

St Mary's College

"We Grow by Lifting Others"

Issue 6, Monday 28 June 2021



From the Principal

Dear St Mary's College

At a recent Principal's retreat, Bishop Emeritus of Darwin, Eugene Hurley was sharing his reflections on the important ministry of education within the church. He spoke about a theologian he had once heard reflecting on motherhood. She shared that her experience of the primary message of a mother/parent/carer to a child was 'come as far as you can, and I will come the rest of the way.' It occurred to him that this is often the work of our vocation as educators as well.

Come as far as you can, and I will come the rest of the way.

I found this simple phrase profoundly moving, and a beautiful expression of the work that happens every day in our school community to support children and families to thrive.

We know that our students thrive in the context of a wider community. Last week, we celebrated our VIP Mass with the Junior School community. It was wonderful to see so many parents, grandparents and special friends there to celebrate. Fr Eka noted the beautiful smiles on the faces of the students as they recognised their special guests in the photos.

Recently, I was fortunate to be at the Come Together Concert hosted at St Michael's College. St Mary's College, Nazareth Catholic Community, St Michael's College and Christian Brothers College, have traditionally held an event as part of their final rehearsal for Generations in Jazz Festival. The festival has not run for two years so the schools gathered for a concert to showcase elements of each school's music program. They also opened the show with a combined orchestra of over 100 students and finished with a choir of nearly 200.

It was a truly joyful afternoon that celebrated the immense talent in the four school communities. It was good to see the spirit of teamwork that existed amongst the music and support staff of the four schools and was a testament to the strength of the Catholic Education system. Our students shone in all their acts. Vocal Jazz One received high praise from the compere who described their performance of Come in from the rain, as "an experience of pure transcendence!"

We are trialling a week of vacation care for the first time. Junior School families, make sure you have made your bookings with Anjie. We are currently finalising our 2022 and 2023 enrolments; word of mouth remains our strongest source of new enrolments. Please direct people to our website for tours and Come and Try information.

The wrap up of one semester and the start of a new one, is quite a hectic time in schools. I am sure the students will enjoy some rest in the break that is just around the corner.

Warm regards,



Clare Nocka
Principal



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Uniform Shop Holiday Hours

Uniform Shop

Hambours will be closed for the first week of the school holidays. All Hambours retail stores, online stores and wholesale will also be closed from Saturday 3 July to Saturday 10 July inclusive.

Hambours will return to normal trading hours from Monday 12 July. Hambours manufacturing (factory) will be closed from 5 July to 16 July inclusive.

The St Mary's Uniform shop will re-open Monday 19 July.

Hambours Royal Park will be open all of the second week of the school holidays.

Making SPACE For Learning

Over the past 18 months, our Junior School in collaboration with Catholic Education and the Australian Childhood Foundation (ACF) have undertaken an inquiry project called Making SPACE For Learning, which aimed to enhance trauma responsive practices for our junior school students.

Over 2020-2021 we have been successful in embedding a range of practices into everyday life, with the focus on creating safer, calmer and more predictable environments.

More specifically, we believe the delivery of daily mindfulness activities along with brain education through the Mindup Curriculum has made a significant difference for many of our students, supporting them to have the skills to feel calm, connected and able to engage in their learning.

Our focus is to keep this work alive in embedding our knowledge of trauma informed practices into the everyday activities, learning and wellbeing of our students.

The most significant changes have been:

- Classrooms are set up to provide safe, predictable spaces and routines to support students to be calm, connected and ready to learn.
- Teachers are more in tune with student needs, and by recognising signs of dysregulation earlier, are able to support students through various strategies.
- The implementation of Mindfulness activities after each breaktime by all teachers/staff including specialist teachers to support student's engagement in learning.
- The language used in classrooms with teachers & staff talking about the brain more regularly in conversations, using concepts such as flipping your lid, needing time to calm your brain down and referring to the 5-point scale.
- Students from Reception-6 can talk about the brain and what each part is responsible for.
- Students can identify where they are on the 5-point scale and identify strategies to support their own self-regulation.



Year 10 - Illuminate

Our Year 10s leapt into the "Illuminate: nextgen Challenge 2021" last week, working as teams to identify responses to problems in our local community based on the Adelaide City Council's recently adopted strategic plan focusing on 'innovation start-ups and entrepreneurialism by 2024'.

Their innovative entrepreneurial solutions are developing through consultation with mentors, and they will now tackle the development of their business canvases, financial plans, marketing and pitch presentations.

The challenge is an exciting week designed to build resilient, creative and critical thinkers prepared for the world beyond St Mary's College.

It was great to see students' eagerness to tackle homelessness, mental health, toxic cultures and technological issues.



We look forward to seeing what teams develop as the week progresses!

Celeste Fontanabella
Year 10 Coordinator



ECO Week at SMC

On 5 June, the world celebrated World Environmental Day, a day devoted to raising awareness for the environment. Here at SMC, the Justice leaders hosted Enviroweek with an aim to raise awareness for the environmental and the environmental right here at SMC. The week was filled with a variety of activities, from educational clips to pop quizzes focused on the schools split bin system. To finish off the week, the Justice Representatives hosted the annual SMC Eco Market, where students were able to purchase eco-friendly products with all proceeds going towards future SMC gardening projects. The students were creative with their stalls from pre-loved books to information stalls. The Year 5/6 students spent a week prior to the market making beeswax wraps. These were a huge hit and the students enjoyed the experience.



Jean-Marie Nguyen
Student Leadership Coordinator & Youth Minister



From the Music Department ...

Small Jazz at Her Majesty's Theatre

St Mary's Small Jazz Ensemble recently performed at the Grote Business Precinct 21st birthday celebrations. The event was held in the beautifully refurbished Her Majesty's Theatre Dress Circle Foyer, with MC Douglas Gautier, CEO & Artistic Director of the Adelaide Festival Centre.

Guests included the Hon. Lord Mayor Sandy Verschoor, Deputy Lord Mayor Mary Courous, Hon. Rachel Sanderson MP - Member for Adelaide, Adelaide City Councillors, current and past presidents, committee members and guests.

Our students entertained guests with popular jazz standards and also provided a funky version of 'Happy Birthday' to celebrate the occasion!

The night was a wonderful celebration that continues to connect St Mary's College with our city community and, in particular, our association with the Grote Business Precinct.



Concert Choir Workshop & Adelaide Choral Eisteddfod competition

Thank you to Young Adelaide Voices Artistic Director Christie Anderson for working with our St Mary's Senior Concert Choir in the lead up to the Adelaide Choral Eisteddfod. She inspired our vocalists with suggestions, and they loved experimenting with their sound in different and fun ways.

Congratulations to both the Middle School Concert Choir and the Senior Concert Choir who both placed second in their sections for the Choral Eisteddfod – what a fabulous result for both groups!

Instrumental and Vocal Concerts

16 vocal and piano students of Pat Arulapalam performed in the CPA for their friends and family with a concert revolving around the theme "If I could write a book". All the students involved put on an entertaining and high-quality performance. Thanks to both Pat for preparing the students and Eileen McCabe who put the beautiful power point together and assisted the students on stage through the script.

A few days later, over 60 student performers ranging from Year 1 to Year 12 had an invaluable experience performing for their family and friends under lights in the Centre for the Performing Arts at the Instrumental & Vocal Concert Day. Thanks to all students for their participation and to instrumental and vocal tutors for their support.

The Music Department looks forward to hosting another Instrumental & Vocal Concert Day in Term 4!



Sue Rodger
Director of Music



From the Library ...

Premier's Reading Challenge 2021

Just a reminder that there are around 70 more days for your daughter/s to complete the Premier's Reading Challenge. The completed forms are due by 3 September 2021.

<https://premierreadingchallenge.sa.edu.au/>

If you have any queries about the Challenge, please do not hesitate in contacting me. The Library staff members are happy to assist your daughters with completing forms.

Library Displays

Currently in the Library, we have some amazing pieces of students work on display.

This includes; Year 4 Art Work, Year 5 *Gold Rush* Dioramas, Year 9 *Great Exhibition* models from the Industrial Revolution and Year 11 Mathematical Methods students Graph Paintings.



Please feel free to drop in and take a look!

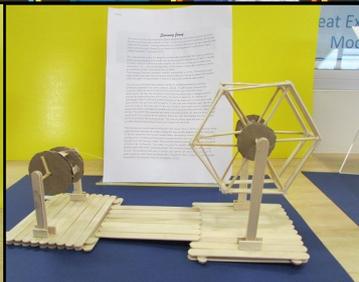
Eileen McCabe
Coordinator of Information Resources



Painting Domain and Range

By dragging paint across a graph, you can visualise the domain (values of x) and the range (values of y) of a graph.

These paintings were created by Year 11 Mathematical Methods students.



Reconciliation Week

The theme this year was 'more than a word, reconciliation takes action'.

To celebrate Reconciliation Week, the SRC (Student Representative Council) Leadership group led the school through a week's worth of activities and celebrations. The students experienced a variety of educational resources shared with them by the student leaders, such as the Uluru statement of the heart, a podcast with David Booth (a representative of the Peramangk people of the Adelaide Hills), and the significance of Mabo Day.

Throughout the week, students were also invited to decorate rocks which will be added to the school's indigenous garden. To finish off the week there was a morning Reflection and Liturgy. We were joined by Indigenous families within our school community and David Booth, a dear friend of our SMC community.



Jean-Marie Nguyen
Student Leadership Coordinator & Youth Minister



Year 11 Retreat

Earlier this term, as a Year 11 cohort, students travelled to Nunyara Conference Centre in Belair. With Year 11 exams fast approaching, it was lovely to all be together in one place, focussing on who we are as people, what strengths we bring to relationships, and taking some time away from daily responsibilities. Over the two days, students participated in the Enneagram test to explore what specific number resonated the most with them. Each number correlated to a particular type of personality and identified both strengths and weaknesses. So many students believed they are a mixture of a few numbers, and it was so interesting learning about each of the different types and understanding each other that little bit more.



Scarlett and Danika
Year 11 students



**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



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.

We can all **start the chat** about online safety




esafety.gov.au/sid

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



SWITCHED ON!
KICKSTARTING YEARS 10-12



Be Switched On!
An opportunity for families with students currently in Years 9-11 to discuss academic opportunities at CBC with our Heads of Learning, career advisors, and learning support staff plus meet with representatives from university and industry

THE WORLD BEFORE US.

Wednesday 28 July
6pm - Public Session | 7pm - CBC Students
Register: www.cbc.sa.edu.au/tours

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



THE WORLD BEFORE US.

CHRISTIAN BROTHERS COLLEGE

Flinders UNIVERSITY

HELP YOUR CHILD SLEEP!

Participants wanted for child sleep study (7-13 years old)

Want to find out how to improve your child's sleep? So do we!
Sleep researchers are investigating whether brief sleep education can improve children's sleep.

Participation for your child will involve:

- Completing questionnaires and sleep diaries for 4 weeks.
- Attend an interview and 2 sleep education sessions at Flinders University.
- Learn about their sleep through a home-based PSG recording (measures depth of sleep) before and after education sessions.

We are looking for children aged 7-13 with sleep problems (such as trouble with falling asleep or staying asleep). We will offer a \$15.00 gift voucher to thank you.

Want to find out more?
Please contact Hannah (honours student) on 0479 007 899 or whet0003@flinders.edu.au

This study is approved by the Social Behavioural Research Ethics Committee of Flinders University

