A busy start to the fourth term

Dear parents, students and friends of Cabra.

It always amazes me how quickly the college swings into action at the start of each term. As you can see from the stories and images that follow our students and teachers have been very busy over the first two weeks of Term 4.

By the time this edition of our newsletter is published our Year 12 students will have completed their final classes after thirteen years of schooling. Quite rightly, we mark this important time in their lives in a number of different ways from their final College Assembly, to Mass this Friday for the graduates and their families and then finally with our Graduation Dinner once all of the examinations are completed. While completing their SACE is a busy time of preparation and study it is also a time for personal reflection as these young women and men begin the transition into life beyond the familiar surroundings of their school.

Just as each person is unique so too we find that different cohorts of students bring very different gifts to our College. Our current cohort of Year 12 students is no exception and their influence on Cabra has been significant. Together they have given great witness to the Cabra Vision by valuing the uniqueness of each person and the belief that everyone has a place in our community.

As teachers we have appreciated their commitment to their studies and many extracurricular activities throughout the year. We have also been touched by their care for each other and the wonderful spirit of solidarity that characterises the relationships within this impressive group of young women and men. At the same time their readiness to work with the staff and their younger peers has provided an excellent example for future generations of Cabra students.

We have every confidence that they will do well in their upcoming exams because of their preparation and commitment to learning throughout the year. Perhaps even more importantly we believe that they are ready to embrace the opportunities and challenges of further study, work and relationships in their years beyond Cabra.

We pray that they will continue to grow as people knowing that they have been created by and in the image of a loving God. Sure in this knowledge and with the benefit of a comprehensive education, we hope that they will also have the confidence to play their part in building a better world.

Best wishes for the weeks ahead and especially to our Year 12 students as they complete their final assessments and examinations.

Brian Schumacher
MIDDLE COLLEGE NEWS

Many of our students find a range of ways to pursue excellence in a variety of subjects and other avenues of schooling life. Our past assemblies have focused on each individual reflecting on their unique gifts and identifying ways to nourish and enrich these gifts. We congratulate the following students who have worked consistently over the past term to achieve these excellent results. Nicole Laube

“We have to do the best we can. This is our sacred human responsibility.” — Albert Einstein

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” — Helen Keeler

### Middle School Academic and Effort Awards

#### YEAR 6 - ACADEMIC EXCELLENCE
- Laura Telford-Sharp
- Gabrielle Annese
- Luke O’Loughlin

#### YEAR 7 - OUTSTANDING EFFORT
- Alexander Dal Zotto
- Hayley Sands
- Sophie Anear

#### YEAR 8 - ACADEMIC EXCELLENCE
- Claire Faulkner
- Roslin Gleseson
- Lauren Meredith

#### YEAR 7 - ACADEMIC EXCELLENCE
- Georgia Bott
- Courtney Burrowes
- Keelan Laube

#### YEAR 6 - OUTSTANDING EFFORT
- Felix Hill
- Donna Johnston
- Sasha Taverna

#### YEAR 8 - OUTSTANDING EFFORT
- Jack Bria (9 Navy)
- Gabrielle McWilliam
- Srinivas Sakinbanda

#### YEAR 9 - ACADEMIC EXCELLENCE
- Chelsea Boylan
- Monique Charlton
- Claudia Cotide

#### YEAR 6 - OUTSTANDING EFFORT
- Rueben Dekuyer
- Shae Lamont
- Lauren Hooper

#### YEAR 8 - OUTSTANDING EFFORT
- Jack Bria (9 Navy)
- Gabrielle McWilliam
- Srinivas Sakinbanda

#### YEAR 8 - OUTSTANDING EFFORT
- Jack Bria (9 Navy)
- Gabrielle McWilliam
- Srinivas Sakinbanda

#### YEAR 9 - OUTSTANDING EFFORT
- Jack Bria (9 Navy)
- Gabrielle McWilliam
- Srinivas Sakinbanda

The Incredible Edible School

Our motto is: “If you eat you’re in”

It’s all about connecting people to each other and to some of our most basic necessities: love and community.

Inspired by Pam Warhurst’s TED Talk “How we can eat our landscapes”, students in 8 White have been putting into action what they’ve been learning about in the MITIOG and Program Achieve programs. The Incredible Edible School project puts into action concepts we’ve been working with such as: resilience, morality, collaboration, innovation, sustainability, problem solving and responsibility to both self and others.

The class has been working in small groups, choosing fruits, vegetables and herbs to grow that would appeal to our community and can be easily transformed into more than one recipe. Late last term we ran a cake stall to raise the initial funds required to get the project up and running and we would like to warmly thank our community for supporting this project. Seeds have been planted and we now wait in anticipation for the first shoots to appear.

In addition to the practical tasks of fund raising and cultivation of seedlings, we have also been investigating questions such as:

Could we plant edible plants around the school that would add interest to our landscape and also provide produce for use in Home Economics?

If we grow the produce, and then work together with Home Economics students, could we run a cafe once a week that sells food made from this produce?

Could we use the proceeds from the sale of cafe items to continue to fund the project?

We look forward to sharing more of our projects’ progress with you throughout the term.

If you would like more information or would like to withdraw your child from the project, please do not hesitate to contact the researcher responsible for this project. The researcher is:

Ms Sophie Aitken
Phone: 03 9902 4072
Email: sophie.aitken@monash.edu

### Research Project: Coping with Emotional Problems

Researchers at Monash University and the University of Queensland will be conducting Phase 3 of the three-year research project entitled Coping with Emotional Problems, which started 2 years ago at your child’s school. This research project is investigating the emotional health and well-being of Australian adolescents and will inform prevention and early intervention programs designed to enhance the quality of life of Australian adolescents.

We would like to take this opportunity to inform parents who gave consent for their child to participate in this project 2 years ago that the researchers will be coming to the school shortly to administer the same questionnaire completed by these students last year and the year before. Only students with parent consent at Time 1 of the study will be allowed to complete the questionnaire this year, during school hours, with other participating children from the school.

As this is the final year of the project, we would like to take this opportunity once again to thank parents and students for their time and support of the project.

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Photo: Middle School Academic and Effort Awards.
This semester a Year 9 Art class has been busy designing an artwork, which will be created into a Mosaic on a piano. This piano will be able to be used by all students as a way to encourage students to create music in an informal environment. The artwork is centred on two themes, the first being about ‘schools of fish’ and the other about the school being akin to a deciduous tree, which grows flourishes and turns over a new set of leaves each year. The Year 9 students are currently creating the mosaic design and will soon be installed on the piano. We would also like to acknowledge Beaumont Tiles Norwood and Johnson Tiles who both kindly donated all of the tiles we are using for this project.

Cabra Old Scholars

2012 Reunions

Class of 2002 - 10 Year Reunion
When: Saturday 24 November
Where: The Edinburgh, Mitcham
Time: 3.00pm, Tour of the College, 4.30pm, The Edinburgh
Cost: $15 per head, inc. food platters and room hire. Buy own drinks on the night.
RSVP: Email Naomi Blanch naomi.blanch@flinders.edu.au

Class of 1997 – 15 Year Reunion
When: Saturday 27 October 2012
Where: Avoca Hotel, Clarence Gardens
Time: From 5.30pm onwards, table reserved for dinner at 7.30pm
Cost: Food and beverage are your own expense on the night
RSVP: Email r Gabriel01@gmail.com

Class of 1992 - 20 Year Reunion
When: Saturday 20 October 2012
Where: Glenelg Surf Life Saving Club
Time: 4.30pm, Tour of the College, 6.30pm Glenelg Surf Life Saving Club
Cost: $55 per head, inc hot and cold cocktail food, 3 hour drinks package
RSVP: Email cabraclass92@yahoo.com

Class of 1972 - 40 Year Reunion
When: Saturday 10 November 2012
Where: Stamford Grand Glenelg
Time: 5.30pm, Tour of the College, 7.00pm Stamford Grand Glenelg
Cost: $100 per head, inc buffet dinner, cake, drinks
RSVP: Trish Yeomans (nee Buttons), yeobutton@bigpond.com or phone 0417 856 466

Note:
A minibus has been organised from Cabra to the Grand, $5 per person

Share Your Story

We’d love to hear from any Old Scholars with information of what you have been up to since leaving school. Send your updates to our Development Officer, Sue Baum via email: 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

BOOK ROOM NOTICE

The Book room now have a “Metro card” Recharging terminal. We cannot sell the cards but they can be purchased from a number of outlets around Adelaide. A list of these can be found on the website: www.adelaidemetro.com.au

The cards will attract an initial cost of $3-50 plus however much credit you may wish to load to the card at the time.

Existing tickets will still be able to be used in parallel with the “Metrocard” system on buses, trams and trains.

“Day trip” and “Single trip” Metro tickets are still available and can be purchased from the Cabra Book room.
Archbishop’s Awards for 2012

Jack Kutcher and Madalin Yeo-Ellis were the recipients of the Archbishop’s Awards for 2012. The award acknowledges students who have displayed a commitment to their education and to supporting their community. The Archbishop uses the award to formally acknowledge students who are nearing the completing of their school life with a focus on the level of service which they bring to their individual schools and local communities.

Ryan Dijksman

Congratulations to our student Ryan Dijksman for winning the 2012 Maccas Cup Most Valued Player Award for his outstanding contributions to SANFL. Ryan is a midfielder for the West Adelaide Football Club.

Year 12 Food and Hospitality Dinner

Congratulations to the Year 12 Food and Hospitality students who organised a special dinner for staff and parent on Wednesday night last week in the boarders dining room. The students under the direction of Ros Patterson did a wonderful job preparing the three course dinner.

St. Mary’s Unit Camp

The St. Mary’s Unit camp was held at Woodhouse at the end of Term 3. The camp provides the students with the opportunity to get to know students from other schools that also have units from metropolitan Adelaide. The St. Mary’s Unit staff who run the camp devote an amazing amount of time and energy towards ensuring that the specific needs of every student are attended to and that the group has a quality camp experience during their time away.

CABRA ACADEMIC MISSIONS — SOUTH SUDAN

Many of you will remember one of our refugee students at Cabra Dominican College, Deng Chuor. Deng was so grateful for the opportunity to be able to study at such a wonderful school and also felt blessed to be a part of a nurturing Catholic community. This made him want this for the young people of his village so that they too could have a better future. This is when he started the first school in Sudan which was named Cabra Primary School after the College that had given him so much joy and support.

Deng is now in his final years at the Corpus Christi Seminary in Melbourne. In his ‘spare’ time he tries to run the three schools he has started in South Sudan.

Please consider a donation to the Cabra Primary School in South Sudan. The website for online donations is http://www.givenow.com.au/salesianmissions which is administered by Salesian Missions who collate and send all donations onto Cabra Missions.

As mentioned in Deng’s flyer there are now 3 schools and much work needs to be done. Deng and the children of South Sudan will be forever grateful.

Our work

The three schools, with the number of students and teachers, are as follows:

- **Cabra Primary School** (Mang’ar-Tong village)
  - 1027 students - 16 teachers

- **Our Lady of the Rosary Primary School** (Nyin-Ken village)
  - 560 students - 10 teachers

- **Our Lady Help of Christians Primary School** (Riang-Aketh village)
  - 454 students - 7 teachers

Each year Cabra Missions sends students on scholarship, with the hope that they will achieve a higher education and return to serve their communities. There are 50 students on scholarship at present. We struggle on to look after them and, at the same time, we push on with their studies.

**DONATIONS CAN BE MADE TO:**


Donate to Salesian Missions Appeal: Helping underprivileged young people in developing countries.

- Give a one-off donation online
- Give a regular donation online
- Donate by phone
- Donate by mail
- Donate by fax
- Leave a bequest

If you would like to know more or help our cause in any way, please contact:

Anthony Lindblom:

Phone: 08 8179 2400  Mobile: 0422 371 634
Email: alindblom@cabra.catholic.edu.au
Food and Hospitality

Written by: Ros Patterson

The Year 12 Food and Hospitality students hosted a dinner party for parents and staff. Students spent the weeks leading up to the evening planning and preparing a three course meal which they served to their guests. It was an excellent opportunity for the students to demonstrate their skills in the Food and Hospitality industry while gaining an insight into the mixed feelings of pressure and satisfaction involved with the responsibility of food service. The students really enjoyed the experience and received excellent feedback from their guests.

COMMUNITY NOTICES

ST JOHN THE BAPTIST GALA DINNER
The P&F hosting our Bi-annual Gala Dinner Tapestry Pavillon Morphettville Racecourse Saturday 17th November. $100pp, includes a 2 course meal & 5 hr drinks package & Live band ‘Sweet Az’. All Enquires: Amanda Carruthers Ph: 0408 743 640 or 8293 6280

Novita Children’s Services Down Every Street Appeal
During October, Novita is going to ‘knock in your door, ring on your bell, tap on your window too’ right across Australia to raise money for children with disabilities and special needs. More information contact Anthea Mur. Ph: 08 8243 8221. Email: anthea.mur@novita.org.au

St Dominic’s Priory College Annual Fete & Auction
Sun 28th Oct 10:00am - 3:00pm. (Auction at 12pm)
Hill St & Molesworth St, North Adelaide
Amusement for all ages!

Edwardstown Primary School Strawberry Fair
Sun 28th Oct 10:00am - 3:00pm
Maria St, Melrose Park
Our 30th Birthday! Activites for the whole family!

Young at Art Studio - Art and Craft Classes
After school and all day Saturdays. Adult classes too!
4 Paringa St, Parkside.
Ph: 0417 203 052
Email: youngarartstudio@hotmail.com

RAILWAY STATION CLOSURES

We have received the following information re the closing of some of the railway lines in Adelaide for upgrading which we thought you might find useful.

The Adelaide Railway Station
- Closed from 2 January to 3 February 2013.
The Adelaide Railway Station will be closed for five weeks during the quietest time of the year to upgrade the tracks in the yard and prepare it for electric trains.

Noarlunga and Tonsley
- Closed from 2 January to September 2013
The Noarlunga line will be closed for approximately eight months while the track is upgraded and electrified.
The Tonsley line, currently closed for the Adelaide Convention Centre expansion, will also remain closed for this period.

Belair
- Closed from 2 January to mid-2013
The Belair line will be closed while the Goodwood Junction and Adelaide Railway Station is upgraded. As with previous closures, tailoerd substitute bus services will match, as closely as possible, the train timetables they replace. Services are being designed to ensure all stations along the rail line are serviced (with a mixture of express/limited stop and all stopping services). New timetables will be available from mid-November.

For further information about public transport changes:
- **Check:** local bus stops for route and timetable changes
- **Call:** Adelaide Metro InfoLine on 1300 311 108 (7am to 8pm daily). For customers with a hearing impairment please use TTY on 8303 0844.
- **Visit:** adelaidemetro.com.au or an Adelaide Metro Info Centre on Currie Street, Adelaide or at Adelaide Railway Station or your nearest Adelaide Metro Info Bar

Home Stay in 2013

Here is an opportunity to have an international cultural experience for the whole family without leaving home.

Host a student!
It is a wonderful way to get to know another culture while supporting an international student and the International Program at Cabra.

Short-term
In March and July, Cabra will host study tour programs with students from Japan. The March program is for one week and the students will be placed in pairs. In July, students from Japan will visit for about 3 weeks. We need to place one student per home.

Longer-term
Students, again from Japan will arrive at the beginning of the year and will complete their program at Cabra in mid August. We place only one Japanese person per home.

No experience necessary. Families with children at Cabra are encouraged to participate. However, your own children do not need to be studying Japanese. Usually we need to call upon the broader community to place the students.

Please do not hesitate to discuss this opportunity with your neighbours, relatives and friends. A tax free allowance is offered to cover expenses.

CONTACT:
Please contact Simon Nicholas at Cabra College for more information or to express your interest.

snicholas@cabra.catholic.edu.au
Phone: 81792400
Mobile: 0408 087 220
**CABRA MUSIC NEWS**

Term 3 finished on a very busy note. On Sunday September 9, the Drum Corps played at the Stella Maris Parish School Fete. This was another opportunity for them to display their skills in the lead up to the Credit Union Pageant. The last week of Term 3 was dominated by rehearsals, sound checks and performances for the Catholic Schools’ Music Festival. Rachael De Haas was there every night as a member of the string ensemble, as were our male vocalists, who did a superb job singing with the Festival Choir. I am sure our Festival Choir will never forget their performance on Tuesday night. The Large Jazz Ensemble and the Drum Corps also performed on the same night. Both ensembles received thunderous applause for their outstanding performances. Our thanks go to the directors, Saz Burton and Rob Boundy. The Jazz Band, under the direction of Russell Burton and the Year 12 Ensemble (Luke Evans and David De Haas) provided pre-show entertainment in the foyer and both performances received many accolades. All students are to be commended for their commitment to rehearsals, their behaviour on the night and their wonderfully positive attitude.

Orders for the Music Festival DVD from www.tvagency.sa.com can still be made even if you haven’t filled in a form. It can all be done on the website and payment can be made by credit card. If you do order directly on the website the cost is $45 rather than $47.

Our first event for Term 4 was the ‘Spring Chamber Concert’ held last Sunday in the Cabra Chapel. Once again it was a delightful afternoon of entertainment provided by the Brass Ensemble in their debut performance, the Festival Choir who stole the show with their beautiful singing and energetic choreography, the String and Flute Ensembles, Cabra Chorus, Concert Choir and the Guitar Ensemble. Thank you to all who attended – talented performers and appreciative audience members.

**CONGRATULATIONS TO**

Grace Mason who achieved an A in her grade 1 Piano for Leisure examination. Grace is taught by Paula Sweet.

**MUSIC CALENDAR**

- **Pageant Rehearsal:** Monday October 22, 6pm – 7.30pm, Pageant Drummers
- **Music In The Lane:** Monday October 22, 11.30am – 1.30pm, Wire Choir
- **St John Bosco School Fete:** Sunday October 28, 10.30am – 12.30pm, Junior & Senior Drum Corps
- **Pageant Rehearsal:** Monday October 29, 6pm – 7.30pm, Pageant Drummers
- **Music Showcase:** Thursday November 1, 7pm – 8.30pm, St Dominic’s Hall, Concert Band, Stage Band, Wire Choir, Senior Rock Band, Junior Rock Band, Large Jazz Ensemble, Revelation, Jazz Train, Developmental Drum Corps
- **Pageant Rehearsal:** Monday November 5, 6pm – 7.30pm, Pageant Drummers
- **Credit Union Christmas Pageant:** Saturday November 10, Pageant Drummers
- **Norwood Christmas Pageant:** Saturday November 24, Junior and Senior Drum Corps
- **Rob Boundy’s Annual Drum Concert:** Sunday December 2, St Dom’s Hall, Drummers
- **MJB Dancers Concert:** Saturday December 8, Immanuel College, Drum Corps
- **Choir Extravaganza:** Wednesday December 12, Thursday December 13, St Dom’s Hall, All Choirs

**MUSIC SHOWCASE – CABRA MUSIC DEPARTMENT**

**THURSDAY 1ST NOVEMBER 7PM – 8.30PM**

**ST DOMINIC’S HALL – CABRA DOMINICAN COLLEGE**

**CONCERT BAND, STAGE BAND, WIRE CHOIR, SENIOR ROCK BAND, JUNIOR ROCK BAND, LARGE JAZZ ENSEMBLE, JAZZ TRAIN AND DEVELOPMENTAL DRUM CORPS.**
IMPORTANT DIARY DATES (PLEASE NOTE DATE CHANGES!)

2012 SPORT AWARDS PRESENTATIONS

Middle School Sport Awards
Middle School Sport Awards
Presentation Evening
with special guest speaker
Olympic Gold Medallist Anna Meares
Monday 19th November (Week 7)
• Yr 6/7 awards from 6.30pm
• Guest speaker at approximately 7.15pm
• Yr 8/9 awards from 7.30pm
• Students attending please wear PE Uniform

Senior School Sport Awards
Senior school sport awards will be presented at the last whole school assembly of the year on:
Thursday 18th October (Week 2)
• From 9.45am
• Parents and caregivers welcome to attend

SPORTS UPDATE

Beach volleyball
Beach volleyball consent forms are due back to the sport office by Thursday 18th October. The Yr 8 & 9 beach volleyball carnival will be held at Glenelg beach on Tuesday 23rd October and Yr 10/11 beach volleyball carnival on Wednesday 24th October. Students will NOT be permitted to attend without parent consent.

Term 4 Summer Sport Draws
Summer Sport Draws for Term 4 are now available for collection from your team pigeon hole located in the gym foyer. Please contact your coach or coordinator directly if you are unable to attend trainings or games. Contact details can be found at the top of your draw.

Winter sport uniforms
Winter sport uniforms are due back to the uniform shop, please return asap for stocktake.

LIBRARY UPDATE

The end of year is in sight and there are the long summer holidays to look forward to. With this in mind, the libraries at Cabra wish to remind students that borrowing is allowed during these holidays again this year. We encourage all the students between Year 6 and 11 to take books home to enjoy during their break and be returned at the beginning of the new school year. We have been busy throughout the year processing as many new books as possible to boost the numbers and improve the collection. We have increased our classics collection as well as the Australian content and not forgetting the many book requests we have filled and also the new popular fiction.

DOOR PRIZES,
BEST DRESSED
AND BEST DANCER PRIZES
ALL UP FOR GRABS!

TIME: 6.30-8.30pm
COST: $8 per person
WHERE: St Dominic’s Hall
WHAT TO WEAR? A SCARY COSTUME!
WHEN? Friday Week 4 (2nd November)

All fundraising going towards the World Challenge
If there are any questions please ask Jess Hinds, Brittany Phelps, Hanna Groundwater (10 Yellow) or Chloe Eisele (10 Navy)
If you would like to advertise your local business in the Cabra fortnightly newsletter, please send an email to:

Cabra Newsletter Advertising Enquiries: sbaum@cabra.catholic.edu.au

Cost Effective Advertising and free design is included.