Dear parents, students and friends of Cabra —

Speaking to a young mother recently about how busy her life has become since the birth of her daughter, I was reminded of the profound truth contained in the notion that it takes a whole village to raise a child. While it is easy to appreciate this in the context of a young family and the birth of their first child, it is no less true for all young people as they grow through adolescence. This is precisely why schools need to provide a range of extracurricular experiences as an integral part of the overall educational program. Participation in such activities is great fun, which brings students into contact with a greater variety of responsible and caring adults — many of whom will play an important role in their growth into adulthood.

By the time you receive your copy of this edition of our Newsletter the 2013 Sports Day will have been run and won. This annual event really is a highlight in our year, as we take time to play together and have fun as a college community. The day is also one of those few community events when students of all ages get to work together as they compete for coveted trophies for best House. We hope this encourages students to feel more strongly connected to their college community as a result of their participation.

Throughout the year we have many additional community building events at Cabra, providing rich experiences for students with the opportunity to develop new friendships. One of the best examples involving over one hundred parents, students and staff is this year’s Cabra Musical. Details of the Musical and the Musical Quiz Night can be found in the pages that follow. Both events provide exciting opportunities for parents and friends to become more involved in the Cabra community while enjoying some wonderful entertainment.

Meanwhile, the Global Challenge students have been working together for some weeks to raise funds and prepare themselves physically for their trip to Vietnam later in the year. Similarly we have hundreds of students actively involved in our college sports program each week thanks to the support of parents, coaches and staff.

Our recent parent information night on raising awareness about mental health issues in young people attracted over one hundred parents. We were grateful for the presentation and wisdom of James and Prue from Centacare who provided us with many insights into the issues facing young people and what we can do to support them. We were especially grateful for the input of a number of our parents who shared their experiences of supporting a child with special needs. Coming together in this way to learn and discuss issues, provided a powerful support that will benefit everyone in our community.

Lastly, while thinking of the benefits of our community, I would like to recommend the work of the Federation of Catholic School Parent Communities. The federation provides vital support to our work in Catholic schools and they have many excellent resources and programs for parents. Please follow the link provided below to access their website.

www.parentfederation.catholic.edu.au

Best wishes for the weeks ahead.

Brian Schumacher

It takes a whole village to raise a child
**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 (or 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 Old Scholars**

**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:

oldscholars@cabra.catholic.edu.au

**STAY IN TOUCH**

Do you have your latest contact details? Register online to stay in touch:

www.cabra.catholic.edu.au/old-scholars/online-registration

**UNIFORM SHOP**

**Uniform Shop Opening Hours:**

**TERM 1, 2013:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Mon</td>
<td>8:30am – 5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>8:30am – 5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>8:15am to 3:45pm</td>
</tr>
<tr>
<td>Fri</td>
<td>8:15am to 3:45pm</td>
</tr>
</tbody>
</table>

Thursday 7th February, 7th March and 4th April Only — 3:30pm to 7:30pm

**Entrance via Little St**

Phone: 8179 2400

Email: uniform@cabra.catholic.edu.au

**COMMUNITY NOTICES**

The services and events contained in this newsletter are in no way connected with the school and are included for your information only. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children.

**STURT BLUE LIGHT – UNDER AGE AGE**

- Friday March 22nd, 7:30pm to 10:00pm
  - Marion Cultural Centre – Domain Theatre, 287 Diagonal Road
  - Cockburn Stage
  - 9 – 17 years. Tickets $7.00, available from the box office or at the door.
  - Lock in – New DJ – Giveaways – Movie vouchers – JB Hi-Fi Vouchers

**SOUTHERN CROSS NEWSPAPER**

- The Southern Cross will no longer be making hard copies of the newspaper available to schools. 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: 8375 6855

**RELIGIOUS EDUCATION**

**Australian Pilgrim Support Program**


“Australian Pilgrim Support Program - World Youth Day (WYD) Sponsorship: The Australian Pilgrim Support Program (APSP) exists to support young people who would not normally be able to afford to attend an international World Youth Day celebration. The program will endeavour to provide two applicants with the equivalent cost of a direct pilgrimage to World Youth Day, and support a number of other worthy applicants with part sponsorship. For further details please visit, Aussie Pilgrim Support Program Applications are due by Monday 4th March.

Applications can be made through the link above and are all also made online via this website. Registrations ideally should be completed by the end of March. The Bishops Commission for Pastoral Life have passed but please make contact if you are interested with the equivalent cost of a direct pilgrimage to World Youth Day, and support a number of other worthy applicants with part sponsorship. For further details please visit, Aussie Pilgrim Support Program Applications are due by Monday 4th March.

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It is pleasing to see that many of our students readily seek leadership opportunities in many different avenues in life at Cabra. It was therefore, not surprising, that we had many nominations for our Middle School Class Captain roles in Years 6 – 8. We wish to congratulate all of our Semester 1 Class Captains and continue to encourage all of our students to seek the opportunities that may come their way where they can all act in a leadership capacity. Our Middle School Leaders are great role models for all our students. We also would like to publicly acknowledge our 2013 Middle School Captains and School Vice Captains.

### Captains 2013 Semester 1

<table>
<thead>
<tr>
<th>CLASS</th>
<th>TEACHER</th>
<th>CLASS CAPTAINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Gold</td>
<td>Sue Willcock/ Sandra Ciccarello</td>
<td>Chloe Van De Water and Benjamin Raschella</td>
</tr>
<tr>
<td>6 Rust</td>
<td>Fiona Graff/Rob Jarad</td>
<td>Constance Mc Devitt and Riley Connelly</td>
</tr>
<tr>
<td>6 White</td>
<td>Sarah Russell</td>
<td>Grace Terrell and Thomas Wright</td>
</tr>
<tr>
<td>6 Black</td>
<td>Taulia Parker/Sandra Ciccarello</td>
<td>Nathan Mills and Francesca Holligan</td>
</tr>
<tr>
<td>7 Gold</td>
<td>Carol Smith/A. Masia</td>
<td>Madeleine Kent and Luke Chandler</td>
</tr>
<tr>
<td>7 Rust</td>
<td>Emily Cahalan</td>
<td>Riley Grundy and Tania Fuller</td>
</tr>
<tr>
<td>7 White</td>
<td>Cathy Robinson</td>
<td>Georgia Croucher and Tyler Fuller</td>
</tr>
<tr>
<td>7 Black</td>
<td>Lyndon Parry</td>
<td>Emily Vonderwall and Lachlan Baily</td>
</tr>
<tr>
<td>8 Gold</td>
<td>Ian Carmichael</td>
<td>Nicole Kakanas and Lachlan Richards</td>
</tr>
<tr>
<td>8 Rust</td>
<td>Kim Jones</td>
<td>Erin Symonds and Zach Lamont</td>
</tr>
<tr>
<td>8 White</td>
<td>Charlotte Hejka</td>
<td>Madeline Merriman and Michael Verney</td>
</tr>
<tr>
<td>8 Yellow</td>
<td>Shaun Ossett</td>
<td>Tristan Braithwaite and Anais Ephick</td>
</tr>
<tr>
<td>8 Tan</td>
<td>Ann-Mararee Davies</td>
<td>Julia Raschella and Christopher Doyle</td>
</tr>
<tr>
<td>8 Black</td>
<td>Celeste Becker</td>
<td>Brooke Upton and Cameron Eaton</td>
</tr>
<tr>
<td>8 Navy</td>
<td>Jill Selby</td>
<td>Jack Allen and Nicky Poznak</td>
</tr>
</tbody>
</table>

### Butterfly experience

One day last week 7 White had an unexpected guest, a monarch butterfly. It hatched in admin and was a beautiful sight. We took lots of photos of it as it flew around the room. It was magnificent sight — I thought it was awesome. Mrs. Robinson showed us a video which included the butterfly morphing from a caterpillar to a butterfly. We talked about the changes the butterfly goes through — a complete metamorphosis with 4 stages. The really cool thing is that it only eats milkweed which makes it poisonous to predators.

**Written by: Hayden Ayliffe, 7 White**
Senior College News

Navigate
Parent Information Evening

Last week the College held a ‘Parent Information Evening’ which focussed on building resilience in teenagers and exploring the issues associated with teenage depression. Representatives from Navigate ran the information session which was extremely successful and very well attended. In Week 5 of Term 2 we plan to run a ‘Cyber Safety’ session. More information in relation to this presentation will be provided later this term.

Year 10 RAA Street Smart Excursion

On Thursday last week the Year 10 students attended a Street Smart presentation at the Adelaide Entertainment Centre which was run by the RAA. The presentation included simulated road crash scenarios along with personal testimonials from people who had been involved in serious road accidents. The excursion was an extremely valuable experience for our students and complements the Road Accident Awareness Program (RAP) which the students will be exposed to in Year 11.

Being Dominican

- **Being Dominican** is loving to learn.
- **Being Dominican** is being prayerful.
- **Being Dominican** means being fair and just to all.
- **Being Dominican** is being yourself – an individual.
- **Being Dominican** means being a protector of our environment.
- **Being Dominican** is being a veritas or truthful person.

Online Health/Medical Forms

Last year the College launched our new online health/medical forms gateway for parents/caregivers to access via our College Intranet. Over the next week you will be provided with personal reminders to go online and the update your child’s medical information. This will be essential for all parents/caregivers to do in preparation for the Community Living Week/Year 11 Work Experience/Year 12/13 Retreat which will be occurring later this term.

Mitcham Youth Advisory Committee

This year members of our Student Council will be involved in a partnership with the Mitcham Council as part of their Youth Advisory Committee. The Committee comprised of student representatives from other local schools and Colleges will meet a number of times during the course of the year to discuss issues associated with the youth who live in Council area. The group will be working with the Council’s Youth Development Officer across four portfolios which will include Events, Environment, Wellbeing and Civics. As a College community we believe that it is important for our students to have a voice as members of a wider community and to be provided with opportunities to take up important leadership roles which extend beyond the boundaries of the College.

Movie Night – Fundraiser

World Challenge – Vietnam

(Cabra Dominican College: Rebecca Siebert; Ebony Heitmann; Sarah Peters; Kaitlin Inthavong)

When: Friday, March 15
Time: 6:30 pm for a 6:45pm start
Where: Wallis, Mitcham Cinemas

Prices:

- Adult $17
- Conc $15
- Family (2A & 2C) $60

Movie + Choc top

- $21
- $19
- $75

Tickets on sale until Wed, March 13.
Contact: 82785864

OZ: The Great and Powerful

(Prequel to the Wizard of Oz)
HELPFUL PARENT – TEACHER INFORMATION

A helpful article from the Principals' Digests – “What Teachers Want You to Know”

Don’t be a stranger! Talk to your child’s teacher early and when you feel the need. Parent-teacher conferences shouldn’t be the only time you connect. Take a moment to introduce yourself to your child’s teacher and find out the best way to make contact in the future. Send in your email address and mobile number. Learning doesn’t stop at 3:15pm.

You can help the teacher do a better job by encouraging your children to show you something they are working on at school. Every time your children get a chance to show off what they know, it builds confidence.

Let your child make mistakes. Teachers don’t want perfect students; they want students who try hard. Sometimes parents think every assignment has to be done exactly right, and they can put too much pressure on their children. But it’s OK for children to get some problems wrong. It’s important for teachers to see what students don’t know, so they can go over the material again.

Is your child struggling with an assignment?

Encourage your child to take charge by asking the teacher for help the next day. Assignments are often clearly not the work of a child.

What matters isn’t the final result; it’s letting a child have ownership of the project and learn along the way.

Stay involved

Give support and be your child’s cheerleader no matter how well (or poorly) you did in a certain subject. We don’t expect you to be an expert on every subject. Just knowing their parent is paying attention can be very motivating for a student.

Teachers are on your side – give them the benefit of the doubt. Some parents go into attack mode when their child complains about a teacher or they take the problem to the principal, so the teacher feels blindsided. This is where a good relationship helps, as a quick email can usually sort things out before it all escalates.

Keep your child organised

Most teachers have to spend far too much time tracking down forms sent home for a parent’s signature. It’s a good idea to have your children empty their bags every day as part of a regular after-school routine. Set up a special place, such as a box in the kitchen, where they can put the day’s papers, or a brightly coloured folder for signed papers.

Also, try to keep plenty of supplies on hand so children don’t go to school for days without the proper gear – before they get around to telling you.

If the teacher deserves a good grade, give one. Teaching isn’t easy so it’s incredibly uplifting when someone takes the time to say thank you. Why not email when your child enjoys a class event? And if you feel the teacher is doing a good job, let the principal know. Volunteering is another way to demonstrate your support. It shows your children – and the teachers – that you really care about their education.

MUSIC NEWS

ANNOUNCING
the
MUSICAL PRODUCTION
2013
MATINEE AND EVENING PERFORMANCES
MAY 9TH & 10TH HOPGOOD THEATRE NOARLUNGA CENTRE

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

ALICE IN WONDERLAND 2013

QUIZ NIGHT

• DATE – Saturday 23rd March
• TIME – 7pm for a 7:30 start
• COST – Adult $15, Student $10
• VENUE – St Dominic’s Hall, Cabra Dominican College, Cumberland Park
• BYO Nibbles and Drinks

We’re all mad here!

tickets available from
the bookroom
phone 8179 2456

WOMAD Drum Corps
Cabra Musical – Alice in Wonderland Jr
Cricket Match Reports

Yr 10 Cricket
This week was the first of a two day game against the travelling Trinity College. Both of Cabra’s wickets are looking really good and with constant attention from the new curators have unseen bounce and carry through to the keeper. The wickets have recently become very easy to score runs on, something our boys are not all that familiar with. Jarrad Satane and Sam Donnelly won the toss and with the wicket looking good and the weather set to reach 37°C later in the day, batting was the only option.

Something I’m trying to instil in this team is the importance of forming partnerships. 50 run partnerships in short form and 100 run partnerships in these longer format games. At 0/70 after 14 overs things were looking great with Tom Callow and Harry McCabe batting beautifully.

Trinity broke though in the 15th over with Tom Callow being adjudged caught behind for 32. Harry McCabe also fell three overs later for the same score. Enter Matt Barber and Chris Gibbie; these two added 107 runs before a tragic communication breakdown left ‘Agent Gibbs’ (as he likes to be known) stranded at the non-strikers end for 69. Another crucial innings from Chris meant my challenge to the team of 250 plus was less of a possibility and more of a certainty. Matt Barber went on to his half century again forming a solid partnership with Jarrad Satanek and Sam Donnelly. This week’s 150 overs things were looking great with Tom Callow and Harry McCabe batting beautifully.

Senior Cricket
We travelled to Norwood Morialta and played a shortened format once again. We were sent into the field and were very sloppy with our execution of both fielding and bowling in the early stages of the innings. We dropped a few catches, misfielded and bowled too short which played in the hands of Norwood but we improved after drinks to keep them to 4/98. Chris Hollow was the pick of the bowlers with 1/8 off 3 and Jon Pacis fielded brilliantly in short mid-wicket snagging a sharp catch and saving a few boundaries also. Our batting innings was exciting to say the least, Nathan Van Eekeren started the way he finished off the last game smashing 123* off 62 balls. Eli George also batted well, although he only had 9* next to his name at the end, he chipped the ball around and held up an end while Nathan knocked the ball around at the other end. In the end we managed to double Norwood Morialta’s score as we finished 2/200 off our 22 overs. I was pleased in the way we turned things around from the sloppy start but to win in the way that we did probably didn’t reflect our execution in some areas of the game. There is plenty of room for improvement in the coming weeks. Also congratulations to Nathan Van Eekeren on his first senior cricket 100.

James Davies: Coach

Norwood Morialta High School 4/98

<table>
<thead>
<tr>
<th>Batsmen</th>
<th>Out Reason</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>Tom Callow</td>
<td>Caught behind</td>
<td>32</td>
</tr>
<tr>
<td>Harry McCabe</td>
<td>Caught</td>
<td>32</td>
</tr>
<tr>
<td>Matt Barber</td>
<td>Bowled</td>
<td>50</td>
</tr>
<tr>
<td>Chris Gibbie</td>
<td>Run out</td>
<td>69</td>
</tr>
<tr>
<td>Jarrad Satanek</td>
<td>Run out</td>
<td>44</td>
</tr>
<tr>
<td>Sam Donnelly</td>
<td></td>
<td>38 n/o</td>
</tr>
<tr>
<td>Harry Telford</td>
<td>Bowled</td>
<td>0</td>
</tr>
<tr>
<td>Michael Brohier</td>
<td>Caught</td>
<td>3</td>
</tr>
<tr>
<td>Ben Disher</td>
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<td>1 n/o</td>
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</tbody>
</table>

1st innings total 7/288

Cabra’s 1st Innings

Cabra Dominican College 2/200

Yr 8 Cricket
This week, the year 8’s played PAC in a shortened twenty over game to escape the heat. We batted first, and got off to a strong start with our top five batsmen all retiring not out before a mid-order collapse where we lost three wickets for no runs! Thankfully a gutsy performance from Nilavan Baskaran helped bring our total to 3/120 with the pick of the batsmen including Fraser Hurn (19 no), Lachlan Symonds (18 no) and Harry Costello (17 no). With a high total to defend we bowled and fielded confidently and were able to restrict PAC to 8/54. Highlights included two run-outs from Bryce Terry and tight bowling from Nilavan Baskaran (1/1), Grant Lapans (1/2), Fraser Hurn (1/2) and Harry Costello (1/4). Great win boys!

Sam Madigan and Lachlan Clarke: Coaches

Primary Cricket
Hot and stifling conditions greeted us for our second game of the year. Having lost the toss and been sent in the instructions were to avoid bowling, hitting across the line and to put a bad ball away. Bailey Lord and Nathan Mills followed these instructions to the letter and put on an opening stand of 34, before Nathan was dismissed for 12 on the last ball of the 10th over. Bailey was retired at this point on 15 (backing up from his 19 last week). After a couple of quick wickets Daniel Vaughan came to the crease and dominated the bowling. He retired on 30, with the damage done and CBC were chasing 106, a vast improvement on last week’s 65. Sidney Hanchant starred with the ball taking 2/16, with wickets to Isaiah Laviolette and Tom Wright.

It came down to two overs and 12 runs, with CBC retiring players to allow their two best players to be at the crease. Sidney Hanchant and Thomas Carlson had the responsibility and through top bowling and fielding CBC still required three off the last ball. The last ball was accurate and despite attempting a crazy single, our fielders held their nerve and Tom Wright threw the stumps down for a two run victory, the first of the season.

Mr Michael O’Dea: Coach

Mr Shaun Osáíít: Coach
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, Wed, 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
Email: uniform@cabra.catholic.edu.au
Instrument Rental* or Purchase • Service & Repairs • Method & Exam Books
87 Winston Ave, Daw Park * See instore for full instrument range, terms & conditions.

CHIROPRACtor
92 Winston Ave Melrose Park
(opposite Beck’s Bakehouse)
8374 4033
www.chiroactive.com.au
geoff@chiroactive.com.au

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benjamin.slater@aussie.com.au

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Aussie

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Westbourne Park – 421 Goodwood Road
82729311
Opening Hours – Monday, Tuesday, Wednesday and Friday – 8am to 7pm
Thursday – 8am to 9pm, Saturday – 8am to 5pm, Sunday – 9am to 5pm

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.