



St Catherine's School

# the blue ribbon

WEEKLY NEWSLETTER

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

ISSUE 235 12 August 2016 W5 T3

## FROM THE PRINCIPAL



### Michelle Carroll

St Catherine's remains committed to fostering a love of Mathematics and Science from the Junior School and throughout the Senior years...[more](#)

## UPCOMING SCHOOL DATES



### Diary Dates

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

## EARLY LEARNING CENTRE



### Campbell House News

Read how our ELC learners are exploring castles and crowns with discussions on who lives in castles and who wears crowns along with designing their own castles. Details on an upcoming Parent Seminar are also included in this week's News...[more](#)

## SCHOOL NEWS



### From the Dean of Year 10

The Year 10 program serves to guide, mentor, and affirm each student to follow the path that best suits them...[more](#)

## JUNIOR SCHOOL



### Barbreck News

Our Preps celebrated 100 days of learning last week with a range of 100 activities. Learn some insightful ideas about what they will be doing when they turn 100 in this week's News. Results from our win at the Victorian Interschool Cross Country event are also included...[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

Our Director of Outdoor Education explores resilience – what is it and why is it important...[more](#)



### Legacy Junior Public Speaking and 'A' Team Activities

Congratulations to our Senior students who participated in the Legacy Public Speaking Competition. We also share news from our student A-Team who are sharing friendship around the campus...[more](#)



### Senior School Sport

Results from our win at the Victorian Interschool Cross Country championship at Mt Buller on the weekend. With St Catherine's securing both the Senior and Junior overall XC trophies...[more](#)



### Girls Talk Parent Seminar

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



### PFA Father's Day Breakfast and Barbreck Stall

The PFA invites fathers, grandfathers, special male relatives and daughters to the Father's Day Breakfast Friday 2 September 7.00am...[more](#)



## FROM THE PRINCIPAL MICHELLE CARROLL



Associate Director of the National STEM Learning Centre and Network, UK  
Pauline Hoyle discussed the importance of STEM learning for girls

### Confidence in Mathematics Higher in Girls' Schools

Many parents may have read the article in *The Age* last Friday highlighting the benefits of an all-girls' school building confidence in Mathematics and Science. The comprehensive study has found that girls at single-sex schools grew more confident in Mathematics than those in co-educational schools.

The study compared the attitude and achievement of girls and boys at both single-sex and co-educational schools for the same level of achievement. It found that in Year 4, boys were more confident in their Mathematics abilities than girls in co-educational schools. The confidence gap increased significantly by the time the students commenced Year 8, with the top male students proving far more confident than female students, even if their ability was on par. The author of these findings, Dr Chris Ryan said the trend reversed at single-sex schools, proving that a negative attitude to Mathematics was not 'intrinsic' to female students but was rather a product of the co-educational school environment.

Girls' schools are believed to offer an environment where girls are more confident and willing to take risks, make mistakes, ask questions and compete. St Catherine's remains committed to fostering a love of Mathematics and Science from the Junior School through to the Senior years. The introduction of the PRIME Maths Program in Barbreck last year has lifted the rigour of the Mathematics learned in the Junior years with confidence notably higher amongst students after two years.

Over the past week St Catherine's staff have engaged in a range of professional learning opportunities related to Mathematics and Science. Last Friday, Associate Director of the National STEM Learning Centre and Network in the UK, Ms Hoyle addressed staff about the professional training, career trends and funding of STEM education in the UK. Hoyle also presented at the Australian Council for Educational Research (ACER) National Conference in Brisbane this week, and as such, I was very appreciative that she also accepted an invitation by Mr Adrian Puckering (St Catherine's Director of Curriculum Innovation and Development) to include St Catherine's on her speaking schedule.

As the Associate Director of STEM Learning, Hoyle oversees the organisation that provides continuing professional development in STEM across the UK. She manages the National Science Learning Network including the National Science Learning Centre in York and over 50 Science Learning Partnerships, the National STEM Centre and a range of other government and employer funded CPD programmes supporting STEM education.

Hoyle highlights a common issue across Europe and the UK which vexes governments, employers and educationalists – the need for more young people to choose to study STEM subjects, become graduates in STEM subjects and then take up STEM careers.

[Continued...](#)

## SCHOOL DATES

### Friday 12 August

Mid-Term Break  
Senior School Music Camp

### Saturday 13 August

Senior School Music Camp

### Sunday 14 August

Senior School Music Camp  
Boarders' Program 2.00pm

### Monday 15 August

Senior School Athletics Training (Before School)  
Years 11 & 12 GSV Training (Before School)  
Years 9 & 10 Soccer Training (Before School)  
Years 11 & 12 GSV Round 3 (After School)

### Tuesday 16 August

GSV Years 7 & 8 Training (Before School)  
Senior School GSV Division 1 Track and Field  
Years 9 & 10 Bad Science Show 2.00pm  
Senior School Athletics Training (After School)

### Wednesday 17 August

Years 9 & 10 GSV Training (Before School)  
ELC 2017, Parents' Morning Tea  
Years 9 & 10 GSV (After School)  
Year 11 Mentor Program III, 1.30pm  
SCOGA Banking and Finance Networking Event

### Thursday 18 August

Senior School GSV Athletics Training (Before School)  
Years 7 & 8 GSV (After School)  
Senior School Open Studio 3.30pm to 6.30pm

## FROM THE PRINCIPAL

MICHELLE CARROLL

In addition there is an urgent need for more STEM skills in the total workforce. "Science is changing so quickly, and this must reflect our commitment as educators to provide opportunities in order for girls to go into future pathways in STEM," Hoyle explains.

Hoyle highlighted her understanding that the most sought after skills in the STEM area include effective collaboration, curiosity in problem solving and efficacious communication, in addition to being adaptable, flexible learners.

Hoyle describes an interest in STEM is only one factor in inspiring students. She explains that schools must not only talk about careers in STEM but also the skills and qualities of the roles themselves. Girls, as described by Hoyle, are associated in the extrinsic values of STEM, and showcasing this, for example highlighting salaries, will encourage their 'buy-in'.

A commitment to ongoing professional development for teachers, developing authentic experiences, building career awareness and enabling access to experts for both teachers and students is essential. Over the past three years, St Catherine's has partnered with the Epworth Hospital to enable opportunities for our Senior Science students to participate in surgical workshops alongside resident doctors, theatre nurses and surgeons. This access to experts and building career awareness is an example of what Hoyle is describing. Hoyle also encourages garnering such partnerships through parent networks, such as our partnership with the Epworth Hospital, successfully created with the assistance of Year 12 parents, Dr Larissa Roeske and Mr Frank Chen.

This Friday, the second annual Festival of Better Learning and Teaching hosted by St Catherine's will provide our staff and teachers from over 20 independent schools with an outstanding professional learning opportunity. The three keynote speakers and a full range of educational workshops will showcase the current thinking in educational circles across a range of interest areas.

Today, I am particularly looking forward to hearing the keynote address from Dan Haesler, an internationally known and respected speaker and educational expert on issues of engagement, wellbeing, mindset and leadership. Dan has shared the same stage as luminaries such as Sir Ken Robinson, Sugata Mitra and His Holiness the Dalai Lama, as well as regularly featuring in the media and writing a monthly column in *The Australian Teacher Magazine*.

Dr Jenine Beekhuyzen, Adjunct Professor at Griffith University, UN Ambassador and Founder of Tech Movement for Girls will also speak at the Festival. The Tech Girls Movement aims to inspire young girls into technology careers and also to educate their parents and teachers about tech careers with others. Associate Professor Matthew Riddle, Director of the Educational Innovation Department at La Trobe University will deliver the closing keynote address on 'Educational Innovation'.

I look forward to the Festival and continuing St Catherine's strong tradition of continued professional development of our staff for the benefit of our students.

Mrs Michelle Carroll  
**Principal**



# EARLY LEARNING CENTRE CAMPBELL HOUSE NEWS



## Castles and Crowns Inquiry

The Wattle Room children embarked upon Term 3 with a passionate shared interest in medieval castles. A member of the group shared her personal experiences from a recent European holiday, which propelled this emerging area of interest forward. Questions were raised about who lives in castles and what events may take place in a castle setting. The children became inspired to create a crown as a prop for their dressing up collection, which led to further questioning about varying types of crowns and, in particular, when they were made and what kinds of jewels they may feature. This provided a meaningful link to prior learning that took place in Term 2 regarding jewels and precious stones.

The children also considered the structural features of castles and aspects such as towers, turrets and draw bridges using open-ended block play. They made a turret design and painted a new set for their socio-dramatic play space. They then decided to draw planning documents for a collaborative box construction of a castle, which they shall create together as a team.

Ms Kristina Schrader  
**ELC Teacher**

## The Right to Play

Young learners must have the opportunity to play. It is through play children have the opportunity to use the "100 languages" as described in the Reggio Emilia Philosophy. Play enables effective learning and permits children to immerse themselves in something which comes naturally to them. Through immersion, enjoyment and satisfaction children find meaning, link information and want to explore, investigate, hypothesise and inquiry. Knowledge and interests develop accordingly.

The reasons why children play include:

- Bringing a deeper sense of emotional satisfaction, enjoyment and a natural feeling of comfort
- Acquisition of various understandings and feelings of empowerment and encouragement
- A natural love of learning new skills and gaining independence
- To make sense of the events they have seen or been part of
- Finding meaning from friendships made through play
- Opportunities to initiate, choose and have a degree of independence and control during play.

A critical component of identity, wellbeing and learning can be found in active participation, collaborative play and through the rules which often accompany games as children mature. Rules promote the ability to self regulate – a critical aspect of healthy self management skills friendships and learning. The power of play for young learners should never be minimised.

Mrs Alana Moor  
**Head of ELC and Junior School**



- 1 Teegan Gobel
- 2 Medieval Castle Inquiry
- 3 Annie Oxley
- 4 Giselle Armstrong
- 5 Portia Carosa-Koziora

# GIRLS *talk*

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

Limited spaces. RSVP by Thursday 25 August. To book go to [www.stcatherines.net.au/girlstalk2016](http://www.stcatherines.net.au/girlstalk2016)



St Catherine's School

## Girls Talk Parent Seminar – ELC to Year 6

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

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

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

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

Ms Merran O'Connor

**Director of Student Wellbeing**

# JUNIOR SCHOOL JUNIOR SCHOOL NEWS



## Celebrations in Prep

Monday 1 August marked the 100th day of School for our Prep students, who have been eagerly counting the days since their first day of School in February. Throughout the past 100 days, Prep students have learnt the routines and expectations of School and engaged with the many elements of the Prep curriculum. They are developing a fond connection to learning which we hope will last a lifetime. Some of their favourite things to learn about are listed below:

- Sounds – Anabelle Ranchod, Holly Farrer, India Vasilopoulos and Carla Martuccio
- Swimming – Shaikha Aljneibi and Jia Jun(Jessica) Huang
- Reading and writing – Tara Pattison and Genevieve Le
- Tricky Mathematics sums – Camilla Aberdeen
- Sport – Alie Belan
- Music and choir – Mia'Chanel Kelly
- Science – Emily Venema
- Celebrations from around the world learnt in History – Elleina Dharma.

Our 100th day celebration began with students selecting their favourite phonogram learnt in Prep and dressing up as something beginning with that sound. Some costumes included princesses, aliens, brides, cowgirls and even a Star Wars storm trooper and an ice cube! It was amazing to see the thought and creativity put into costumes and props for the day. At School, Prep students enjoyed engaging in many activities throughout the day all based on the number 100.

Activities included:

- Building a tower with 100 plastic cups
- Creating something using 100 Lego blocks
- Balancing 100 dominos to create structures
- Imagining what they wished they had 100 of and writing an explanation and illustration to match
- Threading a necklace of 100 beads in a pattern of choice
- Using dice to add numbers and reach a total of 100
- Writing 100 words (quite a challenge!)
- Following a key to colour corresponding numbers correctly to reveal a secret message.

Continued...



- 1 Celebrating 100 days of School in Prep
- 2 Berry Roberts and Holly Farrer making patterned necklaces with 100 beads
- 3 Carla Martuccio enjoying her '100' biscuit
- 4 Arabella Foote and Alie Belan meeting the challenge to write 100 words

## JUNIOR SCHOOL

# JUNIOR SCHOOL NEWS

The students also imagined what they would look like and the things they would do as a 100 year old. Some examples included:

*"When I am 100 years old I will be wrinkly. I will sit by the fire and I will knit. I will have a cane so I can walk. I will have grandchildren. They will be a girl and a boy. I will go for a walk. I will like cooking and I will have a husband. I will play games like Go Fish."*

Arabella Foote

*"When I am 100 years old I might have wrinkles. Also I will have salt and pepper hair. I might have a walking stick. I will have grandchildren and a husband and he will be old too."*

Annika Gill

*"When I am 100 I might have chicken wings and I will also have wrinkles on my body. I will have a walking stick and I will go shopping with my husband. I will feel happy and I will have butterflies in my tummy. I will sit by the fire and read the newspaper when I am 100."*

Berry Roberts

*"When I am 100 years old I will have wrinkles. I will sit near the fire. I maybe will sleep a lot. I will cook a lot. I will like knitting."*

Genevieve Le

*"When I am 100 years old I will be wrinkly and I will be old. I might have grey hair. I will have a walking stick. I am going to live with my mummy and daddy!"*

Amelie Favaloro

On our 101st day of School Prep families were invited into the classroom as we opened our doors, workbooks and iPads to parents, siblings and grandparents. This was a great opportunity for Prep families to see just how much progress and learning has occurred in these past 100 days. It is so amazing to see a workbook which was written in on the very first day of Prep and turn the pages to witness the evidence of skill and knowledge growth within each page. Prep students were so proud of their efforts and were all keen to show off their hard work. They especially enjoyed sharing their iBooks which they first wrote in their journals before typing, illustrating and recording their voice as the narrator. This week Prep students developed a real sense of achievement as they reached their 100th day of School and shared their School work with their families. We are proud of each and every girl and look forward to what is yet to come, as we make our way through the second Semester.

Mrs Jessica Easton

**Prep Teacher**

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Ms Merran O'Connor

**Director of Student Wellbeing**



1 Tara Pattison sharing her School work with her parents at our open afternoon

2 Alie Belan was so proud to show her Mum the work she is doing at School at our open afternoon



# JUNIOR SCHOOL

## JUNIOR SCHOOL NEWS

### **Commitment**

Making choices and making a sturdy commitment once a choice is made is essential for the building of sound lifelong habits.

At every opportunity we endeavour to encourage children to make up their own minds when selecting to participate in ongoing and outside the classroom activities. In itself making one's own mind up is a skill and at a young age can be quite difficult. Encouragement to pursue one's own interests, talents or skills is required to be an ongoing dialogue between adults and children. We ask our families to join us in this pursuit.

Once a commitment is made, we ask those enrolled/registered do seek to attend the sessions or rehearsals unless absent from School. Of late a number of students have been absent from the 7.45am Epstein Singers rehearsal but have been present at School on the day. Especially in the period just prior to the eisteddfods, rehearsals are critical. Notwithstanding that, we ask families to join us in the development of an understanding about commitment.

Of importance also is notification to staff in charge of an ongoing group activity if a student is intending to withdraw or has already withdrawn. Parents are asked to email/write/telephone the staff member(s) leading the activity to advise of the withdrawal. In anticipation, we thank parents for your understanding.

### **Epstein Singers and Eisteddfods**

Parents are reminded of the following regarding forthcoming Epstein performance commitments:

Victorian Music Festival (569 Burwood Road, Hawthorn)  
Upper Primary on Wednesday 10 August (Session 1) – 9.30am – 11.45am

Waverley Eisteddfod (Robert Blackwood Hall, Monash University)  
Monday 22 August – 9.15am (Time TBC)

Parents are invited to attend the eisteddfods. Students will travel to and from the venue by bus.

### **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 uniforms when being laundered or hung in wardrobes are checked to ensure the correct item has arrived 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.

Several unnamed items remain in lost property at present. These items have been there for some time and are all in good condition. They will be sent to the second hand area of the Uniform Shop unless claimed shortly as we cannot see them wasted. We ask parents to assist in this matter.

Mrs Alana Moor

**Head of ELC and Junior School**



## JUNIOR SCHOOL JUNIOR SCHOOL SPORT



### Barbreck Sport

Congratulations to all the girls who took part in the Victorian Interschool Cross Country championship at Mt Buller on the weekend. St Catherine's managed to secure both the Senior and Junior overall XC trophies and gained valuable points towards the Interschools overall championship. The Senior trophy was a particularly good result as Ivanhoe Girls have dominated the award for the last six years.

In particular our Division One girls set the standard from the very start with a podium place in the first event of the day. Congratulations to Ella Swann, Mia Lansell, Coco Burrell and Serena Clark who have been long serving Snowsports participants and skied their final XC races for our School.

In the remaining Divisions we were present on the podium in every category ensuring an excellent overall result. Our Division Five girls were super enthusiastic and were last seen trying to convince their parents to take them to Perisher for the Nationals.

We look forward to the Alpine Interschools (August 22 –28) where our downhill skiers and boarders can finish off a great season so far.

### Results

#### Division Four, A Team: First in Classic and First in Relay

Zara Bongiorno (second Individual)

Julia Kent (third Individual)

Sarah Marriott

#### Division Four, B Team: Third in Classic and Second in Relay

Madeleine Hooker

Arabella Hall

Zoe Hall

Catherine Chen was part of the B relay team team that finished second.

#### Division Five: Third in Classic and Third in Relay

Arabella Bertalli

Katharine Soutter

Charlotte Wood

Mr Tom Crebbin

**Junior School Head of Physical Education**



## FROM THE DEAN OF YEAR 10

### Recognise, Respect, Value and Participate

Last week, an excited group of Year 10 students attended a VicRoads Keys Please Driver Education session that every year seems to mark a rite of passage for so many of our St Catherine's School students. Suddenly our once 15 year olds are 16 and they are not only thinking about life in VCE and beyond, they are making their way in the world. Excited about being the ones behind the wheel, embracing the world around them is no longer an idea or dream fixed upon some point in the near future. By midwinter, the Year 10 student has arrived in full force and is raring to forge ahead and experience as much of life as possible.

What is our role as teachers, parents, mentors and carers of the young? For even though the compulsion to be the best we can be, and experience life to its fullest is for so many, a core and admirable desire, the reality is that for so many young people today, this venturing forward into the world of young adulthood is fraught with so many complications – personal, academic and social to name but a few. This knowledge, that things are often multilayered and challenging, in itself is an awakening to the realities of living a responsible adult life in society. The Year 10 program serves to guide, mentor, and affirm each student to follow the path that best suits them. So, whilst some students are rearing to fly, others need a little bit of coaxing and encouragement to take those steps forward, to find their way.

The Year 10 component of our weThrive:Wellbeing@StCatherine's program, weEmbrace, offers students a plethora of opportunities, to embrace community and indeed the world around them. Fundamental in our endeavours to provide our students with meaningful and authentic experiences is the focus on the individual. Underpinning the activities and initiatives that are offered is the objective of embracing one's own self. Students are encouraged to be themselves, to get to know themselves, to express their views and to explore and question the world around them. In embracing the world around us we need to listen, to observe, to participate, to be curious and at times courageous and, in doing so, recognise, respect and value our experiences and those of others. These are just some of the basic tenets we explore within the Year 10 program.

Earlier on in the year Clinical Specialist Dietitian and PhD Candidate from the Centre for Adolescent Health at The Royal Children's Hospital, Melbourne, Melissa Whitelaw addressed the Year 10 cohort on the joys of healthy eating and the need for balance in our lives. Her impact was tangible and students responded positively to her insights and practical hands-on advice. The focus on self-care and being mindful of the body and soul, led to a number of successful Yoga sessions which relieved pre-exam nerves for so many of our girls.

It has been wonderful to see the Year 10 Form teachers, Madame Buzza, Mrs Klancic, Mr Borlenghi and Miss White provide precious follow up and professional support to the goal setting, study skills and exam preparation sessions. It is so moving to see that with the passage of time, within the framework of a year, how students and teachers have developed meaningful and collegial connections with each other, so that the girls feel supported by the teacher that greets them every morning in Form.

Academically, the Year 10 students are eager to do well, as was evident in their level of commitment to achieving excellence during their Semester One examinations. Indeed, a very important lesson that we are working on in Year 10 is to balance and plan ahead so that work is manageable, enjoyable and relevant. The realisation that one has to plan and organise homework ahead of due dates is an ongoing lesson and is crucial as students approach their VCE. I am happy to report that the general work ethic of the girls is impressive; like most things in life however, it is a work in progress.

A fact that never ceases to amaze me, and I am sure you too as parents of a St Catherine's School student, is just how much our girls fit in. So many of our Year 10 students have been involved in the Rowing, GSV Sports, and we even have a number of students involved in elite sports. Again, this reflects the great breadth and depth that characterises this group of dedicated individuals. Moreover, there was a significant number of Year 10 students who performed and assisted in the Senior School Musical *Sweet Charity*.

As we are heading into the finals of House Debating in a couple of weeks, it would be remiss of me not to mention the ever-popular Debating season and Public Speaking, where once again we have been privy to the abundance of talent that characterises this group.

[Continued...](#)



## FROM THE DEAN OF YEAR 10

There have been so many co-curricular moments and successes, too many for me to mention here, but as a keen observer of the development of adolescents at this stage of their life, what is evident is the rewarding nature of these interactions. Quite often, committing to a Co-curricular activity is the catalyst for new friendships, newly found confidence and independence. So, students are indeed encouraged to join in and embrace these offerings, which also include great clubs like the Art Club, Astronomy Club, Environment Club and Writers Club. Quite often stepping outside one's comfort zone affords the individual valuable life lessons and could be lots of unexpected fun!

Finally, upon reflecting on the year so far, the generosity of spirit evident in this wonderful cohort has been reflected from the very outset. In an effort to raise awareness around the plight of women, students organised International Women's Day posters and a cake stall, with funds donated to the Fiji schools visited earlier in the year. Without a doubt, going out into the community has been one way of engaging and embracing the world outside St Catherine's School. This year students ventured to communities beyond Australia, deeply enriched and moved by their experience in Fiji. Locally, students have had the opportunity to become involved in the Friday Night School tutoring program which involves our girls assisting students from non-English speaking backgrounds with their writing and reading skills. Some beautiful friendships have blossomed and seeing the confidence of both our girls and their young students is very rewarding.

As a thread that links the above involvements and initiatives, St Catherine's Leadership Diploma serves as a connective means of individualising every student's experience of Year 10. Many of the above activities are incorporated within the Leadership Diploma and as such it serves as a wonderful affirmation and recognition of this important stage of a St Catherine's School student's journey. Commencing in Year 9 and culminating this year, students, under the supervision of their Dean and Ms Skye Stansfield, are encouraged to weave their own personal, metaphorical tapestry and in doing so, create their expression of an experience that will prepare them for the final two years of Senior School. At this stage of the year, students have shifted gear and are busily completing their Leadership Diploma, with some girls choosing to embark upon their Dark Blue. All this wonderful work however, depends on so much good will; the goodwill of the student, the good will of parents, guardians, friends and teachers. As a community, we often come together on formal occasions to celebrate achievements; it is such a privilege to witness how the community comes together on a daily basis to support our precious Year 10 students as they make their way on the trajectory of life.

I was going to end my reflection on the Year 10 group with a fancy quotation but realised that one is not needed. The only thing perhaps that I would like to finish on is the fact that I have not mentioned any specific student names in this piece deliberately. The reason being that every single girl is of value and every single girl contributes to the infinite variety of our wonderful Year 10 community.

Ms Vasiliki Spanos  
**Dean of Year 10**



Year 10 students organised a cake stall for International Women's Day with funds donated to village schools in Fiji

# BEYOND BOUNDARIES: GROWTH THROUGH ADVENTURE AND CHALLENGE



*"One in five of our young children under the age of 19 have mental health issues."*

Dr Shimi Kang

## Resilience: What is it and why is it so important?

Resilience has been conceptualised as a psychological ability that allows someone to maintain or regain mental health whilst overcoming adversity.

St Catherine's sequential Beyond Boundaries program aims to facilitate the development and enhancement of resilience, positive coping skills and adaptability in our girls. With the alarming rate of young people suffering from mental health issues and to assist our girls meet the new challenges of the 21st Century, implementation of prevention and education within our Beyond Boundaries programs is vital.

Building resilience in girls through outdoor education can assist minimising the risk and severity of adverse mental health conditions developed during adolescence and early adulthood. Resilient people are seen to have the capacity to cope with, and respond positively to, adverse life events. In order for our young people to survive these adversities they need to have connectedness, positive self-esteem and identity, which is facilitated through our programs.

Outdoor education programs are an effective method to facilitate the development and enrichment of a range of personal and interpersonal attributes such as fostering a sense of self-worth, self-sufficiency, improved physical health and fitness, engagement in teamwork, development of leadership skills, conflict resolution, and strengthening of resilience.

Outdoor education has also been shown to improve students' self-perceptions and connections to the natural world.

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

Ms Casie Chalman

**Director of Outdoor Education**



- 1 Minimalist living – strapping our lives to our backs
- 2 Challenge, planning and teamwork
- 3 Choosing your own challenge

## Fact File: Upcycle!

*Resilience building ideas for parents: Positive Youth Development research shows that a more effective approach to raising healthy, competent kids is to concentrate on building resilience.*

For ideas and tips for developing resilience in your children click [here](#) and [here](#).

# LEGACY JUNIOR PUBLIC SPEAKING AND 'A' TEAM ACTIVITIES



Isabella McDonald, Julia Thompson, Serena Sitch and Allegra Dennison

## Legacy Junior Public Speaking Award

On Wednesday 27 July four Years 7 and 8 students took part in the Legacy Junior Public Speaking Award at Kilvington Grammar. The requirements of this competition allow students to choose a topic of their own but which must relate to the ideas of voluntary service, social justice, caring, personal effort, personal sacrifice and/or mateship. Students were also required to deliver a two minute impromptu speech for which they had five minutes to prepare. Ms Gillian Hosking spent many hours with students helping them craft their prepared speeches as well as providing invaluable coaching tips on how to deal with impromptu speeches.

We congratulate Allegra Dennison on being runner up in this competition with a speech based on the ways that small steps of fundraising can help make a difference to global problems such as poverty and the environment. Allegra also participated in the Rostrum: Voice of Youth Public Speaking Competition in May and is well on her way to crafting her own personal style of public speaking for a variety of audiences and purposes.

A personal approach to the topic of caring was also taken by Isabella McDonald whose speech on aged care revealed the need to learn from other cultures and their approach to caring for the elderly in our community. Isabella personalised the issue by acknowledging the influence that her own grandparents have had on her life. Focusing on letters written by her own grandfather, Serena Sitch spoke about the topic of personal sacrifice by revealing the suffering expressed in letters by soldiers during war and the way that they also masked their feelings in order to protect loved ones back home. Social justice was the subject matter for Julia Thompson's speech as she argued for the need to change attitudes towards racism in small ways to create a more just society.

While impromptu speeches can cause great nervousness in students, they can also encourage students to see that disparate personal experiences can be connected in unusual ways – linking these in interesting ways is all part of developing students' public speaking skills.

Mrs Mary-Anne Keratiotis

**Coordinator of Debating and Public Speaking**

## Charming Token of Friendships

The student led A-Team Wellbeing Club organised a very successful friend-making activity this week. Girls were invited to make a bracelet, with all the bells and whistles. The twist was the bracelet was for a new friend, not for themselves – a very hard task when the charms were so beautiful and original. The symbol of friendship was part of every bracelet, a tree of life, which represents life-long friendship but also the weThrive:Wellbeing@St Catherine's program values.

Such special initiatives showcase how much St Catherine's girls care for one another.

Ms Gwen Hackel

**French Teacher**



## SENIOR SCHOOL SENIOR SCHOOL SPORT



### Cross County Interschools

Congratulations to all the girls who took part in the Victorian Interschool Cross Country championship at Mt Buller on the weekend. St Catherine's managed to secure both the Senior and Junior overall XC trophies and gained valuable points towards the Interschools overall championship. The Senior trophy was a particularly good result as Ivanhoe Girls have dominated the award for the last six years.

In particular, our Division One girls set the standard from the very start with a podium place in the first event of the day. Congratulations to Ella Swann, Mia Lansell, Coco Burrell and Serena Clark who have been long serving Snowsports participants and skied their final XC races for our School.

In the remaining Divisions we were present on the podium in every category ensuring an excellent overall result. Our Division Five girls were super enthusiastic and were last seen trying to convince their parents to take them to Perisher for the Nationals.

We look forward to the Alpine Interschools (August 22 –28) where our downhill skiers and boarders can finish off a great season so far.

### Results

#### Division One: third in Classic and third in Relay

Ella Swann  
Mia Lansell  
Coco Burrell

#### Division Two: third in Classic and third in Relay

Annelise Cody  
Claudia Richardson  
Celia Cody

#### Division Three, A Team: first in Classic and first in Relay

Chloe Joubert (third Individual)  
Amelia Jones  
Emily McAllister

#### Division Three, B Team: third in Relay

Ava Lansell  
Chloe Rodgers  
Isabella McDonald

Mr Tom Crebbin

**Junior School Head of Physical Education**

Coco Burrell, Ella Swann (Snowsports Captain)  
and Mia Lansell (Snowsports captain)



# SENIOR SCHOOL

## SENIOR SCHOOL SPORT

### House Snowsports

On Monday 18 July we woke to fog and wind across the mountain. With the clear skies from the weekend behind us the conditions at Mt Buller challenged all our students from Prep to Year 12.

The Junior School students braved the fog and wind and completed the Alpine and Snowboard events on Skyline. The Senior School girls were protected from the severe winds with the races held on Little Buller Spur. With many delays due to timing issues the Senior School girls showed perseverance, waiting patiently in the challenging conditions.

Thank you to the Snowsports Auxiliary for their support throughout the weekend and during the Sunday and Monday of House Snowsports.

Senior School House Snowsports Results 2016:

House	Place
Beaulieu Blair	First
Davis	Second
Holmes Kilbride	Third
Langley Templeton	Fourth

Mr Chris Jones

**Director of Sport**

### Senior Badminton

This week our Senior Badminton Team played their second match of the season against Mentone Girls Grammar at Monash University. The eight pairs each showed great displays of teamwork as they manoeuvred around the court to maintain competitive rallies. The skills honed at training were apparent in the respective games, with six of the eight teams winning their matches. We look forward to seeing the Team continue to develop their Badminton skills throughout the season.

1. Lydia He and Hanna Adam
2. Sofiya Hay and Hiu-Tung (Gloria) Leung
3. Sabine Harms and Ying You (Jenny) Wang
4. Hannah Otto and Sophie Seng Hpa
5. Sophie Sitch and Hayley Cottrell
6. Georgie Sitch and Mackenzie Leyden
7. Clare Cameron and Elysée Dubois
8. Chloe Thompson and Afra Alqemzi

Ms Skye Stansfield

**Teacher in Charge of Senior Badminton**

### Rowing Program

This past two weeks have been very exciting for St Catherine's Rowing Program.

Firstly, our Years 8 and 9 rowers commenced their Term 3 campaigns. Coaches have been extremely impressed with the attitudes of the students, as well as with their skill levels. The key to success is having fun through working hard. When the students concentrate well, work hard and support each other success then follows.

Seniors are learning very quickly and are completing work which has coaches very excited. Students are working together and enjoying their time. The preparations of the Senior group has been the best I have seen so far with students on time and straight into their warm ups. They have demonstrated great pride in their efforts on the water and are seeking feedback like professionals. A very promising start to our fresh and new campaign.

We all look forward to pressing into the second half of Term 3 and gradually increasing the challenges for our rowers and coaches.

Mr David Fraumano

**Head Coach of Rowing Program**



## SENIOR SCHOOL

# SENIOR SCHOOL SPORT

### St Catherine's Aquatic Swimmer Profile: State Team Series Two

**Name:** Stephanie Ferrali

**Age:** 16

**Squad:** National Development

What is your favourite race? *100m Freestyle*

What is your favourite training set? *5x200 Test Set*

What is your current goal? *To work on technique and set good habits. To reach a national level and keep improving each time I race.*

Why do you swim? *I swim because I love it and I love being a part of a team with like-minded athletes. Team vibes and the feeling of success and getting a PB fuels me to keep going. I love the sport, been part of my life for a very long time and I enjoy working hard and achieving good results. I swim because the sport is rewarding and makes me the person I am today.*

#### About Stephanie

Stephanie, through her love of swimming, was one of a handful of St Catherine's School girls that had connections with a swim club prior to the conception of St Catherine's Aquatic (STCA). When STCA become official, Stephanie made the move to swim under the STCA banner for the remainder of the 2015/16 season.

Being one of STCA's more Senior members, Stephanie has absorbed an unassuming leadership role amongst the younger Club girls. The focused and methodical way Stephanie trains, both in and out of the pool, is reflective of the way culture in our current program is moving. Never far from an ear-to-ear smile, Stephanie displays the visible enjoyment she gets out of chipping away in her pursuit of the goals for this season.

Stephanie qualified and raced at a State level last season and has qualified to do so again for the 2016 Victorian State Age Short Course Championships (25m pool). Qualifying in 50m, 100m and 200m Freestyle and the 100m Backstroke, Stephanie looks to keep the racing momentum of this season going throughout the weekend of State Short Course. Building on the experiences from last season, the championships meets ahead of Stephanie this season now carry a sense of familiarity, particularly in areas such as busy warm-up pools, navigating packed marshalling rooms, keeping emotions under control and nailing race plans.

With a very busy schedule, Stephanie manages her time through the week exceptionally well, allowing herself to get the best out of each area she is involved in. A talented athlete, rower and swimmer, Stephanie is a well-rounded member of STCA and gives so much back to our Club members through the positive example she sets. Having put in the hard yards over the School holiday period, Stephanie was rewarded with a huge four and a half second drop in her 200m Freestyle at her most recent race meet. These sorts of time drops do not come easily or very often and were a direct result of hard work, in and out of the pool, and racing with self-belief.

Stephanie, your work has been impressive, but what has been more satisfying is observing the ever-growing self-belief in your own ability and what you are capable of. The perception we hold of ourselves – the way we think we are – predetermines a lot in the performance arena. Think you are great and you will be exactly that.

Mr Mark Cooper

**St Catherine's Aquatic Head Coach**





## SENIOR SCHOOL MUSIC NOTES



### The Juggling Act of Rehearsals

I must admit it has been quite challenging to organise all our girls together to rehearse. However, the use of recordings on *mystcatherines* has allowed Senior students to learn their parts in their own time.

The commitment of our best musicians to fit in all of their activities continues to be astounding. We are well aware that behind every dedicated student is a potentially exhausted parent ensuring the girls are where they need to be and encouraging and supporting them every inch of the way. Thank you!

It is important that our School is recognised for its Music in the community as indeed it is for many other activities. It is also important that our students see the excellent work of other schools and continue to be inspired and know they are not alone in their musical pursuits.

### Music Camp

As you read this it is likely that our Senior School musicians will be on buses heading towards Oasis Music Camp in Mt Evelyn. I would particularly like to thank Mrs Robyn Miller our Performing Arts Administrator for the incredible job she has done in ensuring we know exactly when each student will be attending the Camp and that they have all of the associated medical forms. The students attending the Music Camp will enjoy the 'glamping' conditions available with cabins all having their own ensuite, marvellous food and a lot for the girls to do to take a break from making music. Students will also have the opportunity to complete homework, as required.

I am really looking forward to spending time with the Drama Department who are also attending the Music Camp. We will have lots of fun, but it is also a perfect opportunity to discuss ideas for both the Gala Concert and future Music and Performing Arts events.

Teachers love to share ideas to continue to make things better for our students and we continue to be inspired by the clever girls that we are fortunate to teach. We will be delighted to tell you about the Camp next week, particularly a recount of the amazing costumes the students and staff dress in for the Saturday Night celebrations. I can tell you that the theme is 'EPIC pieces of music or musicians' (Empathy, Perseverance, Integrity and Curiosity). We do feel that learning an instrument (including voice) embodies all of the School values.

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

Mrs Jenny Mathers  
**Head of Music**

### Term 3 Music Dates

#### 12–14 August

Senior School Music Camp, Oasis Camp, Monbulk

#### Wednesday 24 August

Choirs and Small Ensembles Concert

#### Tuesday 30 August

Barbreck Choral Assembly

#### 31 August – 1 September

Barbreck Recitals, 3.45pm

#### Sunday 11 September

Gala Rehearsal Day, Music Ensembles

#### 12–16 September

School Arts Festival

#### Tuesday 13 September

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

## COMMUNITY NEWS

# SCOGA NETWORKING EVENT & GIRLS TALK PARENT SEMINAR

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

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

### Women in Banking and Financial Services: Networking Event

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

Date: Wednesday 17 August 2016

Time: 6.30pm – 9.30pm

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

Student tickets: \$30 per person

Professional tickets: \$40 per person

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

#### Speakers

Fiona Rowland ('88) – Non-Executive Director

Katrina Blair (Middleton '90) – Vice President Reporting, Marketing and Minerals Australia, BHP Billiton

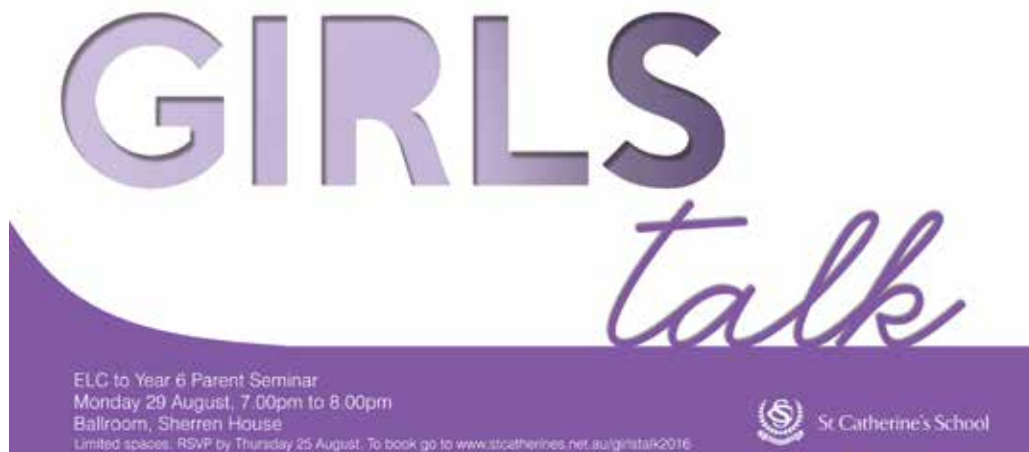
Penny Colliccoat ('95) – Principal, Edge Financial Planning

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**



### Girls Talk Parent Seminar – ELC to Year 6

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

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

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

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

Ms Merran O'Connor

**Director of Student Wellbeing**



## PFA FATHER'S DAY BREAKFAST AND BARBRECK STALL



### Father's Day Breakfast

The Parents' and Friends' Association (PFA) warmly invites fathers, grandfathers, special male relatives and daughters to the Father's Day Breakfast.

Friday 2 September 2016

7.00am – 8.00am

The Mary Davis Centre

Serving homemade savory tarts, croissants, Bircher muesli, fruit salad pots, yoghurt pots, coffee, tea and juice.

Adults \$15

Students \$10

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

### PFA Father's Day Stall

This year's PFA Father's Day Stall will be held on Friday 2 September in the Junior School. Girls will have the opportunity to buy lovely gifts for their dads/special friends/grandfathers, with prices ranging from \$2 to \$20.

The Stall will be open to all girls from Prep to Year 6 (there will be no Senior School Stall this year). Please send your daughter(s) to School with some money and a shopping bag on this day.

Parents and Friends Association

### Confirmation Service St John's Anglican Church

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

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

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

St John's Anglican Church, Toorak

