We discover Truth in serving others

New Appointments

While there are regular staffing changes throughout any year due to people taking leave or in response to new circumstances, two of our appointments may be of particular interest to parents. Firstly, we have recently created a new position on staff for a Personalised Learning Facilitator who will assist teachers in the complex task of modifying their teaching and assessment practices to meet the needs of students with different learning needs. As the title of this role suggests it is all about personalising the learning experience for each child so that we are better able to nurture their unique gifts. While this innovative role was keenly contested by many applicants we were pleased to appoint Cabra’s Mrs Sue Wilcock. As a previous coordinator of the St Mary’s Unit, Special Education Consultant for Catholic Education SA and a highly skilled teacher Sue has much to offer in this new role.

Secondly, and as you may have noticed in The Advertiser we are currently in the process of recruiting an Acting Deputy Principal for Term 3. The reason for the appointment is that I will be taking some Long Service and Principal’s Renewal leave during Term 3. During that time Mrs Margie Barrachina will become Acting Principal creating a vacancy on our College Leadership Team. I look forward to announcing the appointment later in Term 2.

Vale – Mike Backen
(7th June 1962 - 10th May 2013)

While Term 2 has commenced with many stories of success and joy for our community it has also been a time of great sadness with the sudden death of our friend and colleague Mr Mike Backen.

Mike joined our community as Business Manager in 2010 after 10 very successful years at St Peter’s Girls and prior to that as Business Manager in the foundational years at Gleeson College.

Originally, Mike was only intending to help us out for a few months until we appointed a new Business Manager. Thankfully we were able to convince him to stay and take on the role of College Business Manager in a substantive capacity. Over the last three years Mike has made an enormous contribution to helping us to refine our financial processes thereby enhancing our long-term viability while providing better value and service to families. He was simply the perfect person for Cabra; a good man and highly skilled administrator. Tragically Mike’s death means that he did not live to see much of his legacy come to fruition here at Cabra.

As our friend and colleague Mike was much loved for his great and quirky sense of humour and for the time he made for people needing his assistance. Mike took his work seriously, committing many hours to our vision for Cabra, yet he was not one to take himself too seriously making him a great person to have on staff.

Mike is survived by his three children; Laura, Joshua and Daniel. Eternal life, grant unto him o Lord, may he rest in peace.

Brian Schumacher
ENROLMENT REMINDER 8-13

Interviews for students commencing in Year 6 & Year 8 2015 will be taking place in June this year.
All families wishing to apply for this year must lodge a completed enrolment form ASAP for the student wishing to attend.
This includes siblings of existing families.

ABSENT FROM SCHOOL?
Please notify the school...
If your child or children will be absent from school, parents and guardians are required to notify the college.

Option 1:
Leave a telephone message:
Call 8179 2477
After the message tone, please leave the following information:
- Child’s name
- Home Class
- Reason (Family, Unwell, Holiday)
- Your Name (Parent or Guardian)

Option 2:
Send a TEXT message:
TEXT Message – 0427 767 937
- Child’s name
- Home Class
- Reason (Family, Unwell, Holiday)
- Your Name (Parent or Guardian)

BOOKROOM PAYMENTS

Payments to the College
We ask that when making payments to the college, either for School fees, Sport fees, Excursions, Trip deposits or Music fees — that payments are made individually to the respective areas – i.e. “Cashier”, “Bookroom” or “Uniform shop”. We cannot accept consolidated payments for multiple service areas, as we are separate entities within the College and have individual Banking reconciliations. Thank you for your understanding.

Sport Fees
Must be paid as a separate amount via the Uniform shop on a separate cheque or credit card transaction.

Excursion Fees, Music fees or Trip deposits
Should be paid via the Bookroom on a separate cheque or credit card transaction. However, if you are for example paying a ski trip deposit and an excursion fee for the one student to the one area (the Bookroom) we can accept a consolidated payment.

We apologise and understand this may be inconvenient for some but it is the most practical way for this to be done. We thank you for your assistance with this matter.

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, Helen Telford
Email: httelford@cabra.catholic.edu.au

STAY IN TOUCH
Do we have your latest contact details? Register online:
www.cabra.catholic.edu.au/old-scholars/online-registration
Raising Happy Children

Cabra Dominican College is a Year 6-13 College. We are blessed to live and work in an environment with our young people where no two days are ever the same. Despite the planning, focus on spiritual and emotional well being, innovative lessons and providing new experiences we know that we have a very discerning community who will readily let us know if things are not quite working. One of the most important things that we can do, is to continue to work together. Someone once described that raising a teenager was a bit like changing the wheel of a tyre of an aeroplane mid-flight and I’m not sure about you but sometimes it feels like that in my house!

Michael Grose is one of Australia’s most popular writers and speakers on parenting and family matters. The author of seven books, including the best-selling Why First Borns Rule The World And Last Borns Want To Change It (Random House, 2003). Here are the key elements he believes will help you to raise happy children...

Build self-belief in your child

“Children’s self-esteem influences their social behaviour and learning,” says Grose. “Children with low self-esteem are less likely to step out of their comfort zone to extend themselves, take risks or try new experiences. Quite simply, if kids have a healthy level of esteem and feel good about themselves, they’re more likely to make friends and succeed at school.”

Create a sense of family community

“Creating sense of community in your family and building traditions and rituals gives kids strong anchors back into family when they are older. Also try to focus more on what’s good for your family, rather than each individual family member, and start insisting that kids take an interest in each other, so the whole family benefits.”

Develop resilience and coping skills

“Resilience is important for kids to help them cope with life’s hardships, frustrations and difficulties [HFDs],” says Grose. “Developmental HFDs are those that children routinely experience, including loss, rejection, change, disappointment, failure, conflict and fear. Dealing with these helps to build coping skills for the future. “One way to build coping skills is to not overprotect your child,” he says. “Life happens and things don’t always go our way. It’s important that kids learn this and learn how to keep their confidence up.

Look after your child’s mental health

“About one in 10 children struggle with anxiety and nearly 50 per cent of adult sufferers identify that their anxiety began in childhood, but anxiety and fear can be paralysing and some kids simply can’t stop their ‘bad thoughts and feelings’ says Grose. They don’t know how to silence them. “It’s important to remember that anxiety is a normal part of life and it can be managed,” he says.

Help your kids unwind

“Modern kids are busy kids.” says Grose. “There’s nothing wrong with kids being busy as long as they also have plenty of chances to relax and unwind.

“One way to ensure busy kids unwind is to allow them to be bored every so often. Boredom can be good for kids’ mental health and wellbeing, because it gives them the chance to muck around and take it easy for a time.”

Provide a consistent environment

“Consistency is an essential element in our relationship with our children because it puts them in control. Children love their parents to be consistent, as it enables them to predict how parents will act,” says Grose.

“Children also like limits and boundaries, as they provide them with structure and teach them how they should behave,” he says. “Of course, children also like to push parental boundaries, so parents need to resist the pressure that children can exert upon them.

So now that we have the complete manual and tips and tricks; we are sure that tomorrow will bring a new challenge. We know that our daily lives here at Cabra provide an ever-changing landscape and we are thankful for the wonderful experiences that this provides. We all learn something new each day in our community. We get to see the ‘ah ha’ moments, share the joy as they try something for the first time, praise their generosity when they see someone who needs a friend to talk to and sit back in wonder when we see their utter determination to try again. Thank you for continuing to share this journey with us and as always, know that we are committed to this partnership with you and your children.

For the full article visit website: www.bodyandsoul.com.au

Junior Debating

Congratulations to the Junior Debating Team who won their first debate against Concordia on Tuesday night.

They did an amazing job since it was the first ever debate for all three members - Gabby Maxwell, Shea Gallagher and Klayton Rosario.

Students argued successfully that “PE should not be compulsory in schools”.

By: Jenny Cross, English Coordinator

Above: Junior Debating team members - Seated: L - R: Klayton Rosario; Shea Gallagher, Gabriella Maxwell. Back L - R: Noah Keeley, Hannah Green
YEAR 12/13 RETREATS

Quotes from our students

“On Monday some of the Year 9s went on Retreat. We did lots of fun things.”
– Samantha Garton

“The Year 9 retreat was a great experience. I enjoyed sharing experiences with people in my class and talking to people that I don’t know that well. The boys beat the girls in our ball sports at lunch time. Writing affirmations was fun and the notes that I got were lovely to read.”
– Maxwell Coombe

“Year 9 Retreat was an excellent day and memorable experience. It was a perfect way to relax and get to know our peers. Reflection throughout the day helped us to know ourselves, think about where we are heading in life, with our families and our future education at Cabra.”
– Tayla Palmieri

“The Year 9 Retreat was a great opportunity to reflect on our lives and spend time with our peers. Our favourite activity of the day was writing affirmations for our classmates.”
– Monique, Bianca, Cloe and Zoe

“We thought the Retreat was a good day and that making the cross out of real silver was the best part of the day.”
– Jack, Kieran, Lachie and John

“Yesterday at the Monastery we reflected on our family, friends and all the positive things in life. Our favourite part was giving and receiving affirmations.”
– Ellie, Lauren and Molly

“I enjoyed going to Retreat because we learnt new stuff about caring for each other.”
– Kevin

“We had an adventurous day full of new experiences, developing new friendships and strengthening old friendships. We will remember this FOREVER.”
– Janelle and Brianna

Taking time out at the Year 9 Retreat gave us a great opportunity to get to know other Year 9 students better and reflect on our lives. We had a good day together.
– Ashleigh and Claire
Year 6 Botanic Gardens Excursion

On Friday 17th May the Year 6 students visited the Botanic Gardens for SOSE and Science lessons. They wandered around the gardens, then had Michael, their guide, take them on the Plants in Danger and Plants for Food tours. Thank you to Ms Fiona Graff for organising the excursion and to all the teachers who accompanied the students, it was a wonderful day.

Here are some comments from 6Gold:

“I found it really interesting at the Botanic Gardens. I like learning about plants.” – Holly 6G

“I enjoyed going to the seed museum and looking at the different seeds and fruits.” – Heath 6G

“The Botanic Garden was really fascinating in lots of ways. I learned about plants but my favourite part of the excursion was the time I had to explore. Everything was so interesting and pretty.” – Emily 6G

“I enjoyed the seed museum most of all. It was great looking at all sorts of plants. The guide was also really interesting.” – Alex 6G

“I liked the leaf races.” – Tim 6G

“I saw lots of amazing things. I saw funny things and really cool things.” – Angeliki 6G

“It was a great experience to learn about endangered plants and how we can help them.” – Chloe 6G

“I liked the hollowed out River Red Gum tree and learning how the aboriginals lived in it.” – Luke 6G

“I enjoyed the Aboriginal Trail the best. I found out about what plants the Aboriginal people used to eat and how smart they were.” – Chris 6G

The 2013 Language Perfect Championships have begun! They run from 20th - 30th May. Ten intense days of fun online language learning with some great prizes for everyone!

Students studying Italian and Japanese at Cabra Dominican College are registered and already competing. Go to the website and start learning!

“It’s all about uniting the world through education and igniting that flame of enthusiasm for language learning.” - Craig Smith, CEO and Co-founder of Language Perfect.

Here’s our school’s progress on Language Perfect since the start of the year.

School-wide Statistics

Total questions answered: 453,231 questions (54,516 questions last month)

Total points scored: 113,250 points (14,405 points last month)

Total hours spent online learning: 1,208 hours (144 hours last month)

School star rating: 2 star middleweight

Percentage of students logged in: 78%

Percentage of students answered >500 questions: 44%

Above: Emily doing Hiragana
Bottom: Jacob using Japanese
Year 10 Career Expo

Last Friday the Year 10 students attended the Careers Expo which is held each year at the Adelaide Showground. The Expo provides the students with a wealth of valuable information which they can then draw upon in relation to making an informed choice associated with future career paths they may choose to pursue.

Thank you to Mrs Sharkey and Ms Mann for providing the students with the opportunity to attend the event.

Stage 1 Exams

This week the Year 11 students sat for formal exams. Over the past few weeks the students have been busy preparing for the exam week which provides them with a valuable learning experience in preparation for the variety of different formal exams the students will be required to sit for next year as part of their Stage 2 studies. Thank you to Mrs Webber & to Mr O’Brien for ensuring the three days of assessment ran smoothly.

Year 11

Road Accident Awareness Program

In Week 8 of this term we will be running a two hour Road Accident Awareness Program for the Year 11 students. The South Australian Metropolitan Fire Service (MFS) Road Awareness Program (RAP) is a powerful presentation aimed at educating students in road awareness. RAP targets license-aged drivers and road users at secondary schools across South Australia. MFS Firefighters present an emotional, hard-hitting, Road Awareness Program, taking students on a journey to discover the risks drivers choose and the consequences they have no control over. The message is: ‘Through Concentration and Commonsense, almost all road crashes are avoidable. We are also planning to host a Parent Information Evening later this term. Details of the evening will be sent out to parents via email within the next week.

Parking in residential areas near the College

We have had a number of concerns from residents that live in close proximity to the College in relation to cars parking across their driveways when parents are dropping the students off in the morning. Could I ask all members of the College community to be mindful of avoiding blocking the residents’ driveways during these peak times.

Year 10 Exams

The Year 10 Exams will be held in Week 6 of this term. The exam schedule for this week will be sent home early next week and also emailed out to parents.

Parents/Caregivers Contact Details

In order to keep our records accurate and up to date could you please ensure that you contact the College if any of your contact details such as mobile phone numbers and email addresses change.

Mother Teresa Of Calcutta

Give us a heart as beautiful, pure, and spotless as yours.
A heart like yours, so full of love and humility.
May we be able to receive Jesus as the Bread of Life, to love Him as you loved Him, to serve Him under the mistreated face of the poor.
We ask this through Jesus Christ our Lord.
Amen.
Knights of the Southern Cross Dinner

Last Thursday evening, Jazz Train and Revelation entertained the dinner guests at the Tonsley Hotel. This annual fund raising dinner was attended by 100 people from local parishes who were treated to a diverse repertoire including: People Get Ready, Knock on Wood, Besame Mucho, Pink Panther, Georgia and Basically Speaking. Under the leadership of Saz Burton-Claridge and accompanied by old scholar Alex Wignall, students delighted the audience with complex harmonies which they expertly executed.

Mad Hatter’s Tea Party

Next Friday we are celebrating the success of the Alice in Wonderland Jr musical by conducting a Mad Hatter’s Tea Party in St Dom’s Hall. Everyone that has been involved is welcome to come and enjoy the afternoon tea whilst we watch the DVD of the performance. Certificates will also be awarded to participants. For catering purposes, please RSVP by 24/5 to Sarah Heaslip.

Stage 2
Music Solo and Ensemble Assessment Roaming Performance

Thurs 6th June:
3.45pm Band Room
4.45pm Chapel
6.00pm Band Room
6.45pm St Dom’s Hall

All are welcome to come and support our senior music students.

Stage 1 & Year 10
Solo Performance Assessment Evening

Thurs 13th June
6.00pm Chapel – Band Room

All are welcome to come and support our senior music students and their first solo performance for 2013.

For enquiries regarding the music department, phone 81792406 or email: sheaslip@cabra.catholic.edu.au

MUSIC EVENTS – Term 2

6th June (Thu):
Stage 2 Performance Evening – Solo/ Ensemble

13th June (Thu):
Stage 1/Year 10 Performance Evening

17th June (Mon lunchtime):
Contemporary Music Workshop Performance

17th – 18th June (Mon, Tue):
Choral Division – Eisteddfods

22nd June (Sat):
Mid Year Music Concert – Cabra Music Department

MID-YEAR MUSIC CONCERT – CABRA MUSIC DEPARTMENT

SATURDAY 22ND JUNE 7PM – 8.30PM ENTRY GOLD COIN DONATION
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.
**Catholic Secondary**

Co-Ed Athletics Carnival

Congratulations to the following Cabra students for their outstanding sport achievements:

**Timon Sideris (11W)** has received two certificates from the Track and Field Championships; 1st place AWD Boys 1500m (5:19.60) and 3rd place AWD Boys 800m (2:45.13). Well done Timon!

**Angus Rodman (9B)** and **Rhys O’Brien (10N)**, along with three members of their Sturt team, were selected in the State U16 Basketball Team to play in the Nationals at Wayville in July.

**Nicola Mathews (10N)** plus three of her Sturt team members made the girls team.

**SPoRTS NEWS**

**IMPoRtANt DIARY DAtES**

- **Week 5, Term 2**
  - Monday 27th May (B6 and B7) Primary Ko Netball at Cabra
  - Thursday 30th May (all day event) Cross Country Championships at Oakbank
  - Friday 31st May (B1 – B5) Yr 10 Ko Netball at Sacred Heart
- **2013 City South Soccer Trials and Training**
  - SAPSASA State Carnival 24th to 28th June (Barrett Reserve, West Beach)
  - District Convenor: Bruce Westley (0401 121 628)
  - **Yr 6/7 Boys**
    - Venue: Westbourne Park Primary School Oval (behind school hall, western side of Goodwood Road )
    - Time: 4.00pm to 5.00pm
    - Dates: Monday 27th May, 3rd June, 10th June, 17th June
    - Coach: John Hargreaves (0404 462 755)
  - **Yr 6/7 Girls**
    - Venue: Mitcham Primary School
    - Time: 4.00pm to 5.00pm
    - Dates: Friday 31st May, 7th June, 14th June, 21st June
    - Coach: Cory Selfe (0422 629 021)

**FIRST XVIII MATCH REPORT**

**Cabra 23.14 (152) def Rostrevor 11.3 (69)**

**Goals:** B Allevi (5); C Fairlie (4); T Iasiello, N van Eekeren (3); C Grieve, M Simmons, L Lavender (2).

**Best Players:** C Fairlie, C Grieve, M Simmons, L Boundy, M De Palma, B Allevi, L Lavender.

Arriving at Rostrevor, after the long hike to the foothills, confidence began to grow when it became evident that despite the view of some sceptics every player had been smart enough to organise a jumper. After a scratchy warm up the match got underway and things looked pretty good. Ben Allevi was in control leading up from Centre-Half Forward and the centre square work looked solid. Unfortunately, poor kicking is poor football, and at quarter time we were behind through our own inaccuracy; Rostrevor 6.0 led Cabra 1-7.

In the second quarter we began to get some control around the ground and the kicking for goal improved, with Charlie Parker repeatedly putting the ball back into the forward line, but some easy goals going the other way hurt us and we went into the rooms 15 points down. A couple of tweaks through the middle of the ground and with Luke Lavender dominant in the ruck the third quarter was “Total Football” from the Cabra boys. Connor Fairlie was starting to really come into the game and found himself with a tag. He received some great support from Riley Kutchner and Carter Grieve and a re-focused Matt De Palma energized the side. Nathan van Eekeren and Ben Allevi were adding class and the lightning quick Matt Simmons added to the mix. A scoreless quarter for Rostrevor was an outstanding result and the backline lead by Braden Georgeson and Luka Boundy had much of which to be proud.

A team goal to finish the game off strong was lived out with Connor Fairlie, Patrick Fairlie and Tom Iasiello all starring and Luke Lavender putting in an early contender for Mark of the Year. Sam Bentley had found the timing in his leap in the centre square and we ran over the top of them. With a bye next week we are hoping that injuries to Charlie Parker (concussion) and Jake Visvik (wrist) will be cleared up, as well as the potential inclusions of Josh Stoyel, John Foster and Jordan Pressler to add to the strength of our side as we face Sacred Heart on May 25th.

**By:** Michael O’Dea, Coach

**SPORT OFFICE:**

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

**UNIFORM SHOP:**

Phone: 8179 2461  
Email: uniform@cabra.catholic.edu.au
Importance Of Correct Uniform
When Representing The College

When representing the College community at any sporting event whether it be on school grounds or off campus, ALL students participating must ensure that the correct PE or Cabra sporting uniform is worn.

It is a privilege to be a part of any additional sporting event such as Knockout Sport, SAPSASA and Interschool Carnivals and it is imperative that we uphold the professional nature of sport at Cabra by wearing and displaying our uniform with pride.

When off campus whether it is during school hours or not, we are on show as a school community to many other schools and individuals in the community and it is important that all students are representing Cabra with the upmost respect.

Your support towards this is very much appreciated.
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

TOM GREIG’S Driving School
SAFE & LEGAL  Phone: 8351 1760  Mobile: 0417 880 126

Winston Music
87 Winston Ave, Daw Park

Instrument Rental* or Purchase • Service & Repairs • Method & Exam Books

* See instore for full instrument range, terms & conditions.

Book a FREE appointment with old scholar Ben Slater. For every appointment Ben will donate $50 to the Cabra School in South Sudan.

Call Benjamin Slater your local Aussie Broker
on 0499 773 743
benjamin.slater@aussie.com.au

It’s Smart to Ask

YOUR LOCAL FAMILY OWNED BUSINESS

DOMAINGMITRE 10
WESTBOURNE PARK
WESTBOURNE PARK

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.