Dear Families and Friends of Cabra,

Welcome to Term 3! We have had a smooth start to the Term, thanks to the work of staff during our Semester 2 preparation day last term and the ongoing positive approach of the students.

Despite the break from the normal timetable and lessons, many students and staff were involved in representing Cabra in a range of activities over the break. Several staff used the break to undertake professional development, including a group who attended the Dominican Education Conference in Sydney, joining staff from other Dominican schools from around Australia, New Zealand and Indonesia. One of the conference keynote speakers, Sr Sheila OP, who works with HIV affected women and children in South Africa, will visit Cabra next week to speak to several classes. As well, many students attended the ski and basketball trips interstate and more details of their experiences can be found in this newsletter.

On the Staff Day last Monday, we were blessed to have Fr James McEvoy lead the staff in an exploration of the intersection between the religious and secular worlds and associated implications, for both our own understanding and experience of faith and for our work in a Catholic school setting. Fr James’ interesting and scholarly presentation was both affirming and challenging.

We welcome the following people who have joined the Cabra staff this term: Emma Bailey is the Term 3, Year 7 White Home Room, Middle School Maths and Science Teacher - Natasha Goodes is the Year 8 Rust Homeroom, PE and Science Teacher - Jo Healy is our new Sports Administrator and David Provis is the Term 3 Year 12 Black Home Room and Maths Teacher.

As I write this article, staff and students are involved in preparations for St Dominic's Day next week, both for the Eucharistic celebration and the popular talent quest which follows. Preparations are also underway for the subject selection process for students to decide their courses of study for 2014. For parents and caregivers of students in Years 9 to 11, I would draw your attention to the upcoming information sessions and opportunities for interviews to assist in this process.

As we continue to experience the cold winter weather, the student Social Justice Group has organized two activities to show solidarity and raise funds to help Adelaide’s homeless, for whom winter months are particularly difficult. Next Monday students will be invited to participate in the Hutt Street Centre’s “Walk a Mile in My Boots” campaign and in Week 5, Cabra will again hold a “Winter Sleepout” to support the St Vincent de Paul Society.

With best wishes to all for a happy and productive term.

Margaret Barrachina

Inside this issue

Cabra College Notices..........................2
Community Notices..........................2
Cabra College News .........................3 – 4
Middle College News ....................... 5 – 6
Senior College News ....................... 7 – 8
Religious Education News............... 8
Music News...................................9
Library News................................. 9
Sports News..................................10 – 11
Advertisements..............................12

CALENDAR EVENT DATES

AUGUST 2013

Tuesday 6th
Cyber Safety Session
Year 8 (Black/Yellow/Gold)
2.45pm Aquinas Theatre

Wednesday 7th
2014 Orientation
7.30pm St Dominic’s Hall

Friday 9th
Talent Quest – Whole School Mass
‘Feast of St Dominic de Guzmán’

Tuesday 13th
Cybersafety session Yr 9 Yellow, Black,
Rust and Tan 9.45am Aquinas Theatre

Wednesday 14th – 16th
ABODA Band Festival – Concert Band

Friday 16th
Year 11 Retreat
Yr 8 Reflection Day

Wednesday 21st
Year 12, 2013 Formation photo 1.10pm
2014 Orientation (Year 9 into 10) –
7.30pm St Dominic’s Hall

Thursday 22nd
Coaches Thank You Evening
Sports Photos 2–5.30pm

Friday 23rd
Non Uniform Day

PLEASE SUPPORT OUR LOCAL BUSINESS ADVERTISERS
CLICK HERE
CABRA COLLEGE NOTICES

FROM THE UNIFORM SHOP

New Style Track Pants Available
Child, Youth, Unisex and Ladies sizes available. $55.00 each.

Uniform Shop
Term 3 Opening Hours

TERM 3, 2013:
Monday: 8:30am to 5.30pm
Wednesday: 8:30am to 5.30pm
Friday: 8:15am to 3.45pm

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.

LIVING WATERS PRAYER GROUP
HENLEY BEACH
HEALING WEEKEND WITH SIR MARGARET SCULLY RSC
Including Inner Healing and Ancestral Healing, in the hall at Our Lady of the Sacred Heart church, 420 Seaview Rd, Henley Beach
● Saturday August 10th 9:00am - 5:00pm
● Sunday August 11th 9:30am - 3:30pm
Please bring lunch to share. Tea/coffee provided.
Enquiries and bookings: Telephone Pauline on 8268 7768 or 0403 002 240 by the 8th August if possible. Cost by donation. All welcome.
This weekend has been approved by the most Reverend Philip Wilson DD JCl ARchbishop of Adelaide 8210 8108, and the Vicar General Fr Philip Marshall.

609 SQUADRON – AUSTRALIAN AIR FORCE CADETS
RECRUIT INFORMATION NIGHT
● Friday, August 2nd at 7:30pm
Warradale Barracks, Oaklands Rd, Warradale
For information call us on 0417 813 362 or email: co.609sqn@aafc.org.au

IF YOUR CHILD IS NOT RETURNING TO CABRA IN 2014? (EXCEPT YEAR 12 STUDENTS)

As per the College Fee Policy, families are required to advise the Registrar in writing prior to:
Friday 27th September 2013
to avoid being charged fees for the following year.

Please contact Helen Telford via email: htelford@cabra.catholic.edu.au

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)

StUDENT SAFETY ALERT

As recently reported, there have been disturbing incidents in our area with strangers approaching students. All students are reminded by the school and the police to be cautious at all times, and to report any incidents to the police.

CABRA Term Dates for 2013

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>Wednesday 30 January – Friday 12 April</td>
</tr>
<tr>
<td>Term 2</td>
<td>Tuesday 30 April – Friday 5 July</td>
</tr>
<tr>
<td>Term 3</td>
<td>Tuesday 23 July – Friday 27 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>Monday 14 October – Wednesday 4 December</td>
</tr>
</tbody>
</table>
**SALA**

Art Gallery of South Australia

The South Australian Living Artists festival (SALA) runs from the 2nd to the 25th of August and showcases the work of established and emerging artists in various locations around Adelaide. This year Cabra students who participated in the portrait and life drawing workshops last term, will have their work exhibited in the Art Gallery of South Australia as part of the SALA festival. These students were involved in intensive and challenging days at the Art Gallery to learn and apply traditional fine art skills in figure and portrait drawing. The results over this relatively short period of time are amazing and a credit to these students’ dedication. They can be viewed ‘live’ at the Art Gallery of South Australia, North Terrace, City from the 16th -25th August Monday through to Sunday 10am-5pm.

Written by: Antonine Stagg

---

**Colour Burst in Winter**

The skies over Adelaide may be grey but there is an explosion of colour from the Art Department. Lifting our spirits are the Year 9’s expressionist portraits in jewel tones and their Fauvist inspired landscapes in dramatic hues. Outside, the rainbow stripes of the totem poles, now installed under the canteen canopy, are a welcome visual interruption to winter. Under the St. Dominic’s hall canopy, the Year of Grace piano breaks into the space with colour and sound.
**Design For The Real World**

The Stage 1 Visual Arts- Design students have produced posters to convince their peers to change their attitude and behaviour on our roads and in their lifestyle. Students are entering their work in two competitions this year. For the first time, they will submit posters for the NCPIC (National Cannabis Prevention and Information Centre). Chiara Gatti has emphasized the importance of the friendship network and Rochelle Costner has highlighted the many professional people students have access to in their school environment to fulfill the brief ‘how one might assist a friend who is experiencing problems with cannabis get appropriate help’.

In the past three years, Cabra Dominican College has won the RAA’s Tell the World competition twice, sending messages to their fellow road users. This year, the concerns ranged from speeding to the topical, mobile phone use. Tom Scott has used shock tactics to dramatically alert drivers to the consequences of drink driving in his work ‘Drink Drive For The Time Of Your Life’. Alice Bigolin’s ironic ‘Don’t Let Your Fashion Choices Become Deadly Choices’ highlights the sometimes careless thinking around helmet wearing on our roads.

Written by: Antonine Stagg

---

**Totem pole project**

The Bower Bird project was initiated as a way to create an Art installation that was reflective of the positive contribution Cabra students make to our community as well as interactive by students in the St Mary’s Unit. Each totem pole was created by small groups of 4/5 year 8 students and their aim was to describe the story of a Bower bird collecting objects for their nest. This is a natural instinct by male Bower birds to collect objects of one particular colour to attract a mate as their plumage is brown and unnoticeable against the brown leafy habitat of the forest floor. The art students collaborated with the students from St Mary’s Unit to develop the stories of these birds and then they created ceramic components that reflected their groups narrative. These students also created artworks that are currently being integrated into an Ibook for public use. All students were enthusiastic and have shown a creative approach to this project.

Written by: Kate Lymn

---

**SALA Exhibition**

For the past term, one of the year 6 classes has been working on a very special project. This year is the 50th anniversary of Maurice Sendak’s beautiful children’s book ‘Where the Wild Things Are’. The students were inspired by the textile artist Samantha Cotterill and made both embroidered hoops and soft sculptures depicting phrases from the story. All 19 students involved showed an enthusiastic approach to textile making and original interpretations of the story. If you would like to see their wonderful embroidery and sculptural work please visit the Unley Library from the 2nd to the 25th of August.

Photos will be posted on our Art department website at: cabracollegeart.wordpress.com

Written by: Kate Lymn
Welcome back

Welcome back to the start of Term 3. If the teenagers in your house are anything like our house, then I am sure that the winter holidays provided more screen time than we ideally wanted. We are living in a different age where our young people feel the need to be connected constantly. The Internet and Social media provides many wonderful tools, tips and opportunities to learn more about our world but we need to remember that we are the consumers and users of technology and we have the power to disconnect when we need to. It will be important to teach moments of contemplation, down time and the valuable skills that can be learnt in face to face interactions. In all of this, we need to remember that technology is a wonderful tool and we use it to sustain and enrich our lives rather than overwhelm them.

Our Year 8 and 9 students are attending SAPOL Cybersafety sessions in addition to the ones run by ACMA last term. Our teachers use Protective Practices Curriculum to continually talk to students about how to keep themselves safe and become ethical and moral users of technology. Technological advances in the past few years have enriched our learning experiences and supported differentiated learning for all of students. Rather than lock things down on the Internet (because there will always be more tools, apps or sites) we look to discuss these opportunities to promote critical self reflection and positive decision making.

Some interesting tips for parents have been supplied by Kirrilie Smout, clinical psychologist, www.developingminds.net.au

The advent of email, instant messaging, mobile phone calls and text messages has generally resulted in more efficient and broad based communication for our society. Teenagers have taken up these new methods of communication with great enthusiasm. 83% of Australian teens have a mobile phone (most prefer to text than to make calls), nearly half don’t turn their phone off at night and nearly a quarter will answer a text message during the night regardless of the time it was received (one New Zealand study found that 10% of teens are woken every night by a text message). 86% of Australian teens are regular users of net based communication (eg via email, MSN, Facebook and MySpace) and one quarter communicate via the net at least once daily.

Cybercommunication has many potential advantages for teenagers. It means they have another means by which to communicate with teachers and parents. For many reasons, a difficult conversation with a teacher or parent often happens more easily within cyberspace. Mobile phones can provide an additional level of safety for teens and reassurance for parents, and convenience for both. Cybercommunication also means that teens have increased communication with their peers – this can be beneficial for social skills and development. It makes social interaction easier for young people with disabilities, for those who live in rural areas, and for those with poor social skills.

However, there are also potential disadvantages and dangers associated with cybercommunication. For example, 20% of teens say mobile phone debt has caused them major problems. The “cyber-divide” means that teens without access to cybercommunication facilities can be alienated from peers. More options for communication means more options for bullying and harassment. This bullying now occurs wherever a student has mobile phone or net access (ie potentially wherever they are at any point in the day), rather than the bullying only occurring while physically with their peers as was the case once upon a time. Newly digital teenagers say they have received a threatening or upsetting text message or been blocked on MSN, and more than half say they “need professional help” in dealing with chat room issues.

Access to the net and mobile phones also means it is harder to monitor who and what teenagers have access to, and in addition, who has access to teenagers. One study found that 70% of 11 and 12 year old boys had accessed pornography on the net. Furthermore, cybercommunication is potentially addictive and can take away time spent on other healthy life activities (research shows increasing use of cybercommunication is associated with decreased sleep and physical activity for teens).

Nevertheless, cybercommunication is here to stay. Given its importance and prominence in many teen’s lives, it is worth spending time considering how we help teenagers use cybercommunication safely and wisely. A few strategies to do this are as follows.

First, we need to provide explicit and pragmatic instruction to teens about cybercommunication. In my seminars to teenagers I use their own experiences to teach concepts such as: being clearer than they think they need to be when cybercommunicating, keeping personal details secret, not using cybercommunication when angry, dealing with cyberbullying and other ideas. Communication is a complex skill. Cybercommunicating has the potential to be even more complex. Teens won’t learn these skills on their own in a hurry – they need our help.

Second, as those who care for young people, we need to be familiar with technology ourselves. New forms of cybercommunication are emerging all the time. We cannot help teens who use this technology unless we know about them.

Third, we should be familiar with whom teenagers are cybercommunicating. If our teenagers were spending many hours every week hanging out with a particular friend after school and on the weekend, most of us would think it is polite and reasonable to have met or know who this friend. In the same way, we should have a general idea of whom teens are cybercommunicating with. This means asking questions and being alert to what the teen is doing on the net and mobile.

Fourth, we need to be aware of the potential of cyberbullying. It happens frequently and has a significant effect on young people’s emotional well-being. We should be alert to danger signs, ask questions and be aware that it might be the cause of sudden changes in mood. We then need to be provide a supportive person to “talk through” the issue with. We should know how to help teens reduce their exposure to the bullying and how to help them through this issue.

Fifth, we need to communicate with teens that their Internet and mobile use will not be completely private. Although I don’t advocate that we read emails or texts as a matter of course, I think it is reasonable that we know who teens are emailing or chatting to on the net, generally who they are calling/texting and receiving calls and texts from. Teens should also know that we want to know the kinds of sites they are visiting and what they are downloading. Furthermore, I believe teens should also be made aware that if we are seriously concerned about their safety, we may, on rare occasions, check their emails and texts.

Finally, teenagers need to know there are specific rules about net and phone use. In my surveying, the majority of teens themselves expect rules from parents and schools about this issue. The rules will of course vary, but will generally be about concepts such as: the amount of cybercommunication permitted (number of minutes/hours), where cybercommunication occurs (location of computers, where mobiles are kept overnight for example), when it occurs (before/after certain times of the day/other tasks completed), kinds of net sites visited, who is communicated with and so on.

We need to teach teens about cybercommunication, and monitor and regulate its use. But we should also keep in mind that it is not the enemy! In fact, it is an important part of their lives, and can indeed have a positive influence on them.

If you would like information about our counselling service for parents and teens, click here for an overview of our counselling services.

By: Kirrilie Smout, clinical psychologist, www.developingminds.net.au

Reprinted with permission.
Term 2 Reports, distributed at the end of last term, indicated that the majority of Middle School students worked consistently and positively throughout the term. The following lists acknowledge the students who excelled academically and/or in terms of effort and attitude.

They are to be congratulated for their outstanding achievements.

Nicole Laube: Deputy Principal, Middle School

### Year 6

- **Academic Excellence**
  - Isabella Cimarrondi (6 Black)
  - Chloe Garriboli (6 Rust)
  - Angus Parker (6 Black)
  - Daniella Stavrianos (6 Gold)
  - Isabella Mech (6 Rust)
  - Darce Gleseson (6 Rust)
  - Aislin Gawler (6 Black)
  - Stephanie Lam (6 Black)
  - Patrick Moriarty (6 White)
  - Jai Pearce (6 Black)
  - Alexander Rohling (6 Gold)
  - Christopher Argley (6 Gold)
  - Nathan Mills (6 Black)
  - Chloe Van de water (6 Gold)
  - Alanna Howick (6 White)

- **Outstanding Effort**
  - Samantha Follard (6 Rust)
  - Chloe Garriboli (6 Rust)
  - Georgia Dutton (6 Black)
  - Constance Mc Devitt (6 Rust)
  - Isabella Mech (6 Black)
  - Nathan Mills (6 Black)
  - Daniella Stavrianos (6 Gold)
  - Sophie Blowers (6 Gold)
  - Isabella Cimarrondi (6 Black)
  - Sebastian Caruso (6 Rust)
  - Alannah Costanzo (6 Rust)
  - Darce Gleseson (6 Rust)
  - Stephanie Lam (6 Black)
  - Angus Parker (6 Black)
  - Alexander Rohling (6 Gold)
  - Emily Yu (6 Gold)
  - Jai Peare (6 Black)

### Year 7

- **Academic Excellence**
  - Emma Baguley (8 Tan)
  - Megan Hornsby (8 Black)
  - Natasia Messert (8 Rust)
  - Madison Chapman (8 Rust)
  - Bonnie Dal Bello (8 Rust)
  - Athena Mattezos (8 Navy)
  - Samantha Pratt (8 Black)
  - Lachlan Symonds (8 Rust)
  - Bianca Iannone (8 Navy)
  - Georgia Madigan (8 Gold)
  - Elizabeth Mairnner (8 Gold)
  - Analis Ethlick (8 Yellow)
  - Zachary Lamont (8 Rust)
  - Julia Rhodes (8 Gold)
  - Laura Telford-Sharp (8 Rust)
  - Rylee Cooper (8 Black)
  - Georgie Golding (8 Gold)
  - Elith Macauley (8 Tan)
  - Niki Poznak (8 Navy)
  - Amy Carbone (8 White)
  - Caitlin Gardner (8 White)

- **Attitude To Learning**
  - Demi Alexander (8 Black)
  - Jade Annand (8 White)
  - Kiahney Murphy (8 Black)
  - Danielle Scarfo (8 Black)
  - Gabrielle Annese (8 Navy)
  - Emilia Ascione (8 Yellow)
  - Julia Browiswae (8 Rust)
  - Courtney Burrowes (8 Rust)
  - Michelle Fancischi (8 Yellow)
  - Jasper Hill (8 White)
  - Hazel Jaekel (8 Yellow)
  - Dana Johnston (8 Rust)
  - Rose Nissen (8 Rust)
  - Luke O’Loughlin (8 Rust)
  - Emma Gaitaranis (8 Tan)
  - Rebecca Gaitaranis (8 Navy)
  - Gabriella Madigan (8 Manuel)
  - Grace Mason (8 Yellow)
  - Saskia McGrane (8 Rust)
  - Madeline Merriman (8 White)
  - Julia Rhodes (8 Gold)
  - Anna Rugless (8 Gold)
  - Jessica Simpson (8 White)

### Year 8

- **Academic Excellence**
  - Katherine Balic (9 Yellow)
  - Claire Faulkner (9 Rust)
  - Alayna Caruso (9 Yellow)
  - Zoe Mills (9 Rust)
  - Sebastian Gaggi (9 White)
  - Bianca Collins (9 White)
  - Lauren Meredith (9 Rust)
  - India Shackleford (9 Gold)
  - Jason Allansloan (9 Navy)
  - Isabella Chaplin (9 Tan)
  - Alexandra Dobson (9 Yellow)
  - Anais Stephens (9 Yellow)
  - Cecilia James (9 White)
  - Vassilios (Billy) Kamaros (9 Gold)
  - Julia Derwas (9 Black)
  - Tayla Palmieri (9 Navy)
  - Eva Hayball (9 Tan)
  - Joshua Brine (9 Yellow)

- **ICAS Science Competition**

  Selected students in Year 7, 8 and 9 participated in the Big Science Competition in term 2. Thank you to all students who took part in this competition. A special mention to the following students who achieved high scores:

  **High Distinction**
  - Luke O’Loughlin (Yr 8)

  **Distinction**
  - Lachlan Symonds (Yr 8)

- **Credit**
  - Madison Chapman (Yr 9)
  - James Couldey (Yr 8)
  - Ryan Diotti (Yr 8)
  - Simon Drum (Yr 8)
  - Amanda Harris (Yr 8)
  - Meghan Hornsby (Yr 8)
  - Grant Lapans (Yr 8)
  - Alayna Caruso (Yr 9)
  - Chelsea Boylan (Year 9)
  - William Preece (Yr 9)
  - Indra Shackelford (Yr 9)

**Middle School Science Competition Results**

**Rio Tinto**

Big Science Competition

In term 2 a number of Year 6 and 7 students participated in the ICAS Science Competition. Congratulations to the following students who achieved high scores:

- **Distinction**
  - Jai Pearce (Yr 6)

- **Credit**
  - Nathan Claridge (Yr 7)
  - Alanna Howick (Yr 6)
  - Sebastian Kilmain (Yr 7)
  - Alex Hurn (Yr 6)
  - Sam Sprigg (Yr 7)
  - Kenneth Ng (Yr 6)

- **SMU Cyber Safety presentation**

  Last week, Leanne from the SA Police, presented to the St Mary’s Unit Year 8-12 students and parents on the very important area of Cyber Safety. Leanne emphasized the new world of the internet and likened it to leaving your front door open and all your details and photos on a signpost in your front yard, which was an example that all the students could relate to.

  Students were able to ask questions about setting the security settings on Facebook, mobile phone use and safe online activities. Leanne left the students with some very important tips to remain safe, which included; only talking on-line to people who know your family, no personal details or photos should be publicly available, use high level security settings on facebook and never share passwords.

  The presentation was enjoyed by all and valuable safety information was learnt.

  By: Ruth Evans.
**Senior College News**

**Elevate Education**

Term 3 is already proving to be an exceptionally busy term and we have just finished Week 2. In the first two weeks we have had a number of Seminars in the Senior School focusing on study skills. The Seminars are presented by an organisation called Elevate Education. Each of the Year Levels in the Senior School have a specific topic which they cover. The topics range from essay writing to developing effective memory techniques. At the conclusion of each presentation the students are provided with the opportunity to provide feedback on the value and quality of the presentation.

- Year 10: 98% of the students said that the seminar was a valuable experience
- Year 11: 90% of the students said that the seminar was a valuable experience
- Year 12/13: 95% of the students said that the seminar was a valuable experience

**Allan Miller Driving School**

The Allan Miller Driving School Semester 2 course commenced this week at Cabra. Due to the popularity of the course we now have two classes running. The lessons are held from 8.00am – 9.00am on Tuesday morning for one group and Thursday morning for the second group. As a College we are pleased to be able to partnership with Allan Miller Driving School in order to provide those students interested with the opportunity to do the course.

**2014 Senior School Subject Orientation Evening**

On Wednesday the 7th of August we will be having our 2014 Senior School Subject Orientation Evening in St. Dominic’s Hall commencing at 7.30pm. An email with an outline of the evening will be sent out to parents/caregivers in the next few days.

**Motivational Speaker Dr. Jason Fox**

In Week 3 we have Dr. Jason Fox presenting to the Senior School students. Dr. Fox is a motivational speaker who presents to schools and business organisations right across Australia. As part of his presentation Dr. Fox also assists students in identifying what type of learning style they have. Richard Felder is a Professor of Chemical Engineering from North Carolina State University.

In one of the latest Ken Robinson’s books ‘Finding Your Element’ Richard Felder’s eight key learning styles are outlined:

Richard Felder is co-developer of the Index of Learning Styles. He suggests that there are eight different learning styles. Active learners absorb material best by applying it in some fashion or explaining it to others. Reflective learners prefer to consider the material before doing anything with it. Sensing learners like learning facts and tend to be good with details. Intuitive learners like to identify the relationships between things and are comfortable with abstract concepts. Visual learners remember best what they see, while verbal learners do better with written and spoken explanations. Sequential learners like to learn by following a process from one logical step to the next, while global learners tend to make cognitive leaps, continuously taking in information until they “get it”.

**Ski Trip 2013**

On the 6th of July 23 Year 11 and 12’s, Mr Ossitt, Miss Mann and myself set out for a week long adventure in the snow. With a few doubts on the conditions leading up to the ski trip Mt Buller did not let us down. With snow fall across the weekend our first day on the slopes was met with clear blue skies and snow everywhere. With overnight snow making and a light dusting of natural snow the conditions were excellent for both the beginner and more advanced skiers and snow boarders.

As the week progressed more runs opened allowing everyone to master the beginner and intermediate runs. Everyone progressed well making their way up steeper and steeper slopes, tackling chairlifts and attempting to jump moguls. We were well fed and also very entertained not only with the stories of everyone’s crashes, falls and splendid face plants into the snow, but our karaoke night provided some great laughs with everyone getting up and belting out a tune. However the Year 12’s did steal the show especially with the re-enactment of Queen’s Bohemian Rhapsody.

With an amazing bunch of students and staff the trip ran beautifully and was a lot of fun. We all arrived back at Cabra on Saturday morning exhausted from a rewarding and entertaining trip.

Big thank you to Miss Liz Mann and Mr Shaun Ossitt for helping me run the ski trip and thank you to Mr Lyndon Parry for his wonderful hard work in organising this camp!

By: Jess Sanderson Brewster (Miss SB)
Chemical Murder Mystery excursion

On Thursday 4th of July, some of our Year 10 Science students visited Flinders University to participate in the Chemical Murder Mystery experience. Students were introduced to Forensic Science and what Forensic scientists really do, which is a little different to what we see on CSI! Professor Joe Shapter and Associate Professor Stewart Walker talked to us about the many different roles that scientists play to investigate the evidence left at a crime scene. We also learnt that Underbelly is the most watched TV show in the world, followed by Master Chef and then Top Gear. This is going to make for an interesting novel that Associate Professor Walker may write one day! We had been waiting to hear from the Executive Dean of the Faculty of Science and Engineering, so you could imagine our surprise when the talk was interrupted and we learnt that he had been “murdered” and found “dead” in his car! The students from a number of schools then worked in teams to analyse the evidence and then deduce who had committed the heinous crime. We were able to look at and operate some laboratory equipment that wouldn’t usually be available in schools, such as the Gas Chromatography-Mass Spectrometer (GS-MS) and the Atomic Absorption Spectroscope (AAS). We also used Fluorescence spectroscopy to identify hidden inks, analysed soils from the crime scene using chemical tests, used paper chromatography to identify pens used to write a letter, and we learnt about the left and right ‘handedness’ of molecules and how to detect these. Results were reported back to the group and combined with the results from other schools. By doing this, we were all able to deduce who the murderers were.

In addition to learning about many chemical techniques and the scientific process, we heard from many post-graduate students running the experimental stations and they shared with us their pathways into university and science. We also left feeling quite confident that criminals will eventually be caught, as there are so many sophisticated techniques to analyse the evidence that is always left behind.

Many thanks go to Flinders University and the Royal Australian Chemical Institute for putting together this informative, yet fun day. It was apparent that a great deal of effort had been put into setting up the day. Thank you also to Ben Barrett, Lauren Hatcher, Hartlie Higginson, Charlie Farrell, Saraid Kustermann, Dylan Baguley, Rosannah Byrt, Anthony Corbo, Emmett Prime and Brendan Kearns, who participated on the day and proudly represented Cabra.

By: Catherine O'Halloran

St. Vincent de Paul collections:

Holidays are over, winter is in full swing and new clothing fashions are on the racks. A reminder that there are Vinnies’ boxes in the MS & SS offices and in the front office for any goodies families are looking to be donated to someone or sold in Vinnies’ shops to raise much needed money for those in need of our financial support. I am sure Vinnies’ customers will be able to make good use of them.

We have just sent away the contents of our boxes which were full. Thanks for the donations on behalf of the Saint Vincent de Paul society - ever little counts!

I noticed in the boxes, which I pass on as ideas for you, that there were old cassette tapes (which can be sold in the Vinnies’ stores), wooden and fancy clothes hangers and personal hand bags. B.Sharkey

Mass in the chapel:

Most weeks on a Wednesday at 11.00a.m there is Mass celebrated in the college chapel by one of our generous local priests. Any parent or friend is most welcome to join us for these Masses. They are finished by 11.40 for those who are time scarce.

The remaining chapel Masses are: 14th August, Year 8; Tues 20th August, SMU; 21st August, Year 11; 28th August, Year 6; 4th Sept, Year 7; 11th Sept, Year 9; 18th Sept Year 10; 25th Sept, Year 12/13. B.Sharkey

Life Education:

“Life Education” is a 2 lesson presentation by an outside organization to classes about different life skill topics. Years 6, 7 & the SMU will receive these presentations this term (week of 12th August) on the topics of “Decision Making”, “Alcohol” and “Hygiene” respectively. You may wish to ask your sons and daughters about some of the information presented in the lessons and how appropriately the topics may relate to them. Years 8 & 9 will receive their presentations in Term 4.

By: B.Sharkey
**Big Play Day and Concert**

On Sunday the 28th of July, our Concert Band met for a day of rehearsals in the lead up to the ABODA Band Competition on the 16th August. The day concluded with a concert for family and friends which included pieces from the Concert Band and solo artists. Unfortunately Mitcham City Brass Band were unable to attend this day but we look forward to working with them in the future.

**St Peter’s Girls Drum workshop**

On Tuesday, the 30th July we had the pleasure of hosting a Drum Workshop for 45 Year 6 students from St Peter’s Girls School. Our talented Drum teacher Rob Bounedy ran the workshop with the Junior Drum Corps assisting. This was a successful collaboration with St Peter’s and wonderful to see Sally Rousevel back in our music department for the afternoon.

As you can see from the calendar of events, this term is packed with musical performances, competitions and workshops. Please continue to check the calendar of events updated in each newsletter, your emails, information from Ensemble Directors and the music notice board located just outside the Music Office for detailed information regarding upcoming events.

For enquiries regarding the music department, please phone 8179 2406 or email: sheaslip@cabra.catholic.edu.au

---

**MUSIC EVENTS – Term 3**

- **Fri 2nd Aug:** CEO Conference – Choir
- **Fri 9th Aug:** St Dom’s Day Mass & Talent Quest
- **Wed 14th Aug:** ABODA Band Festival – Senior Drum Corps
- **Wed 16th Aug:** ABODA Band Festival – Concert Band
- **Mon 19th Aug:** Southern Stars Festival of Choirs – SB
- **Fri 23rd Aug - Sun 25th Aug:** Drum Festival – Drum Corps
- **Wed 28th Aug:** Stage 1/Year 10 Performance Evening
- **Thu 5th Sep:** Stage 2 Performance 11am-6pm Solo/Ensemble
- **Fri 6th Sep:** Principal’s Tour – Year 9 Advanced Music Class
- **Mon 9th Sep:** Bill Bachman Workshop – St Doms 11.30am-1.30pm
- **Fri 13th Sep:** Grandparents Day & Special Friends Day – Yr 6
- **Wed 25th Sep:** Catholic Schools Music Festival

---

**LIBRARY NEWS**

**Author Visit**

Our Book Week celebrations started early this semester with a visit from Australian author Michael Gerard Bauer. Michael is the author of the Don’t Call Me Ishmael series, Just a Dog, Eric Vale Epic Fail series as well as many other popular books. Michael chatted to two large groups of students across years 6 to 8 as well as holding workshops with two year 8 classes. Don’t Call Me Ishmael is one of the English texts studied here at Cabra. We have had excellent feedback from students and staff about Michael’s visit as he was an extremely informative and engaging speaker. His books are highly recommended reading and we do have his latest series Eric Vale here in the Middle School Library. For a limited time we also have some of his books for sale. See either library for more information. If you’re quick you may even get a signed copy!

Michael started his career as an English teacher and is now a full time author of children’s and young adult novels. He was an engaging speaker and had the students laughing over stories of how his characters evolved, how his son came to illustrate his novels and my particular favourite, how he fainted when he was an altar boy. I would encourage you to follow Michael’s blog where he chats about not only his novels but interesting little bits of trivia. We follow Michael’s blog here at Cabra but you might also like to look him up yourself here.

To give you an idea about the story of Ishmael here is a blurb straight from Michael’s blog:

“There’s no easy way to put this, so I’ll say it straight out. It’s time I faced up to the truth. I’m fourteen years old and I have Ishmael Lesueur’s Syndrome. There is no cure.”

And there is no cure for not fitting in. But that won’t stop Ishmael and his intrepid band of misfits from taking on bullies, bugs, babies, the Beatles, debating and the great White whale in the toughest, the weirdest, the most embarrassingly awful ... and the best year of their lives.

**Book Week Activities**

**Read across the universe – Book Week competition**

Design a book mark for school or just for fun. There will be two prizes and your entry might become the official library book mark, a chance for your art to be immortalised and mass produced.

Check out the website below for inspiration and ideas and go mad, there are no size or shape restrictions. Prize winners will be announced during the Book Week celebrations, August 17-24.

*Click here for more info*

Tuesday 19th August we will be celebrating Book Week with a dress up day for years 6, 7 and 8. ‘Read across the Universe’ is the theme, so go wild with your imagination. There will be prizes for the best dressed.

Get your thinking hats on for the Book Week quizzes being held in Week 5. There will be a prize for the class who are the first correct entry drawn out each morning. Who will reign supreme and claim the ultimate title of Class Quiz Masters?!

**Premiers Reading Challenge**

Not long to go now before completed forms are due in. if you are doing the PRC and need help selecting books to finish off your list please see Ms SB or Mrs Mills in the MSL.

So as you can see there are lots of things happening in the lead up to Book Week. In the words of the immortal Dr Seuss “The more that you read, the more things you will know. The more you learn, the more places you’ll go.”

— Dr. Seuss, “I Can Read With My Eyes Shut!”

By: Mrs Mills
**SPORTS NEWS**

**2013 Gold Coast Netball Trip**

What a fantastic first week of the Term 2 holidays! Saturday 6th July saw ten Year 9 students (Sarah Badaoui, Isabelle Beinke, Mia Davies, Isabella Downing, Annie Fairlie, Shauna Gallant, Zoe Mills, Sophie O’Daniel, Carly Payne and Cloe Westhoff) and three staff members boarding a plane to Queensland to attend the Annual National Netball Carnival held at Southport Carrara Netball association. With endless hours of organising fundraising, flights, and accommodation all girls and staff were extremely excited for the week ahead.

The girls have been playing and training very hard together for the past few months and they were ready to showcase some of their talents in what they knew was going to be some challenging competition.

Their first day of competition was Sunday and then they played every second day whilst on the Gold Coast. Days sure were jam packed and it led to what was an extremely busy week on and off the court. After two days of competition and 12 games of netball the girls saw themselves with eight wins and five losses elevating them to A grade for the remainder of the week which was a fantastic achievement in itself.

Thursday and Saturday were the next competition days and playing in A grade we were always going to find it tough, but the girls continued to fight and display amazing sportsmanship, something of which I was very proud to witness. The girls found themselves finishing fifth overall in A grade which was outstanding.

When off the netball court, as a team we enjoyed trips to Movieworld and Dreamworld where we all enjoyed the thrill of the rides; shopping trips to Harbour Town where we all shopped up a storm; beach games with the rugby teams and a sportsmanship dinner at Outback Spectacular.

Team bonding on and off the court continued to strengthen with every day that we spent together. It was fabulous to witness the new friendships forming and the bonding that was happening between all members of the team.

I would like to extend my thanks to all parents for their support of the Cabra sport program for allowing your daughter to participate, to Mrs Deanna Riley for taking the time to coach these girls and to Mrs Emily Crosbie for supporting the girls whilst up in the Gold Coast. It was definitely a memorable trip that I am sure the girls will remember for many years to come.

---

**PLAYER REPORT**

**Netball Carnival**

During the first week of the school holidays, the 9A netball team went over to the Gold Coast to compete in the national Gold Coast netball carnival. We played every second day with the first two days being focused on grading. We were then placed into A grade for the intermediate age group. This was a massive achievement as most of us are bottom aged players. The A grade meant that we would face the best eight teams in our age group from Australia and New Zealand. Entering the competition we knew it would be tough. Our first game against Trinity College was like our Grand Final match, all the girls came out fired up and ready to give it our all resulting in a win. Overall the challenge in A grade really helped us to develop as a team, and individually, it was a great learning curve. On the days we weren’t playing netball we explored the beautiful Gold Coast. Movieworld was highlight along with Dreamworld. Our adrenaline was pumping and the thrill of the rides kicked in. The trip wouldn’t have been complete without a day shopping at Harbour Town! Overall we really enjoyed the trip. It was a fantastic way to not only develop our netball skills but also to develop our relationships with other students from Cabra and other schools.

Written by: Carly Payne (C) and Annie Fairlie (VC)

---

**IMPORTANT DIARY DATES**

**Week 3, Term 3**

Wednesday 7th August
Girls SAPSASA Basketball at Wayville

Thursday 8th August
Boys SAPSASA Basketball at Pasadena

**Week 4, Term 3**

Wednesday 14th August
Finals – Open Girls Basketball at Wayville.

Contacts:

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

**UNIFORM SHOP:**
Phone: 8179 2461
Email: uniform@cabra.catholic.edu.au
**SPORTS NEWS**

**PLAYER REPORT**

**U16 Basketball Championships**

Congratulations to Nicola Mathews (10N), Angus Rodman (9B) and Rhys O’Brien (10N) for their selection and achievement in the Under 16 Basketball Championships (National and NZ) held in Adelaide July 6-14th during the first week of school holidays. Firstly I would like to acknowledge Nicola Mathews who, as part of the U16 girls SA Metro team, achieved a brilliant result by winning silver against Vic Metro (winners for the last 12 years) in the Under 16 Nationals Grand Final. SA Country also wowed everyone by achieving bronze.

Unfortunately for Angus Rodman and Rhys O’Brien, their team’s experience of finishing 11/14 was not as mind blowing as the U16 girls’ team with their silver but to everyone’s credit it was still an excellent week. In the statistics Angus Rodman finished second in the three point percentage with 42.9% and second in total three pointers to a future Australian Boomer in Gabe Hadley!! In fact, as a guard, Angus had a fantastic tournament. Unfortunately he suffered a major blow to his modelling career (and stats) when he took an amazing dive to save a team mate’s poor pass which resulted in an extremely deep cut to his chin.

Rhys O’Brien’s court time was limited during the week but when he did take to court he displayed his beautiful basketball style and technique which was pleasing to see and a real credit. Fantastic effort by all three students on their individual and team achievements over the week.

*Left, from top:* Nicola Matthews, Rhys O’Brien and Angus Rodman

**Sailing**

Isobel Royle (8Y) is a member of the sailing crew that won this year’s International Cadet State Championship. This follows on from their selection in the Australian team for the World Titles in Hobart last Christmas. The crew recently received their State Championship trophy while competing in the Port Lincoln Frostbite Regatta in which they also placed first. Some of the crew they defeated to win the States were part of the team that has just won the hotly contested Australian Schools Team Racing Championship. Well done Isobel!

**National Diving Championships**

Congratulations to Jess Patterson (8T) on her medals at the National Diving Championships. She was the best ranked diver in her age group, based on the points system across the events.

Great job Jess!

**U17 SANFL Carnival**

Cabra First XVIII players Luka Boundy (11B), Jordan Pressler (11G), Carter Grieve (11T), Connor Fairlie (11N) Brayden Heyward-Ferors (12W) competed for West Adelaide U17 in the SANFL Carnival in week 2 of the School Holidays. The West Adelaide team won the carnival – well done boys!
Advertisements should not to be seen as an endorsement by the college, its staff or students. Parents and caregivers should make their own assessment regarding the suitability of products or service advertised based on their needs and those of their children.

Suzuki teaching is a highly specialised approach to music education. Students learn in a fun way which nurtures a love for music, while developing concentration, memory and reading skills. Teaching may begin from 3 years old.

Anne Ap’Thomas • 0401 685 730 • 82723504 • Lessons at Hawthorn