Dear parents, guardians, students and friends of CABRA.

Welcome to our first edition of our Newsletter for 2012. Each fortnight we aim to celebrate student achievements and to share useful information about upcoming events here at Cabra Dominican College. If you do not receive your newsletter for some reason there are always spare copies in the Office for students to collect and an electronic copy can be found on the College website.

At our opening assembly I reminded students that they are indeed created in the image of God, that they are unique and therefore irreplaceable. While I am sure they have heard this before, hopefully many times, I encouraged them to reflect on the implications of this core belief and in particular how a profound respect for each and every person challenges our tendency to take people for granted or to dismiss those we may not like or do not get along with.

Another area worthy of reflection at the beginning of the school year, is the notion that as humans we are meant to live in community with others. Although we are individuals, we are not designed to function for long periods in isolation. With these two truths at work in our daily lives, our students enjoy many opportunities for learning how to live, simply negotiating the daily routines of school life with 1100 peers. As Principal I am always impressed with how well our students do this and therefore look forward to the year ahead.

New developments in ICT Information and Communication Technology

Over the holidays there have been various teams of technicians and trades people hard at work to give parts of the College a much needed upgrade. Given the rapid expansion in ICTs for students and staff our network underwent a major upgrade to ensure that we can work and access information in a safe and efficient manner taking advantage of the many online teaching resources. Of course with any project of this magnitude there will always be a few teething problems as we place new demands on the system.

This year Mrs Charlotte Hejka will continue her series of articles on Twenty First Century Learning to keep you abreast of the latest developments in our technology and pedagogy. Just how different is contemporary learning, in a secondary school context, compared to twenty or thirty years ago? Hopefully, it will be very different in some ways and yet familiar in others. Time will tell.

In the meantime you may be interested in the following glimpse of how things are changing. The figures are taken from a book by

Reflections for the new year

Friday 10th February 2012 (Week 1 – Term 1)
LEARN TO LEARN, LEARN TO LIVE, LEARN TO FLY

PRINCIPALS ADDRESS
...continued from page 1

American researcher Cathy Davidson. Her book is titled “Now you see it: How the Brain Science of Attention Will Transform the Way We Live, Work and Learn”.

In the past decade the world has gone from a total of 12 billion emails a day to 247 billion, from 400,000 text messages to 4.5 billion, from an individual average of 2.7 hours per week online to 18 hours.

Another area of our College undergoing something of a transformation are the two CABRA libraries. If you have not had a chance to visit the library blogs yet, I encourage you to do so over the next week, so that you become familiar with the changes and the extra offerings for students.

With 2012 being designated our National Year of Reading you also have a great excuse to make some extra time to catch up on those books you were hoping to read. Reading is one of life’s great pleasures and for students it has the extra bonus of making everything in school easier including Mathematics! Whether it is an online book, an e-magazine or paperback, the medium doesn’t matter so long as you make the most of our access to such an amazing range of authors.

Welcome to our newest students and their families who are joining the Cabra community for the first time in 2012. We all hope that you quickly come to feel that this is your College where you are welcome and valued.

Later in the Newsletter we have included some excellent reading from educational expert Michael Grose on how best to support young people starting out in a new school. I hope you find it helpful.

Best wishes for the weeks ahead.

Brian Schumacher

TUCK SHOP

The Big Red Dot Reminder
Does your child have any particular dietary requirements or food allergies? If so, it is very important that you draw a big Red Dot on their lunch bag!

A red dot on a lunch bag enables tuck shop staff to process the order very carefully and ensure that you aren’t getting ingredients that you should not have.

Tuck Shop Special – FRIDAY 17th February
YIROS – Beef or Chicken
Whole – $5.50    Half – $3.00

Did you know...

The Tuckshop food is cooked and prepared from fresh food in the Tuckshop. We make all the hot food and fresh rolls.

The Tuckshop is a healthy food alternative for your child. We only sell products that fit within the guidelines of the South Australian government’s “Right Bite” campaign.

Wednesday is pie and pasty day – the only day you can purchase a low fat, low salt Villi’s pie or pasty. They taste great and are healthier too!

If you are new to the school, please pop in to see us and meet our friendly tuck shop staff and we will show you around.

Contact the Tuckshop
Judy Tansell – Tuckshop Manager
Email:  tuckshop@cabra.catholic.edu.au
Phone:  (08) 8179 2437

ABSENT FROM SCHOOL?

Important message for parents >
If your child or children will be absent from school, parents and guardians are obligated to notify the college immediately.

Here’s How...

Option 1: Leave a telephone message:
CABRA Absentee Hot Line – 8179 2477

After the message tone, please leave the following information:
- Child’s name
- Home Class
- Reason (Family, Unwell, Holiday etc)
- 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 etc)
- Your Name (Parent or Guardian)

YEAR 12 FORMAL

The Year 12 CABRA College Formal will be held on Friday the 23 of March (Week 8 of Term 1) at the Adelaide Town Hall commencing at 7.30pm.

The evening is a significant event on the calendar for our senior students which provides them with the opportunity to celebrate and socialize together in a formal setting.

Thank you to Mr. Richard Bolt for initiating the Formal Committee. Mr. Bolt and the Formal Committee will be working tirelessly over the coming weeks to ensure that this special event is a real success for the students.

A letter clarifying a number of key issues associated with the evening will be distributed next week.

John Cameron
Senior School Deputy Principal

Above: Caleruega Hall was filled with students at the first assembly for 2012.
Welcome to the Cabra Libraries 2012 update space. We hope to bring you regular updates throughout the year about all things to do with Reading, Research and Information.

With two new Teacher-Librarians managing the libraries you can expect a revived, responsive and flexible service in 2012 and beyond.

Mr Bull is the new Library Coordinator and is based in the Senior School Library and Miss Sanderson Brewster (Miss SB) is the new Teacher Librarian with responsibility for the Middle School Library.

2012 National Year of Reading

We are very excited and fortunate to be part of this year’s National Year of Reading. Over the year we are hosting a number of activities and events to promote reading for the whole Cabra College community. Our first event is a photo competition, ‘Get Caught Reading’. You still have time to submit an entry and be in the running for a great book related prize. Just get a photo of yourself reading somewhere interesting or unusual. Prizes for the best Middle School, Senior School and Staff entries. Entries can be emailed to the Library at: sbull@cabra.catholic.edu.au or drop them into either library on a USB memory stick by Thursday 16 February.

“It all starts with reading!”

New Library Opening Hours

The Senior School Library
Open for Recess: 10.30-10.55
Open for Lunch: 1.25-1.55

Middle School Library
Open for Lunch: 1.30-1.55

Both libraries are also open – Monday to Friday after school until 4pm

LIBRARY NEWS

Stephen Bull
Library Coordinator

LIBRARY COMPETITION!

HURRY LAST DAYS!

Do you have a photo for our display?
Drop your printed entry into the Middle School Library with your name and class on the back or you can email your image to Gerri Mills - gmills@cabra.catholic.edu.au

Competition closes on Thursday 16th February

First prize
$30.00 Bookstore Gift Voucher

Second prize
$20.00 Bookstore Gift Voucher

Prizes are for first and second place entries in both Senior School and Middle School.

WIN!

BOOK VOUCHERS

HURRY ENTER NOW LAST DAYS!
Welcome back to the 2012 School year. The energy and excitement exhibited by the students is heart warming and reminds us how blessed we are to live, learn and work in our community. The students were genuinely excited about seeing each other and ready to face fresh challenges in their new year level.

Our beginning of year Middle School BBQ was a fantastic success. It was lovely to meet so many of you and we hope that you had the opportunity to meet some other parents as well. We look forward to sharing the journey with you and your children. Studies show that when adolescents have a strong network of people available to support them during this phase of their lives, they are much less likely to engage in high risk behaviours. Thank you to our MS leaders, SS council members and parents on the BBQ for their assistance on this evening.

For many students, the first few weeks may seem daunting but we have many support systems in place to assist in this transition. Please feel free to contact your child’s homeroom teacher if there is anything you wish to discuss as we know that the best outcomes are achieved when we work as a team. There will be times when things do not quite go according to plan and we welcome your feedback so that we can continue to work at continual improvement.

I hope the array of photos provided in this newsletter demonstrate the wonderful sense of community that is evident in our everyday life here at Cabra. We look forward to working with you and your children.

Nicole Laube (Deputy Principal, Middle School)
MIDDLE SCHOOL NEWS

Above: Top to bottom, Helpers serving up the coleslaw, helping out by cooking the BBQ, lining up for some food, Lyndon Parry (left), Flavio Zandonà (right) our Year 8 and 9 coordinators, a family enjoying the Middle School BBQ.

CABRA UNIFORM SHOP

TERM 1 Shop opening times

- Monday: 8.30am to 5.30pm
- Wednesday: 8.30am to 5.30pm
- Friday: 8.15am to 3.45pm

Thursday Night during term 1

1st March: 3.30pm to 7.30pm
5th April: 3.30pm to 7.30pm

Sports Hire/Nomination Fees

All hire and nomination fees will be collected in the Uniform Shop.
Please check the daily bulletin for appropriate days/times to collect your uniforms.

Could all students who have still not returned their playing uniforms from last years’ sport, please do so immediately. Non-return of uniforms may limit the sizes and quantity available to hire out.

Uniform Shop Contact (during regular opening times)

Phone: 8179 2461 Email: uniform@cabra.catholic.edu.au
Entrance to the Uniform Shop is via Little Street.
Thank you, Mara Bogisch, Canteen Manager

THE IT CROWD

Information and Communications Technology

For the IT staff the beginning of the term has been a bit hectic with many new changes to the network and to computer hardware. We continue to resolve support calls and hope everything settles down in the next week or two.

We will start running some lunch & learn sessions to cover few topics:
- Laptops in classroom
- Office 2010
- Execute, new class monitoring tool replacing Net support.

More topics will be covered accordingly.

In the next few weeks we will be replacing some of the old projectors around the school. Thank you for your positive cooperation and please give us your feedback about your IT experience around the campus.

Thank you, from the IT TEAM.

The new Acer Aspire 3830T is the laptop model being used by students in the Senior School.
By John Cameron

SENIOR SCHOOL DEPUTY PRINCIPAL

Welcome back to all of the Senior School students for 2012. I trust that the holiday break provided the students with the opportunities to relax and spend quality time with their families and friends.

Cabra Dominican College is strong and vibrant community that provides the students with wonderful opportunities to establish life long relationships with their peers whilst learning in a safe and energized community amongst a dedicated team of professional teachers.

I would like to take this opportunity to welcome all of the new students into the Senior School along with the new staff who have also commenced this Term. At present we have a total of 1014 students in the College. We normally have 6 Home Classes in each of the Year Levels in the Senior School however this year we have 7 Home Classes in Year 10 and 7 in Year 11 while Year 12 has 6 Home Classes.

This Term has a number of exciting events which the students will be involved in which are listed below. If you would like to have any questions clarified in relation to these events or discuss any ways that we can further support your child’s education here at Cabra please do not hesitate to contact me at the College.

Kyoto Bunkyo Students

On the weekend prior to school commencing our Japanese students from Kyoto Bunkyo High School arrived into Adelaide. This year we welcome a total of 13 students into Year 10 who will be here for a Semester. During their stay at Cabra the students are enrolled in Mathematics and two elective subjects. They are also provided with a specialized language teacher who will focus on developing their literacy skills associated with English. The students will be assigned a Year 10 Students Leader as a buddy to assist them with their transition into the College.

Year 10 Laptop Launch

Thank you to all of the parents/guardians who attended the launch of the ‘Year 10 Laptop Program’ last week. We had in excess of 400 people attend the evening which provided information associated with the management of the new laptops. The laptops were also distributed to the students by the Year 10 Home Class Teachers.

2012 College Captains

I am pleased to announce the College Captains and Vice Captains for 2012:

College Captains –
- Claire McKenzie
- Tom Cusack

College Vice Captains –
- Emily Gordon
- Mitchell Johnston

Senior School Parent Information Evening

The Parent Information Evening will be held on Monday 13th February in Caleruega Hall, commencing at 7.30pm. Information in relation to our Senior School programs will be provided on the night. You will also have the opportunity to meet other parents. A reminder SMS will be sent out in relation to the evening which you will be required to respond to in order for the College to ascertain the number of people attending. If you are unable to attend, please feel free to contact myself or your child’s Year Level Co-ordinator to see if we can assist you.

Mark Le Messurier

Parent Information Evening

Date: 29th February 7.00 – 8.30pm

As detailed in the letter home to parents of Senior School students, we are fortunate to have Mark Le Messurier presenting a session based on ‘Setting kids up for SUCCESS series; practical ideas to build children’s emotional resilience’. This will be held in Aquinas Building, Wine, tea and coffee along with light finger food will be available on the evening. Please contact the College on 8179 400 if you would like to attend the evening.

Community living week (CLW) – Year 10s

Community Living Week for students in Years 6 – 10 will be held from Tuesday 2nd of April to Thursday 5th April. Students will be given information in the next few weeks about the exciting range of activities they can choose from. All Year 10s are expected to attend.

Work experience – Year 11s

Work experience for Year 11 students commences on Monday 2nd of April and concludes on Thursday 5th April. Please encourage your son/daughter to return their work experience agreement form if they have not already done so. Thank you for your ongoing support. The Senior School staff are looking forward to working with you and your son/daughter this year.

Year 12 2011 ‘High Achievers’

Congratulations to the Year 12, 2011 ‘High Achievers’. The Senior students who achieved an ATAR above 90 were invited to our first whole school assembly for the year where they were presented with a special certificate to acknowledge their academic success. The College is exceptionally proud of the students and we wish them all the very best for the future.

Congratulations
CABRA MUSIC NEWS

It is with excitement and anticipation that I’m writing my first music news for Cabra College.

I come to Cabra after a teaching journey that has taken me to country Victoria, Canberra and most recently, Gleson College. I hope to bring to Cabra a passion for music and education.

I extend a warm welcome to all the students, parents and teachers involved in our instrumental and ensemble music program. If you are new to Cabra or our music program please come and visit us to enquire about lessons. We offer private tuition on the following instruments: flute, clarinet, saxophone, trumpet, trombone, voice, piano, guitar, bass and drums.

The music department starts the year with a new line-up but with some very familiar faces. Di Brown, our ensembles and instrumental administrator, will answer any queries on student instrumental lessons as well as keeping our array of ensembles run by our talented instrumental teachers and music staff in time and on beat. Russell Burton is our bands coordinator this year as well as teaching our senior and junior music classes. Saz Burton is our choir coordinator and is also teaching many of our junior classes and seniors.

Most excitingly, 2012 will see a number of senior music students, some past students and staff travelling over to America on tour.

I look forward to working with and becoming a member of the Cabra community this year and beyond. And if you see me on campus, please stop by and hi.

Ensemble and Instrumental Programme

By Di Brown: Ensemble and Instrumental Programme Administrator

Once again we are anticipating a very busy year with choirs and ensembles performing at many functions. All ensemble rehearsals should be up and running by week 3 with a schedule available soon. Would all instrumental/voice students please check their timetables, as there may be changes to lesson times.

Welcome to our four new instrumental teachers. After many years Ian Boath returns to Cabra to teach trumpet and trombone; Lyndon Gray replaces Robyn Habel as the bass guitar teacher; Mark Brady’s guitar students will be taught by Ben Parkin and Tilly Duncan is taking clarinet and saxophone lessons in lieu of Ken Lee.

CABRA MUSIC STUDENTS
USA TOUR FUNDRAISER QUIZ NIGHT

DATE: Saturday 25th February 2012
TIME: 7pm for a 7:30 start
COST: Adult $15, Student $10
VENUE: Cabra Dominican College
BYO Nibbles and Drinks

For all further information, please contact Di Brown

Telephone: 81792406
Email: dbrown@cabra.catholic.edu.au

Retreat – Year 12s

The Retreat for all of the Year 12 students will be held from Tuesday 3rd of April to Thursday 5th April. A number of different camp sites have already been booked for the Retreats. More information will be provided to you later in the Term.

School Uniform

Thank you for your support in ensuring your child is wearing the correct summer uniform. This is a way that students signify that they are proud to be a part of the Cabra community and are respectful of its traditions and culture. A reminder that boys should be wearing short sleeved shirts while skirts for girls should cover the knees. Uniforms will be checked across the College over the next week.

Senior School Leaders Camp Photos

Above: From top to bottom, left to right: Middle School & Senior School Leaders, Claire and Anthony and Daniel, Mitchell, Laurence and Cara, enjoying an introductory dinner, early morning beach walk.

Senior School News
COUNSELORS’ CORNER

Welcome to the new school year and a special welcome to all the new parents. This year the members of the counselling team are Michelle Roberts, Tania Davison-Bennett and myself. We are here to provide a range of counselling and support services while upholding the Dominican ethos of the school. Although we all work on a part-time basis, we have regular meetings and coordinate work of the counsellors’ office.

As counsellors, we have an ethical code of confidentiality and we respect the privacy of the students we counsel. However, as part of the pastoral network at Cabra, we often liaise closely with teachers, Year Level Coordinators and Deputies. We also liaise with parents and other family members as is appropriate. At times, we also assist families and students in accessing psychologists, psychiatrists and other agencies.

It was wonderful to see so many happy faces of students last week as they caught up with their friends after the holidays. There was some nervousness too, as the students animatedly discussed who was in whose class and worked out their timetable arrangements.

At this time of year I particularly ‘feel’ for the new students. Some have friends from their old school, but others have walked into a huge new school where they know no one, where there are seemingly complicated timetables and perhaps more homework than they’ve ever had before! Most students adapt to their new school life very well, but others may find that they just can’t get organised, or they have trouble trying to find a group of friends where they feel comfortable. Some students really miss their old friends and go through a type of grieving. They may feel that they can’t be themselves in the new group and are afraid the group won’t accept them. It can take time to find out who their real friends are.

As counsellors, we would encourage these students to tell someone if they are having a hard time socially. They can tell their teacher and/or Year Level Coordinator in the first instance, and then if they need ongoing support and strategies to help them, they can make an appointment to see one of the counsellors. There are three ways in which students can see the counsellors - teacher referral, parent referral (phone call, visit or email) or self-referral, either directly to the counsellor or through the Middle School secretary, Ms Harvey.

The counsellors are also here to support the parents with concerns about their children. Over the 12 years that I have been at Cabra, I have noticed a pattern in the types of issues that arise for parents at the beginning of the school year, so I have put together a few tips that may be useful.

HELPFUL TIPS FOR STARTING THE SCHOOL YEAR

Try and nip any problems early in the bud. If a child says they forgot to bring their diary home, that no homework was set for a few days, or that they did all their homework at school, make contact with their teacher to find out what is happening. Some children are very good at playing their parent off against the teacher! If the problem persists, make sure there are clear consequences.

Regular homework. Many children have after school commitments, but it’s still important that there is a routine with their homework. Sit down with your child and negotiate the best time to do their homework on certain days. When you are both happy about the routine, it’s a good idea to make up a homework timetable. Of course, these timetables have to be flexible, and they often change when there are new sporting commitments etc.

Computers in public areas. Increasingly, students use a computer in their rooms rather than in a public, family area. Educational research shows that it is best for children to do their homework in a public space. Parents can communicate with them better and keep an eye on their progress.

Limit TV, Internet and Facebook time. Work out clear time allowances with your child early in the school year. Be assertive and supportive rather than punitive.

“Hanging around time”. Although as parents, you don’t want to be intrusive with your children, it’s important to be there just in case you’re needed for a bit of advice, as a listener or as a slightly annoying but reassuring presence in the background.

Open communication. Be a good listener, and try not to judge them. Many children stop telling their parents about their lives when they think they’re being judged. Limit the number of questions you ask them and catch yourself out if you find you’re asking the same question again and again. Children often anticipate your questions and they reply with their ready-made minimalist answers!

We look forward to working with you and your children over the coming year to ensure that all students feel they are part of the school community, that is academically stimulating and socially rewarding, and one that recognises the individuality and value of every person.

Sue Matthew, School Counsellor

WORK EXPERIENCE

By: Tanya Sharkey, Work Experience Co-ordinator

Youth for Understanding

Information Day in South Australia

Do you:
• Want to have experiences of studying overseas?
• Want to work with us?
• Want to have a mutual and multicultural learning experience in South Australia?

If YES, COME and LISTEN to us!

Date: 22nd February 2012
Time: 6:30-7:55p.m.
Venue: Bray Room 1, the State Library of South Australia
Corner North Terrace and Kintore Avenue, Adelaide, 5000

For further information, please contact:
Louisa Au (the State Coordinator of SA)
Mobile: 0422 079 534
Email hylouisa2002@gmail.com
Visit www.yfu.com.au for more information

YEAR 11 WORK EXPERIENCE

Week 10 2nd April – 5th April 2012

Please encourage your son/daughter to return their form to me ASAP.

The Dad Factor

The GP Plus Health Care Centre at Marion is running a free seven week programme for fathers and other male carers, that aims to emphasize the important role that dad’s play in the lives of their children.

Details for the program are as follows:
When: Wednesday 27th February 2012 to Wednesday 10th Arpil 2012 inclusive
Time: 6.00pm-8.30pm
Where: Forbes Children’s Centre, 80 Thomas St Plympton

To register your interest please contact Andrew on 7425 8680.

Sue Matthew, Tania Davison-Bennett and Michelle Roberts
Starting secondary school is a time of change and uncertainty, which places new demands on kids. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make. Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly as it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that children’s learning levels out in the transition year presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the 3 P’s to assist your young person to settle in:

1. **Patience**
   - Be patient and understanding in the early weeks. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel nervous in new circumstances. Let them know that many of the difficulties they face will be temporary.

2. **Positive attitude**
   - Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in problems with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

3. **Process their day**
   - Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They can be sensitive to many things, which they would have shrugged off in primary school. It helps if you can listen without judgement and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off some steam in the safe and stable environment of a loving family.

   If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

   Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools one aspect is the same – outcomes for students is maximised when schools and parents work together in the best interests of the student.

   One way to support your young person’s school is by actively promoting the schools’ values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

   Most importantly, talk your young person’s new school up, rather than talking it down as kids of all ages take their cues from the most significant adults in their lives- their parents!

Published by Michael Grose
Presentations. All rights reserved.
For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
LEARN TO LEARN, LEARN TO LIVE, LEARN TO FLY

SPORTS NEWS

2011 Bendigo Basketball Trip

In early December 2011, a select team of Cabra’s best boys and girls basketballers made a road trip to compete at the Australian School Basketball Championships held at Bendigo in rural Victoria. The girls played exceptionally well against the much more experienced John Paul College in their Semi Final, trailing by only 11 points at half time, having kept them to their lowest halftime score of the tournament. The effort was difficult to sustain however and in the end a losing margin of 30 was a vast improvement on the 50 from two days before.

In the third and fourth placed play-off the girls came up against Willetton, described earlier in the week by Rob Jarrad as the best team performance ever. The margin from Monday night was 45 points and despite leading at moments through the brilliance of Tamara Brine, the illness (one player having to run off court during play to vomit), and some foul trouble meant the hill was too great. The final margin of 20 points flattered Willetton in the end, but for this young team to be rated fourth in the country was a credit to them and to Matt Jarrad who coached them superbly throughout the week.

The boys' game against Unley High (who had beaten these boys the last three times they had played) drew as many spectators as the court could hold. The atmosphere was intense and the intensity in the play matched it. Nathan Robertson shot impressively and Cabra led by as many as 12, but the fight back was inevitable. In the end Cabra held out through a cleverly missed foul shot from Tom Fitzpatrick which took valuable seconds off the clock, to win by one. Crazy scenes erupted as the boys quickly realised their dream of bragging rites for ever had come true.

We doubted that the boys would be able to match the intensity for yesterday’s final against St Dominic’s Penrith (who they had played a classic against earlier in the week). Early on that looked the case, with the Dom’s star guard looking unstoppable. Half time saw the last moments of Cabra basketball looming for 10 of the 11 players and nothing was to be left on court (made clear by the slightly insane, massively passionate coach, Joel Morizzi).

Brodie Grundy led the way, prompting one Dom’s player, as he limped off to remark, “He’s a monster!” All the boys responded and Cabra blew out to 20 point winners, with all 11 boys taking to the court during the final.

Celebrations were electric and followed by a long, but happy drive home. Two teams from Cabra in the top 10 in the country!

Credit to Mr Rob Jarrad for putting this trip and these teams together and to Mr Joel Morizzi and Mr Matt Jarrad for their excellent coaching. Also to Ms Carli Hood for her caring management and general lovely demeanour with all our players.

The Cabra students did us proud, leaving no team in doubt about the passion and talent in our school!

EXTREME WEATHER POLICY

SATURDAY SPORT (Primary and Secondary)
If the Saturday weather forecast, as printed in the Advertiser on Friday, is 38C or above then all Saturday morning sport will be cancelled.

MID—WEEK SPORT (Primary Only)
If the maximum temperature in the Advertiser in the morning is forecast to be 35C or more, all afternoon primary games and training sessions will be cancelled.

MID-WEEK SPORT (Secondary Only)
If the maximum temperature in the Advertiser in the morning is forecast to be 38C or more, all afternoon secondary games and training sessions be will cancelled.

By: Mr Michael O’Dea
To be National Champions in Division 1 Senior Boys is an enormous achievement and confirms Cabra’s Top 10 status in Australia. The Girls’ achievement, placed at 4th in the country are the youngest team in the Championship Division. Fantastic effort. 2012 could be a very exciting year!
**COACHING STAFF WANTED**

Parents and Caregivers are invited to coach in 2012 at Cabra Dominican College for either Summer or Winter sport.

**There are many incentives including:**
- Exemption of sport fees for your children
- Entertainment Book
- Coaching courses (where applicable)
- Invitations to sport functions

**We are currently looking for Cricket, Tennis and Volleyball coaching staff for 2012.**

Please visit the Sport Office for more information on how to get involved.

**Phone:** 8179 2415  
**Email:** abooth@cabra.catholic.edu.au

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**Results from 2011**

In 2011, members of the Cabra community were asked to collect Coles Sports for Schools vouchers in order for Cabra to exchange these vouchers for sports equipment.

After sending the vouchers away to be tallied, we are very pleased to announce that we nearly doubled the previous effort of 2010.

Our final voucher tally for 2011 is 28,102 vouchers. A huge thank you to all of those in the Cabra community who collected vouchers, and also to the students of 8 Rust (2011), for spending much time counting vouchers before they were sent away to be tallied officially.

The students of Cabra Dominican College will benefit greatly from the use of this equipment, which is due to arrive this term.

Thank you to all who participated. Kim Jones.


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**MATCHES THIS WEEK**

The sport newsletter will be available next week with the latest sports information.

**Girls Tennis Games – Friday 10th February**

Primary girls tennis matches are scheduled to play from 4:00pm at Pembroke High School.

**Girls Lacrosse Games – Tuesday 14th February**

Year 8 and 9 Girls Lacrosse is at 4:20pm at Walford High School.

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**SPORTS COMMUNICATION**

1. Your first point of contact should be directed to the coach. Coach contact information will be issued to students at the first training of the season.

2. The second point of contact should be the person coordinating the sport. A list of Sports Coordinators are below.

3. Students must regularly check their sport team pigeon hole, sport notice board and read the daily bulletin.

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**Sports Coordinators**

- **PRIMARY BASKETBALL** – Rob Jarrad  
- **GIRLS BASKETBALL** – Joel Morizzi  
- **SENIOR VOLLEYBALL** – Elena Guastella  
- **JUNIOR VOLLEYBALL** – Narelle Milsteed  
- **GIRLS 8/9 LACROSSE** – Marilyn Fuss  
- **CRICKET** – Shaun Ossitt  
- **PRIMARY TENNIS** – David Kilmartin  
- **SECONDARY TENNIS** – Narelle Milsteed  
- **AEROSKOOLS** – Jessica Sanderson

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**SUMMER SPORT ROUND 1**

- Commences on Friday 17th and Saturday 18th February

**NOMINATIONS for all Winter Sports (Terms 2 & 3)**

- CLOSE on Friday 2nd March (Week 5)
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Opening Hours – Monday, Tuesday, Wednesday and Friday – 8am to 7pm
Thursday – 8am to 9pm, Saturday – 8am to 5pm, Sunday – 9am to 5pm

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(opposite Beck’s Bakehouse)
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