



St Catherine's School

the blue ribbon

WEEKLY NEWSLETTER

CONNECTING PARENTS, STUDENTS, STAFF AND THE WIDER ST CATHERINE'S COMMUNITY

ISSUE 230 6 May 2016 W4 T2

FROM THE PRINCIPAL



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SENIOR SCHOOL



Project Rockit

Year 8 students explored cyber safety and standing up for what is right as part of Project Rockit, a program educating adolescents in positive approaches to social media...[more](#)



Mt Buller Special Offer and News from the Café

Mt Buller is pleased to offer St Catherine's students a special membership offer for season 2016. The Mary Davis Centre Café is adding some tasty Mexican to the menu...[more](#)



Music Notes

What a hit! *Sweet Charity* wowed the crowds last week as we recognise the hard work of so many individuals. We also congratulate Isabelle Binsted on her AMEB grading and provide details on Sing Off!...[more](#)

PFA Ruth Langley Luncheon

This wonderful annual event will be held on Friday 20 May at Leonda by the Yarra with guest speaker Ms Jenny Gray, Chief Executive Officer of Zoos Victoria...[more](#)



Cabrini Emergency

An initiative with Cabrini Hospital will see St Catherine's families offered a heavily discounted rate to visit its Emergency Department...[more](#)



Stay Connected

Do not miss an email from St Catherine's School by following these simple steps to 'whitelist' School news in your email account...[more](#)



[more...](#)

FROM THE PRINCIPAL

MICHELLE CARROLL



The Resilience Project

The feedback received from parents attending the St Catherine's Parent Seminar on Monday evening has been overwhelmingly positive. Mr Hugh van Cuylenburg, Founding Director of The Resilience Project, provided an honest, warm and engaging Address about the wellbeing of Australian youth.

Following a year teaching in the far north of India, volunteering and living at an underprivileged school in the Himalayas, Mr van Cuylenburg discovered what he believes to be resilience in its purest form. Inspired by this experience (and subsequent trips to Bangladesh and Sri Lanka), Hugh returned to Melbourne and commenced post graduate study in mental illness.

He cites research suggesting that one in four adolescents will develop some form of mental illness. For girls, the research is revealing one in three girls suffer from an anxiety disorder (one in five for boys), a statistic that The Resilience Project are working hard to address. The research also highlights that combined with high rates of poor mental health, even more worrying is the trend that 65% of adolescents do not seek help for mental illness.

Mr van Cuylenburg's work is built on the research of Dr Barbara Fredriksen's (Positive Emotions and Psychophysiology Lab at the University of North Carolina, Chapel Hill.) Her work identifies that positive emotion builds our cognitive capacity – when we are experiencing positive emotion, we are the very best version of ourselves. This is experienced by demonstrating: broader attention spans, greater working memory, enhanced verbal fluency, increased openness to information, increased creativity and increased engagement. Positive emotions are considered to serve as markers of flourishing, or optimal wellbeing. Moreover, they do so not simply within the pleasant moment, but over the long term as well.

The take-home message on Monday for our parents was that positive emotions are worth cultivating, not just as end states in themselves but also as a means to achieving psychological growth and improved wellbeing over time.

Parents were provided some practical strategies during the Seminar to create positive emotions that strive to build students' resilience and, ultimately, works towards an inoculation against mental illness. By educating parents on these practical strategies, parents will also be able to support the development of a resilient child. The Seminar also explored the concepts of gratitude, empathy, emotional literacy and mindfulness.

Continued...

SCHOOL DATES

Friday 6 May

Senior School AFL (After School)

Sunday 8 May

Mother's Day

Mother's Day Classic Fun Run

Monday 9 May

Years 7 to 12 Hockey Training (Before School)

Years 11 and 12 GSV (Before School)

Years 11 and 12 GSV Match (After School)

Tuesday 10 May

Years 7 and 8 GSV Training (Before School)

Years 3, 5, 7 and 9 NAPLAN

Senior School XC Training (After School)

Wednesday 11 May

Years 3, 5, 7 and 9 NAPLAN

Years 9 and 10 GSV Match (After School)

Thursday 12 May

Senior School XC Training (Before School)

Years 3, 5, 7 and 9 NAPLAN

Years 7 & 8 GSV Round 4 (After School)

FROM THE PRINCIPAL

MICHELLE CARROLL

Many of these strategies are already adopted within our weThrive: Wellbeing@St Catherine's program and include teaching students in both Junior and Senior School mindfulness techniques, a focus on practising gratitude and an opportunity to write three things that went well during the day or writing three things we feel grateful for in a 21 day journal and practising empathy and daily kindness.

Mr van Cuylenburg cited evidence to suggest that every time we do something kind for someone else, our brain releases oxytocin, leading to increased self-esteem and confidence, increased energy, increased levels of happiness and increased levels of positivity.

Our Year 9 Heyington to Highlands program is also founded through a need for adolescents to explore and understand gratitude and empathy. Like The Resilience Project's work in developing countries, working with the children and communities in the highlands of Fiji, our girls reconcile what one needs to actually feel happiness, and they witness gratitude in its simplest form. Further information about The Resilience Project can be found [here](#). Please visit the [mystcatherines](#) Student Wellbeing page to view the Presentation Power Point and links to the mindfulness apps.

Alana Moor

We look forward to welcoming Mrs Moor on her return to School next week. I am sure she will have many interesting stories to relay of her travels. I extend my sincere thanks and appreciation to both Mr Owen Hughes and Ms Sarah Bethune who so readily and aptly replaced Mrs Moor in her role as Head of the Junior School and the ELC.

Mother's Day

I would like to wish all the mothers, grandmothers and caring and nurturing women in our School community and very happy Mother's Day for this Sunday. I trust you will all be celebrated and thanked for the love and time you all provide to your families.

Mother's Day Classic Fun Run – Run with St Catherine's

This Mother's Day, Sunday 8 May, St Catherine's School Cross Country team will be running the annual Mother's Day Classic around The Tan to raise funds for breast cancer research.

I encourage anyone interested to join me as part of our School community team to raise funds for this worthwhile cause. All levels of fitness are welcome. Bring your children along and run or walk The Tan. Details on how to register as part of St Catherine's School are below:

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)

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](#). I look forward to having you a part of the team.

Mrs Michelle Carroll

Principal

References: Barbara L. Fredrickson, B. L. (2001) The Role of Positive Emotions in Positive Psychology, *The Broaden-and-Build Theory of Positive Emotions*. *Am Psychol*. Mar 56(3):218-226

EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS



The Perceptual Motor Program

The children in the Early Learning Centre have recently begun participating in the weekly Perceptual Motor Program (PMP). This program is implemented by Mrs Jenny De Nardis, our Junior School Physical Education teacher, in the School gymnasium.

PMP teaches children perceptions and understandings of themselves and their world through movement and motor experiences. It develops the child's perceptions of time and space, the pattern and order of the child's natural world and the laws and limitations that govern the human body. PMP also enhances brain development by stimulating the five senses through movement.

Each week the children enjoy engaging in a range of motor experiences which involve balance, body and spatial awareness, climbing, jumping, swinging, rolling, eye-hand coordination and moving in and out of position. It is always wonderful to observe the children's developing skills, confidence and ability to take risks throughout the year.

PMP relies on the assistance of parents to help oversee each activity. We welcome your involvement in the program. If you would like to assist, please write your name on the roster in your child's classroom.

The ELC *mystcatherines*

At the beginning of this Term, the Early Learning Centre launched our online *mystcatherines* for each class. Parents are encouraged to log into [mystcatherines](#) to peruse documentation, photographs and video footage which reflects the wonderful learning taking place in each classroom.

mystcatherines also contains ELC policies and procedures, our recent newsletter, term dates and other important information specifically relating to the ELC programs. If you have not had the chance to do so yet, we encourage you to take a look at your child's classroom [mystcatherines](#) page. It can be used as a great talking point with your child to help them reflect on their day at the ELC and current learning within their classroom.

Ms Sarah Bethune
ELC Coordinator



- 1 Carys Dreaver hanging from a bar
- 2 Ivana Gattino building her upper body and core strength
- 3 Oliver Thomas, Portia Carosa-Koziora and Willow Rice exploring balance and foot articulation.
- 4 Teegan Gobel engaged in an exciting, multi-level obstacle course
- 5 Visit *mystcatherines* to receive all the latest news from your child's classroom

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS



Year 6 Camp

Last week the Year 6 students had a wonderful time exploring the beachside at Point Leo and then Shoreham. On Tuesday night they slept in the outdoors under the protection of tarpaulins. The conditions were perfect and it was an enjoyable and exciting experience. The weather was good on Wednesday as the group walked the beach journey and eventually arrived at Camp Iluka. During the week the girls learnt about mangrove communities, conducted initiative challenges, surfed and, with some mixed success, built rafts and canoes. They returned happy and tired for a well-earned restful weekend.

In the absence of our Year 6 leaders our Year 5 students have taken on the responsibility of temporary leadership and they have risen to the challenge with aplomb. In addition to becoming the role models for younger students they have carried out some of the tasks usually reserved for Year 6 including acting as tour guides for visitors to the School. Of course they have also enjoyed the privilege of sitting on the Red Steps, usually the domain of Year 6 students.

Mrs Alana Moor

Next week Mrs Moor returns from her exciting outback adventure. I know she has been missed and the students are looking forward to seeing her again. Our assembly updates of her adventures, such as working with the School of the Air, have been listened to enthusiastically. Last week the Write on Wednesday students enjoyed imaginatively creating a narrative around Mrs Moor's adventures inspired by a photographic prompt of her riding a camel!

Lunch Orders

A reminder that lunch orders are to be placed with Flexischools via this [link](#). Orders must be placed prior to 9.00am each morning. Lunches will not be received after 9am. Alternatively you may place lunch orders one to five days in advance.

Mobile Phones at School

All Barbreck Students who bring a mobile phone to School are required to hand them for safekeeping to classroom teachers each morning. Students are not invited to send text messages to others whilst on the School grounds.

Unless mobile phones are needed to contact parents after School, we ask families to seriously consider whether they need to be brought to School at all. If students need to call parents throughout the day for various reasons, the calls will be made via classroom teachers or the Barbreck Office.

We emphasise to parents that students will not receive emails or text messages you may send during the day as the phones are put away by staff from arrival time in the morning and not distributed until the end of the School day.

Personal Safety and Mobile Phones

We urge parents to understand the capacity of late model iPhones and to monitor your daughter's use. It is assumed that each family will set rules and guidelines around the use of phones when given to young people. Junior School age children find it very difficult to fully understand the risks associated with some of the capacities of current phones.

We also urge parents to monitor the many available apps on smart devices. So many of the current apps are deemed appropriate only for 13+ age groups.

Continued...



JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

The capacity in some to ensure anonymity is difficult to manage or gauge by children and use should be monitored by adults at home.

It is essential that the fine print in the 'Terms and Conditions' is read by parents before permission is given to purchase and download such apps. We advise strict supervision about the use of some of the readily available social media apps.

Coming Events

This week, as you would be well aware, the Mother's Day Stall will be in operation on Friday. Next week our Years 3 and 5 students will be sitting the NAPLAN tests and on Friday 13 May the Prep to Year 2 students will be enjoying the company of a special guest for the Special Visitors' Day.

Junior School Sport

- Monday 23 May, District Cross Country at Kooyong Park
- Friday 10 June, Athletic Trials Box Hill Athletics Track 9.30am–1.30pm
- Tuesday 14 June, House Gymnastics 1.30pm–3.15pm Senior School Hall

Upcoming Snowsports Dates

- Snowsports Swap Sunday 22 May
- Season Opening Drinks Wednesday 1 June
- House Snowsports Day Monday 18 July

For all Snowsports information go to [mystcatherines](#). Do not forget the St Catherine's TeamApp for all up to date information.

Mr Owen Hughes

Deputy Head of Junior School



SCHOOL NEWS

FROM THE DEPUTY PRINCIPAL



Growth Mindset in a Digital Age

We find ourselves in an era of rapid, pervasive, unrelenting change: the Digital Revolution. Health care, economics, politics, media and education – no aspect of society is immune from its influence. No generation to date has had to deal with such a relentless pace of change and whilst our Prime Minister has expressed that “there has never been a more exciting time to be an Australian,” in an increasingly global society, it is probably more accurate that there has never been a more exciting time to be human.

According to Mr Ben Hammersley, author of *Now for Then: How to Face the Digital Future without Fear* (Hodder Paperback, 2013) “An eleven year old, will see a 64 fold increase in computing power by the time he or she leaves Secondary Education.” Thus as educators, we have a big task ahead of us to ensure we meet the needs necessitated by this persistent push of progress.

Although we do not know exactly what the future holds, we can anticipate the skills students will need to thrive in an ever changing world. Mr Michael Fullan, an outstanding educational leader and expert in change management, has recently focused his research on establishing the key skills students require to thrive in a technological age. His findings are primarily summarised by the four competencies listed below:

Collaboration – the need for students to not only be able to work independently but to also operate effectively in teams. This entails recognising and harnessing the strengths of others and encouraging peers to work towards a common goal.

Communication – the requirement that students develop strong interpersonal skills along with emotional intelligence, competently articulating their ideas and viewpoints, whether written or oral.

Creativity – the necessity for students to be adaptable as well as being creative problem solvers, recognising new opportunities and how to integrate them.

Critical Thinking – the need for students to be able to think analytically. It is important that students reflect and synthesise the wealth of information at their fingertips and be able to determine its validity as well as relative importance.

The curriculum and co-curricular activities at St Catherine’s are designed to promote, develop and nurture these competencies in our girls. In addition, we seek to instil distinctive character. We want all girls to develop a strong moral compass, operate with Honesty, Integrity, Curiosity and Empathy whilst striving for excellence in their endeavours.

If one adds character to the competencies listed above, then the St Catherine’s girl is truly being prepared to not only survive, but flourish, in the Digital Revolution. Change and innovation will not be seen by our girls as daunting but as opportunity as yet unexplored.

There really has never been a more exciting time to be a St Catherine’s girl.

Mrs Rosemary Ward
Deputy Principal

PROJECT ROCKIT ON CYBER SAFETY & NEWS FROM THE CAFÉ



Project Rockit

On Monday 2 May, Caitlin Wood and Archie Boulter from Project Rockit shared an engaging and effervescent session with the Year 8 cohort. They immediately won the attention and trust of their audience with hilarious personal anecdotes, and moved on to expose some of the key challenges that all people share in their various social contexts.

The girls agreed that fears of failure, being picked on or negative social judgement often prevents them from standing up for themselves or others when interacting in person or online. Caitlin and Archie posed this question to the Year 8 cohort: "When you see bullying happen, are you going to be a part of the problem or a part of the solution?" Through real life examples streamed from social media, the girls learnt about practical strategies to proudly do the right thing in their online interactions. If you would like to find out more about Project Rockit and their progressive approach to social media, please [follow this link](#).

Ms Elizabeth Ryan
Dean of Year 8

St Catherine's Snowsports Special offer – 2016 School Season Membership

Mt Buller is offering a discount season membership lift pass for School students. The discounted membership is \$499 and is only available to St Catherine's students for a limited time. If you would like to take up this special offer please use [this link](#) to complete the application form and make full payment.

This offer is only available until Friday 20 May.

Snowsports Team Management

Where There is a Whisk There is a Way!

Chartwells is planning a Mexican Street Fare day on Wednesday 18 May in the Mary Davis Centre Café! The Café will become a Mexican tianguis, or market, with cactus wall art, Mexican music, street food and vibrant colours.

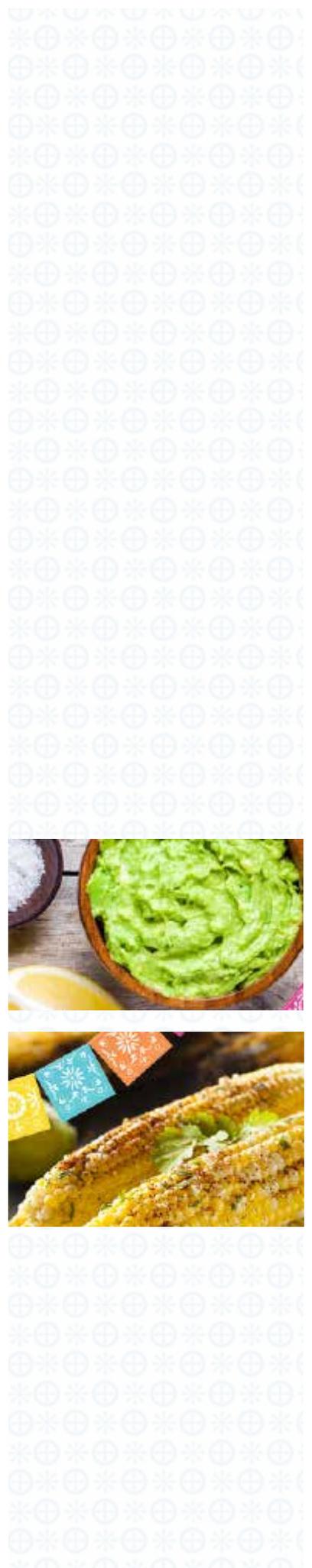
The menu will offer a range of antojitos (or little cravings) such as Mexican street corn cobs with coriander, yoghurt, lime and chilli or chimichangas with Mexican pulled chicken, hot sauce, shredded cheese, sour cream and green chillies or Mexican fruit sticks with chilli lime salt dipping pot and the ever popular quesadillas. There will also be boxes of nacho's with pots of shredded cheese, hot spicy salsa, guacamole and fresh chopped chillies available to build your own!

Our Chartwells team have also been busy developing a series of layered specialty salads. They will be identified by our new 'flip and shake!' green stickers and will change regularly. Try our layered Asian noodle salad with soba noodles, edamame beans, capsicums, crisp rice noodles and chilli lime dressing or a layered guacamole with quinoa, mixed leaves, jalapenos, tomatoes, smashed avocado and coriander yoghurt dressing. The catering team have surprised many St Catherine's function guests over the past few weeks with a similar range of layered salads presented in pear and mason jars that have been really well received.

As the Melbourne weather starts to cool down, our menus will be tailored to reflect the change in season so watch out for our 'soup and salad' combo and other slow cooked winter warming dishes!

We look forward to seeing you in the Café soon.

The Chartwell's Team



SENIOR SCHOOL MUSIC NOTES

"We are at a crossroads in education, where people are starting to finally wake up to the fact that passion and perseverance matters more than intelligence when it comes to being successful. Hard work and stick-to-itiveness trumps "talent" and "good genes" every time, and usually gets most of us to where we want to be in our life and in our work. Grit is what we want our children to cultivate during their time in school, not just good test scores." [1]

Sweet Charity

We have seen evidence of great Grit over the last few weeks, with extraordinary performances from all involved in the musical *Sweet Charity*. Thank you to those in the community who found the time to write such lovely emails about the production, not just about all of those wonderful actors and actresses on stage, but about the professional standard of the band as well.

I was particularly proud of those current and recent students who played with the more experienced musicians. All indicated that they had a most enjoyable experience, particularly as there were so many different styles of music within the show. It is a testimony to the intelligence of our School community that so many of you understood the reasons for choosing such a production and were able to mine the many subtexts of the plot to ultimately find real moral strength in the lead character.

The underlying message is one of Hope – a Christian virtue, and the middle name of the main character – Charity Hope Valentine gives us the clue. This musical is not the shallow boy-meets-girl story repeated over and over in the genre – the bittersweet twist at the end was the most shocking of all to our audiences! A very strong acting ability was also demanded of, and delivered by, the cast in this musical – not all musicals demand this to such an extent and the Drama Department should be delighted with the depth of ability displayed this year.

We begin our hunt for the next 'perfect' musical in two years' time. As always, we need a show to have as many strong female roles as possible, both large and small, plenty of dancing and chorus work and a story worth telling. Other than *Cats*, which we performed four years ago, there will always be roles that are bigger than others. We will of course continue to strive to give all involved a wonderful experience and a full appreciation of their own work and the work of others.

AMEB Grading

Just before the final week of *Sweet Charity*, one of our actresses, Isabelle Binsted completed her Eighth Grade AMEB (Australian Music Examinations Board) performance examination on the violin. Her excellent results came through just before Friday's performance! Congratulations on this outstanding success Isabelle. Isabelle dedicated a great deal of time into her preparations for this examination and she is a most prolific performer, both inside and outside of School.

Rehearsal Schedules

Our normal rehearsal schedule resumed this week, a big ask for those involved in the Musical. While we do understand that fitting everything into a week can be a mammoth task, we do ask that families, once a student has indicated that they wish to be in an ensemble, help their daughters to attend all possible rehearsals. We do keep attendance rolls, as long-term commitment can be reflected in a number of important School awards. We also know that the girls who know the music well gain a lot more from the Ensemble experience.

Sing-Off!

Our next important musical event is student-run. The now annual Sing-Off will be hosted this year by Genazzano FJC College. Our Year 12 Choral Captain Ruby Smith has arranged music for her wonderful cohort of singers to perform, and the girls will join with St Kevin's College for their combined item. Loreto Mandeville Hall, Xavier College and Trinity Grammar make up the other three schools involved. The event will be held on Friday 13 May from 7.30pm. The event usually lasts an hour, followed by the all-important adjudication. This year the students have chosen to donate to Smith Family 'Learning for Life' program, which provides educational necessities such as uniforms, textbooks, excursions and educational support for underprivileged children in Victoria. The adjudicator for the evening will be Mr Greg Mills. The event usually sells out, so please see either Ruby or Instrumental Music Captain Katherine Yuan for tickets.

Mrs Jenny Mathers
Head of Music

[1] 3 Ways Music Instruction in Schools Teaches Grit (and Why Children Need it so Badly Now), *The Music Parents' Guide*



SENIOR SCHOOL SPORT

SENIOR SCHOOL SPORT

Junior Netball

On Thursday this week the Years 7 and 8 netballers played at Duncan McKinnon Reserve. The girls were all very enthusiastic in demonstrating their improved skills and showed promising signs of teamwork as they adapt to playing together. Across the board we had some very good results which is exciting for the rest of the season.

A Team defeated Loreto 20–6
B Team defeated Loreto 18–7
C Team defeated Loreto 15–3
D Team lost to Firbank 6–5
E Team defeated Sacre Coeur 16–13
F Team defeated Firbank 15–2
G Team defeated Loreto 7–3

Mr Chris Jones

Director of Sport

Intermediate Netball

The A team played an amazing first half scoring 15 goals to Sacre Coeur's three. The girls played some very quick and impressive netball. The defenders did an amazing job and accumulated intercept after intercept while our shooters converted the turnovers into goals. They defeated Sacre Coeur 31–14.

Team: Annelise Cody, Juliet Grant, Molly Nash, Bianca Witts, Cassandra Taylor, Sarah Wilson, Sophie Turnbull, Amelia Maisano, Sarah Lavelle, Annabel Joubert.

The B Team played their first match this week against Sacre Coeur. The girls commenced with a good start and showed great teamwork and skill throughout the match. Our strong mid court players moved the ball well to the goal shooters who showed consistency in their shooting and rebounding. The defenders proved hard to beat in the circle and made the Sacre Coeur team work hard for every goal. In a close match, Sacre Coeur edged ahead in the end to a final score of 18–15.

Team: Lulu Murrell, Clementine Aston, Elspeth Cannon, Isabel Gray, Camilla Broome, Mimi Holmes, Samantha Osborn, Eleanor Millear, Olivia Murdoch, Natalie Boscacci.

On Wednesday afternoon, the C Team came out firing against the strong Sacre Coeur side. Our girls demonstrated excellent teamwork in defence where we were repeatedly able to turn over the ball. Unfortunately, Sacre Coeur were too strong in the end, defeating us 9–22. We have come away with some goals for next week and to work on at training including improving our footwork and slowing down the speed of play.

Team: Jasmine Pearce-Higgins, Kate Rowland, Sophie McAllister, Georgina Cottrill, Alessandra Krause, Coco Christian, Mia Di Natale, Gabriella Tymms, Alexandra Thoms, Claudia Perkins.

The D Team played a great first match this week against Sacre Coeur. As the game progressed, the girls' skills improved enormously. The Team's dynamics began to fall into place, as the defenders worked hard to stop Sacre Coeur and the attackers created space to gain possession. St Catherine's came fighting back in the last half, but were defeated 9–16.

Team: Alice Richards, Mia Raymond, Erin O'Brien, Yi Lian Rachel (Rachel) Tan, Eve Nicolas, Amelia Sitch, Allegra Paul, Jemima Knott, Imogen Rice, Elizabeth Anastasiadis.

Ms Skye Stansfield

Teacher in Charge of Intermediate Netball

SNOWSPORTS SWAP, RUTH LANGLEY LUNCHEON & CABRINI EMERGENCY



Ruth Langley Luncheon

The PFA warmly invites you to the 2016 Ruth Langley Luncheon to be held on Friday 20 May 2016, at Leonda by the Yarra, commencing at 12.00pm.

The guest speaker this year is Ms Jenny Gray, CEO of Zoos Victoria. 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, Ms Gray 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.

Tickets can be purchased online by [clicking here](#).

For enquiries about table bookings, please contact the PFA Treasurer, Mrs Rowena Mytton at mytton2006@hotmail.com

The Parents' & Friends' Association

Snowsports Swap

Please join the St Catherine's community at our eighth annual Snowsports Swap on Sunday 22 May. Offering the best new and second hand gear for sale to get ready for the winter Skiing season.

The Swap is growing and getting better each year. The idea of recycling second hand Ski equipment works well within the School community and also far and wide outside the School. It is a fantastic event and an enormous benefit for families with growing children who need to size up with skis, boots and clothing each season.

Please [click here](#) for more information.

Mrs Jodie Cody and Mrs Sally Joubert
Snowsports Swap Coordinators

Cabrini Emergency Working with St Catherine's Families

We are happy to announce Cabrini Malvern's Emergency Department has offered pupils from our School a heavily discounted rate of \$205 (8.00am to 8.00pm) and \$240 (8.00pm to 8.00am weekdays and on weekends). We hope this discount of 50% will assist the families in our School community and enable them to receive the best possible treatment for their children.

To obtain this discount, your child or carer will simply need to show their current student card or supply School details when attending the Emergency Department. The discount of 50% applies to the attendance fee only and would not include any further out of pocket expenses such as X-rays and blood tests. Cabrini is a private, Catholic, not-for-profit healthcare service that does not rely on funding from government or the



COMMUNITY NEWS

CABRINI EMERGENCY AND STAY CONNECTED WITH SCHOOL

Catholic Church. Therefore, they must charge fees for emergency medical care. Unfortunately health insurers do not cover emergency attendances, so they rely on these fees to cover our costs. They understand that their fees of \$410 (8.00am to 8.00 pm) and \$480 (8.00pm to 8.00am weekdays and on weekends) to attend their Emergency Department can be prohibitive to some families.

Cabrini has extensive services in emergency and children's care. They have an emergency department (ED) open 24/7 staffed by senior emergency doctors trained in paediatric medicine. They have a dedicated paediatrics area within the ED and a children's ward in the unfortunate event that a child needs admission to hospital. A large group of local paediatricians are on-call every day of the year and they have access to a large network of paediatricians for appointments. Cabrini has dedicated, technologically advanced surgical theatres and paediatric surgeons on call should they be required. They pride themselves on their caring and sensitivity to our patients' needs, and work to make a visit to the ED as stress-free as possible for children and parents. If you have any further queries regarding this please feel free to contact me on 9828 3085.

Ms Anne Quirk
School Nurse

'Whitelist' St Catherine's School

To ensure email communications the School sends reach your personal or work email account, it is highly recommended that you 'whitelist' the School email domain. In order to whitelist emails from the School, you can usually specify a domain that these emails come from, and mark them as a Safe Sender, or similar. In this case, the domain would be '@stcatherines.net.au'. Both email providers and programs use 'whitelist' principles, but may accomplish white-listing differently. If you work for a company who manage SPAM centrally please ask the relevant ICT Manager to whitelist the School domain. Here are instructions for a few popular email providers to help set this up for personal email accounts.

Outlook

1. Go to the Tools>Options menu
2. Select the Preferences tab, click Junk E-mail.
3. On the Safe Senders tab, click Add.
4. In the Add address, enter '@stcatherines.net.au'
5. Click OK.

Gmail

1. From the top of your Gmail page, click the link to 'Create a filter'
2. In the 'From' field, type '@stcatherines.net.au'
3. Click 'Next Step'
4. Check the box that says 'Never send it to Spam'.
5. Click 'Create Filter'

Hotmail

1. Go to your Inbox
2. Near the upper-right corner of the page, click Options -> More options
3. Under the Junk e-mail heading, click Safe and blocked senders
4. Click Safe senders
5. In the box marked "Sender or domain to mark safe" type '@stcatherines.net.au' and click Add to list

Yahoo!

1. Open your mailbox and click on Mail Options (upper right hand corner).
2. Select Filters (bottom left corner).
3. Click the Add link on the Filters page.
4. Add a name for your filter (St Catherine's School)
5. Select 'contains' in the From Header dropdown. Add '@stcatherines.net.au' to the adjacent text field.
6. Next to 'Move the message to', select 'Inbox' under the pull-down menu.
7. Click the 'Add Filter' button.

Mr John Toulantas
ICT Manager

