



# Catherine House Captain Introduction

With the lead-up to the Cross Country, we interviewed our Catherine House Captain, Stella Major in this edition.

## Stella Major

**What made you decide to run for a student leader position?**

Since I started at San Sisto, I've always looked up to the leaders and in particular the sports leaders I admired the enthusiasm and passion they had and loved the idea of leading a group of girls in something I'm passionate about. I am quite competitive and love to win, have fun and show spirit I knew I would be able to encourage and support more girls being one of the House Captains.

**What does being a leader mean to you?**

Being a leader to me means listening to the opinions of others, being reliable and friendly. Making sure everyone is happy and having fun as well as supporting my fellow peers and encouraging others to do the same.

**What would you say to any girls who are thinking of running for a leadership position?**

Go for it!! It is so much fun and the level of responsibility and independence you get to improve certain aspects within the school makes the schooling year that much more enjoyable. You get to know so many girls across all year groups and the feeling that some girls are looking up to you and idolise you is heart-warming.

**How vital do you see the role of the Catherine House Captain in 2019?**

Being Catherine House Captain, you are given huge responsibility especially on the

sport carnival days. It is your responsibility to make sure everything within your house runs smoothly and girls are getting to their events as well as encouraging everyone to support their fellow house mates.

**What are you looking forward to most in your role?**

What I'm looking forward to the most would be all the sport carnivals and getting to know as many girls I can within Catherine House and showing them support during the carnivals as well as building spirit within the house.

**How do you plan to impact students and the College community with your role?**

By leading by example and showing enthusiasm while encouraging as many students as possible to get involved with sport so they can have fun, meet new friends and increase their sense of community within San Sisto College. I want my fellow San Sisters, in particularly in Catherine House, to realise that the most important thing besides having fun, is supporting and encouraging one another. Getting involved and amongst it, is to show spirit whether that is by competing in events or screaming your lungs out during cheers, because a strong community works together and supports each other no matter what.

**What are you most looking forward to in 2019?**

What I'm most looking forward to this year is all the memories with my cohort that will be created being our last year at high school. As well as the extended level of responsibility that is given to us being the



oldest students. I'm also excited to graduate with all my amazing San Sisters in Year 12.

**What are your hopes and dreams for life after graduating?**

After I graduate, I want to continue to do something in sport whether that be HPE teaching or personal training, or something similar. I'm not exactly sure! I just know I don't want to be sitting in an office all day!

**What are your passions?**

Everyone could probably guess it already, but I'm most passionate about sport. Playing sport is when I'm happiest and without it I don't know where I would be. My favourite thing to do is helping people and teaching people within sport.

**Tell us something that someone normally wouldn't know about you**

Something some people don't know about me is that I live at the beach and it takes me two—three hours to get to school and home every day. It's not the most fun, but the weekends where I get to surf and swim make it worth it.

## Study Tips With Mrs Doré

### Barriers to Developing a Good Memory

Many students say 'I don't have a good memory' but there are many barriers to developing a good memory that are able to be overcome. Here are the top 3:

#### 1. NEGATIVE MINDSET / ATTITUDE

Henry Ford once famously said, "whether you believe you can, or you can't, you are right". This refers to your mindset or mental attitude, and the concept that your mind is powerful enough to enable your thoughts to create your reality. If you have a negative attitude to your memory, it will likely reduce your chance of developing and maintaining a good memory. There are some simple steps you can take to start making changes to negative thoughts. Be aware that negative thoughts are just a habit, and habits can be changed with a little effort. Awareness is the key to changing a habit, as you need to consciously be aware of the current habit before you can change it – so start catching yourself in the act of making negative statements. Affirm your intention to improve the way you think. Then correct the negative statement you just made, and make it into a more positive one.



#### 2. ABSENTMINDEDNESS / NOT PAYING ATTENTION

The first stage of the memory process is encoding the information that is to be remembered – thus the brain uses the senses and emotions to process the information and form a memory. Here are some ways in which you can be less absentminded:

- Setting an intention to become more attentive.
- Sitting up front where there are less things to distract you, especially if you have difficulty paying attention in class.
- Taking notes in class to ensure you listen.

#### 3. STRESS / ANXIETY

Stress will increase the likelihood of being

distracted, resulting in low concentration meaning that information may not be encoded accurately – and thus cannot be later retrieved. Stress may also result in mental blanks. For example, if you're stressed before an exam, you may not be able to think clearly and access and retrieve the information you need. The best thing to do is to take ten deep breaths and calm down to allow your mind to focus.

Learn more at the Brain and Memory unit of [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

Our school's subscription details are -

**Username:** forsansistoonly

**Password:** 29results

Mrs Anna Doré

Assistant Principal Student Wellbeing

[eadore@bne.catholic.edu.au](mailto:eadore@bne.catholic.edu.au)

## Habits of Mind and Spirit

Ask your daughter how she has used these habits during the week.

### Habit of Mind

Create, Imagine and Innovate



### Habit of Spirit

Seeking Connectedness





## Humanities

### Year 7

Our Year 7 San Sisters are busy in Humanities. Currently Year 7 are studying Ancient Rome through an inquiry-based approach to learning. Students will learn how to conduct research, based on topics such as Roman society, social hierarchies, Roman technology, the life of a slave, and they will also make decisions about whether being a gladiator was exciting or terrifying-Hollywood makes it look much more glorified than it really was!

In these photos students are carefully completing their maps of Ancient Rome,



observing the incredible power of the Roman Empire around the world. Mapping skills are very important and these skills often transfer into other areas of study.

The Year 7 students will continue their investigation of ancient Roman society throughout the term, concluding their study of History for Year 7. Next term, students will move into a semester of Geography.

Mrs Mrs Kerbi McMillan  
Academic Leader: Humanities

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## Primary School Visits

### Being Thankful

We at San Sisto College have much to pray about and for which to be thankful. The Year 10 Peer Mentors have been accompanying me to visit the Brisbane Catholic Education Primary Schools that are in our surrounding area to present to the Year 3 students how wonderful it is being a part of the San Sisto College Community. I have also asked several of our talented musical artists to assist by performing to the Year 3 students. So far (we have only completed 2 weeks of a five-week commitment) our students have been exemplary. They have spoken with great pride about our College and have presented themselves in a manner that is most pleasing. The Year 3 students have been thrilled with talking to the "Big Girls" and were in awe whilst watching the musical performances. Primary School students most definitely have the ability to 'Live Joyfully' which is our Habit of Spirit for this week. Their happiness and joviality is infectious and our students have been enjoying the opportunity to spend time with the younger students. One could only feel a sense of pride for the wonderful students that we have, for the girls who are so full of spirit, who have so much energy and spirit of fun. Thank you for entrusting them to San Sisto.

Mrs Anna Doré

Assistant Principal Student Wellbeing

e [adore@bne.catholic.edu.au](mailto:adore@bne.catholic.edu.au)

## San Sisto Directory

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e [shamilton@bne.catholic.edu.au](mailto:shamilton@bne.catholic.edu.au)

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Acting Fanjeaux (Years 9 and 10)

Mrs Tania Stevens  
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Acting Bologna (Years 11 and 12)

Mrs Louisa Makepeace  
e [lmakepeace@bne.catholic.edu.au](mailto:lmakepeace@bne.catholic.edu.au)

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Kirsteen Bostock, Guidance Counsellor  
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w [sansisto.qld.edu.au](http://sansisto.qld.edu.au)

STUDENT ABSENCE LINE

t 3900 9888

## Café Caterina

### Recycle Bottles

Don't forget you can now recycle your bottles by placing them in the crates available in the Café area.

### Mother's Day

Next week we will be planning a special Mother's Day promotion through the Café.

More details to come.



### Café Roster Term 2: 6 — 10 May

Monday 6 May

- Labour Day Public Holiday

Tuesday 7 May

- Taryn Stevenson
- Karen Ward

Wednesday 8 May

- Natasha Marriott
- Megan Marty

Thursday 9 May

- Georgie Rutherford
- Lisa Greenaway

Friday 10 May

- Anne Stone
- Urshala Clark
- Jocelyn LaGrosa

Mrs Margaret Kupper

Café Caterina Convenor

e [mkupper@bne.catholic.edu.au](mailto:mkupper@bne.catholic.edu.au)

## Upcoming Events

Term 2

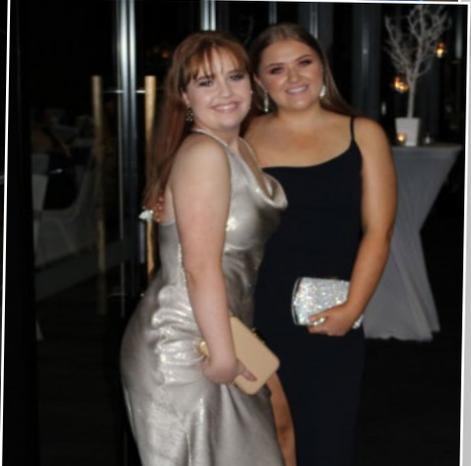
6 May	Labour Day Public Holiday
7 May	College Board Meeting 7.00 pm — 8.00 pm Prouilhe Admin. Building
8 May	Rosies (Brisbane) 7.00 pm — 10.00 pm
9 May	Parent, Teacher & Student Interviews Centacare Engaging Adolescents Parent Course
11 May	Working Bee 8.00 am until 12 noon Chemistry Titration Competition

13 May	Eyes Open Social Media Parent Event 7.00 pm Siena Centre P&F Meeting 7.00 pm — 8.00 pm Prouilhe Admin. Building
18 May	Working Bee 8.00 am until 12 noon
19 May	Open Day <a href="#">Click here to register</a>
21 May	Year 8 Eyes Wide Open Social Media Event
22 May	Rosies (Brisbane) 7.00 pm — 10.00 pm



## Senior Formal

Last Friday, our Year 12 seniors attended their formal at the Hotel Grand Chancellor. It was a wonderful evening for our girls dancing the night away.



*Women of Integrity Shaping the Future*  
*justice and compassion*





## Resource Centre

All of the below books are just of the titles now available in your library. Come on in and check them out. Many titles are short listed by the CBCA for 2019.

- [The Dog Runner by Bren MacDibble](#)
- [Four Dead Queens by Astrid Scholte](#)
- [The Honeyman and the Hunter by Neil Grant](#)
- [Underdog by Tobias Madden](#)
- [The Boy Who Steals Houses by C.G. Drews](#)
- [Changing Gear by Scot Gardner](#)
- [Highly Illogical Behavior by John Corey Whaley, Nguyễn Hương \(Translator\)](#)
- [Dig by A.S. King](#)
- [Dolls of Hope by Shirley Parenteau](#)
- [The Pearl Thief by Elizabeth Wein](#)
- [The Secrets We Keep by Nova Weetman](#)
- [The Lie Tree by Frances Hardinge](#)
- [You Must Be Layla by Yassmin Abdel-Magied](#)
- [Ursa by Tina Shaw](#)
- [The Secret Life of Daisy Fitzjohn by Tania Unsworth](#)
- [School for Skylarks by Sam Angus](#)

Ms Yasmin Relja-Alvos  
Teacher-Librarian

[eyrelja@bne.catholic.edu.au](mailto:eyrelja@bne.catholic.edu.au)

## CaSSSA Results

Team	San Sisto	Opposition	Player of the Week
<b>Volleyball 24/04</b>			
Open B (Stocker)	SSC 0-38	LOR 3-65	Jana McLeod
Inter A (Corley)	SSC 0-43	AHS 3-65	Alexis Forsyth
Inter C2 (Ferraioli)	SSC 1-52	SRC 2-61	Emma Searle
Inter C3 (Nassar)	SSC 0-42	LOR 3-65	Grace McCaul
<b>AFL 24/04</b>			
Senior A (Giffen)	SSC forfeit	AHS	
<b>Indoor Cricket 24/04</b>			
Open South (Meyer)	SSC 54	AHS 131	Jorja Osmond
Junior South (Dore)	SSC 83	LOR 127	Sophia Kemp
<b>Touch 24/04</b>			
Junior B (Smith)	SSC 0	LOR 12	Ciara Di Pino
Junior E (Saltmarsh)	SSC 1	BRI 1	Mia Biazos

Team	San Sisto	Opposition	Player of the Week
<b>Volleyball 01/05</b>			
Open B (Stocker)	SSC 2-63	STU 1-49	Amber Lynch
Inter A (Corley)	SSC 1-53	LHC 2-60	Alexis Forsyth
Inter C2 (Ferraioli)	SSC 2-64	MMC 1-49	The Whole Team
Inter C3 (Nassar)	SSC 0-38	MTA 2-50	Haley Willington
<b>AFL 01/05</b>			
Senior A (Giffen)	SSC 50	LOR 20	Monica Hayes
<b>Indoor Cricket 01/05</b>			
Open South (Meyer)	SSC 96	OLC 64	Ella Winchester
Junior South (Dore)	SSC	LOR FORFEIT	
<b>Touch 01/05</b>			
Junior B (Smith)	SSC 7	LHC 0	The Whole Team
Junior E (Saltmarsh)	SSC 2	LHC 3	The Whole Team



## Careers Update

### Queensland School of Film and Television Open Day

- Saturday 11 May

The Queensland School of Film and Television (QSFT) is one of Australia's leading private film and media training institutions.

Looking to kick start your film & media career, professional development or just passionate about filmmaking & media production?

AT QSFT, IT'S NOT JUST ABOUT YOUR QUALIFICATION, IT IS ABOUT YOUR JOURNEY THROUGH OUR CAREER-FOCUSED TRAINING.

Book a 1 on 1 appointment or register to come along to the next Queensland School of Film and Television's (QSFT) OPEN DAY.

[Click here to register.](#)

For more information, visit

[w.qsft.qld.edu.au](http://w.qsft.qld.edu.au)

### Brisbane Careers and Employment Expo

- Friday May 24 - 9.00 am to

3.00 pm

- Saturday May 25 - 10.00 am to 4.00 pm
- Brisbane Convention and Exhibition Centre
- Free Entry

The Brisbane Careers & Employment Expo is a leading careers, training and education event in Queensland. The event offers the opportunity for students, job seekers and career changers of all ages to connect with organisations for guidance, clarity and opportunities in relation to career options.

For more information, visit [w.careersemploymentexpo.com.au](http://w.careersemploymentexpo.com.au)

### CQUniversity Open Day

- 8 Aug 2019
- 3.00 pm to 6.00 pm
- 160 Ann Street, Brisbane

At CQUniversity Australia you don't have to compromise to be what you want to be. With a huge range of TAFE and university courses on offer, and the option to study on campus at one of 20+ national locations or online via our renowned and flexible distance

education mode, you can study what, where and how you like.

So get the complete picture on the best choice for you at one of our upcoming Open Days. You can explore our facilities, meet teaching staff and current students, get career advice and scout out the best study options for you. If you can't make it to an event, we've also got an Online Open Day.

For more information, visit [w.cqu.edu.au](http://w.cqu.edu.au)

### Griffith University

- Sunday 11 August 2019
- 9.00 am – 2.00 pm
- Gold Coast, Nathan and Southbank

At Open Day, you'll have the opportunity to tour our campuses and facilities, talk to our academic, admissions and recruitment staff about your chosen degree, experience life at Griffith, and much more. With over 200 information sessions, activities and tours across three of our campuses, you'll find the information you need to make a decision about your future.

Visit [w.griffith.edu.au](http://w.griffith.edu.au)

## Spirit of San Sisto Award

Congratulations,  
Lana Holt

This award is given to girls who demonstrate a high standard of commitment to a Habit of Spirit. The Habits of Spirit are ways in which we live out the gospel, and ways which have been modelled for us by St Dominic and the many Dominicans who have come after him.



## Join us for OPEN DAY

19 May at  
1 – 4 pm

**Register Online  
Today**



## Working Bee

We have our next Working Bees coming up soon to prepare the College for Open Day.

- Saturday 11 May
- Saturday 18 May
- From 8.00 am until 12 noon.

With plenty of gardening, cleaning and trimming to be done prior to Open Day, we would appreciate as many parents and students to come along and have our college campus looking its best.

Attendance at the Working Bee contributes towards your fifteen hours of volunteering needed to qualify for the P & F Service Levy refund.

The P & F Committee puts on a great morning tea, so come along to support the college and students. Please register your attendance with the administration office, ideally by 9.00 am Friday 10 May on **t** 3900 9800 or **e** [scarina@bne.catholic.edu.au](mailto:scarina@bne.catholic.edu.au)



## P&F Event



### P&F Father and Daughter State of Origin Event

Date: Sunday 23 June

Time: from 7.00 pm

Location: Siena Centre  
San Sisto College

Price \$4.00 per person

The cost includes a pizza, prizes, games, and much more.

Attire: State of Origin Themed

Come along to watch QLD take on NSW in the second game of the 2019 State of Origin series on the Siena Centre big screens for the annual P&F Association event.

Tickets are now on sale through Flexischools. Registration is essential.

Visit [w flexischools.com.au](http://www.flexischools.com.au)



## P&F Event

### P&F Mother and Daughter Cooking Class

Tuesday 13 August 5.30 PM — 9.30 PM — \$40.00 per person

2 HOUR Class

Whether your repertoire is limited to toast and cereal or you're capable of whipping up insta-worthy three-course meals – there's a cooking class for everyone to celebrate family to enjoy the company of each other in our community.

### 3 COURSE Meal

You'll learn how to make healthy (and delicious) dips and breads, curry (vegetarian and chicken), Beef stroganoff and lamb koftas, green and mixed salads, passionfruit swirl cheesecake and chocolate brownies, non-alcoholic fruit punch, with tea and coffee.

Tickets available from May 15. Purchase your tickets by 26 July 2019 via [w flexischools.com.au](http://www.flexischools.com.au)





## Our Community

### San Sisto College is fundraising with the Entertainment Book!

Hurry! Bonus Early Bird Offers. Limited Time Only \$70.

Your support really helps our fundraising, so we're thrilled to let you know about special bonus Early Bird Entertainment Membership Offers for loyal supporters.

[Click here to support us by ordering your copy today!](#)

### ENGAGING ADOLESCENTS™ PARENT COURSE

Join the three-session program for parents and carers at San Sisto College 97 Mayfield Rd, Carina, 4152 on Thursday 9, 16 and 23 May from 6.00-7.45pm.

Learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents
- New understandings of adolescence
- Building relationship with your teenager and making the best of your non-crisis conversations with them
- Skills for tough conversations for

handling those problems you just can't ignore.

#### Registration Fee

The course costs \$10 (course booklet).

Register for this course by emailing [scarina@bne.catholic.edu.au](mailto:scarina@bne.catholic.edu.au) or by calling the College on 3900 9800. At the time of registration please let us know the name and Year level of your daughters.

#### Who's running it?

The sessions are being facilitated by practitioners from Centacare Family and Relationships Services, Fortitude Valley, 4006. This course is being run by a Parentshop® licensed practitioner. [w parentshop.com.au](http://parentshop.com.au)

### Marriage Encounter Weekend 2 to 4 August

Worldwide Marriage Encounter: A weekend away for married couples in peaceful, picturesque surroundings – away from the distractions of everyday living. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage! This is a unique opportunity to to reconnect, rekindle and refresh your relationship.

Our next weekend will held 2 to 4 August 2019.

Venue: Santa Teresa Spirituality Centre, Ormiston Qld (on Brisbane's bayside)

For bookings/details contact: Maria and David Murphy, ph (07) 3342 1456, [dandmmurphy@optusnet.com.au](mailto:dandmmurphy@optusnet.com.au)

Information website: [www.wvme.org.au](http://www.wvme.org.au)

### St Ita's Catholic Primary School 1919 -2019

- Sunday 11 August
- from 9.00 am
- Dutton Park

We invite you to join us for our Centenary Celebration Mass.

This will be followed by a community day, including open classrooms, history walks, souvenirs, food and drink.

Any enquiries, phone 3833 8400 or [e pduttonpark@bne.catholic.edu.au](mailto:pduttonpark@bne.catholic.edu.au)

### St Thomas' Catholic Primary School 90th Anniversary - Save the date...

Friday 6th September  
P & F Garden Soiree

Sunday 8th September  
Parish Mass Morning Tea  
Memorabilia Display

[w pcamphil@bne.catholic.edu.au](mailto:pcamphil@bne.catholic.edu.au)

## We want to hear from you.

### Send us your news and we will include it!

Are you a current or past San Sister with news to tell? Then we want to hear it. Send us your article and we will share it with the wider San Sisto community.

Also, send us feedback on your *Verigram* experience. Positive or negative, all feedback helps us understand what we are doing well, and areas that need improvement.

Send your feedback to San Sisto College via email

[e scarina@bne.catholic.edu.au](mailto:scarina@bne.catholic.edu.au)

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