



From the Principal

Dear St Mary's College

Last week we farewelled our Year 12 students as they head into their time of final assessments and exam preparation. Given the year that is, we needed to adjust some of our normal rituals, the main one being that we will not be able to celebrate EYEC in the usual way. On Thursday, we had a Year 12 Assembly where we presented the student awards for the year; in the afternoon we celebrated Mass with the students and their families. It was lovely to see some of the rituals from EYEC make their way into these two celebrations.

I have shared an excerpt from my farewell address to the students below.

The year 2020 began like most others; we had a pretty clear plan about where things were going. The calendar was mapped out marked by the usual milestone events – formal, camps, retreats, immersion trips, student leadership events, carnivals, competitions, performances, end of year celebrations.

Our learning was mapped for the year.

Some of us were lucky enough to have leave and overseas travel booked.

Then the world changed.

This week I have been reading about Jay Samit who is known as a serial disruptor – that's quite a job title. He specialises in innovation and change.

A disruption is defined as a disturbance or problem which interrupts an event, activity, or process. On a local and global scale, disruption has been the theme of 2020.

Samit says disruption isn't about what happens to you, it's about how you respond to what happens to you.

As we begin the process of looking back on 2020, this seems particularly important. Lots of things didn't happen. I am sure there are things we all missed, especially the opportunities to perform, compete, celebrate with our parents and carers, join with other communities here and overseas.

Lots of other things happened in different ways. We learned to adapt.

On balance we have been lucky to continue being here every day learning together. As we look back on 2020, we can feel gratitude for:

- *the strength of our community*
- *our magnificent teachers and support staff who have learnt lots of new ways to do things in 2020*
- *the fact that we are lucky enough to live here in Adelaide*
- *our student leaders*

I don't work in the Veritas Centre, I don't teach classes and I am not often mopping up the many conflicts and meltdowns that happen in the process of a year. I do know they happen.

I also know that everything I have heard about our current cohort of student leaders has focused on the positivity, resilience and creativity they have brought to leading in this year of disruption.

That is a great gift to our community. It has set a tone that we can all learn from.

The whole Dominican endeavour was born out of a response to disruption. Dominic responded to the times in which he lived. Our founding sisters responded to the call of educating girls on the other side of the world. We have responded to the changed circumstances this year has presented us.

As a community, led by our Year 12s, we can be proud of that.



Warm regards,

Clare Nocka
Principal

From the Deputy Principal

Sleep - Do we get enough of it?

A recent University of Adelaide study found that when you go to sleep is just as important as how long you sleep for. The study highlighted four different type of sleepers:

- Short sleepers (27%)
- Late-to-bed sleepers (17%)
- Long sleepers (24%)
- Overall good sleepers (31%)

What we notice here at St Mary's is a lot of students in the first two categories: the short sleepers or late-to-bed sleepers, which means a generation of young people who are sleeping less and have poor sleep quality. This has a flow on effect into the school day, with many students unable to focus or concentrate at school (which ultimately affects their learning), or arriving late as they've 'slept in' (often because they've gone to bed late), and becoming angry/grouchy/snippy and thus affecting their relationships with their peers and their teachers. Those who are overall good sleepers or long sleepers have the most favorable diets and activity levels, as they are more inclined to eat well and exercise, as they aren't tired.

The study went on to point out the importance of people developing good sleep routines/schedules. Over the holidays, we switched to daylight saving, and in the process, lost an hour's sleep. Therefore, our body clocks are still adjusting to getting up earlier than we are used to, and for many children and adolescents, this sees them arriving to school tired and not able to fully engage with their learning. Screen time also affects children and young people's quality of sleep, with many on devices in their bedroom late at night. Or if they have switched off their device, they do so just before they go to bed, and therefore take some time to fall asleep.

As we begin our final term, in what has been a difficult year all round for everyone due to COVID-19 (amongst other things!), now is the perfect time to put into place some boundaries/practices around sleep:

- going to bed at the same time each night (but not late!);
- switching off all devices at least an hour before going to bed;
- leaving all devices in another room;
- getting up at the same time each morning;

Service Awards

Service as we know is giving of one's self for the benefit of others, and in our case, the school community. Service takes time and effort; it requires patience and perseverance; and above all, a readiness and openness to be challenged and changed by the experience.

Service Awards are offered to students who nominate themselves for their involvement in extracurricular activities within the school, throughout the school year. Usually this is for those who are involved in more than two activities across three terms, acknowledging the many hours of practise or rehearsals as well as the actual 'event'. However, as you are aware this year, due to COVID-19, many of the extracurricular activities had to either be put on hold or postponed/alterd for part of the year. Therefore, the criteria for this years' Service Awards has changed somewhat to reflect this.

The criteria for selection are:

- Demonstrated outstanding commitment to the co-curricular activities of the College through regular attendance at practices and events;
- Participation in **one** co-curricular group/team/major activity (e.g. Sport, Music, Debating) during the year;
- Meeting school expectations in a positive spirit that reflect the values of the school.

Most students who receive Service Awards would say that they have received just as much personally as they have been able to give....they

have loved the opportunity to work with students across the year levels, to form friendships with people who share their interests, and the experiences offered to them have broadened their view of life.

For the St Mary's community, we have been blessed and enriched by all these students give to the school community of themselves - their dedication, selflessness and enthusiasm.



Service Award nomination forms have been given to Year 12 students, and the other year levels will receive them as the term progresses.

Lorna Starrs
Deputy Principal

Old Scholar News

Congratulations to Old Scholar Lauren Gauci (Class of 2013), who was recruited to **West Coast Eagles AFLW** for the 2021 season.

West Coast has finalised its 2021 AFLW playing list by recruiting dynamic South Australian duo Amber Ward and Lauren Gauci.

Ward and Gauci arrive at the Eagles after helping North Adelaide claim the 2020 SANFLW premiership in history-making fashion.

Working in tandem alongside retired Eagle Talia Radan, the talented defenders played an integral role in ensuring the Roosters went through the home and away season undefeated before toppling arch rivals South Adelaide by just seven points in a hard-fought Grand Final.

Well done Lauren!



2021 Enrolments - Finalising Now

We are in the process of finalising places for 2021 and offering 2022 enrolments. Families are reminded that siblings enjoy priority of enrolment at St Mary's College only if they are on the waiting list.

If you have a child at another school and you wish them to transfer here or they are due to start school please register here <https://enrol.stmarys.sa.edu.au/application-for-enrolment/start> **urgently** if you have not already done so.

Interviews are taking place now. Should you have any questions about the enrolment process and guaranteeing a place for your daughter, please contact the Registrar, Ms Tammi Gill at enrolments@stmaryscollege.catholic.edu.au or on 8216 5704.

Parents and carers are also reminded that at least one term's notice of termination of enrolment must be given for any withdrawal of place and failure to do so will mean payment of a term's fees in lieu of notice, irrespective of the date the child leaves during the term. If you need to discuss your daughter's enrolment status for 2021 please contact the Principal's Executive Assistant, Sandy Conroy on 8216 5706 to arrange a confidential meeting.

Year 8 Retreat

It was a beautiful sunny day on Wednesday 14 October for the Year 8 Retreat. The day's activities focused on self-reflection and identifying personal strengths and challenges, but also appreciating the support that others give us and how being in community is important. Students and staff even took advantage of having a relaxing time out on the beach at Henley – much laughter could be heard!

Student responses to the Retreat:

I enjoyed going to the beach at lunch because I got to hang out with my friends and I liked seeing the water. And I liked it when we stood up if we could relate to the questions and just seeing that no one is alone. I also liked making the spaghetti and marshmallow tower because I won. (Aaliyah)

I really enjoyed the SMC Shark Tank. I got to work with some people I haven't worked with before. The group I was with also won so that was nice. I also enjoyed the stand-up activity. I got to learn a lot about other people in the year and it was funny to see some people's reactions when others stood up to the random questions that were asked. (Lucinda)

On the Retreat, I really enjoyed the paper crane activity because I got to learn something new. I also liked the idea of dedicating the crane to a person you want to pray for. It was a way to enjoy myself and in the process I got to understand the story behind the 1000 paper crane wishes. I also loved the small activity where we stood up to things that applied to you....It was fun because everyone was laughing and you got to see that some people know how to do cool things like speaking different languages fluently. (Chantal)



I really liked at the end of the day how we wrote a letter to our next year selves; to me it was reflective and calming. Overall, the retreat was self-reflective. (Bella)

Lucina Loro Parham
Retreat Coordinator



SACRAMENT OF FIRST RECONCILIATION

The Sacrament of First Reconciliation was held with Fr Alan Wong with Year 3 and 7 students and their families.

This marked a special time in the girls' deepening relationship with God as they celebrated God's love and forgiveness through this sacrament of peace and healing. Reconciliation restores us to our true selves, and enables us to make peace with those who have been affected by our poor choices.

These Sacramental times encourage us to open ourselves more fully to God so that we may experience God's healing grace and forgiveness.



Special thanks to Fr Alan for leading us in prayerful reflection; to all families for their love and guidance; and to Ms Terry Cooper for her care and attention in preparing the girls for this Sacrament.

Anne Soldan
Sacramental Coordinator



3rd Row: Lula, Olive, Taylor, Imani, Indie, Eva, Annabel
2nd Row: Arianna, Ellis, Siena, Madeline, Sofia, Sofia,
1st Row: Zara

SMC Digital Arts Festival

The circumstances of 2020 have dictated that we re-think how the Arts are created and shared publicly. So, using the critical and creative thinking skills fostered so beautifully by the learning that takes place across the Arts, St Mary's has pivoted to a digital format in order to do this for our College community.

A HUGE team of Art, Drama Dance and Music staff and students created our very first Digital Arts Festival. This event was designed to take our community on a guided tour of the fantastic learning that's taken place at St Mary's in ways that hopefully surprised, delighted and entertained the audience of almost 600 Sunday evening.

If you weren't able to join us on Sunday, you can still access the event via the link below which will take you to the St Mary's YouTube Channel. So, there's still time to gather your family together and be the audience that our students have missed performing for during this challenging year.

We very much hope that those of you who have already viewed the final product, enjoyed watching the St Mary's College 2020 Digital Arts Festival just as much as we enjoyed the adventure of creating it for you, and that those of you yet to view it, will be inspired to do so.

[ST MARY'S COLLEGE DIGITAL ARTS FESTIVAL](#)

Mandy Hancock
Arts Learning Area Leader

From the Music Department

Small Jazz at the Walkerville Art Show

On Thursday 3 October, Small Jazz performed at the Rotary Walkerville Art Show. This event is held annually at St Andrews School and is known as one of the key art shows in South Australia. To compliment the near 500 art works set up, Small Jazz performed and created a fantastic atmosphere for all who attended the show. Our students were received warmly with lots of compliments and great feedback throughout the evening.

Congratulations St Mary's Music Students

In a year that has made performing live almost impossible, the St Mary's students have become very used to singing for a camera rather than a live audience. Congratulations on the excellent results from the online competitions we were involved in at the end of Term 3 – we are very proud of you all. We hope to be able to perform more live concerts in the near future!

Australian National Choral Association Southern Stars Choir showcase competition

Middle School Choir - silver award

Vocal Jazz One – silver award

AND Jordyn Griffiths named ***DIVISION ONE BEST VOCAL SOLOIST!!!***

ABODA SA band and orchestra competition

Middle School Concert Band – gold award

Senior Concert Band – silver award

Stage Band one – ***GOLD AWARD AND OUTRIGHT WINNER FOR THE WHOLE OF THE ADVANCED DIVISION!!!***



Alexandra Mantis

Coordinator of Music Digital Platforms



Did you know you can follow St Mary's College via Facebook, Instagram and now YouTube!

<https://bit.ly/STMCFB>

<https://bit.ly/STMCInstagram>

<https://bit.ly/STMCYouTube>

A great way to catch up with what is happening in our College community.



Career Chat

On 1 October 2020, the **Your Career** website was announced. The website will support people to make informed career decisions, including support to learn and train, get job ready and get career ideas.

The Your Career website at <https://yourcareer.gov.au/> supports people at all ages and stages of their career, to make informed career decisions now, and as the economy recovers from COVID-19.

Powered by world-leading labour market intelligence from the National Skills Commission, visitors to Your Career will be able to interact with a range of tools to help them understand where the jobs are now, and where they will be in the future, and which skills they may need to get there.

The Enhanced Support to School Leavers measure was also being announced. The measure comprises two initiatives:

- The **School Leavers Information Kit**, available at yourcareer.gov.au, which provides this year's school leavers with information about their education, training and employment options in 2021.
- The **School Leavers Information Service** which will provide school leavers with phone, text or email support to navigate the School Leavers Information Kit, and to access and use the Your Career website. The service also offers a personalised career guidance session with a qualified career practitioner for up to 45 minutes, where needed. 1800 CAREER (1800 227 337) or text the Service by texting SLIS2020 to 0429 009 435 or email schoolleavers.nci@dese.gov.au



myfuture has a new look. As a government-funded service, myfuture provides free online resources and tools to support students to develop self-knowledge for career decision-making. Informed by feedback from users and

experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options. myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.

Complete [My career profile](#) activities

- Use [Career bullseyes](#) to learn about career pathways related to school learning areas
- Explore over [350 occupations](#)
- Discover higher education and vocational education and training (VET) [courses](#)
- Access important [industry information](#), including employment prospects
- Get tips and tricks by reading real-life [career stories](#)
- Read [career articles](#) to discover practical information to support career exploration
- Learn more about educational [institutions](#) and study options
- Find out about [organisations](#), career resources, opportunities and career pathways
- Begin the conversation about the world of work as a [parent or carer](#)
- myfuture also offers targeted resources for parents and carers.



Explore the recent updates: <https://bit.ly/myfuture20>

Suzanne Megaw
R-12 Careers Education and VET Coordinator

Little Sprouts Playgroup

Each week, toddlers at our St Mary's College 'Little Sprouts' Playgroup discover various themes.

They have time to play at their own pace while discovering dinosaurs, exploring insects, role-playing and engaging in books like the 'Hungry Caterpillar' and 'We are Going on a Bear Hunt'. Children splash through the river and stumble through the forest until they find the bear in the cave! Last week, our 'playgroupers' looked at colours, using various sensory stations.

Lots of fun for everyone each week!

All are welcome to come along to our weekly playgroup, for 0-5 year-olds (accompanied by a grown-up), Wednesdays 9.00-10.30am.



To register before attending the first session, click on the link:

<https://bit.ly/LittleSproutsPlaygroup>

Angela Covino
Playgroup Coordinator



Mini Mary's Caritas Just Leadership Project

As part of Justice Week, the Mini Marys' (Junior School Dominican Faith Formation Group) and helpers invited the Junior School to reflect on the hurts that have been experienced by Aboriginal people.

From a Caritas Justice Leadership Program attended in February 2020, the Mini Marys' investigated these hurts through a Caritas' partnership with the Red Dust Healing program. This program knows that being close to land and nature helps healing. So, in solidarity, the Mini Marys' invited all Junior School students to explore bark or rock through quiet contemplation and painting.

To undertake and lead an activity that invites 170 girls to paint at the same time is a logistical feat. The Mini Marys' accomplished this with maturity, confidence and passion.

Starting at lunch, the girls prepared all equipment, presented the activity and its stimulus, ensured all went well in their class and then cleaned it all up. All teachers remarked on the girls' ability to create a calm and flowing activity sensitively aligned to its subject of Justice.

It is a privilege to work with such inspiring young people.

Some of the money we raised through Justice Day will go to Caritas, to assist with the Red Dust Healing program.



Anne Soldan
Coordinator Junior School Dominican Faith Formation



Junior School Liturgies

Our Junior School community has been preparing and celebrating liturgies that connect closely with their learning. We are most fortunate to be able to celebrate in our beautiful College Chapel.

Ms Aoukar and Year 1 – Beloved Pets & Animals
 Ms Andonas and Year 2 – Happiness
 Ms Cooper and Year 3 – Spring
 Mr Pastro and Year 4 - St Mary MacKillop
 Mr Care and Year 5 – The Assumption of Mary
 Ms Cremona, Ms Fanto and Year 6 – Working for Justice

Student reflections on these liturgies highlight the very real gifts we receive from God in sharing prayer with those we care for:

Liturgy for beloved animals and pets (Year 1)

"This was special because we were praying to God about our pets and God's promise to Noah. We all said a reading, sang songs and prayed to God and thanked God for all the pets and animals."

Liturgy for Happiness (Year 2)

Alexis shared, "The Liturgy was soothing and I wish we could do this more. I felt peaceful and lovely having quiet at the end of the day. It felt like God's home – a place to be relaxed. I also felt sad, but happy – I could see how Jesus was hurt in the pictures and how people live their life in anger and disappointment and also I saw how people were kind to Jesus. When I got to read my part, all my friends helped me and I felt joy and love – we were all together.

Scarlett said, "It was really nice and fun. It was nice to sing songs and read. I felt really close to everyone." Eve wondered, "It was peaceful understanding how Jesus lives. It was fun because you learn about God and you felt God's love and peace in your heart. It was cool to sit in the chapel."

Liturgy for Spring (Olive and Eva)

"At the start of Spring we gathered together to thank God for Spring-Time. It was nice to find time to pray to God. We each had a reading and no-one was left out. It looked beautiful and so many of us had brought in Spring elements to decorate our prayer mat. Everyone in the liturgy was calm and peaceful. We loved our Spring liturgy!"

Liturgy for Mary MacKillop (Year 4)

Evie: I think Mary MacKillop was a very kind and courageous woman.
 Sofia: I loved the liturgy a lot – I felt like I was being watched by Mary the whole time.
 Alli: I think she was a brave person.
 Maddie: She had an appreciation of beauty and she wasn't judgmental.
 Isabel: She wasn't just nice to the poor but also to the rich.
 Sade: She listens to God's words and doesn't ignore
 Annie: She had a lot of strength.
 Gracie: She believes in what she thought was right.
 Chloe: She was very helpful.

Liturgy for Assumption of Mary (Milla and Macey)

"Our class liturgy was a wonderful celebration of the Assumption of the Blessed Virgin Mary. We enjoyed gathering in the school chapel and being in the presence of God in such a beautiful, sacred space. We sang with joyful hearts and responded thoughtfully to each prayer. It was a meaningful way for us to connect with Mary and spend some quiet time together as a class. Praying with friends in our beautiful chapel is a joyful time for all our Junior School girls. Each liturgy has been a unique way for our girls to wonder, pray and celebrate a special aspect of our God."

Liturgy for Justice (Millicent)

"Our liturgy on Wednesday was about Social Justice. Most of us had a speaking part and we sang some songs. We focused on Social Justice because that was our theme this term. For Project Profit we have also been thinking about Justice by donating all the money we made to charity. Our class book "Malala" speaks up about girls' education. She also doesn't stay silent when something isn't right, which is our school theme, We Will Not Stay Silent. The reason why we focused on social in our liturgy today was because Justice is really important!"



Anne Soldan
 Junior School Coordinator Prayer and Liturgy



Online Safety

Do you know the following facts:

- On average, children aged 10 to 14 years have 2 active social media accounts
- On average, outside of school, 10 to 14 year olds spend 23 hours online per week
- 12% of 10 to 14 year olds share personal information online
- 9% of 10 to 14 year olds reported being exposed to inappropriate content
- 21% of 10 to 14 year olds reported being socially excluded by others online (one form of cyberbullying)
- 36% of 10 to 14 year olds said they had talked to strangers online

***The above facts come from the 2017 Youth Digital Participation Survey – A nationally representative sample of 3017 children and youth (8 – 17 years).**

Are you surprised about the above statistics? Do you want to know more about how you can help your daughter if she experiences any of the above scenarios? The Office of the eSafety Commissioner has just released a 10 minute online interactive tour for parents. The interactive tour provides tips on how you can help your daughter explore the online world and manage online issues should they arise. This is especially important as they strive for independence and peer acceptance. Topics covered are: cyberbullying, screen time, social media, personal information, inappropriate contact etc. Parents can select any topic that they are interested in to get started and close the tour at any time, resuming from where they left off the next time they access the tour.



Visit: <https://www.esafety.gov.au/education-resources/iparent/screen-smart-tour>

Giovanna Iannicelli
Technology Coordinator

Traffic Safety

I would like to communicate some important reminders and requests regarding traffic safety and awareness. Observations and parental feedback have indicated some dangerous driving behaviours which compromise student and community safety particularly in Franklin Street at the beginning and end of the day.

We ask that all community members follow the simple manageable requests below which are based on traffic safety guidelines from Adelaide City Council and the need to prioritise community safety over individual need.

PLEASE do not park your vehicle in the Drop Off/Pick Up Zone adjacent to the main gates between 8.00 and 9.00 am and 3.00 and 4.00 pm.

- You must **not** stop in a **NO STOPPING** Zone, even for a few seconds to pick up your child.
- You **may** stop in a **NO PARKING ZONE** for a few seconds to pick up a child who is waiting nearby. You must **not** park or leave the vehicle.

PLEASE do not double park on the outside of parked vehicles – this is dangerous and blocks the bike lane.

PLEASE consider delaying your arrival to collect your daughter at the end of the day by **5/10 minutes**.

PLEASE understand that it is not possible for all parents to collect their daughters at 3.15 pm outside the main gate.

PLEASE drive around the block if necessary.

PLEASE consider parking a little further away and allowing yourself/your daughter to walk.

PLEASE model responsible behaviour by always using the pedestrian crossing to cross Franklin Street.



Your cooperation in these matters will be greatly valued and appreciated.

Peter Channing
Director of Administration and Operations

ST MARY'S COLLEGE TOURS

We invite you and your family to tour the Campus and discover the St Mary's College difference.

For further information or to book your tour, visit stmaryscollege.catholic.edu.au



ST MARY'S COLLEGE

St Mary's College Absentee Phone Line 8216 5716

Please telephone before 9.30 am if your daughter is absent

St Mary's College Uniform Shop 8216 5719

Opening times - Monday 8.00 am - 11.00 am
Wednesday 1.00 pm - 4.00 pm
Thursday 8.00 am - 11.00 am

St Mary's College OSHC : 8216 5743

Drop off and Pick up

When you drop off or pick up on Franklin St in the mornings and afternoons, please move right to the top of the zone before stopping. If you can see that the car in front is close to moving on, ask your children to wait and then move into the zone. If possible, when dropping young children who need assistance it is preferable to find a parking space. If this is not possible then it is even more imperative that you move as far as possible into the drop off zone.

Following these guidelines makes the zone much safer for all of our students.



CHRISTIAN BROTHERS COLLEGE

THE WORLD BEFORE US

Principal's Tours

Junior Campus:
Tuesday 17 November
Senior Campus:
Thursday 19 November
Tours commencing 9.15am

Register online:
www.cbc.sa.edu.au/tours

2022 Scholarship applications open

A Co-Ed ELG and R-Year 12 Catholic College for Boys in the Edmund Rice Tradition