

The Brigidine Link

Staying connected...

Upcoming Events

Twilight Open Day 14/5

Brigidine Day 2/8

A Night Under the Stars

10/8

P & F Gala Ball 7/9

Twilight Open Day 15/10

Alumni Event 27/10

Keep up to date on the

College Website;

www.brigidine.qld.edu.au/events/

Reunion Dates

Reunions due in 2019

Classes of 1939

1949

1959

1969

1979

DATES Set for;

1989 15/6/19 Tour at 10am

1999 06/7/19 Tour at 1pm

The College will run Saturday tours for Reunions in October & November each year.

Please email

alumni@brigidine.qld.edu.au

Her Story

Dr Crystal McMullen

(nee Crawford)

Class of 2001



Crystal graduated from Brigidine in 2001; she is now married with two young children.

After leaving Brigidine, Crystal pursued undergraduate and postgraduate study and a career in Business Management and Clinical Psychology at the University of Queensland, and graduated from her Doctor of Psychology in 2009. Crystal spent her early career working in hospitals and community settings in Queensland Health, and now owns and runs a Private Practice in Springfield Lakes, in addition to working at USQ as the Director of Postgraduate Psychology and a Senior Lecturer.

Crystal has provided an article for teenagers on the topic of 'Turning Stress into Success.'

We think everyone can benefit from the useful tips though;

Surviving life as a teenager in today's society is a task like none that has ever come before. With increasing curriculum demands in and out of school, homework, part-time work, social demands and social pressure that continue well after the 3pm bell has rung, far into the evening thanks to social media, teens in the year 2019 have a lot to juggle. Despite this, there are ways parents can support teens to best manage their stress, to increase the likelihood of successful outcomes both at home and school.

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Her Story – Crystal McMullen

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Finding the Balance

A certain amount of 'stress' is actually healthy for us, making us more productive and effective in our work and study. The trick is to ensure that we find the balance between being so 'chilled' that we can't find motivation to do our homework/study and being so stressed that we can't focus on what we are doing as our mind (and sometimes even heart) is racing. Some teens work best straight after school to get homework and chores completed and then have their free time, whereas, some genuinely need some decompressing time before they are ready to face homework. Try to ensure that each afternoon provides at least some leisure and relaxation time, as teens (and parents!) really do need it.

Plan, Plan, Plan (and then Plan some more):

The most effective way to manage stress is to prevent it! However, planning is not something that comes naturally to most teens (as their teenage brain leans towards the excitement of spontaneity instead). So it is important to sit down at the start of each term, and help your teen chart their various demands across the term – work shifts, extra-curricular commitments, time for homework, assessment due dates, scheduling in time to do assessments, and the like.

Engaging teens in the process of buying a nice desk or wall calendar from Typo, Kikki K or the like, can certainly help improve their engagement in the planning too.



And remember the importance of regularly monitoring and supporting them throughout the term, focused on how they are going with sticking to the plan.

Taking care of the body:

An easy one to overlook is perhaps the simplest – be sure that teens are eating healthily and regularly – a hungry brain is a brain that is extra sensitive, easily stressed, and not great at remembering or problem solving. Also ensure your teen is getting enough sleep at night – teens (compared to adults and children) really do need more sleep due to the substantial neurological changes going on in their brains. So allow the extra sleep-ins wherever you can, as they really do need it.

'Teen See – Teen Do'

Remember that one of the most effective ways to teach your teen healthy work/study habits, and healthy work-life balance – is to show them. It is very important that parents themselves are taking some time-out each day to slow down, decompress and incorporate something enjoyable into their day. Whether it is a 5-minute cup of tea on the back deck, or an hour long bubble bath or Netflix episode, showing your teen the importance of both work and play, is one of the best gifts a parent can give their child.

**Dr Crystal McMullen
Clinical Psychologist**



Out of the Archives - Brisbane Flood 1893



Brisbane City - Flood 1893 Adelaide Street



Brisbane City – Flood 1893 Edward Street



1893 Flood Damage to West End Brewery



Brisbane City - Flood 1893 Corner of Queen and Creek St

College News

90th Anniversary Mass

Celebrating our 90th Anniversary Mass at the Cathedral of St Stephen was a wonderful opportunity to acknowledge the legacy bestowed upon us by the Brigidine Sisters and the generations of families, students and staff who have contributed to our wonderful community. I thank the many people who prepared and assisted with the events at the Cathedral for it was an important and historic milestone for the College.

Whilst there are many photos and records provided for this significant event, I am touched ultimately by the words of Erin Ahern (past student), reflecting on her friendship with Mother Foley, first College Principal):

“know about the failures and successes, experience sorrow and joy, and realise that life is a great adventure- you can make it so, no matter what your destiny might be.”

International Women’s Day

As another International Women’s Day comes around and we were surrounded by stories featuring ‘inspiring’, ‘brilliant’ and often glamorous women who appear to have it all, it is easy to forget that International Women’s Day first arose out of the very unglamorous and sometimes dangerous fight for the rights of ordinary women all around the world. Rather than focus on the achievements of the privileged few, the United Nations urges us *“to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities”*.

Brigidine College celebrated International Women’s Day on March 7 in the Brigid Centre, with over 130 people attending. It was great to see so many Alumni students attending alongside with staff and our current Year 12 students. Our guest speakers shared their truly inspiring stories of achievements through commitment and hard work, these outstanding women are inspiring role models to us all. With a number of these women being past students, it was also a wonderful opportunity to witness how these fine Brigidine women continue to make their mark on society struggling at times, to be more socially just world. Our Guest Speakers included:

- Rhianna Patrick (MC) ABC Presenter (Graduate 1996)
- Madeline Price – One Women Project
- Karni Liddell – Australian Paralympian
- Eliza Harris – PRL Senior Curriculum Assumption College, Warwick (Graduate 2005)
- Laura Harris – Cricketer, Brisbane Heat (Graduate 2007)
- Grace Harris – Cricketer, Brisbane Heat (Graduate 2010)





almost 600 keyrings this since June last year. Update your contact details to receive yours.

We'll keep you informed of events and details of the 90th Anniversary celebrations and other Alumni events throughout the year.

Click on the below link to update your details;

**UPDATE
CONTACT
DETAILS**

Get involved

- Would you like to be a guest speaker sharing your life, career or industry knowledge?
- Be a mentor to Year 12 students?
- Assist with promotion & events for Alumni?
- Does your business run workshops or training suitable for students or staff?
- Submit articles for our future newsletters.
- Be a supplier or entertainer for College events
- Would you like to advertise for free in our next newsletter?

Email
alumni@brigidine.qld.edu.au



All for KIDS Therapy Centre

SERVICES

All of the All for Kids Therapy team are experienced in work with children and young adults, along with their parents, carers and families. We work with families of all shapes and sizes, with children with a variety of different strengths and difficulties.

We offer Assessment and Treatment of a variety of presenting concerns such as:

Anxiety
ADHD
Learning Difficulties
Defiant and Non-compliant Behaviour
Aggression and Anger Management
Stress Management
Tantruming
Depression
Eating Difficulties/Food fussiness
School problems
Social difficulties/Bullying
Low Self-Esteem



One of the most popular sessions we offer, are our [Parenting Support](#) and Behaviour Management Sessions

Contact Us

Phone – (07) 3122 4689

Email – admin@allforkidstherapy.com.au

Address -

Springfield Lakes Clinic

-Level 2, Tower B, Spring Lakes Metro

1 Springfield Lake Boulevard, Springfield Lakes

Parking – Convenient onsite parking available

