



St Catherine's School

The blue ribbon

WEEKLY NEWSLETTER

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

ISSUE 238 2 September 2016 W8 T3

FROM THE PRINCIPAL



Michelle Carroll

The School has always regarded leadership, service and responsibility integral elements of a girls' education. It is important that every girl experiences some form of leadership whilst at School and is prepared for responsibilities [...more](#)

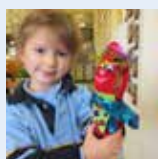
UPCOMING SCHOOL DATES



Diary Dates

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

EARLY LEARNING CENTRE



Campbell House News

Puppetry provides numerous opportunities to support a wide range of developmental skills.
[...more](#)

SCHOOL NEWS



From the Dean of Year 9

Discovering the importance of UN sustainable goals such as good health and wellbeing, gender equality, clean water and sanitation, quality education and sustainable communities.
[...more](#)

JUNIOR SCHOOL



Barbreck News

Barbreck was left overflowing with a wonderful sense of energy and passion with Book Week, Rocket Writing, art exhibitions and fire safety.
[...more](#)

COMMUNITY NEWS



120 Anniversary GALA and Art Exhibition

Tickets are now available for St Catherine's 120 Anniversary GALA at the Melbourne Recital Centre on Tuesday 13 September. Details are also provided on our ELC to Year 12 student Art Exhibition
[...more](#)

SENIOR SCHOOL



Parent Teacher Interviews

Bookings are now open for Parent Teacher Interviews.
[...more](#)



Book Week

Book Week presented opportunities for students to appreciate the wonder of books, reading and writing.
[...more](#)



Beyond Boundries

Outdoor education focuses on developing healthy risk taking behaviours and strategies and helps educate girls about actual risks, perceived risks, and responsibilities required in day-to-day life.
[...more](#)



Heyington Club AGM

All members of the School community are invited to attend the annual general meeting of the Heyington Club on Monday 12 September
[...more](#)



Snowsports End of Season Presentation Dinner

All members of the Snowsports community are invited to attend the End of Season Presentation Dinner on Thursday 15 September
[...more](#)



Celebration of Sport Breakfast

All members of the School community are invited to attend the Celebration of Sport Breakfast on Tuesday 11 October
[...more](#)

FROM THE PRINCIPAL

MICHELLE CARROLL



"We must do all that we can to give our children the best in education and social upbringing – for while they are the youth of today, they shall be the leaders of tomorrow". JF Kennedy

The 'leaders of tomorrow' at St Catherine's were announced this week, and it gave me great pleasure on Tuesday to congratulate Mackenzie Leyden as the 2017 School Captain and Georgie Sitch as the School Vice-Captain. The girls will be well supported by a Student Executive comprising of Alecka Garrett, Isabella King, Sophie Seng Hpa and Angela Sexton.

The School has always regarded leadership, service and responsibility integral elements of a girl's education. It is important that every girl experiences some form of leadership whilst at School and is prepared for responsibilities. To this end, leadership skills are nurtured in every girl, commencing with their Year 7 Beyond Boundaries experiences. This development continues across the years and is formalised through the Leadership Diploma offered in Year 9 and Year 10.

The Diploma is a unique qualification to St Catherine's and offers students the opportunity to strengthen the School community and to refine their own leadership skills. The Leadership Diploma incorporates all components of the Years 9 and 10 curriculum and recognises students' involvement in and achievement from their academic and co-curricular programs. It drives the girls to be organised, proactive, altruistic, insightful and empathetic, with the opportunity to make a tangible difference to their School and local community.

Encouraging students to step outside their comfort zones and become involved in new and different activities inside and outside the School is a major objective of the Leadership Diploma. The journey provides students with a strong insight, not only into School and the wider community, but also themselves through the personal reflection required for the Diploma. Students must successfully complete a list of criteria which includes developing positive relationships, involvement in mentoring programs, Community Service and environment programs, performance and public speaking, Outdoor Education and being a positive role model. Students who complete the Diploma are then eligible for leadership selection in Year 11.

The process of leadership selection is intentionally lengthy and thorough, requiring a written application, two rounds of interviews and a brief speech delivered to the student body. This week, the shortlisted candidates were asked to convey in their Assembly speech what they value in leadership through a reflection on the attributes, and recognition of the qualities, of a St Catherine's Old Girl recognised as a Nil Magum Nisi Bonum (NMNB) recipient.

The photo above is the shortlisted candidates reading the NMNB profiles last Friday as they made their selection of which St Catherine's Old Girl to research for their speech. The girls' speeches on Monday provided an enlightening reminder of the strength, tenacity and character of the women who grace the walls of Sherren House.

[Continued...](#)

SCHOOL DATES

Friday 2 September

Senior School Interschools Gymnastics
PFA Father/Daughter Breakfast 7.00am
PFA Father's Day Stall
SCOGA 25 Year Reunion

Sunday 4 September

Father's Day
Boarders' Program 2.00pm

Monday 5 September

Senior School Athletics Training (Before School)
Years 11 & 12 GSV Training (Before School)
Years 9 & 10 Soccer Training (Before School)
Junior School Interschools Gymnastics
Years 11 & 12 GSV Round 4 (After School)

Tuesday 6 September

GSV Years 7 & 8 Training (Before School)
Junior School Interschools Gymnastics
Years 7 to 9 Parent Teacher Interviews
Senior School Athletics Training (After School)

Wednesday 7 September

Years 9 & 10 GSV Training (Before School)
Junior School Interschools Gymnastics
Years 9 & 10 GSV (After School)

Thursday 8 September

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

FROM THE PRINCIPAL

MICHELLE CARROLL

Happy Father's Day

I wish all our St Catherine's Dads a joyful day on Sunday, filled with much love and care from their daughters. I came across this research about fathers this week and share for you below:

Fathers are the key to improving girls' health, fitness and wellbeing.

A University of Newcastle study has found that a unique father-daughter exercise program not only improves girls' fitness, confidence, resilience and social-emotional wellbeing, but also strengthens fathers' parenting skills and their understanding of the importance of the father-daughter bond. With less than 10% of girls entering high school able to perform basic skills such as kicking, catching and throwing a ball, and less than 20% being sufficiently physically active, it is easy to see why teenage girls are far more likely to drop out of playing sports than boys. This not only has damaging impacts on girls' health and fitness, but also on body image and self-esteem.

Under the world-first DADEE program (Dads and Daughters Exercising and Empowered), 155 primary school age girls and their 115 fathers took part in a wide variety of traditional and non-traditional sporting pursuits including hockey, soccer, touch football, basketball, tennis, martial arts and boxing, as well as rough and tumble play, and games to improve aerobic and muscular fitness.

During the eight-week program, fathers also learnt evidence-based parenting strategies for optimising their daughters' physical and mental health. The importance of 'equalist' parenting was emphasised — where girls and boys are given equal encouragement to remain physically active throughout their lives — and fathers learnt about the positive impact of female role models and the negative impact of 'pinkification'. In fact, the DADEE program deliberately reversed the usual stereotypes so that girls' t-shirts and drink bottles were blue and fathers' t-shirts and drink bottles were pink.

Not only did girls improve their sporting skills and physical activity levels, but the DADEE program impacted positively on their self-esteem and resilience. By moving the focus from 'pretty' to 'healthy', it was found that girls improved their positive self-concept and gained a newfound physical confidence. Lead researcher, Professor Phil Morgan, from the University of Newcastle's Priority Research Centre for Physical Activity and Nutrition, says that the girls' physical confidence "was partly attributed to a growing awareness of gender biases and a refusal to buy into traditional stereotypes".

For fathers, not only did they improve their own physical fitness and learn 'how to teach' their daughters sporting skills, but they also reported increased parenting skills and strong improvements in family bonding and understanding of the importance of the father-daughter relationship. In fact, when fathers were asked about the most beneficial part of the program, the two most common responses were that they could see an improvement in their daughter's social-emotional wellbeing and that their father-daughter bond had strengthened.

DADEE website: www.dadee.net.au

Student Achievements

This week I also congratulate the following students for outstanding achievements:

Flynn O'Brien in Year 9 was recently selected as a National finalist in the renowned Future Problem Solving Program in Australia.

Zoe Yu in Year 11 has won an Outstanding Award in the highly prestigious Melbourne University Maths competition.

Three of our VCE French students have been selected to participate in the final element of the Alliance Française competition. Alexandra Cullen and Phoebe Edwards (Year 11) and Winona Yang (Year 12) each achieved a result of 20/20 for the oral component of the competition.

St Catherine's won Champion Senior Girls' School at the 2016 VIC Interschools Snowsports over the weekend. Well done to the Senior competitors for their efforts last weekend and congratulations to St Catherine's entire Snowsports Teams, taking out both the Senior and Junior Overall Champions trophies at the competition.

Mrs Michelle Carroll
Principal



Don't miss this EPIC event as students in Years 5 to 12 will showcase a diverse repertoire, including Wild Swans Suite, by Elena Kats-Chernin, Handel's Hallelujah Chorus, John Williams' Star Wars Theme and a selection of EPIC choruses from musicals.
[Book now](#)

EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS



Puppetry

Puppetry provides numerous opportunities to support a wide range of developmental skills. Throughout the year the children have been enjoying playing with a variety of puppets in the classroom and then begun spontaneously drawing and making their own stick puppets. This interest was extended during a morning meeting as the children began brainstorming ideas for making different types of puppets.

A range of materials was supplied for the children to create their puppets using paper bags, socks and felt. Each child carefully considered what type of puppet they wanted to make then selected the materials before expressing their imagination and creativity through their unique and thoughtful characters.

Once completed, the children performed collaborative puppet shows for all to enjoy.

Mrs Penny Campbell
Waratah Room

New Beginnings

We recently hosted the families of our new learners who will be joining Campbell House in 2017 for the first time. It was a wonderful occasion filled with the joy and excitement of meeting up with new friends and in some cases, even setting up playdates.

Two of the 2016 Year 6 classes assisted us to host the function and were fabulous contributors.

It was a thrill to see the Year 6 students who had been ELC students themselves, heartily reflecting upon their own wonderful memories of their experiences.

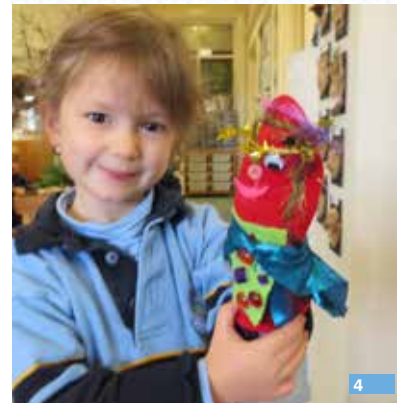
Mrs Alana Moor
Head of ELC and Barbreck



2



3



4



5

- 1 Matilda Day and Lucy Venema
- 2 Casper Bell and Scarlett Pennell
- 3 Oliver Wu and Marianna Qin
- 4 Amelie Nahrath
- 5 Arabella Lutz
- 6 Year 6 students

JUNIOR SCHOOL JUNIOR SCHOOL NEWS



Australia! Story Country

The 2016 Book Week celebrated with so much energy, passion for enticing and maintaining avid readers, created a wonderful sense of magic throughout Barbreck.

The Barbreck Library, always a popular and engaging place to visit or to just see "what is new?", continued to be just that!

Hearty applause and congratulations to Mrs Victoria Baldacchino (Barbreck Teacher Librarian), and Mrs Judy Hoole (Library Technician) who ensured that people of all ages had every reason to visit the library, and enjoy a variety of events and activities.

Bookweek and Four Leaf Clover Program Action

The fun and learning was so evident in the shared activity involving the Year 4 and 4YO ELC program students. The Four Leaf Clover Program is one of many varied activities the year levels enjoy together and Book Week was no exception.

Rocket Writing

We love learning how to become better writers in Year 1. Learning to write is a complex skill which requires students to think about a topic, sequence ideas and write a piece which voices feelings, enthusiasm, a personal recount or share information. Sentences are formed within a structure which requires a good understanding of punctuation and a strong focus of the sentence making sense. We are learning to use as many describing words as possible, as we begin to understand the importance of building an interesting and engaging story for the reader.

We have recently introduced Rocket Writing. The only instruction given is to write about an image and what inspires our learners when viewing the image. The second dimension is sound, for example a camp fire crackling, the sound of water in a waterfall or the sound of a snow blizzard. The writing then begins!

Through the use of the visual image and sound, the beginning of a narrative, a recount, an information report, a poem or a song transpires. There is silence in the room and all that can be heard is the sound from the image. When it is time to put pencils down, excitement lights up the classroom as there is a willingness to share their work with their peers.

Continued...



Mattea Demetriou (Year 4) and Olive Nantes and Miya Fei (4YO ELC) all love sharing books



Clara Calvert and Lexie Giagnorio with Coco

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

We have a new addition to our classroom and her name is Coco. Coco is a beautiful rag doll introduced to our class to encourage further writing. Each student will have the opportunity to take Coco home during a weekend and share an adventure with her. Once again, the creative opportunities are endless. The adventures are captured by each student as they publish their entry in the writing book. The skills of punctuation, the use of descriptive words, sequencing events and making sure it makes sense, continues to be the focus of our practice with writing. One, we all love in Year 1.

Mrs Lola Ballis
Year 1 Teacher

"I like writing my own things and I feel it's calming."
Frankie Vasilopoulos

"It's quiet and I like the sounds with the picture. It helps me with my ideas."
Mirabelle Thomson

"I feel I become imaginative and I can keep writing."
Catelin Varasdi

"I really liked writing about Coco. I had a great experience and I wanted to write more."
Lexie Giagnorio

"I loved writing with Coco. We had a fun time."
Clara Calvert

Degas Exhibition

The Year 4 girls and teachers were privileged to attend the Degas Exhibition at the National Gallery of Victoria. We attended a most informative talk which provided the girls with so much background knowledge and understanding of Degas' artistic journey, before viewing his numerous artworks ourselves. The highlight of the day was an art activity where the girls were introduced to the artistic techniques Degas used when drawing his famous dancers. Every girl created a dancer of their own, and the cries of joy and amazement that were heard from so many students was absolutely beautiful to see. A special thank you to Mrs Guest for organising the day for us all and for our wonderful parent helpers.

Ms Simone Schilte
Year 4 Teacher



1 Charlotte Upton at the Degas Exhibition

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

We first learnt how to scumble, blend and feather. With all of our new ideas we then drew a masterpiece and in the end we framed them. What an amazing day for Year 4!

Rhea Werner

"We loved the artistic techniques we learnt at the Degas Exhibition. We are so glad we learned so many helpful techniques, such as scumbling, blending and feathering. We were so inspired by Degas' techniques that next time we draw or paint, we will be able to draw beautifully thanks to Degas!"

Chelsea Harris and Hannah Wong

Length of Skirts

Thank you to families who have ensured students have uniforms which are of a suitable length for practical use. Sitting, standing and playing comfortably in skirts and tunics which afford both comfort and dignity are required at School. The positive responses to direct requests to have the length of skirts checked and subsequently altered has been emphatic and we thank those families.

Students who have rolled up their skirts at the waist, under jumpers, have responded positively to requests to wear their uniform correctly. Preps learn so much, so quickly! The Year 6 of 2016 continue to work towards being excellent role models in various ways and the correct uniform is part of that area indeed.

Mrs Alana Moor

Head of ELC and Junior School

Fire Safety in Prep

During Term 3 the Firemen from Windsor Fire Station visited the Prep classroom to deliver the MFB 'Fire Ed' program to St Catherine's Prep students. The Program helps children develop a basic understanding of fire safety and to view firefighters as community helpers.

Students analysed illustrations of different fire scenarios and worked as a group to identify the safe and unsafe features before determining if it was a good/safe fire or a bad/unsafe fire. The key message in each image was the importance of an adult being present and in charge of the fire.

Children were taught the importance of smoke alarms and asked to check their own smoke alarms at home with their parents to ensure they were in working order. They learnt the 'get down low - go, go, go' phrase and had the homework task of finding a safe meeting place outside their home where they could meet their family members in case of a fire emergency. Students were interested to know they should not take any items from home with them when they leave their house. They also practiced calling the emergency phone number 000.

During both visits the firefighters were called out to real life emergencies, which was very interesting to observe as they listened to their radio call and prepared by putting on their protective clothing and driving off with sirens and lights going. On returning to the School, the girls were able to ask questions in relation to the emergency and learnt valuable lessons from each of these stories.

A highlight during the visit was trying on the helmets and spraying water from the firehose. This was a special treat at the conclusion of the program. To thank the firefighters who visited, Prep students decided to write their own letters. The letters have been compiled in a 'thank you' book which will be sent to the Windsor Fire Station this week.

Mrs Jessica Easton

Prep Teacher



JUNIOR SCHOOL JUNIOR SCHOOL SPORT



Mini Olympics

The lower primary girls celebrated the Olympics in various ways. The Prep to Year 2 girls came together on at least three separate occasions to participate in special Olympic activities. The first was the opening ceremony which saw the Prep students relay with Mrs Peele's 2000 Olympic torch being passed around each girl and ending with the lighting of the 'cellophane' cauldron. This was followed by each class performing dances from various countries of the world, including an oriental fan dance and the Mexican hat dance.

The Aquatic Centre was host to the swimming where the girls participated in various challenges using various flotation devices. Jamaica receiving gold medals for their Swimming efforts.

Next was the Gymnastics team event where the whole team had to work their way across the set apparatus in the shortest amount of time. Following this saw the Rowing (on scooter boards), Javelin, Discus and Show Jumping. The students had a wonderful time participating in each event. Special mention must go to Year 5 for their efforts in organising each of the four sports. China took out gold in the combined sports.

On Monday the students participated in a running relay around the field and a mini marathon. Congratulations to all the girls on their efforts and enthusiasm.

Mrs Jenny De Nardis
Barbreck PE Teacher



1 Prep to Year 2 girls ready for the mini Olympics in the pool

2 Arabella Foote throwing the Javelin

SCHOOL NEWS

FROM THE DEAN OF YEAR 9



Building Resilience through Global Engagement

The wellbeing theme weEngage, has certainly been evident this term with the Year 9 cohort. The students have had an amazing opportunity to engage globally through the Heyington to Highland trip. This journey provided them with the opportunity to work with Fijian children in schools and engage with the Fijian families in their day to day lives.

They were able to immerse themselves in a very different culture and come to understand the different living standards. Through the immersion, St Catherine's students were able to discover the importance of some of the UN sustainable goals such as good health and wellbeing, gender equality, clean water and sanitation, quality education and sustainable communities.

It also provided the girls an opportunity for personal growth, as well as help in the formation of their identity during this challenging transition from adolescence to adulthood. Students were able to forge new friendships, build resilience and find strength within themselves to step outside of their comfort zone. The girls absolutely loved the experience with many commenting on wanting to return to visit their Fijian family, as well as the opportunity it provided them to form new friendships.

Upon return from this experience, students are now reflecting on their experiences, and being challenged to consider their learning experiences and how it will influence their interests, career goals and intentions.

Along with the Heyington to Highland experience the students are also engaging locally. A requirement of the Leadership Diploma is for students to complete 12 hours of community service. Many of them are currently completing this component, with girls working at a number of places, including Darnlee Residential Care and Salvation Army retail outlets. Some students also completed community service hours by involving themselves in the Red Cross Door Knock, earlier in the year.

Ms Fiona Ganino-Day
Dean of Year 9



- 1 Girls dressed in traditional Fijian clothing to attend Sunday Church service
- 2 Playing volleyball with the Fijian children at School
- 3 Sophie Ying and Winnie Wang



Semester 2 Parent Teacher Interviews

All parents in the Senior School have received an email with information pertaining to the upcoming Parent Teacher Interviews scheduled to take place during the last two weeks of Term 3.

The email confirms not only the date, time and location of the interviews, but also provides parents with instructions on how to log on to the PTO website via [mystcatherines](#) and make their appointment times electronically.

Please note the schedule is as follows:

Years 7 to 9	Tuesday 6 September 4.00pm to 8.00pm (Senior School Hall)*
Boarders only	Friday 16 September 1.30pm to 3.00pm (Sherren House Ballroom)

*Some staff may be available from 2.30pm

Each appointment is of six minutes duration. Bookings must be finalised by 3.00pm the day prior to the interviews.

PTO has proved to be accessible and easily navigable in the past, however should you encounter any difficulties in using the system, please contact Mrs Jane Cox on 9828 3088 in the Senior School for assistance.

Mr Adrian Puckering

Director of Curriculum Innovation and Development

BOOK WEEK ACTIVITIES



This year, the theme for Book Week was 'Australia: Story Country', and we celebrated the diverse and interesting stories that our nation has to offer. Students from ELC to Year 12 were engaged in activities throughout the week with great enthusiasm, sharing their love of stories, honing their writing skills with expert authors, and absorbing new and interesting ideas.

At Barbreck, our Year 6 Reading Ambassadors lead the way, visiting Junior School classrooms and reading to their fellow students as they ate lunch. Prep to Year 4 students were treated to a fantastic theatre performance based on the picture book *Mr Huff*. Not only was *Mr Huff* shortlisted for the CBCA Book of the Year award, but it won the prize in the Early Childhood division for 2016.

Years 5 and 6 students attended a session with author and illustrator Jen Storer, who shared her love of words and language and revealed the journey of ideas that leads to writing her books. Jen took the girls through some writing exercises to help them think broadly and expand their vocabulary.

In the Nicholas Library, Book Week celebrations began early with our 'Talking Books' Breakfast on Friday 19 August. Authors Alice Pung and Leanne Hall spoke passionately about diversity and writing female characters. They were both generous with stories of their own experiences, explaining how certain events and experiences have shaped their writing. Our audience of students and staff were thoroughly engaged and went away with much to think about.

Young Adult author Kirsty Murray was invited to run a writing workshop for dedicated members of our Writer's Club from Years 7 to 12. She was engaging and dynamic and ran a series of 'hot writing' activities that really started to get the creative juices flowing.

Book Week finished in the Senior School with four teams of students participating in the 'Write A Book in a Day' competition. The Library was abuzz for the entire day as students worked against the clock to complete their book in time!

Book Week 2016 has once again been a fantastic opportunity for students to appreciate and participate in the wonder of books, reading and writing. We look forward to next year!

Ms Kathryn White

Head of Educational Resources and Information Centre



BEYOND BOUNDARIES: GROWTH THROUGH ADVENTURE AND CHALLENGE



"My formula: dream, risk and humour"

Bernard Taipe

Our sequential Beyond Boundaries Outdoor Education program focuses on developing healthy risk taking behaviours and strategies and helps educate girls about actual risks, perceived risks, and responsibilities required in day-to-day life.

A research report by Girlguiding UK found there is a thin line between educating girls about the risks to their safety and creating disproportionate fear in them – but as a society we need to get this right. It is equally important that girls are not over-protected and that they learn to take a level of responsibility for their own safety.

Redefining risk: Girls shout out! Relevant rules for today's girls.

Girls take some risks because they are not aware they exist. Many of these risks are related to new technology and therefore unique to this generation. Girls are also aware of certain risks but choose to take them anyway, therefore we need to teach them how to make responsible decisions about their safety, enabling them to judge for themselves whether a risk is acceptable or not.

Risky Behaviour?

The report found that girls have internalised safety messages about traditional risks such as 'stranger danger'. Existing rules to keep girls safe focus on avoiding these traditional risks, however, girls are given disproportionate freedom to access adult media including magazines, films and video games.

Girls' perceptions of risk are influenced by the adults in their lives and by what they see reported in the media. Older girls acknowledge that the sheer volume of news available creates a heightened awareness of danger but does not necessarily prove that the world is more dangerous.

Ironically, in real life girls often engage in actions, such as taking shortcuts through alleyways and listening to iPods while travelling alone at night, which actually put them at risk of encountering the dangers they fear.

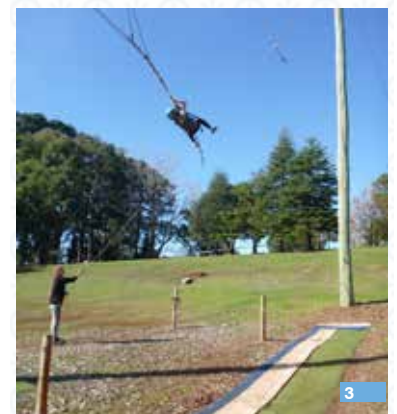
Attitudes to Risk

Younger girls measure risk in terms of physical danger. However, older girls are aware of the concept that there are both positive and negative risks. Ability to manage risk improves with age and older girls are less likely to find themselves in situations they cannot handle.

Girls actively seek opportunities to experience risk in order to challenge themselves and are happy to accept the possible negative outcomes of this. By and large, threats are still perceived to come from other people rather than as a result of their own actions.

Online life presents a large cause for concern. Girls are prepared to take risks online that they would not consider in the physical world and mistakenly feel they are safer when using and sharing details on social networking site than in fact they are.

[Continued...](#)



- 1 Cooking safely in the bush
- 2 Zara Peele aiming for the bulls eye in Archery
- 3 Testing the boundaries on the Giant Swing

Fact File: To read the full article, please [click here](#)

Outdoor Education offers girls the opportunity to experience positive risk through a variety of activities ranging from physical challenges to personal and mental challenges such as taking on responsibility for and working with others.

BEYOND BOUNDARIES: GROWTH THROUGH ADVENTURE AND CHALLENGE

Taking Responsibility

Girls develop risk assessment strategies based on recalling parental advice, peer stories, learned experience and intuition. However, they are unlikely to plan in advance to reduce risk – partly because they don't necessarily recognise an unsafe situation or activity, such as using a mobile phone when travelling alone at night.

Girls expressed a desire to learn to handle risk through experience in controlled circumstances. They also valued quality education and having trusted adults both in and outside of the home who they can speak to.

Rules are not uniformly perceived as negative, provided they are understandable and subject to an open dialogue involving both girls and adults. Girls felt that relevant, rational rules learned when young laid the foundations for commonsense approaches to life when they were older.

Good Risks and Bad Risks

As girls grow older their attitude to risk changes. Younger girls identify risk as physical threat – avoid the risky activity and you stay safe. Older girls understand that it is not always necessary to avoid risk; instead it is possible to modify your behaviour to mitigate its negative consequences. And in some cases the benefits of an activity outweigh any potential risk entirely.

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

Ms Casie Chalman

Director of Outdoor Education

SENIOR SCHOOL TASMANIA SCIGO TRIP AND TOURNAMENT OF MINDS



University of Tasmania Scigo Trip

When I first received an email saying I had won an all-expenses paid for trip to Tasmania I was slightly apprehensive! However, on the first weekend of the holidays I found myself on a plane to attend a science trip run by the University of Tasmania. The trip was a three day science immersion where I visited many places around Hobart. We visited the Mt Pleasant Radio Telescope that was donated to the University of Tasmania by NASA. It is currently tracking a Vela Pulsar star which we observed whilst visiting. We also went to the Institute for Marine and Antarctic Science where we learnt about Antarctic ice cores. The cores are analysed to determine thousands of years of Antarctic weather and can also be used to track global warming. I was able to hold a part of an ice core and I was pretty excited that I was holding actual ice from Antarctica. We also observed microorganisms from the Southern Oceans, learnt about the uses of drones in Antarctica and the benefits of tracking albatross in sub Antarctica. Finally, we had the opportunity to explore the University campus. We used an interactive 3D landscape table to build mountains and rivers, as well as learnt how to build our own Apps. Overall, the trip was an entertaining and interesting weekend of Science that I thoroughly enjoyed. It was also great to meet other students from around Australia who also enjoy Science.

Jessica Walsh

Year 11

Tournament of Minds Competition

On Sunday 21 August, 13 students from Years 7, 8 and 10 competed in the 2016 Tournament of Minds Regional competition at Deakin University, Burwood. Tournament of Minds is a problem-solving program which involves teams of students solving a Long Term challenge and a Spontaneous challenge in a range of disciplines. This year, St Catherine's School entered one team in the Language Literature section and one team in the Science Technology section. The students involved included Samara Gill, Stella Ainalis, Margaret Handolias, Anita Yang, Mayuri Muralidharan, Nicole Chung, Elodie Ferrali, Thalia Barbayannis, Catherine Liu, Lucy Keilar, Lara Anderson, Georgie Rolfe and Holly McLaughlin. Both of the teams performed well on the day and are to be congratulated on their fine efforts.

Mrs Kim Waters

English Teacher



SENIOR SCHOOL MUSIC NOTES

We were excited to hear that Amber Chapman was recently spotted at the David Jaanz Invincible Singing Camp and invited to present an hour vocal set at Little Oscars Café in Brunswick on Friday 19 August. Sidonie Bird de la Coeur accompanied her on guitar. Amber and Sidonie's set was warmly received by a substantial audience.

Mr Tim Collins

Deputy Head of Music

Choirs and Small Ensembles Concert

The Choirs and Small Ensembles Concert was a very pleasant, informal affair, held in the Ballroom of Sherren House from 6.30pm on Wednesday 24 August. This event replaced the Pleasant Sunday Afternoon, which this year will be a rehearsal day for the Gala Concert. There is no doubt in our Faculty that Chamber Ensembles are vital to the growth of students' skills. There is generally no conductor and students are required to play a part by themselves. They must count, blend and make musical decisions very quickly at times. We were able to include some soloists during the evening as they had not had an opportunity to perform in our busy calendar and we thank Piper Golias, Ruby Smith and Maria Wu for performing so beautifully for us. The evening opened with the Brass Ensemble who created the wonderful mood that pervaded the evening with their glorious arrangement from Ensemble Director, Leigh Olsson, which included favourite music such as the Playschool theme, and the original theme from Thomas the Tank Engine (the original theme). I would like to make particular mention of Year 12 students Gemma Chan, Sofiya Hay, Ruby Smith and Katherine Yuan in this ensemble. As the only trumpeter on the night, Gemma managed the difficult score extremely well. Gemma has always been there in the program quietly and reliably doing a wonderful job, both on trumpet and violin. Sofiya and Katherine have been the mainstay of the trombones for six vital years and we can say that they have led the way in developing a thriving low brass department. Ruby, who sang a glorious solo during the evening still performed on our tuba (now called Bernard!) and her incredible efforts in so many areas of the Music Department will also be greatly missed.

The Double Reeds featured strongly during the evening, with oboists from the Year 5 Band program performing magnificently and way beyond their years. The Double Reed ensemble played an extremely challenging arrangement of the Second Movement of Brandenburg Concerto No. 1 by J.S Bach. VCE Units 3 and 4 oboist Sabine Harms, and Bassoonist Georgina Cheale, two more incredible Year 12 students, had a busy night also playing in the Wind Quintet, who performed a delightful arrangement of themes from Pirates of the Caribbean. This group also performed for the Open Morning and this dedication from all the girls is much appreciated by the School community. Chamber Flutes, under their new leader Sandy Yao, did a very creditable job especially given some last-minute changes of parts. Of particular note were Year 12 students Katherine Duong and Whitney Portwine on the Alto Flute and Bass Flute respectively. Our thanks to these girls whose reliability and beautiful attitude has been present in our department for so long.

Student absence can cause havoc if not all parts are covered. The Sherren Singers managed to perform magnificently with only two thirds of the ensemble. This performance was aimed at giving the group some much needed experience before the Gala Concert. Congratulations to the Senior Clarinet Ensemble, whose rendition of The Syncopated Clock by Leroy Anderson was really polished, with great evidence of detailed rehearsal. School Captain Elizabeth Bolt led this ensemble, having been a mainstay in the group for six years. We still have quite a bit of work for her to do in the Music Department before her departure!

Thank you to all who made this lovely evening such a success. The warmth of the audience helped greatly. How important it is that the girls have the opportunity to perform and share their work in the most comfortable environment possible. It is amazing the standard that is achieved considering that we encourage all to perform regardless of length of learning or experience.

The Gala Concert is getting close now. Don't forget to book your tickets for this magnificent evening and please don't hesitate to ask for assistance on any matter to do with the Performing Arts. Our Administrator Mrs Robyn Miller is more than happy to take your call on 9828 3014.

Mrs Jenny Mathers

Head of Music

Term 3 Music Dates

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

SENIOR SCHOOL

SENIOR SCHOOL SPORT



Junior Badminton

Team 1

St Catherine's Junior Badminton Team 1 excelled against Loreto on Thursday 25 August. After a week off, all pairs were able to play to high standards with pairs one to four defeating Loreto: three matches, six games, 223 points to one game, two matches and 164 points. Pairs five to eight were also successful in defeating Loreto: three matches, six games and 230 points to one match, three games and 140 points.

Team 2

St Catherine's Junior Badminton Team 2 were up against MLC who have proven to be tough competitors. Playing at MLC home ground and without a full team, pairs one to four and five to eight were unfortunately both defeated by MLC. Well done Team 2 on a great effort during a tough afternoon.

Mr Chris Jones
Head of Sport

120 ANNIVERSARY GALA CONCERT



EPIC 120th Anniversary Gala Concert

St Catherine's School returns to the Melbourne Recital Centre to celebrate our 120th Anniversary through music. We extend a warm invitation to our wider School community to attend this special event and share in a variety of EPIC performances that link the School values of Empathy, Perseverance, Integrity and Curiosity.

The concert will showcase a diverse repertoire from students in Years 5 – 12, including *Wild Swans Suite* by Elena Kats-Chernin, Handel's *Hallelujah Chorus*, John Williams' *Star Wars Theme* and a selection of EPIC choruses from musicals. Join us to celebrate our passionate and dedicated musicians and their EPIC performances.

All students in Years 5 to 12 have allocated seating provided. Years 7 to 12 are required to be at the Melbourne Recital Centre by 5.30pm and students in Years 5 and 6 by 5.55pm.

Tuesday 13 September

Doors open at 6.30pm for a 7.00pm start

Duration: 2 hours 30 minutes (including interval)

Standard \$24.90 / Student \$15.90

Tickets can be purchased [here](#).

120 Art Exhibition

St Catherine's School invites all members of our School community to the 120 Art Exhibition showcasing artworks by our ELC to Year 12 Students. The Exhibition Opening Night is Friday 9 September 6.00pm.

The opening night is a highlight of the Exhibition as The Dorothy Pizzey Centre transforms into a creative hub showcasing the works of our students. The Exhibition will be official opened by Ms Marina Carroll ('03), Associate Architect, Architectus and St Catherine's 2003 School Captain, Marina brings a dynamic energy and focus to her work and has a particular interest in learning environments.

Exhibition Dates

Saturday 10 September 2.00pm – 4.00pm

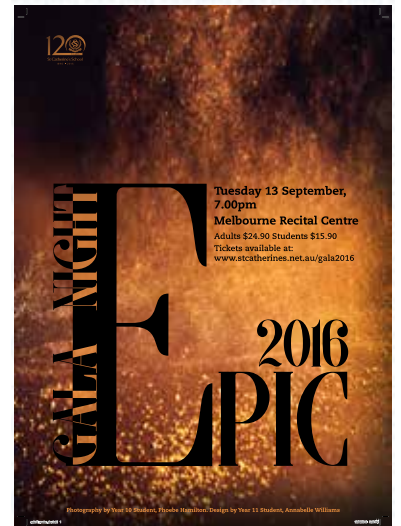
Sunday 11 September 2.00pm – 4.00pm

Monday 12 – Wednesday 14 8.30am – 4.00pm

Thursday 15 September 8.30am – 2.00pm

We look forward to seeing you there.

St Catherine's School Visual Arts



COMMUNITY NEWS

HEYINGTON CLUB AGM AND SNOWSPORTS DINNER

Heyington Club AGM

The Annual General Meeting for the Heyington Club will be held at 6.30pm on Monday 12 September in the Sherren House Dining Room, St Catherine's School.

All members of the School community are welcome to attend, especially those who wish to support our Rowing Program by joining the Heyington Club Committee. To print a Nomination form please [click here](#).

The Heyington Club is a hard-working committee dedicated to supporting and providing a social base for the Rowing program and raising funds to support our state-of-the-art Rowing fleet.

Please call Heyington Club President Louise Lampard on 0400 559 779 if you have any questions. We thank you for your support.

The Heyington Club



Snowsports End of Season Presentation Dinner

The Snowsports End of Season Presentation Dinner is on Thursday 15 September commencing at 6.00pm at the Royal South Yarra Lawn Tennis Club.

Bookings close Thursday 8 September at 5.00pm.

To book tickets please [click here](#).

St Catherine's School Snowsports Auxiliary



CELEBRATION OF SPORT BREAKFAST

St Catherine's School 'Celebration of Sport' Breakfast

Tuesday 11 October 2016
7.00am – 8.30am
St Catherine's Hall

Adults: \$20 per person
Students: Free

Please [click here](#) to book tickets
Bookings close on Friday 7 October



Celebration of Sport Breakfast

Please join us for breakfast to celebrate Sport at St Catherine's on Tuesday 11 October, commencing at 7.00am.

We will be joined by outstanding sportswoman Lee Naylor who is a multiple Olympian and Commonwealth Games athlete. Among Lee's many accomplishments she has competed at the Sydney and Atlanta Olympic Games in the 400m and 4 x 400m relay, Commonwealth games 1994 and 1998 (gold medal relay), World Championship 1995 (bronze medal 4 x 400m) and 1999. Please come along to hear about her sporting journey story.

All students who have participated in any GSV sport this year are encouraged to attend, as well as girls who have participated in Rowing, Snowsports and Gymnastics. Students and parents can look forward to a fun informative morning with videos, lots of photos and a wrap-up of the students' success in the sporting arena this year.

The St Catherine's Sports Department will be awarding a student, in each sport, at each level, with the following:

Excellence Award

Awarded to a student for excellence in performance, participation and leadership in their chosen Interschool sport at St Catherine's.

Coaches' Award

Awarded to a student for consistent performance, dedication and sportsmanship in their chosen Interschool sport at St Catherine's.

Students are to wear their Sports Uniform to the Breakfast.

Tickets must be booked in advance: Adults \$20, Students: free (but must be booked)

Please [click here](#) to book.

St Catherine's School Sports Auxiliary

