Each year in August we set aside our usual learning tools and activities to make room for celebration and reflection.

Last Friday we dedicated the day to celebrating our patron saint’s feast day.

For me, the mass on Friday morning captured the very essence of what it means to belong to the Cabra community and be educated in the Dominican tradition. During his homily, Father Charles reminded us again that God wants us to know him and to know the truth about his love for each of us – Veritas.

At a time in history when we seem to live in the moment, spending time reflecting on our eight hundred years of tradition provided us with a clearer perspective of our busy world.

Congratulations and thank you to all our students for the way you participated in the celebrations. There are few better feelings than standing in your midst singing the school song or witnessing the enthusiastic support for your peers who entered the talent quest.

Through our sharing of the Eucharist and celebration each St Dominic’s Day, we experience first hand why so many love being part of the community here at Cabra.

It is a special privilege to share this day of celebration with the Dominican Sisters. The college staff, council and board members always look forward to catching up with the Sisters over morning tea.

As you can see from the photo below, we also enjoyed a special treat courtesy of the baking brilliance of Ms Russell.

Senior Girls Basketball

Congratulations to our Senior Girls Basketball team who were recently declared State Champions. This is a fantastic achievement for all of the girls involved, their coaches and supporters.

Their success also marked the tenth time in twenty one years that Cabra has secured the title. It is great to see this tradition alive and well in a week when one of our old scholars, Abby Bishop is playing for the Opals in London.

Best wishes for the weeks ahead.

Brian Schumacher

CabrA PRINCIPAl

Friday 10th August 2012  (Week 4 – Term 3)   Issue 11
A few years ago we surveyed our students to find out what Cabra meant to them. What were the areas of strength, areas for improvement and what words would they use to describe life at Cabra. Overwhelmingly, the response was "there is a place for everyone". The school motto, ‘Veritas’, challenges all members of the Cabra community to search for God’s truth in their personal life and in the world around them.

In all that we do, we hope to bring life to the school’s Vision Statement:

Cabra Dominican College, as a Christian community in the Catholic tradition, strives to nurture and develop the unique gifts of individuals, to liberate them in the search for truth and to empower them to create a better world.

Fortunately for us, these are words that are enacted and visible in our daily interactions. Our St Dominic’s Day celebrations were true testament to these qualities in our community. To share the Eucharist with over 1200 people is a blessing and the students were prayerfully involved and reverent during our Mass. The students decorated banners that depicted the unique gifts that they bring to our community and how we can use these gifts to live our lives more like Dominic. They provided a vibrant display of the combined talents within our community. After recess, we were treated to an astounding wealth of talent in our spectacular talent quest. There were dances, rhythmic gymnasts, soloists, guitarists, rock bands and more. The performers were fantastic as was the supportive nature of the 1100–strong audience. We had many standing ovations, loud cheers and enthusiastic chants for our performers ranging from Year 6–12.

We thank all our students and parents for sharing our feast day with us. It was another reminder about how blessed we are to live and work in our community.

Subject selection updates

As we move into the second stage of the year, we begin to consider subject choices for 2013. There will be an Information Evening for Year 9 parents as detailed below.

Later in the term our Year 8 students will consider their elective choices for 2013 and information about this will soon be sent home.

Year 9 Parent Information Night

2013 SUBJECT SELECTION

Wednesday 15th August
7:30pm
St Dominic's Hall.
ST DOMINIC’S DAY CELEBRATIONS
cold night trying to get some sleep using cardboard boxes as their main form of shelter. The experience provided the students with an insight into the plight which the homeless people of Adelaide face every night.

**St. Dominic’s Day Celebrations**

On Thursday afternoon last week I was privileged to take two of our Senior Leaders to celebrate a St. Dominic’s Day Mass at St. Mary’s College which is one of our sister schools. The mass was held at St. Patrick’s Church in the city and the celebrant was Father Paul Mullins. It was wonderful to be so warmly welcomed into another Dominican community and to celebrate the mass with over 800 students.

We also ensured that Cabra Dominican College was represented at the St. Dominic’s Day celebrations held at Blackfriars Priory School on Tuesday of this week. We believe it is important to make our students aware of the wider Dominican community and that we are all strongly connected by our common beliefs and our core values.

**Kyoto Bunkyo Students**

Our Japanese students from Kyoto Bunkyo High School will be concluding their seven month program within the next two weeks. During their time here at the College the students have been enrolled in Mathematics along with two elective subjects. The students were also provided with a specialised language teacher who focused on developing the students literacy skills associated with English. We have been delighted to have the students here as part of our community and wish them the very best for the future. I would like to thank Mr Grant Thompson and Mr. Simon Nicholas for supporting the students during their stay.

**Winter Sleep Out**

Thank you to Dr. Catherine O’Halloran for organising the recent winter sleep out which was held here at the College. While the students may have avoided the rain, they experienced a very cold night trying to get some sleep using cardboard boxes as their main form of shelter. The experience provided the students with an insight into the plight which the homeless people of Adelaide face every night.

**Just Leadership Day**

Recently two of our Year 10 Student Leaders Mhairi Madigan & Madeline Wishart attended a ‘Just Leadership’ day run by Caritas Australia. The students were provided with the opportunity to learn more about how they can all ‘Be More’ and ‘Walk As One’, with the world’s indigenous people. The Leaders also had the chance to mix with students from other schools and share their ideas about awareness and potential fundraising activities. Thank you to Mr. Ben Heath who ensured that Cabra Dominican College was represented at this special initiative which is being undertaken by Caritas Australia.

**Senior School 2013 SACE Enrolment Afternoon**

The 2013 SACE Enrolment Afternoon was held on Wednesday 8 August in St. Dominic’s Hall, from 2.00 to 6.00pm.

**Year 11 Retreats**

The Year 11 Retreat will be held this week on Thursday 9 and Friday 10 August. The students will be located at two different camp sites in Victor Harbor. I would like to wish the staff and the students all the best for what I am confident will be a very engaging and fulfilling experience.

**School Uniform**

Thank you for your support in ensuring your child is wearing the winter uniform correctly and appropriately. This is a way students signify they are proud to be a part of the Cabra community and are respectful of its traditions and culture. Parents/guardians are asked to purchase or alter any items of clothing requiring attention.

**To be a Dominican**

To be a Dominican is to find you belong with us. You are at home. But we Dominicans may have many different Conceptions as to what that means. First of all we have to recognise The same impulse in each other. We preach the same Risen Lord. One recognises certain family resemblances: A quality of joy, a sense of equality, a passion. A trust in our tradition. All these hint at a way of life we share, However great the superficial differences. What holds us together is a way of life Which allows for great diversity and flexibility And common mission. We are bound together as a community By the stories of the past As well as the dreams of the future. Community is based on more than a single vision. It is built patiently by Learning to listen to each other, To be strong and to be fragile, Learning fidelity to each other and Love one another.

Master General of the Dominican Order

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**St. Dominic’s Day**

On Friday last week we celebrated St. Dominic’s Day here at Cabra. Our mass which was celebrated by Father Charles was a beautiful way to acknowledge the importance of the day. As Dominicans we understand that the Dominican spirituality is hard to fully define as we are always seeking out new ways to express what God means to us in our lives. Fundamentally, the Dominican Order is defined by its preaching mission. To Praise, To Bless to Preach is a well-known phrase that resonates with Dominicans. Seeking out the truth is another avenue which Dominicans use to describe their spirituality. As Dominicans we are seekers of light and insight. We are on a quest to gain a deeper understanding of others and the world around us. The Dominican torch is a symbol that is commonly used to represent this light as we seek out the truth (Veritas). Below is a prayer that was used at St. Mary’s College St. Dominic’s Day mass.

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Debating Update

Written By: Mrs Jennifer Cross

Last week was Round 4 for both the Junior and the Intermediate team.

The Junior team (Yr 6R girls) won their debate against Immanuel, arguing strongly that “Parents are not to blame for childhood obesity”. They have been successful in all three of the debates competed in so far.

The Intermediate team (Yr 10s) narrowly lost to Seymour College who argued convincingly that “The government should not subsidise private industry” - a challenging topic indeed! Cabra fought hard but were up against a very strong team of experienced debaters.

Both teams performed very well and are a credit to Cabra.

The last debate for the year will be during Week 7. The Juniors will be convincing the adjudicator that “the Olympics are a waste of money” (very topical) and the Intermediate team has a secret topic which means they only get one hour ahead of time to prepare. Best of luck to both teams!

Science Alive!

Written By: Catherine O’Halloran

National Science Week starts in week 5, Term 3. To kick it off, the Science Alive hands on activity day is run at the Adelaide Showground, Wayville on Saturday/Sunday 11-12 August.

This event includes spectacular chemistry science shows; stardome astronomy, robots, magic shows, native animals, telescopes, forensics and medical science, gene technology and engineering, as well as university and career information. The show is in the Goyder Pavilion, 10am to 4pm both days, and is free for kids under 18, $5 concession and $10 adults.

Above: Intermediate A debating team. L – R: Cameron Bradshaw, James Solly, Eliza Juniper, Leigh Symons, Mrs Woodbridge

Year 7 Science students have recently been learning about our various body systems, including the circulatory system, muscle system and skeletal system.

Last week 7 White investigated the muscle system more closely by dissecting chicken wings and legs. This enabled students to differentiate between the different muscle fibre types, their uses, and to look at tendons and ligaments. Many were able to tell stories of when they had injured a tendon or a muscle, so it was great for them to see what that would look like.


Olivia BRIDGE: completed a Cert II in Hospitality (Food & Beverage) and worked on a Certificate I in Community Services. Now studying at TAFE (Cert III in Aged Care) and working part time.

The Honourable Peter Garrett AM MP, Minister for School Education, Early Childhood and Youth

Two students in stage 2 last year completed VET courses and were nominated for the Vocational Prize. Congratulations to Olivia BRIDGE and Brooke WIECHULA –who have both been awarded $2000 for participating and successfully completing VET courses. They had to write about their experiences of VET, challenges they faced and what VET meant to them as part of their schooling.

Both are worthy recipients.

Australian Vocational Prize 2011

“The Australian Vocational Student Prize recognizes achievements of students who complete their senior secondary studies while undertaking vocational education and training in a schools program or an Australian School-based Apprenticeship. This prize promotes the benefits of vocational education and reflects commitment of schools to making vocational learning a valuable experience for students.” The Honourable Peter Garrett AM MP, Minister for School Education, Early Childhood and Youth

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Both are worthy recipients.
Just Leadership Day

On Monday the 6th of August we attended a Caritas “Just Leadership” Day at the Cathedral Hall. As part of the day we were given the opportunity to interact with students from other Catholic schools. The focus of the day was social justice, ‘Walking as One’, connecting with our world’s Indigenous Peoples. Through activities we were able to develop our leadership and advocacy skills. Together the Senior Leaders and the Social Justice group will work towards raising funds and awareness to support this good cause. Thank you to Mr. Heath for attending this day with us. We will leave you with this thought “Live simple so others can simply live” - Madeline Wishart 10 Rust and Mhairi Madigan 10 White

Social Justice

Vinnies’ Winter Sleep out 2012

On Friday the 27th of July, Cabra students participated in the annual Vinnies winter sleep out to raise awareness of the issues that the homeless face. We had quite an increase in the number of students from all year levels and it was wonderful to see them all participating.

By: Catherine O’Halloran and Rebecca Jasper.

“It was a cool, slightly rainy evening where we all had to sleep in a box, outside in St Dominics’ square, and we could only eat food that had been donated. Students very quickly became experts in the construction of a sturdy shelter for the evening. We all sat around a fire and listened to some accounts of what it was like to experience homelessness. The main points taken from this were not that it was uncomfortable, but that the homeless are frequently not recognised as people and that homelessness can happen to anyone, sometimes only taking a number of unfortunate life events to occur at the same time.

By the next morning, we all had an increased appreciation for our warm beds and, more importantly, for our caring families. Thank you to all who have already donated blankets and clothes, or non-perishable food. Vinnie’s collection bags recently went home with all students, so please fill these if you can and drop them back to the Middle School or Front Office.”

By: Madeleine Fuller 6 Black.

“I think the winter sleep out is a great idea because it gave everyone an opportunity to experience what it would be like to live on the streets. When we were reading out stories, you think about how lucky you are because you have families to support you, a home to live in and food to eat. I think everyone in the school should do it at least once so they get the opportunity that I did.”

By: Madeleine Kent, 6 Black.

“The winter sleep out was a good time to reflect on how others live on the streets.”

Short Film Competition

By: Nicole Laube

All Middle School students are invited to prepare a short film on “Life at Cabra”. The film can be on any topic that you feel is reflective/important about life at Cabra. The film needs to be less than 3 minutes in length and all students/teachers in the film need to give you their permission to be filmed. Final edits are due in Week 8. Please send Mrs Laube an email after you have placed your competition entry into her Drop box.

COLLEGE REMINDER NOTICE

Sandshoes worn to college are to be predominantly white in colour. We know that there are many bright, neon coloured sandshoes in the sports stores at the moment but these do not fulfil our uniform requirements. Please ensure that your child wears sandshoes that meet the uniform requirements as outlined in the front of your child’s college diary.

By: Claire McKenzie 12 Black.

“I felt the winter sleep out was a wonderful experience. The physical aspects of sleeping outside were uncomfortable and cold, however the emotional aspects of the experience were much more rewarding. To hear about other people that had been homeless in combination with experiencing it ourselves was eye opening. We were able to put ourselves in their position. From this, I feel that I have a better understanding of what it is like to be homeless and how they live. I also feel extremely grateful for my family, friends and my home.”

By: Sarah Barrett 12 Rust

“The winter sleep out was an enlightening and unique experience that provided me with the opportunity to reflect on the meaning of homelessness. Coming together as a group and sharing stories around the fire was something that meant a lot to me, and gave me the chance to really think about just how fortunate I am. I was very pleased to see so many younger students participating in the event, and it was a great opportunity to get to know different people within the school community. I would definitely encourage people to participate next year, as the winter sleep out is an eye opening experience that leaves you with a very powerful memory that stays with you long after the sleep out is finished.”

By: Madeleine Wishart 10 Rust

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St Vincent de Paul Society

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Music News

Written by: Di Brown, Ensembles Administrator

I would like to start this article by congratulating:
Katie Balic who achieved an A in her Grade 1 Piano for Leisure exam. Katie is taught by Paula Sweet.
The Combined Drum Corps and Large Vocal Jazz Ensemble who were selected to perform in the Catholic Schools Music Festival. Approximately 90 acts auditioned and just over 30 were chosen. Well done to these two ensembles.
The Concert Band for their enthusiasm and great performance on Sunday July 28.

The Concert Band Big Play Day and Performance was a wonderful opportunity, embraced most enthusiastically by all in attendance, to work and play with the Mitcham City Brass Band.

The day commenced at 10.30am and after all the equipment was set up in St Dom’s Hall, a Mini Concert was held with both bands playing a couple of pieces.

This was followed by a combined run through of 3 pieces. Sectionals were then held in various rooms around the music area with a break for lunch. These proved great fun and an excellent learning experience for our students. Everyone then regrouped for a combined rehearsal and finally at 5pm, the result of all their hard work was revealed in a performance for the very supportive audience.

Our Concert Band sounded fabulous, the Mitcham City Brass Band was inspirational and the finale, both bands combined, was ‘awesome’. We really appreciated the participation of the Mitcham Brass Band and thank them for so generously giving us their time and sharing their expertise.

We are working hard to ensure that the Cabaret on Saturday August 11 is an amazing night. 14 ensembles are playing/singing. It should be a very entertaining evening in our new hall. We hope to see many of you there.

Music Calendar

Concert Band Rehearsal
Sunday August 12 - Band room – 1-5pm

Concert Band Rehearsal
Wednesday August 15 - Band room – 2.45-5pm

SA Bands Competition
Thursday August 16 - Concert Band – Westminster School – 8.30 – 1.00

Adelaide Connection Jazz Choir performance
Friday August 17 - Elder Hall - 1pm – Concert Choir, 10/11 Music Students

Stage 1 & 2 solo performance evening
Thursday August 16 – Cabra Chapel and Band room

Pageant Rehearsal
Monday August 27 – Pageant Warehouse – Drummers - 6.00 – 7.30pm

Stella Maris School Fete
Sunday September 9 – Junior and Senior Drum Corps

Catholic Schools Music Festival
Tuesday September 18 - Festival Centre - Festival Choir, Combined Drum Corps, Large Vocal Jazz ensemble (incl. the band and the drummers) 7.30pm

Spring Chamber Concert
Sunday October 14 – Cabra Chapel

Music in the Lane
Monday October 22 – Wire Choir

St John Bosco School Fete
Sunday October 28 - Junior & Senior Drum Corps

Credit Union Christmas Pageant
Saturday November 10 – Pageant drummers
TERTIARY OPEN DAYS

Provided By: Tanya Sharkey

OPEN DAYS
International College of Hotel Management
Sunday 12th August 2.30pm – 4.30pm at Regency
International House, 63 days Road, Regency Park
www.ichm.edu.au

Tabor Adelaide
Saturday 18th August 10am – 3pm 181 Goodwood
Road, Millwood
www.taboradelaide.edu.au

TAFESA
Sunday 18th August 10am – 4pm Adelaide City
Campus and Adelaide College of Arts, Light Square
Uni Open Days - Sessions available to go along and
listen to speakers in each of the faculties

Flinders University
Friday 17th August and Saturday 18th August 10am –
4pm.
www.flinders.edu.au/freedom

University of Adelaide
Sunday 19th August 9am – 4.30pm
www.adelaide.edu.au/openday

University of Adelaide – Roseworthy
Roseworthy Campus OPEN DAY
Sunday 2 November - 11am to 5pm ...
www.adelaide.edu.au/roseworthy125

University of South Australia
Sunday 19th August 9am – 4.30pm
www.unisa.edu.au/openday

Thebarton Senior College
Regional VET Open Night at 6pm for General
information sessions then tours 6.30-7.30pm. Course
information available about range of courses –
Creative Industries, Business, Digital Media and
Technology, IT, D2C Certificate I, Metal Trades skills .
Resources & Infrastructure and Plumbing Pathways.
Please ring the College 8352 5811 to book.

APPRENTICESHIPS

Australian Government ICT
You need to be an Australian citizen, completing Year
12 and be able to pass a security assessment.
Details about how to apply at

CABRA OLD SCHOLARS

2012 Reunions

Class of 1992 – 20 Year Reunion, Sat 20 October,
Glenelg Surf Life Saving Club, RSVP and details to
cabrarclass92@yahoo.com

Class of 1982 – 30 Year Reunion, Sat 13 October,
The Edinburgh, email Bernard Shinnick
bshinnick@cnw.com.au, or phone 0406 383 105 to RSVP or for details

Class of 1972 – 40 Year Reunion, Sat 10 November,
venue TBA, email Trish Yeomans (nee Button) yeobutton@bigpond.com, or
phone 0417856466 to RSVP or for details

Share Your Story

We’d love to hear from any Old Scholars with information of what you have been up to
since leaving school – engagements, weddings, births, travel, careers or some
other exciting news? Send your updates to our Development Officer, Sue Baum:
sbaum@cabra.catholic.edu.au

Stay in Touch

Do we have your latest contact details?
Register online to stay in touch: http://www.cabra.catholic.edu.au/
old-scholars/online-registration

TRADE & APPRENTICESHIP EXPO

ST PATRICK’S TECHNICAL COLLEGE
Sunday 26 August, 12-3pm
Hooke Road, Edinburgh North

St Patrick’s Technical College is a purpose built
trade training school that offers a specialist
trade focused SACE education and award
winning apprenticeship training for Year 11
and 12 students.

At St Patrick’s Technical College, trade training
is not just part of what we do – it’s all that
we do!

We warmly invite you to meet our team and visit
the state-of-the-art facilities that have assisted
to successfully produce over 430 apprentices
since 2007, including SA’s School-based
Apprentice of the Year in 2011. As part of our
Expo, visitors on the day have the opportunity to
meet many of the training providers, employers
and industry associations that work with St
Patrick’s.

St Patrick’s Technical College is located at
the gateway to the Edinburgh North Smart
Industries Precinct with transport links from
across Northern Adelaide, the Barossa Valley
and Lower North.

For more information visit
www.stpatstech.sa.edu.au
or call 1300 765 384.

LIVING WATERS PRAYER GROUP

Henley Beach
Healing Weekend with Sr Margaret
Scully RSC including inner Healing
and Ancestral Healing, in the hall at
Our Lady of the Sacred Heart church,
420 Seaview Road, Henley Beach.
Saturday 11th August 9am to 5pm
Sunday 12th August 9:30am to 3:30pm
Please bring lunch to share. Tea/coffee
provided. Enquiries and bookings:
Telephone Pauline 82687768 or
0403002240 by 9th August if possible.
Cost, by donation – all welcome.

CABRA OLD SCHOLARS

Year 11 & 12

2012 AEC Spring Programme

Week 1: Mon 24 Sept - Fri 28 Sept and/or
Week 2: Mon 1 Oct - Fri 5 Oct

Classes will be conducted on Labour Day (Mon 1st Oct)

SACE Stage 2:

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Full Programmes from $200*

*The equivalent of $40 per day for a 5 day programme

Early Bird enrolments only and for a full 4 or 5 day programme

Ph: (08) 8231 7776

Coles Sports for Schools is on again for 2012!
In 2010 the Cabra community collected just
over 28,000 vouchers, and in 2011 we collected
over 28,000. This has enabled us to provide
approximately 100 pieces of equipment to both
Middle School and Senior School students. To
participate, simply collect the vouchers provided
at the checkout at Coles supermarkets, and have
your child bring them in to school. There are several
drop off points around the college, including the
MS and SS Office, Book Room and Front Office.
Ask your family and friends to start collecting for
the Cabra community. Our tally is already over
500 vouchers! The more vouchers we collect, the
more sports equipment we can provide for Cabra
students to use at recess and lunchtimes.

RAA’S TELL THE WORLD COMPETITION

Cabra Dominican College student Taylor
Westmontt has been selected as a finalist
in RAA’s Tell the World’ competition. RAA
invited high school students to design a road
safety campaign that could ultimately save the
lives of their peers. Now it’s your time for you
to decide who the winner is, by placing your vote
online. Either visit RAA’s website
www.raa.com.au/telltheworld, or vote via
RAA’s facebook www.facebook.com/RAAofSA

The finalists’ entries are also on display in
Adelaide Arcade in Rundle Mall from 30 July
to 12 August. Voting closes on 31 August. The
winners will be announced on 6 September.

REV - FWD

Friday 10th August 2012 (Week 10 - Term 3)
**AUSTRALIAN ROAD RULES**

**CHILDREN SCHOOLS & TRAFFIC**

**A POTENTIALLY DANGEROUS COMBINATION**

PROUDLY DISTRIBUTED BY THE CITY OF MITCHAM

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**BECAUSE CHILDREN ARE NOT LITTLE ADULTS YOU NEED TO DRIVE WITH CARE AND CONCENTRATION NEAR SCHOOLS**

**WHY ARE CHILDREN AT RISK**

- Their size means that sometimes they cannot easily see or be seen in traffic.
- Parked vehicles, light poles and other street furniture all block a child's view of the road and also make it difficult for drivers to see them.
- Their concentration is limited and they are easily distracted.
- Their actions are often spontaneous and unthinking (that's why the will dart out on to the road to fetch a ball or weave about when riding their bikes) without checking to see if vehicles or pedestrians are coming.
- Their sight is not fully developed, especially their ability to "scan" for things.
- They are lacking the ability to estimate the speed of vehicles, the gap between vehicles, where a vehicle is coming from or how far way it is.

---

**HOW YOU CAN HELP YOUR CHILDREN**

**FOR UNDER 5 YEARS**

Make sure your children have reliable supervision at all times when in or near traffic, especially when crossing roads.

**FOR 5 TO 8 YEARS**

Help your children to become familiar with all aspects of the road environment – signs, traffic lights and crossing places.

Teach them cycling skills in a safe area – in a park or playground etc.

If they are riding a bike to school, plan a safe route for them to take.

**FOR 9 TO 12 YEARS**

Take the time to explain the road rules in simple terms e.g.: Right of way, what to do at intersections etc.

Go for bike rides with your children to make sure they have safe cycling behaviour.

---

**SCHOOL CROSSINGS**

You cannot stop within 10m of the approach side or 20m of the departure side of a school crossing.

**NO STOPPING ZONES**

These zones are usually adjacent to school entrances and the approach and departure sides of school crossings.

You must not stop your vehicle in a no stopping zone or on a solid yellow line, not even for a few seconds.

**CONTINUOUS WHITE CENTRE LINE**

If a road has a continuous white centre line, there must be 3 metres between the vehicle and the white line.

**NO PARKING ZONES**

You may stop in a No Parking zone to immediately pick up or set down your child, and drive off as soon as possible.

No Parking zones are to ensure a quick and smooth turnover of vehicles.

You must not leave your vehicle parked or unattended.

**FOOTPATHS / NATURE STRIPS**

Parking is prohibited at all times. It creates dangerous situations for both pedestrians and other vehicles in the vicinity.

**SPEED LIMITS**

Speeding vehicles in a school zone are highly dangerous for children. There is a speed limit of 25 kph, designated by the signs and a zigzag line below, any time when children are present or when the lights are flashing (depending on the type of crossing).

**INTERSECTION OR T-INTERSECTION**

You cannot park within 10m of the intersection.

**DOUBLE PARKING**

Creates dangerous situations anytime, however the danger is increased near schools, especially when children are entering or leaving school.

---

**PREFER TO REACH OUT**

**Proudly distributed by**

**THE CITY OF MITCHAM**

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**PARKING RESTRICTIONS AT SCHOOLS ARE FOR THE SAFETY OF YOUR CHILDREN**

Local Councils impose a variety of parking restrictions at and near schools to achieve a safer environment for your children. These restrictions are also to optimise traffic movement and safety.

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St Mary’s Sport Stars

Congratulations to two of our St Mary’s Unit students, Timon Sideris and Kurt Bosecke for their outstanding sporting achievements.

Timon (10W) has been officially classified as an athlete with a disability which means he can now run for South Australia in the National Secondary Cross Country Championships held in Adelaide on the 24 – 27th August. He has been training extremely hard with the state coach Gary Zeuner and his wife Cheryl. During the holidays he competed in the Long Course Championships and came second in his event. Timon has achieved much in a very short period.

Kurt (10Y) has completed the final of three short course swim meets (Swimming SA Div2 Winter Short Course 25m). The meet series is open to all swimmers from South Australia aged 12 years and over.

Kurt was competing against all 15 year old swimmers. Kurt blitzed the 15 year old field and ended up with a final score over the three meets (May, June and July) of 170 points; with the second prize winner scoring 85 points and third scoring 49 points. Kurt was awarded first prize for the 15 year old age category in South Australia and now has a wonderful trophy for his achievements.

2012 Dominican Derby Cup Winners

Blackfriars Priory School vs Cabra Dominican College

Last weekend was the Dominican Cup Round which saw Cabra play against Blackfriars Priory School in Football, Soccer and Basketball.

The Dominican Basketball Cup was established in 2007 and has stayed in Blackfriars Priory School in Football, Round which saw Cabra play against Blackfriars Priory School vs Cabra Dominican College 2012 Dominican Derby Cup winners

The Junior A match produced many highlights with Josh Brine and Rhys O’Brien controlling the keyway and the air. Cabra won 72-42 in a fast action game. Jalen Croxton was in super form to win the Dominican medal as Cabra’s MVP with 25 points. A great team performance as the A’s continue their stunning season! Mr Rob Jarrad

Senior Basketball

All three senior games were close match ups. The C team tied 24-24, Josh Stoyel narrowly missing a half-court shot to win the game. The Bs won 38-31, Nathan Van Eekeren top scoring with 24 points including two 3-pointers, Luke Lavender also played his best game to date.

The Open A team was a little nervous before their game. Mostly made up of Yr 10 students, they watched in awe as the taller, older Blackfriars team were doing ‘dunk’ during the warm up. When the game started and Black’s tallest player hit a 3-pointer, I thought we were in trouble. Blackfriars then went on to a 9-0 run to start the game. Coach Dean Nyberg called a time out and whatever he said to the boys worked. They hustled in defence, started hitting their shots and ran Black’s off their feet. Matt Simmons hit two 3-pointers to tie the game 13-13 at the end of the first quarter. From then on the boys played fantastic basketball, gained the lead and never let it slip, retaining the Cup in an upset 50-43. Matt Simmons (29 points, three 3-pointers) was voted man of the match for Cabra. Special mention to Jordan Pressler, who played a great defensive role against the much taller Blackfriars opponents. It was a great comeback and I look forward to seeing the Dominican Basketball Cup in Cabra’s trophy cabinet for another five years.

By: Mr Ben Heath, Boys Basketball Coordinator

Do you want to see more Dominican Cup action? Follow the MOVIE links below! (access via Cabra network only)

K:\Curricular SPORT\Sr B Bball 3 pointer N. VanEekeren.MOV
K:\Curricular SPORT\6 points in 60 seconds.MOV

Junior Basketball

A great round of matches as part of the Dominican Cup Inter-collegiate round. Blackfriars dominated the Junior C’s match winning 41-10 but against Cabra’s B’s they found us too tall, too strong and too quick. Cabra won 58-12 with scoring well spread over the whole team led by Nick Wiseman (15 pts.) and Ben Barrett (10 pts.).

The Junior A match produced many highlights with Josh Brine and Rhys O’Brien controlling the keyway and the air. Cabra won 72-42 in a fast action game. Jalen Croxton was in super form to win the Dominican medal as Cabra’s MVP with 25 points. A great team performance as the A’s continue their stunning season! Mr Rob Jarrad

First XI Soccer

The Soccer silverware was out on display for all to see at the First XI Soccer Dominican Derby match on Saturday 28th July 2012. Hosted by Blackfriars this year, the cup did not have far to travel, as it was previously won by Blackfriars in 2011.

The Cabra First XI had a good, but decidedly slow start to the 8.15am match. Whether it was nervous energy in anticipation of the ‘Cup’ match or just lack of sleep, there were glimpses of ball control and accurate passing by the Cabra Yr 11 cohort. With two on the Cabra bench and close to 10 on the Blackfriars bench, our opponents appeared intimating from afar. The ball first made an appearance at the back of the net for Blackfriars with ten minutes to go in the first half.

This lifted the Cabra team and the glimpse of good play became long gazes. Heading into the half time break with a score of 0 – 1, the Cabra team remained hopeful for their chance at the silverware.

Coach Nelson must have had some seriously motivational words to the boys at half time as the first 15 minutes of play in the second half were phenomenal! A leveller five minutes in saw the momentum of the game change for the better for Cabra. Unfortunately, several undisciplined ‘drops’ and not marking from the Cabra team toward the end of the second half, saw Blackfriars convert two corner penalties in quick succession. The clock then got away from the ‘boys in rust’ and the game concluded with a 1 – 3 loss to Blackfriars Priory School.

A brief gathering by both teams in the centre of the well-worn pitch saw the announcement of ‘Best on Ground’ medal winners by each of the opposition coaches. Daniel Cappello was awarded ‘Cabra Man of the Match’. According to the Blackfriars Coach, “He was everywhere and created many opportunities for the Cabra team with his passing and good movement on the field.” Cabra coach, Nelson Lee, awarded the Blackfriars Man of the Match medal and both teams were congratulated on their sportsmanship and good spirits during the match. The cup was to return for another year to the Blackfriars Trophy Cabinet.

By: Narelle Millsteed, Sport Coordinator

Diary Dates

20th August
Yr 8/9 KO Netball finals, ETSAn Park

23rd August
Coaches Thank You Evening

24th August
Crows Tour for all Cabra Footballers

28th August
Yr 10 Boys and Girls KO Basketball at Cabra

Advanced Notice:
Summer sport training will recommence later this term, watch this space for updates!
FREE COMMUNITY SEMINAR

Navigating Teenage Depression
from the Black Dog Institute

Drawn from the Black Dog Institute’s publication ‘Navigating Teenage Depression: a guide for parents and professionals’ the session covers:

- Identifying Early Warn Signs
- Risk Factors
- Brain Development
- Help Seeking
- Resilience
- How to Communicate
- How to Reduce Stress

Date: Wednesday 22nd August
Venue: Fennescey House
33 Wakefield St
Adelaide

Time: 7-8pm with supper following
RSVP: Friday 17th August

Bookings Essential

Please contact Centacare on 1800 809 304

This workshop is run by Centacare’s Navigate program which is funded by Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)

www.centacare.org.au
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