Development), Sister Mary Shanahan rscj and myself. I gave a presentation on what a Sacred Heart education at KRB is about. The second dinner will be held next term on 11 May.
The school’s production of *The Ash Girl* will be held in the Edwina Taylor Clark Auditorium next Thursday and Friday evening. This promises to be a very entertaining appropriation of the Grimm fairytale, *Cinderella*. Students from Years 4 to 11 are a part of the production as cast and crew and it should be a fantastic evening.

Finally as we progress through Lent I quote Joan Chittister OSB:

“Lent is a call to renew a commitment grown dull, perhaps, by a life more marked by routine than by reflection. After a lifetime of mundane regularity or unconsidered adherence to the trappings of faith, Lent requires me, as a Christian, to stop for a while, to reflect again on what is going on in me. I am challenged again to decide whether I, myself, do truly believe that Jesus is the Christ – and if I believe, whether I will live accordingly when I can no longer hear the song of angels in my life and the star of Bethlehem has grown dim for me.”

With Regards,

Hilary Johnston-Croke
Principal

NEW STUDENT LEADERS FOR 2015

These students were presented with their leadership badges for 2015:

**Student Representative Council**

- **Year 7**: Emma Mellick / Isabella O’Gorman
- **Year 8**: Josie Power / Cassandra Banks
- **Year 9**: Anna Johnston / Eliza Murphy
- **Year 10**: Mia Antico / Lucinda Lindsay
- **Year 11**: Eliza McCrystal / Megan Fitzgerald

**Social Justice Representatives**

- **Year 7**: Sarah Morris / Mary Franklin
- **Year 8**: Daisy Parmenter / Emma Peers Tejero
- **Year 9**: Niamh Tomlinson / Juliet Gollan
- **Year 10**: Alessandra Gazal / Dominique Yap
- **Year 11**: Isabel Sigalla / Millima May

**Environment Representatives**

- **Year 7**: Paris Mir / Emilie Oyada
- **Year 8**: Lara Madievski / Madeline Khan
- **Year 9**: Catherine Brunker / Jessica Gardiner
- **Year 10**: Lucinda Bradford / Charlotte McGuire
- **Year 11**: Vanessa Luvio / Deano Arbelez

**Liturgy Leaders**

- **Year 7**: Aurora Saxbee / Charlotte Ekins
- **Year 8**: Eden Domingues / Alice Beavis
- **Year 9**: Ruby Green / Olivia Murphy
- **Year 10**: Georgia Boonen / Isabella Monardo
- **Year 11**: Elena Calluzi Farrell / Lucy Edwards

**Yearbook Council**

- **Year 7**: Eugenie Courtney / Amelia Stynes
- **Year 8**: Taylor Mooney / Iris Zhang
- **Year 9**: Sophie Day / Ruby Derham / Laura Salvaggio
- **Year 10**: Amy O’Reilly / Jessica Marr / Nadia Gilbert
- **Year 11**: Tyla Comino / Tara Ritchie / Isabella Cooper
STUDENTS IN ACTION

TEACHING & LEARNING

YEAR 6 EXTENSION ENGLISH – FLAT OUT LIKE A LIZARD DRINKING

G’day mate!
The Year 6 Extension English Group have been involved in a language study of Australian idioms. We’ve been making lists of colloquialisms from the text we’re studying and have watched a video about slang expressions. Lots of Australian language is about animals, the landscape or “mateship” reflecting the experiences and values of Australians.

This week’s dinky di challenge: to write three journal entries in the voice of Colin, the main character in “Two Weeks with the Queen” using colloquial language as well as reflecting on events in the novel.

There’s “no bludgin” in these lessons or Ms Saunders gets madder than a cut snake.

YEAR 11 FORUM WITH THE CLASS OF 2014

For Pastoral on Wednesday we were joined by 10 students from the Class of 2014 to learn from their HSC experiences.

We were in small groups and had the opportunity to talk to the older girls to find out strategies and keys to success for all things HSC. The informal, small groups allowed us to ask questions and receive some great insight from these girls who balanced it all so well. We know that Yr 11 is all about preparing for the HSC and now we feel even more confident that we can do it.

Year 11 students

YEAR 3’S VISIT TO PERFECTION CHOCOLATE FACTORY

Recently, Year 3 visited the Perfection Chocolate Factory as part of their Science and Technology unit on Chocolate which is based upon the teaching and learning outcome, “identifying that adding or removing heat causes a change of state between solids and liquids.”

At the Chocolate Factory the students were able to view the factory space and floor plan required and most importantly the technology and safety procedures implemented in order to make quality chocolate using machinery that heats and cools. Under the guidance of the owner of Perfection Chocolates, Mr John Kapos, the children spent time exploring the processes involved in preparing the ingredients for chocolate making as well as seeing a variety of products being meticulously hand produced by an experienced chocolatier.

Some of the highlights were:

- Seeing milk and dark chocolate swirling around in vats to heat and cool them
- Watching the chocolatier, Miss Melissa, honing her skills producing high quality chocolates
- Touching one of the largest Easter eggs they have ever seen
- Sampling the products

The Year 3 children thoroughly enjoyed the experiences and gained a firsthand insight into how chocolate is made in the steps from the cocoa beans to the wrapped delicacies at Perfection Chocolates and have promised Mr Kapos to visit his shop, Perfection Chocolates regularly, especially at Easter time.

“I really liked looking at the melting chocolate.” (Birgitta 3 White)
“I enjoyed the whole excursion and thought that the giant Easter egg was fantastic.” (William 3 White)
“I really enjoyed when they showed us how to make chocolate. The machines were also very interesting.” (Christian 3 Red)
“I enjoyed when Miss Melissa was showing us how to create the chocolate balls.” (Isabella 3 Red)
HARMONY DAY CRAFT ACTIVITIES @ LIBRARY

Harmony Day, 21 March, celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone. Students gathered in the library for some crafty fun at lunchtime…

INTERNATIONAL WOMEN’S DAY AT KRB


The theme for this year is “Make it Happen” and students in Years 10-12 heard from an exciting speaker, ex-student (2005) Alice Forrest, who is an environmental activist. After graduating from Kincoppal–Rose Bay in 2005, she set off on what would become 5 years of backpacking, with not much idea of that she wanted to do with her life. While volunteering with sea turtles in Greece, her eyes were opened to how her lifestyle choices were impacting our oceans. She returned to university and graduated with a Bachelor of Science (Biodiversity & Conservation) in 2013. Since then she has travelled to Japan to be a voice for the dolphins of The Cove, sailed across the Indian Ocean studying blue whales, explored deserted islands researching seabird colonies and worked with schools in Fiji to protect our oceans from plastic pollution. Alice believes in leaving a better planet for our children, and as well as better children for our planet.

“Nice was an inspiring young woman who had truly ‘made it happen’ throughout her life. She lives out her life following her passion and with a heart for others, making it evident she is a Sacred Heart person”.

Sasha Allerton, Head of Social Justice

“It was very interesting to see the path of someone who didn’t know what they wanted to do once they had left school, how her travelling and gap year(s) were formative and provided other opportunities. Her passion highlighted for me personally the importance of volunteering”.

Frances Ryan, Head of Student Council

GLOBAL CONNECTIONS

Georgie Kearney, Year 11 – Forest Ridge School of the Sacred Heart, Seattle, USA. In January, I went on a school exchange to Forest Ridge- School of the Sacred Heart. It was the most amazing experience because it really brought me out of my comfort zone, made my try new things and I became much more independent. It was a once in a life time opportunity to live the life of a student in a different culture and to live with another family. It was so interesting to see just how different school is in the USA compared to KRB- and ultimately, to immerse myself in a different family. I learnt so much about myself, and will never forget this experience!

Selina Cheung, Year 11 – During the school holidays I went on a trip to Seattle with Georgie Kearney. The plane ride over was long but worth the trip, when we arrived we were greeted with the warm welcome of our host family. As it was my first time meeting my exchange student I was very nervous but she was lovely and we got along very well. For the rest of the time we went to school as she would normally. Her peers were all very warm and welcoming and Georgie and I got along with everyone. I spent my birthday over in America with my exchange and we had a dinner at the space needle to celebrate her, her brothers and my birthday which were all very close. Over all my experience was amazing and everyone I met was awesome and very friendly.
STATE NIPPERS CHAMPIONSHIPS
KRBl had 3 girls in Year 7 compete at the State Nippers Championships in Umina on 7 and 8 March. They were:

- Alice Hodgson: Bronte Nippers whose team won a Gold Medal
- Charlotte Ekins: Bondi Nippers, Charlotte won the Individual Gold in U12 Flag event at Maroubra Carnival on 14 Feb
- Capri Felix: Bondi Nippers (Capri and Charlotte won Gold for Teac March past at Maroubra also)

IGSSA SWIMMING CARNIVAL
Last Friday 13th March the IGSSA Swimming Carnival was held at Homebush. KRB improved 3 places from 2014 with a 5th place overall out of 24 schools. This is an outstanding achievement for KRB. Outstanding results are as follows (all Finalists)

- Open 200 IM Lucienne Gerathy 9th place
- Intermediate medley Relay 3rd place (Alessandra Gazal, Elly O’Donoghue, Rhiannon Carr & Georgia Strain)
- Senior Medley Relay 5th Place (Laura Woltherspoon, Lucienne Gerathy, Laura Salvaggio & Georgia Hinds)
- 12 Years 50m Freestyle Natasha Wong 10th place
- 13 Years 50m Freestyle Charlotte Ekins B Final 9th place
- 14Years 50m Freestyle Valentina Colombini 4th place
- 15 Years 50m Freestyle Georgia Strain 5th Place
- 16 Years 50m Freestyle Alessandra Gazal 3rd place
- 17 Years 50m Freestyle Georgia Hinds 8th place
- 18 Years 50m Freestyle Laura Woltherspoon 6th place
- 12 Years 50m Backstroke Natasha Wong 8th place
- 15 Years 50m Backstroke Georgia Strain 8th place
- 16 Years 50m Backstroke Alessandra Gazal 4th place
- 18 Years 50m Backstroke Laura Woltherspoon 7th place
- 12 Years 50m Breaststroke Matilda Metcalfe 9th place
- 15 Years 50m Breaststroke Elly O’Donoghue 2nd place
- 17 Years 50m Breaststroke Lucienne Gerathy 2nd place
- Junior 100m Freestyle Valentina Colombini 4th place
- Intermediate 100m Freestyle Rhiannon Carr 6th place
- Senior 100m Freestyle Georgia Hinds 9th place
- 12 Years 50m Butterfly Natasha Wong 8th place
- 14 Years 50m Butterfly Valentina Colombini 6th place
- 16 Years 50m Butterfly Rhiannon Carr 1st place
- Intermediate Freestyle relay 3rd place (Rhiannon Carr, Elly O’Donoghue, Georgia Strain & Alessandra Gazal)
- Senior Freestyle relay 8th place (Laura Woltherspoon, Laura Salvaggio, Lucienne Gerathy, Sarah Maloney & Molly Windsor)
- All age Freestyle relay 10th place (Eloise North, Charlotte Ekins, Cyan Swan, Laura Salvaggio, Dionne Brown & Molly Windsor)

NSWCIS SWIMMING
Congratulations to Michaela Sorrenti, Coco Remond, Imogen Davis-Irons, Amelia Smith and Coco Fishlock on representing KRB and IPSHA at the NSWCIS Swimming Carnival on Thursday 19th March at Homebush. All girls competed in the senior girls’ Freestyle relay and placed 3rd overall which gives them entry to compete at the NSWPSSA Swimming Championships. Congratulations also to Michaela Sorrenti for placing 3rd 12 Years 50m Butterfly and 9th 12 Years 50m Backstroke and Coco Remond on placing 7th 12 Years Butterfly and 8th 50m Backstroke. Michaela will also compete in Butterfly at the NSWCIS Swimming Championships. This is an outstanding achievement for all five KRB Year 6 girls.

TILDESLEY TENNIS 2015
The 2015 Tildesley tennis competition was held Wednesday 18th and Thursday 19th March at Pennant Hills. The KRB team has been training since the 2014 competition to improve the overall school and team placing. After 12 months of dedication and hard work on the Tennis court and running heart break hill. The KRB team placed 5th out of 25 schools which is great improvement on 13th place in 2014. KRB just narrowly missed out on winning the most improved award at this event by 1 place.

Not only did the girls demonstrate a greater fitness level, improved match play but excellent sportsmanship and team work throughout the competition. Congratulations and thank you to our Head Coach Jed Gould and Laurence Henderson on all your hard work over the past 12 months preparing the girls for this competition. Congratulations to the following KRB Tildesley players on your outstanding results:
Singles players
Georgina Harrison – 4th round; Bijanka Bacic – 2nd round; Bianca Cruz – 3rd round; Garner Hancock – 1st round and Amelia Coutts – 4th round.

Doubles players
• Josephine Harrison & Eloise Bridgers 3rd round; Lucinda Lindsay & Claire McRedmond – 2nd round; Sarah Maloney & Audrey McGuire – 2nd round; Claire Hamblin & Amy O’Reilly – 2nd round and 1st reserve – Lucia Cattana.

The following lines girls were also of great assistance to us over the 2 days: Summer Casey, Lucia Cattana, Alex Ryan, Skye O’Neill, Lily Ricardo, Harriet Monie, Charlotte Nesbitt, Ava Dale and Olivia Barber.

AUSTRALIAN U/16 NATIONAL ATHLETICS CHAMPIONSHIPS
Congratulations to Maisie Stevens on recently competing in Nationals in Athletics. Maisie Competed very well at the event winning the following medals
4 x 100m relay - Gold, 90m Hurdles - 4th in the final, 200m – Silver, 100m – Bronze, 4 x 200m relay – Silver. Congratulations Maisie on these outstanding results

EQUESTRIAN
Congratulations to Claudia Pring and Abbi Pring on representing KRB recently at the Evans Crown Horse Sports Day at Lithgow. Claudia was placed 3rd in both her ridden events and Abbi was awarded the citizenship award during the sporting events. Congratulations girls on this achievement.

FROM THE DEVELOPMENT OFFICE
We have a number of events coming up before the end of the term:
• The Year 5 & 7 Grandparents’ Morning on 24 March
• “Coffee and Cake” with the Principal on 27 March
As well we are beginning to organise the annual KRB Rugby Lunch, to be held at Four Seasons Hotel, George St Sydney on Friday 7 August.

If you are interested in sponsoring the Rugby Lunch, we have three sponsorship packages available:
• Platinum – $10,000
• Gold – $5000
• Silver – $2500.

All funds from the Lunch are directed to the KRB Bursary Fund. Bursaries are:
• Given to students whose families are in financial need
• Are means tested
• Do not depend on an ability of the student in any particular area.

KRB currently has over 50 senior students receiving partial bursaries. The students themselves not only benefit from their KRB education but as well contribute to the richness and diversity of this School. The Rugby Lunch is a significant means of supporting this program.

Kind regards
Mary Cook
Director of Development
9388 6024
cookm@krb.nsw.edu.au
APRIL HOLIDAY CAMP

WEEK 1
TUESDAY 7 APRIL – FRIDAY 10 APRIL

PLEASE CHOOSE ONE CAMP EITHER TENNIS CAMP OR GYMNASTICS CAMP

TENNIS
KRBS Tennis Camp is for students aged ELC—Year 6, students are grouped according to age and experience, and allows students to learn new skills as well as work on their technique with our expert coaches. They will have the opportunity to play in mini tournaments and games; utilising what they have learnt in these sessions.

GYMNASTICS
Our camps are for Children aged from ELC to Year 6, gymnasts are divided into appropriate groups depending on their age and ability. The Children do a variety of activities on vault, bars, beam, floor, air floor, trampoline and rhythmic hand apparatus.

WEEK 2
MONDAY 13 APRIL – FRIDAY 17 APRIL

MULTISPORTS
The KRB Multisport Camp allows students to experience a range of sports and non-sport activities that include Swimming, Gymnastics, and Tennis, together with Dance, Art and Cooking plus many more.

KRB Multisport program will feature seasonal sports and activities throughout the year. During the Easter break we will be focusing on Cricket, Basketball, Soccer and Gymnastics.

COST
$85 per day or $320 per week (Week 1) or $420 per week (Week 2)

LATE PICK-UP FEE – $20 per 15 minutes overtime to be paid in cash for any pick up after 5.10pm

Where: The Maureen Tudehope Centre (Vaucluse Road, across from Main School)

Time: Drop Off between 8.30–9.30am. Pick Up between 3–5pm

Bring: Water bottle, lunch, snack, hat, and warm top (sunscreen provided)

Wear: Suitable sports clothing and shoes, tennis Racquet. No hooded sweat shirts or zippers. Each child attending camp must bring their own bag.

PAYMENT PROCESS

STEP 1 – Go to www.krb.nsw.edu, click on “Beyond Class” and then select the “KRB Holiday Camps” page
STEP 2 – Read the information on the page, click to “register” and read the Terms & Conditions
STEP 3 – Click through to register and pay online

IMPORTANT INFORMATION
• We cannot take any late applications as we base our staff around how many children we have registered
• If you ONLY complete step one of two in the payment process you will not be confirmed to participate in holiday camp.