Celebrating our students’ efforts and achievements in 2013

Cabra Celebrates

While Cabra Celebrates 2013 is still two weeks away, we have enjoyed celebrating students’ efforts and achievements at a number of different functions over the last two weeks. The following list and the images in this edition of our Newsletter give you an idea how busy and rewarding it has been for everyone involved.

- Music Showcase
- Cabra Art Exhibition
- Middle School Sports Evening
- Year 12 and Year 13 Graduation Dinner

By taking the time to celebrate in these many different ways we encourage our young people to continue to strive to develop their gifts and talents. At the same time the joyous nature of the events also provides an opportunity for us to give thanks for the many blessings that our community has received throughout the year.

2014
Timetable and Daily Structure

Following our consultation with the community earlier this year I am pleased to announce the outcome of our extensive work developing the new daily structure at Cabra. Before listing the key features of the new structure it is important to note that the feedback provided by parents and students, combined with many hours of planning and testing with our staff, was vital in helping us to decide which structures best suited our needs. Consequently, the new structure will facilitate our implementation of the Australian Curriculum in manner consistent with the Cabra Vision for education.

Key Features of the New Timetable

- The College day commences at 8.45 and finishes at 3.30 from Monday to Friday.
- There is no early finish for students on Wednesdays.
- The early morning lessons that have currently been taught for Year 12/13 students are no longer required after 2013.
- Some SACE Stage 2 subjects may schedule additional lessons when needed. The students in these classes will be notified at the start of each Semester by their class teacher if these extra lessons are required.
- Classes will now be taught in 40 minute lessons and a greater proportion of classes will be taught in 80 minute double lessons.
- The allocation of lessons to different subjects has been changed to reflect the requirements of the Australian Curriculum.

Given the significance of this change to our daily structure and its importance in ensuring that we continue to provide students with an excellent education, we will review its implementation after Semester 1, 2014. Any refinements will then be implemented from 2015.

Best wishes for the final two weeks of our 2013 academic year.

Brian Schumacher
FROM THE UNIFORM SHOP

Attention all cricket, tennis ~ volleyball players for 2014!

WHITE POLO TOP $48.00

Students from YEAR 8 onwards who wish to play these sports in Term 1 will need to order the white sublimated polo top from the Uniform Shop. Last day to order 4th December.

Return of hired Winter Uniforms NOW OVERDUE!

Please check bags, lockers and bedroom floors and return to the Uniform Shop immediately as invoices are being sent out for replacement cost.

Sale of Second Hand Uniforms:

Only garments that are of good quality, freshly laundered and free of stains, tears and pet hair will be accepted for re-sale. Blazers must be dry cleaned and the current style and logo.

Uniform Shop Opening Hours

TERM 4, 2013:

Monday:
8.30am–5.30pm

Wednesday:
8.30am–5.30pm

Friday:
8.15am–3.45pm

Friday 6th December:
CLOSED UNTIL 2014~

January holiday times will be available on the College website soon!

Please note the Uniform Shop will be open on the following Thursday night:

Thursday 5th December:
3.30pm–7.30pm

Entrance via Little St
Phone: 8179 2400
Email: uniform@cabra.catholic.edu.au

DISABLED PARKING

Please be aware there are limited disabled parking spaces available at Cabra. We ask that parents, staff and visitors do not park or wait to collect their children in these areas, unless you have a disabled parking permit. Thank you for your consideration.

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)

IMPORTANT NOTICE

HAVE YOUR CONTACT DETAILS CHANGED?

eg: phone, email or address?

IT IS IMPORTANT THAT YOU ALERT US OF THESE CHANGES

Please email Amber Booth:
abooth@cabra.catholic.edu.au

IMPORTANT NOTICE

STUDENT LEAVING THE COLLEGE?

If student is leaving the College, we must receive WRITTEN CONFIRMATION and A MINIMUM OF ONE TERM’S NOTICE (as per fee schedule).

Please email Amber Booth:
abooth@cabra.catholic.edu.au

ENROLMENT INFORMATION

Please be advised that existing families must submit an application for enrolment for siblings wishing to attend Cabra.

Enrolment forms can be downloaded from the college website, or contact the Registrar, Amber Booth:
abooth@cabra.catholic.edu.au

The Southern Cross

The official newspaper of the Catholic Archdiocese of Adelaide.

Click the link to view

www.thesoutherncross.org.au

Your Vote Counts!

Two of our Year 8 students have made an amazing trickshot basketball video, entered it into an ESPN online competition, and they are currently 5th place!! It is called MASSIVE SHOT OVER ROOF! Let’s raise their votes even higher!

Please click here to vote for them!

Cabra College Term Dates for 2013

Term 4 | Mon 14 October – Wed 4 December

(Week 6, Term 4)
‘tis the season to think of others...

... as we support the work of St Vincent de Paul through our donation of items for their Christmas Hampers

As you will be aware, Cabra Celebrates is to be held on Wednesday 5th Dec. It is an event our community looks forward to, as it is a celebration of all that we have shared and accomplished together during the year, and it is a time that we can wish the families of our school community well for the Festive Season.

During the Festive Season we are also asked to remember those who are less fortunate than we are; for many, Christmas is a difficult time. We have the opportunity to support those people in our local community who are in need, and offer this support in light of Jesus’ call to care for our neighbours. As has become our custom, we invite each family who is coming along to Cabra Celebrates to bring with them a donation which we will pass on to the St Vincent de Paul Society who will distribute our gifts to families before Christmas through their Christmas Hampers.

We have received special requests for:

**Gifts for a range of ages:**
- including Age 10+, and Mums and Dads.

**Hamper food:**
- particularly something which could grace the Christmas table.

**Christmas paper, gift card**
- to wrap the gifts received.

**We request that gifts are unwrapped. All wrapped gifts are opened and checked. Please see list of gift suggestions opposite.**

There will be a collection point in the Convention Centre foyer on the evening. We thank you in anticipation of your continued care for those in our wider Adelaide community.

If your family is not attending Cabra Celebrates, please still feel able to contribute to our gifts. You will be able to drop a present or non-perishable food item into Reception in the next two weeks.

Last year’s Cabra Celebrates Christmas Collection was most successful, and St Vincent de Paul was most grateful for our donations and touched by our community’s generosity. We wish everybody a wonderful Festive Season!

Thank you in anticipation.

Yours sincerely, Mrs Barrachina & Ms O’Donnell on behalf of the Social Justice & Ethos Committees

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**ST. VINCENT DE PAUL COLLECTIONS**

Holidays are just about upon us. I take this opportunity to thank all those families who have supported the Vinnies’ boxes at Cabra this year. I am sure your efforts will be rewarded.

If you still wish to drop off clothing, wooden and fancy clothes hangers, personal hand bags, blankets and other clean bedding items, CDs and books to mention a few then there are Vinnies’ boxes in the MS & SS offices and in the Front Office. Maybe you will see some of these fashions back on the racks in our local St. Vincent de Paul shops in Mitcham or Goodwood.

These stores sell goods and provide financial support for the needy in our society and every little bit counts. **Thanks for your support and may God bless your Christmas – B.Sharkey**
**Lifelong Learning**

Term 4 is full of excitement, new beginnings, welcomes and celebrations of learning and achievement. Our recent weeks have included “Year 9 Take a Day”, where our students participated in a wide range of activities to learn more about themselves, their social and emotional wellbeing and team work.

We also welcomed our 2014 Year 8 students and their families to the College and by the time this goes to print we will have also completed our Year 6 Orientation day. On each of these days we are reminded about what makes Cabra unique. Our students relish the opportunity to share the delights of life at Cabra and showcase a range of learning experiences that help them to develop their unique gifts. We know that this experience will be different for every student and family. Some will sail through with very little support or intervention needed and others will need more careful guidance as they navigate the pathway of adolescence.

Whatever the case may be for each child, we are committed to working with each individual to create the best outcomes. Some will choose a pathway that highlights their creativity, others will have a strong focus on compassion, many will achieve outstanding academic results and most will try something new during their time at Cabra Dominican College.

The Middle School Sports Presentations and Musical Showcase were two recent events that highlighted the breadth and depth of the many talents here at the College. We congratulate all students for their recent successes and hope that all of our students continue to seek new opportunities, always apply their best efforts and persist when they face challenges. These are some of the keys to lifelong learning and our time at the College allows each of us to experience these skills in many different avenues.

**Saving the planet one house at a time with Year 8 Science**

Several Year 8 Science classes are currently studying Energy. As part of the studies into energy efficiency and sustainable house design, we had a tour of the eco-village ‘Christies Walk’ in the city. We listened to the Adelaide City Council Sustainability Coordinator speak about measures undertaken by the council to improve energy efficiency in their buildings and streets. Did you know that the council is saving $100,000 a year through switching to LED lights?

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- “I was able to learn how to be more energy efficient in everyday life.” – Gabriella Madigan-Manuel, 8Y
- “I like the rooftop garden and how it insulated the building as well as having fresh food and vegies for the community.” – Anais Elphick, 8Y
- “I enjoyed finding out about LED lights.” – Hannah Bentick, 8Y
- “I think it’s a really good idea to be energy efficient as it preserves our environment for the future.” – Grace Mason, 8Y
- “I liked Christies Walk because of the serenity.”
- “Taking notes on how to keep a house hot or cool is fantastic because if I were to build a house, I would bring ideas to the drawing board.” – Hannah Griffin, 8Y

The excursion opened up a new world of sustainability and responsible stewardship of the environment that we hope the students carry with them after they leave school. Let’s look after the planet together – one house at a time!

**Yr 6 CSIRO Electricity Workshop**  
7 and 8 November 2013

**Year 6 Gold – Student comments**

- ‘We learnt about different types of energy and how they transform from one to another’ – (Josh)
- ‘I liked how there were a wide range of experiments to test out’ – (Chris)
- ‘I liked the man who was presenting because he was very enthusiastic about his work’ – (Rachel)

**Above:** Students from 8Y listening to Helen talk about Christies Walk.

**Above:** Strawbale townhouses at Christies Walk.

**Above:** The light lantern in the apartment block at Christies Walk allows for heat to escape.

**Above:** Vegetation is used to effectively shade buildings.
Year 7 Science ‘Forces’ Experiment:
Crash Test Dummies

By: Ella Sawyer (7 Rust)

In Year 7 Science we have been studying forces. We completed a practical on crash test dummies. In this experiment we firstly observed the motion of a dummy cart hitting a block, and secondly another cart.

I really enjoyed constructing our ramp. It was very exciting watching the crash test dummies hit each other.

During this experiment we learnt that when an object is at a constant motion and suddenly stops, the motion of your body is still moving forward.

It was lots of fun learning about forces.

> “The experiments were interesting and the effects of inertia are more serious than others think”

– Dylan McGaw (7 Rust)
Inspiring Young Leaders

Our Year 11 Student Leaders recently attended a Leadership Seminar Day which was organised by the Catholic Education Office (CEO). The focus of the seminar was to provide students with the chance to identify their own personal strengths and weaknesses as leaders, as well as opportunities for the students to network with students from other Catholic Schools. The key presenter for the day was Josh Martin from the CEO. Josh was able to inspire the students through the reflections he provided in response to his experience of World Youth Day as well as his involvement in charity work. The Year 11 Leaders were given the chance to brainstorm a number of exciting initiatives which they would like to implement during the course of the 2014 academic year.

State Transition Program
Graduation, 2013

The annual State Transition Program Graduation Ceremony was recently held at the Adelaide Convention Centre. The Honourable Jennifer Rankine MP Minister for Education and Child Development presented the certificates to each of the graduating students. The State Transition Program provides students with the opportunity to prepare for their transition into the workforce by assisting them in developing their interpersonal skills as well as their ability to prepare resumes and answering questions in job interviews. I would like to congratulate four Cabra students from the St. Mary’s Unit, who were formally recognised for graduating from this program which is delivered by Barkuma.

• Tonja Barwa-Bosco
• Natalie Papandrea
• Anico Mercader
• Robbie Bailey

Remembrance Day Breakfast

The Year 10 Student Leaders recently attended a special Remembrance Day breakfast at the Adelaide Convention Centre. The breakfast which included members from the business community and schools, as well as representatives from the Australian Defence Force was hosted by the Repat Foundation. The master of ceremonies for the morning was Mark Smithson from Channel 7. The special guest speaker for the breakfast was Gill Hicks. Gill is the survivor of the bombings which took place on the Piccadilly train line in London in 2005. Gill is the founder of the not-for-profit M.A.D. for Peace organisation. Her personal reflections on her experiences were deeply moving and extremely motivating. Gill focussed on the amazing strength and tenacity of the human spirit and people’s abilities to overcome atrocities in their lives and be triumphant. The Student Leaders felt privileged to represent the College at this very special event which was a precursor to Remembrance Day.

Year 11 Chemistry:
Exploring the gases of our atmosphere

In Year 11 Chemistry the students have studied the gases that make up our atmosphere, and how changes in the concentrations of these gases can lead to environmental issues.

In class they made nitrogen dioxide, the toxic brown haze that contributes to photochemical smog. They tested for hydrogen gas, oxygen gas and made carbon dioxide gas. Recently, to celebrate the end of our unit of study, we explored the wonders of liquid nitrogen gas.

We froze flowers then watched them smash under a hammer. We froze banana, strawberries, grapes and marshmallows and smashed them too. We blew up balloons with air, condensed the air to a liquid with the liquid nitrogen then watched the balloon expand again as it warmed at room temperature. We turned oxygen gas into a liquid and saw that it was blue and magnetic. Finally, we all enjoyed some chocolate ice cream, quick frozen with the addition of some liquid nitrogen.

By: Mrs Lara Lang, Science Co-ordinator

Above: Stephen Sika thinking deeply on the wonders of liquid nitrogen
Above: Putting a balloon in liquid nitrogen to turn to gas to liquid
Above: Then the balloon inflates again when it warms up - thanks Jesse
Above: Mrs Lang's 11 Chemistry class enjoying some chocolate liquid nitrogen icecream
Above: Mrs Lang cheekily licks the spoon after making liquid nitrogen icecream
Music Showcase

What a wonderful way to finish the year in the Cabra Music Department. The Music Showcase evening highlighted the talents of the larger ensembles and also recognised the achievements of the senior ensemble students. I would like to acknowledge the efforts of the outgoing Music Captains Daniel Claridge and Adele Rees and welcome our Music Captains for 2014, Callan Alexander and Rachael de Haas. Also a big thank you to all the Ensemble Directors and Ensemble Leaders for the great sounds that have been made throughout the year and on the evening. It goes without saying that the dedication of our Ensemble Directors gives all students the opportunity to shine on their chosen instrument.

Talkback Christmas Concert

On Sunday November 17, Jazz Train musicians were invited to perform in the Talkback Christmas Concert at the Mitcham Institute. As well as providing amazing music, the students had the opportunity to rub shoulders with George Benard from the X-Factor.

Ensemble Leaders 2014

Applications have closed for Ensemble Leaders and students will be notified of their positions for 2014.

Cabra Celebrates

A rehearsal schedule for Tuesday 3rd December and Wednesday 4th December will be emailed to the relevant performers by next week. Performers will be Senior and Junior Drum Corps, Revelation, Concert Choir, Cabra Chorus, Jazz Train, Concert Band, Brass Ensemble and the Cabra Celebrates Ensemble (combination of Jazz Band and Stage Band).

AMEB exams

A number of our students sit AMEB (Australian Music Examination Board) examinations each year. The following students have been successful in the past months and we would like to congratulate them on their achievements.

Congratulations to India Shackleford, Kaitlyn Lamshed, Hannah Green and Caleb Wijesinha. If you have done something musically exciting in the wider community, we would love to know about it.

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, phone 8179 2406 or email: sheaslip@cabra.catholic.edu.au
Author visit

Cabra College was very fortunate to have hosted author Richard Harland last week. He presented a lively and informative presentation promoting the fantasy sub-genre of Steampunk and his latest novel, ‘Song of the Slums’. Harland is the author of more than a dozen books including the ‘Steampunk’ novels ‘Worldshaker’ and ‘Liberator’. His new book ‘Song of the Slums’ is once again set in the alternative historical fantasy world of ‘Steampunk’.

Richard’s novels and stories have won 6 Aurealis Awards and two French prizes, the Tam Tam Je Bouquine Award and the Prix Lucioles. ‘Worldshaker’ was shortlisted for the NSW Premiers Literary Award, the Inky Award, and was adopted as a recommended school text by Queensland Education in 2012.

We were able to secure copies of his books direct from his publisher at the heavily discounted price of $15 and Richard kindly signed his books and posted them back to the school.

It is rare to witness an author so enthusiastic about his own work and writing in general and Richard really communicated this to the students and staff last Thursday. Author visits like this cannot be underestimated for the value they hold in enhancing the curriculum in so many ways.

Author Visit: Richard Harland

By: Brianna Pollard, Claire Gilbert, Ella Griscti (7 Rust)

On Thursday 14th November, Richard Harland came to visit us to talk about his books and some writing tips. Richard has written books such as Worldshaker and Song of the Slums. He started the talk with a reading from his new book, Song of the Slums. He also talked to us about Steampunk and all of the Steampunk style things he had or other people had made in the style of his books. The readings from his book sounded very creative and imaginative, set in the time of historical London, but with his own fantasy twist.

He told us about how he first started off writing about his adventures and selling them at school or swapping them for lunches. We enjoyed Richard’s visit and are now eager to buy his fantastic book and learn more about what happens to the exciting characters in the story, because Richard finished with a cliff hanger!

“I enjoyed his enthusiasm towards his career, A really good talk. He left us wanting to know more!” – Sarah Clarke (7 Rust)
OUT TO OLD SCHOLARS
SCHOOL CENTENARY CALL

Woods by 2 points in overtime in what was a fantastic after being runners up last year and defeated Tenison Woods by 2 points in overtime in what was a fantastic Final. Well done to all girls on continuing the Basketball success story for Cabra College!

Above: Knockout Basketball Team

2014 Cricket, Tennis & Volleyball Tops

WHITE POLO TOP $48.00. Students from YEAR 8 onwards who wish to play these sports in Term 1 next year will need to order the white sublimated polo top from the Uniform Shop. Last day to order 4th December. Click on the link to download the order form.

Polo Top Order Form

Contacts:

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

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

DENTAL CARE FOR YOUR CHILDREN

It is important for children to have strong, healthy teeth and gums. All children (0 – 17 years) are welcome to attend School Dental Service clinics. Dental treatment is free at School Dental Service clinics if:
- Family Tax Benefit Part A is paid for your child, or
- Your child is covered by a School Card, Health Care Card or Pensioner Concession Card.

The School Dental Service will bulk-bill under the new Medicare Child Dental Benefits Schedule that starts in 2014. Under this scheme, most children aged between 2-17 years will be eligible to claim up to $1000 of Dental services over 2 years. If your child already attends a SA Dental Service clinic, contact us when their next appointment is due. If your child does not already attend one of our clinics, please phone us to make an appointment in 2014.

For more information contact your local clinic: Clapham 83742053
Clinic list found at: www.sadental.sa.gov.au

COMMUNITY NOTICES

WESTBOURNE PARK PRIMARY SCHOOL CENTENARY CALL OUT TO OLD SCHOLARS
Westbourne Park Primary School is calling out to all old scholars to make contact with the school now in preparation for the upcoming centenary celebrations in 2014. To stay up to date on centenary celebrations either visit the website and subscribe to email updates: www.wpps100.com.au or phone the school on 8271 7430.

AUSTRALIAN AIR FORCE CADETS

609 SQUADRON
RECRUIT INFORMATION NIGHT
When: 7th February, 7.30pm
Where: Warradale Barracks, Oakland Road, Warradale
For information call 0417 813 362 or co.609sqn@aafc.org.au

SACRAMENT ENROLMENT FORM 2014

Dear Students, Parents and Friends of Cabra Dominican College,

CABRA CELEBRATES 2013
Wednesday 4 December at 7.15pm
Adelaide Convention Centre

Our annual Presentation Night, ‘Cabra Celebrates’ will be held on Wednesday, 5 December at the Adelaide Convention Centre. The formalities of the evening will begin at 7.15pm, but we ask you to be seated by 7.00pm. This is a most important school event and we ask that all families are represented. As this is a formal school occasion, all students involved in performances and receiving awards are required to wear the full summer uniform, including blazer.

This evening is always a wonderful occasion of celebration where, together, we will acknowledge and enjoy the special talents of our students. We will also finally farewell our Year 12/13 students at a special Blessing Ceremony at the conclusion of the evening. The program will conclude by 9.30pm.

Please purchase your tickets before the evening. They are currently available from the Book Room. To help offset some of the costs of the evening, the cost of tickets is $10.00 for adults and $5.00 for children. Seating will be allocated as general admission but it is important that every member of the audience has a ticket. The nearest car parks are the Convention Centre (enter off North Terrace) or the Festival Centre and the Riverside (enter off King William Road).

All Cabra students attending will be given a complimentary ticket. If your child is a participant (this includes all Year 6 and 12/13 students who will be involved in the final Blessing Ceremony and awardees), they will be seated separately in a pre-designated area. If your child is a non-participant, they are expected to sit with their family.

I look forward to sharing this wonderful evening of celebration with you.

Yours sincerely,

Brian Schumacher, Principal
ADVERTISEMENTS

Advertisements should not 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.

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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.

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Cost Effective Advertising and free design is included.

If you would like to advertise your local business in the Cabra fortnightly newsletter, please send an email to...

Cabra Newsletter Advertising enquiries:
htelford@cabra.catholic.edu.au

Please support local businesses who continue to support CABRA Dominican College

(Week 6, Term 4) Friday 22nd November 2013 — 10