

Boarders' Buzz

St Philip's College Girls' Boarding

Volume 15 Issue 2 Term 2 2012

Get up and get on!



Helena decorating the junior rec room doors

As I write this we are just coming to the end of a long weekend. While half the boarders were out, the girls who were in have cooked brunch, climbed a hill, cooked dinner, danced, played games, cooked pancakes, had a sleepover in my house, watched movies, been to the markets and held a scavenger hunt.

It's been tiring, but very satisfying because of all the positive energy. Everyone has been totally involved and everyone has pulled their weight, either cooking, cleaning the BBQ, or tidying up. Everyone was a pleasure to be with and nobody had to be asked twice to do anything.

While spending the weekend with 16 teenage girls might not be every oldie's idea of a great long weekend, I had a ball. The girls

were really good company and heaps of fun.

In fact thinking back over the whole term there has been a lot of laughter and fun and a feeling of renewed energy which traces back to when Emma Kraft came and gave a talk on health and nutrition.

After this we reviewed what we sell in the canteen. The girls voted to keep items such as chocolate,

but only keep them for weekends and Wednesdays, and we introduced a range of healthier food including fruit, cheese and biscuit snacks and nut bars.

There have also been a lot less couch potatoes this term with girls involved in basketball and soccer training before school twice a week and AFL training and matches on Mondays and Wednesdays. There's also been a noticeable increase in the number of boarders going for fitness training with Allen on Fridays. Many thanks to him for all the time he puts in to helping the girls.

While on the subject of fitness a special mention needs to go to Jess who has once again been selected to play AFL for Northern Territory and who has also been sponsored by St Mary's NT AFL team in Darwin who are going to be flying her up at the weekends to play for them.

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Jen and Natalie making chocolate croissants

News in brief

Hello and goodbye to:

- Emilie, Shivika and Noor our exchange students from Canada and India

Congratulations to:

- Jess for being picked to play AFL for the NT U16 side in Adelaide
- Jess for being sponsored by St Mary's AFL NT team
- The Bentley Bombers for being unbeaten all season
- Helena and Jess for being selected to take part in the inter school athletics carnival
- Jess for being selected to go on a Round Square Service Project to India
- Helena for winning discus, shot put and long jump at inter-school sports and becoming Age Group Champion

Thanks to:

- Everyone for a wonderful term
- Everyone who has written for the Buzz

Emily Gap



Exchange students Shvika and Noor with Helena

On a beautiful sunny afternoon, on a long weekend, the girls that were in went to Emily Gap in the bus with Amanda.

It was a lovely day to be out of the boarding house and to spend time with each other.

We had lunch out there and some girls even climbed up the back of the cliff where a path led up to a great view down into the Gap.

We listened to our iPods, read books and we were all social. It was a great day.

Rhiannon Wilson

Happiness
comes when
your actions
and words
benefit
others

Aussies, Africans and Amy !

One Saturday night the boys and girls had a dress up disco. We had to go as something beginning with the letter A.

We had a range of different costume. Some went as Amy Winehouse, Alcoholics, A pair of hip-hop dancers, African Queens and Aussies. All the girls and boy were very creative with their costumes and Zoe and Chris won the Best Dressed.

Margo and Louise Noonan did a wonderful job as DJs and they got everyone up dancing. We



Aussies - Natalie and Zoe

Red Shield

One week in May, the girl boarders went and collected for the Salvation Army's Red Shield Appeal around East Side. Some people who couldn't collect on Saturday went out during the week, but most people went on Saturday morning.

In the beginning we all got our maps and headed off in the bus to where we were starting.

We all had different areas to cover, but we were all finished very quickly! Some of us got lost in the beginning like the group of 3 exchanges and me, but we got on track with some help from Steve.

When we counted up the total we had collected it added up to just over \$1800, which was really good for about an hour and a half's work. Jess, Martha and Louise's group did extremely well and collected \$300.

Good job everyone!

Hanna Ure-Pearce



Hanna with exchange student Hannah

also played limbo, knights, mounts and cavaliers and musical statues.

Best dancers on the night were Josh and Sunette.

Overall it was a great night and everyone went to bed having enjoyed a fantastic night.

Sheridan Burns

Moonlight Bike Ride



Natalie, Martha and Zoe ready for the ride

A Saturday night is meant to be a night of rest, relaxation and tranquility. But one Saturday night it was a full moon, and a few of the boarders, myself included, decided to have a 26 km moonlight bike ride from Simpsons Gap all the way back to school.

Aiming to finish in approximately 4 hours, we decided to start the journey at about 8pm.

Hoping not to have any bike complications or accidents, we rode at a steady pace to make sure that everyone was together just in case something terrible happened. Throughout the whole trip, there weren't many complications, only a stubborn handle

bar from one of the bikes. This didn't stop us from making it back on time.

At about 10:30 pm we were back in town cruising, but with just a few tired, whining kids. A big thank you to Mr and Mrs Leesong for being in charge of the whole trip as well as Kris Wheeler and Marie for helping the kids when needed.

They all contributed to an awesome night and a magnificent experience. Hopefully next year more and more people will be interested.

Martha Ondeyo

S'mores and more!



Umema and Cyndy enjoying marshmallows

On a cool Friday night, the boarders spent the night up at Flynn's mantel for a camp fire.

We sat around for sometime enjoying the fire and we played games. We played a movie guessing game and Chinese whispers.

For the movie guessing game two

people go away from the group, so the group can choose a movie to do and what you have to do is put one word of the name into a sentence. Everyone in the circle is given a word. When the two people are called back they can ask a question to anyone about anything. Then by people using the nominated word in the sentence the two people have to guess what movie it is.

After all the fun and games, we boiled water and made hot Milo, cooked marshmallows, bananas, chocolate and s'mores. It was a great evening, one everyone enjoyed.

Umema Curtis

Friday Fitness

Since the start of this semester, some of the girls have been working in the gym to improve their fitness.

It was popular at first for some and is even more popular now with a few girls determined to get fit and going every week.

It's really fun and exciting to try new things, but it's a lot of work keeping up with the muscle aches afterwards, though the cool thing is that it's all worth it.

A few girls are able to run faster and jump higher, and thanks to Allen helping, one of our girls has just won 'Age Champion' at the Interschool Sports Carnival.



Helena taking her weights seriously

With a few more girls joining in and doing different exercises, it won't be too long before we get a few more champions!

Helena Dawson



Zoe and Georgie enjoying a workout

The Undefeated Bentley Bombers in action!



The Bentley Bombers have had a very productive season this term.

The girls have been training every Monday afternoon with Jen Waterhouse and doing a variety of drills that Jen has organised.

The team has a lot of junior girls in it and they have all been playing very well and are all improving in fitness and skills.

This term we've been playing CMS on most Wednesdays and have been undefeated all term, but there have been several close games and it has been a great competition.

The team was originally made up of all boarders but we now have two day students who are playing with us Alicia and Tara. Alicia and Tara have only played one game this term but are both very keen to keep playing next semester and they will be a great addition to the team.

There have been a few players who really stood out this term and they are Cheyane, Lucy, Rhonda, Jess, Natalie and Martha.

The team have worked really hard and we are all looking forward to playing in the Rec-link competition next semester where we will be able to play different teams.

On behalf of all the girls I would like to thank Jen Waterhouse for being a great coach this term and for using her free time to train us, Dean Sullivan for umpiring our games and Jess Sullivan for being our AFL Captain and coaching us when Jen is not able to. The team is looking forward to next term's games and I hope everyone keeps up the good work and has a really great holiday.

Margo Sullivan



Term in pictures





Heleama in action in a Bombers' match

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What a compliment that is to her dedication and talent!

While speaking of sporting talent, congratulations also to Helena, who won Age

Champion at the Inter-school Athletics Carnival in May. A great achievement. Now she's set her sights on weight lifting and working hard at it in Friday fitness.

Our Finke!

Long weekends are the best in the boarding house when you're surrounded with people you love for 4 whole days.

We all decided we didn't want to go camping but have a camp out at Stevo's house; the majority of boarders were out so that left about 16 people in.

We all woke up on a sunny Saturday morning to a beautifully cooked brunch by Marie and a few students, then afterwards we started preparing for our feast for Saturday night.

Margo and I both marinated the steak Friday night so the steak was very rich and tasty, then Stella, Margo, Georgie and Sunette and I started the veggies.

After a long, relaxing day we were off to Spencer Hill to enjoy the spectacular view and to make room for the dinner to come.

Saturday's dinner was ready with tomato soup, marinated

Boarders return Sunday 22 July

steak with roast veggies and hedgehog slice and chocolate croissants for dessert.

Later we had a dance off to burn off what we had just eaten, which we all found very entertaining.

We all then settled down for a long movie night, but after two movies we were all exhausted and ready for bed.

In the morning we woke up and put another movie on while Margo and I made pancakes.



Georgie, Margo, Zoe & Natalie

All the girls also worked hard one Saturday in May when they assisted the Salvation Army with their Red Shield Appeal.

They raised an impressive total of over \$1800, definitely one of our highest totals ever and Martha, Jess and Louise did particularly well coming back with \$300.

While we haven't undertaken any of the big renovations that we undertook last year we are still looking at ways to improve our environment.

This term we had fun decorating our windows with help from *Wallspace* and we think they look great.

Everyone enjoyed Stevo's vegan pancakes so most people had seconds which made everyone very full.

Once our stomachs were settled everyone got ready to go to the Sunday markets, where we were given five dollars each to spend.

After an hour of browsing in the mall, we headed home for lunch.

After lunch everyone was in relax mode, so most people slept or watched movies, but Year 9s were packing for their Endeavour camp.

That evening we had a special chapel in the wellbeing centre, followed by a scavenger hunt that was won by Umema, Martha and Alicka.

To sum this weekend up I would say it was one of my favourite weekends so far because there are many memories to cherish.

Many thanks to Stevo and Marie for putting up with all of us, for the whole weekend.

Zoe Fitzpatrick

We are also having a plaque made to show our boarding motto: *Our minds say we're friends, our hearts say we're sisters* and you'll be able to see it in our entrance foyer on your next visit.

One big renovation that is taking place this holiday is a complete update of the hot water system.

This will be a massive job, with parts of the roof needing to be taken off, but it will be so good to have it done and say goodbye to the succession of leaks that have plagued us over the last year or so.

While all this is going on I will be visiting the UK this holiday to spend some time with my family and I wish you all a wonderful four weeks break with your families too.

Margaret Stevenson

Honour Roll

Most Improved Boarder

Caelli Cubillo

Contribution to the Boarding House

Rhonda Uzzell

Boarder of the Week

Wk 2 Rhonda

Wk 3 Helena

Wk 4 Jess

Wk 5 Cheyane

Wk 6 Kate

Wk 7 Natalie

Wk 8 Caelli

Wk 9 Umema