





Celebrate Challenge Change

at
St Brigid's College

We live in a world where there is an unhealthy focus on perfection and where unrealistic images of beauty are presented as the norm. Our workshops are about **celebrating** all the things you love about yourself, **challenging** you to rethink negative and destructive behaviours, and **changing** the way you respond to the environment and one another.

A week all about YOU!

Tuesday, 4th March 2008	Wednesday, 5th March 2008	Thursday, 6th March 2008
 Year 7 the journey The Travel Diary Get It Together Girl World	 Year 8 girl essentials Forever Friends Princess Diaries Love The Skin You're In	 Year 9 girl essentials Style File Stop I Don't Like It Wake Up Sleeping Beauty
 Year 11 girl essentials Style File Love The Skin You're In (extended)	 Year 12 career gal Career Gal Love The Skin You're In	Friday, 7th March 2008  Year 10 girl essentials Be A Dollar Diva Style File Wake Up Sleeping Beauty
*For full description of programs see website www.enlightenededucation.com		



Join us to CELEBRATE International Women's Day (which is officially held on the 8th March) on Wednesday 5th March, 7pm: Wear your comfiest PJ's and join us for a screening of one of our favourite Girl Power films! We'll bring the popcorn.☺ Free – limited to the first 150 girls who request tickets from the office.

Dear Girls,
Hello! Sonia and I had such an amazing time with you last year - you shone. So much has happened since we saw you last, including Enlighten being announced as the Australian Champion Small Business, for Children's Services! This was a wonderful acknowledgment of our work which we think is vital; you girls are the future change-makers!
We are genuinely excited about seeing you again and sharing more love, light and laughter.
Until then...
Danni XXXX



Parent Information Night

Thursday 6th March 730 - 9pm

Wake Up Sleeping Beauty

Helping our daughters move beyond their concerns with body image and cliques.

This Parent workshop will argue that our young women will not be able to realise their academic or leadership potential until we can help them address the all pervading concern they currently have with body image, and their record low levels of self esteem. By entering their world, and engaging them using mediums they are familiar with there are opportunities to facilitate meaningful conversations around identity and help our girls deconstruct the negative images they are bombarded with.

The workshop will also challenge women in particular to use their buying power and voices to show what we will and will not accept for our girls and re envision a world where females with merit grace magazine covers rather than the train crash that is "young Hollywood."

It is time for the Princesses to awaken, and for the Queens to defend the castle.



Presentation by Head of Enlighten Education, Dannielle Miller

(B.Ed., Grad.Cert. Mgmt., Cert. IV Assessment and Workplace Training).

Dannielle is a well respected and experienced educator who is committed to empowering young people to reach their full potential. Her work in student welfare and in education innovation has been featured in many education journals and has made her a popular speaker at various national conferences and forums.

Her experiences within Enlighten include working with thousands of teenage girls across Australia, and with the media as a guest expert on teen issues.

She is also the author of an award winning blog for parents and educators:

<http://enlightenededucation.edublogs.org>

Friday 7th March 7:30pm - Open invitation for all senior girls and parents to join us for the Perth launch of Faking It (see separate postcard for details).



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education

education innovation exploration