



From the Principal

Dear St Mary's College

Last week, we farewelled our 2021 Year 12 cohort. In this newsletter I have shared two speeches from the final assembly – mine and the College Captains.

To our Year 12 cohort of 2021, you are close to the end of a significant section of your lives – the "schooling years." Most of you started school in the year 2009. Back in 2009:

- *Kevin Rudd was Prime Minister of Australia, Mike Rann was Premier of our State.*
- *There were devastating bushfires in Victoria*
- *The Federal Government released a second financial stimulus package to ward off the impacts of the global financial crisis*
- *Anna Bligh became Australia's first female elected Premier – Kristina Keneally followed later that year though not as an elected Premier*
- *The first case of swine flu was diagnosed*
- *Madagascar, Monsters, Toy Story and Ice Age all had box office releases*
- *Barack Obama was sworn in as the 44th President of the United States*
- *Michael Jackson died*
- *The long-standing feud between Taylor Swift and Kanye West began when he interrupted her Emmy's acceptance speech (apparently, they are still fighting)*
- *You began school during a 1 in 100-year heat wave. South Australia also recorded the hottest November ever in that year*

In 2009, St Mary's College celebrated 140 years

- *Eileen Young was Principal of the College, and in 2017 when many of you started in Year 8 Mrs Young passed the baton to me*
- *Those of you who began here in Reception, had Miss Shattock as your teacher.*
- *Ms Davies also began at St Mary's in 2009*

Throughout the passage of time, many things change, but threads of the familiar remain. I was struck by how many familiar threads there are from the year 2009 to now – I wonder if you noticed them? Whether you have been with us since 2009 or joined us along the way, your time as students of St Mary's is woven into the fabric of the school. You have left your mark here. The thread of the story also continues with you as you go; you take something of us with you.

Each year, since 1998, the College has had a theme to help us explore our Dominican Charism and Gospel mission with a particular focus. The themes since 2009 give you quite a sound list of good advice to send you on your way:

- *Listening with your full attention is the most important gift you can give another person. As humans we are getting worse at it. It is a skill worth cultivating*
- *Care for our earth*
- *Dare to see what is happening around you – in other words, don't be completely self-absorbed*
- *Embrace change with joy – you'll have a happier life*
- *Be your best self – set the world on fire*
- *Live in the moment, be hopeful*
- *Being Dominican means, we are sent to proclaim the Gospel – irrespective of your personal religious belief, live with care for others, remember everything we have taught you about justice, and speak out when you witness injustice*
- *Be truthful – see into the heart of things, to understand what is really going on, and stretch yourselves through dialogue. Don't just talk to people who think the same as you do*

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From the Principal (continued)

- *Live your lives as empowered young women – stand up for yourselves, say no and mean it, use your voice*
- *Never stay silent about things that matter*
- *You grow when you lift and support those around you*

You are part of a tradition of fine women and men in religious and non-religious communities, social outreach programs and schools that is over 150 years old. It has stood the test of time and grown and developed in response to whatever history has thrown its way. We wish the same for you.

It was wonderful to share today's celebrations with our students and families. We look forward with much hope and anticipation for our end of year Eucharist and graduation when we can celebrate as a whole school community.

Warm regards



Clare Nocka
Principal

From the College Captains 2021

Farewell speech

Initially when writing this speech, we struggled to figure out how to say our final goodbye, to figure out the right words to sum up how we feel about this community, but here goes.

We would like to start off by saying we did it! Well done class of 2021! We made it to the end... well almost, there are still exams, but we can confidently say that you can do it. There are a lot of people we could thank; we will properly celebrate them later but for now let us gloat in this moment.... just for a little bit! The feeling of being almost done, almost complete.

Embrace the feelings that you may be feeling right now, be it excitement, sadness, relief, or eagerness to see what lies ahead, embrace it all. It's all part of the experience of growing up. It is safe to say that St Mary's has impacted us all in one way or another; it has empowered us and cultivated an environment in which we can safely learn and grow, no matter our differences. The opportunity to be educated here at St Mary's has challenged us to find our purpose and passion. We have learnt the power of service and know each of you will fight for justice in your lives and in the world... well we hope so anyway.

If you are like us, you may suffer from major imposter syndrome. Our heads are constantly plagued with doubts, are you sure you are ready? Are you sure you can do this? Are you sure you're smart enough?

You are probably better prepared than you think, and St Mary's has prepared you more than enough. Year 12 has presented us with so many assignments, Lord knows how many assignments we did, but we did them! We finished. At the start of the year, we were just young Year 12s, we were a first draft, one that was messy but full of potential. As the year progressed, the stresses, and successes slowly shaped us, just like how we shaped these first drafts. We had the opportunity to refine the work, by seeking assistance from our teachers, friends, and family until the draft

evolved into a piece we could hand up with pride. So, we ask you, are you the best version of yourself? Did you take every opportunity to grow? Are you going to take the skills you've learnt to keep refining yourself? Keep evolving?

Even though we are at the end of our St Mary's journey, the growth doesn't end here, there are still changes to be made and lessons to be learnt. Take every opportunity to do so. If there is one thing the pandemic has taught us is that life is not a given, it is not a sure thing, so we must live a life that we would be proud of if we were to look back at any point.

We would like to thank you all for the opportunity to lead the College as Captains this year. It has been a pleasure to journey with you throughout our time here at St Mary's, but especially this past year. We both know our leadership would not have been possible without the support of our deputies. Vasilia, Rachel, Charlie, and Layla, you inspire us each and every day to be the best versions of ourselves, you have taught us that nothing can happen without first a dream or an idea; we are eternally grateful to have led alongside you this year.

We would like to thank Mr Napoli and Ms Nguyen for always supporting us and the Student Leadership team, helping us create positive change within the community and turn our thoughts into actions. You have helped us grow not only as leaders but as people. You have been our teachers, leaders, and become our friends, We thank you for the memories we have made and the fun we've had.

We would like to thank all the teachers and staff; those who've taught us and contributed to empowering and supporting the entire community. We would especially like to thank the Year 12 teachers who have been on this journey with us, experiencing the ups and downs alongside us. You have seen the potential within each of us and pushed us to reach it. You have inspired us, given us hope and helped us in the moments we didn't think we could finish. You have guided us in becoming renaissance people; educated, bold, curious, determined, forgiving, kind and strong. We thank you for giving us an understanding that we are a small part of a big world but there is much more out there, that we must explore and that we must be willing to learn in order to grow.

We would also like to take a moment to thank the parents, the families, the pets, and the friends that have kept us afloat during Year 12. You have supported us when we struggled, helped us overcome obstacles and encouraged us so that we may flourish

To the current Year 11s: we know the feeling of the unknown all too well, even now, on the verge of venturing out to begin a new chapter in our lives. We sat where you are now only a year ago; we were told of the adventures and hardships we would endure. If only we knew. We can't tell you what your Year 12 experience will be like, but we remind you to make the most of it; you only get to do it once. Take on every opportunity and experience that comes your way. Allow your heart to be filled with love and with gratitude.

Year 12 is a year full of lasts. Last first days, lasts tests, last assignments, last school memories, last lunchtimes. But it's also a year full of firsts; first lockers with keys, first time with kitchen privileges, and first real goodbyes. Until now almost every goodbye was more of a see-you-later, a see you next year, or see you next term, but now we say our first goodbye as students, to a school that has become a home. Winnie the Pooh once said 'How lucky I am to have something that makes saying goodbye so hard.'

We are going to struggle to say goodbye, but it's not a goodbye forever, it's just a goodbye for now.



Victoria Severin and Tanatswa Chirara
College Captains 2021

From the Deputy Principal

Uniform

For those families who have been with us for a few years, you would be aware that there has been a transition process between the previous uniform (with colours gold, blue and white) to our current 'new' uniform. Next year is the last year of the transition, and therefore, it is anticipated and presumed that all students will have the new summer and winter, and PE uniform, by the end of next year. Currently, there are a few students who have the new summer/winter uniform, but are still wearing the old PE uniform, often because they're wearing older sisters' or cousins' uniform. These families may wish to look at buying the new PE uniform for the start of the school year next year.

We often get asked if we sell second-hand uniforms or have a second-hand uniform shop – the brief answer is we don't. However, we are happy to accept and then donate any second-hand uniforms on to other people. There is also Old School Trading, who are virtually a go between for people wishing to buy or sell uniforms, like Facebook Marketplace or Gumtree, another option if you are looking for second-hand St Mary's uniforms. They can be found at: <http://www.oldschooltrading.com.au/>

RAN Training

A new Responding to Abuse and Neglect Training is now available, and all staff and volunteers in schools are required to update their training by 31 December 2021.

The course is now called: Responding to Risks of Harm, Abuse and Neglect - Education and Care (RRHAN-EC). The online course takes approximately two hours to complete online, if you have already completed the original seven-hour course.

If you are a new volunteer (or about to become a new volunteer), you will need to complete a four hour Masterclass Workshop (in-person or via Zoom with a trainer) first, and then complete the two hour online course. I have placed below a link for you to access which will provide you with further information regarding this:

<https://educators-sa.sa.edu.au/responding-to-risks-of-harm-abuse-and-neglect-training/>

If you are a volunteer at St Mary's, or would like to be next year, please ensure you undertake this online training, and send in your certificate of completion to: Pauline Mills (PA to the Deputy): pauline.mills@stmarys.sa.edu.au

Pauline is also more than happy to answer any further questions you may have about this online training and becoming a volunteer.

Building Resilience

On a completely different note, Audrey Tang has just released a new book *The Leader's Guide to Resilience: How to Use Soft Skills to Get Hard Results*, where she outlines six big ideas about building resilience, both in teams and individually:

1. **Build Strength** – find your own definition of resilience, and this will help you build the strength you need. This will also help you recognise the strength in others.
2. **Courageous Teams** – build a team with the qualities you want, and to do this, you need to have these qualities yourself.
3. **Harness Drive** – micromanaging should be avoided. You need to walk a fine line between keeping others motivated and letting them do the job themselves. Give others room to shine and assure them you have faith in them, and they will find their passion and shine.
4. **Authenticity** – when you bring your authentic self to a situation or team, others around you will be more inspired to work with you.
5. **Sustainability** – resilience means being sustainable and able to continue for an indefinite period.
6. **Confidence and Future Planning** – the key to resilience during tough times (like a pandemic) is preparation as well as fortitude. Building a confident mindset within those around you helps your confidence in knowing you can get through hard times.

These six 'big ideas' outlined by Tang apply equally to the work we undertake with children and young people, both as parents and educators ... building and developing their resilience so they are prepared and ready to handle everything that comes along in their life.



Lorna Starrs
Deputy Principal

Year 9 Debating – 2021

Over the last two terms, Mia B, Georgena HD, Ava J, Sienna N and Meg T have been busy researching topics, collating information, and preparing speeches as they participated in the Debating SA School's Competition.



Debating requires a considerable commitment from students including attending the evening debates, as well as the endless lunchtime meetings. The girls demonstrated a sense of team spirit in the way they supported each other throughout the season.

The girls debated many interesting topics against various schools. Some of the topics included:

- ***That the Prime Minister should make a 'State of the Union' speech.***
- ***That the NYPD should get "Spot" back.***
- ***That the Canadian School named after Queen Victoria should remain, despite her racist legacy.***
- ***That a Nuclear Waste Storage Facility in regional SA should go ahead.***
- ***That the Julie Bishop Barbie Doll sends the wrong message.***

These challenging topics provided the girls with an opportunity to develop many new skills, such as researching concepts which were new to them, reading up on current events and current issues, writing structured and logical arguments, working collaboratively with other students and teachers, and presenting their speeches in front of an audience. It was pleasing to see the girls' confidence in public speaking improve throughout the season.

It was a pleasure coaching the girls. We congratulate them on their participation and wish them all the best with Debating in their Senior years.



Kate Pill, Suzanne Zientara and Angela Caporaso
Year 9 Debating Coaches

From the Music Department ...

Spring Concert Series 2021

In September, we were delighted to be able to perform for a live audience in a two concert series for Spring in the CPA of St Mary's College. The students involved ranged in age from Reception through to Year 12 and it was wonderful to see the music journey available to students who learn an instrument or sing - from the Junior School through Middle School to Senior School!



The audience was entertained with soloists, small and large ensembles as well as finales in each concert with combined ensembles. Congratulations to all students and staff involved!

Sue Rodger
Director of Music



Catholic Schools Music Festival

Last week of Term 3 was the annual Catholic Schools Music Festival where St Mary's College students were privileged to feature **every night** in a variety of roles. Our Concert Choir was chosen to be the 'Secondary Girls' Choir' and Maeve E, Joey Y and Jacinta DR were in the 'Festival Strings' that accompanied the large 300 plus voice Festival Choir each night. Concert Choir also featured as a support act as well as Vocal Jazz One featuring Emily D and accompanied by Natalia F and Matilda J. Small Jazz and Stage Band One entertained the crowds on the orb stage for an hour and we featured all 43 of our Senior Music Students as a support act on the final night. This item combined Concert Band and Concert Choir in an African flavoured piece sung in Swahili, which was not only a big project musically but also logistically! Our Year 6 cohort worked all year to be a part of the large Festival Choir also on the final night, with Maddie T representing St Mary's College singing the National Anthem. Well done to all students and staff for a great final week which was capped off with all of the student rock bands performing on the last day of term for Justice Day!



Science Week

Last term, the theme for Science Week, Food: Different by Design, encouraged a collaboration between Science and Food Technology at St Mary's College. Students explored the scientific background of the preparation of a variety of food including ice cream and honeycomb.

Year 12 students were treated to a morning tea of cupcakes arranged in the design of the Periodic Table. Each student's name was used in place of the elements - created using the edible icing printer.

Mrs Alicia Hancock ran a session to demonstrate the technique of cooking honeycomb. Alongside Mrs Hancock, our STEM captains, Chloe S and Alex W performed dry ice experiments to demonstrate the properties of the carbon dioxide produced in the process.

Year 11 Food and Hospitality students challenged Year 11 Science students to a "Bake-Off" using a recipe designed by two Google Cloud engineers using machine learning. The recipe was for a new type of treat, the "cakie" – half cake and half cookie.



Science Week ended with a display of some spectacular demonstrations! Thanks to Mrs Hancock and the Food and Hospitality team for their support of these events.

Julia Green
Science Learning Area Leader



Year 11s Connect with the Elderly

Each year, Year 11 students take part in a week long Service Learning Program. However, over the last two years, due to COVID, this has not been possible.

This year we held a Year 11 Service Day on Wednesday 15 September. Rather than visiting aged care facilities, the students wrote letters to residents at St Hilarion. The letters were written in English, Italian and Croatian.

Carol Davy, Chief Executive Officer, emailed with the following comments after the letters were received: "I wanted to let you know how much everyone enjoyed the letters. The general comment started with "I never receive real mail anymore". Can you please pass on how much the letters meant to everyone – it was a truly wonderful gift."

Two Year 11 students have already had lovely responses from the people they wrote to expressing their gratitude and excitement at receiving their letter. The letters were both very long and filled with interesting news of their lives and what brought them to be living at St Hilarion.



Peter Batty
Coordinator: Outreach and Immersion



The brochure for 2022 including all subjects and key dates has now been uploaded to the Headstart website: <https://www.adelaide.edu.au/headstart/>

There is an information night for interested students/parents to come along and hear about the program and ask any questions they may have about applications etc.

When: Wednesday 24 November from 6:00pm – 7:00pm
Location: Braggs Lecture Theatre, North Terrace Campus

Registrations are mandatory and must be done through this link: <https://www.eventbrite.com.au/e/headstart-scholarship-program-2022-information-night-tickets-185342132307>

Preparing today's learners for uncertainty – a webinar for parents

'Uncertainty tolerance' (UT), or how we process and respond to unknown or complex situations, is increasingly recognised as an essential workplace skill. Uncertainties in the workplace are ever-present and we've seen shared, global experiences of this with the uncertainties surrounding work during the COVID-19 pandemic.

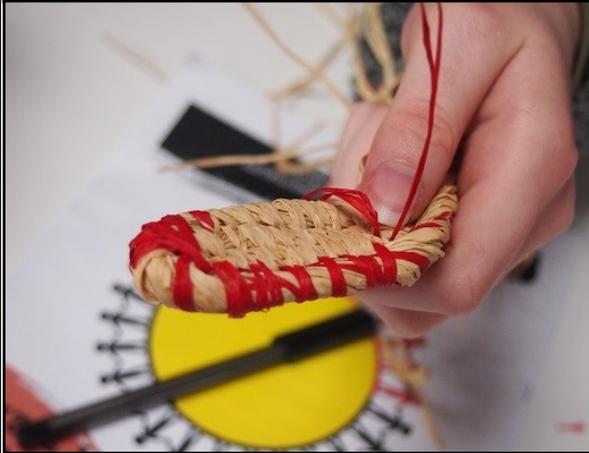
On Tuesday 9 November Associate Professor Michelle Lazarus will discuss the impacts of UT on students, and outline some strategies to help parents to support their children to improve their UT to prepare them for their futures in further education and work. Register via this link: <https://attendee.gotowebinar.com/register/1213662242126413580>

Year 10 Retreat

Last term, the Year 10 Retreat was at Maylor Baptist Care Camp Centre. Over the two day retreat, we were surrounded with beautiful nature whilst learning about Aboriginal history and culture. We were given the opportunity to participate in traditional Indigenous activities like dancing, painting, skirt making and weaving. We heard from Pilawuk and David Booth, Indigenous leaders who shared their personal stories with us. We were also graced with the presence of old scholars who shared their experience and journey in Oak Valley, an annual immersion that students in Year 11 have the opportunity to attend. The retreat was a great opportunity for our year level to disconnect from day to day life, and engage ourselves through the fun, adventurous, life learning activities of Indigenous culture. We all came back to school knowing so much more about the stolen generation and have developed a passion for fighting injustice and a deep appreciation for our Indigenous brothers and sisters. All of us had a great time on the retreat and loved learning about Indigenous culture and how we are all connected.



Alex L and Zenja Z
Year 10 students



Justice Day 2021

On Friday 24 September, the whole school came together to celebrate and participate in the SMC 2021 Justice Day.

The day began with a whole school liturgy on the Veritas Lawns to acknowledge our support of the numerous organisations, charities and projects we support across all year levels. These include:

- | | | | |
|---------------------------|------------------------|----------------------------|------------------------------------|
| Hutt Street Centre | Catherine House | Moore Street Centre | Providence Centre, Cambodia |
| Zonta | Link Up Program | St Vincent de Paul | St Hilarion Aged Care |
| Puddle Jumpers | Red Cross | Girls Up | |

After the Liturgy, year levels broke up into a variety of activities related to their focus and started preparing the many, many stalls that opened just before lunchtime. There were games, eco-friendly produce/items, food, food and more food plus drinks, and of course the Music Department showcased the year level rock bands.

A great day was had by all—an opportunity to bring the whole College together and allow us to make a difference in peoples' lives.



Just under \$6000 was raised on the day and this will be distributed to a number of the organisations we support. Thank you to everyone for their generosity and participation.

Peter Batty
Coordinator: Outreach and Immersions



Are you an Old Scholar?

This year we are celebrating our Class of 2001 (Twenty-Year Reunion) and Class of 2011 (Ten-Year Reunion)

Meet up with your old classmates and teachers, enjoy a guided tour of the College campus, and see all the wonderful new spaces!

Friday 26 November 2021

5.00pm - 7.00 pm

Veritas Centre, St Mary's College

Drinks and nibbles provided.



Scan one of the barcodes below to RSVP by Monday 15 November.

Sue Cvijanovic
Community Engagement, Marketing and Events Coordinator

ST MARY'S COLLEGE
1877-1988

Class of 2001

20 Year Reunion

Gather together, catch-up with school friends and staff and join us on a Principal's Tour of the College campus.

FRIDAY | **26 NOV** | 5pm-7pm

Register here

ST MARY'S COLLEGE
1877-1988

Class of 2011

10 Year Reunion

Gather together, catch-up with school friends and staff and join us on a Principal's Tour of the College campus.

FRIDAY | **26 NOV** | 5pm-7pm

Register your attendance here

wch.sa.gov.au

Child and Adolescent
Virtual URGENT Care Service

Did you know the Women's and Children's Hospital now offers a virtual assessment option?

Receive medical care no matter where you are, without having to visit the Emergency Department. Speak with emergency nurses and doctors over video link for advice, care and, if needed, referral.

Scan below to access the service

Government of South Australia
Women's and Children's Health Network

www.wch.sa.gov.au/virtualurgentcare

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 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