

EDUCATION WEEK 2023

active learners: **move make motivate**



She Who Dares, Leads

At St Catherine's School in Toorak the daily routine of the Boarding House is instrumental in supporting the independence and academic success of its boarders.

Year 10 boarding student, Harper Anderson says the daily program has improved her independence and organisation skills significantly. "The daily program provides me with an independent life. I manage my studies within the allocated study time, I do all my own washing, keep track of my personal belongings, and manage my own time and money, all of which helps me develop skills for life after school."

Head of Boarding Services, Mrs Sue Collister explains the daily program in Illawarra, the school's heritage listed Boarding House, provides the routine and familiarity essential for academic success and wellbeing.

"Our daily program allows for allocated study times and appropriate bedtimes, ensuring our boarders are in a great position to make the most of their education," shares Collister.

"Overseeing the daily program are our boarding staff, who along with being chosen for their caring approach and warm personalities, also possess a collective wisdom across a diverse range of qualifications ensuring a breadth of academic support is available to assist all our boarders."

The family atmosphere within Illawarra is also fostered through the daily program with boarders enjoying time together during mealtimes and providing academic support to each other during allocated daily study time.

"When our girls return to the Boarding House after school, Year levels are forgotten and everyone is part of our boarding family," explains Collister.

SHE WHO DARES, ACHIEVES

Along with the independence provided through its boarding program, St Catherine's has also adapted its educational model to hand greater responsibility to students for their learning, which has seen the School ranked the number one performing girls school in Victoria, two years in a row and, this year, ranked a commendable #2 in the State overall.

The School has established several new academic and wellbeing programs in recognition of the importance of student wellbeing for academic success. Director for Teaching and Learning, Mrs Ceri Lloyd says, "throughout the COVID pandemic in 2020 we knew the future of teaching and learning would never be the same, particularly in the senior years of school and moving into tertiary study, where student agency in their learning directly equates to academic success."

The result was the Senior Years Learning Model for Years 10 to 12, which empowers students in their learning through a hybrid learning model involving face to face classes as well as the online delivery of Masterclass lectures and tutorials.

"Through providing each student the opportunity to navigate their learning at a pace and medium that best suits their individual needs, we created a culture of thinking and community of learners motivated, enthused and passionate about their education," Lloyd explains.

Along with the Senior Years Learning Model, St Catherine's has also established a Teaching and Learning Framework that integrates the school's wellbeing program within its academic programs. "Students learn best when their wellbeing is optimised," says Lloyd.

"A key academic priority for St Catherine's is to teach for knowledge and ensure every student is provided with the strongest foundation possible to reach her unique aspirations in learning and life. Our Thinking Classroom approach builds the competencies of our students to successfully contribute to the world around them as intellectually and emotionally agile young women, fully prepared to navigate their futures."

2021 graduate and boarder, Gabrielle Fellows ('21) says the culture of learning at the school, along with the academic care shown by her teachers helped her reach her goal of studying a double degree in Business/Marketing at Monash University.

"St Catherine's encouraged me to strive for academic excellence and provided me with so many opportunities to develop my leadership skills. My teachers provided me with constant support and their willingness to invest so much of their time and energy into my education cannot be understated, I am incredibly grateful for this," shares Gabrielle.

SHE WHO DARES, THRIVES

Along with the School's outstanding academic reputation it boasts an impressive record of accomplishment in sport, including the fastest schoolgirls eight rowing crew in the world, after its Senior VIII Crew won the Prince Philip Challenge Trophy at the Henley Royal Regatta, the Head of the Schoolgirls (HOSG) Rowing Regatta and Rowing Australia's National Championships in 2022.

"Schools have a unique opportunity, not just to deliver physical education and school sport well, but to also create a culture in which being active is the norm," explains Michelle Carroll, Principal.

"We know if girls are physically active, they will be healthier, happier, have higher self-esteem and body confidence. At St



St Catherine's School Principal, Michelle Carroll with students



Senior Rowing Crew Henley Royal Regatta Champions



Harper Anderson, Year 10 St Catherine's boarding student

Catherine's, we aim to 'change the game' for our girls by lifting the sporting landscape, enabling a positive experience, and engaging all our girls in sport."

Member of the Senior Rowing Crew and Henley Champion, Year 12 2022 graduate Sarah Marriott, credits her teachers as being incredibly influential in her sports participation, "I would not have been able to stay motivated without the help of St Catherine's Sports staff. They motivated me to manage my time to exercise and work hard in my academic studies."

Having worked in girls' education for 30 years, Carroll says she has seen firsthand that not all girls enthusiastically get involved in sport, "for a range of reasons, we know that girls drop out of sport."

"Tapping into the sporting enthusiasm of adolescent girls can be tricky. It requires offering a range of sports, a range of clothing, a balance between highly competitive activities and just playing for fun, and importantly, facilities they feel comfortable



Deputy Principal Teaching and Learning Ceri Lloyd

in. Our aim, as a school, is to ensure all our girls graduate with a pursuit of an active adult life," Carroll says.

This year, St Catherine's will further enhance its Sports Program with the development of a contemporary indoor sports court, a dedicated High-Performance Training Studio, and St Catherine's Sports Development Academy. A platform for aspiring female athletes to further develop their sporting abilities through individualised sport specific training programs and a suite of athlete education services.

The school's diversity of choice within its academic and co-curricular programs are also reflected in its broad range of scholarship opportunities for rural and regional students. Applications for 2025 Boarding Scholarships open in October 2023.

To learn more or organise a Principal's Tour please contact admissions@stcatherines.net.au, visit www.stcatherines.net.au or call (03) 9828 3917.