Welcome to this very colourful Easter edition of our newsletter. As you can see we have enjoyed a busy two weeks.

Sports Day

Our congratulations go to all of the teams for their efforts and sportsmanship on the day and to their captains and leaders who played such an important role in making the day so successful. Congratulations to the Calaruega team for winning both the Champion House and the Spirit Cup.

Sports Day is a highlight of our year because it brings us all together around the fun of sport. As we all know, these things don’t happen without a great deal of preparation and hard work to ensure that everything runs smoothly. In this context I would like to publicly thank Mr Mike Whinnen and his team of supporters who make the day possible.

Principal’s Tours

Our first Principal’s Tours for 2016 proved popular with approximately three hundred and fifty people visiting the college over the two mornings last week. A feature of our tours is that they are guided by our students who enjoy the chance to show people around and share some of their stories as Cabra students. As you can imagine we always receive wonderful feedback about the welcome provided by our student hosts with prospective parents appreciating the chance to get to know Cabra from a student’s perspective. Congratulations and thanks to all of the students involved in the Term 1 Principal’s Tours.

USA Music Tour

After many months of preparation and fundraising an excited group of students, old scholars, staff and parents will fly to the USA on Thursday next week to begin a three week music tour. With many opportunities to learn and perform alongside their American counterparts, including a performance at Disneyland, this is indeed a trip of a lifetime for our young musicians. We wish them well and look forward to sharing some of their photos and stories in the Term 2 newsletters.

Easter

Heading into the Easter weekend we are invited into a mystery given to us over two thousand years ago. As you can see from the photos on pages 7 and 8 we prepare for Easter at school with a series of liturgies over the days leading up to Good Friday. As a participant in these gatherings I am always struck by the skill of the teachers who find simple ways to invite our young people into moments of prayer and contemplation in the midst of a busy end of term. I am also very grateful for the many student volunteers who take leading roles in the liturgies thus helping all of us to focus on the passion and death of Jesus.

While the Easter story remains constant, in our ever changing world we know that we have changed as people over the last twelve months and so we look forward to celebrating something new as we participate in our ancient rituals with new eyes, ears and hearts.

Best wishes for the two weeks ahead and may your realisation of just how much you have grown in understanding, since last Easter, fill you with joy.

Brian Schumacher
ABSENT FROM SCHOOL? PLEASE NOTIFY US...

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

**Option 1:**
Call and leave a Voice Message:

*Please note: You cannot speak with anyone; please leave a message with the following details:*

- Child’s name
- Home Class
- Reason
  - (Family, Illness, Holiday)
- Your Name
  - (Parent or Guardian)

**Option 2:**
Send a TEXT message:

*Please note: You cannot speak with anyone; please TEXT the following details:*

- Child’s name
- Home Class
- Reason
  - (Family, Illness, Holiday)
- Your Name
  - (Parent or Guardian)

**Dial:**
8179 2477

After the message tone, please leave the following information:

- Child’s name
- Home Class
- Reason
  - (Family, Illness, Holiday)
- Your Name
  - (Parent or Guardian)

TEXT Message to:
0427 767 937

In the text message, please leave the following information:

- Child’s name
- Home Class
- Reason
  - (Family, Illness, Holiday)
- Your Name
  - (Parent or Guardian)

STAY IN TOUCH

Register online to stay in touch:
www.cabra.catholic.edu.au/old-scholars

COLLEGE REGISTRAR NOTICE

**STUDENT CONTACT INFORMATION**

The college must be notified of any changes to students’ details i.e. address, emergency contact numbers, email address. Please advise the Registrar of any changes to personal information.

**APPLICATIONS FOR ENROLMENT**

Applications for enrolment (including siblings of existing students) can be downloaded from the college website www.cabra.catholic.edu.au/enrolment or contact the Registrar for more information.

PHONE: 8179 2451 or EMAIL: abooth@cabra.catholic.edu.au

COLLEGE CANTEEN

**Canteen Special Meal Deal**

Canteen orders can be made online through Qkr! by 8am, or in the canteen by recess on the day of purchase.

- **Friday 1st April:**
  - Chicken schnitzel roll $6
- **Friday 8th April:**
  - Steak sandwich $6
  - with tomato, lettuce, onion, beetroot

**PURCHASES AND PAYMENTS**

CLICK HERE for Information, Links and Help Guide

An Information Guide, Hints and Tips on using Qkr! on a mobile device or online via your computer is available on the Cabra Website. Click the link above to visit the web page and learn how to set up and use Qkr!

UNIFORMS – JS SPORTS

**Second Hand Consignments**

For all new and second hand uniform enquiries please contact Mara:

**Email:** mara@jsports.com.au

**JS Sports** – Shop 3/378 Goodwood Road, Cumberland Park (Entry from Little Street). Please note: JS XPRESS is not owned or operated by Cabra Dominican College

**April School Holidays Opening Times**

- **Week 1** Closed
- **Week 2**
  - Wednesday 27th 8am – 4.30pm
  - Thursday 28th 1pm – 6pm
  - Friday 29th 8am – 4.30pm
  - Saturday 30th 8.30am – 11.30am
  - Lunch 12.30-1.00 closed

**Cabra Dominican College 2016 TERM DATES**

<table>
<thead>
<tr>
<th>Term</th>
<th>Week</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Term 1</td>
<td>Mon 1 Feb – Fri 15 Apr</td>
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<tr>
<td>Term 2</td>
<td>Mon 2 May – Fri 8 Jul</td>
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<td>Term 3</td>
<td>Tue 25 Jul – Fri 30 Sep</td>
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<td>Term 4</td>
<td>Mon 17 Oct – Fri 16 Dec</td>
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**Daily School Times – 2016**

- **Arrive at school by:** 8.40am
- **First bell (Students In Class):** 8.45am
- **Second bell (Lessons begin):** 9.00am
- **Finish bell:** 3.30pm
- **Recess:** 10.20am to 10.45am
- **Lunch:** 1.25pm to 2.10pm

Next Principal’s Tour

**Thursday 7th July**

Tours commence at 9:15am

Please register by phoning 8179 2400.

Applications for Enrolment in Year 6 and Year 8 in 2018, close on Monday 16th May 2016.
College News

TEACHING AND LEARNING UPDATE

One of the most enjoyable aspects of my role is when I am able to see and draw connections that join us as a Year 6-12 learning community and Term 1 has provided many opportunities for us to reflect on that journey.

After a relatively smooth and positive start to the year for most of our students, we have the Term 1 progress reports to help guide us in this reflection. Use this feedback to help set new goals for Term 2, reflect on what has been going well and where there are still opportunities for further growth.

Our students learn about a variety of ways to keep themselves organised to assist in their goal setting and task management. We recognise that some may need more assistance than others and there are a variety of ways to manage this. Many students use the student diary, some have a ‘to do’ list on their laptops or iPads, others use electronic calendars either via their laptops or phones and many are taking advantage of the new updates on SEQTA, our online learning platform. Developing organisational strategies that work for each individual is vital for future success. This is a 21st Century learning skill and also part of the Personal and Social Capability of the Australian Curriculum that is explored in many of our personal learning classes and pastoral care.

Progress reports provide a forum for further discussion

Please remember that it is a progress indicator as final summative grades will not be finalised until the end of the semester. Rather than focus on the grade indicator, use this as a tool for further discussion.

- What are you most proud of?
- Where have you made the most progress?
- What areas do you still want to focus on?
- How can we support you with these goals?

May you have a blessed and Holy Easter with friends and family before enjoying the friendship and camaraderie that is further developed in our Community Living Week.

STUDENT WELLBEING REPORT

Over the course of the year I will share different insights from research and experts on adolescent health and wellbeing. In this newsletter, I would like to focus on resilience as we head towards the final weeks of Term 1.

Whilst there are multiple definitions of resilience, I would like to offer Connor and Davidson’s (2003) definition, ‘the ability of an individual to thrive in the face of adversity’. As you are aware, your child will face a number of everyday challenges throughout adolescence such as starting a new year, learning new subjects, receiving report cards, navigating the cyberworld or friendship issues. They may also face more serious challenges that have significant impact on their self esteem or identity.

Aside from school, Raisingchildren.net.au suggests that parents play a significant role in developing their child’s resilience by instilling in them key values and skills. Opportunities to develop values and skills in self-respect, empathy, kindness, respect for others, fairness, honesty and cooperation strengthen a young person’s ability to meet life’s challenges and pressures with confidence and perseverance. Aside from these values and skills the importance of optimistic thinking is also emphasised. In essence, past research suggests resilience is about being realistic, looking on the bright side, finding positives and moving forward even when things are challenging.

Over the years, many parents have shared with me the ways in which they have tried to build their child’s resilience, some of which are captured on the right.

A HELPING HAND FOR BUILDING RESILIENCE

1. Instead of asking my child, ‘How was your day?’, I asked them, ‘What was something good about your day?’ I found the second question gave us more of a chance of a conversation and helped us focus on the positives.

2. Thanks to a ‘grateful program’ my child’s primary school teacher introduced, we decided as a family, that at dinner each night, we all had to share something we were grateful for. It has become a family tradition now and a highlight of each day.

3. Laugh together! I made a point to watch a TV show together that we both liked. Our relationship improved as we learnt to laugh together. It helped us both to not take life so seriously, get perspective on what matters and share something in common.

4. Learning is a journey...mistakes, triumphs, successes and failures are all part of the journey. We try to adopt this mantra when our child receives their report card each term. We talk through the results with them aiming to celebrate any improvements, understand the challenges and set some new realistic goals.

5. Lunchbox notes: Occasionally I slip a ‘positive note’ or ‘joke of the day’ in my child’s lunchbox. (I love you, ‘Good luck with the test’). At first they were horrified, but came to love receiving these notes... even the ‘dad jokes’!

6. We adopted the word ‘now’. At a particular stage in my child’s life, they were finding school particularly hard. We decided at home to try and help them, by adopting the word ‘now’. Instead of ‘I can’t do this.....”, it became, “I can’t do this now”....We then would gently try and help them identify ways to improve. Sometimes this meant us getting involved and other times, we had to take a step back.

7. Less words, more time: Given that communication is 7% words, 55% physiology and 38% tonality (Neuro Linguistic Communication, Kessler, 2000). I have learnt not to underestimate the time I spend with my child....words are not always needed.
**College News**

**COMMUNITY LIVING WEEK (CLW) UPDATE**

Consent forms and payment for CLW are due this week! Students must complete and return all consent forms in their entirety and pay for their activity in full (where applicable) in order to participate in CLW. The final group meetings will be held on Thursday 7th April where information will be provided regarding bus departure times and meeting points. Please see the relevant activity coordinator if you have any questions or email clw@cabra.catholic.edu.au

Narelle Sandercoc and Amber Booth, CLW Coordinators

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**CAREERS AND VOCATIONAL EDUCATION AND TRAINING UPDATE**

The 2016 Tertiary Studies and Careers Expo Adelaide (TSCEA) will be staged at the Adelaide Convention Centre on Sunday 10th & Monday 11th of April.

**TSCEA Competition:**
Visit the event for your chance to win an Apple iPad Air!
All competition details, and Terms and Conditions are available at www.careersevent.com

**Careers Employment Expo at Adelaide Showgrounds**
Friday 20th & Saturday 21st May 2016.

**Stage 2 Holiday Revision courses**
University of Adelaide Holiday Tuition Revision
Adelaide Tuition Centre Holiday Seminars
Adelaide Education Group

Mrs Sharkey, PLP Careers / VET Coordinator

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**FEES 2016**

Firstly I would like to thank all families who have paid their full year’s fees or first instalment by the due date and to the many families who have arranged payment plans for 2016.

However, there are a few families who have not paid their first instalment and do not have a payment plan in place, therefore your fees are now overdue. You are asked to either make the first instalment immediately or contact me urgently to arrange a payment plan. If this does not occur, collection action may occur as per the college’s fee policy. Fees are due to be paid in three instalments unless a payment plan is in place.

If you believe you are eligible for fee concession please refer to the information below, outlining how to apply for fee remission.

External sibling discount forms should be returned by 31st March 2016.

Further information is available on our website:
www.cabra.catholic.edu.au/enrolments/college-fees

Families experiencing financial hardship can apply for fee remission at Cabra. The college has specific eligibility criteria that must be met, please contact Karen Swift for further details.

Email: fees@cabra.catholic.edu.au

**School Card Scheme**
School Card is a South Australian Government means tested assistance scheme focused on providing educational expense support to families on a low income.

For eligible families, Cabra provides a 40% discount on the total fee. Forms and eligibility criteria are available from Karen Swift. Alternatively you can go to the government’s School Card website HERE.

**Financial Fee Variations**
Families are required to complete a fee remission form. For 2016 we have a simplified form similar to the School Card system where we ask for some information to be verified. In many cases it will also be necessary to have a short appointment with either Karen Swift or the Business Manager, Paul Angley, which takes approximately 15-20 minutes. The fee remission form is available from Karen Swift.

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**Sport News**

It’s been a busy few weeks here in the sport office with lots of Knockout cricket and also swimming carnivals taking place as well as our usual weekly sport.

Congratulations to all those Cabra students who have participated in the various swimming carnivals which have taken place over the last week or two. Swimming is still a growing sport here at Cabra and one which we continue to encourage. Special congratulations to Keenan G, Grace A and Hugo K who were all selected for the City South SAPSASA swimming team. Special thanks also to Mr Rob Jarrad for his organisation and assistance with all the swimming events.

Congratulations to both the Senior and Yr 8/9 Knockout cricket teams who made it to the Grand Final. The 8/9s defeated Reynella East, Cabra 4/87 to Reynella 86. Unfortunately the Open team were defeated. Full report in the Sport Newsletter.

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Well done to Erina M and Zoe W-R who have been selected for the Under 18 Women’s State Basketball Team competing at Wayville in April. Good luck girls!

The sport office would like to take this opportunity to wish all families a safe and enjoyable Easter break. See you all back at training and games next week!
ST PATRICK’S DAY FUNDRAISER FOR CARITAS

On St Patrick's Day the Senior Council raised over $500 for Caritas
St Patrick’s Day Gallery
Lent Gallery – Roaming Easter Liturgies

Year 7 students were asked to reflect on their journey through Lent.

- The son of man. They will kill him. After three days he will rise. On this Good Friday may we never forget the true meaning of Easter. ‘For when He was on the cross, I was on His mind.’ – Georgia

- It means that the people who believe in him or God will go to heaven in paradise, and death is only a second then you will be in heaven. – Jack

- “Do you understand what I have done for you?” When read as a single sentence, the quote could be taken as rude but in the scripture Jesus is telling the apostles to repeat what he had just done. – Isabella

- After they arrested him, they put him in jail, handing him over to the guards. This is my body which is given for you, do this in remembrance of me. – Marie

- Palm tree, clothes, donkey, people, Jesus, cross, the king, bible and wine. – Bethany
Lent Gallery – Roaming Easter Liturgies

- Heart of the Earth, Son of Man – Ella
- Crown of thorns caused him pain and to mock his claim of authority. Purple robe. Crucify – to kill him – Emma

- Love one another. I noticed it because it’s a very strong word and it means a lot to me because you should always love one another – Angelika

- Jesus died for our sins. Bringing us to God Alive in the Spirit (rose from the dead) – Zachary
Again the weather was lovely for our annual Twilight concert which enabled many of our ensembles to play the pieces they had been working on so far this year. It was the first performance for many Cabra students and it was wonderful to see them performing in such lovely surroundings. Thank you to all the ensemble directors, ensemble leaders, music captains, vice captains, Ms Emerson, Ms Patterson, maintenance staff and the USA trip fundraising parents for all their efforts to ensure such a successful evening.

Also last week the Jazz Band and Stage Band provided music for the Principal’s Tours which was a great introduction to what we offer here at Cabra in the music department.

2016 CABRA USA MUSIC TRIP

Students and staff participating in the USA Jazz trip will depart on Thursday 31st March and return on Tuesday 26th April. The farewell concert was held last Sunday in St Dominic’s Hall where the audience witnessed a wonderful showcase of the talent that will be on display in the USA. The costumes and choreography were amazing and added an extra dimension to the performance; it was wonderful to see the product of many hours of hard work.

Thank you to the families, friends and staff for their support over the past 12 months. The students and staff are looking forward to the trip and sharing their stories on their return.

Music Enquiries:
Telephone: 8179 2406 or
Email: sheaslip@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.

Goodwood Community Centre
Morning tea and Information Session
32 – 34 Rosa Street Goodwood
Information Session every second Wednesday of each month.
10am – 12pm, 13th April 2016
- Understanding & managing utility bills.
- Programs which include free energy visits.
- Morning tea is provided after Info Session
Fee: Gold Coin Donation  RSVP: Bookings are essential.
Please phone Yvette on 8372 5489 by 11 April 2016

Goodwood Community Centre Website
Please visit our Facebook Site Here

The Federation of Catholic School Parent Communities
Catholic Education SA has invited parents and carers with a child/ren in a Catholic school to take part in a confidential online survey to have your say on:
- What makes a good school?
- Why you chose this school?
- Whether you would recommend a Catholic Education to other parents?
The Federation of Catholic School Parent Communities advocates for the parent voice to be heard in Catholic Education and strongly supports this initiative so we encourage all parents to take part in the survey.
The survey is being conducted by independent research firm Square Holes and is open until the end of term 1 (Friday April 15). It will take 10 - 15 minutes. To take part go to: www.squareholes.com/parentsurvey
For articles, newsletters and further information please visit our website.

www.parentfederation.catholic.edu.au

ST THERESE'S
HOLY CROSS AND
OUR LADY OF DOLOURS
We are on Facebook! For those with accounts, log in and friend '
www.facebook.com/groups/EmmausCatholicParish'

<table>
<thead>
<tr>
<th>MASS TIME</th>
<th>ST THERESE'S</th>
<th>HOLY CROSS</th>
<th>OUR LADY OF DOLOURS</th>
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<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td>9am Prayer with the school</td>
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<td>Tuesday</td>
<td>10.30am Repat. Hospital Chapel</td>
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<tr>
<td>Wednesday</td>
<td>9am Mass</td>
<td>No Mass</td>
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<tr>
<td>Thursday</td>
<td>9:15am Liturgy of the Word with holy Communion</td>
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<td>Friday</td>
<td>9am Mass</td>
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<td>12pm Mass</td>
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<tr>
<td>Saturday</td>
<td>9am (prayer of the church)</td>
<td>6pm Vigil Mass</td>
<td>6.30pm Vigil Mass</td>
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<tr>
<td>Sunday</td>
<td>8.30am</td>
<td>10am</td>
<td>9.30am</td>
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CABRA Monday to Friday 7.30am AND Saturday 9am

The Pipes are Calling
Dedicate a pipe to a loved one through the Pipes are Calling campaign.
To donate or for more information contact Jane Juniper
P: 8210 8223 E: jjuniper@adelaide.catholic.org.au
All gifts are tax deductible.
www.adelaide.catholic.org.au

St Francis Xavier's CATHEDRAL
Restoration Appeal

THE SOUTHERN CROSS NEWSPAPER
The official newspaper of the Catholic Archdiocese of Adelaide
www.thesoutherncross.org.au/