



St Catherine's School

# the blue ribbon

WEEKLY NEWSLETTER

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

ISSUE 231 15 July 2016 W1 T3

## FROM THE PRINCIPAL



### Michelle Carroll

Over the three week Semester break many of our students continued their learning with a range of exciting experiences...[more](#)

## UPCOMING SCHOOL DATES



### Diary Dates

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

## EARLY LEARNING CENTRE



### Campbell House News

Welcome back to all our young learners and families for an exciting Term 3 filled with learning and discovery...[more](#)

## SCHOOL NEWS



### From the Director of Curriculum Innovation and Development

Interaction and Creativity – Why Pokémon Go is good for education...[more](#)



### Nationally Consistent Collection of Data on School Students with Disability

All schools will participate in the NCCD on School Students with a Disability this year. Further details on this are provided within...[more](#)

## JUNIOR SCHOOL



### Barbreck News

In this week's edition we welcome our students back to School for an exciting Term 3, provide details on a farewell assembly for Mrs Di Rundle as well as reflections on the Year 2 excursion to the Koorie Heritage Trust...[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

The second week of the holidays saw seven adventurous students embark on an eight day journey sea kayaking around the Whitsunday Islands...[more](#)



### Science News, Public Speaking and English

Year 12 Chemistry students participated in the Royal Australian Chemical Institute Titration Competition. Congratulations to Elizabeth Bolt for her engaging speech at the Plain English Speaking Competition and read more about happenings in English...[more](#)



### Music Notes

Term 3 is an exciting time for all our Music students with many wonderful events taking place. Read more and check your calendar for all the events...[more](#)



## FROM THE PRINCIPAL MICHELLE CARROLL



It has been an enjoyable week talking to staff and girls in both the Senior and Junior Schools. Everyone certainly sounds very relaxed and refreshed after the three week break. While many were relishing holidays abroad and even locally, a number of St Catherine's activities continued throughout the break.

### Duke of Edinburgh – Gold

Over the course of the holidays, a select group of Years 10 and 11 students completed the physical challenge component of their Gold Duke of Edinburgh Award. Photos received back at School show the girls paddling the Whitsundays under warm, sunny blue skies which stirred some jealous emotions through the staff battling the chill of Melbourne.

St Catherine's has proudly been involved in The Duke of Edinburgh's International Award for over 40 years. Focusing on leadership, creativity, skill development, community service, physical activity and adventure, the Duke of Edinburgh's Award is considered the leading international youth achievement program. The Duke of Edinburgh's International Award provides individuals with values and experiences that are highly sought after in the workforce. From the community service and volunteering completed to the adventures undertaken, the Duke of Edinburgh provides adolescents with a well rounded skills base that many employers are now seeking.

Today more than 140 countries have adopted The Duke of Edinburgh's International Award program with over eight million young people having participated worldwide. Locally over 700,000 young people have completed the Award in Australia in the past 57 years, with on average 40,000 very diverse participants annually working towards achieving an Award. Students in Years 9 to 12 are eligible to complete their Bronze, Silver or Gold Award at St Catherine's.

### Global Young Leaders Conference

A group of our Years 11 and 12 students also travelled to New York to attend the Global Young Leaders Conference. This unique opportunity places the next generation of leaders together to exchange ideas with business leaders, diplomats, politicians and journalists as well as like minded peers from across the world.

Year 11 student Mackenzie Leyden provided this reflection on her time at the Conference:

*"When asked to reflect on my experience at the Global Young Leaders Conference in Washington DC and New York, I can only summarise it as two of the most influential and eye-opening weeks of my life. On the conference, the seven St Catherine's girls who boarded the plane in Melbourne were no longer just St Catherine's girls, but became diplomats, representing four member-states of the United Nations: Russia, China, USA and Turkey."*

[Continued...](#)

## SCHOOL DATES

### Friday 15 July

Year 7 Zoo Excursion

### Saturday 16 July

House Snowsports Training (Mt Buller)

House Snowsports Social Event

### Sunday 17 July

House Snowsports Training (Mt Buller)

Boarders' Program 2.00pm

### Monday 18 July

House Snowsports (Mt Buller)

Years 11 & 12 GSV Training  
(After School)

Year 9 Heyington to Highlands  
Preparation Day

### Tuesday 19 July

GSV Years 7 and 8 Training (Before  
School)

Year 9 Heyington to Highlands depart  
Year 10 Elective Program

Senior School Track & Field Training  
Meet Trials (After School)

### Wednesday 20 July

PFA Class Reps Meeting 8.45am

Years 10–12 Paul Dillon  
Guest Speaker

Years 9 & 10 GSV Round 1  
(After School)

Music Auxiliary Meeting 7.00pm

### Thursday 21 July

GSV Athletics Training (Before School)

Junior School Parent Teacher  
Interviews

Years 7 & 8 GSV Round 1  
(After School)



# FROM THE PRINCIPAL

MICHELLE CARROLL

*"However, what was undoubtedly the most incredible part of the trip, and what I will cherish the most from the experience, were the people. Whether it be learning phrases in Spanish, debating with the Americans about their federal policies, or sharing Australian culture with our new friends, the invaluable memories shared with the most diverse and interesting group of students from all corners of the globe are what made this trip truly incredible."*

## London

Brexit, the Prime Minister, David Cameron resigning and a woeful Soccer result against Iceland certainly made for an interesting time for me in London. During my visit to the UK, I enjoyed travelling to our Exchange Schools, St Catherine's School, Guildford, St George's School for Girls in Ascot and Queenswood in Hertfordshire where six of our Year 9 students have been studying in Term 2.

My conversations with each of the Principals provided me with an understanding of the British education systems, namely the GCSE and A Levels. A very exam focused program demands the girls' attention to complete and compete in high stakes testing over a number of years.

Girls, as young as 10 or 11 years, often sit up to seven or eight entrance exams to gain entry into some of the inner London schools, with this schooling experience book-ended with the additional pressure to successfully gain a much sought after placement at one of the UK universities.

As Principals, we shared dialogue about the emerging crisis of 'perfectionism' driven by girls who aim to participate and succeed at absolutely everything they undertake, with little tolerance for failure or a sense of learning along the way. Encouraging relaxation techniques such as Mindfulness was commonly adopted to assist in maintaining some equilibrium for the girls.

These conversations reminded of the journey faced by each our Year 12 girls this Term as they approach their final examination period. This is a time of relatively high stress for the girls as they attempt to balance an increasing level of subject revision with their co-curricular activities and personal commitments. As a School, we look to support the Year 12s this Term and encourage their focus and determination towards their study as well as raising their awareness of ensuring a healthy state of relaxation, exercise, sleep and diet is maintained.

Whilst in London, I also enjoyed attending the SCOGA London Reunion where I had the opportunity to meet 50 St Catherine's Old Girls. This included Nil Magnum Nisi Bonum recipients Dr Edwina Thompson ('96) and Gallery owner and our generous host for the evening, Rebecca Hossack ('72).

As a law graduate from ANU, Edwina has also achieved a Masters degree in Government and Rural Sociology at University of Sydney and Cornell University, New York and more recently a Doctoral Fellowship from Oxford. Edwina has conducted frontline research on how money flows during conflicts and natural disasters. She is now recognised as a world expert on Middle East finance, her book *Trust is the Coin of the Realm: Lessons from the Money Men in Afghanistan* (Oxford University Press, 2011) and subsequent work in Somalia and Syria has made a significant contribution to the attempts of Western governments to fight terrorism. Edwina was nothing short of captivating to listen to and my hope is to invite her to St Catherine's when she next visits home in Australia.

## Snowsports

I wish all our Snowsports families safe travels and a wonderful family weekend at Mt Buller for the annual House Snowsports event.

This year, St Catherine's Snowsports will be utilising the smart-device application 'Team App'. We strongly advise all families to download Team App onto your devices (iPhone/Samsung Galaxy) to ensure you remain up-to-date with information regarding the Snowsports program both on and off the mountain.

Team App is available for free download to all smart devices. Download Team App from the App Store or Google Play and install it on your smart device. A user guide is [linked here](#).

Mrs Michelle Carroll  
**Principal**



Rebecca Hossack ('72) with Principal Michelle Carroll at the Rebecca Hossack Gallery in London



### Children have a Strong Sense of Identity

There are five major outcomes as stated in the Early Years Learning Framework, one of these is: 'Children will have a strong sense of identity'.

There is no doubt that effective learning is more likely to take place when learners are familiar and comfortable in their surroundings. Importantly, each learner needs to feel valued and recognised by others. The building of respectful, cooperative relationships is a steady emphasis in Campbell House with staff striving to assist each individual to relate well to others and to enjoy the feeling of connection with a group, all of which comes from sound relationships and understandings of others.

Family and School partner together to teach and model the essence of respect for self and others, as well as the need to negotiate, share, wait for a turn and listen to others, and also to respect and care for ourselves.

There is great capacity for young people to feel positive about themselves and to forge a strong, healthy rapport with others – especially when the adult role models and influences are determined to provide the best guidance.

At the commencement of Term 3 this week our young learners in Campbell House readily and happily reconnected with the routines and familiar, comfortable surroundings of their learning environment. Staff eagerly welcomed the children back to Term 3 and were warmly greeted with big smiles, happy chatter and many holiday stories and events to share.

### The Importance of Sharing, Negotiating and Taking Turns

As children grow, their world becomes a much wider place and they encounter numerous experiences with others. Influence through the behaviour and attitudes of others can be very strong. Campbell House staff work assiduously towards building a strong culture of positive self management skills.

Positive attitudes towards self and others are always encouraged in our learning environment, as is the need for children to become aware of the similarities between each of us as well as appreciating the differences in others. At all times, empathy and respect, tolerance and the willingness to take turns are identified as skills which need well articulated explanations and constant reference whilst children are at work or play.

Such skills are not necessarily easy for young children to master/learn as they are still in what is labelled a very 'egocentric' stage. However, through constant reference to the importance of such skills, as well as the power of positive role modelling, young learners can indeed demonstrate much capacity in these areas.

As children grow older, it is evident the progress which can be made in the area of self management and rapport with others. Today in *The Blue Ribbon*, we feature examples of learners in the Wattle Room engaged in meaningful ways of play and learning and demonstrating the ways in which they are strengthening skills in the areas of sharing, taking turns, negotiation and cooperation.

Continued...



1 Miya Fei, Ivana Gattino and Teegan Gobel engaged in collaborative play and learning whilst observing the golden wattle in nature

2 Ellie Damiris and Giselle Armstrong discovering the inherent joy found in sharing

3 Davide Destefanis and Finley Thomson engaged in cooperative sensory play during the Wattle Room snow experience

# EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS

## Infections and Illness

We respectfully remind families that with the community of young children in Campbell House who readily play and work in close proximity with each other and with curious minds and hands touch most objects and materials with great frequency, infections can be spread very quickly.

Children who are ill should be kept at home. It is difficult to prevent the spread of germs, especially winter weather coughs and colds, but by minimising exposure, there is less chance of infecting others.

Children who are ill get better much more quickly when they remain in their own surroundings for a day or more and also, their absence provides less chance of others also becoming ill.

As a reminder please note that after vomiting, children must have 24 to 48 hours away from School before returning. We ask all of the above with the best interests of all children and adults in the ELC in mind.

We thank families for their understanding in these matters and for your cooperation.

Mrs Alana Moor

**Head of ELC and Junior School**



# JUNIOR SCHOOL

## JUNIOR SCHOOL NEWS

### Welcome to Term 3

After what we trust was a relaxing break for all those on holidays, Term 3 is already seeing our learners busy and purposeful towards making more gains in their academic programs. Welcome to all our new students across the various Year levels who have all been warmly welcomed. We are all keen for them to feel comfortable and settled in the new setting as soon as possible. The existing Barbreck students have definitely endeavoured to assist new classmates in every way.

Students in general were well focused from the first School day this week and eager to resume routines and pursue the completion of new tasks. An air of purpose for learning and engagement was present in each classroom.

### Farewell to Mrs Di Rundle

After 25 years of service at St Catherine's School, the much loved Mrs Di Rundle retired at the end of 2015.

Upon leaving, Mrs Rundle had very complex knee surgery which took a significant amount of time to recover mobility from. We are delighted that Mrs Rundle is now able to travel to St Catherine's and we can farewell her and celebrate what has been an outstanding career in education.

On Tuesday 19 July, Barbreck students will hold a farewell Assembly for Mrs Rundle. Parents are warmly invited to attend the assembly 8.50am – 9.30am and then join Mrs Rundle for morning tea in the Barbreck Library at the conclusion of the Assembly.

We are really looking forward to the opportunity to thank Mrs Rundle for her huge and numerous contributions to the girls in her care and the School.

### Farewell to Mr Hughes

After an outstanding career as an educator, with 17 years of it being completed at St Catherine's School as a teacher and Deputy Head, Mr Owen Hughes retired on the last day of Term 2.

Staff and students, as well as parents were resounding in the applause for Mr Hughes for his numerous, varied contributions to the School. A farewell assembly, most of which was led by students, was indeed respectful of Mr Hughes and the role he has played as an exemplary teacher and leader.

Included in the farewell, were mentions of Mr Hughes and his two passions – The Richmond Football Club and his favourite past time of playing golf.

We thank him sincerely and now wish him good health and the opportunity to follow his known passions and explore other activities.

### Wellbeing Program

A high focus is placed in every classroom each week in the area of Wellbeing. A conscious drive to engage and focus our students' minds upon ways they can think, reflect, dream and 'be in the present' is an important component of staff discussions across the School.

Effective learning takes place when learners are engaged, focused and content within themselves. For everyone productivity and purpose is fuelled by the same.

The Year 3 students are enjoying their weekly Wellbeing sessions where they have the opportunity to share their ideas, reflect on their week and develop important social skills. One significant part of our daily routine is Mindfulness. Please enjoy some of the students' reflections on Mindfulness below.

*"Mindfulness is a time of day that I do not need to think about the future. When I am doing mindfulness, I only think about what I am doing right now. I love smiling minds because it makes me feel very calm and relaxed. When I get back into my day, I feel really nice. I like lying down because it is so comfortable and I put my hands on my tummy and feel my breath. I like using my imagination in mindfulness."*

Sophie Farrer (Year 3)



## JUNIOR SCHOOL JUNIOR SCHOOL NEWS



*"The first time I tried mindfulness I thought it was a bit weird. They used words like 'belly' instead of 'tummy'. It was one of the first times that I had ever stopped, relaxed and reflected on the present moment at School. Afterwards, I feel like a whole new person! Mindfulness makes me feel safe. When we have been loud and busy in class, mindfulness helps me to calm down and have a moment to stop. Then I get back into the rest of my day and I pay attention more after I have done mindfulness."*

Arabella Richardson (Year 3)

### **Koorie Heritage Trust**

Year 2 thoroughly enjoyed their excursion to the Koorie Heritage Trust and they learned a great amount about the culture of the Australian Aboriginal people.

Some snippets of writing are outlined below for reader interest:

*"The Australian Aboriginal culture is very different from ours. The Aboriginal people lived off the land. Nature was like their supermarket. They hunted animals and used plants to eat and weave. They killed animals like kangaroos, wallabies, wombats, ducks, birds and possums. They also ate nuts and berries. The Aboriginal flag has a yellow circle in the middle, black on the top and red on the bottom. The yellow circle stands for the sun, which is the giver of life. The black stands for the people and the red stands for the red earth. Possums were very important to the Aboriginal people. They ate the meat, made cloaks out of the fur and used the teeth to go fishing. They could wear the cloak inside out. It was cool on the inside and warm on the outside. They would wear it inside out in the summer. The water didn't sink into the cloak. They also wrote their history on the inside of it."*

Kaixuan (Isabelle) Cao (Year 2)

*"Did you know that the Yarra River used to have a waterfall? Batman's son drowned in it. So the white people destroyed it. The Aboriginal people used to eat possum. Then they made the skins into a cloak. They wrote their history on the back. Whenever they did something good they would get a new skin to add to the cloak. Aboriginal people eat possums, birds, snakes, kangaroos, bush sugar and bush tucker. Aboriginal history is interesting to learn about."*

Sage Prior (Year 2)

*"On Monday 6 June, Year 2 went to the Koorie Cultural Centre. We went to learn about the Indigenous culture. One of the things we learnt was, how many different types of boomerangs there were. Did you know that there is more than one type of boomerang? There are curly ones, ones that are shaped like hammers, normal ones and ones that look like sad faces. We also learnt that they used possums for a lot of different purposes. They used them for food and making warm coats. The possum sinew was used for sewing the possum skins together. Possum bones were used for needles. I learnt so much. I hope I can go again some other time. I loved the Koorie Cultural Centre."*

Imogen Begley (Year 2)



1 Year 2 visiting the Koorie Heritage Trust

2 Kristin Dodd, Xinyue (Elena) Wei and Mia Upton

3 Alessandra Lane wearing the possum coat

4 Boomerang group



## JUNIOR SCHOOL

# JUNIOR SCHOOL NEWS

*"It was fascinating that there were all different kinds of boomerangs. There were curly ones and some that looked like a hammer. Also, there were some that looked like a sad face. They were used for all different purposes. Some were used for killing animals, others were used as digging sticks. The last thing I found interesting was that you could get sugar off the leaves of trees. I tried a little bit but I did not like it. It was really funny when Kaia ate the sugar from a leaf but accidentally ate the bug at the same time. So, I had a lovely time at the Koorie Cultural Centre. I wish I could go again because it was so much fun."*

Lulu Kyriakou (Year 2)

### Communication with School

Barbreck Office Phone: 9828 3062 – Mrs Sharon Brinkworth  
(Receptionist/Administration Assistant)  
9828 3020 – Mrs Mary Poulos (Personal Assistant to Head of JS and ELC)

Parent Information Line: 9828 3994

The Parent Information Line is for parents to phone as a first port of call for messages pertaining to special events of the day including times, uniform required, location and other matters essential to organisation.

In the case of School camps, a message is placed on the Line regarding arrival and departure times of buses. This particularly pertains to occasions when a bus may be late arriving back to School for one reason or another. Estimated time of the bus return will be given if possible.

### Labels on Clothing and Property

By nature of the pace and excitability so apparent in children, leaving items of clothing or lunchboxes and other property, is not an uncommon happening!

With clearly labelled clothing and items of property and equipment we can usually return goods to the owners with great success! Unnamed items or indeed, items which bear the name of a past Junior School student perhaps, are often quite impossible to successfully return. This can cause distress naturally, at home and School. Parents are asked to ensure that all items are clearly and well labelled and they bear the correct owner's name.

### Checking Uniform Regularly

We ask that student's uniforms when being laundered or hung in wardrobes etc are checked to ensure that the correct one has come home.

From time to time, well labelled items go missing for some time and this usually occurs when a student has picked up the wrong blazer or jumper in error and it can be some time before it is returned to School. Usually, because the item has been assumed to be their own.

We ask parents to assist in this matter.

Mrs Alana Moor  
**Head of ELC and Barbreck**



## FROM THE DIRECTOR OF CURRICULUM INNOVATION AND DESIGN

### Interaction and Creativity – Why Pokémon Go is good for Education

Pokémon Go – a smartphone game – was released a week ago and already has more daily usage than Facebook! It is estimated that over 90% of 16 year olds have a smartphone. What does this have to do with education? Well, a great deal actually.

Few people would dispute the notion that interaction and creativity are the basis for effective, deep learning. Passively listening or reading through pages and pages of text are actually not the most efficient ways to absorb information – especially when tackling complex subjects. When it comes to interaction and creativity, a smartphone is hard to beat. But it is not the smartphone per se that supports learning, rather the technology that a smartphone can unlock. One such technology that has been in the spotlight recently is augmented reality (AR). AR gives smartphones and tablets the ability to uncover hidden digital content within printed material, bringing an interactive element to education and extending learning beyond the classroom. Pokémon Go is an augmented reality game.

What exactly is augmented reality?

AR bridges the gap between print and digital via a smartphone app. Printed material such as labels, posters, textbooks and information boards can host hidden layers of digital content. Many confuse AR with virtual reality – a more complex and expensive technology which requires immersive headgear (such as those worn by Shakespeare in the picture). Augmented reality is much simpler. All users need to participate is their smartphone. The potential uses for augmented reality in education are endless. Imagine how useful the technology could be when studying anatomy. A 2D image of a human heart is not the best way for students to grasp its formation and functions. However, if a student was able to scan the 2D image to reveal a 3D image it would provide a much more cognitive experience.

Similarly, in geometry AR could help students picture shapes in their 3D configuration. In a Geography class, a tabletop globe could be augmented to reveal facts and images of different countries when scanned with a smartphone app. Or students could scan an image of a river to reveal an explanation of how oxbow lakes are formed.

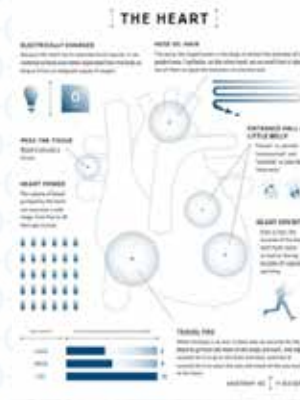
Learning a foreign language can be extremely challenging. Sometimes the hardest thing for students to grasp is the accent and pronunciation of words. AR could facilitate this by embedding pronunciation guides into a textbook. Imagine being able to scan text and hear a native speaker read it back to you. This emerging technology could also prove extremely useful in science labs. Safety posters and signs could be augmented to provide further information on the different safety procedures and protocols for using lab equipment when conducting an experiment.

Of course, augmented reality does not need to be confined to the classroom. The British Museum, for example, has employed the technology to transform the typical museum experience into one that is much more immersive and engaging. The Museum created an augmented reality game that rewards students when they identify certain statues by telling them more about the exhibit and unlocking the next level of the game.

Next year St Catherine's is offering Australia's first Years 9/10 elective in Virtual and Augmented Reality – a great opportunity for our students to learn how to actually create augmented content. If you want to see what AR is all about, simply download a free app called 'Anatomy 4D' and hold your smartphone over the image of the heart, you will not be disappointed...but be warned, next you will be running around Melbourne in search of Pokémons!

Mr Adrian Puckering

**Director of Curriculum Innovation and Development**



Download this App Anatomy 4D and scan the heart.

## WHOLE SCHOOL COLLECTION NOTICE

### **Nationally Consistent Collection of Data on School Students with Disability**

All Schools in Australia, including Government, Independent and Catholic schools, will participate in the Nationally Consistent Collection of Data on School Students with Disability (the data collection) this year.

The data collection is an annual count of the number of students with disability receiving educational adjustments to support their participation in education on the same basis as students without disability. All education agencies are now required under the Australian Education Regulation 2013 to provide information on a student's level of education, disability and level of adjustment to the Australian Government Department of Education and Training.

Please note that data will be de-identified prior to its transfer to the Australian Government Department of Education and Training. No student's identity will be provided to the Australian Government Department of Education and Training.

The collection of this information from States and Territories will inform future policy and program planning in relation to students with a disability.

If you have any questions, please do not hesitate to contact Mrs Elka Gaensler Acting Head of Education Support in the Senior School, [egaensler@stcatherines.net.au](mailto:egaensler@stcatherines.net.au) or Mrs Glenda Lingard, Head of Education Support and Extension in the Junior School [glingard@stcatherines.net.au](mailto:glingard@stcatherines.net.au)

For additional information on the NCCD [click here](#).

Mrs Elka Gaensler

**Head of Extension and Support**





SENIOR SCHOOL

## BEYOND BOUNDARIES: GROWTH THROUGH ADVENTURE AND CHALLENGE



*"The aim of education is to impel people into value forming experiences...to ensure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit...and above all, compassion... it is culpable neglect not to impel young people into experiences."*

Dr Kurt Hahn (Founder of the Duke of Edinburgh Award)

During the second week of the School holidays seven adventurous girls; Katherine Zhao (Duke of Edinburgh School Captain), Lydia He, Ho Yuan (Jade) Hsiao, Hannah Otto, Demetria Avdalis, Sophie Seng Hpa and Sophie's French Exchange Student Eleonore Jammet, embarked on an eight day journey Sea Kayaking around the Whitsunday Islands.

The girls are completing the Adventurous Journey component of their Gold Duke of Edinburgh Award. Each of our girls who choose to engage in this internationally recognised Award not only learns a new skill, improves their physical wellbeing, contributes to the community and participates in a fun adventurous journey, they also gain a range of benefits including skills in leadership, employability, teamwork and communication.

Commencing at Shute Harbour, Airlie Beach with our Sea Kayak Guide we boarded a water taxi with all our gear, food and sea kayaks. The girls tested their sea kayaking skills and learnt solid techniques, before heading out on an expedition. The first night we camped at the stunning Whitehaven Beach, which has been voted the best beach in the world. The girls had a few big days of paddling from morning until evening, navigating the wind and waves, whilst spotting Green Sea Turtles along our journey.

The next day we explored Whitsunday Island and hiked to the top of the Cairn with a 360-degree view of where we had paddled. Our group settled in at Cairn Beach and reflected upon 'what it means to live a good life'.

Following the coast of Hook Island, we approached beautiful Bali Hai as our lunch spot with a view of Hayman Island. Our last stunning private campsite was at Steen's Beach where the girls snorkelled and explored the remarkable coral reefs and underwater life. Our final day boasted excellent fringing reef snorkelling from White Rock where we saw an Enemy of Clown Fish and the fine coral reef bombies.

We learnt about the effects of Global Warming on the sensitive environment and how what we do at home, with our daily actions, can ultimately affect the Great Barrier Reef and surrounding islands. If the average temperature rises only one degree, there will be no more coral reefs or sea life in the area.

If we are not extremely careful, our children and our children's children will never get to see environments like this. Intergenerational care for the environment ensures our grandchildren will be fortunate enough to return to the same pristine environments and receive the same opportunities as we do. The girls have vowed to be more aware of their energy consumption, minimise their waste and make changes to their daily routines. Congratulations to all the girls for their commitment, hard work and dedication.

We currently have openings for all Award levels – Bronze, Silver and Gold, I encourage all students to participate. Lifetime memories are made.

Ms Casie Chalman

**Director of Outdoor Education**



- 1 Excited for our Adventurous Journey around the Whitsunday Islands
- 2 Snorkelling at Steen's Beach
- 3 Top of Whitsunday Island
- 4 Katherine and Lydia Kayaking in style
- 5 Ready for our Adventure in the water taxi

Fact File: Every second around 1,500 plastic bottles become landfill.

Just off the coast of Australia, a convergent of currents has formed an island of rubbish the size of Tasmania. It is so large that you can walk on top of it. This is destroying our marine life and the environment.

We are girt by sea, and our oceans and marine environments help to keep us alive.

We can be part of the solution by using re-usable water bottles refilling your water from the tap, using biodegradable materials and reusing shopping bags.

If you are concerned about using filtered water, you can purchase great water filters and fit to your tap, or use a ceramic water filter for your home.

See more at: [Great Pacific Garbage Patch – Ocean Pollution Awareness](#)



## RACI Titration Competition

Year 12 Chemistry students, Annie Anezakis, Danae Barbayannis, Gemma Chan, Georgina Cheale, Katherine Duong, Sabine Harms, Yunjia (Kitty) Hong, Samantha Leigh, Brooke Maat, Madeline Mills, Grace Nicolas, Wiebke Wenzel, Xiaowen (Winona) Yang, Katherine Yuan and Katherine Zhao participated in the Royal Australian Chemical Institute Titration Competition on Tuesday 7 June.

The competition is designed to encourage those students who enjoy Chemistry, particularly its practical side, to develop their skills and to reward those who attain a high level of proficiency. By participating in the competition students were able to practise their laboratory skills using pipettes, burettes and other glassware, recognising end-points and carrying out simple calculations. In the competition, teams of three students performed a simple acid-base titration exercise within 90 minutes. Students were required to assist the Vinegar and Sauce Company by determining the concentration of three samples of ethanoic acid, commonly known as vinegar, using volumetric analysis to standardise a sodium hydroxide solution against a supplied hydrochloric acid solution and then to standardise the ethanoic acid solutions with the sodium hydroxide solution.

Judging will be on the basis of the values each team reports for the titres and concentrations of the sodium hydroxide and ethanoic acid solutions. Teams will be ranked on how close they get to the actual concentration. The top teams in each State competition will be put forward to represent their state in the National Finals in September.

Ms Vanessa Jackson-McRae

**Head of Science**

## Public Speaking Competition

School Captain, Elizabeth Bolt represented St Catherine's in the 'Plain English Speaking' Competition on Wednesday 1 June. She presented an engaging speech entitled 'Self-Censorship – Is it really as progressive as we think it is?' The competition, organised by the Victorian Curriculum and Assessment Authority, was held at Melbourne Girls Grammar School. This competition requires students to present a six minute prepared speech on a topic of their choice and to respond to an impromptu topic for three minutes.

Adjudicators look for knowledge of the subject matter, sincerity in presentation of material, skilful development of theme, and effective use of Plain English. The focus on 'Plain English' suggests language which is sincere, understandable and appropriately pitched to the audience. Elizabeth was an excellent ambassador for St Catherine's School.

Mrs Merran O'Connor

**Director of Student Wellbeing**





## DAV JUNIOR PUBLIC SPEAKING COMPETITION

### DAV Junior Public Speaking Competition

The DAV Junior Public Speaking Competition took place on 1 June at Korowa Anglican Girls' School. Such was the high demand in terms of the number of Junior students wishing to compete that additional venues needed to be found for the competition – an indication of the healthy state of Public Speaking in schools. St Catherine's was represented by Year 7 students, Victoria Patsakos, Eloise Kewley and Amelia Jones.

Despite some nerves and the challenge of producing two impromptu speeches each, our students acquitted themselves extremely well and benefited enormously from the feedback of the judges. The set topics varied from 'Stereotypes in Society' to 'The Media's Influence', and 'Learning Outside the Classroom'.

English teacher, Ms Gillian Hosking, led the process of enabling students to craft their prepared speeches, giving them a clearer understanding of the role of the audience in shaping their material; to this end, all three students spoke with engagement and commitment on the subject of their speeches. In addition, Senior students with experience in Public Speaking, Demi Markakis, Samara Gill and Caroline Pick, mentored the students in the lead up to the competition. These students have followed the same path through to Senior Public Speaking competitions; indeed, Demi Markakis was a Finalist in the recent Rostrum: Voice of Youth competition.

Mrs Mary-Anne Keratiotis

### Coordinator of Debating and Public Speaking

### English Curriculum Links to Year 9 Heyington to Highlands Trip

It is not long now until our Year 9 students embark on their exciting Heyington to Highlands Fiji trip and the English Faculty have been busy aligning our English curriculum to the students experience and cultural immersion.

During Term 2, the Year 9 students commenced discussions on ideas for writing and reflecting on their trip. The students were each presented with their H2H Journal which will allow them to write, comment, reflect and document their experiences on the trip. The English teachers have assisted the students with some pre-writing activities as a starting point for their journal.

In late Term 2, the Year 9 students were involved in an incursion with Bernard Mangakahia on The Spirit of Mana. Bernard presented a highly interactive experience for the students where they learnt about Polynesian culture through dance and music. The girls responded enthusiastically to the dancing and asked many questions of Bernard. This session allowed the students to have more of an understanding of the culture that they will experience first-hand on their trip.

When the students return from their trip, every girl will develop a piece of reflective writing that directly links to their experiences on Heyington to Highlands. This development and editing will be done in their English classes with the journal acting as the starting point for the piece.

I am excited about the wonderful learning and opportunities this trip will give every Year 9 girl as they step out of their comfort zone and challenge themselves. It is my hope that their writing will be published so that the School community can share in the experiences of this trip.

Year 9 student Harriette Dryden provides the following reflection on her Spirit of Mana experience:

*The Spirit of Mana was a show full of dancing, history and involvement. Bernard's dancing was truly amazing and left many of us in awe. However, the things he spoke about such as his family, ancestors and his experiences were extremely inspirational. Some of the things he said about other cultures and the challenges they have overcome, made many of the girls realise how fortunate we are and the things we can achieve if we put our minds and hearts into it. The Spirit of Mana was a great introduction to the upcoming Fiji trip.*

Mrs Ceri Lloyd

### Head of English



Year 7 students, Eloise Kewley, Amelia Jones and Victoria Patsakos participated in the DAV Junior Public Speaking Competition



# SENIOR SCHOOL MUSIC NOTES



## Concerto Concert

Congratulations once again to all performers in the Concerto Concert held in the last week of Term 2 at the Toorak Uniting Church.

The beautiful ambience was a great setting. This was the first time we have held this particular concert here and it was a truly beautiful acoustic for our finest performers. I direct you to Principal Mrs Michelle Carroll's comments about this and other recent musical events in the last edition of *The Blue Ribbon* available [here](#).

## Term 3 Music

Term 3 has started and it is timely to remind our musicians that there is great deal to enjoy from the Music Department this Term. We invite you all to reacquaint yourselves with the Music Calendar provided.

We do attempt to offer performances for different groups of students so as not to overtax the girls, but some of our highly skilled students are in a lot of ensembles. We are mindful of all that the girls do, and ask that students consider whether all events will be possible. As always, a simple email to the ensemble director regarding inability to perform at an event is most appreciated. The more notice that the Music Department receives, the better we can re-organise the ensemble so that remaining girls have a most worthwhile and successful experience. It is fair to say that the vast majority of girls and parents are very generous and understand the complexities of providing top quality performance opportunities for all.

The 120th Anniversary Gala Concert will be the pinnacle of the Term, and we know that our students cannot wait to get back to the beautiful Melbourne Recital Centre in September.

Those students invited to attend the Music Camp will have received a letter via email in the early part of the holidays. Please check your emails and in the event that this letter has not been received when expected, please do not hesitate to contact the Music Department.

We wish you all the very best for a busy and exciting Term.

Mrs Jenny Mathers  
**Head of Music**

## Term 3 Music Dates

### Friday 29 July

Senior Jazz Evening at The Apartment,  
401 Little Bourke Street, Melbourne

### 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 26 July

Years 7 & 8 Concert Band  
4.15pm – 7.00pm

### 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



## SENIOR SCHOOL SPORT

# SENIOR SCHOOL SPORT

### GT Aquatic Meet – Wangaratta, Meet Report

The 15 strong St Catherine's Aquatic team of Romy Cantwell, Jane Fenton, Heidi Tokatlidis, Stephanie Ferrali, Harriet Fortey, Lucy Wentworth, Po Yan (Mandy) Pang, Elodie Ferrali, Zara Bongiorno, Stella Dunphy, Zara Krause, Georgia Stoupas, Lucy Bainbridge, Chloe Nevins and Portia Gowrie did St Catherine's Aquatic proud.

I was blown away by the attitude of the team, the constant support, the manners and the respect shown by each one of our girls to their team mates, coaches and managers. We have a group of girls that understand the respect needed to achieve set goals and it was pleasing to see our group in such a good head space.

This first trip was a chance to test the waters as far as team trips go. I can safely say we have hit the ground running now being able to set up future trips from the success of the first.

We have already had Jane Fenton, Romy Cantwell and Lucy Wentworth qualify for the Victorian State Short Course Championships to be held in September.

During the GT Meet, Elodie Ferrali and Stephanie Ferrali, were another two to hit qualifying times for State Short Course, with another seven athletes within two seconds of qualifying times.

Over the course of the day the team picked up a total of 29 medals – five gold, 13 silver and 11 bronze, and smashed 42 NEW Personal Best (PB) times!!

Thank you to Hanna Whiteside for the support to the swimmers and for taking down all times, splits, rates and notes for every swimmer in every race.

Thank you also to the two wonderful team managers Amanda Wentworth and Trish Gowrie for organising and supporting our girls from 6.00am right up until the bus ride home. And to our guest supporter - Lucy Fortey, thank you for your encouragement throughout the day.

### St Catherine's Aquatic Update Report

Past STCA Racing Events 2016:

- 1) Athens Olympic Club Night: May 13
- 2) DVE Early Season Meet: May 15
- 3) Beijing Olympic Club Night: June 10
- 4) GT Aquatic SC, Wangaratta: June 12
- 5) Bluefin Short Course: June 18
- 6) MVC Short Course: June 26

Today marks the first day of our first complete season as an official swim club, St Catherine's Aquatic. Congratulations to everyone involved on what has already been achieved!

We have watched the Club change shape and reflect the growth and excitement that is being generated from within our new Club. From our first session the morning of October 5 2015, right up to the session on July 1 2016, we have had an absolute ball!

Last season we held seven Club Night events, conducted eight committee meetings, attended 13 competitions – three at a Victorian State level and ran one workshop. The Swimming season runs from July 1 – June 30, with Long Course season running October–April and Short Course running May–September.

For us the Short Course season began at the Athens Olympic Club Night. The focus through the first three meets (DVE, GT, Bluefin) was purely to get out there and race. Learning the process and management needed on a day or session of competition comes with time and every race meet accelerates the on-going development of race day confidence.

DVE SC meet was a very early hit out for a team of eight, out at the Greensborough facility. From the very first meet it was obvious the girls had lifted through their latest block of training. This indication came not from the way they raced, but from the way they held themselves pool-side. The team looked confident.

The latest meet for our team was the MVC SC meet. The girls competing were in the middle of two solid weeks of holiday training and used the meet as a glorified time trial set-up. Data was taken, and analysed, paying particular mind to the fact the girls were somewhat fatigued pre-race.

Currently we have five Victorian State Short Course qualifiers, four Victorian Open qualifiers, three Victorian Long Course qualifiers and 11 Victorian State Sprint qualifiers.



## SENIOR SCHOOL SPORT

# SENIOR SCHOOL SPORT

Victorian State Short Course Team (current) Jane Fenton (all five 100s), Romy Cantwell (50 Free, 100 Free), Stephanie Ferrali (100 Free, 100 Back, 50 Free), Elodie Ferrali (50 Free, 100 Free, 100 Back) and Lucy Wentworth (100IM). With the already qualified swimmers aiming to add to their State program and another four swimmers looking to add their name to that team list there is some exciting racing in store in the coming months.

The team is starting to realise that you do not need to put competition up on a pedestal. Yes, place importance on what you do on race day, but it is not the be all and end all. Success in the racing pool is a result of correct process, and this process takes time – like all good things! You are an apprentice of your sport, sooner or later the penny will drop and it will all make sense!

With the inclusion of our underwater camera system, and added race analysis feedback, the upward spiral of development is going to continue with full health into our first full competitive season.

The STCA team are a tight unit with a positive environment around them. It is a privilege to have some amazing girls to work with, and I have enjoyed every moment spent with my team and our Club.

We welcome Epp Kruusma to the coaching team from Week 2, Term 3. Epp is originally from Estonia and brings with her another wave of love for our sport. Having coached in Melbourne over these past six months, Epp is looking to further her coaching involvement with our growing Club.

### Upcoming STCA Events 2016

- 1) Waterlion's SC Meet: July 16
- 2) London Olympic Club Night: July 22
- 3) CA Tritons SC: July 23
- 4) Club Development Conference: July 24
- 5) [Movie Premiere] Missy Franklin: Touch The Wall: July 25
- 6) STCA Annual General Meeting: 6:30pm July 28
- 7) Nunawading SC Meet: August 7
- 8) Victorian State Short Course Championships: 2–4 September

Looking forward to sharing the 2017/18 season with you all.

Mr Mark Cooper

### Head Swim Coach

#### Swimmer Profile – Jane Fenton, Year 8

What is your favourite race?

*Both the 100m Backstroke and 100m Breaststroke.*

What is your favourite training set?

*2x400 + 4x200 + 8x100 is a tough set I really enjoy doing.*

What is your main goal currently?

*To keep working hard and setting proper techniques into my strokes at training. I would then like to place well at State Short Course in September and qualify for Australian National Age held in March 2017.*

Why do you swim?

*Because I love it.*

#### About Jane

Jane came to St Catherine's School from Warrnambool at the start of 2015, beginning her full-time swim training with St Catherine's Aquatic Term 4 2015. Jane swam with the School squads up until the formation of STCA, and has now become a fully pledged member ready for the start of the 2016/17 racing season.

Through the early days of STCA, we focused a lot on the culture of the program, and the contribution required from each swimmer towards the development of self and team. Having an almost ground-up approach helped us decide on the important aspects and prioritise our energy towards what we believed to be the most important areas of developing both STCA, and the swimmers within the group.

Jane has quite unknowingly added a lot of form and structure to our new Club program, simply through her actions and focus when at training.

First through the door, and quite often the last one to leave, a standard has been created for the greater group through the approach Jane has adopted during her sessions. The younger members of our group have the benefit of their visual environment being filled with focus and intent, while at the same time knowing to enjoy the processes involved.

Jane knocked on the door of National qualifying times last season, and brings a lot of energy into her new racing season. Already with six State Short Course qualifying times under her belt, Jane looks to step up



- 1 Emma, Lucy, Zara, Stella
- 2 Friday Afternoon STCA training group
- 3 Streamline practice
- 4 Holiday Training fun!
- 5 Romy Cantwell receiving some cold water immersion recovery



## SENIOR SCHOOL SPORT

# SENIOR SCHOOL SPORT

her rankings within Victoria and cement her place amongst the up-and-comers of Victorian Swimming.

These School holidays, there has been some holiday training running. Although we have had a good spread of School swimmers attend, the bulk of the numbers has come from our STCA club girls. Jane has led the pack, completing 20/20 sessions held over the first two weeks of holidays. Not just there physically, Jane has been mentally present in every session, gaining huge momentum in a range of widely varied developmental areas. Starting the two weeks with a set of 15x200s and finishing with a challenging 100x100s over the middle Friday and Saturday sessions, it has been a tough block of work. Throughout, we have seen nothing but a positive and uplifting approach, leading the way in front of junior team mates, as well as offering support and encouragement to all those around.

Jane's dedication has not gone unnoticed by her team mates or by the coaching team. It is onwards and upwards for Jane this season and many more in her swimming future.

Mr Mark Cooper  
**Head Swim Coach**



## SCOGA NETWORKING EVENT



### 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](mailto:phoebe_norman@icloud.com)

Mrs Phoebe Norman (Olsen '95)

**SCOGA President**