



ST DOMINIC'S PRIORY COLLEGE

139 Molesworth Street, North Adelaide. 5006.

BULLETIN

Diary Dates

Sunday 10 February

Family Mass

Friday 15 February

2018 High Achievers Assembly

Wednesday 20 February

Parents & Friends Meeting
7:30pm in College Reception Area

Thursday 21 February

Field Day (Years 7-12)

Tuesday 26 February

Investiture Mass

Thursday 28 February

SAPSASA Swimming Carnival

Sunday 3 March

Old Scholars' Mass

Wednesday 6 March

Ash Wednesday

Thursday 7 March

Primary Field Day

Monday 11 March

Adelaide Cup Public Holiday

PARENT INFO EVENINGS

Monday 11 February

Year 9 and 10 Parents

Wednesday 13 February

Year 7 and 8 Parents

Monday 18 February

Year 11 and 12 Parents

2019 TERM DATES

Term 1: 29 Jan - 12 April

Term 2: 30 April - 5 July

Term 3: 22 July - 27 Sep

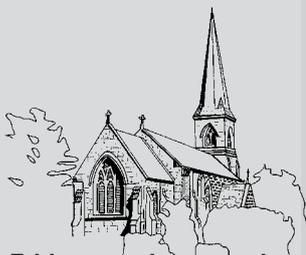
Term 4: 14 Oct - 6 Dec

UNIFORM SHOP

Opening Hours During Term
Mondays 10:30am - 1:30pm

Thursday 7 February
12:30pm - 4:30pm

Thursday 14 February
10:30am - 1:30pm



**Friday morning mass in
the Chapel 8.15am**

WEDNESDAY 6 FEBRUARY 2019

WEEK 2 – TERM 1

Telephone: 8267 3818

Facsimile: 8267 4877

Web Site: www.stdominics.sa.edu.au

Dear Parents,

Happy Lunar New Year to our Vietnamese community.

We hope that the year ahead is one that is blessed for you and for all of us.

Open House at the New Year 12 Centre

Last night we had the pleasure of showing our Primary Parents, prior to their Parent Teacher Information Night, the beauty, the light and the wonderful spaces in the new Year 12 Centre. This invitation will be repeated between 6:30pm – 6:55pm at each one of the next three secondary Parent Teacher Information Nights. They are:

Year 9/10 next Monday 11 February

Year 7/8 Wednesday 13 February

Year 11/12 Monday 18 February

Please show your interest in your daughter/s' education by having one parent from each family present

Family Mass

On the Sunday prior to 9:30am we are hoping to see you all coming in through the gates to be part of your first big event for the year. It is a time when we ask God for blessings on our children, when we give thanks and praise for all that we have received in our lives and in the St. Dominic's community. As you come through the gates, parents will be asked to put on a name label supplied by students greeting you. The yellow labels will signify new parents and the white labels those who are not new! The Parents and Friends will serve morning tea after the Mass and there will be time to get to know each other. Teachers will look forward to making your acquaintance and they will have their name badges on also. The Mass will be held in the Gymnasium.

Time for Permanent Labelling

One early morning recently in an upstairs Hill Street classroom I found one hat which had not gone home on the head of its owner. On closer inspection I saw an example of labelling on the inner lining which will offer the owner every chance of having it

This item belongs to:

Student Name

Quý Phụ huynh thân mến,

Kính chúc Quý Gia Đình Việt Nam một mùa Tết thật vui tươi, hạnh phúc.

Cầu chúc quý vị và tất cả mọi người một năm mới nhiều phúc lành.

Mở cửa Trung Tâm Mới của Lớp 12

Tối qua, chúng tôi vui mừng đón chào quý phụ huynh thuộc khối Tiểu Học đến tham quan sự khang trang, đẹp đẽ và hiện đại của khu Trung Tâm mới của Khối lớp 12 trước buổi họp phụ huynh. Lời mời tham quan này cũng sẽ được tiếp tục đối với quý phụ huynh của các em khối Trung Học trong những buổi họp phụ huynh tiếp theo dưới đây, thời gian từ 6:30 -6:55 tối.

Khối Lớp 9/10 – Thứ Hai 11 tháng 2

Khối 7/8 – Thứ Tư 13 tháng 2

Khối 11/12 – Thứ Hai 18 tháng 2

Vui lòng hỗ trợ con em của quý vị bằng sự hiện diện của cha hoặc mẹ trong các buổi họp nêu trên.

returned if lost. Not only was her first name clearly inside but so was the name and address of the College. I do not know if a student or a parent had done this but it reminded me of the sad fact that we have hundreds of dollars of unmarked uniform reach our school office each month. I believe that most people will help return lost items if they are given half a chance so please CHECK THAT ITEMS OF CLOTHING ARE CLEARLY MARKED. There is still one unanswered question. Why did the student not wear her hat home?

Drivers Take Heed

Double parking is illegal and is happening in Molesworth Street. Parents can expect to face a fine when traffic inspectors



arrive in our streets as they will early this term. Please put up with the inconvenience of travelling further down Molesworth Street than you would like for your own safety and that of our students.

Sr J. Havey

Sr Jillian Havey, Principal



It was a chance to meet new people and learn more about initiative and responsibility.

- **Mehansa Fernando 7G**



We got to know each other through fun games.

- **Ayo Adejoro 7B**

I was able to learn about being a leader.

- **Elena Chau 7B**



We had guests who helped us move while staying mindful. This included dancing, yoga and meditation. It taught us self-confidence and to stay calm.

- **Ellen Kelly and Alexia Kafantaris 9G**

I liked the video of the man helping others.

- **Gabriella Robins 7W**

We discovered how valuable our friendships are and learnt how to love yourself. We made joy journals to write positive things in, so we can look back at it and get positive vibes.

- **Molly Copeland 9W**



It was an enjoyable experience filled with fun and laughter that got everyone participating.

- **Angelina Melki 9B + Amelia McAvaney 9W**



Wellbeing means...

...Being in control of your life and not feeling as if everything is spiralling out of control. - **Amelia Hegarty 11W**

...A sense of calm, in mind and body. A closeness with God, and understanding of coping mechanisms for mental health. - **Bethany Newhouse 11B**



Life is an ocean. We spend everyday swimming tirelessly; surviving. Wellbeing is the lifejacket, the boat, the strategies we use to keep afloat.

- **Nadine 11G**

Wellbeing Day 2019

"Wellbeing is when you have the mental capacity to stay positive, even when encountering difficulties in life. To be yourself and understand who you are." - **Mary Lumapas, 11W**

From reading Mary's (Year 11) definition of 'wellbeing', it is clear that students have their own understanding of this word and their individual understanding is of value. My experience is that understanding the word is not the problem, but when we ask students how, they can become stuck.

How do we keep ourselves healthy, happy, fit and strong... physically, emotionally and mentally?

In 2018 the Mission Australia Survey was completed by a record 28 286 young people between the ages of 15 to 19 across Australia. The results show that the number of young people reporting mental health and wellbeing as the most important issue in Australia today has risen. Four in ten (43%) young people identified mental health and wellbeing as the top issue facing Australia today. This is the first time that mental health and wellbeing has topped the list of most important national issues in every state and territory, as well as for Aboriginal and Torres Strait Islander young people.

Wellbeing Day is one of many enrichment days at the College, where we try to engage with the concerns of our youth and educate them through dialogue and experience. Wellbeing programs at each year level had a unique theme and students were given many opportunities to take part in activities and learn about strategies that they might find beneficial, to better their health.

FOCUS:

Year 7: *Initiative and Leadership*

Year 9: *The Butterfly Effect*

Year 10: *Healthy Body, Healthy Mind*

Year 11: *Growth and Maintaining Balance*

The student reflections and photo collage provided speak for themselves.

Muriel Noujaim
Deputy Principal (Student Wellbeing)



We learnt skills for life to cope with stress - **10B Class**

A fun day that will be sure to help us in Year 10 - **10W Class**

A very informative learning experience that we all found relaxing and helpful - **10G Class**





The start of Year 8, 2019 saw all Year 8 students begin the year with a three-day camp to Adare at Victor Harbor. The purpose of the camp was for the girls to get to know each other as quickly as possible and to overcome the initial stresses of the start to the school year. The camp was a great success with all the girls bonding quickly with the members of their tribe. The girls competed in team events, many of which required them to get wet and muddy including body boarding, kayaking and a water obstacle course. The competition was fierce but fun and at the end of the Team Challenge the **STINGRAYS** were the winners. **Victoria Sayner, Year 8 Coordinator**

Wednesday 30th January
to Friday 1st February 2019
**Year 8
"Getting-to-Know-you"
Camp**
Adare, Victor Harbor



I liked getting to know different groups of friends, such as my dorm friends and my Mermaids friends. - **Josephine 8W**



It was a great opportunity to get to know each other. We bonded through various activities, such as creating newspaper dresses for a fashion show. - **8G Class**



There were lots of opportunities to make friends and have fun. - **Amelie 8W**

We got the chance to go canoeing, body boarding, raft making, and many more amazing activities. The challenge I faced was being in a different group from my friends, because I'm a new student and it takes time to know different people - **Lauren Hoang 8G**





Year 12 Retreat

Thursday 31st January - Friday 1st February

On the 31st of January, the Year 12 cohort attended their final retreat at Nunyara Conference Centre in Belair. It was a joyful, peaceful experience for a number of reasons:

First and most importantly, the catering provided was spectacular! We can speak for all the girls when we say those muffins and cookies were a pleasant addition to our stay. The staff were warm and welcoming, but we especially commend them for their efforts to cater for our wide variety of dietary requirements.

Upon arriving, we were met with familiar faces in the form of our St Dominic's Old Scholars from 2017. We were fortunate enough to have them as our group leaders alongside our beloved teachers. During the course of the two-day retreat, we participated in a number of emotional activities that encouraged us to share touching stories about ourselves in an effort to connect deeply with people we may have never spoken to before.

Arguably, one of the most memorable experiences was listening to Fr. Lim open up about the challenging circumstances that his family endured in China; this made us realise just how fortunate we are to live in a safe and prosperous country. The liturgy was framed by the beautiful sunset visible through the Chapel's glass windows; this aided in enhancing the spiritual atmosphere.

We would like to extend a sincere 'thank you' to Mrs Sossi for all the work she put into planning and running the Retreat. Also to all the Yr 12 PC and RE teachers who played their part in making this experience possible, and of course Sr. Jill for attending; it meant a lot to us to see you there.

We have learnt that in order to achieve success in our final year of schooling, we must apply the Four Pillars of Dominican life into our daily routines – *Study, Community, Service and Prayer*. Without these pillars interplaying we cannot find Veritas.

~ Dania and Sheila on behalf of the Year 12 girls





Primary News

from Ms. Cate O'Leary
Primary School Coordinator

"The expert at anything was once a beginner" - Helen Hayes

Thank you to all who were able to attend yesterday's Assembly. Parents are always welcome to attend; they are 2:30pm in the Hall on Week B Tuesdays [fortnightly]. This week, the Year 6 Class presented. We are confident that this class will lead the Primary School with a mature, responsible and thoughtful manner.

CLASS PARENT REPS: Would you consider being a Class Rep and help other parents to get involved in our school community? We would love to have **two parents per class**. Please see your daughter's teacher if you are interested.

PRIMARY PARENT EVENING: Thank you to all who were able to attend out **Primary Parent Evening** last night and tour of the new *Sister Jillian Havey Year 12 Centre*. It was good to see so many of you there. We hope you gained more insights into the running of the classrooms, teachers' expectations and had a chance to connect informally with other parents too. We welcome all our new families and hope you have a rewarding time with us.

FAMILY MASS: We are looking forward to catching up with many of you at the **Family Mass this Sunday** in the Gym at 9:30am. Please remember to return your attendance reply form.

REMINDER - NUDE FOOD FRIDAY: We had many students supporting this day last Friday with several students having **Nude Food Day** every day. We encourage you to get on board and help reduce waste in our school environment.



AROUND THE PRIMARY SCHOOL
(clockwise from top left)
Year 5 ready to learn
Year 1 at play
Year 4 scientists in action

In and around the classrooms:

Year 6 students have enjoyed meeting new teachers and becoming familiar with their timetable. Having lockers is exciting and students have lessons in different classrooms across the school.

In Pastoral Care, students have reflected on the 'light' they will share with the class this year.

I will share kindness – Ella Copeland

I will share friendship – Jessica Pham

I will share my humour – Lyana Huynh

YEAR 6



Chuc mung nam moi. We thank Sister Hieu for creating a lovely display in our Primary foyer recognising the Lunar New Year.

Wellbeing

Did you have a chance to chat to your daughter about what it means to exclude or be excluded? All classes touched on this aspect in their own way and considered the year level too. The Year 2s read an engaging book, *Can I play too?* By Mo Willems, other classes discussed ways to include class members and the importance of standing up when they see exclusion happening.

This week classes will talk about rescuing

Allow your children to make mistakes. Give your child every chance to make a mistake. Normalise mistakes. Teach them that you too make mistakes. Show them how they can learn from every misstep and become a better person for it. If they don't fear mistakes - they won't fear failure. And isn't so much of life simply learning to face our fears.

Teach your child personal responsibility. Do not rescue your child from every conflict. Conflict resolution is a necessary life skill. Guess what? You have to have conflict to learn how to resolve it. Do not rescue your child from school discipline. Teach ownership. Teach sympathy. Teach empathy instead of escapism.

Give your child independence. Susan Newman, Ph.D., states, "The children of parents who support autonomy are more competent and resilient in the face of frustration, so give kids space to work through temporary setbacks."

Trust your child enough to allow them to handle the difficulties in life and trust yourself enough as a parent to see them through it. You do not have to rescue. You just have to be present

Taken from an article by Danielle Miller the TODAY Parenting Team



**YEAR 7-12
HOMEWORK
CLUB
3:30PM - 4:30PM
ON THURSDAYS
CONWAY
LIBRARY**

Welcome to the Library for 2019!

The Library is a popular place at St Dominic's, providing a flexible learning environment and reliable access to an extensive range of resources and support. It is a place for all to collaborate, learn and enjoy. We are open:

- Before School:** from 8am
- Recess:** CLOSED
- Lunch:** 12:50pm - 1:25pm
- After School:** until 3:35pm

Homework Club for Years 7 to 12 is hosted in the Library on Thursday afternoons until 4:30pm. Students are able to access teacher support during this time and parents are reminded that prompt pick up at 4:30pm is expected.

I encourage your daughter/s to visit the library and take full advantage of all the resources on offer.

Enjoy the term ahead.
Mrs Sandra Mason
Library Coordinator/Teacher

Family Mass + Morning Tea

9:30am Sunday 10 February 2019

The family will / will not attend the **Family Mass in the College Gym at 9:30am Sunday 10 February 2019.**

Daughter's name/s:

..... Class(es)

Our family **NUMBERS** attending:

Mass Only: _____

Mass + Morning Tea: _____

Please return reply slip to the Front Office ASAP.

Valentine's Day Flowers at School

Please ensure gifts and flowers for Valentine's Day are received **at home**. Deliveries for Valentine's Day can cause a great deal of disruption to Front Office staff.

TUCKSHOP

Wednesday Hump Day Special

Week 3:
Tuna Pasta Bake \$6.00



CALLING ALL YEAR 6, 7, 8 + 9 STUDENTS

For vibrant and interesting **MUSIC ENSEMBLES** here at St Dominic's, WE ARE LOOKING FOR new students of

CLARINET, FLUTE AND SAXOPHONE

Instrumental lessons are also available for:
VIOLIN | PIANO | VOICE | GUITAR | CELLO | DRUMS*

*availability of lessons dependent upon student interest

Collect a copy of the *Instrumental and Vocal Program Policy* from the front desk for details about enrolment, instrument hire, and fees.

If you have any questions about enrolling, please email Mrs Courtney Day on cday@stdominics.sa.edu.au

PARENT INFORMATION EVENINGS

I/we have noted the date(s) of our daughters' Parent-Teacher Information Evening(s) and plan to attend:

YR 9/10 (7pm Mon 11 Feb in the HALL)

Student name(s): class(es):

YR 7/8 (7pm Weds 13 Feb in the HALL)

Student name(s): class(es):

YR 11/12 (7pm Mon 18 Feb in the HALL)

Student name(s): class(es):

Parent name(s):.....

Parent Signature:..... Date:/...../19

E-Mail or Mobile contact #:

Please return to College Office NO LATER than Friday 8 February

I HAVE READ TODAY'S BULLETIN

Daughter's Name(s):..... Class(es):.....

Signed: Date: / / 19

FIND US ONLINE:



saintdominicspriorycollege

stdominicpriory