



27 February 2025

Dear Parents and Caregivers,

## 2025 Term 1 Week 5 College Update

### Lent

We will acknowledge the beginning of Lent here at the College with Ash Wednesday Liturgies on Wednesday 5 March. The three pillars of Lent – prayer, fasting and almsgiving – can draw us deeper into the warmth and light of God’s love and enable us to see the world more clearly as we prepare for the new life of Easter.

### Appointments

It is acceptable for a student to be absent from school when they are required to attend a medical, dental or specialist therapy appointment, provided the appointment **cannot be made outside of school hours**. In these instances, parents and caregivers have a responsibility to notify the College as soon as possible of the absence and explain the reason for the absence. Students should also be made aware of any such appointments before the school day commences and should then visit Student Services to sign in or out.

### Sports Day

A reminder that next Friday 7 March is the College Sports Day, and we look forward to a fantastic day of friendly competition. Parents and caregivers are most welcome to attend, and we appreciate your support for this excellent community event. Off site parking is available near Woolworths and Big W, Cumberland Park. The importance of community at Cabra is very strong. We value this sense of belonging and partnership and believe student involvement in community events like Sports Day creates a special atmosphere and develops a strong sense of pride in our community. Further information is available in this [Parent Information Letter](#), which was emailed to families earlier this week.

Note: Please ensure that your child has their own water bottle on the day! We ask also that parents/caregivers do not take photos of Cabra Dominican College students at Sports Day.

## Discussing student learning and/or wellbeing concerns

Our Year 7 – 12 Student Learner Conversations take place in Term 2. These conversations provide an opportunity for students, parents and teachers to discuss academic and personal progress. Student Learner Conversations will focus on learning, and how your child can continue to grow and succeed in their subjects. The Student Learner Conversation is not a time to discuss, in detail, major learning difficulties – this may best be left for a separate occasion where there is more time available.

Please note that **you do not need to wait** until Student Learner Conversations to discuss major learning or wellbeing concerns. If you would like to arrange an appointment with a particular staff member, please contact them at the College and arrange a time to meet.

## Managing COVID-19 Positive Cases

A reminder that students who are showing COVID-19 symptoms should stay away from school until acute symptoms (runny nose, sore throat, cough and fever) have cleared. Please be alert to symptoms and keep your child home from school if they display even mild symptoms.

Families are recommended to notify Student Services via [studentservices@cabra.catholic.edu.au](mailto:studentservices@cabra.catholic.edu.au) if their child returns a positive COVID-19 test.

## School Directed Non-Contact Day | Tuesday 11 March

Please note Tuesday 11 March is a school directed non-contact day. On this day, all Cabra Dominican College teachers will undertake professional learning related to the **Made in the Image of God (MITIOG) Human Sexuality and Respectful Relationships Curriculum**. This curriculum is grounded in the Catholic belief that human beings are made in God's image and likeness. It celebrates the Catholic Church's teaching centering on the dignity of the human person and as such honours the individual's worth and their right to experience respectful and healthy relationships. It is an inclusive curriculum which acknowledges and respects the uniqueness of each person's inherent goodness.

The MITIOG curriculum has been developed to ensure that human sexuality and respectful relationships education is accessible to all students in Catholic schools, and that it is delivered in an age appropriate and culturally sensitive manner. It is respectful of an individual's right to make healthy and informed choices about their bodies and their relationships. The MITIOG curriculum provides students with knowledge and strategies to explore the themes of identity, relationships, human development, reproduction and reproductive health. It supports teachers to provide quality, contemporary and pastoral human sexuality education.

## Paul Dillion – Drug and Alcohol Research and Training Australia (DARTA)

Each year, our Year 10, 11 and 12 students participate in a 90-minute session led by Paul Dillion from DARTA. Paul is a renowned speaker and presenter, and each session has a different area of focus. Paul has provided a [link for families](#) full of resources to further help you understand the range of drugs, alcohol and other illicit substances as well as strategies to help keep our young people safe. Paul is scheduled to come to Cabra again in Term 3. He also provides regular updates on [Facebook](#) and [Instagram](#).

## Enrolment Reminder

We are now taking enrolment applications for Year 7, 2028! Please visit our website to apply <https://www.cabra.catholic.edu.au/enrolment/overview/>

For further information, our Registrar would be happy to answer any queries and can be contacted at [registrar@cabra.catholic.edu.au](mailto:registrar@cabra.catholic.edu.au)

## Shrove Tuesday | Pancakes

The College Captains and Student Leaders are coordinating Shrove Tuesday Pancakes on Tuesday 4 March (Term 1, Week 6). Please see details below:

- Where: Outside the Monica Farrelly Atrium
- When: Before school (Tuesday 4 March)
- Price: \$2.00 per pancake (Cash and Card payment options available)

## Kiss and Drop

Whilst parents and caregivers are welcome to wait in the Kiss and Drop area (entrance via Little Street) prior to student dismissal at 3:15pm, we ask that you please remain in your vehicle. Any parent or caregiver on site should otherwise sign in as a Visitor at Student Services.

## On the Horizon

Please see some general dates below for upcoming events. If we have not already, we will write to you with details of the below events if they affect your child.

Date	Event
Friday 28 February	Year 8 Reflection Day
Wednesday 5 March	Year 9 Rite Journey Parent Presentation and Calling and Departure Ceremony
Friday 7 March	Sports Day
Monday 10 March	Adelaide Cup Day
Tuesday 11 March	School Directed Non-Contact Day
Wednesday 12 March	Year 7 and 9 NAPLAN Testing Window
Wednesday 12 March	Lock In Drill (10:30am)

The College Calendar is located on SEQTA Engage and the [College Website](#).

Please feel most welcome to contact us if you have any questions about this information or if you have any concerns about your child making a successful start to the year.

Yours sincerely,

**Jarrad McCabe**

Deputy Principal: People, Culture and Operations