Opening Doors to the Future

After four busy weeks of settling into the routines of the academic year we gathered for our opening Mass on Thursday morning. In a tradition as old as Christianity itself we came together to listen to the word of God and to share a sacred meal. For those new to Cabra this is one of the first big moments of insight into who we are as a community; something that has to be experienced rather than something that is taught.

During Mass we sat facing each other with the altar in the centre of Caleruega Hall. In celebrating our Opening Eucharist in this way each year we recognise Christ at the centre of our community and pray that we will come to understand His love for us in our shared experiences throughout the months ahead.

Project Compassion Launch

We were delighted to host the launch of Project Compassion 2013 late last week. It was also a great privilege to have Archbishop Wilson visit Cabra for the launch of this annual humanitarian project and at the same time welcome many of our newest students to Catholic Education.

Each year through the work of Caritas we are provided with the opportunity to give tangible support to those in need as we prepare for Easter in the weeks of Lent. As this year’s theme suggests we can help ‘open doors into the future’ for those whose lives and opportunities are stifled by poverty. If you would like to know more about Caritas and Project Compassion please click on the link provided below and it will take you to the Caritas website where you can read for yourself about this great work of our Church.

Project Compassion Link
...or visit the Caritas website at www.caritas.org.au

Student Safety

As many parents would have experienced already, the building works and changed traffic conditions on the corner of Little St and Eaton St are causing delays for all concerned. We are currently working with the developers and Mitcham City Council to provide a safer alternative for our students. In the meantime, I ask that you try to avoid this area in the afternoons and exercise caution when using this entrance to the College as there are hundreds of student pedestrians using this same exit every afternoon.

Taking time to Reflect

May our experiences over the next two weeks of Lent bring a deeper appreciation of how much each of us is loved by our family and friends and may this realisation provide us with the confidence to reach out to others. With best wishes,

Brian Schumacher
**CABRA COLLEGE NOTICES**

**UNIFORM SHOP**

**Sport Uniforms**

In previous years, sport uniforms were only available to hire for the sport season. In 2013, various uniforms are available to purchase.

Please note changes below:
- White polos (cricket, volleyball, tennis) must be purchased for Yr. 8-10 students ($48); purchase/hire is optional for all other year levels.
- Netball dresses and soccer Guernseys will also be available to purchase for the winter season; prices will be advertised in the sport newsletter once confirmed.
- Football and basketball tops will be available to buy from 2014. In the instance of uniforms being purchased, the sport invoice may need to be adjusted; uniform shop staff will advise at time of sport fee payment. Please contact the uniform shop for more information.

**2012 Sport Uniforms**

All hired uniforms that have not been returned to the uniform shop WILL incur a replacement fee.

Please return ALL hired sport uniforms immediately.
Thank you for your cooperation.

**Sale of Second Hand Uniforms**

Please note the following when placing uniforms on consignment:

- All uniforms must have the current Cabra logo with the exception of the rust jumper. If unsure, we can advise on the current styles and logo.
- Blazers and skirts are to be dry cleaned prior to being put on consignment. To protect the enamel on the Blazer buttons, we recommend covering of them with al-foil before sending to the dry cleaners.
- The Uniform Shop will only accept good quality, approved Cabra uniform that has been freshly washed and ironed, and is free of stains, paint, holes and rips.

Payment for sale of consignment garments is by way of pre-loved uniforms.

**COMMUNITY NOTICES**

**CIRKIDZ ENROLLING FOR SEMESTER ONE**

Cirkidz’ dedicated trainers teach the secrets behind circus arts at our fully equipped circus school in Bowden. Spaces available in classes for everyone ages 2 ½ through to 18. Enrol online or Contact us to arrange a ‘Come And Try’ class.

Phone: 8346 5735

**SOUTHERN CROSS NEWSPAPER**

The Southern Cross newspaper can be accessed via the electronic link below - www.thesoutherncross.org.au

If you do not have access to the internet you may purchase a copy of the Southern Cross Newspaper for $2 from your nearest Mass centre (Annual subscription $30 per year for one monthly copy or $58 for two years).

If you have any queries please contact the
Catholic Communications Office
Phone: 8210 8117 or email: cathcomm@adelaide.catholic.org.au

**PARENT INFORMATION EVENING**

**NAVIGATING TEENAGE DEPRESSION**

Wednesday 27 February 7.00pm, St. Dominic’s Hall

The session will cover the following topics:
- Depression • Bi-polar disorder
- Identifying early warning signs
- Risk factors • Brain development
- Seeking help • Resilience
- How to communicate
- How to reduce stress

The presentation is designed to assist parents in the process of navigating teenage depression. It also looks at mental health problems within the context of normal teenage development and associated pressures. The presentation offers practical strategies for communicating with someone who you are concerned about, when and where to go for help, and strategies for building resilience.

**Principal’s Tour**

**Friday 15 March and Thursday 21 March**

Tour commences at 9:15am
Register your attendance on 8179 2400
Meet near the Chapel at the front of the College
Parking is available outside the College (limited parking is available via Little Street)

You are welcome to join us for morning tea in the Boardroom following the tour.
Enrolment interviews for entry into 2015 commence in June 2013

Cabra is a Catholic, co-educational College with over 1080 students from Years 6 to 13
Fundraising for Caritas

Lent was traditionally a time of prayerful reflection, forgiveness and alms giving.

At Cabra Dominican College we have a tradition of supporting those who are most vulnerable in the world through the international Catholic aid organisation, Caritas.

This fundraising appeal is called Project Compassion and each year our students, families and staff raise a significant sum to assist those in need. What has been most impressive about students’ contributions in the past has been that it is not excess cash that they give, but that they look to give of their own time and talents to help others. Our Vision statement speaks of a community that “strives to nurture and develop the unique gifts of individuals, to liberate them in search for truth, and to empower them to create a better world.”

The College hosted the Australia wide launch of Project Compassion last Friday where the Year 8’s represented our student community. We were blessed to have Archbishop Philip Wilson, a guest speaker from Cambodia and many invited guests to help “open the doors to the future”. Our students have been involved in a range of different activities that not only raise money but raise awareness of others in our world. We are doing this in a number of different subjects including Religious Education, Pastoral Care, Mathematics and SOSE so that our students can see that we are interrelated in our world and we can empower others.

We recognise that a key factor in educating our Middle School students is to make connections through the heart and the mind. This holistic approach has inspired our students to make a difference whilst also learning many new skills themselves.

Our Pancake day recognised Shrove Tuesday and we had a focus on sharing the love by letting others know that we are all loved by God and we should look for ways to share this love in our everyday actions. Both of these activities raised over $500 and a greater awareness of our Project Compassion appeal.

The students are organising their own activities to raise awareness, build community and problem solve. We are always astounded by their generosity and excellent team spirit and we look forward to sharing their achievements along the way.
**Leaders Camp**

Day One of the Middle School Leaders Camp was a busy one! With everyone arriving at Cabra in the morning, the school bus left with 18 enthusiastic leaders. Once we arrived in Victor Harbor we decided we would all head out to the beach for lunch, where we could play on the playground and walk around.

Once we had all stretched our legs, we headed back to Adare where we met and got to know the Senior School leaders. A visit from Mr Schumacher was a nice way to farewell the Senior School leaders before they went home.

The Middle School Leaders worked co-operatively in the team building activities and were eager to learn new skills taught by each individual. Time flew and we finished the busy day with a nice walk around Granite Island.

Day 2 was a bit more relaxed and we got to sleep until 8am. Once everyone had finished their breakfast, we washed up the dishes and continued our leadership activities. Once again the leaders did a great job in teaching their activities and everyone listened intently and cooperated well. After a short lunch break, the leaders who wanted to be Middle School Captain made a short speech explaining why they wanted the job.

After the speeches, everyone cast their vote. Finally, the votes were in; the male captain was Sebastian Gaggl, the male vice captain was Patrick Fairlie, the female captain was Annie Fairlie and the female vice captain was Anais Stephens. Then we grabbed our belongings and boarded the bus for our journey home.

The camp was a great experience learning many leadership skills whilst getting to know the other leaders.

By: Sebastian Gaggl and Annie Fairlie

**Yr 6 Connections Day 2013**

Last Friday the Year 6 classes spent an exciting day at Belair National Park for their Connections Day. The outing the was organised by the teachers with the purpose of getting the new students to get to know each other better in a fun and relaxed way in the beautiful setting of the nature park.

All activities were conducted by Mr Whinnen and his Year 12 Sport Education class. The students played ball games, ran relays, competed in tug o’ war, and enjoyed many other team games. They were supported and encouraged by the Year 12 students who were incredibly energetic and enthusiastic.

I would like to congratulate them on their participation and their conduct; they were great mentors for the younger Year 6 students. We all returned feeling rather weary but very satisfied at having made new friends and connected in a special way with each other.

**Student Quotes:**

- On the 15th of February we spent an enjoyable day at Belair National Park. We did lots of activities. – Bridget Wurdemann
- I really enjoyed the day because it was fun. I participated in every game and saw lots of wildlife. – Alanna Howick
- I loved meeting new friends in lots of different ways. I loved seeing the animals. I loved playing on the fort. – Emily Brockhurst
- I saw an emu. – Ryle Kustermann
- We had great time with the Year 12 students and enjoyed the different environment – Kaitlyn Hill
- Connection Day was awesome, fun, helpful and great! – Angus Mason
- Year 6 White won the tug o’war and nearly beat the Year 12 students! – Brooklyn Cotton
- We played a lot of fun and new games. The teams were mixed and some games were played in home groups. We had a lot of fun! – Grace Terrell
It is wonderful to see the early weeks of Lent as a catechism for those who are on a journey toward Baptism at the Easter Vigil. Each liturgy offers a new “lesson in the faith” for these new believers. Viewed this way, Lent can be a journey of renewal in faith for us all. We listen, with the hearts of children, learning old lessons, as though for the first time.

And each day, we pray these special prayers that simply help us keep turning to God for the graces we need for the day. Throughout the day, we find moments, perhaps “in the background” while we are doing other things that help us remember what we are asking for. Our desire grows as we make changes to our daily patterns. As we make sacrifices, in order to experience freedom from self-directed needs, we also experience a freedom for other-directed love and generosity.

www.onlineministries.creighton.edu/CollaborativeMinistry/Lent/firstweek.html

Use of Pedestrian Crossings

Each day we have 1,100 students travel to and from school. Some students walk to school, some catch public transport, while others may ride their bikes or be driven to school by a parent or guardian. The majority of the students respect the road rules and use the pedestrian crossings however there are selected students who have been failing to pay attention to these basic expectations. We would like to take this opportunity to remind all students to ensure that they obey the road rules and be attentive to the fact that they need to use the pedestrian crossings when crossing any road.

On Thursday the 28th of February our Year 10 students will be attending the RAA Street Smart presentation at the Adelaide Entertainment Centre. The RAA Street Smart will feature a realistic crash scene re-enactment involving vehicles, emergency services and actors. The aim of this re-enactment is to be as close as possible to a real life crash and to realistically portray the events of a fatal car crash.

SACE Merit Ceremony, 2013

Last Tuesday I was privileged to attend the 2013 SACE Merit Ceremony which was held at Government House on North Terrace. I was immensely proud to have five of our top Year 12 students from 2012 presented with certificates of special acknowledgement for their outstanding academic achievements. Last year the College had 11 Merits awarded to the students and nearly 25 students achieved an ATAR in the 90s. This year we need to make a special acknowledgement of Kate Hofmeyer who enrolled in a Stage 2 subject last year as a Year 11 student and was successful in achieving a Merit for her selected subject of Physical Education.

I would like to take this opportunity to formally congratulate the following 5 Year 12 students for their outstanding academic achievements:

- Fiona McQueen: Geography, Maths Studies, Specialist Maths and Research Project
- Alana Donnelly: Biology, Chemistry, Maths Methods and Nutrition
- Emily Curtis: Physical Education
- Sarah Barrett: Legal Studies and Research Project
- Deeni Betar-Young: Business and Enterprise and Research Project

Fiona McQueen, Alana Donnelly, Emily Curtis, Sarah Barrett, Deeni Betar-Young

I am pleased to announce that the following students have been elected as College Captains & Vice Captains for 2013:

College Captains:

Grace Buckley

Jack Morgan

College Vice-captains:

Madeline Grammatopoulos

Todd McLean
Overdue/Item Reserve Notifications Now Going Out By Email.

Overdue and reserve notices are now going out by email. In Term 1 students may also receive a paper reminder about reserved items that are waiting but this will stop in Term 2 in favour of all electronic notification.

Pupils need to check their school email daily for important messages from teachers, classmates and of course us here in the library. Any student with overdue items will receive two email reminder notices before a letter with a bill for payment is sent home. Of course if items are required for longer, library staff will be happy to discuss this with you.

**DVDs for Loan To Students**

To promote an interest in reading, film, media and cultural awareness we are developing a DVD collection for loan to students. If you would like your son or daughter to be able to borrow these in addition to other resources please sign the DVD consent form which will be inserted in the student diary in the coming weeks. We will not loan DVDs to any student who is not of the required age and who does not present this signed consent form from their diary.

**LIBRARY OPENING HOURS**

<table>
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<tr>
<th>LIBRARY</th>
<th>MON TO FRI: 8.30AM – 4.00PM. LUNCH FROM 1.30PM</th>
<th>MON TO THURS: 8.00AM – 4.30PM. LUNCH &amp; RECESS</th>
<th>FRI: 8.00AM – 4.00PM</th>
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<td>MIDDLE SCHOOL LIBRARY</td>
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<td>SENIOR SCHOOL LIBRARY</td>
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To contact the library please email: sbull@cabra.catholic.edu.au

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**LIBRARY NEWS**

**New Library Catalogue**

The Access-It Library Management System is up and running and most students will have by now had an introduction on how it works, how it is different to our previous system and how to search successfully. Please use the link below to access [http://cabralibrary](http://cabralibrary)

For the most up-to-date news and information about books and reading don’t forget to visit both Middle School and Senior School Library Blogs.

**Overdue/Item Reserve Notifications Now Going Out By Email.**

Overdue and reserve notices are now going out by email. In Term 1 students may also receive a paper reminder about reserved items that are waiting but this will stop in Term 2 in favour of all electronic notification.

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**COMMUNITY NOTICES**

**MARION CELEBRATES MANY CULTURES ONE EARTH FESTIVAL**

- Bring your family and friends to Council’s biggest outdoor festival showcasing the talents and community spirit of Marion.
- Sunday 24 March 2013, 11am - 5pm at the Living Kaurna Cultural Centre, Warriparinga Way, Bedford Park. (off Sturt Rd next to Marion Caravan Park)
- Activities include a native plant give away, free camel rides, roving performers, 50 arts, crafts and community stalls, face painting, henna tattoos, native animals and story telling.
- Main stage performances include the amazing Burundian drummers, Country music, Bollywood, German and Indonesian dancers.

**VEGEMITE SURFGROMS**

- Surf and Sun are a Surf School Agent for Vegemite Surfgroms which is an exciting new program for 5-12 year olds that builds confidence in kids through experiencing the freedom of surfing. For bookings or enquiries please contact us at www.surfgroms.com/program-search-results/
- Phone: 1800 786 386 (Middleton/Moana)

**ANXIETY AND YOUR CHILD:**

- A workshop for parents concerned about their child.
- When your child has anxiety, as a parent you are often called upon to help your child deal with symptoms of anxiety
  - Do you want to learn more about what anxiety is and how it develops?
  - Learn helpful strategies that you can use with your child; tackling anxiety can be a family goal.
  - Learn how you can interact with the anxiety in a helpful way that supports your child rather than have them avoid life.
- Presented by: Fiona Griffith and Suzanne Fuzzard
- WHEN: Wednesday 27th March 2013, 2:00pm – 5:00pm
- WHERE: Stirling Library – Meeting Room
- COST: $77.00 (Inc GST)
- Spaces limited – 25 maximum – Registration Required
- Phone: Ruth on 8339 8449 or email: loftiaconsulting@tpg.com.au
- Please note that we require registration and payment be made before the day of the workshop.

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**GO HEAD TO HEAD**

**It’s on! Enter the Big Science Competition to win great prizes!**

**big science competition**

**THE BIG SCIENCE COMPETITION**

Open to all year 7, 8 and 9 students.

**WHEN:**
The quiz will be held on the 27th of May.

**WHAT DO I GET?**
A challenging experience, an improvement in your scientific thinking skills and a certificate recognizing your achievement. There’s also a chance to win prizes like a movie vouchers and iTunes vouchers!

Permission slips are available from your Science teacher and are due back on Thursday of Week 8 this term. More information from Mrs Lara Lang or Mrs Catherine O’Halloran.

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**A pleasant day at the beach for the Kyoto Bunkyo students and their buddies**

Every year students from Kyoto Bunkyo College in Japan come to Cabra Dominican College to study and enjoy the rich experience of living overseas. They will be here for a little over two terms. There are twenty of them this year.

On Thursday of Week 3 Mr. Cameron, Mr. Nicholas and myself took them to Glenelg for an excursion. Accompanying them were some Year 10 buddies who offered their friendship and made the Japanese students feel welcome. Many thanks to Lauren Hooper, Grace Smallacombe, Madison Terrell, Sam Hutchinson, Rhys O’Brien and Tom Murdock.

Despite the 36-degree heat, all of the students enjoyed walking along the jetty and generally exploring the historic Glenelg beachfront.

A lot of the Kyoto Bunkyo students remarked upon the beauty of the beach and sea. For lunch we sat at the beachfront and ate fish and chips. Sound familiar?

Welcome to Australia the 2013 Kyoto Bunkyo students. **By:** Grant Thompson
MUSIC NEWS

Newsletter article

This year’s College Production is Alice in Wonderland Jr. Auditions have taken place, roles have been allocated, musicians are starting to tune their instruments, dancers are learning their steps and staff and parents very busy with rehearsals, costuming, set building, painting and much more.

This production is going to be such an exciting venture, involving over 100 students.

If you think you may be able to assist the production team with any special skills that you may have could you please contact Mrs Sarah Heaslip in the Music Office on 8179 2406.

We are also running a musical quiz night on the 23rd March and would really appreciate as many people to come and support Cabra College as possible; it will be a fun night.

We are looking for parents who would like to help out with the Quiz night in any way possible, on the afternoon setting up, assisting in collecting prizes or on the night. Please call the music office to register your interest.

The show will run on the 9th – 10th of May. (Week 2 Term 2)

On behalf of the Production team we look forward to working with our very enthusiastic cast and crew over the next 14 weeks.

By: Gemma Roberts, Producer

Newsletter issue 2 – Music department

Students are now settling into their routines of weekly instrumental lessons and ensemble rehearsals. With over 50 new students starting lessons, it has been a busy time as students commence lessons in the instrumental program. If possible, students are encouraged to allow a couple of extra minutes to arrive from class to ensure they collect their instruments and are ready for their lesson on time.

Just outside the music office is the notice board which has instrumental lesson times and updates regarding the musical, WOMAD and upcoming performances. It is important that lesson times and ensemble rehearsals are checked regularly as there have been some recent changes with ensemble rehearsals times and days.

Cabra offers a range of ensembles for students including a variety of choirs, drum corps, bands, flute ensemble, string ensemble, brass ensemble, guitar ensemble and Wire Choir (electric guitar). Please visit the music department if you are interested in joining one of these ensembles.

The music office hours are Monday-Friday 9-3pm (ph: 8179 2406).

Students can see Mrs Heaslip during recess or lunch for assistance with their music enquiries.

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<tr>
<th>ENSEMBLE REHEARSAL SCHEDULE</th>
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<tr>
<td><strong>ENSEMBLE</strong></td>
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<tr>
<td>Festival Choir</td>
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<td>Flute Ensemble</td>
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<td>Stage Band</td>
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<td>Junior Drum Corps</td>
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<td>Concert Choir</td>
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<td>Senior Drum Corps</td>
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<td>Dev. Drum Corps</td>
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<td>Acoustic Guitar Ensemble</td>
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<td>Jazz Train</td>
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<td>Revelation</td>
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<td>Rock Band</td>
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<td>Musical Orchestra</td>
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<td>Wire Choir</td>
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Note: Musical Orchestra replaces Concert Band in Term 1, Cabra Chorus will start in Term 2, week 3 (after the musical), Musical Chorus – please refer to your rehearsal schedule for practice dates.

MUSIC EVENTS – Term 1

11th March: WOMAD Drum Corps
15th March: Principal’s Tour – Selected students from Mr Burton’s year 9 class
21st March: Principal’s Tour – String Ensemble
23rd March (Sat): Musical Quiz Night
23rd/24th April: Holiday – 2 days of rehearsals (Musical)
9th-10th May: Cabra Musical – Alice in Wonderland Jr
SPORTS NEWS

Term 1
Summer Sport

Round 1 commenced last weekend, if you have nominated to play in a summer sport team in Term 1, please make sure you have a copy of your sport draw. Sport draws can be found in hard copy in team pigeon holes (located in the gym foyer) and on the College intranet (SPORTS / SUMMER TEAMS AND DRAWS).

If you are sick or absent from training or a game, you MUST notify your coach or the relevant coordinator directly – please do not call the College. All contact details are listed on sport draws.

Summer sport fees are now overdue and can be paid at the UNIFORM SHOP during opening hours, sport uniforms can be collected at time of payment.

CALENDAR DATES:

Week 5
Friday 1st March
Winter sport nominations CLOSE

Week 6
Friday 8th March
Cabra Sports Day – all welcome!

Monday 25th March
Catholic Secondary Schools Co-Ed Athletics Carnival

Week 10
Friday 5th April
Winter sport fees due to the Uniform Shop

SPORT CONTACT:
Email: ksmallman@cabra.catholic.edu.au
Phone: (08) 78179 2415

Sport Extreme Weather Policies

Please read the below weather policies from the relevant competitions (SACSSGSA and SAAS) Cabra enters into regarding cancellation due to extreme weather. The Cabra sport office will notify parents of any cancellations via text message.

SACSSGSA (South Australian Catholic Secondary School Girls’ Sports Association) – Girls’ sport Yr 6 – 12

HOT WEATHER BLANKET CANCELLATION PROCEDURES (other than for water based sports)

If the temperature for the forthcoming SATURDAY is forecast at 38°C in the Advertiser all SAAS sport primary and secondary, with the possible exception of first XI cricket, will be cancelled.

If the forecast temperature is less than 38 degrees but conditions are considered as extreme, the SAAS Executive Officer in consultation with The Chair of Executive and Coordinators will issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

In case of inclement weather an activity may need to be suspended due to hail, lightning, rain etc. The decision to suspend a game can be made by the Executive Officer, Referee, Venue Coordinator and/or by Coaches.

SAAS (SPORTS ASSOCIATION FOR ADELAIDE SCHOOLS) – Primary and Boys/ Mixed Sport Yr 6 – 12

HOT WEATHER BLANKET CANCELLATION PROCEDURES (other than for water based sports)

For Saturday and weekday sport

If the temperature for the forthcoming SATURDAY is forecast at 38°C in the Friday’s Advertiser all SAAS sport primary and secondary, with the possible exception of first XI cricket, will be cancelled.

If the forecast temperature is less than 38 degrees but conditions are considered as extreme, the SAAS Executive Officer in consultation with The Chair of Executive and Coordinators will inform both Coordinators and Principals of schools by either text message or email if sport is to be cancelled.

This should occur as soon as possible on Thursday morning prior to the Saturday’s games.

OTHER CANCELLATIONS DUE TO HOT WEATHER

A school may elect to cancel fixtures where the forecast temperatures are lower levels than those stated above where local conditions are more severe and pose an increased risk for student participations.

INCLIMENT WEATHER CANCELLATION PROCEDURES

The SA Catholic Girls Executive Officer in consultation with the Executive Committee may issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

In case of inclement weather an activity may need to be suspended due to hail, lightning, rain etc. The decision to suspend a game can be made by the Executive Officer, Referee, Venue Coordinator and/or by Coaches.

OTHER CANCELLATIONS

Due to Hot Weather

If the maximum temperature in the Advertiser on Friday morning is forecast to be 35 degrees or more all games are to be cancelled for Friday afternoon.

OTHER CANCELLATIONS DUE TO HOT WEATHER

A school may elect to cancel fixtures where the forecast temperatures are lower levels than those stated above where local conditions are more severe and pose an increased risk for student participations.

CANCELLATIONS DUE TO OTHER WEATHER CONDITIONS

The SAAS Executive Officer in consultation with the Chair of the Executive may issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

It is recognised that extreme weather conditions (hail, lightning, rain etc) could impact upon proceeding with games. Fixtures may be cancelled by either participating school if deemed necessary.

SPORTS DAY

Friday 8th March (Week 6)

All family members are welcome to attend.

Volunteers are needed to help on the day.

Please contact Mr Mike Whinnen if you can assist.

Phone: 8179 2434
Email: mwhinnen@cabra.catholic.edu.au
Netball Trial Dates
All girls that have nominated to play netball in the 2013 winter season are required to trial for team selections. All players will be placed in a team regardless of ability. All trials will be held 3.45 – 5.00pm, girls need to be wearing their PE uniform.

Year 6/7 Trials
Week 5: Tuesday 26th Feb and Thursday 28th Feb (Week 5)

Year 8/9 Trials
Week 6: Tuesday 5th March (Yr 8) and Thursday 7th March (Yr 8/9)

Senior Trials
Week 7: Tuesday 12th March and Thursday 14th March (Yr 10)
Week 8: Tuesday 19th March (Yr 10) and Thursday 21st March (Open)

Netball Sport Fees:
Please note that sport invoices may need to be adjusted due to changes to uniform hire in 2013.
Yr 6 and 7: Sport fees $100 plus uniform hire $30 or option to purchase dress.
Yr 8 – 10: Sport fees $100 plus purchase of uniform (price to be advised).
Yr 11 and 12: Sport fees $100 plus uniform hire $30 or option to purchase dress.

AEROSkools coach needed!
Students in Yr 11/12 and/or family members with dance experience are invited to apply as coach for our primary sport aerobics team. For more information, please contact Miss Smallman in the sport office.

Do you WANT to PLAY SPORT IN 2013?
NOMINATE ONLINE TODAY!

Simply follow these easy steps:
• Talk with your parents about which sport you wish to play in Term 2/3 2013
• Log on to the College intranet
• Select SPORTS / PLAYER NOMINATIONS
• Select sport/s from the drop down menu and save your nomination

Sport Fees
A sport invoice will be automatically generated and emailed to your parents/carers once your sport nomination has been saved; please read the Cabra Sport Policy carefully prior to nominating.
Sport fees are generally $100 per season; uniform hire/purchase is an additional cost.

Team lists and Trainings
Once nominations close, trials may be held prior to team lists being finalised. Listen to the daily bulletin, read the sport newsletter and check your Cabra email account for updates!

Nomination Closing Dates
Closing date for all winter sport (played in Term 2 and 3) is Friday 1st March (Week 5).

Sport Payments
All payments are to the UNIFORM SHOP during opening hours (Mon, Weds, Fri).
Winter sport fees are due by 5th April. Payments can be made over the phone by credit card; contact the uniform shop on 8179 2461.

Sport Uniforms
Sport uniforms are to be collected at time of sport fee payment from the uniform shop unless otherwise advised. The majority of sport uniforms are available to hire however various styles must be purchased in 2013.

Contacts:
SPORT OFFICE:
Phone: 8179 2415
Email: sport@cabra.catholic.edu.au

UNIFORM SHOP:
Phone: 8179 2461
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