



CABRA
DOMINICAN COLLEGE

EDITION 3 WINTER 2019

*The Good,
the Beautiful & the True*

THE BIENNIAL MAGAZINE OF CABRA DOMINICAN COLLEGE

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This edition of *The Good, the Beautiful and the True* was prepared with care and attention by Cabra Dominican College. All efforts are made to have the material up to date at the time of printing. Please email publications@cabra.catholic.edu.au with any feedback.

Some of you may be familiar with Dominican theologian, Timothy Radcliffe OP. He is a well-known preacher, celebrated author, gifted international speaker and teacher. In his poem 'to be Dominican', he captures beautifully the narrative and essence of being part of a community.

*"We are bound together as a community
By the stories of the past,
As well as the dreams of the future."*

I hope that you can enjoy the varied articles and photos in this magazine edition, that provide an insight into the stories of the past and present. All these stories and the staff, students and families that are part of them, captures the vibrancy and richness of our Cabra community.

From my office window I have a lovely view of the Thérèse Sweeney Music Centre. The modern lines of an impeccably designed performance space, utilising the latest innovative materials, make it functional and beautiful. The music centre's impressive windows cast a mirror-like reflection of our heritage-listed convent, built through 1885 in time for Cabra's opening the next year. This was purposefully designed to capture simultaneously the legacy and history of our past in the 'view,' and a reflection of our future. The bridge from the convent to the music centre is another perfect design feature, providing a seamless connection between the past and present. When reflecting on the ongoing continual improvement of our facilities, I am in admiration of the foresight and fortitude of the many Dominican Sisters through the years who have contributed to the long and storied history of Cabra.

I love this photo of Sr Mary Alacoque, surrounded by fellow Dominican Sisters, turning the first sod for the foundations of the Aquinas building in 1962. Since the school began, the Sisters worked hard on a daily basis to provide a well-rounded education for the students. New buildings have always been a part of Cabra, from the Chapel in 1917 to the new Caleruega Hall in 2019, and all the innovations in between, and the Sisters have always been a driving force. This photo shows how they were not afraid to work hard and to make change. I encourage all our students to be inspired by the Dominican Sisters to continue to work hard and to look for ways to make positive changes to our world.

Beyond the music centre, the new Caleruega Hall is now really taking shape. Named after the town in Spain where our

patron St Dominic was born, this double court gym will change the face of how we play, learn, gather and celebrate at Cabra. These new facilities are featured later in this magazine and you will see from the photos how stunning both structures are.

We also feature several old scholars and the dates for upcoming reunions. I invite all our old scholars to keep in touch with us via our Old Scholars Administrator, Anastasia Harvey, at oldscholars@cabra.catholic.edu.au.

*"We are bound together as a community
By the stories of the past, As well as the
dreams of the future."* Timothy Radcliffe OP

The buildings are only brought to life by the students and all that happens within our school. As we continue our commitment to provide Cabra students with innovative and beautiful learning spaces, we focus daily on providing a myriad of learning opportunities for each unique Cabra student.

As always I invite your feedback on this edition of The Good, the Beautiful and the True and encourage you to email publications@cabra.catholic.edu.au

**Dr Helen Riekie
Principal**

In the following pages we highlight a wide variety of these opportunities, plus achievements and good news stories.



FAITH



During Pastoral Care time in Term 2, each House celebrated a mass in our historic Chapel. Students decorated the altar in House colours and participated in the masses as readers, in processions and as Eucharistic Ministers.

At the beginning of each mass, students were reminded to take the time for stillness and prayerfulness, with the following words:

“For many of us gathered here, attending mass is not a regular occurrence in our lives. For those of you who are not familiar with the ceremony of the Catholic mass

it can seem like an overwhelming or confusing time. For those of you who may feel like this, we invite you to take the next 40 minutes as time to simply be still. Use this time as an opportunity to take a break from the busyness of school. Listen to the words that are spoken today and think about how they can play a part in your own life. Remember, everyone can get something out of mass.”

Georgia Steller
REC Student Spirituality



Connecting with our wider Dominican community

As a Dominican College we are part of a larger family of Dominicans across the world. Internationally and closer to home, on special occasions and as part of every day, we strive to strengthen our Dominican connections and pay respect to our heritage.

As has been the tradition in recent years, on the occasions of the funerals of Sr Cathryn Vowles OP and of Sr Monica Redden OP, our Year 7 students created a guard of honour for the funeral processions from the chapel, through the Dominican Peace Garden to the Sisters' cemetery. Attendees were very moved by this gesture and many stopped to thank the students and staff. The sense of community created between the students and the Holy Cross Congregation of Dominican Sisters is very strong and is something we treasure. Here are some student and staff reflections on other ways that we maintain our Dominican connections.

Indonesian Visitors

In May we welcomed 25 students, five staff members and two Dominican Sisters from Dominican schools in Indonesia; Santa Maria Senior High Cirebon, Susteran Junior High Purwokerto and Joannes Bosco Junior High School Yogyakarta. They made Cabra their home away from home as they were billeted with families, attended our classes and also experienced some of South Australia, including the Adelaide

Hills, Cleland Wildlife Park, and the Central Market. Staff and families generously opened their homes to our guests and we know that the experience has been mutually rewarding for all concerned.

Sandra Ciccarello,
Indonesian Visit Coordinator

Dominican Feud

Recently, a group of Year 11 and 12 college leaders participated in the first ever 'Dominican Feud', a 'Family Feud'-like competition hosted by students from Blackfriars Priory School. We met and laughed with several leaders from other Dominican colleges, such as St Mary's College, St Dominic's Priory College and Blackfriars themselves, as we prepared to be quizzed on our knowledge of Dominican Saints and general topics. Although we eventually suffered a tragic last-place defeat, due to an astounding lack of credible answers across the board, it was really fun to build relationships with other students through some light-hearted competition!

Tate Williams
College Captain

Volleyball at St Mary's

In the last week of Term 2, a team of Year 12s came together in a brilliantly mix-matched volleyball team to play against our Dominican friends at St Mary's College. It was a great opportunity to make new friends and strengthen new ties through a little friendly competition. We are also thankful

to St Mary's for hosting this game in their new school gym and for letting us make a memorable moment in their 150th year. It was a lot of fun and Cabra returned with a good win and some great new connections!

Alanna Howick
College Captain

Combined String Orchestra

2019 marks another great year of collaboration between our Catholic schools through our respective music departments – Cabra Dominican College, St Mary's College, St Aloysius College and St Dominic's Priory College.

We have set up an opportunity for our string players to rehearse together on a Friday morning as an orchestra. Our hope is that the students will flourish in their interaction and collaboration with each other, form new relationships with students who have a common interest and passion while further developing their music and performance skills. The orchestra have been working on a repertoire for school performances this term, competing in the ABODA Bands festival in Week 4 of Term 3 and auditioning as a support act for our annual Catholic Schools Music Festival.

Gemma Heath
CEA Music Coordinator



FAITH IN ACTION



Vinnies SA Winter Sleepout

On a cold and wet Friday night in June, 80 students and 10 staff participated in the Vinnies SA Winter Sleepout here at Cabra. With the Student Leadership group taking the lead, participants raised over \$11,000 through sponsorships and donations. This money will go directly to Vinnies to help people in need in our community. The Winter Sleepout continues to grow in participation and reach since it began at Cabra more than ten years ago, and is one of our most popular and successful social justice initiatives. Given that it is not at all comfortable to sleep outside in the rain, the students and staff show their commitment to the cause by continuing to support the Sleepout year after year.

Following are some student reflections on the Sleepout.

Jessica Rossi

REC: Student Leadership & Social Justice Coordinator

"I decided to participate in the Vinnies Winter Sleepout to try and understand what thousands of homeless people go through each night. Sleeping on cardboard without a pillow was difficult and very uncomfortable. Due to being positioned

near the drain, I ended up sleeping on wet cardboard so my sleeping bag was soaked by morning. While I knew I was being protected, I still didn't feel completely safe."

Charlotte Partington Year 10

"I did the Sleepout to challenge myself and to put myself into the shoes of someone who has to experience homelessness daily. It taught me that I should be grateful for having a warm bed and a home to live in and of how much of a difference simple, small actions can make."

Edward Zaza Year 11

"I'm glad I participated in the Winter Sleepout this year. It was an eye opening experience. I don't know how thousands of people do it every night in much worse conditions. The hardest part for me was finding a comfortable position to sleep in, as I kept waking up every hour or so."

Chloe van de Water Year 12

"The Winter Sleepout was an educational experience that I will never forget the importance of. It has encouraged me to take a greater interest in helping those

less fortunate than myself and has made me realise how truly lucky and privileged I am to have a warm bed and food to eat each night."

Andrea Rizos Year 12

"I did the Winter Sleepout this year because I have known people who have experienced the harsh reality of being homeless before, and it gave me hope and reassurance that there are people out there who are willing to make a difference. By participating in the Winter Sleep Out, we made a difference through spreading awareness and donating money and clothing. I will forever be grateful for this opportunity."

Samantha Folland Year 12

"I liked Winter Sleepout as it gave me the opportunity to experience and learn about what so many people in Australia have to endure every day and night, all year round. It was also good being able to make connections with others, without the use of technology."

Georgia Dutton Year 12



Vinnies Winter Appeal

In early May, student leaders launched one of our major annual social justice initiatives, the *Vinnies Winter Appeal*. Every home class watched a video highlighting the work of the St Vincent de Paul Society and the hardships many people in our community are facing.

The theme for this year's appeal was *'Hands In'*. As a social justice group we workshoped ways we could get the whole school involved and to increase donations of non-perishable food items, warm blankets and sanitary items.

Throughout the term students brought their donations to school. Year level House Captains worked hard throughout the term to gather the donated items and carry them to the Vinnies display in the Atrium. In the

last week of term, the Vinnies van came to collect our donations. It took a lot of people to load the van and we were all very proud of the success of this initiative.

Justice for Refugees

Members of our Social Justice group participated in the Palm Sunday Rally for Justice for Refugees. The Rally, endorsed by 37 organisations including Catholic Education South Australia and Catholic Archdiocese of Adelaide, was one of several held across the nation calling for more humane treatment of refugees. We heard from Zita Ngor, CEO of Women's Legal Service and a refugee from South Sudan and Senator Sarah Hanson-Young, on the steps of Parliament House.

Jessica Rossi and Lucy Jenner
REC: Student Leadership & Social Justice Coordinators

VINNIES Winter Appeal

Our local community needs your support.

- Non-Perishable Food Items
- Female Sanitary Items
- Male and Female Hygiene Products
- New Blankets and Warm Clothing

LEARNING FOCUS: **PERFORMING ARTS**

2019 College Musical

FAME Jr

After months of rehearsals and planning, it was finally time to take to the Hopgood stage and share Cabra's production of FAME Jr for four performances across two days. We were very proud to present a student-driven production for the first time, with over 80 students from all year levels participating.

Our Year 10 and 11 students, who have had the opportunity to study Musical Theatre as part of the Stage 1 Creative Arts course, worked hard to make every aspect

of our production a success, from staging and lighting to choreography and vocals. At our matinee sessions we welcomed students from some of our partner schools and it was great to see them dressed in their 80s best. From each audience response, we are pretty sure that everyone had as much fun as the performers!

While it is sad that the journey is over, we know that the memories and friendships formed will live forever.

Sally Scott, Performing Arts Coordinator



Photos are by Festival Photography, to view all the photos and to purchase, visit festivalphoto.com.au and use the access code: Cabra19





LEARNING

Blitz Week is an innovation introduced by our Learning and Teaching team, providing Year 12s a full day on each of their subjects. Students attended special workshops and excursions and completed in-depth practicals and exam revision. It was a great week and a wonderful initiative that seeks to provide additional support for our Year 12s. Here are just a few of the excursions, activities and initiatives that took place.

Blitz Week is an innovation introduced by our Learning and Teaching team, providing Year 12s a full day on each of their subjects.

The Year 12 Food and Hospitality and Food Studies classes went on a food trail throughout the Adelaide Hills. The stops included; Melba's Chocolate Factory, Woodside Cheese Wright's, Beerenberg Farm, the Haus Restaurant and the Menz Fruchoc shop. The students got to sample many delights the Adelaide Hills has to offer, learnt some interesting facts about the history of some iconic South Australian brands and even got a goodie bag with

a collection of treats from their day out. Students were able to make key connections throughout the day with a variety of reliable sources which will be beneficial for their upcoming external assessment tasks.

Ellie Rossi
Teacher

Ms Jenner's Stage 2 Ancient Studies class visited the Barr Smith Library at the University of Adelaide. After an induction and tour of the library, we spent time finding resources for our Inquiry topics.

Lucy Jenner
Teacher

Dr O'Halloran's Year 12 Chemistry class put together a Hogwarts Chemistry spectacular for Blitz Week, with two Year 7 classes as

their audience. Well done to the Year 12s for preparing and providing this fantastic experience!

Catherine O'Halloran
Teacher

The Stage 2 Child Studies class visited the State Library to have a look at credible resources for their External Investigation as well as visiting an exhibition showcasing the work of Children's author, Phil Cummings. This exhibition delved into the making and creating of picture books which complements the current Children's Literature task the students are engaged in. A bonus visit to the Mortlock wing of the library was well received by all.

Deanna Riley
Teacher

During Blitz Week, Grace Lam decorated 60 iced biscuits with her own designs for cross-disciplinary studies (modified). These were enjoyed by the staff and her friends in the St Mary's Unit.

Cheryl Webber
Teacher



Innovative Subject supporting Catholic Charities

Our new Business and Enterprise course has been designed for students to display their entrepreneurial skills, focusing on our changing world where critical thinking and creativity are required. Students work in teams to design, run and implement a fundraising business plan that will raise awareness of a local Catholic charity. They also run our Community Cafe once a week where students will be able to raise funds and awareness for a particular Catholic charity.

Students are the business managers, workers, WHS officers, cooks, cleaners, product designers and collaborative team members of their exciting initiatives.

We will also have a strong focus on the capabilities outlined in the Australian Curriculum that encompass knowledge, skills, behaviours and dispositions that will assist students to live and work successfully in the 21st century.

There will be the opportunity for some students to collate their evidence to create a Stage 1 Community Studies folio where they can gain SACE accreditation of 10 credits.

Each Monday, our team work to cook soup to be delivered to Moore St Day Centre. Students also bake muffins to serve in the Café and have been learning how to make coffees with the espresso machine. In the last week of Term 2, Annie O'Neil from Catholic Charities came to talk to the students about the variety of charities they could support through their work.

I have been very impressed with students' enthusiasm, team work and collaboration.

Nicole Laube
Deputy Principal: Learning and Teaching



LEARNING



Students as experts

At a recent workshop for teachers, some of our Year 8 students shared their knowledge and expertise of learning through Minecraft. The students demonstrated many of CESA's Living Learning Leading Capabilities. They were confident, knowledgeable and

Subject Expo, VET information and Pathways Night

In late July, Year 9, 10 and 11 students were able to attend a Subject Selection Expo during the school day, to learn more about the subjects they are interested in.

Training) Coordinator also organised a VET Information and Pathways night. Students from Years 9 to 12 were encouraged to attend with their parents. They could meet university personnel and find out about university courses for 2020 and beyond, explore what the Defence Force offers, meet VET providers and discover options for 2020 courses and for further training, such as apprenticeships.

We recognise the importance of providing wide and varied learning opportunities that are individualised to encourage each young person to seek excellence in their academic pursuits.

ICT literate, as well as being collaborative, effective communicators. The photos capture the respectful interaction and teacher progress in learning that occurred on that day.

Each curriculum area had an informative display with staff and Year 12 students available to answer any questions.

That evening, the Learning and Teaching team hosted a Subject Expo. Tanya Sharkey, our VET (Vocational Education and

We recognise the importance of providing wide and varied learning opportunities that are individualised to encourage each young person to seek excellence in their academic pursuits. It was an exciting, informative and varied Expo. Thank you to all parents who were able to attend as we continue to work in partnership to create individual and successful educational pathways.

Nicole Laube
Deputy Principal: Learning and Teaching



Ski Trip

During the first week of the July holidays, 35 senior school students and five staff members travelled to Mt Buller for the 2019 instalment of Cabra's annual ski trip. We spent six days in the snow, skiing and snow boarding by day and enjoying many fun group activities in the evenings.

A great time was had by all, as these student testimonials show.

"I was lucky enough to have been given the opportunity to go on the ski trip to Mt Buller with the most beautiful group of students and teachers. It was an amazing week and I bonded with so many unexpected people, making life long connections. Resilience and perseverance was a strong theme throughout the week. I loved the gratitude wall as it was an opportunity to reflect and be appreciative of the people around me. I would highly recommend this trip to everyone!"

Rebecca Mangelsen
Year 11

"The ski trip to Mt Buller this year was one of the best experiences I've had in my time at Cabra. Although there were a few factors that could have placed a dampener on the

trip ie. weather conditions, lack of snow and personal injury, we all managed to have a terrific time nonetheless. I enjoyed making closer relationships with my peers and teachers, as well as having a great time out on the slopes. Besides learning how to ski and snowboard, we all learnt how to be independent and responsible on the mountain. I am so grateful to have had the opportunity to have spent a week with great teachers and peers."

Eloise Goodall, Year 11

Common Ground Conference

Common Ground is an annual conference which brings together potential leaders from Dominican Colleges, with the aim of developing leadership skills and providing students with a greater understanding of the Dominican identity of our schools.

This year's conference was held at Nunyara Conference Centre in Belair, and included twelve Year 11s from Cabra, along with students from St Marys College, St Dominics Priory College and Blackfriars Priory School. Students looked at our theme of "Dare to Speak," and how part of their call is to be other-centred.

"The 2019 Common Ground conference was an eye-opening experience for all involved. With a fervent and unshakable interest in learning and sharing knowledge about one's own, and others' Dominican environment, the conference enriched everyone's appreciation for the different ways in which the Dominican faith is shared and celebrated. From the opportunity to interact and learn from a Kaurna representative, to the chance to brainstorm and share ideas in a passionate and vivacious context; the conference catered to and consistently engaged both students and teachers from start to finish. The team-oriented activities integrated both within and between sessions helped to not only strengthen bonds between those involved, but shape friendships, friendships that will continue to flourish as we, collectively, work to spread the spirit of Saint Dominic wherever we tread. Common Ground's embracement of teaching through listening, discussing and debating was only accentuated by the way students looked to each other to further their understanding of the Dominican world that they were beginning to see they are truly a part of."

Allivia Pratt and Aaron Quick
Year 11

CAPABLE CONFIDENT CITIZENS

Initiatives for student wellbeing permeate learning on a daily basis and in many different ways. Special events, targeted excursions, daily prayer, fun activities and specific elements of the curriculum all work together. This approach links explicitly to our Vision Statement and our ongoing commitment to empowering young people and building their confidence and capabilities as citizens.

Celebrating Women breakfast

In Term 2 we held our first "Celebrating Women" breakfast, as part of our student wellbeing program, The Rite Journey. Year 9 girls invited a female mentor to a breakfast prepared by Ms Ellie Rossi, Mrs Ros Patterson and students. Guests participated in activities designed to promote fun and

connection across the Year 9 community. As part of our commitment to supporting other women, students and guests generously supported Catherine House with donations of toiletries and hygiene products. Guest speaker, Danielle Demourtzidis from The Girl Gang Wellness, spoke about some of the issues that teenage girls face and engaged guests with some thought-provoking questions about friendships and which generation had it harder as teenage girls. It was a wonderful morning of food, fun, connection and conversation. We look forward to the men's breakfast, which will be held Tuesday 3 September.

Guests participated in activities designed to promote fun and connection across the Year 9 community.



CAPABLE CONFIDENT CITIZENS

PARTY@RAH

The Prevent Alcohol & Risk-related Trauma in Youth Program (P.A.R.T.Y.) is an innovative program that draws on the experiences of trauma professionals and trauma survivors to educate young people, by showing them what can happen when they make a risky decision.

The program focuses on preventing accidents before they happen by giving secondary school students real-life experiences in emergency and trauma units.

Year 10 students travelled to the Royal Adelaide Hospital for P.A.R.T.Y.@RAH as part of the Protective Practices subject.

Students participated in a scenario that took them to the Emergency Department and Intensive Care Unit to work with doctors, nurses and allied health officers that took time out of their day to give insight into what it would be like to be a trauma patient. They showed the consequences of the choices people make and gave strategies to get out of unsafe situations. Students finished the day by listening to a real life trauma survivor who generously shared his story.

Students were also given a unique insight into the work these medical professionals do, hopefully giving them a new-found respect for medical staff as well as new career options. Afterwards, we held a debrief session with one of our counsellors, and students shared stories of the day within their Houses.

Laura Foti
The Rite Journey Coordinator



CAPABLE CONFIDENT CITIZENS

In Term 2, each House held a Good News Assembly, where students shared good news and photos from each year level and House Leaders awarded students who have excelled in their dedication to living out their house motto.

students challenges and helping them acquire the skills, resources and mindset necessary to overcome them.” Andrew Lines, creator of The Rite Journey.

Quiz competitions are also a fun way to increase connectedness within Houses.

Resilience is built by giving students challenges and helping them acquire the skills, resources and mindset necessary to overcome them

As part of Year 9 subject The Rite Journey, boys and girls learn separately and participate in a number of physical challenges, such as learning to juggle with up to four balls. “Resilience is built by giving

In an effort to balance student screen time with healthy ‘green time’, (social outdoor play), picnics for each house were scheduled during Pastoral Care lessons.

In Week 2, the Year 7 to 12 Boylan students and staff enjoyed their House Picnic on the Cabra small oval in glorious sunshine! Giant wooden garden games, including Jenga, Connect Four and Dominoes (to name a few) provided the entertainment whilst shared picnic food and face-to-face social interaction helped nourish the hearts, bodies and minds of our Boylan community members.

A very generous quantity of Vinnies Winter Appeal donations were received from students and families at this time, making the picnic gathering worthwhile for those beyond our community also.

Narelle Sandercock
Boylan House Leader





COLLEGE **INNOVATIONS**

The New Caleruega Hall

The new Caleruega Hall is taking shape and is on schedule for completion at the end of this year. The recent photo shows that the roof is on and the concrete is laid for the base of the flooring. The architect's renderings show the detail that will come in the last few months of this large-scale project. The new "Cal" Hall will indeed enhance the way we play, learn and celebrate at Cabra and we look forward to the day very soon when all Cabra students can access this amazing facility.





Architectural Award for the Thérèse Sweeney Music Centre

At the recent SA Architecture Awards, Russell and Yelland Architects won the 2019 SA Colorbond Award for Steel Architecture for our stunning Thérèse Sweeney Music Centre. We congratulate Russell and Yelland and also our builders Kennett for this wonderful achievement.

These photos, featuring Cabra music students, were taken by Sam Noonan for the submission.



EXTRA CURRICULAR - ACE



This year, we have refurbished a program we used to call "Gifted and Talented" and given it the more inclusive title "Academic Challenge and Enrichment," or ACE.

All students are welcome to participate in the myriad of extra-curricular opportunities offered in ACE, which is led by Ms Laura Foti. We encourage any student who likes to "think outside the box" to look into the many activities of ACE, some of which are highlighted below.

We encourage any student who likes to "think outside the box" to look into the many activities of ACE...

2019 Senior Academy Conference

On 21 May, seventeen senior students attended a study day at Concordia College with nine other South Australian secondary schools. This study day is an annual event, organised by Julie Arliss, founder of Academy Conferences and principal examiner at Cambridge University in the UK.

Julie discussed ideas around epistemology; philosophy, love and relationships while guest speaker Jeffrey Hodges presented a provocative discussion about tolerance and freedom. Dr Chris O'Neil, founder of the MYRIAD project, presented his study of the psychology of outstanding achievement. The day culminated in a debate around mobile phones being banned from schools.

Students came away with more questions than answers and some skills in critical and logical thought processes for responding to the world around them.

da Vinci Decathlon

Cabra had two teams recently compete in the da Vinci Decathlon at St Peters Girls School. This is an academic competition designed to challenge and stimulate the

minds of school students. Students compete in teams of eight across 10 disciplines: engineering, mathematics and chess, code breaking, art and poetry, science, English, ideation, creative producers, cartography and general knowledge.

Laura Foti
Academic Challenge and Enrichment Coordinator

World Scholar's Cup

After three months of preparation, 27 students from Cabra participated in the Adelaide regional round of the World Scholar's Cup at Scotch College. Over two days of writing, debating and testing, the students walked away with medals and trophies including first place top senior team. In the lead up, students had to learn the syllabus of six subjects relating to this year's theme of "A World on the Margins".

It was such an amazing experience to compete against like-minded students from other schools across the state and students can't wait to compete in the global round in Sydney later this year.

Brittany Ayliffe, Lucy Thiselton and Mia Mathew-Klose
Year 11 students

Year 9/10 Girls Innovation Workshop

On Thursday 2 May, a small group of Cabra students attended the Innovation Girls Workshop run by The STEMable Project at Flinders University, Tonsley. The STEMable Project is a not-for-profit organization (run by Catherine O'Halloran and ex-Cabra teacher, Lara Lang) aiming to encourage young females to continue in the STEM subjects, where girls are traditionally under-represented. Five Year 9 girls attended as participants and two Year 10 girls were volunteer workshop leaders. This was an excellent opportunity to hear from guest speakers who have found success in their STEM careers and to hear how they overcame their challenges. The afternoon consisted of solving real world problems using STEM skills such as critical thinking, collaboration, communication and creativity.

Catherine O'Halloran
Science Teacher



EXTRA CURRICULAR - SPORT

Winter Sport

Despite the current lack of a gym on campus, winter sport has continued without a drop in student numbers.

Friday night table tennis is currently being played in the Monica Farrelly Atrium, which is very spacious and a lovely space for spectators to catch up on some reading between sets.

In early July, three netball teams and accompanying staff travelled to Queensland for the Gold Coast Netball Carnival. Staff reported to the Principal that she should be very proud of the students and how they were carrying themselves during the

carnival. The Cabra teams were presented with the Spirit Award voted by umpires in recognition of how the girls had approached the carnival.

We were also very proud to hear about the Year 8/9 Boys Knockout football team winning their game against Henley High, a specialty football school. Following this, they won again at Rostrevor to advance to the Grand Final. Well done boys.

The Girls Open Knockout football team had the fantastic opportunity recently to play against the Power Academy team. We may not have won but we were competitive and the girls and their coaches really enjoyed the experience.





At Principal's Tours, masses, liturgies, assemblies and concerts throughout the year, Cabra music students have many varied performance opportunities.

For several years now, a group of Cabra students and staff have been travelling to Mount Gambier for the annual weekend festival, Generations in Jazz, which brings together young musicians from all over Australia.

Now firmly lodged in the Cabra calendar, Generations in Jazz 2019 was another brilliant weekend of music. The cold temperatures of Mount Gambier could not dampen the enthusiasm of our students who were able to join 8000 other kindred spirits for this annual event. Our Big Jazz Band, Concert Choir, Revelation and Soul Train all enjoyed the performance opportunity of a lifetime. A highlight was seeing amazing performers such as Kurt Eling, Lizz Wright, Joey DeFrancesco and James Morrison.



OUR PEOPLE



1



2



3

We introduce to readers of *The Good, the Beautiful and the True*, profiles of some of our staff. You can find more on the college website cabra.catholic.edu.au/discover/meet-our-staff/

Ruth Evans St Mary's Unit Coordinator

Ruth brings a wealth of experience, including a degree in special education, to her role. She shares below what she loves about working in the St Mary's Unit.

"Much of my career has been working with students with special needs. I love that I work with the St Mary's Unit students most of the school day. I love that our staff, facilities, the inclusive approach of Cabra Dominican College and the opportunities accessed by our students are innovative, cutting edge and of the highest quality. I also love that I am humbly following in the footsteps of the Dominican Sisters whose incredible vision, steadfast conviction and compassion for students with special needs ensured the establishment and continuation of the St Mary's Unit."

Ruth is involved in many aspects of Cabra, teaching Society and Culture – Religion, Language Enrichment, Community Studies and also SMU subjects. She is involved in the Cabra Musical and is also the producer for the annual Cabra Celebrates.

Joel Morizzi CEA Sport Coordinator

Utilizing his leadership skills, coupled with his passion for sport, Joel provides wonderful service to Cabra students as the coordinator of extra-curricular sport. Whilst he is most at home on the basketball court, Joel loves all kinds of sport and is passionate about kids' involvement in sport.

"Participation is so important. I love being involved in all kinds of sports and I love to see kids get involved."

He enjoys coaching basketball and soccer across all ages, abilities and skill levels and he also enjoys the interaction with the many staff, parents and old scholars who coach a wide variety of sports at Cabra. Joel can also often be found umpiring a football or basketball game, or teaching Maths and Science.

Sandra Ciccarello Learning and Innovation Coordinator

Sandra's work in the library enables her to promote a love of reading as well as work with students who need guidance with research and information.

"I love that I meet and work with many students in all year levels and collaborate with staff on projects, activities and events. Together we develop ideas, units and resources that are innovative and inspirational. My focus has been developing STEAM activities, with particular interest in digital technologies and project based learning.

I love teaching Italian; that is my passion! I really enjoy being in my Genius Hour class and am involved in co-curricular activities like Tournament of Minds, World Scholars Cup and debating."



Henry Whiting **Kavanagh House Leader**

Kavanagh students have homerooms in the St Catherine's wing of Cabra's historic convent building, which House Leader, Henry Whiting, believes helps give Kavanagh an enhanced sense of connectedness.

Asked what he loves about his role as Kavanagh House Leader, Henry gives three reasons:

"Being involved in house activities and celebrating with the Kavanagh community; working with students to see them develop their own leadership, and working with other house leaders to ensure continual improvement of our house system."

Henry's varied teaching at Cabra ranges from RE and The Rite Journey to Science and PE. He coaches Years 7 to 9 Knockout Football and the Open Girls Football team with Mr Liam Carr. He previously worked at St Mark's College in Port Pirie.

Beth Caldwell **Kavanagh House Leader**

Beth has a special interest in diverse learners, and working and studying in the field of special education has given her the opportunity to appreciate learning in a broad sense and to understand, value and pursue our college vision of developing the unique gifts of the individual.

"I love the sense of community that working in Kavanagh house brings, walking along the veranda of the old building and talking with students. I enjoy working to develop our community as a House and as a college. It is a privilege to work with students across the year levels, and to see students take leadership opportunities and an active role in their community. I love being involved in events like liturgies and Masses, Sports Day, and Pastoral Care activities. Some of my non-teaching roles that bring me immense joy are directing Cabra Celebrates, choreography for the school musicals and working in Café Crumbs on Thursdays."



Toni Fisher **Moore House Leader**

Toni worked in the Middle East and in Queensland before moving to South Australia and becoming Moore House Leader at Cabra.

"I love working with the families and students of Cabra. It is a very tight community and my role enables me to share their journey at some of the most important times of their lives."

Toni teaches Mathematics and Science and has a passion for robotics and STEM.

Liam Carr **Moore House Leader**

Liam came to Cabra after being Head of Senior School at St Francis de Sales College and previously teaching at Caritas College in Port Augusta.

About his role as a House Leader, Liam says, "I love the fact that I can develop relationships with families as their child progresses through school."

Liam is a PE Teacher as well as The Rite Journey Boys Coordinator, and coaches the Open Girls Football Team alongside Mr Henry Whiting. Liam is currently studying for his Masters in Educational Leadership.

OLD SCHOLARS - FROM THE ARCHIVES



The Boarder's Day

As we lie in bed each morning
We hear the muffled sound
Of voices, bells and footsteps
Of Sister on her rounds

The light goes on, we grumble
The bell rings and there's groans
"Are you getting out of bed now?
Come on you lazy bones."

So we stumble out of bed then
And to the bathroom race
Into our clothes we scramble
"Hurry down or you'll be late!"

So we gather up our courage
To face the bitter air
Into the Church. Mass. The out again.
And then to breakfast tear.

Our beds to make and tidy
Our charges to do sometimes
Our teeth to clean then books to get
And into school in lines

Our lessons hard and tiresome
Demand time and "know how"
With recess for ten short minutes
And dinner break for an hour

Yes dinner for the boarders
We just can't wait to see:
Will it be something different
A disappointment or a treat

Sometimes we go to sport practise
Then back again to school
There's always something to remember
Just keep with the rules.

At ten to four the bell rings
There's the lunch rush at that sound
But "It's Honours turn for seconds"
When Friday comes around

An hour then at our leisure
From four o'clock till five
That's if there isn't basketball,
Or YCS tonight

At five o'clock there's study
At six o'clock there's tea
And then there's recreation
Which we wait for in glee

The 'dead-bel' goes at seven
Then rosary till half-past
And then its back to study
Ah! Nine o'clock at last.

We pull on our pyjamas
All full of energy,
We race down to the bathroom
As quickly as can be

We get a shower if lucky
If not we wait our turn
Those naughty girls who 'book' them
Won't they ever learn?

With showers and baths all over
We make our way to bed
No talking in the meantime
The lights go out at ten

At last the days is ended
There's nothing more to say
Just go to sleep till morning
When the routine starts next day

Deirdre Roberts
Leaving I 1963

Deirdre Taylor

This poem was written by Deirdre Taylor (nee Roberts) who boarded at Cabra from 1959 to 1963. Here she tells us of her life beyond Cabra.

"I came from a farm in Warrachie, a railway siding in the middle of Eyre Peninsula. The school in Lock only went to Year 7 so I was sent to board at Cabra for my secondary schooling, following in the footsteps of my Dad's sisters.

I remember well the nuns who looked after the boarders and my teachers (Sr. M. Perpetua, Sr. M. Merici, Sr. M. Paul, Sr. M. Helen, Mother Thomas, Sr. M. Finbar were some). I also remember the other boarders and had a special bond with those who came from Eyre Peninsula. I was privileged to meet people from all over SA and NT and even befriended day scholars! So my time in Cabra had many benefits other than scholastic.

It was also a time when I got to know some of my father's and mother's family who lived in Adelaide. I stayed with them on free weekends, and I became familiar with Adelaide.

The poem says it all about the routines and rules of a boarder, but the personal and spiritual development are not mentioned there. At Cabra I became grounded in my Faith by daily practice of Mass, Rosary and Sacraments, Religion Lessons, Retreats, Prayers, singing at special masses including nun's funerals (liturgy songs which remain with me today.) I was confirmed at Cabra.



The poem I wrote back then, mentions the recreation hour which ‘we wait for in glee’. Yes....Mary Cash (from Streaky Bay) used to play the piano and all us country kids used to do the old style dances. How we loved it! A good reminder of dances back home but also preparation for the inter college dances with Rostrevor and Sacred Heart and our future social life.

I Matriculated at Cabra, then attended Western Teachers College and became a Junior Primary teacher. I was boarding with a friend I met at Cabra – Mary Edmonds (now Crook). She became a Home Ec. Teacher and we both got appointed back to Eyre Peninsula. While at Cummins Area School I made many lifelong friends and met my husband. We married in 1971.

I continued teaching full time and then had three children – Julia, Anton & Scott. In those days you had to resign to have children. After that I did contracts and relief teaching in various Lower Eyre Peninsula schools until I retired at age 60.

My husband and I also built up a farming operation and were farmers in the Coultas/Wangary area most of our married life. My husband died in 2015 and I have now relocated/retired to Port Lincoln at the age of 72.

I have only ever been able to attend one Cabra Old Scholars Reunion and the Closing of the Boarding House was very nostalgic as I walked back through the buildings which held so many memories. My Cabra ‘wake up bell’ which I bought then still has pride of place on the shelf.”



Victoria and Andrew Warner

Now married with three children, Victoria Hodge ('00) and Andrew Warner ('97) attended Cabra at the same time but were not yet friends. Victoria tells us what happened next.

My sister Trina Hodge ('96) was dating Andrew's best friend Joe Versace ('96) so I would often see Andrew this way. It wasn't until I was in year 12 and Andrew was studying at University, I started to take an interest in him. Although Trina and Joe were no longer dating we would all often go on skiing trips together, it turned out on one of these trips Andrew and I were sharing accommodation and the rest is history.

After eight years of dating we married in 2008 at Cabra Chapel in front of 120 close friends and family. Joe Versace ('96) was

our best man and Trina Hodge ('96) was our Maid of Honour. We now have three children, Thomas, age 8, Millicent age 6, Alice age 3, all who attend a local Catholic school in our area. We celebrated our 10 year wedding anniversary last year (2018) in Sydney (kid free.)”

Andrew studied Chemical Engineering at the University of Adelaide and is now working as a Project Manager for an engineering and surveying firm called FYFE.

Victoria studied Primary School Teaching at the University of South Australia and is now working as a Year 4 teacher at St Peters Woodlands Grammar School Glenelg.

“We both have fond memories of Cabra and, while different, can both agree Cabra set us up for life and education outside of school.”

OLD SCHOLARS

Performance in Carnegie Hall, New York

In June 2018 Hannah Green ('18) was invited by Kirby Shaw to join his Masterwork Festival Chorus to perform in a special event with singers chosen from the US and other parts of the world - Hannah was the only singer to represent Australia. The Manhattan Concert Productions event entitled 'Turn The World Around' was part of Carnegie

Jefferson State Choral Coalition at Southern Oregon University. As well as overseeing countless school and university recordings, Kirby is also a member of an a cappella jazz ensemble and has nearly 3000 choral compositions to his name which are sung all around the world today.

On the invitation of Saz Burton, Kirby visited Australia in 2017 to share his expertise, in a series of workshops involving several

Hannah had the following to say about her experience.

'Performing in Carnegie Hall was a valuable experience and a great opportunity to make connections with people from all over the States. A few months prior to the trip I was sent the music and lyrics to a set of seven songs which had to be learned from memory in time for the rehearsals in New York in the lead up to the performance. I was excited to finally take part in live rehearsals in NY following months of practice on my own at home. It made me realise how music is such a universal communicator. I was able to sing in harmony with 180 others who live thousands of kilometres away on the other side of the earth who also, had dedicated hours of practice to this one purpose. I feel very privileged to have had this experience'.

The workshops culminated in a mass inter-choral performance where Hannah was personally selected by Kirby for a solo.

Hall's 2019 Summer Concert Series.

A collection of songs were written by Kirby especially for this production.

Kirby Shaw is an accomplished American composer/arranger/conductor with an extensive list of credits to his name. He has pioneered several innovative and highly acclaimed American University vocal ensembles and is currently directing the

school and amateur choirs and also Adelaide's renowned Festival Statesmen choir. The workshops culminated in a mass inter-choral performance where Hannah was personally selected by Kirby for a solo.

Following months of planning, preparation and saving Hannah travelled to the US with her family to realise this incredible opportunity on June 9 this year.

1. Inside Carnegie Hall 2. Hannah with Kirby Shaw 3. Hannah with the performance poster outside Carnegie Hall





Kara Walker

Kara Davidson ('00) married Adam Walker in the Cabra Chapel on Saturday 19 January, 2019.

“I was the trumpet player in all the bands from 1997 to 2000. Very fond memories of my time in the music department at Cabra in the late 90s.”

Kara’s sister Kit Fraser (nee Davidson) from the class of 2002 was one of her bridesmaids.

“My mum Paquita Davidson (nee Roberts) went to Cabra in the late 60s, my aunty Deirdre Taylor (nee Roberts) went to Cabra. The best man married his wife here too!”

Kara now works in a financial sales role in the not for profit sector, and she and Adam are expecting their first child in November.

Editor’s note: In researching the FROM THE ARCHIVES section of this magazine, we realised that the poem on page 24 was actually written by Kara’s aunt, Deirdre.

Samantha McLean

College Captain in 2014, Samantha McLean recently returned to Cabra as a contract teacher.

“I was at Cabra from Year 6 until I completed my schooling in Year 12 in 2014 (so seven years, 2008-2014). Absolutely loved it! I could not have thought of a better place to complete my schooling the teachers were the most supportive I could have asked for.

When I was in school, I did not know what I wanted to do, but after seeing how supportive and inspiring teachers were at Cabra I went on to complete a Bachelor of Teaching (Middle/Secondary) and a

Bachelor of Health Sciences at Flinders University from 2015 and graduating at the end of last year, 2018.

Throughout that time I was inspired to teach in Catholic schools, because of my time at Cabra. I enjoyed my education and wanted to make a difference in students’ lives whilst sharing my faith with them, so I got a scholarship from Catholic Education to go to Whyalla and complete my final prac there for a term and a half.

It has been so rewarding and fulfilling coming back to Cabra to work in a supportive environment and form relationships with students and staff as a teacher rather than a student.”

Samantha is pictured in her recent staff photo and also as College Captain in 2014 with Linus Johnson.

OLD SCHOLARS

“In a school established over 130 years ago there is a wealth of stories to be told,” Sandra Hill, past librarian and recently retired Volunteer Archivist.

The planning for several reunions is underway. It's time to get together with old friends and make new connections. Please contact the person listed below for your year level reunion.

Upcoming Reunions for 2019



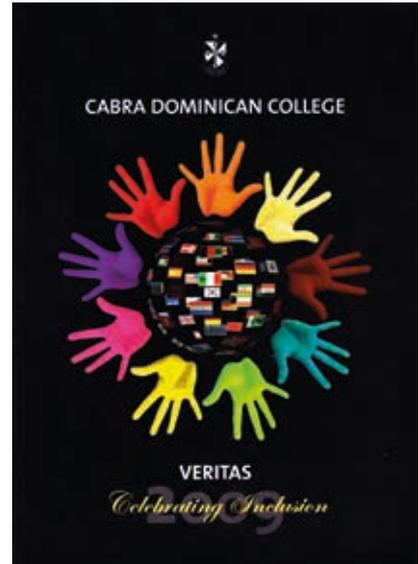
Class of 1969

50 Year Reunion, Margaret Seears margaretseears@gmail.com; Kath McEvoy katjim2@bigpond.com; 'Angus and Maria Archibald' archibald.swinton@gmail.com; archibald.swinton@gmail.com; date Saturday 9 November, Cabra tour and refreshments time tbc, followed by afternoon at the Edinburgh Hotel, 2pm - 5pm



Class of 1989

30 Year Reunion, Saturday 2 Nov, Reunion and College tour (facebook). Contacts: Ros Bates, r.bates1@hotmail.com and Agnieszka Betterman (née Lazarski) agnieszka@adam.com.au



Class of 2009

10 Year Reunion, Sarah Giles sgiles@cabra.catholic.edu.au, date TBC

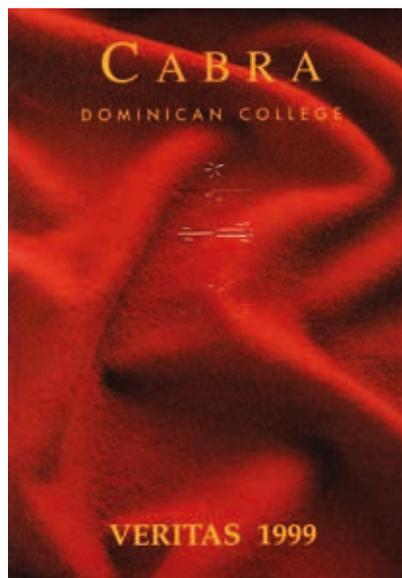
Class of 2018

New Old Scholars 'Back On Campus', hosted by Cabra, TBC



Class of 1979

40 Year Reunion, Julie Starke c.j.starke2@internode.on.net, date tbc



Class of 1999

20 Year Reunion, Nicolle Cantone nicolle.cantone@sa.gov.au, date August (TBC)

St Mary's Unit Reunion

Hosted by Cabra, details to be confirmed

We would love to hear about all that is good, beautiful and true in our old scholars' lives. Please visit our website, or contact Old Scholars Administrator, Anastasia Harvey, on 8179 2474 or oldsolars@cabra.catholic.edu.au to tell us your story, to talk about a reunion, or to update your information in our database.

THE **GOOD**, THE **BEAUTIFUL** AND THE **TRUE**

by Katia Labozzetta and Sarah Croser, 2000

Chorus:

*On a journey together we search for truth
Valuing our difference, embracing our youth
Celebrating freedom in all that we do
To find the good, the beautiful and the true*

On Kurna land Cabra now stands
With open hearts and open hands
Proud of its history and the Dominican way
Sharing dreams and hopes for today

Chorus

A rich heritage of courage and strength
Celtic sisters came with intent
Inspiring us to never give up
Living the Gospel of love

Chorus

People of God using our gifts
Our mission's strong to work for justice
Including all and welcoming too
Forgiving each other is what we learn to do

Chorus

Learn to learn, learn to live, learn to fly

Chorus

To find the good, the beautiful and the true.



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