

ISSUE

14

8 September 2021

# Caritas COLLEGE Newsletter



## KEY DATES

**R U Ok? Day**  
9 September

**Max Cranes Excursion**  
10 September

**Year 11 STEM Girls Conference**  
Adelaide  
16-17 September

**Confirmation Reflection Days**  
16-17 September

**Year 5 Camp**  
16-17 September

**SAPSASA Table Tennis**  
17 September

**R-6 Mass of St Vincent de Paul**  
23 September

**Year 8 SEL Day**  
23 September

**Last Day of Term 3**  
24 September

**Term 4 Commences**  
11 October

**Student Leadership Handover**  
Liturgy  
14 October

*(Please note that dates are  
subject to change due to COVID  
restrictions)*

Further information on events is available  
on our website  
[http://www.cc.catholic.edu.au/news-  
events/calendar](http://www.cc.catholic.edu.au/news-events/calendar)

150  
years

T (08) 8648 9700  
Absentee SMS 0428 071 211  
[cc.catholic.edu.au](http://cc.catholic.edu.au)

## Principal's Message

### National Child Protection Week

This week is National Child Protection Week. It invites all Australians to play their part to promote the safety and wellbeing of children and young people. At Caritas College, child protection is our highest priority. Creating a safe environment for children is paramount and central to our schoolwide policies and procedures. We remain committed to protecting and caring for every student through our efforts to create and sustain a child safe environment where all children and young people can flourish.

**NATIONAL CHILD PROTECTION WEEK 2021**  
**EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO**

*Loving God, we thank you for the care  
and affection of Jesus, who placed  
children in the very centre of his  
community. We pray for all children –  
those in our family homes, those in our  
community of faith, those in the wider  
community, those in our global village,  
those with plenty and those who  
struggle to survive. We yearn for the  
day when all children may know safety  
and freedom and protection from  
violence and abuse, when they may bask  
in constant love, safe from any harm,  
where they may flourish and be all they  
can be. Amen.*

### Staff Reflection Day

Last Friday staff gathered for our annual Staff Reflection Day. We are ever-conscious that our commitment to the children and young people in our care must be deeply embedded in the Catholic faith and Josephite tradition. Therefore, it is important that we make time and space for our own faith formation which is a core element of the work of our school. This year staff drew on inspiration from our 150th anniversary and our Josephite charism to help us understand and remain committed to caring for our common home, Earth. We connected with the local parish and community to support this being a positive and successful experience for all staff.

### COVID-19 Update

The events of the last week or so have been a timely reminder for us not to become complacent with our efforts to keep COVID-19 at bay. The announcements of new and recent exposure sites in South Australia, and in particular in Pt Augusta, naturally caused some level of alarm and anxiety for our community. Nonetheless, I commend the way our school community has responded. We will certainly continue to monitor and follow the advice from SA Health. We will also continue to adhere to the measures communicated previously to families to ensure the safety of our school and local community. As such, I remind you that we are limiting non-essential visitors on site, so please refrain from entering the school site unless it is absolutely necessary. Of course, we are understanding and accommodating for circumstances and situations where a parent needs to come on site to support their child's wellbeing. Mask wearing continues to be a requirement for all adults and students in secondary schools. This needs to occur whilst indoors, congregating and when on school buses and public transport. Again, we understand that some staff and students will be exempted from wearing masks for medical or other health conditions. Finally, we remind all adults to use the QR codes if they do need to enter the school site. Thanks for your cooperation with these directives that are in line with the current SA Health advice.

### Father's Day

I trust that all the dads and dad-figures were recognised last Sunday for Father's Day. I hope that you were acknowledged by loved ones for the gifts you share with them and had a special day.



## SAPSASA

Last week I wrote to our families in relation to an issue that threatened our involvement, as a Catholic school, in SAPSASA. I am relieved and delighted to share with you that the Department for Education has now advised Catholic schools that the proposed changes are no longer under consideration. This provides us with some reassurance that there will be no changes to primary school sports competitions and representative pathways (SAPSASA) for the foreseeable future.

This news is welcomed following our recent involvement in the SAPSASA Athletics Day last week. It was fantastic to see our students participate and compete with their age-level peers from other schools in the local community. It was a great day that promoted physical activity, healthy competition and fun. I am glad that our students will be able to continue to access these experiences going forward. Thank you to those parents who advocated for our schools around this issue.

*Damian Smith, Principal*



**really Are they OK?**  
**Ask them today** Have a conversation using these 4 steps

**1. Ask RU OK?**  
RU OK?  
How are you travelling?  
You don't seem yourself lately - want to talk about it?

**2. Listen with an open mind**  
I'm here to listen if you want to talk more.  
Have you been feeling this way for a while?

**3. Encourage action**  
Have you spoken to your doctor about this?  
What do you think is a first step that would help you through this?

**4. Check in**  
Cool? getting there?  
Just wanted to check in and see how you're doing?  
Have things improved for you since we last spoke?

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RU OK?**  
A conversation could change a life.

**NOW AVAILABLE**  
**2020 COLLEGE YEARBOOK**

ORDER VIA THE QKR! APP  
**\$25.00**

BRING LIGHT TO Earth



## Reception Blue – Science

The Reception Blue students have been learning about things that are waterproof. They did an experiment and tested different items such as wooden pegs, paperclips and chux cloth to conclude whether things were waterproof or not.



## Years 4 - 6 Combined Primary Schools Choir

Unfortunately, this year our Combined Primary Schools Choir was unable to go ahead due to COVID-19 restrictions. Although our students were unable to perform in front of a live theatre audience, they did invite the other schools involved to the college to sing and film a number of songs for viewing on social media. The Caritas College Choir will now start practicing for Christmas events and the Thanksgiving Liturgy.



## Year 7 – Camp

Camp was filled with adventure and challenge, starting with team games and exercises to get outside of one's comfort zone. Throughout the experience at Errappa Blue Light Camp, Dave & Bindie from SAPOL helped students through the high ropes course, zipline, rock climbing wall and the dreaded leap of faith. They were also lucky enough to explore the town of Iron Knob during the 'Operation Mayhem' orienteering session.



## Year 8 - Science

This term, the Year 8's have been learning about body systems. In the past two weeks they have learnt about the circulatory system and found their resting heart rate and their heart rate after exercise. They also learnt about the respiratory system and discussed the relationship that the respiratory system has with the circulatory system. In pairs, they then designed their own practical to determine someone's breathing rate before and after exercise. Many different strategies were used to calculate breathing rate and excellent examples of interval, continuous, fartlek and HIIT training were used as forms of exercise to increase someone's breathing rate. There were some out of breath participants whilst completing the practicals.



## Year 12 – Child Studies

The Year 12 Child Studies class task required students to work together to plan Book Week activities for the students in R-2. Many students chose to read stories which were favourites when they were young including 'Where's the Green Sheep' and 'There was an old woman who swallowed a fly'. They planned activities to further engage the children, one of which was to go on a bear hunt around the school. Loida was unable to choose a childhood favourite, having grown up with books written in French, so she chose one of this year's finalists, 'Your party was the best' which was a big hit. The Child Studies class also organised colouring in competition, awarding a prize book to 1 child from each class.





## Around the College





