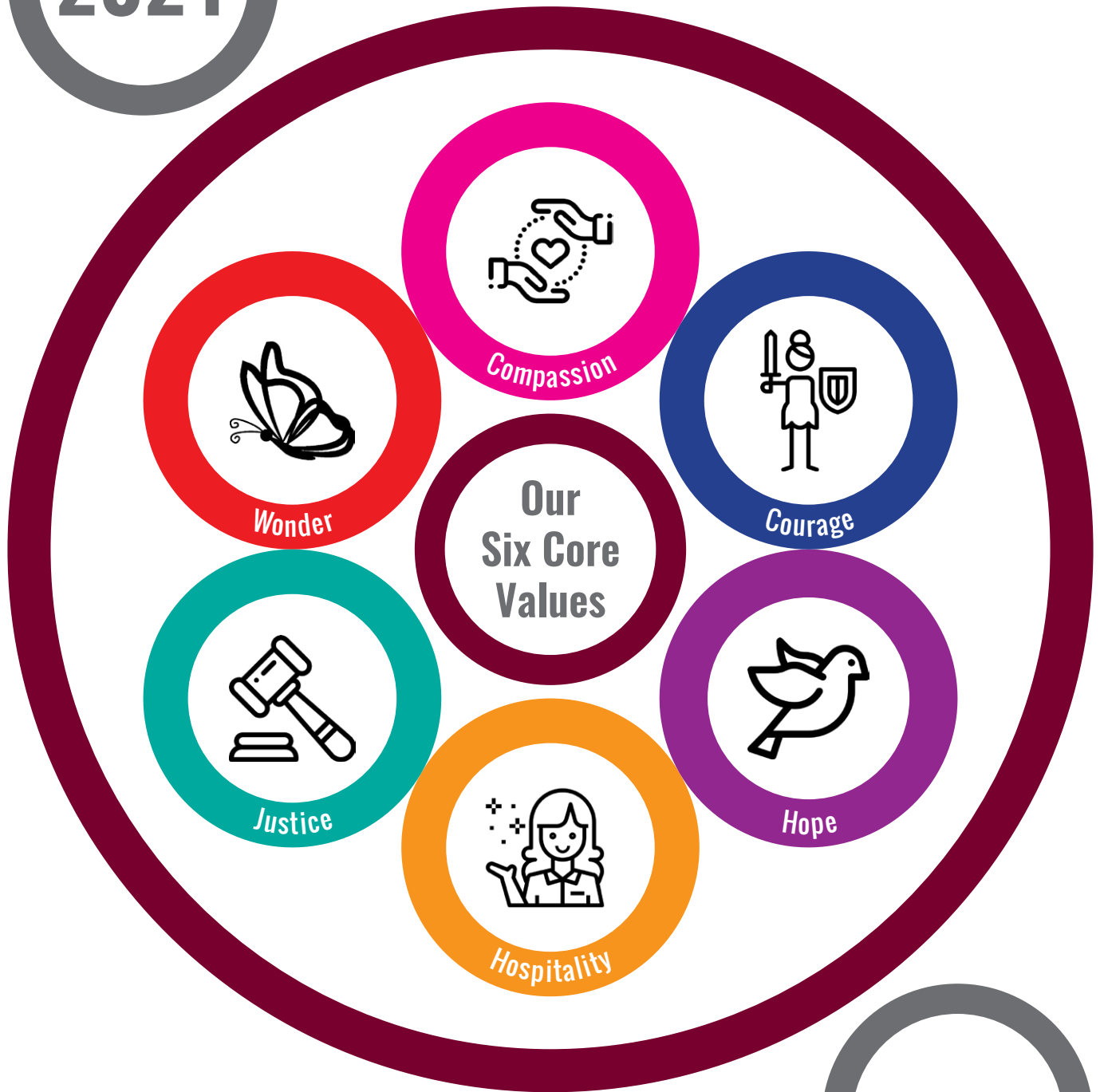


2021

Kilbreda College

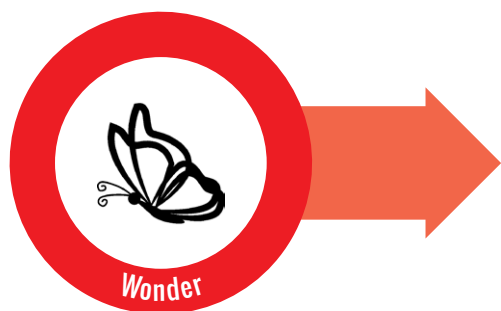
A Kildare Education Ministries School in the Brigidine Tradition



YEAR 7

WEEKLY WELLBEING ACTIVITY JOURNAL

INSPIRING PASSION AND PURPOSE



Wonder: Celebrating all that is good with joy and gratitude

On the 29th January you commenced your journey as a Kilbreda student and joined a wonderful school community whose history reaches far beyond Melbourne. It reaches over 1500 years back to the life of St Brigid of Kildare who was born in Ireland in 451. During Semester One you learnt much about the life of St Brigid, Daniel Delany and the Brigidine Sisters and what they were able to achieve because of their faith in God.

St Brigid's vision for the world was best expressed through the following quote: "I would like an abundance of peace. I would like full vessels of charity. I would like rich treasures of mercy. I would like cheerfulness to preside over all." This vision still resonates with us today. In our school, we live out St Brigid's vision through our Kildare Ministries values of wonder, courage, hospitality, hope, compassion and justice.



This year, we have been called to embrace 'wonder.' We can do this by allowing time for the pause to let the grace of God work within us, secondly, we can accept the invitation to 'see beyond' what the moment first brings and ask 'what else?,' then finally to respond in a life giving way to self, others, and our earth.

When you reflect on your learning experiences throughout Semester One:

What was the most important thing you learned?

What do you want to learn more about?

What surprised you about Kilbreda College?

INSPIRING PASSION AND PURPOSE (CONTINUED)



When you reflect on your learning experiences throughout Semester One:

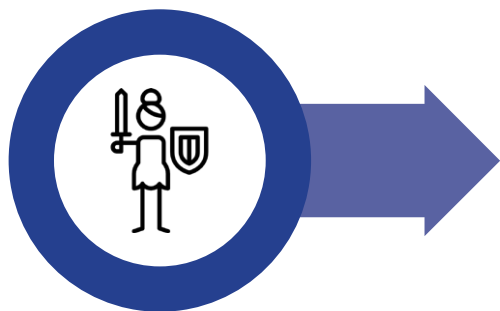
What did you learn were your greatest strengths?

What are your biggest areas for improvement?

How will you use what you have learnt in Semester One in the future?

“Somewhere inside of all of us is the power to change the world”
Matilda, The Musical

FORTITIER ET SUAVITIER STRENGTH AND KINDLINESS



Courage: Speaking and acting with integrity



At Kilbreda, we want to inspire you to be curious, courageous and collaborative. We encourage you to pursue your interests and challenge you to explore every opportunity available to you

Tick the number of co-curricular activities listed below you have been involved with during Semester One.

- | | | |
|--|---|---|
| <input type="checkbox"/> Instrumental Music Program | <input type="checkbox"/> Represented the College in sport | <input type="checkbox"/> Kilbreda Sewing Club |
| <input type="checkbox"/> Choir | <input type="checkbox"/> Write a book in a day | <input type="checkbox"/> Kilbreda Irish Club |
| <input type="checkbox"/> College Production of Matilda | <input type="checkbox"/> Language Perfect Challenge | <input type="checkbox"/> Big Science Competition |
| <input type="checkbox"/> Techbots | <input type="checkbox"/> Kilbreda Language Club | <input type="checkbox"/> Sustainability Initiatives |
| <input type="checkbox"/> Living Justice Initiatives | <input type="checkbox"/> Year 7 & 8 Drama Club | <input type="checkbox"/> Other |
| <input type="checkbox"/> Tried out for a sporting team | <input type="checkbox"/> Kilbreda Dance Company | |

Identify two co-curricular activities you are looking forward to participating in during Semester 2?

What do you enjoy most about these experiences?



“New Mission, New Life, New World”

FORTITIER ET SUAUVITIER STRENGTH AND KINDLINESS (CONTINUED)



Hospitality: Welcoming all



'Welcome' is something that is highly valued by our community. At the heart of the Kilbreda welcome is an understanding that every person has an inherent dignity, every person has a story to share, every person, even the stranger has a gift to share.

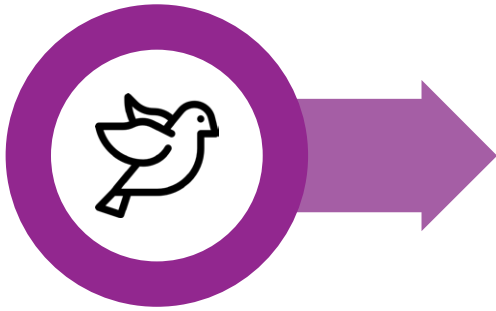
How did you contribute to the Peer Support Program?

What skills and understandings do you feel more confident with now as a result of participating in peer support?

Identify a moment during Semester One when someone extended hospitality to you.

How do you plan to extend hospitality to others during your Kilbreda journey?

COURAGE, CONFIDENCE AND COMPASSION THE KILBREDA WAY



Hope: Bringing a sense of purpose

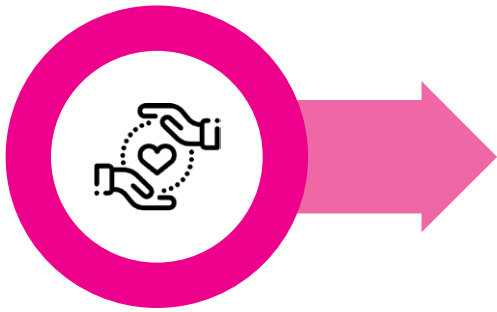


Each of you has unlimited potential. You have powerful and inspiring voices that need to be heard. You have hopes and dreams you wish to achieve. Infinite possibilities await you in the future.

Make a personal bucket list of the accomplishments, experiences or achievements that you want to have in your lifetime.

“We have the courage to question the world and to be strong and sensitive leaders in our own lives and the lives of others!”

COURAGE, CONFIDENCE AND COMPASSION THE KILBREDA WAY (CONTINUED)



Compassion: Walking with and having empathy for all



Finding an authentic group of friends can be hard, especially during the first few months of Year 7. The Year 7 Camp to Somers provided you with the opportunity to make new friends and to strengthen connections with your Homeroom. The Peer Support Program was one example of hospitality the College provides.

Who is part of your support crew that have help you in your transition to Kilbreda College?

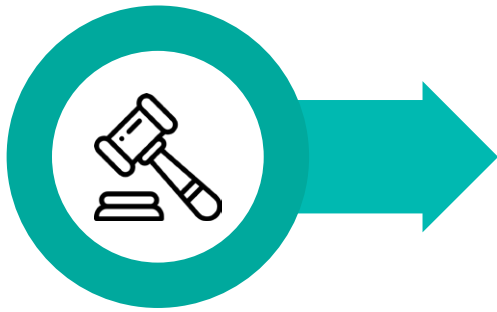
What values do they have that you admire?

What do they do to make you feel supported?

What do you appreciate most about your Homeroom?

What have been the best moments that you have shared with your Homeroom?

FEARLESS GIRLS, STRONG WOMEN



Justice: Making the needs of the vulnerable paramount



The life and teachings of Jesus challenge us to be just and to live in peace.

What does the word 'Justice' mean to you?

Who is suffering in our local and global communities?

What changes are required to bring about justice and peace?



“We pursue Justice through Education,
with a Love of Learning and Service of the Community.”

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