

Cor Unum

Summer 2019



"Cor unum et anima una in corde Jesu"

One heart and one mind in the heart of Jesus







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Disclaimer

The Cor Unum publication highlights the stories of our current and past students Material in this Publication is gathered from a range of sources and does not necessarily reflect the policies and opinions of Stuartholme School.



Message from The Acting Principal

This year our focus goal has been "to educate to a social awareness that impels to action". This goal asks us to lead our community to critically analyse and reflect, to find opportunities for direct service and advocacy and to instil a lifelong commitment to others. We are asked to be active, informed, and responsible global citizens, to have respect for creation and to be stewards of our resources.

What better way to reflect on 2019 than to consider our focus goal and how we have harnessed Stuartholme's energies and resources to grow and make change? This has required us, as a community, to not only rise to the challenges and changes but to work together to connect, to grow stronger, to show compassion and 'be the best we can be'.

One key area this is evident is in our learning environments. Stuartholme is committed to research-based evidence and working with experts who can develop teacher understandings and skills to ensure our girls are educated to be critical thinkers, active learners and informed citizens. We want them to leave Stuartholme empowered to be curious, to problem-solve, to be self-sustainable, to advocate. This year we welcomed Dr Ron Ritchhart, from Harvard Graduate School of Education, to help us build cultures of thinking that actively engage students and foster the kinds of thinking opportunities that lead to deep, rather than passive, understanding.

In 2019 we also harnessed our resources to facilitate greater enrichment and extension, implementing the Director of Enrichment role dedicated to challenging students academically, both within and outside of the classroom. In addition to our successes in academic competitions, our girls have attended the World Science Festival, competed in robotics and digital technologies competitions, experimented with electronic prototyping platforms, engaged in STEM workshops and proven themselves as future problem solvers.

In implementing initiatives to enhance our girls' learning, we are building upon Stuartholme's 100-year history of educating girls to be flexible, creative learners who pursue knowledge and opportunities but then use their gifts for the betterment of others. We are proud of Stuartholme's tradition of fostering academic strength and success. But our point of difference has and always will be that academic achievement will never be at the detriment of a girl's wellbeing. We know that lifelong success goes well beyond grades and we know that success means something different to every girl. It is important that we continue to prioritise the holistic development of our girls so that they continue to be well-rounded, confident, curious, strong individuals.

Foundational to our academic success is our Wise Wellness program, which encourages an ongoing commitment, not only to ourselves and our own wellbeing, but to those around us. The program provides understandings which support girls as informed, caring individuals who have the strategies to exercise self-care and advocate for their own and others' needs. A great deal of work has been done in extending this program into Year 11 and this will continue through into Year 12 next year.

We also know that holistic development and wellbeing come through engagement. At a time when many schools are reducing or limiting their camp programs, Stuartholme continues to provide our students in Years 7 to 10 with an experiential, adventure-based, ecologically sensitive camp experience that provides challenge, real world connections and team support, all of which facilitate personal growth.

Our girls also continue to challenge national participation trends related to co-curricular involvement. The diversity and quality of Stuartholme's sporting, creative arts and enrichment programs have led to an increase in student participation, with rates now at over 92%. Our focus goal asks us to connect, to commit, to lead, to serve and engagement in co-curricular certainly builds these capabilities. Additionally, the skills of teamwork, collaboration and overcoming adversity provide lifelong benefits for our girls but as a community, we gain so much in terms of identity, inclusion, service and belonging, all of which align with this year's goal.

Importantly, the ability to implement our focus goal relies heavily on the development of relationships. This year's slogan, "Sisters Support Sisters of the Sacred Heart" captures it well. At Stuartholme, we understand that we must connect with others and foster right relationships so that the worth of every individual is acknowledged, valued and considered. This is essential not only when we tackle social justice issues at large, but in our everyday interactions with each other. If we can achieve this in our own community here at Stuartholme, we will be able to transform the world and change it for the better.

In 2019 we have seen our girls continue to spread compassion. Locally, they have supported students at the Yeronga Homework



...to work together to connect, to grow stronger, to show compassion and 'be the best we can be'.

Club, they have impacted children by working with Dan-de-Lion and at Sony Camp and they have supported their Stuartholme sisters through their everyday interactions. The quest to be agents of change saw a number of our girls travel to far north Queensland to participate in the Red Earth Immersion and others will soon leave on the antipodeans tour to India. Our civic advocacy, social enterprise and volunteering work all reflect a strong desire for justice as well as a respect for and commitment to people, to creation and to our local and global resources.

We are also very blessed to have a parent body who shares a philosophy of giving and we have seen this so strongly throughout 2019. Our parents have generously joined us in our social justice endeavours and supported our choice of charities. We have seen them fundraise through events such as the Mother's Day Luncheon, facilitate opportunities for our dads to connect and engage, donate and sell uniforms, cook for our staff and students and make meaningful gestures such as the provision of care and concern packs. We are very grateful to our parents for the compassion and love they have so freely given this year.

Our Board also give generously of their time and expertise to provide governance and wise counsel. They are wholeheartedly committed to honouring Stuartholme's proud tradition of educating and empowering women and are dedicated to ensuring the school's strategic directions and priorities continue to allow girls to be the best they can be.

Stuartholme also has a wonderful Alumnae who reflect a lifelong commitment to their School. They support current students through bursaries and give of their time to present at functions including our parent/daughter breakfasts, careers days and year level assemblies. They continue to serve and engage in our community and they keep the bonds of Stuartholme close to their hearts.

Importantly, we must acknowledge those who step into our beautiful school grounds each and every day: our wonderful staff and students. Their everyday actions show caring, connection and compassion as well as energy, resilience and kindness as we have implemented and navigated many initiatives.

It is the gifts and contributions of our Stuartholme community that have allowed us to live out our focus goal in 2019. By working together, we have strengthened our knowledge, built our understanding of Sacred Heart values and relished the opportunities to create meaningful connections.

Deanne JohnstonActing Principal





Enrichment at Stuartholme

A key feature of a Stuartholme education is that it aims to develop the potential of each student by providing a pathway that supports their gifts and talents. This year, the school created a standalone Enrichment Department with the goal of ensuring every student has a rich learning experience.

Mr Michael Elliott was appointed to the role of Director of Enrichment and his role oversees the practices for identifying and working with high potential students.

"The Enrichment Program at Stuartholme is about providing opportunities for students who need an extra challenge to stay engaged and interested in their learning, and we do that through a number of ways, including external opportunities," Michael explained.

These opportunities have included attending day-long STEM workshops, Gifted Network's Day of Excellence and participation in a range of academic competitions.

"A team of Year 7 and 8 students competed in the World Scholar Cup, which is a global academic competition involving debating, quizzes and writing."

Stuartholme also had teams of Year 7 students participate in Griffith University's STEM Cup and girls from Years 8 and 9 enter the Aurecon Bridge Building Competition, which Stuartholme hosted in September.

HAPS Program

Earlier this year, Stuartholme officially launched the High Academic Potential Student (HAPS) Program. Whilst Stuartholme offers a rich educational environment with wide-ranging co-curricular activities, the focus of the HAPS program will be tailoring the day-to day curriculum experienced by the girls to ensure Stuartholme's highest academic achievers are challenged and extended.

"There is a widely-held belief that children with high academic potential will make their way no matter the educational environment," explained Michael Elliott, Director of Enrichment. "However, that isn't the case. A one-size-fits-all model of schooling under-serves all students. A significant body of research also suggests that academically gifted girls, in particular, need to be catered for if their potential is to be fully realised."

Michael uses a range of data including PAT tests scores, NAPLAN results and in-school academic achievement to identify students in Years 7, 8 and 9 whose academic ability would place them in the top 10% of their age group nationally. These girls have an individual learning plan developed for them that will set out how the core curriculum will be modified to ensure they continue to be challenged and extended.

Strategies that will be considered as part of each girl's individual learning plan include:

- acceleration
- alternative assessment
- individual project based learning
- small group withdrawal

The program reflects Stuartholme's individualised approach to teaching and learning and its call for each girl "To be the best she can be".

"There are huge benefits to students who participate in these competitions from increased self-confidence and team work, right through to an increased motivation to learn," Michael said.

One of the highlights of the year was the Stuartholme Future Problem Solving team qualifying for the 2019 International Future Problem Solving Conference in the United States.

"Our team qualified at the 2018 Australian Championships in Melbourne and flew to New York and then onto the University of Massachusetts in the June/July holidays.

"The team placed an impressive 20th out of the 69 teams in the Global Issue Problem Solving competition, based on the topic De-Extinction, and 6th place in the Action Plan presentation."

Stuartholme offers a wide range of enrichment activities that all students can access. These include competitions, special programs, and out-of-school learning opportunities. For high potential students these present opportunities to strive for personal excellence and to interact with other high achieving students. Co-curricular enrichment activities suitable for high potential students include:

- Queensland Debating Competition
- Future Problem Solving
- QHTA History Writing Competition and Simpson prize
- STEM Horizons (Griffith University)
- STEM Cup (Griffith University)
- ATOM 1-minute film competitions
- Planning Institute of Australia Awards for Planning Excellence
- ICAS Competitions
- International Mathematics Modelling
- QUT STEM Internships
- QUT STEM Workshops
- Literary competitions such as the Dorothea Mackellar Poetry Competition
- Art Prizes such as the Young Archies





Throughout 2019 Stuartholme students have taken part in a vast number of enrichment activities and competed at both a national and international level. Here is a snap shot of some events.







Future Problem Solving

Future Problem Solving, an international competition for gifted students, aims to foster creative, critical, and futuristic thinking skills in students with the ultimate goal of developing innovative solutions to issues and challenges that the world is likely to face in the future. Stuartholme teams from Years 8, 9 and 10 participated in the Global Issues Future Problem Solving Program which investigated topics including Moon, Mars and Beyond; Drones; Food Loss and Waste; and Coping with Stress.

After qualifying in 2018 at the Australian Championships in Melbourne, Our Year 10 team represented Australia at the International Future Problem Solving Conference in the USA. From New York, the team travelled to the University of Massachusetts, Amherst, which was the venue of the International Conference. The team placed an impressive 20th out of 69 teams, in the Global Issue Problem Solving competition, based on the topic De-Extinction, and 6th place in the Action Plan presentation.

QUT Cube

Twenty-five Year 8 students attended a day-long workshop at QUT including working with a simulation of the Great Barrier Reef at QUT's Cube.

QUT Robotics Workshop

Students had the opportunity to use the engineering principles of mechatronics to construct a robot arm at QUT's bionic arm workshop.

Aurecon Bridge Building Competition

Stuartholme entered two teams in the annual Aurecon Bridge Building Competition. Students can unlock their STEM potential by designing and constructing a model bridge using Aurecon's construction guidelines. Stuartholme was pleased to host the event this year, which saw schools from all over South-East Queensland attend to have their bridges load tested and judged on visual appeal, workmanship, creativity and functionality.





History prizes

Every year the Queensland History Teachers' Association conducts its Historical Writing Competition to acknowledge and reward the excellence of the work completed by History students from Years 7-12.



The competition invites students from Queensland and Northern Territory Schools to submit an essay or written response of some other appropriate genre, or for Years 11 and our students, a multi-modal response. This year, the hypothesis or question to which the piece of writing intended to respond to, needed to address an issue concerned with causes, consequences or change of continuity in human affairs in an identified time period.

Ben Hegerty, Leader of Learning Humanities and Social Science is thrilled Stuartholme had so many prize winners, with 10 students from Years 8 to 12 taking out a prize and three major award winners.

We congratulate Milly Starky, Year 12 on receiving the R D Milns Award, Aurelia Byrne, Year 10 for the Human Rights Topic (Years 7-10) prize and Melanie Ashely, Year 11 for the Multi-modal/ISI award.



Stuartholme welcomed Queensland History Teachers' Association Executive, Jo-Anne Cameron to the school on Friday 25 October where students were presented with their certificates. Congratulations to the following students:

Milly Starky	Second Prize Year 12 Ancient History		
Annabel Atterton	Highly Commended Year 12 Ancient History		
Alice Cook First Prize Year 11 Ancient History			
Neave Duff	Second Prize Year 11 Ancient History essay		
Ava Hookway	Third Prize Year 11 Ancient History essay		
Ava Hookway	Third Prize Year 11 Modern History essay		
Jayde McCarthy	First Prize Year 10 History		
Laura Stanley	Second Prize Year 10 History		
Aurelia Byrne	Third Prize Year 10 History		
Alex O'Brien	First Prize Year 8 History		

On Monday 4 November Stuartholme teachers, Jennie Warrick, Deb Gaggin and Ben Hegerty attended the National History Challenge awards evening at the United Services Club where in addition to Milly, Aurelia and Melanie receiving their special category prizes, another student from Year 8, Kate McGann, received an award for best Year 8 essay in Qld for the National History Challenge competition.

Celebrating 100 years. Celebrating our community.

In celebrating 100 years as a school, we take pride in the remarkable successes of the Stuartholme School community.

Our community is diverse and starts with our students, Alumnae, current and past staff, current and past parents and friends of Stuartholme who are integral and ensure the spirit and values of Madeline Sophie Barat are ever present. We are a global community that extends far beyond the school gates.

It is fitting our theme and Sacred Heart focus goal for 2020 is: Building community as a Christian value.

Opening with only five students, today Stuartholme is home to 700 students, from Years 7 to 12 and home to 140 boarders from rural and regional Australia, Papua New Guinea and China.

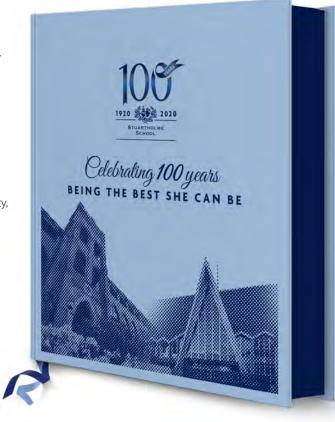
We encourage our community to reflect on your connection with Stuartholme and share your stories with us. We thank our community, together you make Stuartholme what it is today.

Please join us at one of the many events in 2020 to celebrate our Centenary.

Take home your own part of Stuartholme's 100-year history by purchasing our 'Celebrating 100 years' book. This beautiful limited edition hardcover book follows the history of Stuartholme from humble beginnings, through to the school we know and love today.

Pre-order sales are now being taken at an early bird price of \$69.95 (plus postage if needed) until 31 December 2019.

Sale price next year is \$89.95 (plus postage if needed) from 1 January 2020. Orders will be shipped in May 2020. Details via the website.





ANZ-Sacred Heart Education Conference 2019



Stuartholme had the pleasure of hosting the annual Sacred Heart Schools Conference from Friday 26 to Sunday 28 July. The school welcomed over 40 staff from our region to deepen our understanding of how each school lives out the Sacred Heart ethos.

Staff from Baradene College, Auckland; Sacré Coeur, Melbourne; Kincoppal-Rose Bay, Sydney and Stuartholme joined to share best practice and build collegiality.

The theme for the conference was 'Competencies of Compassion'. Our guest speakers included Sr Maureen Glavin, rscJ and Dr Stephen Brown. Sr Glavin rscJ was the Head of School at the Academy of the Sacred Heart. The Academy was founded in 1818, when St. Rose Philippine Duchesne opened the doors of the log cabin school which was situated on the current Academy property. Dr Stephen Brown is a past member of our Stuartholme Board and is a Director of a global professional services company; advisor to business and governments (nationally and internationally) on education; consultant and international expert on school leadership.

Staff from Stuartholme and our sister schools also delivered workshops on current programs and initiatives in their school.

Deb Lonsdale-Walker, Dean of Student Wellbeing and Nicole Bradford, Leader of Student Wellbeing – Year 9 presented on the

topic of Leading with Heart. This program was developed to introduce a new level of student leadership in the middle years.

Lucy Harkin, Leader of Learning-The Arts and Claire Lawler, Social Justice Coordinator delivered a thought-provoking session on Cultivating Compassion. The workshop detailed and examined examples of how Stuartholme works to cultivate compassion both inside and outside of the classroom.

On the last day, Jarod Costantini, Director of Staff Development; Andrew Marshall, Science Teacher; and Kyra Theodorou, Mathematics Teacher presented on Cultures of Thinking. Based on the research from Dr Ron Ritchhart, this session looked at ways to help students make their learning more visible.

As the conference closed on the first night, participants were invited to an African-themed dinner, catered by refugees from Africa, and a concert.

Stuartholme looks forward to attending the Sacred Heart Conference at our sister school, Kincoppal-Rose Bay in Sydney next year.

Feedback and feed-forward

The Five Goals of Sacred Heart Education are the cornerstone of all we do at Stuartholme and in all the Sacred Heart Schools around the world.

Shannon Lacey

Goal Two, A deep respect for intellectual values, encompasses more than academic excellence. It encourages us as educators to develop a curriculum that is challenging and prepares our students for life beyond school. It promotes higher-order critical thinking and decision-making through analysis, synthesis and reflection. Importantly, it also promotes collaboration, understanding others' points of view, and creative, independent and flexible thinking. Finally, it is essential to acknowledge that respecting intellectual values also means celebrating and nurturing diversity – our students come to us with many gifts and learning styles and we keep this understanding at the heart of our planning and teaching.

It encourages us as educators to develop a curriculum that is challenging and prepares our students for life beyond school.

Promotion of critical, higher-order, reflective and creative thinking goes beyond the role of the teacher. When students are supported through opportunities to use these skills they develop capabilities that allow them to become active participants in their learning, allowing for more meaningful goal setting and higher levels of autonomy. One of the ways this can be integrated into a learning program is through the assessment feedback and feed-forward cycle. Educational researcher, John Hattie, states that with

"effective feedback... students become knowledgeable consumers of teachers' input and learn to monitor their progress." (2018, p.48)

Across all year levels, students are being given opportunities to work in partnership with their teachers to improve their performance. This is particularly relevant given the new QCE and the emphasis on ensuring authentic, unique student responses. Hattie's research and our Goal Two combine in a powerful way: when students understand they can't change the past but they are active participants in their future, they can reflect on feedback with the understanding that errors are opportunities to learn. They can also action feed-forward comments through working with peers, parents and teachers to talk about their learning and set goals for improvement. Feed-forward comments are a powerful tool – they give opportunities for students to recognise gaps in learning and identify strategies for how to close the gaps by considering the questions, "Where am I in my learning now?", "Where do I need to be?" and "How can I get there?". It is not a passive process and challenges students to move towards independence with guidance and support. Stuartholme teachers see this journey as a collaborative effort, engaging in partnership with students, parents and carers to ensure that each student achieves their goals and experiences success.

Shannon Lacey

Director of Studies

Reference:

Frey, N., Fisher, D., & Hattie, J. (2018, February). Developing "Assessment Capable" Learners. Educational Leadership, pp. 46 - 61.



A social awareness that impels to action

'To educate to a social awareness that impels to action' is Stuartholme's Focus Goal for 2019, so it is fitting that this year saw the Social Justice Program take on a more formal structure, starting with a First Chapter Meeting in March.

Forty interested staff and students shared an opportunity to voice what was important to them and where they can see themselves making a difference. As a result of this contemplation the group devised three social justice themes for 2019.

- 1. Environmental sustainability. Nearly all members of the First General Chapter voiced that more can be done for the environment. A resonating message amongst the group was that even small changes can make a big impact, not just within the Stuartholme community but beyond. Further discussions also revealed that environmental sustainability doesn't necessary look the same everywhere. Therefore, we as a community need to understand how environmental sustainability looks for those in metropolitan areas, compared to rural and regional areas, and importantly what we can learn from each other.
- 2. Refugees. Certain words kept appearing during the First General Chapter. Equality, Islamaphobia, fairness and respect. When the essential meaning of these phrases and their motivation were combined, members agreed on a shared passion for assisting refugees, educating the community in the value they hold and the respect they deserve.
- 3. Disability. Members of the First General Chapter were adamant that everyone deserves equal access to health care, education and opportunity. It was agreed that Stuartholme wanted to be actively involved within disability communities to further understand the challenges they face. By focussing on disability we have the opportunity to reframe our thinking and language around it. This allows us to challenge our traditional understanding of ability and makes us appreciate every individual.

In Term 3 students had the opportunity to learn about other cultures and refugees, with the social justice program offering a henna workshop for Years 7 – 9 students on Wednesday 18 September. Henna is a natural plant based dye that is used to create intricate



In addition to the three social justice goals, the group also promoted organisations that focus on profit for purpose...





temporary designs on parts of the body. Each of the designs tell a story and that is what Ethni, the organisation who ran the workshops created for the students. Ethni is a social enterprise celebrating cultural diversity through fun and creative experiences for young people. They do this by training and employing young women from culturally diverse backgrounds as Facilitators, providing them a platform to share their stories and culture with the community, while also gaining crucial mentoring and work experience in Australia. Through the workshop our Facilitators, who arrived in Australia as a refugee and/or asylum seeker, taught students how to make the henna from scratch, helped design the henna pattern and also shared their stories of their journey to Australia.

In addition to the three social justice goals, the group also promoted organisations that focus on how we can positively contribute to advocacy, and importantly, how do we work with those who are marginalised and not speak for them. On Tuesday 22 October, JPIC presented the Civic Advocacy Forum. This student led initiative focused on young people learning that civic advocacy isn't necessarily a one off event, but can also create significant change caused by our day to day actions. The session featured a panel of civic advocates who have a special interest in the topics of refuges, environmental sustainability and diffability. Following the panel were workshops which provided hands on learning activities, reinforcing the understanding that although young people deserve to be heard, first we must learn how to make people listen through positive and proactive techniques. This included how to reach out and communicate with relevant political members about issues of concern, how to keep yourself safe and legal when advocating and how to introduce advocacy into your everyday life.

Staff and students are now looking to 2020 and are excited about addressing more social justice issues.





Boarders on holidays

For all of our boarders, the one thing they want to do in the school holidays is to go home and see their families, which in many cases includes their beloved pets. Over the June/July holidays, our boarders used their break to see their new 'family' members, help work on the property and join in other work in their community.

Here is a snap shot of what the holidays looked like for a few of our boarders.

When holidays come it is so exciting. There is nothing like coming home. As soon as I get home I race around and hug all my animals. When I see my dogs, I run up to them, gritting my teeth because I am so excited to see them. As I get to them, they start jumping all over me, they go crazy. When I see my dogs, I know they can relate because they haven't seen me in so long. Once I am settled back into my home, I have a warm feeling inside because I know that I have some time with my family. The feeling I have cannot be explained, all I know is that it is so amazing.

Brooke Tait, Year 7





Leilani

There are not normally many things to do in Cooktown over the holidays, unless you include going to the markets every Saturday to see friends or family, fishing on the wharf or watching little kids play in the new water park. However, my siblings and I had the chance to do part-time work alongside the rest of our family with the Yuku Baja Muliku Indigenous Land & Sea Ranger Program, mostly helping clean up the Rangers Base and Junior Ranger Base. In addition, we helped with putting up tents for our camps. We helped with two camps, one being the Yuku Baja Muliku junior ranger camp where we helped the older rangers with the smaller kids, especially during dinner and with running activities. The other being the Yuku Baja Muliku Cultural Camp at Archer Point, where we still helped with dinner, but also had a chance to participate in learning about our country. After all the work we had done with the camps, we did our CPR and First Aid Training and modelled sarongs and scarves, with other family members, for my family's gallery, Kuku Bulkaway Indigenous Arts in Cooktown.

Leilani Hale, Year 10



Mia

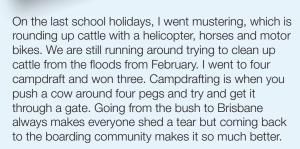


I love going home on the holidays because I get to see my animals and family. When I go home, I like to ride my motorbike and help out wherever I can. Usually when I get home there is always work to do, mostly cattle work. Sometimes the holidays aren't really a holiday but it's fun when you love doing it.

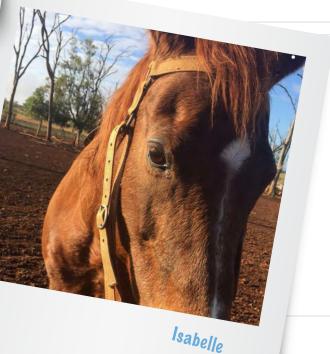
The best part of the holidays is when I just get home and see all my animals, especially my dogs who are waiting on the lawn. Going home is the best feeling ever. Although I can talk to my family over the phone it isn't the same as being at home and in the environment I am used to.

When I came to Stuartholme in Year 7 it was very different, and it was a challenge to get used to life in the city. It's hard when you are so used to being very free and just going for a drive when you feel like it. It's pretty dry at home but it's still home and it keeps me busy.

Charlotte Gibson, Year 9



Mia McMillan, Year 7



My holidays are really special to me because I get to go home and see my family. For me, home is 12 hours away from Brisbane, near a town called Clermont, and all up my family owns 100,000 acres. What I did last holidays was exciting because I was the first out of my three older sisters to do it. I got to brake in a horse, which is where you train a wild horse to become obedient. This is a long process, from getting knocked to the ground, bitten at or getting bucked off; but what made it so memorable for me was working with my Dad. The horse is named Tonto and is now a very lovely horse. I spent half of my holidays on one of our properties near Charters Towers. We were mustering and processing wieners and sent a few cows to the meat works. Towards the end of my holidays we were just reaching the start of harvesting season which is a busy time of year. Too bad I'm not there to help. To some people the holidays are a break to have time to relax, but for me, the holidays are just when I get started.

Isabelle Cook, Year 8

Fire from Heaven

If you happen to visit the cemetery at the edge of the oval you will notice a large sandstone cross in the newer section. This cross, which once crowned the eastern side of the Renard building, has been struck by lightning twice in its history. The first time was in January 1932.

On the 12th there was a terrific storm at night accompanied by dangerous lightning. The stone cross on the Sanctuary end of the house was struck and a large piece broke out of the base, a crack was also made in the stonework of the gable behind the cross. Mr Cunningham was sent for and advised repairs. The spotlight transformer was also struck and the small covering over the telephone box and the switch in the coal house. (extract from School Journal)

A new cross was made at Petries and installed on the 18th March. The flashing at the back of the gable was repaired, the loose tiles replaced etc. and then the front cross which had twisted around during the last year was straightened.

The second time that cross was struck it came crashing down onto the veranda and nearly missed one of the Sisters who had just stepped inside to close some windows. It was after this second strike in the 1980s that the cross was laid to rest in the cemetery. The sandstone crosses high up on other parts of the building are still in place.

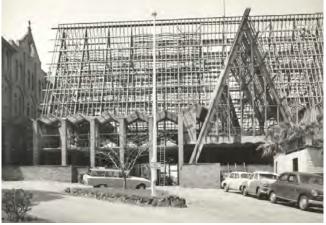
According to a story in the local paper of 1897, it was fire from heaven that burnt down the original house that stood on the property.

On Good Friday morning, between 4 and 5 o'clock, Stuartholme, a house on the range behind Toowong, was burned down. A servant of mine who had been absent on a short holiday, returned to our house on Saturday, and being told of the fire of the preceding day at once stated, with apparent confidence, that she knew the cause. Her story was that a German named Nassaman, working on a punt at the Victoria Bridge, told her and her brother on Friday evening that he and his mates had seen a curious thing that morning between 4 and 5 o'clock, when a "star with a fiery tail" struck a house at Toowong and in half-an-hour it was burned down. This story was naturally received with incredulity at the time by Nassaman's auditors, and some fun was made of his star. This intelligence did not, I confess, make much impression on me, though I told the story as I had received it to Mr Trundle and others.

Today however, I was much impressed by a curious confirmation of this story. Meeting Mr George Armstrong, of Milton, he told me that two of his boys saw the fire, which they declare was caused by a "comet" which travelled across the sky and struck the roof of Stuartholme. Mr Armstrong tells me that the baker delivered the hot-cross buns at his house between 3 and 4 o'clock when the boys got up, and intending to go bird-trapping as soon as the day broke, they did not turn in again, and witnessed the apparition which they designated "a comet". R. Newton Queenslander 8th May 1897

Our position on a hill means that lightning strikes have always had to be taken into consideration. In 1924 the wires that connect the pump at the bore were probably struck by lightning during a bad storm – for several days we were in consequence in semi darkness and had to get the train company's workmen as well as Mr Bell to repair the damage. The concerns were ongoing as in 1931 the electrician said that during a storm there is no advantage in turning





off the meter as this does not attract the lightning and we already have conductors – outside the windows of the community bell rope landing. In February 1935 a storm caused damage to the western gable dislodging a brick and loosening the large cement stones.

At the time when plans for the Chapel were being drawn up the students were told of the plans and the adaptations that were made to fit a difficult site. For example, without the beautiful window, the building would have had to be buttressed to the height of four floors. The flèche on the Chapel roof was there as lightning protection and was connected to copper straps buried in the earth. The copper straps came back to my attention many years later when I was on the Building and Property Committee of the School Council and found that they had been replaced by more modern equipment when the road was built below the Chapel. The School Council had hired a mathematician from the University to calculate what was necessary to extend a mantle of protection over the whole building.

Today I think our main concern is the computers and other electronic equipment that keep us functioning from day to day. The electronic heart of the school occupies a small room once designated "the egg room" - but that is a story for another day. It bristles with surge protectors and other devices to protect us during electrical storms.

Sr Rita Carroll rscJ

The best she can be, now and in her future

It has been a pleasure to step in to the role of Careers Counsellor at Stuartholme School this year. It's my aim that all of our students engage in career development and career-related learning during their time with us. This is achieved through whole-of-school activities and events, a tailored, forward-looking Careers Program for Years 10, 11 and 12, specific opportunities for different industry areas, and individual career counselling sessions for all students.

The goals I set for all students, and which underpin our Careers Program, are: to develop understanding of context; to develop understanding of self; to take opportunities to explore possible careers; and to build employability skills and knowledge.



GOAL 1:

To develop understanding of context

Students develop a thorough understanding of the context of work and learn to use labour market information to better understand opportunities, trends, disruption, skills shortages and growth/decline of different industries.

GOAL 2:

To develop understanding of self

Students develop a better understanding of themselves, including their skills, knowledge, abilities, future work preferences and future career interests, assisted by aptitude testing and career profiling assessments.

GOAL 3:

To take opportunities to explore careers

Students explore careers of interest via a range of different experiences. Opportunities offered include work experience, work tours, discussions with employees/employers, workshops on campus, and access to online resources.

GOAL 4:

To build employability skills and knowledge

Our students build their employability by learning skills in seeking, applying for, and creating work, including skills in job application writing, job interviews, networking, entrepreneurship, and personal branding.

While striving to meet these goals, our Careers Program has also been developed to meet the UK Gatsby Benchmarks, the gold standard in good career guidance. We offer students a stable, structured Careers Program that addresses the needs of all, with opportunities to learn from labour market information, meet with employers and employees, experience workplaces, and explore higher education. Classroom learning is linked to careers, where possible, and students also have access to personal career counselling sessions no matter their year level. I believe that setting this high standard of career development service sets Stuartholme apart and develops our students to be the best they can be, now and in the future.

We have had some great career development successes this year. Highlights included: Celebrating National Careers Week for the first time; welcoming alumnae back to the school to share their career journeys, insights and advice with our current students; partnering with UQ and ACU to offer students on-campus opportunities to learn more about different study areas;

a highly successful 2019 Careers Expo; and taking students offsite to the events like the Wesley Healthcare Careers Day and Queensland Investment Commission's IM/Pact Seminar. I'm excited to continue to grow opportunities for our students in 2020 and beyond.

Tomas Lillyman Careers Counsellor





2020 Leadership Positions

Congratulations to each of the following girls who have accepted the responsibility and challenge of leadership. It is our hope that as they journey through the year they are enriched as individuals and as members of the Stuartholme community.

Cor Unum Captain:

Committee:

Imogen Fraser

Lucy Baker, Hayley Bowden,

Meghan Todd

BOARDING

Amiens Captain: Amiens Vice Captain: Grenoble Captain: Grenoble Vice Captain: Student Mentors: Emma Cook India Connelly Claire Loughman Emily Sullivan

Alice Cook, Alice Delaney, Elke Frecklington, Annabelle Paterson,

Amy Wang

COMMITTEES

Academic Captain: Academic Committee:

Debating Captain: Debating Committee: Drama Captain:

JPIC Captain :

JPIC Committee:

Liturgy Captain: Multicultural Captain: Multicultural Committee:

Music Captain:

Music Committee:

Student Events Captain: Student Events Committee: Technology Captain: Technology Committee: Nieve Dickman

Melanie Ashley, Claire Cameron, Kathleen Janz, Georgia Rivalland

Molly McCann Alice Cook Elke Frecklington Georghiou

Gabrielle Bailey, Maia Craig, Nieve Dickman, Elke Frecklington, Alice Illidge, Molly McCann.

Octavia Scobie Neave Duff Tilie Alleluia

Jennifer Chung, Aerin French,

Ruiqi Wang

Taylah Tyerman-Webster Molly Hoskison, Erin Murray, Maddison Sandell-Hobbs, Elizabeth Strevens

Isabella Crema Abbey Pomerov

Abbey Pomeroy, Zara Woodham

Erin Murray

Nieve Dickman, Elke Frecklington,

Sophie White

SPORTS

Athletics Captain:
Basketball Captain:
Cross Country Captain:
Equestrian Captain:
Hockey Captain:
Indoor Cricket Captain:
Netball Captain:
Rowing - Captain of Boats:
Soccer Captain:
Swimming Captain:
Tennis Captain:
Touch Football Captain:
Volleyball Captain:
Waterpolo Captain:

Chloe Faggotter
Katie Gelderblom
Lily Hunter
Grace Beatty
Molly Hoskison
Georgia McMillan
Molly Buckley
Erin Lafferty
Millie McDonnell
Amy Sheridan
Chloe Murphy
India Timms
Zara Woodham
Ruby Pinn



COEN

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader:

Zoe Tracy : Halle Venamore Emily Sullivan

MACRAE

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader: Samantha Kelley Estella Berghan Ava Hookway Rebecca Brown

Grace McFadyen

PARKER

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader: Hannah Pye Claire Loughman Lilly Booby Lili Condon

STUART

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader: Liv Hartland Gabrielle Nipperess Molly Cowan Charlie Stock

TOOHEY

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader: Annabelle Paterson Georgina Ott Larnie Beauchamp Lily Hunter

WOODLOCK

House Captain: Sport Vice Captain: Cultural Vice Captain: House Spirit Leader: Torue Palm Madeline Armstrong Emma Cook Alice Cook



Sony Foundation Children's Holiday Camp

Stuartholme and Saint Laurence's College students hosted another successful Sony Holiday Camp from 21 to 23 September.

Sony Camp is an event that over the past 11 years has touched the lives of so many. The Stuartholme and St. Laurence's College Sony Camp was held for the first time in 2009 with 13 special needs campers and has grown to its current 20 campers through the dedication of the Stuartholme and St. Laurence's students who act as companions, staff and the wider community of volunteer medical professionals.

The impact of the Sony Camp on the companions and the wider community is without measure. Many of the people involved over the last 11 years of the Camp have gone on to be advocates of the program through fundraising, volunteering or expanding the program to their universities.

The 2019 Camp was supported by six volunteer medical professionals who experienced the value of Sony Camp when they were companions in Years 11 and 12 and have since gone on to complete medical training and return to support the program. This opportunity allows our students to experience personal growth as they work towards a common goal and has consistently enabled the students to push the boundaries of their educational experience.

We are so proud of the last 11 years of the Sony Camp at Stuartholme and St. Laurence's College and we look forward to future camps with an immense sense of anticipation.











Our Community

In the second half of the year, the Stuartholme community once again shared a number of lovely events.

Our Year 7 students invited their Grandparents to Grandparents Day on Thursday 8 August. After a tour of the school and morning tea the students and Grandparents attended a beautiful liturgy in the school Chapel.

On Friday 5 August our dads were invited for a BBQ and games night with their daughters. This was the first time for the event, however based on the wonderful feedback from dads and daughters it is likely to become a regular in our calendar.

The annual Boarder Family BBQ was held on Saturday 10 August. Boarder parents and siblings were warmly welcomed to Stuartholme for a casual BBQ where they mingled with other boarding families and met their daughter's friends.

Stuartholme staff attended the Weengallon Pink Ladies Day on Wednesday 28 August. This day is a particularly important one in the Stuartholme calendar as it provides another way the school can support women in rural areas. Weengallon Pink Ladies Day raises more than \$30,000 each year to support the roles of local Breast Care Nurses and to provide free accommodation for country cancer patients and their carers. It is our honour to be part of this day.

Parents and friends were treated to beautiful music at the Spring Spectacular and awards night on Friday 25 October. The evening featured performances from the Concert Band, Jazz Band, Year 7

RnB Band, Stuartholme Rocks, Joigny String Orchestra, String X, Clarinet Choir, Year 7 Choir, Stuartholme Choir and the newly formed Joigny Symphony Orchestra. The evening concluded with 'Somebody to Love' by Queen featuring Bridget Lloyd-Morgan (voice) and the entire Music Department.

Our Year 12 parents and students met for breakfast one last time on Friday 1 November to mark the last day of official classes. This breakfast is held annually before the students start their exam block and provides a perfect setting for parents and students to reflect on their years at Stuartholme.



















Stuartholme Sport



It would seem there has never been a better time to be a woman in Australian sport. Recent changes in the Australian sport landscape have drawn the public's attention to issues of gender progress. Notable among these developments was the launch of the Australian Football League Women's (AFLW) and Super Netball competitions in 2017. Both competitions marked a new phase for players of these sports. The AFLW offered women, for the first time, an opportunity to play Australian Rules Football at an elite, national level. Super Netball ushered in an unprecedented broadcast deal that is reaping significant financial dividends, forming part of the push to further professionalise the sport. This was followed in 2018 by the inaugural State of Origin and National Rugby League Women's (NRLW) competition.

With over 1400 participants across 15 sports this year, we buck the national trend of a drop-off in girls' participation during teenage years. Our students are on average competing in 1 – 2 organised sporting activities across the year.

SOCCER

Open A	8th place
Open C	7th place
Junior A	7th place
Junior B	5th place
Junior C	4th place

HOCKEY

Open	6th place
Junior	7th place

JUNIOR VOLLEYBALL

Junior C	1st place
Junior E	7th place

BASKETBALL

Open B	2nd place
Open C	6th place
Inter A	4th place
Inter B	6th place
Inter D	3rd place

On top of the CaSSSA season we also entered a team into the Sweet 16 Basketball tournament, run over four days against schools from across South East Queensland. Our team consisted of a mix of experienced and development players. The girls finished with a silver medal in division two. This is a fantastic result for a team who will all still be eligible in this competition in 2020.

ATHLETICS

Faster – higher – stronger was the mantra for the 2019 Stuartholme athletics team with the team placing third at the CaSSSA Athletics Championships. This result was very pleasing in the fact that, with a very young group of athletes, the improvement from 2018 was evident across all events. You could see from the onset, there was a real buzz within the team that showed through the entire championships.

CaSSSA Records

Lucinda Freeman (12yrs)	1500m
Samantha Snowden (13yrs)	200m
Ellen Gett (15yrs)	Javelin
Holly Robertson (15yrs)	800m 1500m
Lily Hunter (16yrs)	800m 1500m
Stuartholme School (all ages)	6 x 100m Relay

CaSSSA Results

3rd	Aggregate cup
5th	
1st	Track events
4th	Field events
2nd	
1st	13yrs
4th	14yrs
5th	15yrs
2nd	
3rd	17yrs

ROWING

Our rowers were blessed with fantastic conditions and success on the water, finishing fourth and second in the Percentage Cup. Overall, we are happy with the squads' performances, particularly when most reported they had their best race of the season.

A special mention to the following medal winners:

Lucy Hann Voor 10 Cingle Coull

Lucy Hope – Year 12 – Single ScullGi	old
First VIII (Charlie Stock, Emma Tucker, Sophia Tully, Lucy Hope, Clare Tayler, Claire Loughman, Estella Berghan, Kyla O'Shanassy, Ella McKenzieSil	ver
Second VIII (Issy Mailli, Lucy Baker, Zara Wareham, Ruthie Heagney, Erin Lafferty, Erin Tucker, Eleanor Orchard-Gibb, Gabby Bailey, Holly O'Shanassy Sil	ver
Senior Four (Grace Cover, Jess Hardman, Kate O'Donoghue, Mim Walton, Zara Munro, Emily Sullivan)Sil	ver
Year 9 Third Quad (Lydia Kenny, Seoro Brady, Annabelle Peart, Gabby Lyons, Ebony Tait)Sil	ver
Year 9 First Quad (Fia Mailli, Issy Allen, Harriet Tully, Georgia Betts, Georgi Hedberg)	ver
Year 9 Second Quad (Holly Clemson, Elena Henry, Madi Ryan, Lucia Allen, Lucy Sullivan)Sil	ver



NETBALL

Stuartholme entered 20 teams in the Downey Park Netball Association Winter Competition in 2019, with outstanding displays of collaboration, determination and skill shown by all, you should be very proud of the season.

The DPNA Winter Competition comprises of 14 rounds with semi-finals, preliminary finals and grand finals. From 20 teams we had 10 playing in semi-finals, 4 minor premierships and two eventual grand final winners. A special mention to STU 5, STU 11, STU 16, STU 17 and STU 18 for representing Stuartholme so well and displaying exceptional sportsmanship during the grand finals.

Queensland Catholic Netball Association Cup

Queensland Catholic high school netball teams from all over Brisbane, the Gold Coast and from as far north as Gympie competed in the annual QC Cup Competition held on 21 May 2019. Stuartholme entered three teams in 2019 – STU 1, STU 9 and STU 14. All three teams played competitively finishing with the following results:

STU 1	finished 5th in the Opens B2 pool
STU 9	finished 5th in the Inter B2 pool
STU 14	finished 6th in the Junior B2 pool

Vicki Wilson Tournament

Each year, Queensland high schools play off against other schools in their school sport region in the Vicki Wilson Cup preliminary rounds. On 21 May 2019, Stuartholme played against other Met West Schools. STU 1 and STU 9 represented Stuartholme with mixed results from both teams, with the competition providing an opportunity to play against other schools and play in a carnival style competition.

Umpiring

Stuartholme had a total of 25 umpires this year, of whom all did a fantastic job umpiring various divisions throughout the Downey Park Netball Association (DPNA) Winter Competition. For each team we enter in the Competition, we are required to provide an umpire for that division. In 2019, the Stuartholme umpires assisted where possible with our more experienced umpires coaching our developing umpires. We were fortunate to have two DPNA umpires host an umpiring workshop, which boosted confidence and provided the girls with opportunities to ask questions and develop their skills in a safe environment.

WATER POLO

Stuartholme is fielding ten teams in the 2019/20 Brisbane Water Polo competition. The first half of the season wraps up on November 23 and commences again in Term 1 2020.

It is exciting to see so many incoming Stuartholme girls in 2020 and 2021 already playing sport in the red and yellow colours.

Stuartholme will field an Under 14 and Under 16 team in the upcoming State Championships in December. This will provide an excellent opportunity to extend our players, playing at the next level

TOUCH FOOTBALL

Due to student and parent feedback Stuartholme transferred from the Brisbane Metro Touch Association to Arana Touch Association. We currently have 15 teams across all age groups competing. The girls are moving into the finals series in mid-November.

ALUMNAE CUPS TENNIS & KNOWLES CUP TENNIS

Stuartholme competed in the biannual Alumnae Cups tennis 3 day tournament in Sydney. The Alumnae Cups tournament involves the four Sacred Heart Schools; Baradene, Kincoppal-Rose Bay, Sacré Coeur and Stuartholme. It provides an opportunity for students to socialise and live for the three days with fellow Sacred Heart sisters. At the end of the three days, Stuartholme placed 3rd overall in the A grade, and 4th in the B grade. The next tournament will be hosted by Sacré Coeur in Melbourne in 2021.

Unfortunately, the rain put a stop to half of the Knowles Cup Tennis rounds this season not allowing all teams to play each other throughout the season. Our Open A girls were narrowly beaten by St Rita's in the semi-final.

Representative Tennis Teams 2019

Open A – Chloe Murphy, Lucy Baker, Emma Cheel, Zara Wareham **Open B** – Lucy Berge, Sammy Kelley, Annalise Barnes, Ella Lyons, Amelia Walton

Intermediate - Chloe Warren, Eliza Jane-Sheehan, Jayde McCarthy, Alice Sevil, Ella Zandvliet

Juniors – Alice Greenan, Mia Savil, Eve Hallman, Grace Clulow, Brooke Tait

Alumnae Cup – Chloe Murphy, Lucy Baker, Emma Cheel, Zara Wareham, Lucy Berge, Alice Sevil, Annalise Barnes, Chloe Warren, Alice Greenan, Sammy Kelley, Jayde McCarthy

EQUESTRIAN

The Equestrian team has been very active in this semester with many of the riders competing in Inter School Queensland events. Six members of the Stuartholme equestrian team, Piper Searle (QLD captain), Aalia Lucchetta, Georgia Rink, Bella Anthony, Ellie Turnbull & Grace Anthony travelled to Interschool Nationals over the September holidays at the Sydney International Equestrian Centre.

Over the five days of competition the girls had great success in the Eventing, Dressage, Combined Training & Show jumping disciplines. Results: Bella Anthony – 7th place 2** & 21st Place EvA 95 Eventing, Georgia Rink - 3rd place 1* Eventing & 13th Place 105cm Combined Training, Piper Searle – 7th place 1* Eventing & 7th Overall Show jumping 110cm, Ellie Turnbull – 5th place EvA 95 Eventing, Grace Anthony – 14th place EvA80 & Aalia Lucchetta won the Elementary Freestyle & 1st place 60cm Combined Training.

The season wrapped up with a family fun camp at Cabarita in New South Wales where the girls enjoyed riding their horses outside of a competition.

REPRESENTATIVE SPORT

The following students have been selected in representative teams through the district, regional and Queensland school sport pathway.

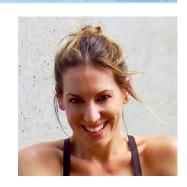
NAME	TEAM			
Bec Phelan	Met West Water Polo 13 - 19 Years			
Molly Nasser	QLD Water Polo 13-19 Years			
Lily Hunter	Met West Water Polo 13 - 19 Years			
Alice Rogers	QLD Water Polo 13-19 Years Shadow			
Ella Mulligan	Met West Water Polo 13 - 19 Years			
Sophie Fern	QLD Water Polo 13-19 Years Shadow			
Phoebe Leech	QLD Water Polo 13-19 Years			
Abbey Pomeroy	QLD Water Polo 13-19 Years Shadow			
Ruby Pinn	Met West Water Polo 13 - 19 Years			
Anna Boxall	Met West Swimming 10 - 19 Years			
Phoebe Dobson	Met West Swimming 10 - 19 Years			
Jenna Hanley	Northern Eagles District (Swimming)			
Amy Horn	Met West Swimming 10 - 19 Years			
Gretta Johnson	Northern Eagles District (Swimming)			
Alice Morrison	Met West Swimming 10 - 19 Years			
Holly Roads	Met West Swimming 10 - 19 Years			
Cholie Faggotter	Northern Eagles District 16-19 Football			
Lucinda Adams	Northern Eagles District 13-15 AFL			
Lucy Berge	Northern Eagles District 13-15 Touch Football			
Sarah Connors	Met West Netball 16-19 Years			
Emma Henderson	Northern Eagles District 13-15 Netball			
Rebecca Phelan	Northern Eagles District 13-15 Netball			
Grace Valentine	Northern Eagles District 13-15 Netball			
Alice Illidge	Northern Eagles 16-19 Netball			
Ashleigh Beauchamp	Northern Eagles 12-15 Volleyball			
Isobel Armstrong	Northern Eagles 13-15yr Football			
Lily Hunter	Northern Eagles 13-19 Hockey			
Ella Lyons	Northern Eagles 13-19 Hockey			
Emelia Pyle	Northern Eagles 13-19 Hockey			
Mackenzie Hermann	Northern Eagles 13-19 Hockey			
Lucinda Freeman	Met West Cross Country 10-19 Years			
Emma Stringer	Northern Eagles 10 - 19 Cross Country			
Alex O'Brien	Northern Eagles 10 - 19 Cross Country			
Holly Robertson	Met West Cross Country 10-19 Years			
Ebony Anderson	Northern Eagles 10 - 19 Cross Country			
Lily Hunter	Northern Eagles 10 - 19 Cross Country			
Gretta Johnson	Met West Cross Country 10-19 Years			

NAME TEAM				
Lucy Hope	School Girls Quad - Australian Rowing Championships			
Emma Tucker	School Girls Quad - Australian Rowing Championships			
Sophia Tully	School Girls Quad - Australian Rowing Championships			
Issy Mailli	School Girls Quad - Australian Rowing Championships			
Ella Mackenzie	School Girls Quad - Australian Rowing Championships			
Isabella Woodbridge	Northern Eagles 13-15yr Cricket			
Emma Smith	Northern Eagles 13-15yr Cricket			
Mia McMillan	Northern Eagles 13-15yr Cricket			
Ellen Gett	Northern Eagles 10-19 Athletics			
Lily Hunter	Northern Eagles 10-19 Athletics			
Ella Cole	Northern Eagles 10-19 Athletics			
Gretta Johnson	Met West 10 - 19 Athletics			
Mia Dell'annunziata	Northern Eagles 10-19 Athletics			
Holly Robertson	QLD 10 - 19 Athletics			
Jade Snowden	Northern Eagles 10-19 Athletics			
Samantha Snowden	Met West 10 - 19 Athletics			
Emma Stringer	Northern Eagles 10-19 Athletics			
Zoe Tracy	Northern Eagles 10-19 Athletics			
Jacqueline Versace	Northern Eagles 10-19 Athletics			
Catia Wood	Northern Eagles 13-15 Basketball			
Bella Anthony	QLD Inter School Equestrian			
Grace Anthony	QLD Inter School Equestrian			
Aalia Lucchetta	QLD Inter School Equestrian			
Georgia Rink	QLD Inter School Equestrian			
Piper Searle	QLD Inter School Equestrian			
Eleanor Turnbull	QLD Inter School Equestrian			
Lucy Hope	Met West Rowing			
Ella McKenzie	Met West Rowing			
Clare Tayler	Met West Rowing			
Charlie Stock	Met West Rowing			
Sofia Mailli	Met West Rowing			
Stella Hosking	Met West Rowing			
Harriet Tully	Met West Rowing			

ELLICE DE GIOVANNI

As guest speaker at our Years 7-9 Parent Daughter Breakfast on Friday 21 June, Ellice De Giovanni, Class of 1999 spoke about the importance of movement and using exercise as a form of 'clearing out the body' both physically and mentally from the unwanted accumulation of toxins we build up. Whether that is from food, stress, not moving enough or lifestyle choices.

Ellice's talk was a reminder to us all about how we can look after our bodies, so we asked her to share her message with our wider community.



I have always had a passion for fitness, health and wellness, graduating from Stuartholme to study a diploma of health and then furthering my studies to complete a bachelor of science paramedics working in the emergency field as an advance care paramedic for 10 years.

I now reside at one of the worlds most renowned health retreats as the fitness and health facilitator, author, speaker and a mind and movement mentor with a mission to simplify health to magnify life.

At the parent daughter breakfast, I explained how movement was the norm throughout our day when I was a student in 1999 and that our incidental exercise levels were much higher than they are this day and age at schools.

Your body is the hardest working employee you will ever have working for you.

We would be playing tiggy or handball at lunchtime or running around trying to find our friends on the other side of the school. We didn't have mobile phones back then, so we couldn't text our mate to meet us by the cafe or text and ask if we could borrow their lab coat. We physically had to get up and find the person we wanted to talk to, even if that meant walking to the other end of the school or walking up all of the stairs in the building because they were up at the top classrooms.

It was not even a factor that entered into our heads that moving was too hard, too far or too inconvenient. The lack of movement today has become an alarming statistic and is considered a new harmful disease. The use of mobile phones means we are inactive for longer periods. What this means is our incidental activity has decreased and our bodies accumulation of waste builds up faster throughout the brain and body. Our body collects waste and toxins excreting them from different systems so that we don't become sick with a build-up of toxins. For example, the lymphatic system; that helps rid the body of toxins, waste and other unwanted materials, transports lymph, a fluid containing infection-fighting white blood cells, throughout the body. Or the skin with its many functions; one being to secrete waste products from the body via the surface of the skin. The eyes blink, the heart pumps, the nose sneezes, the bladder and bowels excrete.

They all have a common trait too? The internal body is constantly moving and grooving, pumping and pushing to help give you a fresh flush. If it stopped moving inside you would die.

Do you know what enables all of these bodily functions? It starts with the big boss, the heart! This is your engine room, so when the heart starts pumping harder or increasing its workload it means it is pushing more oxygenated blood flow around the entire body

encouraging and switching on all of those internal functions that clean you up, keeping you healthy and fresh.

So how do we increase our heart rate in a safe and natural way to achieve this fresh flush of the body? It's very simple, we move! By exercising or moving to the point where our heart rate increases, the point where you get that heart pump, the puff from your lungs and feeling of exertion, the feeling you get walking or running up the stairs from the Stuartholme road bus stop to the very top of the school.

We have to stop overthinking the words fitness or exercise and simplify it all back to movement. Whatever and however you want to MOVE just get that 'boss', your heart, pumping so it can do its job better and clean you up internally and your brain too. The more clog you allow into your brain the more overloaded it will become. Exercise helps flush out the 'brain strain' and overload giving you a clean and fresh slate to start with again, meaning better focus, memory, clarity, and feel good endorphins for feel good emotions.

Your body is the hardest working employee you will ever have working for you. It works non-stop 24 hours a day, 365 days a year, never having a holiday. When you are sleeping your body is clearing, renewing, repairing and keeping you alive and disease free as best as it can with the tools you provide it.

But it can only work with what you give it. If you give it a pizza and lollies or coffee everyday then it has to not only work overtime but triple overtime to rid the extra load of toxins and poisons while you rest. It's no wonder when you wake up you feel tired and foggy because your body hasn't had time to stop, rest, or even slow a little, let alone conjure up some extra energy to keep your brain sharp and focused for the day ahead.

Help it out a little! The better choices you make for your body the more it can rest while you sleep and not work so hard, therefore allowing more energy for other areas of your body like your brain. This can be why some mornings you feel great and jump out of bed with heaps of energy. If you help it out a little by moving it externally the easier it will move internally. The better fuel choices you choose to feed it, the better energy it will provide you.

Don't bombard it with stuff it doesn't need and it won't bombard you with a response of breakdown and overwhelm.

And put your phones and laptops away kids! Enjoy your lunch break, they were the best part of school. Your phones won't make you feel half as happy as your real life friends who are sitting beside you at school can make you feel.

Enjoy your young body. It is a gift you have been given to use, move, run, play, sing, laugh, and enjoy.....unwrap it every day and use it!

For more on any topics relating to health and wellness, please visit my website www.ellicedegiovanni.com. And don't forget to move!

MEET OUR NEW ALUMNAE PRESIDENTS

At the Annual General Meeting in May, we thanked Claire White and Eleanor Fox for their dedication as co-presidents of the Stuartholme Sacré-Cœur Association. At this meeting we also welcomed two new presidents, Georgina Amor (née Woods) and her sister Flizabeth Woods



What years were you at Stuartholme?

Georgina Amor (née Woods): 2004-2008

Elizabeth Woods: 2005-2009

What have you done since you left High School?

Georgina: After graduating Stuartholme School in 2008, I went on to study Occupational Therapy at The University of Queensland. I have worked in a variety of clinical areas including mental health, rural health, paediatrics and rehabilitation. I've really enjoyed working in various parts of Queensland and the Northern Territory. I now live in Lismore NSW with my husband.

Elizabeth: I went on to complete a Bachelor of Nursing from the Australian Catholic University. Since graduating nursing in 2014, I've gained experience in various roles including paediatrics, chronic disease and general nursing. After four years of rural and remote nursing in North West QLD and completing further post-grad studies, I moved back to Brisbane to work as a Diabetes Educator. I've also enjoyed travelling overseas to visit friends and exploring new places!

What motivated you to go down the career path you chose?

Georgina: I knew I wanted to go straight to university after high school and that I wanted to study something in health. The Stuartholme Career Advisor Mrs Sandy Maynes helped me to think about health careers where I could combine my high school subjects; interests and personal skills- Occupational Therapy (OT) was the winner. It was a happy day being offered a place to study OT and I was also fortunate to have a fellow school friend, Linda Hancock in the same course.

Elizabeth: I really wanted a profession that would enable me to help and work with people of all ages. I found that nursing was a career that could provide me with a variety of different experiences and career pathways. After graduating, I wanted to work outside of Brisbane and decided to take a graduate position in Mount Isa, QLD. I think the Stuartholme Boarding Community significantly increased my awareness of rural and remote locations and sparked my interest in living and working in these areas.

Did Stuartholme prepare you for life after high school?

Georgina: I consider myself incredibly lucky to have attended Stuartholme for my high school education. The idea of nurturing the 'whole' person is realised through each individual feeling, their personal worth in the Stuartholme family and being inspired to live

out St Madeleine Sophie's legacy. Teachers, staff and the Sacred Heart Sisters rscJ created a learning environment that enabled me to study a wide range of curriculum subjects, participate in extra-curricular activities and develop life skills in an atmosphere of faith, love and understanding. Stuartholme also helped my spirituality as well as intellectual growth in becoming an educated woman in the modern world. It's been over 10 years since I graduated, and I feel that the Five Goals of Sacred Heart Education still guide me in my professional career and personal outlook on life!!

Stuartholme created a learning environment that enabled me to develop and strengthen my Catholic faith; academic skills; extra-curricular skills and sense of social justice, community and belonging. These are all skills and traits that I have regularly drawn upon to help with how I approach my daily adult life, career, personal goals and navigate new opportunities and challenges.

Elizabeth: I couldn't wait to attend Stuartholme and join my older sisters Caroline McAlpine (née Woods) and Georgina. I was lucky enough to have a year where we were all there together and it was also the start of being a part of the wider Stuartholme community and family. After leaving Stuartholme, I knew that although I may have left the walls of Stuartholme as a student, I would never leave the Stuartholme community.

Saint Madeleine Sophie Barat in her ministry wanted girls to receive a well-rounded education that saw the person grow as a whole being, not just as an intellectual. I feel like I continue to adopt this holistic approach in my post-Stuartholme life and also within my professional career. She believed it to be equally important to nurture both the character of a person, as well as their intellectual capabilities in a school environment, to prepare for the real world where they would be women of faith, character and intellect.

Have you always stayed in touch with Stuartholme via the Alumnae Association?

Georgina: I decided to join the Stuartholme Sacré Coeur Association (SSCA) at my 10-year reunion. I value the opportunity to return to Stuartholme for reunion Masses and re-connect with alumnae and hear exciting updates about the school and alumnae events via email. We encourage alumnae to update their contact details via the link at our new Association website: www.stuartholmealumnae.com

Elizabeth: I always enjoyed staying in contact with Stuartholme and I was keen to join the Stuartholme Sacré Coeur Association last year. I am passionate about Stuartholme, receiving a Sacred Heart Education and the role of the Stuartholme Sacré Coeur Association with its purpose to promote the Goals of the Sacred Heart in the lives of all those we can reach.



Why should girls/women join the Alumnae Association?

Georgina: I decided to join the Association because I'm passionate about the role of the Stuartholme Sacré Cœur Association and its purpose. We welcome alumnae to attend our committee meetings to hear more about the work of the Association or assist with various alumnae activities throughout the year. If you're interested, we would love you to contact us via our email alumnae@stuartholme.com

Elizabeth: The Alumnae Association is a great way to stay connected with Stuartholme and the wider Sacred Heart Community whether you are here living in Brisbane, out west, in another regional area or overseas. There are lots of different ways to stay in touch including attending events, via social media including Facebook and LinkedIn or the new Alumnae website.

What ways can Alumnae give back to Stuartholme?

Georgina: There are a range of ways that Alumnae can give back to Stuartholme. These include connecting with the association at our events or via our online platforms. You may also like to consider making a financial contribution to the ongoing development of Stuartholme School through The Stuartholme School Bursary, Stuartholme School Foundation, Scholarship or Building and Maintenance Fund, assisting SSCA in Alumnae Bursary (supporting daughters or granddaughters of alumnae) or making a bequest to Stuartholme School in your will. Please contact Stuartholme School, Dearna Law (Community Liaison Manager) or refer to our website for further details www.stuartholmealumnae.com

Elizabeth: We warmly welcome and look forward to seeing all our alumnae at the Stuartholme Centennial Celebrations next year in 2020. There will be a range of events throughout the year to celebrate this significant milestone for Stuartholme and Sacred Heart Education. Please mark these dates in your 2020 calendar!

Sunday 24 May 2020

10.00am Centennial Mass

10.45am Stuartholme Sacré Cœur Association

11.00am Centennial Morning Tea

Sunday 16 August 2020

Wine and Dine at Canungra Day Trip

Saturday 12 September 2020

Centennial Art Show



Stuartholme Sacré Coeur Association

KEEP IN TOUCH

After graduating, our students become a lifetime member of the Stuartholme Sacré Coeur Association. Along with over 10,000 members in over 40 countries, they are linked to the global network of the Sacred Heart.

We need your help to stay in touch with us..

We rely on you to update your contact information with us when it changes. This ensures you don't miss out on overseas volunteering opportunities, international Sacred Heart conferences, and special Alumnae events, including reunions and cocktail parties. It's easy to update your details – visit

www.stuartholmealumnae.com

What else does the Stuartholme Sacré Coeur Association do?

With your help, the Alumnae Association provides several bursaries to Stuartholme Alumnae who require financial assistance to send their daughters to Stuartholme.

To find out how you can donate, visit Community/ways to give at

www.stuartholmealumnae.com

A DAY AT STUARTHOLME

Stuartholme will celebrate 100 years next year and over those years, the school has changed and grown.

What has also changed, is how a typical school day looked from those early years right through to today. To see just how much has changed, we asked our alumnae to share what a school day looked like when they were at school. Thank you to everyone who shared your memories, below are just a sample to show how Stuartholme has changed, or in some cases, remained the same.

Mention should be made of the refectory which we visited three times a day. As one progressed through the school one became a sub-president and finally president of the table one was placed at for the term. There were children from every class at each table so that we all had a chance to get to know others, not just our own class mates. The president's duty was to serve the helpings of 'Yes Please', 'Medium' or 'Very Little' and to persuade the recipients to eat them – not always an easy task. There were favourite meals and less popular. "Guess What" on Sunday night came into that category – allegedly a mixture of the week's leftovers. Jan O'Sullivan, née Ryan, Class of 1954

Getting dropped off in the cold morning at about 5:30am for a 6am start to swimming training. The pool was NOT heated when I was a student and was only 25m so jumping into the icy water was the hardest part. The thought of sharing breakfast with the boarders was what got most of us through the sessions. After a steaming hot shower, we would head to the boarders common eating area and devour a massive breakfast ready for the day ahead. Ellice de Giovanni, Class of 1999

I remember trying to sneak up in the lifts when the opportunity arose, and as we ascended, if we could see a teacher's legs come into view (through the lattice concertina door), we would hit the 'stop' and 'ground' buttons and send us back down so we wouldn't get caught. Deb Vasta, Class of 1985

I loved the science block and was so excited to be involved in experiments and dissections or the home economics kitchen where I learned to make Anzac biscuits and toffee. Then there were school masses when the awe of the chapel window would always inspire me. I always dreamed of coming back here to get married, which I did back in 2004. Inez Chai (née Crame), Class of 1996

After dinner boarders were allowed to watch "Bellbird" on ABC. We would have fun with school friends on the Pink Balcony playing music, dancing. We would then have study time in the library before showers and bed. I remember watching man land on the moon on television in 1969. Pamela Elmes (née Milne), Class of 1972

	SENIOR	SUB-SENIOR	JUNIOR	Grade IX	DE AIII	GRADE VII	GI. De vi	GRADE V
00,00	Rel. Knowledge Mer Kelly	Rel.Knowledge Mer Antill	Rel.Knowledge Mer Welsh	Rel.Knowledge Mer Lentaigne	Rel.Knowledge Mer Freney	Rel.Knowledge Mer Mwards	Awith. Mrs Boland	R.Knowledge Mer McCarthy
9.30	French Mer Hewlett	Maths I Mrs Blakey Gorman Miss Szyncel	English W.F. Mer Stevenson	Maths B T.Th.F. Miss Winning Science A M.W. Miss Winning h.F. Mer Spruson	English Mor Tiernan	Arithmatic Mrs Boland		English M.W. Mer Coates ICE T.Th.F. Irmesher
30	Physics M.T. Mrs I Blakey A.Hist. M. M.Kelly Mod.Hist. W.Th.F. Mer Kelly	Physics / Geog. M.Spruson/Mrs Bindon M.W.Th.F. Chem. T. Mer Spruson	Art T.W. Mer Antill Eng.M.	German Miss Szyncel .Th.F. Mrs McIntyre	Science M.Th.F. Miss Winning History W. Mrs McIntyre Maths T. Mrs Boland	English Mer Elwards	Irith. M. Bola Graumar T. Histor Mer Orm	nd English T. y W.F.
.10	Phys./Geog. M.W.Th.F Mrs Bindon Mod.Hist. T.	French M.F. Mer Hewlett Psych.T. Mer Antill Physics W.Th.	Maths A Mrs Barber	History M.W.Th. Mrs McIntyre Sci.B / Geog. T.F.	French Mrs Chase	History or Geography Mer J. Frency	Rel.Knowledge Ne. Ormesher	Arith. Mrs Boland
•00	Meths I Mrs Blakey	English Mer Antill	Sci.B/Geog.M.W.F. Miss Winning/Mrs McIntyre History Th. " French T. Mer Hewlett	English M.W.F. Mor Welsh Sci.A. T.Th.	Maths M.W.Th.F. History T.	Grammar Mer Stevenbon	Geog. M Mer Orme Art T. Mr Al Gremmar Th.F.	sher and (M.Coates)
.40	English Mor Kolly.	Chem. M. French T.W. Mod.Hist. Th. Mor Antill H.of Art F. Mer W.	History T.W.F. French Th. Latin/Art M.	Sci.B /Geog. M. English T.Th. Logic W. M.Welsh Science A. F.	Speech/Maths M. Scionco I.W. History Th. Geography F. Mrs Boland	Science M.Th. Mer Stevensor Art T. Ir Aland Arith W. N'work. F.	English M.T. W.F. Mer C. Speech Th.	Gram.M.T.W.F. Mer O. Mrs Pickett
.20	A.Hist./Chem. T.W.Th Mor Spruson Mod.Hist. M.F.	Chem. M.F. A.Hist. M. Mer Stevenson Buck Mod.Hist. W. French Th.	French M.W.F. English T.Th.	Maths A Miss Winning	Geog. M.W. Art T. Nr Aland Speech/Maths Th. English F.	Speech M. Mrs F. N'wk, T.Th. Mer Edwards Singing W. 2.30 Arith. F.	Needlework Mer J. F Singing T.W. English Th.	reney
.00	Chem. M.T.F. Art T.W.Th. Latin daily.	Chem./A.Hist. W.Th. Mod.Hist. M.F.	Science A Miss Winning	French M.W.Th.F. Pub.Spk'g. T.	REC	REATIO	и	

It was great waiting for the Birdwood Terrace bus to Toowong Cemetery outside Richard Malouf's Pharmacy, there were always plenty of boys around catching various busses to their various schools, it was very social. However, should you have been detained for any reason after school in winter, very scary walking through the Toowong Cemetery to catch a bus home. Mary Cummins, Class of 1961

Bed stripped back to the mattress before mass every morning. We had one sleep-in a week which was rostered on the board outside the assembly room. We moved to small bells - ring to top of the stairs, ring to descend the stairs, ring to the dining room door, ring to enter and stand behind your chair, ring to say grace, ring to sit. Then repeated in reverse after breakfast. Clappers were used in Lent. Jill Uhr, Class of 1957

My memory of a special day for the boarders was when we celebrated special feast days such as that of St Madeleine Sophie. We had a day off lessons and after Mass the whole school congregated on the landing around Mater Admirabilis. We were given "squashes" -small pieces of paper with observations on our characters -which I believe were prepared by the nuns and/or the senior Blue Ribbons. These were invariably witty and good humoured but often accurately portrayed personality quirks. The remainder of the day was memorable as the usual daily routine was ignored in favour of games such as "loup", bush walks, and even a film if Mother Sprusen could get the projector working. Mary Cole-Adams née Freeman, Class of 1964

Mother Parker with her cockatoo; Andrew Sibley, all in black, making his way up the steps from Toowong to take his art class: the glorious Chapel window: the beautiful French hymns; our French teacher from Brittany; girls laughing and talking as they walked in threes or more (NEVER less than three) round the Hill. Charmian Lawson, Class of 1963

Although her beating heart may be the stained glass window, it's not just the sweeping views, the tapestry of trees, the historic buildings. It's not just the inspirational and inspired people who have walked her halls for almost a hundred years, it's the undefinable and infinite Cor Unum spirit that stirs us to be the best version of ourselves.

DEB VASTA, CLASS OF 1985

As a boarder, every day I had the opportunity to spend every waking minute surrounded by friends, from the moment I woke up until the moment it was lights out in the dorms. I think this is an amazing privilege! One of the most awesome and amazing things that surprised me when I came to Stuartholme was Harry Potter Day! The students and staff got so on board with costumes, games, competitions, decorations, treats and the like. It had zero academic relevance and it made for a super fun and creative spirit every year which was always pretty exciting. Alice Martin, Class of 2017



In the late 1940s and early 1950s all of us were boarders, there were no exception given even if one lived next-door. Each morning, the boarding Mistress in each dormitory, who was always one of the nuns, woke us by ringing a small bell and bringing a bowl of holy water to each bedside and saying an aspiration to which we replied, while making the sign of the Cross. Bernice O'Brien, Class of 1954

I recall with great enjoyment, the pomp and ceremony of special Mass, the Feast Days with platters of fruit, ice creams from the Peters canvas bags with ice; which we threw into the swimming pool! Teaching the cockatoos in the cage, across the road from the dining room, some cheeky verse and going down into the enclosed drying area next to Joigny (through the floor trapdoor for fire escape) to steal the mulberries from the trees during siesta! Joan-Marie Scheinpflug (née Norton-Willson), Class of 1965

A day at Stuartholme for me would begin with arriving a little early with my friends, so we could sit on the wooden benches around the year 12's lunch area, or when we had access to it (finally) the year 12 common room. To catch up on stories or homework help, whatever was important to discuss that thirty minutes before the day began. Once a week, I would get up extra early to attend choir practice, which was always a good way to warm up for the day. When the bell rang, everyone would head to their house homerooms where we were read the daily announcements or any special news that was happening at that particular time. We would often have a moment to sit for ten minutes or so at the end of homeroom to write in reflective journals, just to detail our thoughts and emotions for that particular week. Taylor O'Neill, Class of 2013

I especially recall French, Math and IT classes. French was fun with a small class size in later years where we would stretch our comfort zones and plan school outings, such as going to a French restaurant and eating snails (which were definitely out of our comfort zone!). Advanced maths class was great too, with our teacher clearly explaining math problems and very willing to help out individually on any problems we couldn't resolve on our own. We also had a cool IT class, where we learned how to program and innovate, plus we had access to a range of early style computer games to facilitate other skills - like touch typing. In Year 8, I recall learning how to touch type during class breaks with a computer game, where you had to catch letters (through correct touch typing) before they hit the ground. The early 90's was the predawn of the Internet, computer gaming and mobile phone era, so we were on the cusp of major transition that today you cannot imagine living without. Well, perhaps the computer gaming you can live without! Annelies Moens, Class of 1993

WEDDINGS, BAPTISMS & DEATHS

Weddings

7 September Brighid Pappin, Class of 2007 and Peter Hilton10 August Mary Rose Cruz, 2002-2003 and Alexander Cooke

Baptisms

31 August Prudence and Jack, children of Abbey Barry, née

Allen-Ducat, Class of 2006 and Harry Barry.

8 June Lucia, daughter of Prudence Hill, née Lester, Class

of 2004 and Nicolas Hill.

2 June Penelope, daughter of Stephanie Bird, née Lewis,

Class of 2002 and Benjamin Bird.



August 2019

Sister Cecil Carmody rscJ, Class of 1963.

Lorraine Douglas (née Lawson), Class of 1951.

Margaret Anderson (née Macgroarty), Class of 1949.

Joan Halliday OAM FRAD passed away in August, only a few months after celebrating her 100th birthday. Joan and her twin sister Monica were important figures in the RAD and broader dance community for many years. Born in Melbourne Joan and her sister Monica commenced their early ballet training with Phyllis Danaher in Brisbane. They relocated to Sydney to train at the Kirsova School of Ballet and danced with the Kirsova Ballet Company. Joan and Monica then joined the Borovansky Ballet and later Ballet Rambert for its Australian and New Zealand tour. In 1993 Joan and Monica were awarded the Order of Australia Medal in the Queen's birthday list, for services to classical dance. In 1998 they received an Australian Dance Award for outstanding achievement in dance education.

September 2019

Josephine Rinaudo, Class of 1980. Mother to Isobel Dagg, Class of 2010 and Rose Dagg, Class of 2011.

Morris Williams, husband of Denise Williams (née McCabe) Class of 1960. Daughters Rachel O'Brien, Class of 1986, Angela Williams, Class of 1988, Mary Louise Rowell, Class of 1990. Granddaughters, India Williams, Class of 2016, Harriet Williams, Class of 2018, Astrid Rowell, future Class of 2021.

October 2019

Carol Hopkins (née Joyce), Class of 1953. Mother to Genevieve, Class of 1978, Alexandra, Class of 1983, and Elizabeth, Class of 1989. Grandmother to Georgina, Class of 2013, Holly, Class of 2016, Mimi Dignan, Alexis Lake, Class of 2003, Jessica, Class of 2001, Kitty, Sophie and Maltida Hopkins.

Jan Osborne (née Howarth) Class of 1959











