As many of you would know, the Year of Grace is an initiative of the Australian Catholic Bishops Conference to commemorate the 50th anniversary of the Second Vatican Council (1962-1965). This was, and remains, one of the great moments of renewal in the life of the Church. Drawing on this, the Year of Grace recalls a significant event in the life of the Catholic Church and invites us into a deeper experience of this renewal as an Australian Church.

Grace is one of those words that we have become less familiar with in recent years and it is certainly not in common use in our day-to-day language, so a definition is a good place to start in understanding what this initiative is about.

“Grace is the word we use to describe the experience of the unshakeable presence of God in our lives and at the same time the unsettling action of the Holy Spirit drawing us ever more fully into relationship with God.”

Like the milestones in our secular calendar, the start of this special year (commencing on Pentecost Sunday last weekend) provides us with an opportunity to think about the year ahead and more importantly about the new possibilities for us to develop as people. And, although our experiences might seem a little less dramatic than those experienced by Jesus’ disciples nearly 2000 years ago we, like them, are called to go out and build a better world.

What I find interesting about our invitation to participate in the Year of Grace is that unlike New Year’s Resolutions or performance goals for the new financial year, we are not told where we are going. Rather, we are given a place to start from – starting afresh in Christ. Therefore, the Year of Grace is not a project to be completed or a program to be undertaken as much as an invitation to become more open to God in our lives.

With this starting point, the challenges and opportunities in the year ahead take on a different perspective as we find in each an invitation to enter into a deeper relationship with God. With such an orientation our faith provides us with the hope that we will have the capacity to respond to whatever comes our way.

Many thanks go to Nicholas Plumb, Madeline Yeo-Ellis and Mr Cameron who represented Cabra at the recent launch of the Year of Grace. You can read about their experiences on Page four.

Throughout the year, all students will have many opportunities to engage in the Year of Grace reflective activities as part of their Home Class, Year Group and Religious Education classes. If you would like more information about the Year of Grace, please visit the official website at: www.yearofgrace.catholic.org.au.

Finally, I hope you enjoy reading about the many different events and learning experiences that students have been involved in for the past two weeks. In the pages that follow you will find everything from cupcake master chefs to our victorious Mock Trial team and just about everything in between.

Best wishes for the weeks ahead.

Brian Schumacher
The executive functions refer to the parts of the brain that are responsible for increased levels of engagement, self-regulation and problem solving. Anyone with a teenager in their household will know that these topics will feature in many conversations as we negotiate and renegotiate boundaries and expectations. They play a crucial role in the integration of many processes including problem solving and control processes.

When we consider this in our role as educators we can plan learning that is rich, authentic and promote high levels of engagement, problem solving and thinking. These functions also help us to become aware of the interconnectedness of emotion and cognition so that we can create learning environments to support optimal success. This state is referred to as a state of ‘relaxed alertness’ where we can provide learning environments with low threat but high challenge.

At this time of term, our students can often feel overwhelmed with new challenges but we need to continue to stretch ourselves so that we continue to push our boundaries and see what is truly possible. We know that there will be times where our students may feel slightly uncomfortable with the new challenges presented to them but we need toemplate processes.

The Executive Functions

The Girl Power Program
Written By: Michelle Roberts, School Counselor
Over the past three weeks the Year 9 Girls are participating in the Girl Power program run by the Port Adelaide Football Club. This week the girls were visited by female members of the Port Adelaide Girls Football team who spoke to the girls prompting positive messages about body image, self-esteem, healthy lifestyles and participation in sport. Next week the girls will be participating in some team building games.

Comments from the girls included:
“The Girl Power program was very inspiring. It built more self-esteem and helped get to know other Year 8 girls” – Charlotte, 8N

“People in costumes and with a brightly coloured vehicle have stood outside at least two independent schools last week and handed out colourful wrist bands, promoting an organisation called Bongo. The girls were visited by female members of the Port Adelaide Girls Football team who spoke to the girls prompting positive messages about body image, self-esteem, healthy lifestyles and participation in sport. Next week the girls will be participating in some team building games.

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“The Girl Power program was very inspiring for young girls. Watching the editing stuff that happens in all magazines was very interesting and also helped us to get to know the other year 8 girls” – Lucy, 8G

“The Girl Power program was very inspiring and gave out positive information to make them feel good about themselves and never compare themselves to other people. They gave us some great tips on how to eat healthily” – Laura, BY

“I am excited about next week’s program and learning new things” – Molly

The Executive Functions

The Girl Power program was very inspiring and gave out positive information to make them feel good about themselves and never compare themselves to other people. They gave us some great tips on how to eat healthily” – Laura, BY

“I enjoyed the Girl program because it was a time to learn new things and it was interesting about editing magazines” – Kiara Nicoletti, 8 Gold

“It was very interesting and made us learn new things about editing magazines” – Melissa 8 Blk
Two of our Year 11 Student Leaders recently attended a special information session at the Catholic Education Office in preparation for the commissioning of ambassadors for the ‘Year of Grace’. Nicholas Plumb and Madeline Yeo-Ellis represented Cabra at the information session for schools. The ‘Year of Grace’ will provide an opportunity for the members of our Catholic community to share and renew their faith in Jesus Christ. It will provide our community with the constant reminder of the importance of renewal in our personal faith journeys. The ambassadors will work with our communities to ‘start afresh from Christ’ and to deepen our relationship with Jesus.

The ‘Year of Grace’ will also signify what will be the 50th anniversary of Vatican II. The ‘Year of Faith’ and the ‘Year of Grace’ will occur concurrently and conclude at the same time next year. Grace is the word used to describe the experience of God and the Holy Spirit in our lives and actively moving among us.

‘Starting afresh from Christ’ reminds us of who we are and that all our actions should serve the dignity of other people through doing this we are encountering God. God is everywhere and his presence moves us to take action in the world around us. Grace is about presence and action. This particular theme of ‘taking action’ complements the social justice teachings of our very own St. Dominic while also underpinning the message of ‘creating a better world’ which is a key foundation stone in our College vision statement.

Last Sunday morning Madeline Yeo-Ellis and I attended the formal launch of the ‘Year of Grace’, which was held at the Cathedral Church of St. Francis Xavier. The Most Reverend Archbishop Philip Wilson was the presider for this special commissioning mass. The ‘Year of Grace’ was launched nationally on Sunday across all of our Catholic communities. The Year of Grace will also signify what will be the 50th anniversary of Vatican II.

Dear Parents and Carers – Coming home today with the school newsletter is a booklet with a prayer to commemorate the Year of Grace. The booklet and prayer is a gift and a resource of the Year of Grace. It is offered to support individuals, families and faith communities in the ongoing transformation of our lives, a transformation that is grace-filled and centred on Christ.

Catholic Education Centre: South Australia

Further information and resources can be found at the official website at: www.yearofgrace.catholic.org.au

CABRA Parent Information Evening – Topics: Safe Party Structures for Teenagers AND Drug Education

On Wednesday the 23rd of May the College held a ‘Parent Information Evening’ in the new St. Dominic’s Hall. The evening incorporated two guest speakers who provided parents with a number of useful strategies associated with ‘Safe Party Structures for Teenagers’ as well as a range of current data and statistics associated with ‘Drug Education’. The parents who attended the evening found the presentation valuable and appreciated the opportunity to be able to socialise with other members of the College Community while also enjoying the light refreshments that were provided on the night.

Stage 1 Design & Technology Class

Mr Cutting’s Stage 1 Design & Technology class have been busy this semester designing and constructing a quality piece of furniture in response to set design brief. The students individual design solutions are required to store a number of their personal items. Connor’s project has incorporated the use of solid jarrah inserts to make up a chequered pattern on his door. The contrast between the jarrah and the Radiata pine will be further enhanced once Connor applies his clear finish to the surface of the raw timber. Connor has devoted a great deal of time to carefully preparing his material and cutting out his individual components.

Samantha’s design has incorporated storage drawer in the base of the unit. Like Connor, Samantha has constructed her piece using a combination of veneered particle board and solid Radiate pine for her edging and the door frame. Samantha has also included multiple levels of shelving in her design.

Stage 2 Design & Technology Class

As part of his Stage 2 Design & Technology subject Henry has designed and constructed a low line using a combination of particle board with Australian Oak veneer and solid Australian Oak. Henry has also used the natural contrasting colour of solid jarrah timber as a feature on the top of his unit. He has also incorporated traditional housing and rebate joints into his design for additional strength. Each of the students in the course is required to complete a detailed design folio which documents the design process they have followed in order to arrive at their final solution.

FROM THE UNIFORM SHOP

Uniform Shop Term 2

Opening Hours

Entrance via Little St

Monday: 8.30am to 5.30pm

Wednesday: 8.30am to 5.30pm

Friday: 8.15am to 3.45pm

Thursday Late Night Open

Please note the Uniform Shop will be closed on the following days due to the pupil free day and the public holiday:

Friday 8th June: CLOSED

Monday 11th June: CLOSED

For all enquiries, please contact: Mara Beagan in the Uniform Shop.

Phone: 8179 2400

Email: uniform@cabra.catholic.edu.au

5 - CABRA DOMINICAN COLLEGE NEWSLETTER

Friday 1st June 2012 (Week 6 – Term 2)
On Wednesday 23rd May, as part of National Year of Reading, acclaimed Adelaide author and illustrator D.M. Cornish visited Cabra College. He addressed several hundred students from Years 6-10 during two brilliantly informative talks in the newly opened St. Dominic’s Hall.

On the 16th May the Senior School Library was partly taken over with hundreds of books, CDs and DVDs for sale to students and staff. Having been inundated with donations the Senior Library staff sorted the best and most recent books and DVDs to be added to our collection, with the remainder offered for sale for $1 each. Several hundred dollars was raised with proceeds to be split between the Cabra Libraries for new books and our nominated charities. Several hundred books will likely make their way to The Solomon Islands and the Sudan to inspire another generation of readers.

Our extended opening hours Monday to Thursday has allowed us to offer a ‘Study Club’ where Teacher Librarians and Classroom Teachers are on hand to offer help and advice with homework, study and research skills. Mondays – Mr. Bull and Mrs. Matthew, Tuesdays – Mr. Bull, Wednesdays Miss SB, Thursdays Miss SB and Mrs. Seity. We are open after school until 4.30pm on these days. Come along, no appointment necessary.

On Thursday the 24th we hosted a morning tea in the MSL to celebrate the students who produced stunning artwork from the Gifted and Talented Aboriginal Art Workshop late last year. We are privileged to have our work hanging in the library and have a lovely plaque acknowledging their work on display amongst the paintings.

Big Bring and Buy Book Sale Success

On Friday May 25 our Jazz Band played at the annual dinner for The Association of Principals of Catholic Secondary Schools at the National Wine Centre. The music was in high quality and we congratulate all members for their performance.

The Cabra Big Play Day scheduled for Saturday June 2 has been postponed until next term and will be a somewhat different format.

Mock Trial Competition

Written By: Paula Hensing
Legal Studies Teacher

The Mock Trial Competition is run through the Law Society of South Australia. Teams of seven from Years 10 through 12 compete with winners from across Adelaide in simulated court cases. We were host to the trial and successfully saw the hospital, Round 2, was held in the District Court. Cabra was acting for the defendant in a criminal case of hoon driving against the prosecution from Tyndale Christian School.

On the 23rd May the Cabra Mock Trial Team was victorious when appearing before the judges, Nunawading Magistrates Court. Cabra won the best team with Barristers; Ryan & Daniel, Solicitors; Amelie & Brooke and Talented Aboriginal Art Workshop late last year. We are privileged to have our work hanging in the library and have a lovely plaque acknowledging their work on display amongst the paintings.

Students were required to prepare examination in chief and cross examination questions and answers and opening and closing statements. Round 1 was a practise round which saw Cabra acting for the plaintiff in a negligence case against the hospital. We host to the trial and successfully saw the hospital, Round 2 was held in the District Court. Cabra was acting for the defendant in a criminal case of hoon driving against the prosecution from Tyndale Christian School.

Students play rotating roles of barristers, solicitors, witnesses and court officials. Teams are provided with a case brief 10 days prior to the examination in chief and cross examination questions and answers and opening and closing statements. Round 1 was a practise round which saw Cabra acting for the plaintiff in a negligence case against the hospital. We host to the trial and successfully saw the hospital, Round 2 was held in the District Court. Cabra was acting for the defendant in a criminal case of hoon driving against the prosecution from Tyndale Christian School.

Legal Studies Excursion

Written By: Claire 2nd Speaker
Affirmative, Helena Charpison

Catherine Bradow and Leigh Symonds will be arguing that ‘We should abolish trial by jury’ and competing against Scotch College. They have been working very hard to prepare for their debate and we wish them the best of luck.

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COMING EVENTS

CHIROPRACUTOR

92 Winston Ave Melrose Park
(opp. Beck’s Bakehouse)
8374 4033
www.chiroactive.com.au
geoff@chiroactive.com.au

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If you would like to advertise your local business in the Cabra fortnightly newsletter, please send an email to...
Cabra Publications Office:
publications@cabra.catholic.edu.au
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