Parents make the difference

Safe Driving at Cabra

Recent weeks have produced some extra congestion around the Little St and Eaton St intersection. Sadly, as a consequence of this we have endured a few incidents where a very small number of frustrated drivers have shown a lack of courtesy for other drivers and pedestrians – students.

I am very grateful for the parents who have brought this matter to my attention and I strongly encourage drivers and pedestrians to use extra caution in the peak traffic period just after 3.30pm each day. It may also be a good option to arrange to pick up your son/daughter a little further away from the rear gates. This will ease congestion and often allows you to save time in the middle of a busy afternoon.

Please remember that student safety is everyone’s responsibility. Driving responsibly also sets a great example for those of our students who are learning to drive currently or who are about to commence in the months ahead.

Cabra Sports Day

By the time you receive your copy of this edition of our Newsletter the 2012 Sports Day will have been run and won. This annual event really is a highlight in our year as we take some time to play together and have some fun as a college community. The day is also one of those few community events when students of all ages get to work together as they compete for coveted trophies for best House. Amidst the fun and competition we also hope that all students feel more strongly connected to their college community as a result of their participation.

Parent Support

We had another great turnout of parents and friends for Mark Le Messurier’s talk last week. I think that the high attendance speaks volumes about Mark’s skills as a presenter and also the great wisdom contained in his message. It also says something about our desire as parents to do everything that we can to support our children while at the same time acknowledging that there are no manuals for parenting. What is important to remember is that your influence as parents is profound even at those times when you might wonder if you are doing the right thing. And it is a relief to know that regardless of our ability to help with a huge variety of tasks from sports coaching, to solving complex mathematics’ homework and everything in between, that it is the certainty of our love that counts the most.

Best wishes for the weeks ahead.

CALENDAR EVENT DATES

MARCH 2012

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MARCH 2012

- Friday 2nd: Non Uniform Day
  Dress in House Colours
- Friday 9th: Sports Day All Day
  Dress in Team Colours
- Monday 12th: Adelaide Cup Day
  SA State Public Holiday
- Monday 19th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium
- Monday 26th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium
- Tuesday 27th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium
- Wednesday 28th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium
- Thursday 29th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium
- Friday 30th: Catholic Co-Ed Athletics
  Carnival Year 8 - 13 at SANTOS Stadium

Daily School Times – 2012

- Arrive of school by: 8:40am
- First bell (Students In Class): 8:45am
- Second bell (Lessons begin): 9:00am
- Finish bell (Mon/Tue/Thu/Fri): 3:30pm
- Finish bell (Wed): 2:45pm
- Recess – 10:30am to 10:55am
- Lunch – 1:10pm to 1:55pm
- Cabra School Term Dates – 2012
  - Term 1: 31 January – 5 April
  - Term 2: 24 April – 29 June
  - Term 3: 17 July – 21 September
  - Term 4: 8 October – 5 December
MIDDLE SCHOOL NEWS

At this stage of the term some students may find themselves challenged by the rigour and expectation of major assessment tasks nearing completion. When students find themselves struggling with the workload of a new year level, or any aspect of learning, they are encouraged to discuss the issue with their teacher.

This seemingly simple step is often difficult for children to take, but it is very important that they develop the confidence required to have an open and respectful dialogue with teachers. If due dates cannot be met, please write a note to the teacher in your child’s diary. Teachers discuss the due dates with students well in advance and endeavour to pass on necessary time management skills. Our aim is for students to feel confident to negotiate challenges in their learning, feel comfortable about seeking help and take action to address any concerns.

Above: Jacob, Olivia and Brooke.

At the recent Mark Le Messurier parent evening, he spoke about the “after-school dumping” where young adolescents go home to truly be themselves. As parents we often feel as if we need to solve their problems for them. If there is an issue that your child has brought home to you, I would encourage you to ask them what steps they have taken to resolve or deal with the issue. Encouraging your children to proactively deal with problems is a vital step in their development. One of the tips that Mark suggested was to listen calmly and give them time to think about possible solutions.

Above: Mark Le Messurier addressing parents.

By giving a little time and space, as well as some structure and support, we allow our children to develop resilience skills that are necessary in life beyond school. 2012 has seen some exciting developments in teaching and learning at Cabra. Our students have greater access to ‘anywhere, anytime’ learning with access to their ‘home drives’ via the Cabra webpage and use of laptops and iPads in classrooms.

Above: Mark Le Messurier addressing parents.

Above: Parents listen intently to Mark Le Messurier’s advice at the Parent information evening.

The social and emotional learning that occurs in CLW is quite astounding. All students in Years 6.10 are expected to be involved in CLW. We prefer students to complete overseas and interstate holidays during term breaks but realise there are circumstances where this cannot occur. If your child is not completing CLW please provide a letter explaining the circumstances to the Deputy Principal by Wednesday 14th April.

Above: Georgia, Caitlin and Madeline.

I look forward to seeing you all at our Sports Day on Friday 9th March.

Above: Kyra, Megan and Karina at the Mark Le Messurier evening.

In our information rich world where technology is expanding at an exponential rate, we are keen to support our students as they navigate the wide variety of resources available. Staff have been completing a range of Professional development activities to continue the learning journey. It is certainly an exciting time for education. We hope you enjoy the photos of students completing their Religious Education tasks, maths revision and creating i-Movies on their autobiography literacy tasks.

Above: Parents listen intently to Mark Le Messurier’s advice at the Parent information evening.

At this point, all students should have returned their Community Living Week (CLW) request forms. Allocations to activities will be finalised soon so that students can learn more information about their chosen activity. This is a unique opportunity to work with students from other year levels and experience activities that we are not able to offer in our everyday school setting.

Above: Parents listen intently to Mark Le Messurier’s advice at the Parent information evening.

WELCOMING MASS 2012

Thursday of week three saw Caleruega Hall transformed into a Sacred Space with colourful posters from each home class, lighting, singing, and an audience of eleven hundred. The hall was filled with students, Dominican Sisters, parents and guests.

Father Charles Gauci took centre stage at the special altar as he called for God’s blessing on Cabra’s academic year, new Senior and Middle School leaders for 2012 and all students.

The theme for the 2012 Welcoming Mass was, from the words of Jesus: “I am the vine, you are the branches”. Father Charles spoke in his homily of our responsibilities to use and develop all our talents to the best of our abilities and, like the vine and its branches, to use our gifts for the good of others and God’s creation.

Above: Charlie from Year 9 addressing the Cabra community at the Welcoming Mass.

“I am the vine, you are the branches”

Each home class had prepared their own poster to represent their part in the Cabra community. These decorated the walls of the hall along with other decorative curtains and lights.

The Deputy Principals of both Senior and Middle School presented the new leaders of 2012 to the Cabra community, the Principal, Brian Schumacher and the Dominican Congregational Leader, Sister Bernadette Kiley. Father Charles blessed the badges and ties and the students who proudly received them.

Above: Charlie from Year 9 addressing the Cabra community at the Welcoming Mass.

Above: Seniors receiving their leadership badges.

Above: Middle school students receiving their leadership badges.

Above: Father Charles Gauci celebrating with the Cabra community during Welcoming Mass.

ASH WEDNESDAY

All students and staff participated in the Ash Wednesday services provided across Cabra to begin the season of Lent. Lents begins on Ash Wednesday and ends on the evening of Holy Thursday. Each year level’s service involved the students in readings and prayers and teachers ‘signing’ the students with the symbol of the day, being ashes. Some ashes were from the traditional burnt palm branches of Palm Sunday while others were from the resolutions, written privately by students, that they hoped to follow during the Lenten season.

Above: Seniors receiving their leadership badges.

Above: Middle school students receiving their leadership badges.

Above: Father Charles Gauci celebrating with the Cabra community during Welcoming Mass.

Above: Georgia, Caitlin and Madeline.

ABSENT FROM SCHOOL?

Please notify the school...

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)

Above: Seniors receiving their leadership badges.

Above: Left: Year six students celebrating Ash Wednesday.

Above: Right: Year six students receiving their ashes.

Friday 9th March 2012 (Week 6 – Term 1)
Above: Mark Le Messurier’s during an informative presentation for Cabra parents.

The achievement of different groups of students and development policies to support improved learning for those students. The Australian Government and the states and territories meet the system level and international costs of participation in PISA. The PISA assessment consists of two components: all students will participate in the Paper-Based assessment with a sub-sample of students participating in the Computer-Based assessment. The Paper-Based assessment will take approximately 3 hours and 40 minutes to administer and the Computer-Based assessment will take about 1 hour and 30 minutes. The 2012 assessment cycle will focus on mathematics, science, reading and financial literacy questions. The testing will only include a sample group of 25 randomly selected Year 10 students. Parental permission letters will be distributed prior to the date of the testing. Additional details will be provided in the Newsletter next term.

Adolescent Depression Research Project - Survey - Years 10 and 11

A Doctoral student by the name of Mona Touck will be conducting a survey associated with her research project with our Year 10 and 11 students later this year. The key focus of Mona’s project is the: Development of a questionnaire to identify adolescent depression. The purpose of the project is to develop and validate a questionnaire to identify adolescent depression, and the research has been approved by the University of New South Wales. The students will be involved in completing an anonymous survey which will take approximately 45 minutes. The survey will include all of the students in Year 10 and 11. Parental permission letters will be distributed prior to the date of the survey.

Mind Matters

At Cabra Dominican College the mental health and wellbeing of our students is something we value highly and seek to foster. As part of a whole school approach to addressing these concerns we will, later this term, be conducting a wellbeing survey of all Year 10 students with the aim of identifying areas that would benefit by a greater focus on them. We hope that the data collected will enable us to tailor our efforts with structures such as, Pastoral Care Program, Senior Student Leadership Council, and Peer Support initiative to better address the challenges faced by our newest Senior School Students. As with any initiative it will conceivably take some time to implement any changes, and benefits may not be immediate. However, as we journey together over the next three years we will endevour to make Cabra an even more vibrant, supportive and connected learning community.

Online Medical Forms

Thank you to all of the parents/guardians who have already accessed our College Intranet to complete their child’s online medical form. We have received a significant amount of positive feedback in relation to how easy parents/guardians have found it to access the form and fill out their child’s medical information. Each time your son/daughter is involved in an excursion activity during the course of the year you will be required to access the online medical form to ensure that it is up to date.

Vegetie People - Year 10 Science

Written by: Joshua S, James G and Cameron B (10B Black)

This term our 10 Black Science class has been studying genetics. As part of the topic we did a practical to investigate the inheritance of certain traits. We did this by creating a ‘vegetable person’. For the females we used potato bodies and the males had onion bodies. We picked out chromosomes for eye colour, length of limbs and type of hair and our vegetable ‘parent’. We then had to ‘cross’ our person with someone of the opposite sex to produce a ‘vegetable baby’. We then had to ‘cross’ our vegetable ‘parent’. We then had to ‘cross’ our person with someone of the opposite sex to produce a ‘vegetable baby’. The possible genotypes and phenotypes of our baby were also determined. We have included various photos of the class ‘vegetable people’. Some of us even gave our parents and babies names! Overall, it was a fun experiment and helped us to learn about dominant and recessive inheritance.
Cabra Libraries ‘Get caught reading’ competition was a great success with so many clever and imaginative poses.

The events were judged by our middle school captains and vice captains. Our winners were Shannon from 6BL and Sam from 8BO, the runners up were ORA from 8BN and Gabriella from 6GB. Our staff winner was Jill Selity and the runner up Paula Hensing. Congratulations to the winners and a sincere thank you to everyone who made this competition a success. The Middle School Library staff have been run off their feet with eager borrowers. Our borrowing is at an all-time high and with new resources coming in all the time we hope to keep the momentum going. It’s fantastic to see the enthusiasm!

Ms SB has created a ‘reading tree’ in readiness for the ‘Stories from the Staff’ activity that will run each lunch time for the next 3 weeks. Cabra staff will be in the library at lunch time reading one of their favourite books. All welcome.

MUSIC NEWS

Written by: Di Brown

More than half way through term 1 already! Where has the time gone?

Instrumental lessons and ensemble rehearsals have settled into a routine and we are very pleased with the regular attendance by all students involved. We now have 120 students learning an instrument or voice and 65 involved in ensemble. Our senior drum corp members are in the final week of rehearsals for the WOAMAdelaide performance. They are participating in an hour-long workshop at 3.00pm and the Parade at 6.00pm on Sunday March 11.

Mr. R. Trotter and Ms. J. Sibbald will be on hand to provide some support. They and their director, Rob Boundy, have had many lunchtimes, after school and weekend rehearsals so the performance on Sunday will be a true reflection of their hard work.

Our USA singers, drummers and musicians will soon be in the air. As Aza Burton writes, “on Friday the 16th March, 33 Cabra students, old and new and family will be leaving on Cabra’s first music trip to the USA. We have been rehearsing hard for over a year and our parents and students have been working together to raise funds and to make costumes to make our trip an excellent one. Some of the exciting events we have on the itinerary include: a performance at Disneyland, a show choir competition (think Glee), experiencing school in Chicago, performing at a Jazz Choir festival at Western Michigan University, learning choreography for drum corps, and sight-seeing in Chicago, LA and the California coast. We will be away for 3 weeks. On our return there will be a trip report, photos, and many stories of our performances and adventures!”

CFOM (Cabra Friends Of Music): First meeting Thursday March 22, 7.00pm in the boardroom. All parents interested in supporting the music faculty are most welcome.

FROM THE UNIFORM SHOP

Uniform Shop – Opening Hours

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We also accept clean, good quality uniforms that we can sell for you or, if you prefer as a donation to the College. Please ensure Blazers are dry cleaned and all uniforms have the current Cabra logo. If unsure please give us a call.

To protect the enamel buttons on your blazer, prior to dry cleaning, cover them with aluminium foil.

Enquiries, please contact: Maria Bogisch in the Uniform Shop.
Phone: 8179 2400
Email: uniform@cabra.catholic.edu.au

A homework club will be run in the Senior School Library on Wednesdays from 2.45pm – 3.30pm for students in years 7 and 8. Students will be on hand to offer some assistance. We are also open to volunteer to help students with their homework, please see Mrs O’Halloran. Volunteering looks great on your CV when you apply for a job. If the homework club is successful, it will be opened up for students in other year levels later in the year.

SCHOOL HOLIDAY SOCCER CLINIC

Cabra Sports Day 8/9 KO Cricket Match Report

Written by: Shaun O’Reilly, Cricket Coordinator

Late last week I had the opportunity to take Cabra’s Year 8/9 Knockout cricket squad to the South Parkslands to face Heathfield High School. This was the same fixture which ruined our KO aspirations two years ago, whilst Heathfield went on to win the metro-south pool. Captain Matt Barber won the toss and elected to bat, a sensible decision in my eyes.

Openers Harry McCabe (27) and Jarrad Satanek (20) were very good at the top, passing 40 for the first wicket. Sam Hutchinson (22) and Harry Telford (13) advanced the run rate during the last 10 overs, Sam Donnelly (a la David Hussey) played the perfect closing innings with a well made 31 n/o at the close. After the full 35 overs the boys reached 187.

Heathfield always seem to pull some quality cricketers and this year was no different. One boy was a state squad member for his age group (U14) and when you consider the volume of young men who play cricket state wide, it was nice to watch one of the state’s best U14 in action. Luckily we got him cheap enough (25) courtesy of a fine catch by Jarrad Satanek off Harry McCabe’s bowling. One other boy (a Sturt representative) looked likely scoring 22, but our boys took consistent wickets which stifled the run rate and built scoreboard pressure.

Heathfield HS ended all out for 114 during the 32 over. Our best bowlers were Jarrad Satanek 5 overs, 3 for; Louis Hutchinson 5 overs, 2 for; Harry McCabe 5 overs, 2 for. Sam Hutchinson and Sam Donnelly also shared a wicket each.

Sam Donnelly receives the ‘man of the match’ award with his unbeaten 31 and get this; 5 overs, 2 maidens 1 for 6. Well done boy! Stay tuned for our next fixture.

DIARY DATES:

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<td>School Holiday Soccer Clinic</td>
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<td>6th March</td>
<td>CFOM (Cabra Friends Of Music): 1st Meeting</td>
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<td>9th March</td>
<td>Catholic Co-Ed Athletics Cup</td>
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<td>20th March</td>
<td>Senior School Library</td>
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<td>CFOM (Cabra Friends Of Music): 2nd Meeting</td>
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No.1 Soccer Skills Teaching Method” is offering players the opportunity to participate in a school holiday clinic.

For all levels of youth players (girls and boys) aged 6-16

The Program will be conducted by former Soccoro, FFA Hall of Fame member and Player Life Member Steve Maxwell.

For further details and registration form visit www.covensa.com.au

Or contact Steve Maxwell on 0411 797 227

Email: contact@covensa.com.au

Please ensure you download and celebrate Cabra’s many sporting abilities!

May the best team win!

Photos from 2011...

DURING THE WEEK Term 1

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CABRA DOMINICAN COLLEGE NEWSLETTER – 7