

St Mary's College

"We Grow by Lifting Others"

Issue 4, Monday 10 May 2021



From the Principal

Dear St Mary's College

Our College was alive with enrolment activity last week with three School Tours and a Come and Try Day. One of the things we celebrate as a St Mary's College point of difference is that we are a wholly integrated R to 12 school. Our youngest and oldest students share facilities and spaces; when we gather to celebrate, we do this together and our community events are for our students of all ages.

Our Junior School students enjoy the benefits of specialist teachers and facilities for Art, Drama, Music and Physical Education. From time to time, they also share learning projects.

In 2020, our particularly spectacular Year 3 class, under the guidance of Terry Cooper, supported the fledgling Grounds for Change Project. The Year 3 students used their very best persuasive writing skills to write letters to milk companies requesting milk donations. Following their success in securing sponsorship with a milk company, they set about writing to Bunnings to get materials to make a coffee cart. Their contribution made a significant difference to the Grounds for Change Project.

The story of this was captured in a School Life podcast episode, "Teamwork, big ideas and making perfect coffee." I have included the link in case you missed it.

[Teamwork, big ideas, and making perfect coffee](#)

You will hear four of the Year 3 students speak with great confidence about the coffee project as they share their impressive letter writing skills in the podcast.

This podcast episode was recently nominated for the Podcast Episode of the Year Award at the Annual Arch D Awards. Our team of young podcasters, now in Year 4, got dressed up for the occasion and went with their parents to the Awards Ceremony. They didn't win, but they did get to enjoy the celebrations and be part of something they can aspire to throughout their years at St Mary's College. It was an excellent example of the diverse opportunities that happen in an R to 12 school.

Our 2020 podcast team of Cat, Taite and Abbey (all Year 12 graduates) did win an award for Best Podcast Team, so we certainly had something to celebrate.

The work of Arch D Radio and the School Life Podcast celebrates all that it means to be part of a Catholic School Community. We look forward to seeing what the ongoing connection with James Meston and the Arch D Team will bring to our school in the future. In the meantime, look out for the Grounds for Change crew each morning and come and enjoy their perfect coffee!



Clare Nocka
Principal

St Mary's College
253 Franklin Street
ADELAIDE SA 5000



T:8216 5700

F:8216 5730

W: www.stmarys.sa.edu.au

E: enquiries@stmarys.sa.edu.au

From the Deputy Principal

Uniform Changeover

As many of you are aware, St Mary's underwent a uniform review in light of anecdotal feedback we had received about different changes wanted, and also in light of re-branding of the school. In 2018, this involved surveying students, staff and parents for their feedback and a sub-committee was formed with staff, student and parent representatives. Hambours, our Uniform suppliers, then came up with a range of different designs based on the feedback and input from this sub-committee which were then voted on by different groups of staff and students.

The roll out of the new uniform is a five year process.

Please remember: your child/daughter does not have to be wearing all items of the new uniform until 2023. This gives families this year and next year to ensure they have all items of the winter, summer and PE uniform. Therefore, if your daughter is in Year 11 and 12 at the moment, they are the only year levels who won't need to change over their uniform.

Any further questions in regards to uniform, don't hesitate to contact me at school.

Empathy

We all know empathy is important, but it exists amongst us on a spectrum and some are naturally more empathetic than others.

However, when we develop our own sense of empathy and understand what it is, we unlock the key to communication and moving forward as a species.

In her book *The Empathy Effect*, researcher Dr Helen Riess breaks down what empathy is, why it is vital, and how it can be taught. It is a helpful resource for teachers and parents, or anyone who works with teenagers who are going through changes which will 'set' their empathy levels for their adult life.

The key to learning empathy, according to Dr Reiss, is the E.M.P.A.T.H.Y method:

1. E: Eye Contact – look at a person for an extra 1 or 2 seconds to show you really notice them;
2. M: Muscles of facial expressions – pay closer attention to a person's facial muscles to notice how they're really feeling; for example: are they clenching their jaw while they tell you everything's okay?
3. P: Posture – an open or closed posture is a powerful conveyor of connection;
4. A: Affect – a scientific term for emotion....if you take the time to notice and name the affect of the person, you'll be in a better place to understand how they're feeling;
5. T: Tone of voice – the tone of what someone says, is directly linked to their meaning;
6. H: Hearing the whole person – empathic listening.....to really listen to what someone is saying rather than assuming their meaning;
7. Y: Your response – what you will do next....doing what the person you're with really needs, not just what you think they need.



Lorna Starrs
Deputy Principal



What are girls most wanting from their parents?



Raising Girls

Raising girls in today's modern world can be a difficult path for parents and carers to navigate. These days, girls are transitioning to puberty a lot earlier than they used to and the physical, psychological and emotional changes they experience are challenging. As a result, by mid-adolescence, girls are twice as likely to develop mood disorders more so than boys.

Some parents and carers may feel uncertain about how best to support their daughter through the ups and downs of adolescence and how to keep the lines of communication open. With the rise of social media and technology, mental health difficulties in girls are increasing as often they are faced with online images that make it difficult to see themselves as acceptable. Ensuring a daughter's opinions are heard and her views listened to, will go a long way towards making her feel loved and supported as she tries to establish her own identity.

In this edition of SchoolTV, adult carers will attain a clearer picture of what girls are wanting from their adult carers and how best to support them through adolescence. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.



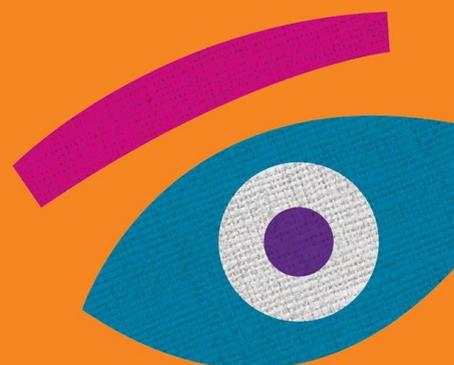
Here is the link to this month's edition
<https://stmaryscollege.catholic.schooltv.me/newsletter/raising-girls>

Christina Kilishiri
Director: Senior School

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

Easter Raffle 2021

Thank you to our St Mary's College community, and the wider community, for your generous support and donation this Easter. Particularly local businesses such as East End Flower Market, Grange Jetty Café, HG Coffee School, Café 228 and Dimattina Coffee, who dug deep to support our fundraising efforts.

With close to 5,000 tickets sold, as a community we will be able to provide much needed financial support for teachers in Battambang, Cambodia and the children in Phu My Orphanage, Vietnam. This year's fundraiser was perhaps the most important, given current restrictions meant the school community had been unable to provide assistance to the organisations in person, as in previous years. The students enjoyed celebrating the prize winners after Easter, in correlation with celebrating Jesus' Resurrection and the 50 day-long celebration in the Church.



Jean-Marie Nguyen
Student Leadership Coordinator



From the Languages Department ...

Italian Students in the Community

On Saturday 24 April, Italian teachers, university lecturers, committee members of SAATI (South Australian Association of Teachers of Italian) and COM.IT.ES (Committee of Italians Abroad) and students of Italian of varying ages gathered together to hear about the pilot study conducted by the University of South Australia entitled 'Being and Becoming an Italian – the perspective of young people'.

Olivia Kelly, Yr 11 student, and her mother Rosanna Kelly spoke at the conference. Olivia spoke confidently about her experience of growing up in an Italian family and complemented this with a discussion of how studying Italian at St Mary's has helped to support her cultural background and knowledge and her language development. In addition, she answered many questions from the audience as part of the student panel. Bravissima Olivia!!

It was encouraging to hear about the experiences of the children, adolescents and university students, from different cultural backgrounds, who have studied Italian throughout their primary, secondary and tertiary education and the positive effect this has had on their personal development and identity.

Language Cabaret

On Thursday of the last week of Term 1, Year 8 students celebrated languages in a Language Cabaret. Students dressed up in Italian or French themed outfits and decorated their tables with French or Italian objects and brought food to share. While they nibbled on croissants, pizza, grissini and eclairs, they watched groups of students perform songs and role plays in Italian and French. There were prizes for the best dressed Italian and French table and for the most creative costume in each language class. It was a lively, fun morning!



Grazie! Thanks to all! Merci!

Catrina Tridente
Languages Learning Area Leader



Holy Week Junior School Liturgy

The Junior School were retracing the footsteps of Jesus during the final weeks of Term 1 coming together for a prayerful liturgy.

Together we created a prayer space of symbols that highlighted Jesus' journey.

We reflected that each new day is a sign of trust in God as we, and all creation, let go of the darkness in order to face the light.



We heard how deep within God lies ... a God who would show, through his Beloved Son, that it is only through death that the seed of resurrection can be found.

Anne Soldan
JS Coordinator Prayer and Liturgy



Career Chat

National Careers Week
17-23 May 2021

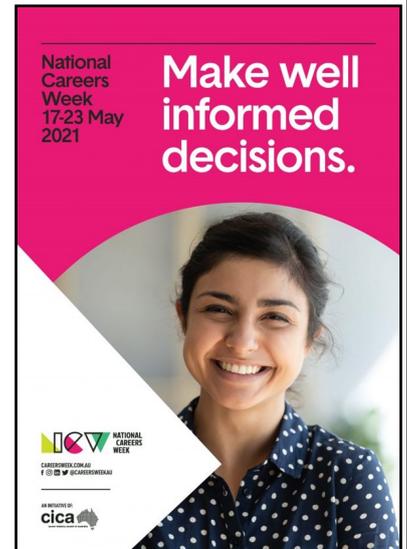
UCAT Registration
Registrations for UCAT in 2021 close on Monday 17 May.

If Year 12s have not already registered and wish to study a course that requires the UCAT for entry, they should register immediately.

To register for UCAT 2021, please visit Pearson VUE website and follow the instructions.



Suzanne Megaw
R-12 Careers Education and VET Coordinator



School TV - Cyberbullying

With the advent of the internet, smart phones and tablets, there is now a whole new digital dimension added to traditional schoolyard bullying. There was once a time when bullying victims were given some respite outside of school hours, but sadly these days, online bullying can occur 24/7. In today's world, teaching your child about online and cyber safety, is as important as learning to swim or cross the road!

Cyberbullying can be identified as being the repeated behaviour by an aggressor with the intent to harm or embarrass. Technology enables these aggressors to share information widely and quickly, making this form of bullying extremely dangerous and harmful. However, the answer is not to shun the internet nor social media. Instead, parents are encouraged to embrace it and instil a family internet policy to protect their children without limiting the freedom to learn, explore and communicate online.

In this edition of SchoolTV, parents are provided with useful guidelines and advice on how to minimise the risks. Children have the right to feel safe, regardless of whether it is in the schoolyard or online. We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **Cyberbullying** edition of SchoolTV
<https://stmaryscollege.catholic.schooltv.me/newsletter/cyber-bullying>



AVCAT Scholarships

Tertiary scholarships for the children and grandchildren of Australian ex-serving veterans

Up to \$4000 per year, for three years

Check your eligibility at avcat.org.au

Apply online August 18 - October 31
avcat.org.au

From the Music Department ...

The Music students of St Mary's had a busy end to Term 1 and beginning to Term 2!

Women's Legal services SA

On the evening of the last day of Term 1, Small Jazz provided music for the Women's Legal Services Awards Dinner held at the National Wine Centre and were very well received at this well-known and prestigious venue.

Arch D radio awards

Small Jazz again along with the Flute Ensemble provided more entertainment prior to the Arch D radio awards at another iconic venue in Adelaide - the Capri Theatre in Goodwood. The theme for this evening was the 1920s and the audience were very appreciative of the early jazz style music that the students performed in keeping with the theme.

Vocal Jazz Fest and SA Jazz Festival

In lieu of the annual Generations in Jazz Festival, which was cancelled for the second year in a row due to COVID-19, several Adelaide music organisations got together to provide a festival for both Vocal Jazz groups and Stage Bands over the first weekend of Term 2.

St Mary's College was well-represented with performances in the festivals by Vocal Jazz one and Stage Band one and two.

All three ensembles rose to the occasion and performed confidently and proudly, dealing with nerves and big performance venues, microphones and lights extremely well!

Whilst all performances were commendable in their own right and received some excellent feedback, Stage Band one were delighted to be given a gold award and named as outright third place winners in their division.

Congratulations to all of the students and director Mr Jimmy Deslandes!



Sue Rodger
Director of Music



Dominican School Leaders

Last Friday, St Mary's hosted a Dominican schools student leader gathering. This even brought together our fellow Dominican schools in Adelaide – Cabra College, Blackfriars Priory School and St Dominic's Priory College.

Our evening began with a friendly competition as we played against each other in a variety minute-to-win-it games in the Dominilympics and participated in a selection of ice breaker games led. We then tested our Dominican knowledge in a school vs school Dominican Feud, a family feud style quiz lead by Blackfriars Old Scholars. We are proud to announce St Mary's placed second!

Finally, we heard from guest speaker Claire Victory, Vice President of the St Vincent de Paul Society. Claire spoke to our leaders about the staggering statistics regarding homelessness in Adelaide and the work Vinnies does to support people who are doing it tough. She challenged us as leaders to think of innovative ways we can give back to the community.



Overall, this event provided us with a unique opportunity to connect and collaborate with our fellow Dominican schools in Adelaide. We can't wait to catch up again!

Vasilia Antoniou
Deputy Captain SRC 2021



2021

ST MARY'S COLLEGE



YR 12 TUTORING PROGRAM

TERMS 2 & 3 EVERY TUESDAY & THURSDAY 4 - 6PM
VERITAS CENTRE

**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

Scholastic Book Club R—7

Book Club Issue 3 is now available.

Final Orders are due by **FRIDAY 14TH MARCH.**

Additional copies of the brochure are available in the Library.

Please order online or take your payment to the Front Office.



PRINCIPAL'S TOURS 9:30am

SATURDAY 22 MAY
SATURDAY 26 JUNE

THURSDAY COLLEGE TOURS

HELD ALTERNATE MORNINGS AT 9:30AM
AND AFTERNOONS AT 4:00PM

REGISTRATIONS ESSENTIAL
www.stpattech.sa.edu.au



2-6 Hooke Road
Edinburgh North SA

YEAR 10-12 EDUCATION, TRAINING
& APPRENTICESHIP PATHWAYS

Youth Sport and Mental Health

Volunteers needed for research study!

We are seeking young people aged 12-17 years, parents, coaches and club officials/volunteers involved in sporting clubs to complete a 5 minute online survey.

You could WIN 1 of
10 x \$50 Rebel Sport vouchers!



If you're aged 12-17 years have a chat with your parents about getting involved.

This research project is supported by Sport SA, the SA Mental Health Commission, and the Commissioner for Children and Young People SA

For more information please email sarah.crossman@flinders.edu.au



Principal's Tour

Junior Campus
Saturday 29 May
Tuesday 22 June

Senior Campus
Saturday 29 May
Thursday 24 June

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

For more information phone
8400 4210

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



You are invited:

CESA Parent/Caregivers Workshop and Discussion Forum: Perfectionism and the Gifted Child along with an open question and answer time

When:

7:00pm – 8:00pm on 27 May 2021

Where:

School hall of Christ the King School, 126 Dunrobin Road in Warradale.

Presenter:

Dr Rebecca D. Napier, CESA Gifted Education Advisor

Cost:

Free to CESA parents/caregivers

Included:

Tea, coffee, nibbles

Other information:

This is a COVID safe event, and appropriate spacing, hygiene supports, QRC codes, and check in sheets will be available on the night.

Registration close on 21 May:

[CESA link](#) or <https://registrationcentre.cesa.catholic.edu.au/event-4291088>

Post-Separation Parenting Course

Dealing with change after Separation



A workshop for separated parents wanting to understand and manage the changes in their family.

Parents and children who are living apart often have to deal with the stress of the breakdown of the family as well as making difficult decisions about parenting. The risk of separation impacting negatively on children's well-being is directly associated with parental conflict, parental distress and multiple changes in family structure. Some outcomes include greater levels of poverty, lower educational attainment, poorer health, higher levels of behavioral problems and depressive symptoms and higher levels of smoking, drinking, drug abuse and teenage pregnancy.

Centacare's Post- Separation Parenting Course aims for parents:

- To better understand the effects of separation on children
- To better understand developmental needs of children
- To develop more strategies to help children through the separation
- To gain a better understanding of how mediation may help and what will assist you

The Post Separation Course helps parents develop strategies to allow their children to:

1. Be children
 2. Be reassured that both parents love them
 3. Have fun – laughter is a great healer
 4. Know that we respect their right to love both parents
 5. Know that we understand their feelings
 6. Be given time and space to cope with the changes
 7. Be Listened to
 8. Maintain relationships with the extended family
 9. Be kept out of the middle of conflict
 10. Have an understanding of what is happening at an age appropriate level
 11. Know that the separation is not their fault
 12. Have consistent care and routine
-

Available sessions:

Friday 28.05.2021 10:00am- 12:00pm

Wednesday 16.06.2021 6:00pm-8:00pm

Location: 45 Wakefield Street, Adelaide

(This course is also offered at our Salisbury and Murray Bridge sites- please contact Centacare on 8215 6700 for further details)

Bookings essential.

Please contact Centacare on **8215 6700** or email your details to registrations@centacare.org.au

Cost: \$5 per person.

For further dates, information or enquiries please contact 8215 6700 or email fdr@centacare.org.au
This project is jointly funded by Centacare Catholic Family Services and Department of Social Services.

Participant feedback:

"I was quite surprised with this course. Very informative and related to a lot that was said. Was great"

"I wish I used these services before. I could have better managed my family situation and well-being or negative impact on my children".

"This was very relaxed, informative session, that helped me better understand what to expect".

Centacare is a not-for-profit organisation with a strong focus on social justice. The Family Dispute Resolution (FDR) Service is child-focussed with the needs and interests of young children/people at the centre of any agreements reached, and is guided by our accredited FDR Practitioners working within the family law framework.

"We deliver responsive, flexible and effective mediation services to the SA community without regard to religion, race, culture, sexuality, gender identity or economic circumstances"



Online Safety- Interactive Tour

The Office of the eSafety Commissioner has just released for parents of young adults (10-14 years) an interactive tour that explores how to safely manage online issues as they arise. It is important as parents to learn about the digital environment in which your daughters interact and how you can help them to have safe and enjoyable online experiences. Visit the link below to take this online tour.

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