

FROM THE PRINCIPAL

MICHELLE CARROLL



Start by Making your Bed

*If you want to change the world, start off by making your bed.
"If you can't do the little things right, you will never do the big things right."*

The Importance of Making your Bed, Admiral William McRaven

Welcome to the commencement of Term 2.

I wish all girls the very best for the Term ahead. I have encouraged our Senior students at Assembly this week to 'get the little things right' this Term. Our character really is not formed by the big events of our life. Instead, we are ultimately determined by the smaller choices we make each day.

During his 2014 commencement address to graduates at the University of Texas, retired Admiral William McRaven reflected on the many lessons he learned during his 36 years as a Navy SEAL. The first item on his list? Make your bed.

And while it seemed crazy to up-and-coming SEALs at the time, McRaven said he eventually realised that this logic makes perfect sense. Little things, like making your bed, set you up for success. One small accomplishment early in the day can lead to multiple accomplishments throughout the day. Plus, the person who does the little things right can probably be trusted with the bigger things in life.

I find there are two points of interest here:

1. Little things shape your character

Your character really is not formed by the big events of your life. Instead, who you are is ultimately determined by the smaller choices you make each day. When you choose to do what is right every chance you get, you are more likely to stick to your principles when the pressure's really on. On the flip side, if you let the small things slide, you will follow the path of least resistance—even if that means compromising your core values.

2. Little things define your future.

Legendary basketball coach John Wooden said, "Little things make big things happen." World-class athletes live by that mantra every day. They know that putting the sweat in behind the scenes can lead to clutch performances in the limelight. Athlete, and musicians alike, know that you play like you practice. The same is true for all of us. The seemingly mundane choices we make each day determine our path, and that path determines our success or our failure. Want to make a difference in the world? Handle the little things with integrity.

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SCHOOL DATES

Friday 15 April

Senior School Exchange to UK depart
SCOGA 20 Year Reunion 6.00pm

Saturday 16 April

USA Exchange return
Senior School Cross Country Running Mercantile (AM)
Year 11 Formal 7.00pm

Sunday 17 April

Senior School Musical Rehearsal 10.00am–3.00pm
Years 7 to 9 Boarders' Program 2.00pm–5.00pm

Monday 18 April

Girls Talk Parent Seminar 7.00pm
Sherren House

Tuesday 19 April

Year 9 Parent Social Evening 7.30pm
House Athletics 8.40am

Wednesday 20 April

PFA Class Reps Meeting 8.45am
Snowsports Parent Information Evening 6.00pm Sherren House

Thursday 21 April

Years 7 & 8 GSV Round 1 (After School)
Years 7 to 12 Solo Recital 3.45pm
Year 3 Parent Social Evening 7.30pm

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Of course, the little things can be easy to miss. After all, they are little. And in a fast-paced, chaotic culture, the newest and shiniest toys can distract us from the details that really count. You have got to be intentional when you look for the little things. It is a lot of work, but it is worth the extra effort. Why? Because little things really do matter.

School Musical

This Term, we look forward to the Senior School Musical, *Sweet Charity*, performing on Thursday 28 April, Friday 29 April and Saturday 30 April. This Broadway musical is set in the 1960s against the backdrop of an eclectic New York City society and follows Charity Hope Valentine's endearing and unwavering optimism for a better future. It features music by Cy Coleman and lyrics by Dorothy Fields and numbers such as *Big Spender*, *Rhythm of Life*, and *There's Gotta Be Something Better Than This* are the most recognisable songs. The key messages of the show are to always have a hopeful heart and to embrace every challenge with perseverance and positivity.

The Musical this year includes a cast of 34 Senior School students and nine boys from St Kevin's College. Students also make up the members of the production team, contributing to stagecraft areas of Acting and Direction as well as the Design of Makeup, Sound, Costume, Props, Set Design and Painting. In addition to this, students also make up the ever reliable backstage crew, the operation of the sound and lighting desk and playing in the Band with a number of Old Girls who have returned for the performances. The Musical draws together a variety of skills that all need to work cohesively to ensure the success of the production. I encourage you to purchase tickets for what will be a wonderful production. Tickets can be purchased [here](#).

Ruth Langley Luncheon

The other key school community event for Term 2 is the annual Ruth Langley Luncheon on Friday 20 May with Special Guest, Ms Jenny Gray. Ms Gray was recently announced in an incredible line up of speakers as part of the Outstanding Women Series hosted by the Australian Institute of Management. As Chief Executive Officer of Zoos Victoria, Jenny is currently in the process of radically transforming the strategic direction of Melbourne Zoo, Healesville Sanctuary and Werribee Open Range Zoo, committing to saving 20 of the most-threatened species in Victoria.

Jenny's career history boasts a strong mix of commercial and public sector roles in South Africa and Australia. With past experience in the realms of transport, engineering, finance and ethics, Jenny's broad range of interests and expertise provide her the exact qualities needed to be a successful, innovative Chief Executive Officer. Jenny is a passionate, seasoned public speaker, having spoken at the Wheeler Centre, TEDx and other events. As a visionary and focused leader, she offers unique insights into the complexities of working with animals in human care and making a meaningful contribution to their success in the wild. I am looking forward to Jenny's Address at the Luncheon this year. Tickets for this event are available [here](#).

Student Achievements

Over the course of the Easter holidays, a number of our girls have achieved very well in their chosen pursuits.

I congratulate Freya Cantwell (Year 6) who is currently performing as Hortensia in *Matilda the Musical*. I am sure a number of the Junior School families took the opportunity to see the show over the holidays and how very exciting to have a St Catherine's girl in such a magnificent Melbourne production.

Congratulations to Claire Freeman (Year 8) who competed in the Interschool State Show Jumping Championships, held at Werribee Park. Claire competed in the secondary one metre division, placing seventh in the one round stakes, eighth in the power and speed and seventh in the Grand Prix, incurring no jumping penalties across the two days. In the overall competitions, her consistent results earned her a third place in her Division and an overall fifth place across all divisions.

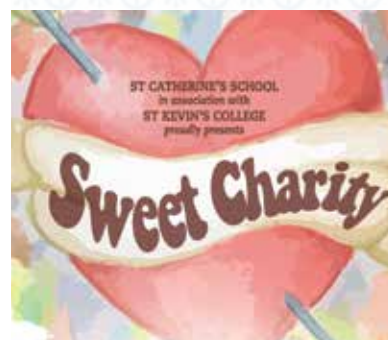
St Catherine's Mathematicians have enjoyed a praiseworthy performance in the Computational and Algorithmic Thinking Competition. This is a very high level Mathematics competition held across Australia. The following students received a Distinction in the competition:

Year 7 - Emily Ryan, Tingquan (Gloria) Meng and Emily Dziedzic

Year 8 - Tess Hogan and Indiana Wilde

Year 9 - Kavina Kalaichelvam and Gabriella Tymms

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FROM THE PRINCIPAL

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Year 10 - Yuan (Isabella) Fang
Year 11 – Zeyi (Zoe) Yu; and
Year 12 – Katherine Yuan.

Zoe's performance was particularly outstanding with a result in the 98th percentile.

Congratulations to snow skiers Amelia Jones (Year 7) and Amelia Maisano (Year 9) who have both trained diligently over the course of the summer and recently competed very well at The Whistler Cup. I look forward to seeing their progress in Term 3 when the Snowsports season commences.

Congratulations to Romilly Walker (Year 8) who also competed very well at the National Age Swimming Championships in Adelaide over the break. Romilly improved her PB in both the 100m and 50m and improved her ranking by 30 places to 25th.

And finally, after an outstanding Rowing season, the St Catherine's First VIII Crew returned to Sydney to compete in the Australian National Selection Regatta last week. Competing under the Mercantile Banner, the girls finished an incredible third place in a race made up of crews comprised of the best juniors the other States had to offer. This was a great finish to a superb season of Rowing for the girls.

What an array of talent we have in our student cohort at St Catherine's with many girls striving for key personal goals.

Staff Achievements

I also congratulate Senior School teacher, Ms Kristy Forrest, who was recently awarded the inaugural St Catherine's School Staff Fellowship. The \$5000 Fellowship is very generously gifted by members of our School Council to support one staff member to complete a Professional Learning opportunity. Ms Forrest intends to complete a Professional Certificate in Teaching (Clinical) at Melbourne University.

The Venerable Dr Bradly Billings

Past School Council Member and former Vicar, St John's Anglican Church, Toorak

I am pleased to announce that Dr Bradly Billings has recently been appointed Assistant Bishop in the Diocese of Melbourne. You will recall that Dr Billings conducted our 120th Anniversary Church Service held at St Paul's Cathedral on Thursday 4 February. Dr Billings cleverly presented and delivered his Address with warmth and feeling and captivated our audience with a skilfully presented interpretation revolving around the story of Mr Worry.

International Tours

We welcome the safe return of our staff and students.

Fiji Tour

I would like to acknowledge and express my sincere thanks to staff members Ms Skye Stansfield, Mrs Pauline van der Poel, Ms Sue Macgeorge, Mrs Vicki Marinelli and Mr Tim Tainsh for their outstanding management and care of our students during their trip to Fiji. The advent of cyclone warnings and the medical conditions of a number of students posed a challenge to all staff on the ground and never at any stage did they hesitate to ensure that the best possible medical attention and emotional support was provided to every student. I have received very positive feedback from parents who have sent emails of support praising the staff for their constant and unwavering care of their daughters; and the girls themselves clearly articulating the treasured time spent with children in our partner villages. I, too, have greatly appreciated the personal messages of support from many parents and I thank you all for your understanding and patience during these challenging circumstances.

France and Italy Tour

I would also like to extend my thanks and appreciation to Ms Corinne Buzza, Head of Languages who accompanied a number of students to France and Art teachers, Ms Lilly Dusting and Ms Kimba Mannix who travelled with Art, Music and History students to Italy. I have no doubt that the girls have had very memorable experiences which will remain with them for a long time to come. The excitement of overseas travel at a young age is an experience that St Catherine's School strongly supports and one which enable girls to undertake a different cultural experience in other countries.

Mrs Michelle Carroll
Principal



EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS

Term 2 Commences

The happy chatter, the hearty embraces, the warm handshakes and the many stories to share are indeed a very familiar sight and sound at the commencement of a new term.

With the break behind us, the School comes alive with the happy sounds of people drawing back together to enjoy a start to a new Term with familiar routines, shared expectations and excitement about what the new beginnings may hold.

Our young learners always enjoy their holidays with family, but also thoroughly enjoy being back with their friends in Campbell House and love being able to meet up with educators who teach them in our Early Learning Centre.

We all love to see the amazing growth and development so evident in each young learner as the term progresses. So much to look forwards to indeed this Term!

Time to Play

The time to play is essential in terms of wellbeing and learning for children. In a world which is so busy with so many programmed activities available such as swimming, ballet, drama and gymnastics, children can be limited in opportunities to relax and 'just be'.

We strongly encourage families to be constantly mindful of the risks involved in over programming children. When children are constantly involved in very structured activities, they can become tired. Also, without time to decide upon their own activities, during any down time children are at risk of not being able to self-entertain. Such a skill is a lifelong one, which needs to be developed.

What will I do? This is a question rarely heard from children who have grown up being allowed to choose, create or set up their own play situations in a time of relaxation.

Developing a Sense of Belonging and Making Connections

The Early Years Learning Framework insists upon the importance of young learners establishing a very strong sense of belonging to their surroundings and the people in their learning environment.

Developing sturdy relationships with others requires skill building in the essential areas of sharing, cooperation, trusting, caring for each other and respect for self and others. All quite a big ask for young learners who are still at the stage of often tending to put their own needs first.

Developing relational trust and linking information which will enhance future learning takes time, opportunity and patience. Importantly, the educators in Campbell House have to lead, guide, advise and explain all the ways in which people relate to each other and especially how we can enjoy ourselves and other and certainly, learn by listening to and sharing information with peers and adults.

Educators must articulate the daily instances of ways in which we respect ourselves and others and share ideas, enthusiasm and learning.

The photos in today's *Blue Ribbon* certainly illustrate the enjoyment shared by involved learners. At three years plus, the learners in Blue Gum Room are already taking great strides towards appreciating their now wider and new world of experiences.

Each day, learners in the Blue Gum Room enter with a spirit of anticipation and excitement to have the privilege of observing their growing awareness of, and comfort with, educators and the peers around them. This is certainly one to be enjoyed and treasured.

Health and Hygiene

Part of the daily routine in Campbell House includes modelling health and hygiene habits which will form good strong ways in which we can encourage our young learners to be aware and disciplined about their health.

Thoroughly attending to washing back and front of hands, before eating and after visiting the bathroom, is a constant action throughout the day in Campbell House.

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- 1 Avalon works on a painting at the easel
- 2 Charlie attends to the sick baby in the Blue Gum Room hospital
- 3 Charlotte, Harry, Amelie and Jemimah collect autumn leaves from the playground
- 4 Harry, Amelie and Soraya use the autumn leaves as inspiration for their paintings

EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS

Covering mouths when coughing and sneezing and washing hands afterwards is a habit well-rehearsed amongst our young learners. With the approach of cooler weather not far away, we encourage such habits to ensure they are well formed as soon as possible.

ELC Uniform Term 2

The ELC Uniform is as follows:

Warm Weather

St Catherine's shorts
St Catherine's polo shirt
St Catherine's sports socks
Shoes (personal choice – sneakers preferred)

Optional items

St Catherine's fleecy vest
St Catherine's spray jacket

We ask that families select only the items from the official uniform list in which to dress children for attendance each day in the Early Learning Centre. Variations make it difficult for others to understand.

Labels

Please label all belongings very clearly. Named items are returned to owners as promptly as possible. Teaching children the importance of valuing and looking after items is very important. Some children are already checking labels for their belongings and this is where reading skills commence. Others will soon be recognising names too.

Forthcoming Dates

Grandparents and Special Visitors Sessions:

Tuesday 24 May	Waratah and Blue Gum Rooms	9.30-10.30am
Thursday 26 May	Banksia and Wattle Rooms	9.30-10.30am

An invitation to Tour the Junior School (Barbreck)

There are so many interesting things happening in Barbreck, the St Catherine's Junior School. Any Campbell House parents who would like to tour Barbreck, observe our students at work and hear about the Junior School curriculum are warmly invited to call the Junior School Office (9828 3020) to make an appointment to meet with Mrs Alana Moor.

Mrs Alana Moor

Head of ELC and Junior School

Upcoming Parent Information Evenings

'Teaching Resilience at Home' – All Parents

Monday 2 May, 2016
7.00pm–8.30pm
Senior School Hall

As part of our commitment to fostering resilience and positive mental health in our students, we have invited Mr Hugh van Cuylenburg, founding Director of The Resilience Project, to share evidence based and practical parenting strategies to help develop resilience in children and adolescents. Early Learning Centre, Junior and Senior parents are invited to attend this highly acclaimed presentation. Places are limited so please RSVP by Friday 29 April. Please [click here](#) to book.

Ms Merran O'Connor

Director of Student Wellbeing



JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

Welcome to Term 2, 2016

As the new Term begins, staff heartily welcome Junior School students and families back to School after what we hope was a very happy and relaxing holiday.

Time away in other places or simply time to spend at home with family and friends are always wonderful opportunities to refresh and reenergise before the routines of the day to day tasks commence again.

Years 3, 5, 7 and 9 will undertake the NAPLAN testing as below:

Dates: Tuesday 10–12 May

Please note: NO ASSEMBLY on Tuesday 10 May (due to NAPLAN testing schedule)

Punctuality

With respect for the Years 3 and 5 students undertaking the NAPLAN testing, we ask for full cooperation from families. We ask all families to ensure that all Junior School students are on time (8.30am) to commence the School day promptly. This is especially important for the mornings of 10–12 May as we seek to settle the Junior School building down very early on these days.

Fundraising

The Fiji Appeal, undertaken by our Junior School students together with the collection at the Easter Service at St John's Toorak on Wednesday 23 March, saw a final total of \$959.55 raised. The Easter Service collection at the Church of \$686.50 and the fundraising by Year 6 students led by Sarah Pratt, saw a total of \$273.05 also collected.

A cheque for \$619.25 has been sent to the Royal Children's Hospital from Barbreck families and students, to the recent Good Friday Appeal. Donations upon entry to the Twilight Picnic, plus a 'Guess the Name of the Bunny' competition led by Sacha Hanegbi and Clara Hoole-O'Connor (Year 6 Leaders) raised further funds.

We thank all families for your generosity towards both causes.

Year 4 and ELC Four Year Old Program

As an integral component of our weThrive Wellbeing@StCatherine's program, the Year 4 and ELC 4YO Program was launched on Monday 21 March with a shared lunch and time to play.

Lunch time was spent getting to know each other and asking lots of questions, followed by a play in the ELC playground. The ELC learners just loved showing their new friends around their playground! For the Year 4 girls, it brought back many beautiful memories! The 'Fours' from Junior School and Campbell House, plan to meet twice a term to play games, share stories and enjoy collaborative activities.

Special Friends' Event, Prep – Year 2, Tuesday 26 April 2016

(Listed as GSV Celebration Function in School calendar)

On this day, students in Years Prep to 2 are asked to invite one to two treasured adult friends to join them at School from 11.00am to 12.30pm for a special time together.

Later in 2016, there will be an opportunity for Years 3 to 6 to do the same and invite special adult friends to join them at School.

Write on Wednesday

Celebrating and extending writing skills are the underpinning agents for the 'Write on Wednesday' after School program offered to Years 5 and 6 students.

At full capacity, we have a large group of 2016 writers who are eager and hard working. They love to work with words, acquire new vocabulary, experiment with various genres and construct interesting and, at times, complex sentences. The time flies by and there is always the sound of words such as "just one more sentence!" from students which are always celebrated by staff.

When time permits, we share writing at the end of the session and students are provided the opportunity to enjoy each other's work and also to practice the essential skill of oral reading. Fun and learning certainly go together!

continued...



1 Ivana Gattino and Charlotte Triolo, ELC 4YO, enjoy lunch together with Chelsea Harris and Georgia Hennessy from Year 4

2 ELC 4YO students Willow Rice and Indie O'Donohue and Year 4 students Ella Pennell and Eloise Campbell ask one another lots of "getting to know you" questions!

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

Unfortunately, it is not possible nor practical for us to offer the opportunities to more Years 5 and 6 applicants in Term 2 at this stage.

Student safety

Many thanks to families for the positive response to a request that students do not arrive at School before 8.10am, unless involved in a scheduled group activity. Our concern, as always, is that students in our care are well supervised and safe.

Parents are reminded that students must be under adult care (as arranged by parents) when they are dismissed from School at the normal time and then return for Jazz Ballet or Gymnastics sessions. Those students in Prep, Years 1 and 2 who are involved in Swim Squads or lessons after dismissal time must be collected by a parent/appointed adult and taken to the Marigold Southey Sports & Aquatic Centre. We thank parents for understanding that children are not to be wandering in the playground after hours.

Mrs Alana Moor

Head of Junior School and ELC

Upcoming Parent Information Evenings

'Teaching Resilience at Home' – All Parents

Monday 2 May, 2016

7.00pm–8.30pm

Senior School Hall

As part of our commitment to fostering resilience and positive mental health in our girls, we have invited Mr Hugh van Cuylenburg, founding Director of The Resilience Project, to share evidence based and practical parenting strategies to help develop resilience in children and adolescents. Early Learning Centre, Junior and Senior parents are invited to attend this highly acclaimed presentation. Places are limited so please RSVP by Friday 29 April. Please [click here](#) to book.

Ms Merran O'Connor

Director of Student Wellbeing

Southern Region Swimming Championship

Congratulations to our 11 years freestyle relay team who have won their way through to the Victorian Primary Schools State Swimming Championship after winning the Southern Region Championship.

Not only did they win by a staggering six seconds but they eclipsed their previous best time of 2.30.67 by an amazing seven seconds to stop the clock at 2.23.67.

Well done to Chloe Nevins, Brydie Read, Zara Krause and Madeleine Hooker who can now look forward to State Championship on Tuesday 19 April with confidence.

On a personal level Madeleine swam the 50m individual freestyle to finish in third place. More importantly she beat her personal best time of 34.10 with an amazing 33.27 which is a wonderful achievement.

Mr Tom Crebbin

Junior School Co-ordinator of Sport



weThrive

WELLBEING @ ST CATHERINE'S SCHOOL

SCHOOL NEWS

FROM THE DEPUTY PRINCIPAL



Should Parents Help their Children with Homework?

Recently I discovered my 10 year old's project was due the following day! I was confronted with the age old parenting dilemma of – to help or not to help? Was it my parental responsibility to assist her or was it my duty to stand back and allow her to learn the hard way?

There is no easy answer to this predicament. Many parents have been faced with this problem. Fortunately credible researchers have provided practical advice for situations such as this. The Family-School & Community Partnerships Bureau has focussed their attention on the connection between parental interest and student holistic development. As a result of this research the authors concluded positive parent engagement in the learning process increases student wellbeing and achievement. Thus, there are many ways parents can support the educational growth of their children without hindering their independent development, including:

- Fostering a love of reading by seeking to read stories of material that interests their children
- Discussing what they have learned in the classroom
- Talking about current affairs recently featured in the media
- Accompanying them to clubs or groups offering a range of activities for them to enjoy
- Attending School productions in which their child is involved.

Of course these activities do not exclude assisting with homework on occasions where it is deemed to be beneficial to the child's learning process. However, an Australian study has found that parents who become overly concerned in their child's homework can actually hamper the child's progress. Dr Judith Locke, a clinical Psychologist, found that some parents who became overly involved with their child's homework and continued this practice well into their child's adolescence, would stop the child from taking responsibility for their future learning. Locke reaffirms this view stating that this style of over-parenting, with the goal of improving academic achievement, could be undermining the child's academic welfare. Locke also notes that pressure and interest in a child's school work can add to the student becoming anxious about their work and their performance. Another study published in the *Journal of Psychologists and Counsellors in Schools* found that such parents are not allowing their children to own their own learning and reap the consequences, both positive and negative, of their actions. In essence students may not develop the necessary self-management skills required in adulthood.

Essentially, the research indicates that as students grow older, they must be allowed to work through difficulties in managing their homework but also learn to seek help to address any problems as they arise. In doing so, students become resourceful and learn perseverance. Moreover, they would not develop an entitlement mentality where they expect people to bail them out of any challenging situations.

Continued...

SCHOOL NEWS

FROM THE DEPUTY PRINCIPAL

More importantly they become proactive in their own learning and develop time management skills. Locke encourages parents to show interest in their children's school work but "avoid being more interested in their schoolwork than they are" and make sure they are "coaching" and not "doing". Locke reminds readers that parents' actions are not to make the student successful, but focus on building skills that will enable them to become independent learners who are capable of success by themselves.

Certainly at St Catherine's we welcome, rely on and value parent involvement and support. At the same time, we encourage our girls to be independent learners, who are well organised and have good study habits. As the girls progress through the School, they receive specialised help in effective study and time management skills relevant to their particular Year group. For example as girls commence their transition to Senior School, they work through a weekly program called Learning @Home. This course is designed to cover a raft of relevant topics from:

- What are the different ways to study?
- How to use the record book effectively
- How to manage a weekly schedule including both homework and extra curricula activities
- How to study for tests
- What is a glossary?
- How to prepare for the School day

There are many more topics covered in this course and girls from all levels can find additional help by checking out the resources on [mystcatherines Student Support](#) page. At St Catherine's we seek to enable our girls to not only achieve their best at School but master the necessary life skills that will equip them with the tools to fulfill their dreams.

Mrs Rosemary Ward
Deputy Principal

Sources:

http://www.aracy.org.au/publications-resources/command/download_file/id/7/filename/Parental_engagement_in_learning_and_schooling_Lessons_from_research_BUREAU_ARACY_August_2012.pdf

<http://www.nytimes.com/roomfordebate/2014/11/12/should-parents-help-their-children-with-homework/help-children-form-good-study-habits>

Alliance of Girls Schools Australasia- Helping with homework undermines independence and resilience

PARENTING SEMINARS AND YEAR 12 SCHOOL FORMAL

GIRLS Talk

Years 7 & 8 Parent Seminar
Monday 18 April, 7.00pm to 8.00pm
Ballroom, Sherren House

Limited spaces! RSVP by Thursday 14 April. To book go to www.stcatherines.net.au/girlstalk2016



St Catherine's School

Upcoming Parent Information Evenings

Girls Talk Seminar 1– Years 7 and 8 Parents

'Sex Education for Young Adolescents'

Monday 18 April
7.00pm–8.00pm
Sherren House Ballroom

Following the success of our Girls Talk Seminars in 2015, we will be continuing these Parent Information Nights in 2016. The seminars will feature both the professional expertise of our own staff and will also draw on professionals from particular fields of interest for different age-groups.

We have invited Ms Justine Kiely-Scott, from Sex Education Australia, to share her insights and parenting advice regarding the complex areas of relationships and decision making, in what can be a challenging and confusing time for adolescents.

Sex Education Australia delivers quality age-appropriate education and information programs to students and parents and we are pleased to invite Justine to speak to the Years 7 and 8 parents. Limited spaces available, so please book now. Bookings can be made by [clicking here](#).

'Teaching Resilience at Home' – All Parents

Monday 2 May, 2016
7.00pm–8.30pm
Senior School Hall

As part of our commitment to fostering resilience and positive mental health in our girls, we have invited Mr Hugh van Cuylenburg, founding Director of The Resilience Project, to share evidence based and practical parenting strategies to help develop resilience in children and adolescents. Early Learning Centre, Junior and Senior parents are invited to attend this highly acclaimed presentation. Places are limited so please RSVP by Friday 29 April. Please [click here](#) to book.

Ms Merran O'Connor
Director of Student Wellbeing

Year 12 School Formal

Bookings are now open for the Year 12 School Formal to be held on Saturday 14 May at The Brighton International. Please [click here](#) to book.



SENIOR SCHOOL MUSIC NOTES



Sweet Charity Rehearsals

Welcome back to all our Performing Arts families! The holidays were busy I am sure, with many girls involved in School-related activities including overseas tours and *Sweet Charity* rehearsals.

Much work has been undertaken to prepare the stage for the large-scale production of *Sweet Charity* and Mr Peter White and his maintenance team continue to be a great support to the Performing Arts Department. A small cohort of girls have also been painting the back of the stage and set pieces and a number of Senior students continue to impress with their capacity for work and understanding of the word 'team'.

The holidays have also been a busy time for recruiting in the Music Department. We look forward to bringing you final confirmation of our new Flute tutors and Performing Arts Administrator in next week's edition of Music Notes.

Special Visit from Music Educator Mr Michael Griffin

Thursday 21 April, originally earmarked for a Years 7–12 Recital, will now be devoted to a special visit by acclaimed music educator Mr Michael Griffin.

"This guest speaker's focus is on learning essentials such as fostering intrinsic motivation and expert learning. He has spoken to groups of staff, students, parents and community audiences in more than 100 schools across Australia, and schools in 25 countries around the world. Many of these schools such as Eton, Ardingly, Headington, Bradfield and Cranleigh (UK), United World College (Singapore), and ISL (Luxembourg) are considered world leaders in education."

All students and their families are invited to attend. The event will be in the Sherren House Ballroom on Thursday 21 April from 3.45pm until approximately 5.15pm.

A new time for the Year 7–12 Recital is still to be determined. We will be avoiding the busy work load for both staff and students around *Sweet Charity*, which will be performed from 28–30 April.

Mrs Jenny Mathers
Head of Music

Michael Griffin's book *Learning Strategies for Musical Success* suggests the greatest predictor of progress – in music and all other endeavours – is the quality and the quantity of practise time. *Learning Strategies for Musical Success* investigates these concepts in, ...providing pragmatic solutions for music teachers, parents and students.

SENIOR SCHOOL SPORT

MOTHER'S DAY CLASSIC AND ST CATHERINE'S AQUATIC

Mother's Day Classic

The St Catherine's Senior School Cross Country team will be participating in the Mother's Day Fun Run Classic, to raise awareness for breast cancer.

This event raises money to support breast cancer research and the St Catherine's Cross Country team is looking for your support. We would like to see as many members of the wider St Catherine's community; students, teachers, parents and friends participating in the event to raise awareness and support.

If you would like to participate please register yourself or your child at www.mothersdayclassic.com.au and join our team: St Catherine's School, using the password: STCRunning

Mother's Day Classic

When: Sunday 8 May (Morning)

Where: The Botanical Gardens, Melbourne

Events:

- four kilometre concession run (all XC team members and students)
- four kilometre adult run (wider community)
- four kilometre concession walk (students)
- four kilometre adult walk (wider community)

Registration: All team members and wider St Catherine's community members must independently register. Please follow the information below.

Website: www.mothersdayclassic.com.au (Hurry registrations are filling fast!)

Team: St Catherine's School

Password: STCRunning

A registration information document can be found on the [Athletics Portal Page](#)

It does not matter how you walk or run... it just matters why.

For further information please contact me via email lknight@stcatherines.net.au or phone 9822 1285. I look forward to having you a part of the team.

Mr Lloyd Knight

Sport & Athlete Development Coordinator, Head Coach of Athletics

St Catherine's Aquatic PB Challenge Series 2015/16

To help get our new Club up and running in Term 4 2015 we opted for a PB Challenge Series. After our Open Club night extravaganza in October 2015, the St Catherine's Aquatic PB Challenge series began a month later, with Friday 18 March 2016 being the fourth and final chapter to our first Club night series.

Points were awarded for each of the four 25m or 50m events in each stroke that were swum at the Open Club night. The times recorded served as the standard for each swimmer to strive to in the PB Challenge Series. Our PB Challenge series had the introduction of 100m and 200m events, although not worth points, all swimmers that entered raced hard and were up for the challenge of doing something new.

The leader board changed with each Club night, and prior to PB Challenge #04 there was only five points separating the top three. Our first ever PB Challenge Series winner will be named and presented with their award at the St Catherine's Aquatic Presentation Night being held in April.

PB Challenge #04 also doubled as Skins #01. Skins is a knockout competition over either 25m or 50m, that has competitors racing against a full field, with the last one to the wall being eliminated. The fastest 12 in the 50m Free from PB Challenge #03 were selected, with the top six fighting it out over 50s and the next six racing over 25s.

Continued...



SENIOR SCHOOL

SENIOR SCHOOL SPORT

Skins #01 Competitors: 50m: Stephanie Ferrali – Champion, Elodie Ferrali – Runner-up, Lucy Wentworth, Romy Cantwell, Alex Cullen, and Lily Trosdal Ryan. 25m: Chloe Nevins – Champion, Zara Bongiorno – Runner-up, Zara Krause, Emma Gregory, Lucy Bainbridge, and Olivia Fortey.

Thank you to Simone Willis for generously donating tops for our champions and runners-up.

Thank You

Our Club is very lucky to have the committee, swimmers and families it does. Many times generous parents have put their hand up to help, and have gone out of their way to make our Club nights something special.

These Club nights do not magically happen, they come together with the planning and organisation of our amazing committee. Felicity Bongiorno and Anna Dunphy headed the Club night sub-committee to get the ball rolling, and have set the standard very high! Our Club President, Lucy Fortey managed to balance a lot behind the scenes, as did all our helpers.

Being part of a Swimming Club is something to treasure. The enjoyment, the experiences and the opportunities are all something that go hand in hand with being part of our Club. The contributions to our club come from every one of you. Every swimmer. Every family. Every parent.

The more we contribute, the more our already amazing Club will grow, and flourish into something everyone will want to be part of – this is your Club, why not make it the best club around!

St Catherine's Aquatic Olympic Club Night Series

Our next instalment of Club nights is Olympic themed and will see all Club members allocated into one of the four countries listed below. Members will compete and earn points for their country.

Athens Olympic Club Night 6 May 3.30pm–6.00pm

Beijing Olympic Club Night 10 June 3.30pm–6.00pm

London Olympic Club Night 22 July 3.30pm–6.00pm

Rio Olympic Club Night 19 August 3.30pm–6.00pm

Points will be awarded for many reasons, some will involve non-swimming criteria like 'Best Choreographed 60 Second Opening Ceremony Routine', 'Most Original Team Chant', 'Best Uniform', 'Most Supportive Country', and lots more! Team captains will decide on the uniforms for each country.

Yours in swimming,

Mr Mark Cooper

St Catherine's Aquatic Head Coach



1 Skins #01 winners Stephanie Ferrali and Chloe Nevins

2 Skins #01 competitors Elodie Ferrali, Chloe Nevins, Stephanie Ferrali and Zara Bongiorno

COMMUNITY NEWS

SPORTS AUXILIARY MOVIE NIGHT, SWEET CHARITY MUSICAL, SCHOOL AGM

Sports Auxiliary Film Night

Eddie The Eagle

Wednesday 27 April
6.30pm for 7.00pm start
Nibbles from 6.00pm

Lido Cinema
675 Glenferrie Road, Hawthorn

Inspired by true events, Eddie the Eagle is a feel-good story about Michael 'Eddie' Edwards, an unlikely but courageous British Ski-jumper, who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (played by Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

[Click here](#) to book tickets.

St Catherine's Sports Auxiliary

Sweet Charity – Bookings Now Open!

The Senior School is pleased to present *Sweet Charity*.

Sweet Charity is a tender, poignant and consistently funny Tony Award-winning musical about the romantic adventures — and misadventures — of a dance hall hostess who 'just wanted to be loved'. Set in the 1960s against the backdrop of an eclectic New York City, the production follows Charity's endearing and unwavering hope for a better future. Featuring music by Cy Coleman and lyrics by Dorothy Fields, numbers such as *Big Spender*, *Rhythm of Life*, *There's Gotta Be Something Better Than This* and *Rich Man's Frug* are sure to impress.

The audition process took place at the end of 2015 and our cast and production team have been working hard ever since to plan, rehearse and develop the musical in readiness for the three performances at the end of this month.

It is a short season spanning 28, 29 and 30 April, so be sure to secure your seat before they all sell out. The Drama Auxiliary will again be providing delicious food and beverages at each performance, with a Bar on the Friday for our Gala Night.

We look forward to seeing you at the show!

Thursday 28 and Friday 29 April – 7.00pm
Saturday 30 April – 5.00pm

[Click here](#) to book tickets

Mr James Brown
Head of Performing Arts

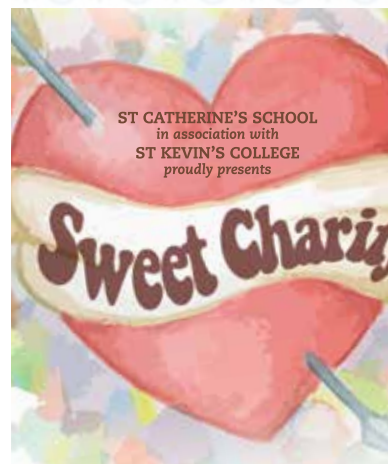
St Catherine's School AGM

The School will hold its Annual General Meeting on Wednesday 4 May 2016 at 7.00pm.

As a Member of the School (as defined in Clause 3.1 below) you may attend and vote, and are entitled to receive statutory financial statements and reports of the School Council.

Clause 3.1 of the Constitution of St Catherine's School provides for all "persons who accept contractual responsibility for the payment of School tuition fees and charges and expenses of a pupil of the School by signing the School's form of Contract (Enrolment Form) and whether or not the liability is joint or several, are eligible for membership of St Catherine's School and will become Members upon signing an Application Form."

Mr David Temple
Acting Director of Business



Book by Neil Simon
Music by Cy Coleman
Lyrics by Dorothy Fields

Based on an original screenplay by
Federico Fellini, Tullio Pinelli and
Ennio Flaiano

Produced for the Broadway stage by:
Fryer, Carr and Harris

Conceived, Staged and Choreographed
by Bob Fosse

Sweet Charity is presented by permission
of ORiGiN™ Theatrical

On behalf of Tams-Witmark Music
Library, Inc.

ST CATHERINE'S IN THE MEDIA

St Catherine's School In the Media

St Catherine's has been featured across the media over the holidays. To read more [click here](#).



Geraldine Ilott winners from St Catherine's. Picture: St Catherine's

National title for St Catherine's School

FOR the first time in its history, St Catherine's School has won a national championship in rowing.

The school's Geraldine Ilott crew won gold at the recent Australian Open Schools Rowing Championships in Penrith, NSW, taking out the Schoolgirls Coxed Eight Sydney Cup A final and claimed the Sydney Cup trophy.

The Boynton Crew of St Catherine's also medalled. It finished third in the Schoolgirls Coxed Eight Sprint final and is the first national medal to be awarded to a St Catherine's School second VIII.

The Geraldine crew won its heat in style and placed second in the semi-final to qualify for the A Final.

"The girls...
selves and
race mental
technically...
said David
Catherine's

held for the full race, racing with pride, despite late challenges from silver and bronze medal-winning crews."

The third-placed Boynton crew only had seven rowers in the C final due to injury and kept in contact with the field for 1500ms before only losing a handful of seconds to the other crews.

The Boynton crew was just over a second from qualifying from the A/B semi-finals.

The Boynton: Cox: Georgia Bickford, Bridget Lieberman, Danae Barbayannis, Eliza O'Donnell, India Watson, Georgina Cheale, Georgia Deacon, Sarah Fenton and Julia Rossi. Coaches: Sarah Banting and Ben Burger.



Poverty sent packing

CHILDREN and teachers in East Timor are eagerly awaiting the arrival of donated stationery and teachers' supplies from students at St Catherine's School in Toorak.

Eight teacher resource boxes and 34 backpacks filled with school supplies (some of them pictured) have been gathered to send to schools in the Balibo region as part of the School in a Backpack program, which is run by the junior school



ive Victoria Baldacci said the program provided St Catherine's students an insight into global issues. "Students understand the power of their gifts, respect their own belongings

COMMUNITY NEWS

STAY CONNECTED WITH ST CATHERINE'S

Stay Connected on Social Media

St Catherine's School provides a number of social media platforms to connect with our community and discover our latest news. Follow the links below to follow us.



www.facebook.com/stcatherinesschooltoorak

[@stcatherinesschool](https://twitter.com/stcatherinesschool)

www.linkedin.com/company/st-catherines-school

Stay Connected with our School News

Along with *The Blue Ribbon*, the School has developed a secure parent portal, *mystcatherines*, which allows parents to access information pertaining to St Catherine's. This includes information on term dates, curriculum and learning, upcoming events, School policies, co-curricular information, parent surveys, School performance, cyber safety, ICT and contact details. Log in to our parent community [here](#).

For password information, contact the ICT Department on 03 9828 3926 or email icthelpdesk@stcatherines.net.au

Stay Connected on your Phone and Tablet

Embracing the whole community St Catherine's also offers a number of ways for School information and news to be dispersed to our community. *Mystcatherines* and this newsletter, *The Blue Ribbon*, are key ways to stay informed.

To create a shortcut to *The Blue Ribbon* or *mystcatherines* follow these instructions below:

iPhone and iPad (Safari)

Visit www.stcatherines.net.au/theblueribbon or www.mystcatherines.net.au in your web browser and click on the 'create shortcut' button, then follow the prompts.

Android (Google Chrome)

Visit to www.stcatherines.net.au/theblueribbon or www.mystcatherines.net.au on your smartphone web browser, select menu, then select 'Add to home screen'

The Blue Ribbon Team

