Dear Student

Welcome to the Middle School at Cabra Dominican College. We hope you will be happy here and that you will use the opportunities Cabra provides to develop your potential as a student and a caring, confident person.

This booklet has been written to let you know a little about the College, the subjects you will be studying and other activities the College offers.

VISION STATEMENT

Cabra Dominican College, as a Christian Community in a Catholic tradition, strives to nurture and develop the unique gifts of individuals, to liberate them in the search for truth and to empower them to create a better world.
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Welcome to our Middle School families

‘The integration of Christian values and the search for truth, in an atmosphere of co-operative involvement are basic qualities of an education at Cabra’

Welcome to Cabra Dominican College Middle School. It is our belief and experience that boys and girls are best educated together within an environment where boys and girls learn to respect each other at each stage of their development. Cabra Dominican College recognises the nature of the development that is taking place in your child during these formative years and its Middle School curriculum aims to support him / her during this important phase of adolescence.

In the Middle School, the focus is to develop an academic curriculum and a pastoral care approach that embraces the rapid spiritual, emotional, physical, social and intellectual development of these young adolescents.

Cabra’s successful transition program ensures that our new students begin their year confident and familiar with peers, teachers, physical environment and College life.

The wide range of subjects offered in the Middle School, enables students to sample all areas of learning and help them to make informed future choices about their learning. In addition to the usual subjects offered, Cabra encourages Languages (Japanese and Italian), Music, Computing, the Arts and Crafts.

We recommend that each student takes advantage of the opportunities provided by the broad offerings of the Co-curricular Program. We suggest that each student becomes involved in at least one co-curricular activity. The positive outcomes of such involvement may include getting fit, developing a new interest, developing new skills and getting to know others.

We wish our students well in their studies at Cabra Dominican College and know that if they are prepared to be committed and enthusiastic in their approach, they will be able to achieve their personal best. The Middle School staff look forward to each student’s positive and active contributions and we look forward to working closely with you throughout this journey.

Nicole Laube
Deputy Principal, Middle School
FAMILIAR FACES

PRINCIPAL
Mr Brian Schumacher
cabra@cabra.catholic.edu.au

MIDDLE SCHOOL DEPUTY PRINCIPAL
Mrs Nicole Laube
msdp@cabra.catholic.edu.au

YEAR 6 COORDINATOR
Mrs Sandra Ciccarello
sciccarello@cabra.catholic.edu.au

YEAR 7 COORDINATOR
Mr Flavio Zandona
fzandona@cabra.catholic.edu.au

YEAR 8 COORDINATOR
Mr Lyndon Parry
lparry@cabra.catholic.edu.au

YEAR 9 COORDINATOR
Mr Michael O’Dea
modea@cabra.catholic.edu.au

SCHOOL COUNSELLOR
Mrs Tania Davison-Bennett
tdavison-bennett@cabra.catholic.edu.au

SCHOOL COUNSELLOR
Mrs Sue Matthew
smatthew@cabra.catholic.edu.au

SCHOOL COUNSELLOR
Mrs Michelle Roberts
mroberts@cabra.catholic.edu.au

MIDDLE SCHOOL SECRETARY
Ms Anastasia Harvey
aharvey@cabra.catholic.edu.au
# COLLEGE INFO

## ADDRESS

225 Cross Road, Cumberland Park SA 5041  
PO Box 57, Melrose Park SA 5039

## PHONE

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Front Office</td>
<td>8179 2400</td>
</tr>
<tr>
<td>Middle School Office</td>
<td>8179 2455</td>
</tr>
<tr>
<td>Student Absentee Line</td>
<td>8179 2477</td>
</tr>
<tr>
<td>Fax</td>
<td>8272 9810</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:cabra@cabra.catholic.edu.au">cabra@cabra.catholic.edu.au</a></td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.cabra.catholic.edu.au">www.cabra.catholic.edu.au</a></td>
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## DAILY SCHEDULE

<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>Block 8</td>
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## IMPORTANT SCHOOL DATES

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<tr>
<td>TERM 1</td>
<td>Wednesday 29 January</td>
<td>Friday 11 April</td>
</tr>
<tr>
<td>TERM 2</td>
<td>Tuesday 29 April</td>
<td>Friday 4 July</td>
</tr>
<tr>
<td>TERM 3</td>
<td>Tuesday 22 July</td>
<td>Friday 26 September</td>
</tr>
<tr>
<td>TERM 4</td>
<td>Monday 13 October</td>
<td>Monday 8 December</td>
</tr>
</tbody>
</table>

**OTHER DATES/PUBLIC HOLIDAYS:** Australia Day Holiday Monday 27 January, Adelaide Cup Day Monday 10 March; Good Friday 18 April; Easter Monday 21 April; Anzac Day Friday 25 April; Queen’s Birthday Monday 9 June, Labour Day Monday 6 October. Royal Show commences Friday 5 September.

## IMPORTANT SCHOOL DATE

**MIDDLE SCHOOL**  
2014 FAMILY BBQ & INFORMATION EVENING  
WEDNESDAY 5 FEBRUARY, 6.00PM – 8.30PM
A TYPICAL DAY AT CABRA, YOUR HOME CLASS & PASTORAL CARE

HOME CLASS TEACHERS
On your first day you will meet your Home Class teacher and the students who will be in your Home Class. You will find that you are taught in this Home Class for the majority of your lessons. Your Home Class teacher will get to know you very well and should you have any queries or concerns, we hope you will feel comfortable talking to them.

Each morning you meet your Home Class teacher at 8.45am ready to begin morning admin. You will have your own locker near the classroom to keep all your belongings safe.

Your Home Class teacher is the focal day-to-day contact person for pastoral care matters and works very closely with the Year Level Coordinator.

There are many staff available to talk to. These include your Home Class teacher; your Year Level Coordinator, the Student Counsellors, the Middle School Deputy Principal and the Principal.

YLCs – YEAR LEVEL COORDINATORS
There is a YLC for each Year Level. The Year 6 Coordinator is appointed for three years and assists each new group to settle into life of the Cabra community. The Coordinator appointed at Year 7, moves through with the students each year into Years 8 and 9. The YLC oversees the organisation of the year level pastoral care program which may include; careers, stress management, study skills, subject choices, liturgies, discipline. Some of the programs organised by the YLCs for the Middle School students are the ‘Buddy’ Program, Year 8 Dominican Day, O’Mara Cup, Year 6 Grandparent’s & Special Friends’ Day, Year 9 Take-A-Day and more...

STUDENT COUNSELLORS
There are 3 Student Counsellors available to see. The Counsellors can provide students, parents and staff with access to both internal and external support to assist in the management of a variety of situations. The College Counsellor works closely with the School Deputies, Careers Counsellor and YLCs for the benefit of the students. Appointments can be made through the Middle School office or by popping in and seeing a counsellor. The Counsellor’s office is located in the Student Services building.
CELEBRATIONS & PROGRAMS

“BUDDY” PROGRAM
In our 'Buddy' program, our Year 7 students act as 'friends' to our youngest students transitioning to or starting at Cabra. They first meet on Orientation Day the previous year and other activities are organised throughout the following year. This is a valuable support mechanism for the new students and is reflective of Cabra's community spirit and pastoral care focus.

Other programs available are the Year 8 Dominican Day, O'Mara Cup, Year 6 Grandparents and Special Friends’ Day, Year 9 Retreat, Year 9 Take-A-Day and many more....

LEADERSHIP
All students are invited to nominate for a leadership role. There are 2 class captains per Home Class (Years 6 – 8). During Term 3 Year 8 students will be invited to nominate and vote for Middle School Captains and Leadership team (Year 9, the following year).

ST DOMINIC’S DAY
St Dominic’s Day commences with a Whole School Mass followed by a Talent Quest. It is a day to celebrate our patron saint and showcase the amazing and varied talent there is within our community. All students are encouraged to participate and perform to a very supportive and enthusiastic crowd. Acts could include: Singers, Dancers, Musicians and Bands. Our St Dominic’s Day and Opening Mass are two important events in our College community and we ask that parents avoid making appointments on these days.

SPORTS DAY
Our College Sports Day, held in Term 1 is an important day in the school year where students have an opportunity to display talents and fantastic team spirit. All students attend this as a compulsory school day. This day provides another avenue to celebrate our rich heritage and aim to foster community. Successful individuals may be invited to train and compete for the College at the upcoming Catholic Schools Carnival at Santos Stadium.

We encourage and welcome parents/caregivers to attend for the whole or part of the day. Parents are also invited to assist on the day with recording, measuring, timing etc.

CABRA CELEBRATES
Cabra Celebrates is Cabra’s annual Presentation night. This evening is always a wonderful occasion of celebration where, together, we will acknowledge and enjoy the special talents of our students. Cabra Celebrates is held at the Adelaide Convention Centre on the last Wednesday of the school year. Traditionally, Year 6 students are involved in a special Blessing Ceremony to farewell the Year 12 students at Cabra Celebrates.
COMMUNICATION

We feel the success of our students’ achievements is supported in a significant way through effective communication. Communication is a two way process. Families are invited to contact the College at any time to arrange a mutually convenient time to discuss any concerns they may have. It will be best to contact the teacher via email or the Middle School office to make an appointment. Your teachers may have before or after school duties so creating an appointment will ensure that any concerns can be discussed. Families also have the opportunity to meet with teachers at formal interview evenings to discuss your progress. Likewise teachers will contact parents if they have any concerns.

Please feel welcome to contact the school as the need arises.
* We ask that parents contact the school if they are concerned about something and want to discuss it. We would much prefer to hear sooner rather than later.
* Please contact the Home Class teacher in the first instance if you have any concerns.
* If you feel that the matter needs to be discussed further please contact the Middle School office to speak to the Year Level Coordinator (YLC).
* The concern may then be referred to the Deputy Principal, Middle School if necessary.

DAILY BULLETIN

Every morning during Home Class your teacher will read out the daily notices. Your parents can also access this from home using login details. (https://intranet.cabra.catholic.edu.au)

COLLEGE INTRANET / WEBSITE / WIKISPACE

Information on the College Intranet https://intranet.cabra.catholic.edu.au and Website http://www.cabra.catholic.edu.au is regularly updated, including letters that go home, forms you may need and other information like College dates etc. Some classes may develop a class wiki space to keep parents up to date on what’s happening in that class/subject.

COLLEGE NEWSLETTER and VERITAS (Yearbook)

The College Newsletter is published fortnightly and distributed via email and is also published on the College Website. It contains important details regarding meetings, upcoming events and also highlights special achievements and occasions by the Cabra Community. The ‘Veritas’ (College Yearbook), is distributed at the end of Term 4.
STUDENT SERVICES BUILDING
The Middle School office is part of the Student Services building. Also located in this building is the Middle School Deputy Principal, the Year Level Coordinators, The School Counsellors and the Nurse (Health Care Centre).

The office staff is willing to help with any queries you may have.
The Middle School office is open from 8.30am – 4.30pm.

Ph: 8179 2455

BOOK ROOM
The Book Room is open for all your stationery needs/book orders, as well as metrocard sales and recharges. Payment for school excursions and extra-curricular activities is also managed through the Book Room.

Book Room hours for students, Monday – Friday (CLOSED WEDNESDAY AFTER SCHOOL):

- 8am – 8.40am (before school)
- 10.30am – 10.55am (recess)
- 1.10pm – 1.55pm (lunch)
- 3.30pm – 4.00pm (after school)

8.00am - 12.30pm then 1.00 to 4.00pm for parent access and payment of accounts during school terms and any additional opening times will be advised via Newsletter.

Contact: Ray Byrne, Book Room Manager
Ph: 8179 2456

UNIFORM SHOP - Entrance is via Little St
Opening Hours
Monday: 8.30am to 5.30pm
Wednesday: 8.30am to 5.30pm
Friday: 8.15am to 3.45pm

Some sport uniforms are hired through the uniform shop as well.

Phone: 8179 2400
Email: uniform@cabra.catholic.edu.au

December 2013/ January 2014
Opening Hours
Monday 2 December, 8.30am – 5.30pm
Wednesday 4 December, 8.30am – 5.30pm
Thursday 5 December, 3.30pm – 7.30pm
Monday 20 January, 10.00am – 5.00pm
Tuesday 21 January, 10.00am – 5.00pm
Wednesday 22 January, 10.00am – 5.00pm
Thursday 23 January, 3.30pm – 7.30pm
Friday 10.00am – 5.00pm
Tuesday 28 January, 10.00am – 2.00pm
(International Students only OR by appointment)

MIDDLE SCHOOL LIBRARY
The Middle School Library is open to students Monday to Friday 8.30am – 4.00pm.
The library is also open every day during the 2\textsuperscript{nd} half of lunch (1.30pm – 2.00pm).
(Closed at recess time).
(Please refer to your school diary for more information)
INFORMATION & PROCEDURES

ABSENCE FROM SCHOOL/LESSONS, LATE ARRIVALS & EARLY SIGN OUT
If you are absent from school or arriving late your parents will need to contact the College’s absentee line on 8179 2477 before 9.30am. SMS will be sent home by 10.30am if you are not at school and the school hasn’t been contacted.

An example for your parents when they call or SMS
   Jo Bloggs     8Navy     illness
   Steph Jones   8Black    appointment in by 12pm

If you know you are going to be away please let your Home Class teacher know in writing beforehand and permission will be obtained from your YLC (Year Level Coordinator) and/or the Middle School Deputy Principal.

If you miss part or all of a lesson due to instrumental or voice lesson or other reason, you must remember that it is your responsibility to find out what work has been missed and what homework has been set. You must make your teacher aware that you will be absent prior to the lesson.

SIGNING IN LATE
If you arrive at school before 9.00am, please sign in with your Home Class teacher. After 9.00am please sign in at the office.

SIGNING OUT EARLY
If you need to leave early for an appointment or another commitment, a note in the school diary must be shown to your Home Class teacher and YLC who will both sign it. This note must also be presented when signing out at the office. Your parent/caregiver will collect you from the office, unless prearranged with office staff to meet you at the pick up/drop off zone, or front of school area.

PHONE & MESSAGES FROM PARENTS
You may use the school phone to contact parents but only after obtaining permission from a teacher or office staff. Messages from parents will be taken by the office staff for students. Your mobile phone is not to be used during the school day and is your responsibility. Please keep it secure.

SCHOOL DIARY
You will receive a school diary in your book order. Your Home Class teacher will discuss with you the importance of keeping diaries up to date and how to use the diary properly. The school diary is also full of important information and school policies/rules/expectations. An electronic version of the diary is available to view on the College intranet. Please go to the Parents section on the Main Menu. http://intranet/home.aspx.
You will receive two written reports and there will be two Parent / Teacher / Student Interviews each year.

‘HIGH FLYERS’
‘High Flyers’ are awarded a Certificate of Academic Excellence and/or Outstanding Effort. These awards recognise students who worked consistently and positively throughout the term and excelled academically and/or in terms of effort and attitude. This special certificate is presented to students at the start of each term at the Middle School Assembly. Names are also published in the fortnightly newsletter.

Students are also rewarded with Commendation Certificates by their subject teachers and given the opportunity to enter the Middle School Commendation Voucher Competition where the reward is a tuckshop voucher.

**WILL THAT BE YOU?**
EXTRA “THINGS” TO DO AT CABRA

The more involved in the school you become, the more people you meet, and the more friendships you make.

There is an incredibly broad range of activities available; Creative Arts, Community Interest Groups, Extension Activities, Music, and Sport.

Students can live a very rich and rewarding life here at Cabra........if you choose to become involved.

If parents wish to be involved in some activities as coaches, organisers, managers, transporters, helpers, etc., please complete the Volunteer Form and return to the College. All volunteers will need a Catholic Police Clearance. Please contact Carol Clifford, PA to the Principal for more information. The more help and interest from parents, the more we can offer our students.

Remember to enjoy the activity and give it your best!

COMMUNITY LIVING WEEK – CLW (COMPULSORY)
Community Living Week or CLW offers different activities which encourage the holistic development of the individual student within the context of community. Community Living Week is a microcosm of the Cabra ethos and, as such, is an integral component of the Cabra curriculum. All students in Years 6 -10 are involved. Activities include; Action Day Adventures, Aquatics at Port Noarlunga, Beach, Surf, Movies and More, How Sweet it is!, Crusin’ Canberra, Crafty Creations, Canvas Art @ The Changing Canvas Studio, Fun with Fabric, Gamers Workshop, Golf at the Patawolonga, Innes National Park Camp, K.I. Camp, Let’s Dance!, Marvelous Melbourne, Mixed Sports Bag, Modelling & Personal Development, Outdoor Challenge, Rock Climbing and Mountain Bike Camp, Cooking, Silver Jewellery and Glass Beading, Surfs Up!, Terrific Tasmania, Victor Harbor Adventure Camp....and more!
COMMUNITY / INTEREST GROUPS

CABRA HERITAGE GROUP
A small group of students interested in Cabra’s history and heritage can be involved archiving and in maintaining the Cabra Heritage Museum. Activities include research, setting up displays and promotional material, and opening the Museum for visitors during lunchtimes.

COOKING AFTER SCHOOL
Students are offered the opportunity to participate in an extracurricular cooking program. Students will learn new skills in the kitchen and create something that can be reproduced at home. They will receive a copy of all the recipes and tips on how to work safely in the kitchen. This activity is located in the Home Economics Area.

MIDDLE SCHOOL BOOK CLUB
A group for students who are interested in books and reading. The group meets twice a term at recess on a Monday in the Middle School Library. Occasional excursions are also offered. Students are able to be the first to borrow new books, get the opportunity to listen to authors discuss their work and help select books for the Middle School Library.

SOCIAL JUSTICE GROUP
The group meets to discuss issues involved with social justice and prepares/ plans for ways to deal with some of them. Activities may include volunteering (for example Fred’s Van), fundraising for organisations addressing social justice issues, raising awareness etc. Meetings are held weekly to fortnightly at lunchtime and sometimes after school.

STUDENT ETHOS COMMITTEE
This group of students meets at lunch every two –three weeks to reflect on the Christian life of the school and suggest a plan of activities to promote the spiritual dimension and Dominican ethos. This group also helps plan and prepare the major Eucharistic celebrations and other events such as Reconciliation Week Activities. The group also liaises with the Cabra Ethos Committee, comprised of staff and Dominican Sisters.

DANCE FOR FUN and YOGA
‘Dance for Fun’ is on every Monday during lunch (2nd half) and ‘Yoga’ sessions are on Wednesday mornings before school.
EXTENSION PROGRAMS

AUSTRALIAN NATIONAL CHEMISTRY QUIZ
A quiz of 30 multiple-choice questions to be done in one hour on various aspects of Chemistry knowledge and problem solving. There are different levels of the quiz depending on the year level of the student. Entries close early May, competition date mid-July, results September.

MATHEMATICS OLYMPIAD COMPETITION
Four separate tests consisting of a number of problems requiring the students to apply their knowledge and skills in different context applying. Students are invited to participate based on Teacher recommendation.

AUSTRALIAN MATHEMATICS COMPETITION
A multiple-choice competition run throughout Australia focussing on problem solving skills. There are 4 divisions; Primary (Yr 6-7), Junior (Yr 8), Intermediate (Yr 9-10), and Senior (Yr 11 & 12). Nominations need to be completed in Term 1, and there are Problem Solving Training Sessions offered by during Mathematics lesson towards the end of Term 2. The competition is held at the start of Term 3.

ICAS SCIENCE COMPETITION
A one-hour multiple-choice competition run throughout Australia and the Pacific. Questions cover a wide variety of skills including observing, measuring, problem solving and interpreting information.

RIO TINTO BIG SCIENCE COMPETITION
A one-hour multiple-choice competition run throughout Australia. Questions cover a wide variety of skills including observing, measuring, problem solving and interpreting information.

OLIPHANT SCIENCE AWARDS
Students enter individually or in groups. Categories include: Experiments, Essays, Posters, Crystal Growing, WebPages, Videos, Computer programming, Games, Models, Inventions or Photography.
EXTENSION PROGRAMS

DEBATING
Teams of up to 5 students from the same year level/s prepare arguments for or against set topics, e.g. “That we should abolish school uniforms” or in secret topics, at higher levels. Teams practise at lunchtime with a teacher coach and debate against other schools in the Debating SA competition. Debates are held at different schools during the evening and each team debates 5 times during Terms 2 and 3. Parents are responsible for transport to and from debates. Please note, that if insufficient students nominate, teams will not be formed.

MOCK TRIAL (something to consider in future years!)
The Mock Trial Competition is run by the Law Society of South Australia. Teams of seven from Years 10, 11 & 12 compete against other schools from the Adelaide Area. Students play the roles of Barristers, Solicitors, Witnesses and Court Officials. Teams are given the case brief 10 days before the trial and must prepare, Opening and closing arguments as well as Examination and Cross examination questions. No experience is necessary but if your enjoy public speaking, debating or Legal Studies this is the activity for you! Spectators welcome!

PUBLIC SPEAKING
An individual activity where juniors speak for 6 minutes, and seniors for 8 minutes on a prepared topic. Both do a 3 minute short-notice speech, where 15 minutes are allocated to prepare the speech on the night. Entries close late March. Heats are conducted in Term 2 and finals are held in July. Worthwhile prizes can be won, including travelling interstate to compete in the national finals.

TOURNAMENT OF THE MINDS
TOM is a team competition against other SA schools where students need to present a creative and original solution to a dilemma in the field of Maths/Engineering, Social Science or English Language/Literature. The team of 7 will have 6 weeks to prepare a script, props and costumes for their presentation to a panel of judges on Tournament Day. They will also be tested on their creative thinking skills when faced with an unseen spontaneous problem on the day of the competition. Tournament day is held at Flinders University on the second Sunday in September. A high level of commitment is required. In Term 2 the group meets once a week, in Term 3 twice a week and two Saturdays in preparation for the competition.
SPORTS AT CABRA

Sport is offered to all students at Cabra Dominican College, all students are encouraged to become involved. All sporting abilities are welcome.

SUMMER SPORT (Term 1 and Term 4)

Trainings held weekly throughout the season

ATHLETICS

All year levels
Students are able to participate in either Primary or Secondary carnivals during school time in Term 1 and 4. Students are selected by their PE teacher based on performances on sports day and class results. Carnivals are advertised via the daily bulletin and the sport newsletter.

BASKETBALL

Girls (Yr 8 -12) and Primary (boys and girls)
Secondary girls’ games are played Saturday mornings at a central venue with training held after school; Primary boys (lunchtime training and Tuesday afternoon games) and Primary girls (lunchtime training and Wednesday afternoon games) matches are held at Wayville Sports Centre. Students also have the opportunity to represent Cabra in the Statewide and / or National Basketball Competition (held at the end of the year) which is an invitational event based on performance throughout the year.

Primary Students may also be selected for SAPSASA Basketball Competition at the beginning of Term 3. Primary, Middle and Senior students may also be selected to take part in Knockout Basketball Competitions held in Term 2, Term 3 and Term 4 depending on age group.

CRICKET

All year levels
Games are played Saturday mornings for all year levels at home and away venues.

CROSS COUNTRY

All year levels
Students wishing to be involved in Cross Country have the opportunity to participate in either the combined Primary and Secondary carnival at Oakbank (held mid-term 2) or the Catholic Primary Schools Carnival (held beginning Term 3).

SWIMMING

Secondary boys and girls – dependant on numbers
Teams train before school at Unley pool and compete at various carnivals (SAPSASA and Catholic Primary School Carnival) in Term 1.
SPORTS AT CABRA - SUMMER (Continued)

**TENNIS**  
*All year levels*  
Primary teams play Friday afternoons and Secondary teams on Saturday mornings at home and away venues.

**VOLLEYBALL**  
*Boys, girls and mixed teams (Yr 8-12)*  
Volleyball is offered to secondary students; either single sex or mixed teams. Boys / mixed teams play on Friday afternoons (home and away) and girls teams on Saturday mornings at a central venue. All students involved in co-curricular volleyball are invited to attend the Volleyball SA beach volleyball carnival in Term 4. 2014 – dependant on interest Cabra are looking at Primary ‘spike-zone’ Mini Volleyball – a weeknight have a go competition.

**LACROSSE**  
*Girls and boys – Primary & U13 & U15*  
Played as an affiliation with Sturt Lacrosse Club coordinated through Marilyn Fuss from Lacrosse SA. Primary students have the opportunity to participate in SAPSASA Lacrosse Carnival at the end of Term 1. 2014 – depending on interest Cabra are looking at starting and joining an Primary Lacrosse Competition.

**WINTER SPORT (Term 2 and Term 3)**  
*Trainings held weekly throughout the season*

**BASKETBALL**  
*Boys (Yr 8-12)*  
Boys’ basketball is played on Saturday mornings at home and away venues. Students also have the opportunity to represent Cabra in the Statewide and / or National Basketball competition which is an invitational event based on performance throughout the year.

**FOOTBALL**  
*All year levels*  
Games played Saturday mornings at home and away venues. All Middle School students (Yr 6-9) involved in the football program are invited to attend an excursion (held every two years) to AAMI Stadium in Term 3.

**NETBALL**  
*All year levels*  
Netball is extremely popular at Cabra and all levels are catered for from beginners to advanced. Trials are usually held in Term 1 each year. Primary teams play at home and away venues and secondary teams at a central venue; all teams play on Saturday mornings.
WINTER SPORT (Term 2 and Term 3)

SOCCER
All year levels (boys and girls) - Primary girls (Yr 7) join boys or girls Yr 8 Team – Yr 6 girls can only play all girls teams. Primary girls’ soccer is played Friday afternoons; all other teams play Saturday mornings at home and away venues.

OTHER SPORT INFORMATION

SAPSASA (Yr 6/7)
Primary students are selected to represent Cabra at various SAPSASA carnivals. Students must be involved in a co-curricular sport team for the College to be eligible to compete. Entering and nominating teams is dependent on numbers, talent/skill of the students in the designated age group required.

KNOCK OUT SPORT (YR 8-12)
Students must be involved in the co-curricular sport program to be selected for a KO team. Students are selected on their performance and skills. Entering and nominating teams is dependent on numbers, talent/skill of the students in the designated age group required. KO Uniform can be hired for $10. Any uniforms not returned will be charged the full cost of the uniforms.

NOMINATING:
Students are invited to nominate for their chosen co-curricular sport/s online by a specified date. Teams must have adequate numbers before being entered into the competition. Students are expected to commit to their team for the entire season.

SPORT NEWS
Sport information is distributed via the sport office in the form of sport newsletters (via email), daily bulletin notices, email and text messages. Sport draws and away venue maps can be found in team pigeon holes located in the gym foyer.

SPORT AWARDS
Sport awards are presented to all sport teams in Term 4.

Sport Office: 8179 2415
MUSIC AT CABRA

MUSIC (Music office 8179 2406)
Music lessons are offered at the school for the purpose of providing students the opportunity to participate in the musical life of Cabra Dominican College. If you intend to have instrumental lessons at Cabra, it is an expectation that you participate in a music department ensemble.

Lessons are available for the following instruments:
Trombone, tuba, trumpet, French horn, euphonium, saxophone, clarinet, bass clarinet, oboe, flute, double bass, cello, viola, violin, harp, voice, classical guitar, electric guitar, piano, electric bass, drums and percussion.

Students can select an ensemble which is subject to entry requirements. Ensemble selection does not have to be based on their instrument of tuition. Students can be involved in as many ensembles as they wish. Most ensembles have entry requirements and some are by invitation or audition. Please find below a list of ensembles offered at Cabra.

MIDDLE SCHOOL BAND
The Middle School Band is open to players of all instruments who have been playing for more than six months and less than two years. It is aimed at beginner music students and is an introduction to how an ensemble works. It represents Cabra, on a number of occasions during the year and also performs at a variety of school functions.

CONCERT BAND
The Concert Band is open to all instrumentalists in the senior school. It rehearses and performs a wide variety of music including rock music, movie themes and classical music. It represents Cabra on a number of occasions during the year including ABODA Bands Festival and Big Band Play Day and also performs at a variety of school functions. Entry is by audition.

STAGE BAND
The Stage Band is a high-profile ensemble that represents Cabra on many occasions during the year. This ensemble has performed at the Catholic Schools Music Festival, Generations in Jazz and other school based concerts. Improvised solos are a focus and the music ranges from Jazz to Rock. Entry is by audition.
MUSIC AT CABRA

FESTIVAL CHOIR
Festival choir is aimed at preparing students to take part in the Catholic Schools Music Festival. It also performs at several concerts during the year including the Spring Chamber Concert and school based performances. Festival Choir is open to all Year 6 and 7 students.

CABRA CHORUS
Cabra Chorus rehearses and performs a wide variety of music including pop music, movie themes and classical music. It represents Cabra on a number of occasions during the year and also performs at a variety of school functions. Cabra Chorus is open to all students.

CONCERT CHOIR
Concert Choir is an ensemble that represents Cabra on a number of occasions. It has performed at many events including the Catholic Schools Music Festival and the Adelaide Eisteddfod as well as Anzac Day and the school liturgical events. Concert Choir performs music ranging from popular to classical. Entry is by audition.

JAZZ TRAIN – JAZZ CHOIR
Jazz Train rehearses and performs music ranging from Jazz to Pop. This ensemble has performed at many school functions as well as community events. Entry is by audition.

REVELATION – JAZZ CHOIR
Revelation is a high-profile ensemble that represents Cabra on many occasions during the year. This ensemble has performed at Generations in Jazz, Catholic Schools Music Festival, corporate events as well as at school based concerts. Revelation performs music ranging from Jazz to Rock. Entry is by invitation.
MUSIC AT CABRA

BEGINNER DRUM CORPS
The Beginner Drum Corps is an introduction to our Cabra Drum Corps. This is an opportunity for students to train in order to enter Developmental and then Junior Drum Corps. Beginner Drum Corps is open to all students.

DEVELOPMENTAL DRUM CORPS
The Developmental Drum Corps is an ensemble in which students develop their skills and reinforce disciplines of drills and performances. This is an opportunity to build confidence by working in sections, building physical strength, endurance and independence as a player. Developmental Drum Corps rehearse challenging pieces from Junior and Senior Drum Corps repertoire. Drum Corps are trained to do parades and marching drills.

JUNIOR DRUM CORPS
The Cabra Junior Drum Corps is the feeder group for the Senior Drum Corps. It can combine with the senior group for some high profile performances but usually performs at school functions. Entry is by audition.

SENIOR DRUM CORPS
The Cabra Senior Drum Corps is the high-profile performance Drum Corps. In the past, they have performed at the Adelaide University Drum Competition, ABODA, the Catholic Schools Music Festival, WOMAD and the Credit Union and Norwood Christmas Pageant as well as at school based concerts. Entry is by invitation.

WIRE CHOIR – GUITAR ENSEMBLE
The Wire Choir is for students who are interested in playing guitar-based music. It involves electric guitarists, a bass player and a drummer. The group performs at a number of concerts during the year including Music in the Lane and school based concerts. Wire Choir is open to all students who satisfy the minimum standard of playing required for this ensemble.

GUITAR ENSEMBLE
The Guitar Ensemble is open to students who are interested in playing acoustic guitar-based music. The group performs during the year at school based concerts including the chamber concert series. Guitar Ensemble is open to students who satisfy the minimum standard of playing required for this ensemble.
MUSIC AT CABRA

FLUTE ENSEMBLE
The Flute Ensemble is open to students who are interested in playing music from popular to chamber music. This ensemble gives the opportunity for students to develop their ensemble skills. The group performs during the year at school based concerts including the chamber concert series. Flute Ensemble is open to students who satisfy the minimum standard of playing required for this ensemble.

CLARINET ENSEMBLE
The Clarinet Ensemble is open to students who are interested in playing music from popular to chamber music. This ensemble gives the opportunity for students to develop their ensemble skills. The group performs during the year at school based concerts including the chamber concert series. Clarinet Ensemble is open to students who satisfy the minimum standard of playing required for this ensemble.

BRASS ENSEMBLE
The Brass Ensemble is open to students who play trumpet, trombone, euphonium and tuba. This ensemble gives the opportunity for students to develop their ensemble skills. The group performs during the year at school based concerts including the chamber concert series. Brass Ensemble is open to students who satisfy the minimum standard of playing required for this ensemble.

STRING ENSEMBLE
The String Ensemble is open to students who play the violin, viola, cello and harp. This ensemble gives the opportunity for students to develop their ensemble skills. The group performs during the year at weddings, school based concerts including the chamber concert series. String Ensemble is open to students who satisfy the minimum standard of playing required for this ensemble.

MUSICAL
Number of participants: Over 100, by audition only
The Cabra College full-school musical production is a biannual event. The musical in 2013 was Alice in Wonderland Jr. Students audition during term 4 and the musical is held in semester 1. Backstage, Make-up, Stage Crew, Lighting, Sound and Costume teams are also required.

For further information or enquires regarding the music department, please contact the Music Administrator on 8179 2406 or email: sheaslip@cabra.catholic.edu.au
COLLEGE HOUSES

CALERUEGA

Caleruega remembers the birth place of Saint Dominic Guzman, founder of the Dominican Order, in 1170. Sometimes spelt Calaruega, it is a small village in the north of Spain near the French border. Caleruega Hall is the building also named after this location.

SIENA

Siena remembers the town where Saint Catherine of Siena, Dominican saint, was born in 1347. The town of Siena is north of Rome in the direction of Bologna, in the centre of Italy. The Siena building is also named in her honour.

NOTRE DAME

Notre Dame honours Mary, the mother of Jesus, and the words are French for “Our Lady”. There are a number of statues of Our Lady around Cabra including one high above the front door of the Main Cabra Building.

AQUINAS

Aquinas remembers Saint Thomas Aquinas, Dominican saint, who was born in Aquino, Italy, in 1225. Thomas Aquinas means Thomas of Aquino. Thomas was a Dominican priest, a theologian and a philosopher. The Aquinas building is named after him.
CABRA FIND-A-WORD

1. What is Cabra’s School Motto?
2. What is the Principal’s last name?
3. Christian name of the founder of the Dominican Order.
5. Surname of Middle School Deputy Principal.
6. What is the 2014 Year 8 Level Coordinator’s surname?
7. Which house team wears the colour yellow?
8. What does Veritas stand for?
9. What two languages are studied at Cabra?