



St Catherine's School

The blue ribbon

WEEKLY NEWSLETTER

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

ISSUE 230 29 April 2016 W3 T2

FROM THE PRINCIPAL



Michelle Carroll

Do you take better care of your phone than yourself? This week Mrs Carroll encourages students and parents to de-clutter their bedside tables for a clearer mind and sounder sleep...[more](#)

UPCOMING SCHOOL DATES



Diary Dates

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

EARLY LEARNING CENTRE



Campbell House News

What food can you grow in your garden? Our students learnt about edible seed planting during an incursion in our ELC. Plans are underway for our Mother's Day celebrations and join us next Monday for a Resilience at Home parent information evening...[more](#)

SCHOOL NEWS



From the Director of Student Wellbeing

When we talk about 'girl power' we remind girls they are capable, independent and powerful. But we also need to teach them what it means to be 'powerful' and that power must be used with wisdom...[more](#)

JUNIOR SCHOOL



Barbreck News and Sport

Updates on the Year 6 camp at Iluka, Anzac Assembly reflection and congratulations to Jariyan Patel for her poem entry in the Higgins Anzac Poetry Competition. In Sport we read about House Netball, House XC and Swimming and Diving competitions...[more](#)

COMMUNITY NEWS



Dr Bradly Billings' Consecration & School AGM

Details on the consecration of Dr Bradly Billings as Assistant Bishop in the Diocese of Melbourne this Saturday 30 April as well as an invitation to attend St Catherine's School's Annual General Meeting on Wednesday 4 May...[more](#)

SENIOR SCHOOL



Anzac School Poetry Competition and Debating News

Read how St Catherine's students were again awarded high accolades at the Higgins Anzac Poetry Competition and learn what our Debating students are up to...[more](#)



Music Notes

Head of Music, Jenny Mathers provides Sweet Charity insights as well as a reflection on a presentation to students by Mr Michael Griffin and congratulations to guitar teacher Mr Andrew Wrigglesworth...[more](#)



Senior School Sport

Holmes Kilbride takes out the House Athletics win, a recap on Years 9 to 12 Water Polo and sign up to run with St Catherine's at the Mother's Day Classic on Sunday 8 May...[more](#)



PFA Mother's Day Breakfast

The PFA warmly invite grandmothers, mothers and daughters to the Mother's Day Breakfast on Friday 6 May in the Mary Davis Centre...[more](#)



Snowsports Swap

Our eighth annual Snowsports Swap will be held on Sunday 22 May. Join our Snowsports Auxiliary for this amazing effort and grab yourself a bargain...[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 & Stay Connected

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

FROM THE PRINCIPAL MICHELLE CARROLL



Digital Distraction

Since having the opportunity to hear co-founder and chief of the Huffington Post, Arianna Huffington's, Address at a conference I attended earlier in the year, I have become an avid reader of the Huffington Post and recently read Arianna's newly released book, *Thrive* (Ebury Publishing, 2015). During her Address, Arianna urged us to keep our bedside tables sacred – a single flower, a candle, a real alarm clock, a real book. She challenged us all with taking better care of our smart phones than ourselves.

Who has not had moments of concern when your phone has little charge left? Where can I plug it in? When? Huffington tested us to think about whether we have the same sense of urgency about re-charging ourselves as our phones. Huffington went onto draw attention to teenagers that use beds like command stations, continually connected with friends well into the night on a multitude of smart devices, behaviour that essentially devalues the benefits of sleep.

"Teenagers who spend more than 30 minutes texting after lights out are missing out on essential sleep and their academic performance is suffering the consequences." Professor of Neuroscience and Neurology at Rutgers University, Xue Ming, says the effect of "blue light" emitted from smartphones and tablets is intensified in dark rooms, delaying melatonin release and making it more difficult to fall asleep.

The Rutgers University research team led by Professor Ming found that students who turned off their devices or messaged for less than 30 minutes after lights out slept longer, reported less daytime sleepiness and performed significantly better academically than those who kept messaging for longer. Interestingly, says Ming, although girls reported more messaging overall and more daytime sleepiness, they performed better academically than boys, which she attributes to the fact that girls mainly text before lights out.

The American Academy of Paediatrics also reports that screen-based media use has risen dramatically, with studies showing the average child aged eight to 18 now uses electronic devices for seven and a half hours per day. Professor Ming said she was prompted to study how messaging after lights out contributes to sleep problems and falling academic grades after noticing increasing smartphone use by her patients with sleep problems. Ming says that adolescents "are not receiving the optimal amount of sleep", advising they should be getting eight and a half hours of sleep a night. "Sleep is not a luxury; it's a biological necessity."

Clearly, parents have a role to play in creating appropriate family rules for phone use after lights out in the evening. Charging phones on the kitchen bench and purchasing a 'real alarm clock' as suggested by Huffington is perhaps a good starting point, and one we as adults could also effectively role model.

Continued...

SCHOOL DATES

Friday 29 April

Senior School AFL (After School)

Sweet Charity Senior School Musical 7.00pm

Saturday 30 April

Senior School Athletics Victoria XC Relays

Sweet Charity Senior School Musical 5.00pm

Sunday 1 May

Years 7 to 9 Boarders' Program 2.00pm–5.00pm

Monday 2 May

Years 11 and 12 GSV Round 1 (Before School)

Years 11 and 12 GSV Round 1 (After School)

Teaching Resilience at Home, Parent Evening 7.00pm

Tuesday 3 May

Years 7 and 8 GSV Training (Before School)

Senior School XC Training (After School)

Wednesday 4 May

Years 9 and 10 GSV Training (Before School)

PFA Meeting 8.30am

Years 9 and 10 GSV Round 2 (After School)

Thursday 5 May

Senior School XC Training (Before School)

Years 7 and 8 GSV Training (Before School)

Years 7 & 8 GSV Round 3 (After School)

FROM THE PRINCIPAL

MICHELLE CARROLL

Senior School Musical

I wish to congratulate all the students and staff directly involved in the production of the Senior School Musical, *Sweet Charity*. It is certainly an entertaining show. The girls' musical performances, ably supported by our School Band made up of current students, Old Girls and professional music staff, are simply superb. The costume and choreography is also incredibly detailed and works to create a very vibrant and colourful stage show. With over 100 girls involved in the production, the Musical proves to be a wonderful collaboration across Year levels and an opportunity for girls to shine on stage and to work behind the scenes as part of the backstage crew or providing technical support as members of the sound and lighting crew. Productions such as these are always an enormous undertaking and particularly over the past long weekend, when many in Melbourne were enjoying the warmth and sunshine of our perfect autumn weather, our Musical girls and Performing Arts/Musical staff were locked away for final dress rehearsals for three days in the School Hall.

Congratulations and best wishes for the remaining Shows tonight and Saturday evening.

Chess Champion

Congratulations to Year 7 student Lillian Lu who recently represented Australian in the 2016 Bangkok Chess Championships. Lillian finished second in the Under 18 open category and fourth in the Women's category. It was a wonderful display of skill and expertise by Lillian who is only 12 years of age. Lillian explained that although she was nervous competing against people significantly older than her she was proud of her efforts, "during the tournament I was having a lot of different emotions, I was a little nervous too but overall I felt pretty calm because I have been playing Chess for as long as I can remember," says Lillian. Well done Lillian.

Premier's VCE Awards 2016

Congratulations to Year 12 student Sofiya Hay and our 2015 School Dux Zhihui (Jenny) Wang who both received Premier's VCE Awards this week. Jenny received an All Rounder Award in recognition of her perfect 99.95% ATAR score and Sofiya received her award for her studies in History: Revolutions. The Premier's Awards recognise outstanding academic achievements by students in VCE. Well done to both girls.

Mrs Michelle Carroll
Principal

Sources:
Rutgers University. (2016, January 26). Texting at night affects teens' sleep, academic performance. ScienceDaily. Retrieved from: <https://www.sciencedaily.com/releases/2016/01/160126162227.htm>



EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS

The wider the range of possibilities we offer children, the more intense will be their motivations and the richer their experiences.

Loris Malaguzzi

Learning About The World Around Us

As an extension of our programs in the Early Learning Centre, we often invite 'experts' to come in and share their knowledge and experience with the children. It is a wonderful opportunity for the children to hear another perspective, ask questions and clarify their thinking. It also provides an opportunity for the children to build links with experts who are resources within our local community and learn more about the world around us.

Recently, the children in the Waratah and Blue Gum Rooms participated in an incursion titled 'Edible Seed Planting' with Natasha Grogan, an Educator from the City of Stonnington's 'Green Schools Program'.

The incursion stimulated a sense of excitement and wonder by encouraging the children to grow food that is healthy and sustainable. During the session the children learnt about gardening through stories, songs and rhymes and a series of body movements. The children also planted an edible seed which they have taken home to nurture.

This rich, hands-on learning opportunity provided the children with the opportunity to learn more about seeds, plants and growth. We plan to utilise this experience as a springboard to extend learning in our classroom programs over the coming weeks.

Mother's Day Celebrations

The children in the Early Learning Centre look forward to celebrating Mother's Day with mums, grandmothers or special person in the coming weeks. Please write the relevant date in your diary as this is a very special occasion not to be missed.

Wednesday 4 May	Banksia Room 9.00am-9.45am Wattle Room 9.30am-10.15am
Thursday 5 May	Waratah Room 9.15am-10.00am Blue Gum Room 9.15am-10.00am

Ms Sarah Bethune
ELC Coordinator

Upcoming Parent Information Evenings

'Teaching Resilience at Home' – All Parents

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

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

Ms Merran O'Connor
Director of Student Wellbeing



- 1 Arabella Lutz, Blake Kwong and Marianna Qin decorated their bag to carry their seeds home
- 2 Casey Newitt and Matilda Day filling their pot with soil ready for planting their seeds
- 3 The Waratah children listening attentively to the presenter Natasha about how to plant their seed
- 4 Charlotte and Amelie prepare their pots for planting
- 5 The children in Blue Gum Room listen to Natasha Grogan reading the story about the little seed

JUNIOR SCHOOL

JUNIOR SCHOOL NEWS

Camp Iluka

This week our Year 6 students are enjoying the sunny climes of Shoreham as they stay at Camp Iluka. What an adventure they are on, a night under canvas and some entertaining activities designed to develop initiative. The Year 6 students are a positive group and I know they will thoroughly engage and participate in the opportunities to explore, surf, canoe, walk and generally enjoy the experience.

School Uniform

The extended period of warmer weather has delayed our change over to winter uniform. We will remain in the transitional phase until Monday May 2 with either winter or summer uniform being acceptable.

Bicycle Storage

A recent arrival in the School grounds has been the bike rack. For those students keen to cycle, the rack is stationed at the south western corner of the Junior School field. Bicycles are not to be ridden on the School premises and must remain in the rack for the duration of the School day.

ANZAC Assembly

On Tuesday 19 April the Year 6 students guided us through an assembly that reflected on the Anzacs of the First World War and thereafter. The Anzac element of the assembly, planned by Mrs Allen, provided our Junior School with some background historical information, some reflections and a slideshow all of which were composed and presented by the students. Six students were able to read poems that they had written for the event and that were entered into the Higgins School Anzac Poetry Competition. Our assembly was held the week prior to Anzac Day to enable the Year 6 students, who will be on camp during the actual week, to be involved.

Higgins Poetry Competition, Jariyan Patel

Many students from the Junior School submitted entries for an Anzac themed poetry competition towards the end of Term 1. The entries were for the Higgins School Anzac Poetry Competition 2016. Of the poems written six were read during our Anzac assembly and they were all quite evocative, reflecting the appreciation our students have for those who have fought for their country. One poem in particular was noteworthy. Not only was it well accepted by our audience but also by the poetry competition judges. Congratulations to Jariyan Patel for being named a finalist. Jariyan attended the finalist's presentation morning tea at the Honourable Kelly O'Dwyer, Federal Member for Higgins' electorate office.

NAPLAN Week 5

During the Week 9–13 May we will be conducting NAPLAN testing in Years 3 and 5. As the designated time for the testing on Tuesday coincides with our assembly time we will be canceling assembly for that week.

Mr Owen Hughes

Deputy Head of Junior School

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Ms Merran O'Connor

Director of Student Wellbeing



1 Anzac Assembly

2 Jariyan Patel reciting her poem



us Thrive
WELLBEING @ ST CATHERINE'S SCHOOL

JUNIOR SCHOOL

JUNIOR SCHOOL SPORT



House Netball

Tuesday 19 April was the second round of House Netball and it was Davis, led by sharp shooter Sarah Marriott who stole the show with four team wins.

Davis four wins (51 goals)
Holmes Kilbride (32 goals)
Langley Templeton (22 goals)
Beaulieu Blair (16 goals)

Standout Sharp Shooters (all scored multiple goals for their House)

Sienna Gracanin (Davis)
Millicent Brown (Davis)
Olivia Howitt (Beaulieu Blair)
Lucy Green (Langley Templeton)

Showing big improvement were Angela Yu (Davis) who continues to learn the game quickly and helped Davis House to their four wins. Beaulieu Blair were well served by the super defensive skills of Charlotte Rodgers, Charlotte Aston and Zhi Qing (Emma) Yang who produced some vital touches as Goalkeeper. Livia Gowrie was the big improver for Langley Templeton and helped them to their two wins.

House Cross Country

On Wednesday 20 April Barbreck girls were greeted with warm conditions at Kooyong Park for the House Cross Country.

The level of determination was evident on many red faces at the finish line as the girls gave everything they had for their respective Houses. The final results were:

First Holmes Kilbride
Second Beaulieu Blair
Third Langley Templeton
Fourth Davis

We now look forward to our District Cross Country at Kooyong Park on Monday 23 May.

State Swimming Results

Congratulations to our 11 Years relay team who finished second at the State Championship. The girls swam a personal best of 2.21.34 which was a nine second improvement from their District time.

Well done to Emma Gregory, Madeleine Hooker, Brydie Read, Zara Krause, Chloe Nevins and Coco Kudelka who all contributed to the performance.

Mr Tom Crebbin

Junior School Coordinator of Co-curricular Sport

Continued...



JUNIOR SCHOOL JUNIOR SCHOOL SPORT



Armadale District Dive Carnival

The Armadale District Dive Carnival was held last Thursday at St Catherine's Marigold Southey Sports & Aquatics Centre. Four girls from each age group are selected to represent their School at the District event.

The girls compete in either A or B Division. In A Division they must perform three different dives from three different categories whilst B Division also compete with three dives but at least one must be a jump.

Our girls have enjoyed the challenge of learning basic springboard technique over the past several weeks and all performed well on the day.

Our results were as follows:

10 years – A Division

Fourth - Scarlett Pringle

B Division

Sixth - Chelsea Harris

Eighth - Olivia Howitt

Thirteenth - Olivia Monkman-Straub

11 years – A Division

Fifth - Chloe Whiter

Ninth - Coco Marshall

Tenth - Millicent Brown

B Division

Fifth - Eloise Burdett

12 years – B Division

Fifth - Emma Froomes

Equal Sixth - Zara Bongiorno

Equal Sixth - Olivia Fortey

Eleventh - Adelaide Mitchell

Mrs Jenny De Nardis

Junior School Physical Education Teacher



- 1 Our 10 years girls competing in their first Diving carnival
- 2 Chloe Whiter soaring high in her back dive

FROM THE DIRECTOR OF STUDENT WELLBEING

Girl Power

When we talk about 'girl power' we are reminding our girls that they are capable, independent and powerful. But we also need to teach them what it means to be 'powerful' and that power must be used with wisdom. The St Catherine's School Charter epitomises this as it states that 'St Catherine's is committed to nurturing and empowering independent and globally responsive young women; enabling them to approach all their endeavours with confidence, wisdom and integrity.'

These key terms 'nurture', 'empower' and 'enable' are essential aspects of educating the women of the next generation. We provide a supportive but challenging environment for our girls to leave the chrysalis of childhood and emerge as vibrant and powerful young women.

The Nil Magnum Nisi Bonum photo gallery of St Catherine's Old Girls gracing the hallways of our School and the first edition of the book of the same name, documents the lives of many powerful St Catherine's women and serves to inspire our current students of the possibilities that lie ahead.

Girls must be urged to have the power to be passionate about their interests, but also to be compassionate; to strive to make a difference, but to accept difference, to be confident in themselves but to be empathetic to others, to reach for their goals, but forgive themselves their mistakes. We want them to demand respect by showing respect. We want them to be powerful leaders but also know the power of teamwork and cooperation.

A key ingredient to facilitate this journey of empowerment is resilience. A resilient girl will pursue her goals and face her future with conviction and integrity, despite setbacks. Growing up with a 'can do' attitude is essential to take on the challenges of the increasingly complex world our girls will inhabit in their future. The 21st Century landscape demands that our girls have the power to be flexible, creative and good communicators but ultimately to be powerful thinkers and contributors.

So how can parents help to nurture girl power and resilience? The [PBS website](#) provides parenting advice for [raising powerful girls](#) including:

- Encourage your daughter to pursue a passion
- Let her have a voice in making decisions
- Identify and model the values you want your daughter to learn
- Encourage her to solve issues on her own rather than fixing things for her
- Encourage her to take physical risks
- Get girls working together (team sports are great)
- Let your daughter know you love her because of who she is, not how she looks
- Allow her to disagree with you – "Raising a powerful girl means living with one"
- Affirm girls' relational strengths and sense of fairness
- Make regular time to listen and listen more than you talk
- Help her identify media stereotypes
- Acknowledge her struggles but keep a sense of perspective.

A 'not to be missed' opportunity to gain parenting advice about instilling resilience in children and adolescents is offered to all St Catherine's parents next Monday 2 May. Mr Hugh van Cuylenberg's presentation 'Teaching Resilience at Home' will be an excellent opportunity to gain practical and evidence based strategies for working with your children on resilience building. Further details can be found below.

Upcoming Parent Information Evenings

'Teaching Resilience at Home' – All Parents

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

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

Ms Merran O'Connor
Director of Student Wellbeing



ANZAC SCHOOL POETRY COMPETITION



Winner and Runner Up in the Anzac School Poetry Competition

Last week we received the exciting news that Charlotte Weir, Charlotte Murdoch and Sophie Garrett in Year 8 and Lulu Murrell and Flynn O'Brien in Year 9, were selected as finalists in the prestigious Higgins 2016 Schools Anzac Poetry Competition organised by the Honourable Kelly O'Dwyer MP, Federal Member for Higgins.

Last Friday, the finalists attended a special morning tea at Kelly O'Dwyer's electorate office where the winners were announced.

It is with great pleasure that I announce that Flynn O'Brien in Year 9 won the Years 7 to 10 category and Charlotte Weir in Year 8 was Runner Up.

All our finalists were Highly Commended which means all their poems will be published in the local newspaper.

A panel including Andre Awadalla, Editor of *The Stonnington Leader* and *The Progress Leader* newspapers, representatives of local RSLs and the Honourable Kelly O'Dwyer selected the winning poems.

This is the second year that a St Catherine's student has won the Years 7 to 10 category in this competition. It is a testament to the creativity of our students and their ability to write meaningful and sensitive poetry that honours the service and sacrifice of the Anzacs.

Thanks must go to English teachers, Ms Ingrid Hildebrand and Miss Rebecca Reggars who supported the students in entering this competition.

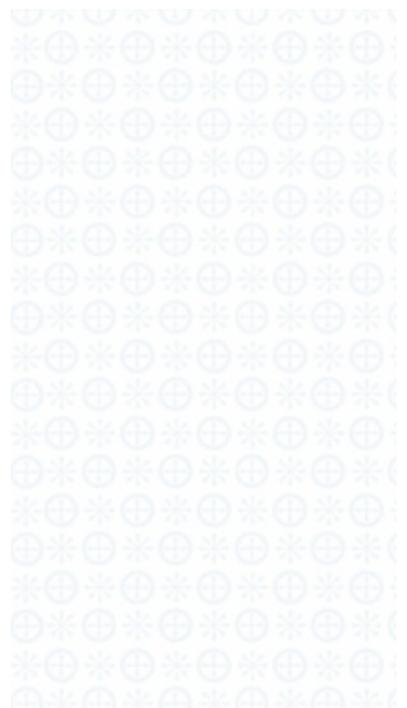
For your reading pleasure, please find below the winning poem by Flynn O'Brien and the runner up poem by Charlotte Weir.

Mrs Ceri Lloyd

Head of English

We Remember by Flynn O'Brien, Year 9

*Can you imagine what they went through?
Standing on the soil of a foreign land,
How far they had come,
For what lay ahead unknown,
Standing on the soils of Cape Telles
I put myself in their shoes,
Their boots, their clothes,
And their thoughts and their feelings,
For what lay ahead unknown
On this day one hundred and two years past,
Those who fought, now gone, not forgotten,
To us ANZAC Day is a day for them,
Their sacrifice, their legacy,
Will continue forever and on,
We rise early on this day as they did in theirs,
In this land they protected,
In this freedom they gave us*



ANZAC CENTENARY SCHOOL POETRY COMPETITION

*They will never be forgotten,
We will remember them.*

*The meaning of ANZAC Day can vary far and wide,
For me it is not only remembrance, celebration,
It is a day of reflection, of commemoration,
This freedom we have is theirs,
The lives we live are theirs,
Their sacrifices were greater than known,*

*On this Day we stand forth and unite,
For on that day all those years ago,
Brothers and fathers and uncles united,
We reflect on their lives and what they achieved,
We wear the medals in which they received,*

*The meaning of ANZAC day can vary that's true,
It may be different for me, for you
But one thing remains and this unchanged,
We give a day of our year for them,
As they gave their lives for us,
Their legacy will not condemn
Nor will they leave our thoughts
Although time has passed we still unite
For we will remember them.*

We Remember By Charlotte Weir, Year 8

*We stand together, men, women and children, to remember.
With the Last Post playing, we stop for a minute of silence – we stop to remember.
To remember the sacrifices made in 1915 by thousands of young men in a far off land.*

How brave they were, the ANZACs, landing in the dark at Suvla Bay. With those high cliffs in front of them and soldiers staring down – ready to fire.

*How scared those soldiers must have been. How brave and persistent they were.
Eight months stuck in slit trenches with flies and dead comrades for company.
Not giving up, surviving and holding on.*

*As the bugle dies down and the minute starts to close we think about those young men.
With sadness in our hearts for those lives lost but gratitude for the freedom their sacrifice gives us.
We remember.*

Debating News

On Thursday 21 April we held our second training night for Senior Debating. While it may be true to say that Debaters engage in intellectual argument, so far this year we have found that their skills have emulated the newly launched AFL female football team: they have dodged their way around the Rowing Season, weaved their way around the Senior School Musical, tackled and negotiated their way around Viva Voci practice sessions, and kept their eyes on the prize in terms of staying organised ahead of the upcoming Years 7 and 8 Musical – all in an attempt to carve out some space in the busy School calendar for Debating.

Our second training session saw 50 students from Years 9 to 12 planning their strategies for round two debates; topics ranged from whether or not schools should provide free meals for their students, to whether Australia should dramatically increase its refugee intake.

We would like to extend our thanks to the thorough preparation by our coaches who keep the students stimulated, challenged and aiming high in an effort to refine their debating skills continually.

Our coaches are St Catherine's Old Girls Kate Clark ('14) A Grade, Tess Price ('14) B Grade, Claire Gifford ('14) C Grade, Jaquelin Cantarella ('15) D Grade.

Ms Mary-Anne Keratiosis

Coordinator of Debating and Public Speaking



- 1 A Grade Debating Team members
- 2 B Grade Debating Team members
- 3 C Grade Debating Team members
- 4 Coach Claire Gifford (14) with C Grade Captain Demi Markakis
- 5 Debating Coaches, St Catherine's Old Girls
Kate Clark ('14), Tess Price ('14), Claire Gifford ('14) and Jaquelin Cantarella ('15)

SENIOR SCHOOL MUSIC NOTES

Sweet Charity

Congratulations to all students and staff performing in the production of *Sweet Charity* this week.

It has been wonderful once again to witness the total professionalism of our girls, and the boys from St Kevin's College. It is important to realise that the success of a musical has much to do with the preparation and the work behind the scenes, including the commitment of parents to ensure that their children can attend rehearsals and of course, performances.

It has also been a delight to work with the backstage crew, contributing across the sound, lighting and movement of music and sets across the stage. It has also been amazing to watch Mr James Brown 'rehearse' the crew, and challenge them to change the set multiple times, getting ever faster to provide the slickest show for the audience.

As the Musical Director, a show is always amazing fun, but it also requires focus to fit the music around the text, requiring a lot of concentration! I have been delighted to include a number of current and past music students in the band. They have all agreed that the opportunity of playing with professional musicians has been exciting, challenging and most worthwhile. I must thank the lead singers profusely for their work on familiarising themselves with the score. They worked at a level far beyond what could normally be expected of school-age students and their professionalism was (and is) astounding.

I would like to make a very special thank you to the President of the Music Auxiliary, Dr Larissa Roeske, who fed the 28-piece band in the middle of their five-hour rehearsal on Sunday. She was ably helped by cake-bakers, Dr Kaye Ferguson and Ms Sally Morrell. This was not a small gesture, and staff and visitors to the School alike were very grateful. My belief is that our whole community benefits when visitors have such a positive 'feel' from their time at the School.

Mr Michael Griffin Presentation

Senior Music students and staff enjoyed the wisdom presented by Mr Michael Griffin on Thursday 22 April. His content, concepts and references included Flow (Csikszentmihalyi) Mindset (Dweck) Intrinsic Motivation (Deci and Ryan), Brain Learning (Medina and Doidge), and Multiple Intelligence (Gardner). He also touched on the impacts of music on behaviour and learning, both positive (mnemonics) and negative (listening to music when 'studying'). We do hope to invite Michael to speak again to a wider audience in the future as his research is relevant to all students and their learning styles.

Congratulations to Mr Andrew Wigglesworth, Guitar Teacher

[This link](#) takes the reader to a lovely article detailing an interview with guitarist Mr Andrew Wigglesworth, whose duo has recently released its second Album, with an incredible four-star rating from *Rolling Stone Magazine*. This is, of course, notable because Andrew is one of the guitar teachers at St Catherine's School.

What is interesting about the article is his musical influences as a child and what he is listening to at the moment. Just as every game, race or throw in sport provides the player or athlete a repertoire of moves, skills and situations which enables them to play or perform better each time, every piece of music performed, or listened to adds to the knowledge and skill of the musician.

Please do not hesitate to contact the Performing Arts Office with any queries regarding the delivery of Instrumental Music and Speech and Drama lessons. Please note we have 73% of the whole School learning an instrument, (we do not generally teach Years 1 and 2 students but they are included in the overall percentage) with 35 Music staff, all of who we are very proud. The co-ordination of these lessons is very important to us, and we do our best for families with strong lines of communication working both ways.

All the best to the students as you continue your varied musical journeys, inspired by our experienced tutors.

Mrs Jenny Mathers

Head of Music



St Catherine's guitar teacher Mr Andrew Wigglesworth's band *Weeping Willows*, second album receives a four star rating in *Rolling Stone Magazine*.

SENIOR SCHOOL SPORT

SENIOR SCHOOL SPORT



House Athletics 2016

On Tuesday 19 April we had a perfect Melbourne day for our annual House Athletics Carnival. 2016 saw a return to the refurbished Duncan Mackinnon Athletics Track which provided us with fantastic facilities. As the buses rolled in the girls were filling the grandstand and ready to go. The girls were brilliant across the day cheering their Houses on and ensuring they filled every event and tried their best. Kicking off the day were the 800m races with some great results that really set the tone for some outstanding performances on the track and in the field across the day.

Congratulations to Holmes Kilbride who won overall.

Overall Results

Position	First	Second	Third	Fourth
	Holmes Kilbride	Beaulieu Blair	Langley Templeton	Davis

After a successful implementation of the 'Junior Flyer' in 2015, 2016 proved no different with our fastest Year 7s battling out in a very competitive 100m race. Congratulations to Elodie Ferrali who won this year's Junior Flyer event.

Junior Flyer Finalists 2016:

Name	Time	Place
Elodie Ferrali	14.11	First
Francesca Demetriou	14.35	Second
Georgina Rolfe	15.29	Third
Alexandra Demetriou	15.3	Fourth
Ava Lansell	15.54	Fifth
Abby Page	15.55	Sixth
Amelia Jones	15.69	Seventh

Congratulations to Annie Anezakis (Year 12 Holmes Kilbride) who was the winner of the 'Blue Ribbon Event'. Annie has now won consecutive Blue Ribbon's and did so in a record time of 12.93 seconds the first time this event has been run in under 13 seconds.

Blue Ribbon Event Finalists 2016:

Name	Time	Place
Annie Anezakis	12.93	First
Ella Swann	13.6	Second
Annelise Cody	13.64	Third
Georgina Vote	13.81	Fourth
Ingrid Crossing	14.02	Fifth
Stephanie Ferrali	14.03	Sixth
Sarah Lavelle	14.16	Seventh
Elsa Robertson	15.01	Eighth

Mr Chris Jones
Director of Sport



- 1 Holmes Kilbride, House Athletics winners for 2016
- 2 Annie Anezakis, winner of the Blue Ribbon Event
- 3 Elodie Ferrali, winner of the Junior Flyer Event

SENIOR SCHOOL

SENIOR SCHOOL SPORT

Years 9 to 12 Water Polo

In the first match this season, the St Catherine's team had an exciting match against Mentone GGS. In a nail biting end we lost 9–8.

Each individual girl was a very valuable and vital part of the team, with all stepping up to contribute and display the natural determination and perseverance that a St Catherine's girl possesses. All in all it was a very promising start to the season that proved that the girls are both strong and respectful competitors in the pool and are incredibly determined and ready to put in their absolute all.

The players were:

Year 12 Annie Anezakis, Natasha Fowler, Georgie Gleeson, Ella Swann, Hannah Wentworth
Year 11 Sarah Fenton and Catherine Mytton
Year 10 Charlotte Sinclair

Next week we have an away match against Lauriston on Wednesday.

Ms Jeanette Gunn

Water Polo Coach

Mother's Day Classic

When: Sunday 8 May (Morning)

Where: The Botanical Gardens, Melbourne

Events:

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

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

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

Team: St Catherine's School

Password: STCRunning

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

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

For further information please contact me via email lknight@stcatherines.net.au or phone 9822 1285.

I look forward to having you a part of the team.

Mr Lloyd Knight

Sport & Athlete Development Coordinator, Head Coach of Athletics



COMMUNITY NEWS

CONSECRATION, SCHOOL AGM, MOTHER'S DAY BREAKFAST & STALL AND SNOWSPORTS SWAP

Service of Consecration for The Venerable Dr Bradly Billings

As detailed in *The Blue Ribbon* last week, Dr Bradly Billings has recently been appointed Assistant Bishop in the Diocese of Melbourne. Dr Billings conducted our 120th Anniversary Church Service held at St Paul's Cathedral in Term 1.

I invite any interested members of our School community to attend Dr Billings' consecration which will be held this Saturday 30 April, 10.00am for a 10.30am service at St Paul's Cathedral, Melbourne.

St Catherine's School AGM

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

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

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

Mr David Temple

Acting Director of Business

PFA Mother's Day Breakfast

The Parents' and Friends' Association warmly invite grandmothers, mothers and daughters to the Mother's Day Breakfast on Friday 6 May, 7.15am - 8.30am, in the Mary Davis Centre.

Please [click here](#) to book tickets.

PFA Mother's Day Stall Friday 6 May 2016

This year's PFA Mother's Day Stall will be held on Friday 6 May. Students will have the opportunity to buy lovely gifts for their mums/special friends/grandmothers, with prices ranging from \$1 to \$20.

The stall will be open to all girls from Prep to Year 6. Please send your daughter to School with some money for the Stall on Friday 6 May. Please note that there will be no Senior School stall this year.

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.

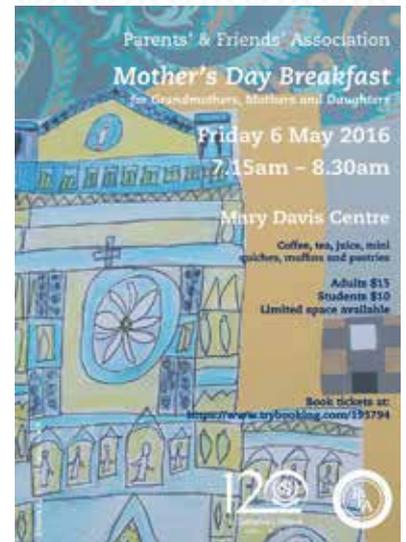
Please [click here](#) for more information.

Mrs Jodie Cody and Mrs Sally Joubert
Snowsports Swap Coordinators

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COMMUNITY NEWS

RUTH LANGLEY LUNCHEON, CABRINI EMERGENCY & STAY CONNECTED

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

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 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.

Continued...



COMMUNITY NEWS

STAY CONNECTED WITH ST CATHERINE'S SCHOOL

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

