



St Catherine's School

the blue ribbon

WEEKLY NEWSLETTER

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

ISSUE 234 5 August 2016 W4 T3

FROM THE PRINCIPAL



Michelle Carroll

This week Mrs Carroll announces new members of the Senior Leadership Team as well as a wonderful reflection on our Senior School Jazz Night. Year 9 students also describe their experiences on the Heyington to Highlands trip to Fiji...[more](#)

UPCOMING SCHOOL DATES



Diary Dates

Important upcoming School dates...[more](#)

EARLY LEARNING CENTRE



Campbell House News

Learners in our Waratah Room are exploring colours and all the ways they can create artistic masterpieces. Mrs Moore also explains the importance of the outdoors as a learning environment...[more](#)

SCHOOL NEWS



From the Director of Curriculum Innovation and Development

The Zone of Parental Development – if you are a parent read on. If you are a parent of a girl undertaking a Units 3 & 4 this year, then definitely read on...[more](#)

JUNIOR SCHOOL



Barbreck News

Our Junior School STEM program is continuing to provide students with exciting and educational opportunities to build, create and learn. We also share news on our Girls Talk Parent Seminar, Make a Rainbow Day and Athletics Captains...[more](#)

COMMUNITY NEWS



SCOGA Women in Industry

Members of the School community are invited to attend the Women in Banking and Financial Services Networking Event on Wednesday 17 August 6.30pm...[more](#)

SENIOR SCHOOL



Beyond Boundaries

Learn more about our Beyond Boundaries program and why it is so important for our students?...[more](#)



VCE Theatre Studies and Humanities Week

Enjoying a live performance of *A Servant and Two Masters* provided VCE Theatre Studies students with a deeper understanding of their Unit 4 play. Senior students also celebrated Humanities Week with a range of activities and a re-enactment of Medieval times...[more](#)



Music Notes

What a fabulous night of jazz at The Apartment in the city last Friday. Students certainly lived up to the name 'cool cats'. Details regarding Music Camp and the Years 7 and 8 band's performance at the Victorian Schools Music Festival is also provided...[more](#)



Girls Talk Parent Seminar

This Semester St Catherine's will host a Seminar for parents in ELC to Year 6 regarding 'Raising Girls in a Digital World'. The Seminar will be held on Monday 29 August 7.00pm in the Sherren House Ballroom...[more](#)



FROM THE PRINCIPAL

MICHELLE CARROLL



Senior Leadership Team – Appointments

It gives me great pleasure to announce the appointment of Mrs Gina Peele and Mrs Pauline van der Poel as members of the Senior Leadership Team of St Catherine's, commencing this Term.

Mrs Peele will commence in a newly created position as the Director of Student Programs, overseeing the Co-curricular and Outdoor Education programs and the development of Student Leadership and Awards. Mrs Peele brings to this role over 15 years' experience working in education, including the leadership of significant Co-curricular activities. Her extensive experience in roles at St Catherine's include the Director of Rowing, Head of Snowsports, Year 8 and Year 12 Dean and the Indigenous Program Coordinator. She is also currently undertaking her Masters of Educational Leadership. Mrs Peele's knowledge, awareness of St Catherine's School culture and values, combined with her organisational skills will bring significant expertise and depth to the Leadership Team.

Mrs van der Poel will commence in the role as the Director of Planning and Organisation, overseeing the daily operations of the School, development of the School calendar and events in liaison with staff, PFA and Auxiliaries, working across areas of Risk, OHS and Compliance and the organisation of the staff teaching matrix and professional development, in particular, the leadership of our Staff Fellowship and Staff Exchange.

Mrs van der Poel also brings a wealth of experience and capability to the Senior Leadership Team with over 20 years of working in education, holding numerous pastoral and curriculum leadership roles. Her wealth of knowledge across the tertiary sector and liaison with Heads of Faculty throughout the subject selection processes will strengthen the future planning of our School.

Jazz Night

I enjoyed attending the Music Department's Jazz Night last Friday evening at The Apartment in the city. The relocation to a city venue provided our musicians with an authentic performance experience. The ambience of the Jazz Club ensured our 120 audience members appreciated a relaxed Friday evening, complete with a meal and the opportunity to listen to the eloquent and brilliant showcase of our Senior students performing classical jazz numbers.

I particularly loved Greta Chen's performance on the vibraphone with the rehearsal of a music piece she will complete for her VCE Music exam later this year. Ruby Smith's rendition of *One for my Baby* was also simply superb. It was also delightful to listen to some of our younger students perform solos with Phoebe Hamilton, Isabelle Binsted and Annabelle Motteram each rising to the occasion and, of course, the finale by Soul Power ensured the crowd left the evening singing in the car.

[Continued...](#)

SCHOOL DATES

Friday 5 August

GSV Track and Field Training
Years 7 to 12 Fitness (Before School)

Saturday 6 August

Victorian Interschools Cross Country
Cross Country Social Evening

Sunday 7 August

Victorian Interschools Cross Country
Boarders' Program 2.00pm

Monday 8 August

Senior School Athletics Training (Before School)
Years 11 & 12 GSV Training (Before School)
Years 9 & 10 Soccer Training (Before School)
Senior School House Debating
Music Bursary Auditions

Tuesday 9 August

GSV Years 7 & 8 Training (Before School)
Senior School Athletics Training (After School)
Year 7 (2017) Testing and Orientation

Wednesday 10 August

Years 9 & 10 GSV Training (Before School)
Years 9 & 10 GSV (After School)
Year 11 Mentor Program II, 1.30pm

Thursday 11 August

Senior School GSV Athletics Training (Before School)
Years 7 & 8 GSV (After School)

FROM THE PRINCIPAL

MICHELLE CARROLL

I warmly extend an invitation to members of our School community to the 120th Gala Concert on Tuesday 13 September at the Melbourne Recital Centre. With the quality of music offered at the Jazz Night, I can assure everyone the Gala will be a phenomenal event with participation extending from Year 5 to Year 12 students. I encourage families to attend this 120th anniversary celebration. Even if it is currently an area with which your daughter does not have a direct involvement, you are still most welcome.

Heyington to Highlands

As a School we have enjoyed the return of our Year 9 students following their 12 day program to the Highlands of Fiji. It was a pleasure to hear of their excitement about this unique experience. I have shared some of the girls' comments below:

"Heyington to Highlands was such an amazing experience and opportunity. I loved every bit of it! It has taught me to have a positive mindset towards everything and be content and grateful for everything and everyone in my life."

Adrianna

"It is impossible to describe this experience in one or two sentences! The highlight of this trip was the people. Being around them made you feel so welcomed and at home as they are so accepting and always smiling."

Flynn

"I had the most amazing time in Fiji and I am so glad I was given the opportunity to go! Something I have taken away from the trip is that the Fijians are wealthy and happy with the things they have, rather than always wanting more. It really struck me how lucky we are in Australia to always have access to the best resources yet we always crave more. We take things for granted in Australia and our culture has developed to be wasteful. Living off two bottles of water a day has made me really conscious of my water usage back at home."

Celia

"Thank you so much for providing us with this trip. I cannot tell you how much it has improved my outlook on life! Seeing people who are not wealthy materialistically, but rich in friendship and community, showed me how so many materialistic things, although you may think they will make you happier, will only make you happy for a limited time. Seeing how the Fijian children and adults can play or do an activity for hours, often until it gets dark, without getting bored or needing to be stimulated, showed me how in our lives we constantly need to be stimulated, usually by a phone or tv screen. In future I will try to be happier with what I have and not have to be constantly stimulated to stay interested."

Harriette

"The Heyington to Highlands trip was an incredible experience. It was easy to be told that these people were happy but it was another thing to actually see how much happiness can come from so little money. I would go back in a heartbeat."

Lucy

"The Highlands was a wonderful experience that I will never forget. I learned to appreciate everything I have and make the most of what life offers."

Elizabeth

Festival of Better Learning and Teaching

St Catherine's is proud to again host the annual Festival of Better Learning and Teaching on Friday 12 August. This year's themes include; how to really improve student engagement, new insights into assessment from global research and digital learning and virtual reality. Keynote speakers include:

- Dan Haesler, Teacher, Writer, International Speaker and Founder of YouthEngage speaking on Student Engagement
- Dr Jenine Beekhuyzen, Founder Tech Girls' Movement, will be speaking on Digital Learning
- Professor Adam Shoemaker, Academic Provost, Griffith University, Queensland, speaking on Assessment

I encourage our staff along with anyone with an interest in educational learning to attend this event. For further information please [click here](#).

Mrs Michelle Carroll
Principal



EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS



Making Discoveries with Colour

Incidental colour mixing is fascinating our young learners in the Waratah Room providing them with opportunities to further understand how different colours are created.

The children have been provided with a variety of experiences that have captured their interest as they continue to develop their knowledge and concept of colour. Experiences have included roller painting with primary colour dyes at the easel, using water droppers with the primary colours on blotting paper and observing what would happen to the primary coloured ice blocks when left in a large tray on the light box.

Through these experiences the children are developing a range of skills such as problem solving, inquiry, experimentation and hypothesising.

Mrs Helen Nicolaou

Waratah Room Teacher

Campbell House and Outdoor Play

We eagerly await the completion of the current landscaping works (stage one of two stages) in the front of Campbell House. The work will provide play areas for our young learners specifically selected and designed to maximise learning and foster development in imaginative play.

Children thoroughly love being outdoors. It provides a sense of freedom, space and promotes the strong desire to explore, build, climb, conquer challenges and run! The outdoor learning environment is just as important as the indoor classroom. It brings a different way of accessing and linking information, as well as providing children with the necessary challenges of traversing different surfaces, experiencing numerous changes in texture and promotes inquiry.

Self management skills are also promoted in the outdoors. The link between resilience and the capacity to self manage body movements and control is seemingly very strong. Variations in the terrain which occur when playing outdoors require children to negotiate rocky, smooth and rough surfaces, slippery areas, variations in the height of gradients, bushes and much more.

Naturally negotiating different surfaces and playing and exploring outdoors brings with it the need for children to self manage their body movements. Children are natural risk takers and there is much more chance of falls, slips, falls and grazes when playing outdoors. It is indeed through such experiences, rarely overly harmful, that provide opportunities for children to learn to be alert to their surroundings, manage their bodies and build their self confidence and resilience.

Risk taking is an essential element of learning perfection or conquering something the first time we meet it is not always possible. The desire and confidence to 'have a go' and to 'have another go' is an essential characteristic in eager, satisfied learners.

Mrs Alana Moor

Head of ELC and Junior School



- 1 Marianna Qin investigating colours in the Waratah Room
- 2 Arabella Lutz, Scarlett Pennell, Eva Franes Cid talking about the artwork they created
- 3 Alexander Rajan experimenting with foam rollers and the easel
- 4 Oliver Wu blending his colours

GIRLS *Talk*

ELC to Year 6 Parent Seminar
Monday 29 August, 7.00pm to 8.00pm
Ballroom, Sherren House

Limited spaces. RSVP by Thursday 25 August. To book go to www.stcatherines.net.au/girlstalk2016



St Catherine's School

Girls Talk Parent Seminar – ELC to Year 6

All ELC to Year 6 parents, are invited to attend the St Catherine's School Girls Talk Parent Seminar: 'Raising Girls in a Digital World'.

Ms Kathryn White, Head of St Catherine's Educational Resources and Information Centre, will deliver the presentation to inform parents of the current trends in girls' technology usage.

Please note the Girls Talk Calendar date was originally a week earlier, but we have changed the date to **Monday 29 August** to allow for optimal parent attendance. Your daughters will also be provided a printed invitation to bring home.

We request that parents RSVP using the following [link](#). We look forward to your attendance.

Ms Merran O'Connor

Director of Student Wellbeing

JUNIOR SCHOOL JUNIOR SCHOOL NEWS



Stem Program Year 3

In 2016, Year 3 educators have had the opportunity to extend and enrich student knowledge and understanding of the Science and Technology curriculum with the integration of a targeted STEM program (Science, Technology, Engineering and Mathematics).

The appointment of a teacher specialising in this field has opened up this wonderful learning opportunity. Since the start of Term 2, Year 3 classes have enjoyed a one hour workshop each week with Ms Megan Vu, a Senior School Science teacher employed to work across the School to engage and inspire students with a range of STEM related learning experiences.

The Year 3 program represents one of several new curriculum initiatives the School has implemented to incorporate STEM-based learning for all students. These initiatives are aligned with the recent national (and international) focus on providing young people, particularly girls, with the skills and capacities to prepare them for an ever-evolving Science and Technology driven workplace and learning environment.

Some comments below from students regarding the STEM program will identify for our readers the high level of interest within Year 3:

"I like being able to make cool things and work with your friends. I really like what we can make."

Elisa Wang

"I like that you can create your own stuff."

Natalie Wang

"You get to use your imagination."

Portia Gowrie

Mr Tim Tainsh

Year 3 Classroom Teacher

Continued...



1 Rafia and Selina love technology

2 Gemma Thorn and Helena Karas

3 Sophie and Portia find out about circuits

4 Sophie and Rose problem solve with delight

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

Stem in the Morning

There has been great excitement over the last two weeks as the before School STEM in The Morning sessions commenced again for girls in Years 2 to 6.

The students in Year 2 returned to work together on the final stages of a three dimensional model of St Catherine's School. After weeks of using nets to create cubes, rectangular and triangular prisms, and even the Barbreck tent, the girls are now adding windows and other final touches to their very large project. When complete this model will be displayed in the Junior School for families to enjoy. Students in Year 3 have begun a new project constructing their own tetrahedron kites. Individual girls are using straws, string and plastic sheeting to construct their own kite.

There will be plenty of noise in the STEM Room before School on Thursdays as the Year 4 students begin nailing approximately 300 nails into their wooden geoboards! In the coming weeks they will carefully measure and rule guidelines to mark where they will place each nail, before using coloured twine to make a design which shows straight lines can be weaved to make curved lines.

Years 5 and 6 girls are nearing the end of a Forensic Investigations Unit. The girls have dusted for finger prints and examined the minutiae of those prints, made plaster casts of footprints, investigated wear patterns on shoes and conducted soil analysis. In the coming weeks students will use everything they have learnt to analyse a crime scene.

All students are welcome to attend these sessions and work on activities and projects that promote learning in the areas of Science, Technology, Engineering and Maths. Year 1 students are looking forward to commencing their optional before School sessions on Tuesdays in Term 4 at 8.00am. Sessions for Years 5 and 6 are held on Mondays, Year 3 on Wednesdays, Year 4 on Thursdays and Year 2 sessions are on Fridays at 8.00am.

Mrs Chris Hogan

Teacher – Extension and Learning Support Department

Girls Talk Parent Seminar – ELC to Year 6

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Please note the Girls Talk Calendar date was originally a week earlier, but we have changed the date to **Monday 29 August** to allow for optimal parent attendance. Your daughters will also be provided a printed invitation to bring home.

We request that parents RSVP using the following [link](#). We look forward to your attendance.

Ms Merran O'Connor

Director of Student Wellbeing

Community Service

Community Service of any kind often sees volunteers benefiting a great deal, if not more, than the recipients themselves. The Barbreck students who participated in the opportunities to entertain elderly visitors at the John Macrae Centre would certainly agree! It is extremely difficult to keep up with the number of volunteers who want to participate each time a lunchtime visit is planned. Ms Sue Cooke, assisted by other staff, organises the visits and her call to "sign up if you would like to perform at the Centre" always sees the list filled with volunteers within minutes! The girls entertain the residents whilst they enjoy their hot lunch. Items vary from choral performances to instrumentals. Very often, the members of the Centre join in the chorus of a song or piece of music and the items are always applauded heartily which emphasises the enjoyment of the audience and why the girls love going!



JUNIOR SCHOOL

JUNIOR SCHOOL NEWS



Make a Rainbow Day

The 2016 Fundraising Day provided a myriad of leadership opportunities across the Year 6 cohort. The Day continues to form part of many conversations in Barbreck.

A day which will be long remembered for the generous donations to Make a Wish and the fun and enjoyment organised and led by Year 6 students. The total funds raised were \$2,671.40.

We hope you enjoy the snippets of written reflections and verbal comments from students listed below:

Year 2 wrote lovely thank you cards:

Dear Mrs Moor,

Thank you and Year 6 for Make a Rainbow Day. It was really fun. I loved name the big bear.

Sage Prior

Dear Mrs Moor and Year 6

Thank you. My favourite activity was blowing the bubbles.

Paloma Gattino

Year One discussed their day:

"I was really excited to go to School on Rainbow Day. I had to wear rainbow coloured clothes. The day was filled with lots of fun. I blew lots of bubbles, I decorated a biscuit and I guessed how many lollies in a jar, but I did not win. The talent show was really funny. We had the best time ever!"

Sofia Marshall

"The day was filled with lots of activities. It was not a normal School day. At first I went into the Art Room and we made badges. Then I went to the cookie stand. I had to put some icing on the biscuit and I added some lollies on top. It was yummy! I went to get my hair braided by one of the Year 6 girls. My favourite part of the day was everything! I had the best day ever."

Chloe Nash

"Rainbow Day raised money for the Make a Wish Foundation. We decorated some plain biscuits and we blew lots of bubbles. We also got a balloon and we were able to twist it and make it into anything we wanted. There was a long line for girls to get their hair braided. I just missed out! We had a special hot dog which was very yummy. The treats were a nice surprise! My favourite part of the day was playing with the balloons. It was really fun!"

Clara Calvert

Year 5 wrote some fabulous reflections:

"My favourite event of Rainbow Day was the Talent Quest. I loved it because people were all smiling and the audience loved watching. Thank you Year 6 for the massages, painting nails, hair braiding, competitions and lots of good things."

Chloe Shergold

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS & SPORT

"My favourite part of the day was Barbreck's Got Talent. It was so much fun watching the amazing acts. So much talent is in Barbreck. The day was amazing. I cannot wait to run it next year."

Charlotte Rodgers.

Arrival Before School

Staff are on duty in the yard and in classroom areas from 8.10am. For safety reasons we strongly request children are not dropped off at School prior to 8.10am unless they are arriving to attend a scheduled staff supervised activity. Caution is with us because we occasionally find a student has been dropped off early and no-one is aware that she is in the building or surrounds. We know parents will understand our concerns and hence the request.

Stem in the Morning Sessions

On the rostered Year level day, once per week, students can arrive at 7.50am and hang bags on their pegs and move to the Stem Room to commence at 8.00am.

Junior Joggers

Years 3 to 6 arrival on Tuesdays from 7.15am is appropriate for Junior Joggers which commences at 7.30am on Tuesdays. Students hang their bags on pegs and can then move to the Red Steps for attendance rolls to be marked for the 7.30am session.

Epstein Singers

Epsteins can arrive on Wednesdays between 7.35am to 7.40am in preparation for a 7.45am commencement in the Senior School Music Room.

Mrs Alana Moor

Head of ELC and Junior School

Barbreck Sport



Congratulations to Lilli Holmes and Kiarna Jholl for being selected Barbreck Athletics Captains for 2016.

Both girls are looking forward to the District Athletics competition next Monday at Lakeside Athletics Track.

Mr Tom Crebbin

Junior School Head of Physical Education

FROM THE DIRECTOR OF CURRICULUM INNOVATION AND DEVELOPMENT

The Zone of Parental Development

If you are a parent read on. If you are a parent of a girl undertaking a Units 3&4 subject this year, then definitely read on. If you are a lawyer, disregard paragraph four.

If there is one thing the teaching profession does well (of course there are many!) it is the use of professional jargons and anagrams. We use words such as pedagogy and rubrics and anagrams like NAPLAN, VTAC and VCE. My particular favourite is the 'Zone of Proximal Development' – this was a term coined by Soviet Educationalist Vygotsky in the 1920s and describes two things, firstly, pre-testing and understanding where a student is in their learning and secondly, understanding how to move the student 'through the zone' to the next point of their development. It is where the science of learning meets the art of teaching and the drive to use learning and assessment data more explicitly in order to view and understand trends is, in effect, a modern interpretation of the Zone of Proximal Development. If you are a parent, or a parent of a girl currently undertaking Units 3&4 then you may be wondering what this has to do with you. If you are a lawyer of course you have already skipped to paragraph four.

During the coming three months, as parents of students about to embark upon VCAA examinations and VTAC applications, you are moving into what I like to call the Zone of Parental Development. This is where you need to recognise where your daughter is currently 'at', understand the 'zone' she is about to traverse through and jointly reveal the intended outcome. Today I thought I would explain the 'Zone'.

This is paragraph four. Before I start I would like to make a disclaimer that I am merely sharing the work of Martin Seligman in perhaps his most famous book, *Flourish* (Random House, 2011) when he wrote that pessimism is detrimental to well-being but then added "There is one glaring exception: pessimists do better at law." Let me expand. Law, on the vast majority of occasions is what we might refer to as a zero-sum game – somebody wins and someone else must lose. Most professions are what we might refer to as positive-sum games – they want both the business and the customer to win. A teacher wants to have a great year teaching and, simultaneously, have all students having a great year learning. A surgeon wants to perform at the very highest standard and watch their patient make a full and rapid recovery. Lawyers want to win. The second reason lawyers may be so pessimistic is due to what behavioural scientists refer to as 'decision latitude'. This term refers to the amount of choices, or indeed perceived choices, an individual has in the workplace. Lawyers, who certainly face intense demands, in fact have very little decision latitude – they have very little autonomy. Any employee who feels their boss has, through a bad decision or through choice, limited their autonomy will no longer feel they can achieve and will seek new endeavours which will provide for that need.

Your daughter's education, in particular in Years 9, 10 and 11, has involved greater decision latitude (they have been able to select certain subjects and pathways and select different assessments methods) and, within their own lives, as they have grown, parents have broadened their capacity for their daughter to make their own choices. Simultaneously, parents and teachers have worked with their daughters and students to ensure that the 'game' has been a positive-sum, with everyone 'winning'. The 'Zone' many of your daughters will be entering in the next three months will be a zone where perceived autonomy diminishes (they need to stay home and study), where decision latitude diminishes (they need to follow exact VCE formulae for success in every subject area) and where pessimism may creep in as they (wrongly) see the examinations and results as a win-lose scenario. In effect, they have become lawyers! Again, I am merely quoting Seligman!

And so as parents you have a very important role to play. You need to understand the Zone of Parental Development and ensure your daughters recognise these three months as a positive-sum game, recognise they still need to enjoy a relatively broadened decision latitude and feel a real sense of autonomy.

If I actually take away the jargon of the 'Zone', it is simply called parenting...enjoy.

Mr Adrian Puckering

Director of Curriculum Innovation and Development



SENIOR SCHOOL

BEYOND BOUNDARIES: GROWTH THROUGH ADVENTURE AND CHALLENGE



"Children today are over protected, over competitive, over programmed, over busy and over pressured... The most crucial life skill required for our young people in the future is adaptability."

Dr Shimi Kang

Why is our unique, sequential Beyond Boundaries program so important for our girls? Beyond Boundaries is committed to education for the whole student. Through engagement in Outdoor Education, St Catherine's School focuses on the physical, mental, emotional, spiritual and social development of every individual.

Our Outdoor Education program encourages students to understand their identity, their community and their relationship with the natural world. Through a process of guided discovery students have opportunities to help confirm and shape their values by undertaking appropriate social, emotional and physical challenges.

The curriculum is carefully designed to integrate the St Catherine's School wellbeing curriculum, weThrive, to ensure authentic learning and assist in the transference of personal development, essential life skills and knowledge into other areas of their lives. Students also gain opportunities to engage with authentic Indigenous education and sustainability curriculum across the sequence.

Student Outcomes

At St Catherine's School the Beyond Boundaries program extends and challenges every student, whilst helping to promote leadership, integrity, curiosity, perseverance and empathy.

In the Senior School, the program has strong links with the Duke of Edinburgh's Award and is additionally an integral component in St Catherine's unique Leadership Diploma available to Years 9 and 10 students. Beyond Boundaries at St Catherine's is as an essential element of holistic education, preparing our young women for their role in the global community.

Whether here in Melbourne or elsewhere in the world students will be able to draw upon their Outdoor Education experiences to assist them in dealing with the challenges of everyday life. The Beyond Boundaries program provides all students with the opportunity to push their own personal boundaries in a supportive and nurturing environment, whether guiding a raft down the Mitchell River, hiking through the Overland Track in Tasmania or simply spending the night away from home. Learning through participation, along with the opportunity to process the learning experiences both at School and home in familiar surrounds creates a powerful learning experience.

We are confident that the Beyond Boundaries program will continue to extend students in ways that cannot be duplicated in the classroom, leaving girls with a strong sense of achievement and empowerment to strive for the best in all that they pursue.

For more information, please contact the Beyond Boundaries Office on 9828 3057.

Ms Casie Chalman

Director of Outdoor Education



1 Year 10s caring for horses on the Murray River

2 Year 5 tree planting at Gundiwindi

3 Year 7 displaying teamwork at Camp Jungai

Fact File: Upcycle!

We Need to Get Our Kids Outside
by Dr Shimi Kang

Dr Kang is an award winning Harvard trained psychiatrist, and author of *The Dolphin Way: A Parent's Guide to Raising Healthy, Happy, and Motivated Kids Without Turning Into a Tiger* (Penguin Group May 2014).

She is currently the Medical Director for Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia.

Dr. Kang has helped hundreds of children, adolescents and parents move toward positive behaviors and better mental health.

Her articles have appeared in numerous media outlets including *The Huffington Post* and *Psychology Today*.

To view Dr Kang's blog. [Click here](#)

Article: [We Need to Get Our Kids Outside](#)
Dr Shimi Kang

VCE THEATRE STUDIES AND HUMANITIES WEEK



VCE Theatre Studies

On Wednesday evening last week the VCE Theatre Studies class ventured out to La Mama's Carlton Courthouse Theatre to watch an enthralling performance of *A Servant of Two Masters*, produced by Make-A-Scene Productions. The play is on this year's Unit 4 playlist for students to analyse and evaluate the performances of the actors.

The fusion of Commedia dell'arte styles from the 16th and 18th Centuries, combined with plenty of modern references, made for an exciting and hilarious night at the theatre. The acting troupe delivered the reworked Goldoni script with unbridled energy and enthusiasm. One convention of this style is for the actors to interact with the audience and the highlight of the night was the actor-audience interaction between servant, Truffaldino, and our very own Madeline Mills. Her on-stage efforts and responses to his questions had the audience in stitches and she was commended by the other actors and director during our Q&A session after the show.

The Theatre Studies class very much enjoyed the production and gained many insights into the creation and development of the characters and stylistic choices in the post-show forum.

Mr James Brown

Head of Performing Arts

Humanities Week

This week St Catherine's has been celebrating Humanities Week. Commencing with an assembly to launch the fun and games, students have been able to compete in individual treasure hunts during lunch as well as Form Group quizzes during roll call to see which class has the best general knowledge regarding History, Geography and Economics. In particular, some major events for the week included the Year 8 Medieval Day, the Business classes student-run Market Day and the completion of the Year 7 St Catherine's Mystery Box Project.

Year 7 St Catherine's Mystery Boxes

In Year 7 History this Semester, students have been gaining an understanding of how to analyse historical evidence. In celebration of St Catherine's 120th anniversary they have been exploring the School's history and learning why it is important to conserve aspects of the past.

To test the girls' detective abilities a new project was created using Mystery Boxes. Our School Archivist, Ms Melissa Campbell, kindly compiled a range of archives and placed them into these Mystery Boxes. In small groups students then analysed the artefacts and wrote down specific details, looking for clues about their age and discussing their significance to the School's history.

Items in each box included past uniforms and accessories such as a 1930's St Catherine's Straw hat, sporting gear from the 1950s and 60s, various School bags including an evacuation knapsack which was made during the Second World War and an exercise book from 1904 which was the oldest item in the collection.



Madeline Mills, Rosa Campagnaro (Director), Roby Favretto (Silvio, Brighella), Sharon Davis (Smeraldina), Lelda Kapsis (Beatrice), Megane Janssen, Piper Golias, Annabel Hartmanis, Junbing (Amy) Li



SENIOR SCHOOL HUMANITIES WEEK



From this activity, the Year 7 History classes have drawn conclusions about what life was like for past students at St Catherine's and compared the continuity and change between these objects over time. The project clearly pointed out some of the School's strong traditions and heritage which we still value today.

Year 8 Medieval Day

On Monday, Year 8 students travelled back in time to experience life during the Medieval Period. Girls dressed up in a range of outfits to represent the many jobs and positions held under the Feudal system.

Apart from many peasants, there were also bishops and monks, kings and queens and a few court jesters. Actors from History Up Close taught the girls about many aspects of life. They learnt how strict dress codes were in place during the Middle Ages, with the amount of cloth and colour of fabric restricted for the more noble members of society. Students were also taught some Medieval games and provided with a detailed history of Medieval arms and armour. Everyone was shocked by the weight of a knight's chain mail at 10 kilograms. Year 8 students all described the day as interesting, fun, informative and a little bit crazy.

Mrs Katrina Davey
Head of Humanities



Intermediate Soccer

This week the St Catherine's Intermediate Soccer Teams came up against MLC at Fawkner Park. Both teams improved their ball skills from the previous week and demonstrated great teamwork. On this occasion, unfortunately MLC were too strong for us, with both St Catherine's Teams being defeated.

The score on both fields was definitely not a reflection of the games that were played. Both games were very competitive and hard fought by both teams. In the A Team Alexandra McBain, Stephanie Ferrali, Michelle Libreri and Constantina Makris all did an exceptional job. In the B Team a special mention must go to Juliet Grant for her fantastic work through the midfield and also Charlotte Sinclair in defence.

A Team was Defeated by MLC 8-0

B Team was Defeated by MLC 7-2

Goal scorers were Claudia Perkins and Annabel Joubert

Junior Soccer

After having a bye last week this was the Years 7 and 8s first chance to test their skills. The B Team did not play as Melbourne Girls Grammar unfortunately forfeited. The A Team travelled to Fawkner Park where they had a very close game. At half time the score was nil all then in the second half St Catherine's were the first to score. Some great team work resulted in a goal scored by Sienna-Eliza Podolak. Melbourne then made a comeback and levelled the score and in the closing minutes scored again.

It was a great game and well played by all, a special mention to Lucy Campbell who did an exceptional job in the midfield and Zoë Meggitt in defence.

A Team was defeated by MGGS 2-1

Junior Badminton

On 28 July the Junior Badminton Team 2 played Camberwell Girls Grammar School. Throughout the afternoon all pairs demonstrated many new skills learnt over the past few weeks as well as a greater understanding of the rules. Team A lost to Camberwell however Team B won their section.

A Team: one match, three games, 221 points lost to Camberwell three matches, seven games, 270 points.

Mr Chris Jones

Head of Sport

SENIOR SCHOOL MUSIC NOTES



Jazz Cool Cats at The Apartment

Our Jazz Night took on a new shape this year at glitzy jazz venue The Apartment on Little Bourke Street which served to enhance the theme of 'cool cats' and provide the evening a wonderful atmosphere. The performers shone as brightly as the chandeliers and vibrant wallpaper, presenting polished jazz standards across three highly enjoyable sets.

There was a great mix of soulful crooners, swinging saxophones, powerful percussion and brassy ensembles on display. Most numbers were superbly accompanied by Joe O'Connor's jazz trio on keys, drums and double bass. The girls found that rehearsing their pieces with Joe during the week gave them additional insights into the many conventions of jazz, which certainly translated into extra confidence in their performances.

Our VCE Music students were in fine form, treating us to their jazz repertoire. The expertise of music tutors Mr Leigh Olsson, Mr Dean Hilson, Mr Saska Ayris and Ms Andy Dowell was also on show – performing, mixing sound, accompanying and supporting their students. It was fantastic to see not only the talent and class of our Senior musicians on display, but how much they were enjoying their time in the spotlight. Well done to all performers; the supportive audience certainly loved every minute.

Mr James Brown

Head of Performing Arts

Victorian Schools Music Festival

The Years 7 and 8 Concert Band performed in the Junior Band section of the Victorian Schools Music Festival after School on Tuesday 26 July. The girls steadied their nerves and completed their program of two pieces with musicality under the leadership of Ms Maria Pisani.

Maria has done a wonderful job in a short amount of time, taking over leadership of the band from Ms Janine Hanrahan. The girls were delighted with their Silver Award and will now begin preparations for their performance at the Gala Concert. It is always timely to remember that being concert ready takes time, commitment from the girls and practice in performance. At this stage of the year, the girls work well together and trust each other and themselves in performance. That being said, we have a number of new players in the ensemble and we are very grateful to them for putting themselves into a stressful situation so early on in their playing careers! It is interesting to note how quickly some girls are able to establish themselves as people of integrity and reliability.

Music Camp

We are still following up students who should be attending the Music Camp. Please ensure all payments and medical forms are submitted no later than **Monday 8 August**. This Camp is crucial to ensure all students can perform at the very best of their abilities for the Gala Concert.

Please do not hesitate to ask for assistance on any matter. Our Administrator Mrs Robyn Miller is more than happy to take your call on 9828 3014 or email music@stcatherines.net.au

Mrs Jenny Mathers

Head of Music

Term 3 Music Dates

Monday 8 August

Victorian Schools' Music Festival:
Combined Cantanti Belli/Viva Voci,
Session 4, 7.30pm – 10.15pm

Wednesday 10 August

Epstein Singers, 9.30am – 1.45am

Tuesday 16 August

Senior Concert Band
4.45pm – 7.00pm

8–11 August

Bursary Auditions

(contact the Performing Arts Administrator for enrolment forms if you have not received them via email)

12–14 August

Senior School Music Camp, Oasis
Camp, Monbulk

Wednesday 24 August

Choirs and Small Ensembles Concert

Tuesday 30 August

Barbreck Choral Assembly

31 August – 1 September

Barbreck Recitals, 3.45pm

Sunday 11 September

Gala Rehearsal Day, Music Ensembles

12–16 September

School Arts Festival

Tuesday 13 September

Gala Concert 120th Celebration Concert,
7.00pm, Melbourne Recital Centre

COMMUNITY NEWS

SCOGA NETWORKING EVENT & GIRLS TALK PARENT SEMINAR

St Catherine's Old Girls' Association (SCOGA) Women in Industry Networking Events

Throughout 2016, SCOGA are hosting a series of career specific events to facilitate networking among our members and the School community. Through these events we hope to celebrate talent, share knowledge and experience, and make and maintain connections with each other and the School.

Women in Banking and Financial Services: Networking Event

At this event we will host a panel of speakers who will discuss a range of topics, provide an opportunity for Q&A and networking with Old Girls and the School community who work in the Banking and Financial Services industry. Details are:

Date: Wednesday 17 August 2016

Time: 6.30pm – 9.30pm

Venue: The Academy, National Australia Bank, Ground Floor, 500 Bourke Street, Melbourne, 3000

Student tickets: \$30 per person

Professional tickets: \$40 per person

To register for this event [click here](#)

Speakers

Fiona Rowland ('88) – Non-Executive Director

Katrina Blair (Middleton '90) – Project Lead, Finance Business Partnership Improvement – BHP Billiton

Penny Colliccoat ('95) – Principal, Edge Financial Planning

Jaimee Salmon ('05) – Manager, Performance Alignment, NAB Strategy, National Australia

For further information about any of these events, please contact Mrs Phoebe Norman (Olsen '95) at phoebe_norman@icloud.com

Mrs Phoebe Norman (Olsen '95)

SCOGA President



Girls Talk Parent Seminar – ELC to Year 6

ELC to Year 6 parents, are invited to attend the St Catherine's School Girls Talk Parent Seminar: 'Raising Girls in a Digital World'.

Ms Kathryn White, Head of St Catherine's Educational Resources and Information Centre, will deliver the presentation to inform parents of the current trends in girls' technology usage.

Please note the Girls Talk Calendar date was originally a week earlier, but we have changed the date to **Monday 29 August** to allow for optimal parent attendance. Your daughters will also be provided a printed invitation to bring home.

We request that parents RSVP using the following [link](#). We look forward to your attendance.

Ms Merran O'Connor

Director of Student Wellbeing



ST JOHN'S ANGLICAN CHURCH CONFIRMATION SERVICE



Confirmation Service St John's Anglican Church

A Service of Confirmation with Bishop Genieve Blackwell will be held on Sunday 4 September at the 10.00am Eucharist service.

If you or someone you know is interested in being confirmed, please contact one of the clergy at St John's Anglican Church. Confirmation classes will commence in August. An application form for Confirmation is available [here](#).

For further information please contact St John's Anglican Church on (03)9826 1765 or email enquiries@saintjohnstoorak.org

St John's Anglican Church, Toorak