

# St Mary's College

*"We Grow by Lifting Others"*

Issue 11, Monday 8 February 2021

## From the Principal

Dear St Mary's College,

Each year as a community, we decide on a theme that will be the focus of our approach to living and celebrating our Catholic Dominican charism. The theme is intended to give us a window into our motto, truth.

This year's theme, **We Grow By Lifting Others**, was developed in conversation with staff, student leaders and the College Leadership team. The theme is an invitation to community; to see beyond ourselves and to live generously and kindly.

It also helps us to consider the opposite of what our theme expresses. When we cut others down with our words and actions, it stunts our own growth, and it diminishes our shared humanity. In the world of social media that is so influential in our lives, we felt that the theme offers a strong antidote to a negative element of popular culture.

I subscribe to a daily email from an organisation called A Network for Grateful Living. Each day I get a simple quote and I am often surprised by how well timed and relevant the quotes are. A recent daily email said:

*We can never underestimate this truth: No matter who you are, the biggest thing you can do in any day, is most often going to be a small act of kindness, decency, or love.*

Our theme inspires us to do just that; look for small acts of kindness, decency and love that will lift others and therefore allow us to grow... as individuals and as a community.

In the recent Australia Day Awards, four extraordinary women received awards.

- Grace Tame used her voice to push for legal reform and raise public awareness about the impacts of sexual violence, especially against young people. Her courage in sharing her story lifts others to do the same and so begin the long process of healing and recovery.
- Dr Miriam-Rose Ungunmerr Baumann, an Aboriginal elder has worked throughout her life to bridge the divide between Aboriginal culture and mainstream society. Through education, art and story, Miriam-Rose lifts her people by sharing their culture and working towards reconciliation.
- At just 18 years of age, Isobel Marshall, a young Adelaide woman, co-founded TABOO with school friend Eloise Hall, to help women around the world by providing greater access to hygiene products. Through a simple action that supports the dignity of others, Isobel lifts women living in poverty.
- Rosemary Kariuki is the multicultural community liaison officer for the Parramatta Police. She specialises in helping migrants who are facing domestic violence, language barriers and financial distress. She supports and lifts those trying to make their way in a new home and unfamiliar culture with limited external support.

Each of these women is a living example of the benefit of lifting others. Their work is characterised by many small acts of kindness, decency and love, done on a large scale.

Each of you could one day be an Australian of the Year. We can also strive to do something much simpler. We can each commit to simply doing a small act of kindness, decency, or love...over and over again, every single day.

Imagine what a wonderful community we could be if each of us had that as our mission.



*Clare Nocka*  
Principal



ST MARY'S COLLEGE

# WE GROW BY LIFTING OTHERS

2021



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## From the Deputy Principal

Welcome back everyone, and a special welcome to the new families in our school community...it's great that you have joined us, and we look forward to getting to know you during your time here at the school.

### Ensuring our school is a safe place for all

We wish to assure all parents and caregivers of our absolute commitment to ensuring that St Mary's College is a safe place for all.

- Our staff are committed and trained to protect the children and young people in our care;
- All staff and volunteers have current police checks;
- We teach our children age-appropriate strategies to keep themselves safe through South Australia's *Keeping Safe Child Protection Curriculum*;
- Staff complete certification and undertake regular updated training in *Responding to Abuse and Neglect in Education and Care Settings*;
- We also promote strategies to minimise bullying and help students stay safe online.

Additional information about the broader protection policies of Catholic Education SA can be found on their website.

<http://www.cesa.catholic.edu.au/our-schools/safe-environments-for-all>

The website also includes links to online resources for parents and students on a range of topics including anxiety, depression, bullying and how to support your child.

If you have any questions or concerns about child safety, please do not hesitate to contact me.

### Safeguarding our Children

The National Catholic Safeguarding Standards (NCSS) are a framework to promote safety of children through policies and activities to prevent, respond to and report concerns regarding child abuse.

They are designed to drive cultural and behavioural change and promote accountability and transparency of Catholic Church leaders and their ministries and entities.

There are ten standards, 49 criteria and 111 indicators all up. The ten Standards are inter-related and inter-dependent.

There are three categories regarding the application of the Standards:

1. Working with children;
2. Contact with children;
3. No contact with children.

In this newsletter is a copy of the St Mary's College Commitment Statement to Safeguarding our Children, a commitment we take very seriously.

### Student Services Office (SSO)

A couple of reminders in regard to the SSO process, especially in regard to sickness and early departures from school:

- The SSO is a short holding bay only – students can only stay up to 45 minutes, largely due to space issues and the number of students that come in and out of the SSO each day. We acknowledge that it's sometimes difficult for parents to get away from work to pick up their daughter, but please understand our difficulty in having more than two or three students in the sick room at a time, especially with a population of 840 students.
- The school/SSO cannot give out any medications without a medical authority on hand (usually a document from your daughter's doctor), and this includes Panadol and other similar medication. Any prescription medication that students are required to take, must be taken in the SSO under the support of the SSO Officer.
- Parents are asked to ring or email the SSO or write a note regarding their child leaving early or attending an appointment. Students are asked to come to the SSO to be signed out before they leave the

College, and then wait in the Front Office to be picked up. If your daughter messages you asking you to come and pick you up, please direct her to the SSO who will follow things through and contact you.

### Extended non-health student absences

St Mary's College recognises that, at times, students need to be absent from school for reasons other than health. These occasions may include family holidays, family occasions that require several days' absence or participation in events with other family members, with workplaces or similar institutions.

Should it be planned that your daughter will be absent from school for a non-health related reason, for three days or more, we ask that written communication is made directly to the Sub-School Director outlining the reason for your daughter's absence and the dates affected. **Please ensure a minimum of two weeks' notice is given to the College.** Should your daughter's absence be longer than six weeks, a minimum of four weeks' notice is needed.

Junior School students will be asked to keep a diary of their experiences while they are away, which they will hand in to their Care Group teacher upon their return to school.

Middle and Senior School students will be expected to negotiate with individual teachers the completion of work missed, where possible. This may include renegotiating due dates, completing work while away, or completion of work missed upon returning to school depending on the length of time absent from school, the task requirements, etc.

We appreciate your support in this matter.



**Lorna Starrs**  
Deputy Principal

## Sacraments at St Mary's College



**First Reconciliation**



**Confirmation**



**First Holy Communion**

If there are any students in **Years 5-8** who have not yet celebrated their Sacraments of First Reconciliation, Confirmation and/or First Holy Communion, but are keen to do so in 2021 with the school community, please contact Ms Anne Soldan for an application form. [asoldan@stmaryscollege.catholic.edu.au](mailto:asoldan@stmaryscollege.catholic.edu.au)



**Anne Soldan**  
Coordinator of Sacraments



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.

# CLASS OF 2020

## SACE Results



SACE completion



gained 1st or 2nd  
tertiary preferences



achieved A grades



achieved B grades



**Brinda  
Murlikrishna**

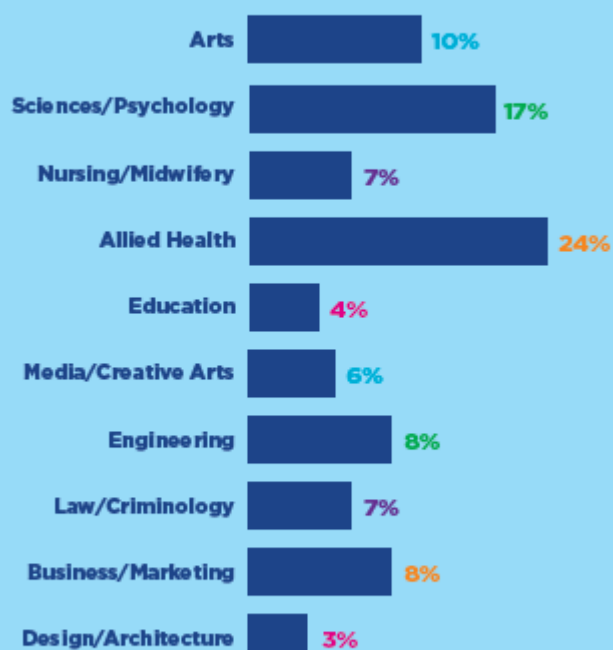
DUX  
of St Mary's  
College  
**ATAR 99.4**



**Catherine  
Dalton**

Governor of  
South Australia  
Commendation  
**ATAR 93.15**

### Career pathways



**8 merits**  
achieved across six subjects

**Alana Dell'Oro** Visual Arts

**Sabrina Donato** Psychology

**Chloe Fennell** Digital Communications  
Solutions Photography

**Cameron Golding** Workplace Practices

**Stella Kemp** English Literary Studies

**Annabelle Hill** IPP

**Linden Roberts** IPP

**Ava Wallis** IPP

**90+**

28% of students  
achieved an ATAR  
of 90 or over

**95+**

9.3% of students  
achieved an ATAR  
of 95 or over

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## General Reminders ...

### Mobile Phones

Developing healthy mobile phone habits is an important part of the learning we support in young people. The school day is a good opportunity for a daily detox, it enables students to be engaged in learning and social development. The sub-school guidelines are as follows:

- Junior School - As part of your start of day routines, students hand their phone to the teacher.
- Years 7 – 11 - Phones are on silent and in lockers unless they are needed for learning. The teacher will indicate if the students need them. Phones can be checked at the start of breaks for any messages regarding work, training or transport arrangements.
- Year 12 - Phones are not visible; they can be in pockets on silent and with notifications off. If they become a distraction, they can go in lockers.

Please support our policy by using the Front Reception or Student Services Office (SSO) to leave messages for your child. Do not contact them via their phone. If your child is unwell, they can go to the SSO. If they are distressed there are many adults at school who can support. We will contact home if we need to.

### Uniform

Our College uniform is an outward reflection of our identity as a community. The correct presentation of the school uniform is a shared responsibility between home and school and as such, forms part of the agreement signed at enrolment. All members of the community are responsible for supporting our young people to comply with the policy. Wearing the uniform correctly is a mark of respect for self, for the College and for living in a way that meets the expectations of the community of which each student is a part. It is a simple, yet fundamental commitment to being in relationship with the College. Ideally, we would like all students to understand and follow the policy autonomously, managing their own choices and behaviour without the need for punitive intervention to achieve compliance. We understand, however, that some young people will need support, and this will be the main purpose of any uniform "follow up" that needs to be undertaken with students.

Areas in which parents and carers can support the school:

- **Uniform length** – it is designed to be worn at or below knee length. Sitting at the top of the knees is fine, if it is any shorter the hem needs to be taken down.
- **Nails** – all coloured sns, shellac and acrylic needs to be removed. Only clear nails are allowed, they must be no longer than the tips of the fingers.
- **Jewellery** - a moderate approach to jewellery that is in keeping with the school uniform is appropriate. This includes a single plain ring, small cross/religious medallion and small, thin, sleepers or studs.
- **Make Up** – we recognise that young people can become self-conscious about their skin, a light tinted moisturiser or foundation are acceptable. False eyelashes and heavy make-up are for events outside school hours
- **PE Uniform** – the PE uniform is only worn for the school day when students have PE lessons. When they have before and after school training, students are required to change.

If for some reason your child is not in the correct uniform, please notify their Care Group teacher. If they are required to wear the PE Uniform for days other than sport lessons, parents will be notified via SEQTA.

When students are not in correct uniform and the school has not been notified, a pastoral care note will be entered in SEQTA and parents/carers will be notified. We will work in partnership with families to support your child in the correct wearing of the uniform.

## Wellbeing Update

### Interactive Presentations

These interactive presentations are a wonderful opportunity for families to learn from psychologists Kirrilie Smout (Developing Minds) and Ivan Raymond (Life Buoyancy Institute Foundation) about a range of topics including starting primary school, wellbeing and success in secondary school and conversation strategies for parents. Please follow the links to watch live or watch later.

### Tuesday 23 February at 7.00pm

The Challenges and Adventures of Primary School: A Parent's Guide.

### Tuesday 2 March at 7.00pm

Wellbeing and Success from the Start of Secondary School: What Parents and Caregivers Can Do.

### Wednesday 31 March at 7.30pm (for Grade 6 – 11 parents and caregivers)

Children and young People who Shut down and Avoid Talking: What Do I Do?

### Parent Webinars

Supporting our children to be safe and have fun online is an ongoing journey in modern parenting. The e Safety commissioner has developed a range of parent webinars at various times to enable parents to explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online.

All sessions are delivered by eSafety's expert education and training team.



You can find registration to this webinars at:  
<https://www.esafety.gov.au/parents/webinars>

**Jo Cains**  
 Director: Student Wellbeing

## Principal's Tours

ELC & Junior Campus  
**Tuesday 9 February**  
**Tuesday 23 March**

Senior Campus  
**Thursday 11 February**  
**Thursday 25 March**

## Open Evening

Wednesday 10 March, 4-7pm

Register online  
[www.cbc.sa.edu.au/tours](http://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



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 Smart. Safe. Responsible.



## Child Safeguarding Commitment Statement

St Mary's College is actively committed to fostering communities of safeguarding that recognise and uphold the dignity and rights of all children and young people. In the spirit of our Catholic Dominican ethos, we are a College committed to fostering a culture of welcome, diversity and inclusion. We pay specific attention to the particular needs of each student in our community.

We encourage open communication whereby families and communities are informed of relevant issues and participate in decisions about the safety of children and young people. It is particularly important to us to look for avenues to empower children and young people to have a say and be listened to.

We actively seek to become and remain informed of the causes and signs of child abuse and neglect.

When we receive information about concerns or witness any matter relating to abuse of a child or young person, we respond appropriately, in a timely manner, and report any such concerns to the appropriate authority. This includes contacting the police immediately where there may be immediate risk of harm to any person, especially a child.

Every person within St Mary's College who comes into contact, or works, with children and young people seeks to uphold the dignity of all children and commits to establishing safe and supportive relationships.

St Mary's College has documented policies and procedures to prevent risks to children and young people and builds a strong culture of safeguarding. All staff, visitors, religious, and volunteers are expected to follow these policies and procedures and contribute to the culture of care and protection of all children.

We plan, organise and review all activities with children and young people, proactively considering potential risks and strive to ensure risks are reduced, and eliminated where possible. Everyone is encouraged to communicate any area of concern or where you think our approach may need improvement.

Anyone who brings forward a suspicion, concerns, knowledge or allegation of current or past abuse of a child or young person to St Mary's College will be responded to sensitively, respectfully, actively and in a timely manner, in line with our lawful obligations and our own Grievance Policy.

We regularly undertake internal and external auditing of our safeguarding policies and practices to make sure that they always support a culture and practice that puts the safety of children at the centre of our thinking and action.

We listen to the voices of children and young people as we constantly strive to remain vigilant and make improvements.

For more information or to raise a concern, please contact:

**Clare Nocka**  
Principal

**Lorna Starrs**  
Deputy Principal & Safeguarding Coordinator

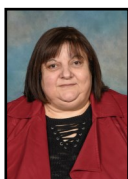
## Safer Internet Day 2021

Safer Internet Day is a global event that will be celebrated on the 9th February. This year's theme is 'Together for a better internet'. This global day is an opportunity for awareness to be raised about online issues and share strategies for staying safe online.

The theme focuses on asking everyone to start a conversation on how to help make the internet better for everyone.

We all have a part to play and we are encouraging all Australians to start the chat about online safety at home, school, work and in their community - on Safer Internet Day and every day.

With children as young as two years old now having access to the internet, it is never too early to **start the chat** about online safety. To help parents start the chat with their children, the eSafety Commissioner will launch new resources that can help guide us in our chats. The link below will take you to this year's resources.



Giovanna Iannicelli  
Technology Learning Area Leader

[www.esafety.gov.au/about-us/events/safer-internet-day-2021](http://www.esafety.gov.au/about-us/events/safer-internet-day-2021)



## Allergy Awareness

St Mary's College is an Allergy Aware school with policies and procedures in place to provide care for the wellbeing of staff and students with allergies. Anaphylaxis is an allergic reaction that in some cases can be severe and even life threatening. It is important that the school has medical information and medication along with an annually updated medical care plan for students with Anaphylaxis.

As a community, we can all provide support by not sending students to school with food containing nuts; things like peanut paste or Nutella in sandwiches is a common issue. Given that the most extreme reactions can be caused by contact with surfaces or in the proximity of the allergen, this is one precaution we can take as a community. It also helps when providing food for school events and fundraisers, if we avoid food containing nuts.

Our Allergy Awareness Guidelines are on the website. Please contact us if you have any questions or concerns.

<https://s3-ap-southeast-2.amazonaws.com/wh1.theweconsole.com/wh/4810/images/AllergyAwareGuidelinesJan14.pdf>

## Middle School Homework Club

This year a Middle School Homework Club will be run after school every Tuesday for students in Years 7 - 9 from 3:30pm to - 4:30pm, in B22. MS Homework Club will **begin in Week 3 (9 February)**.

Natasha Williams, Liz Munday and Kate Pill  
(Middle school - Year Level Coordinators).

## Traffic Safety

I would like to communicate some important reminders and requests regarding traffic safety and awareness. Observations and parental feedback have indicated some dangerous driving behaviours which compromise student and community safety particularly in Franklin Street at the beginning and end of the day.

We ask that all community members follow the simple manageable requests below which are based on traffic safety guidelines from Adelaide City Council and the need to prioritise community safety over individual need.

**PLEASE** do not park your vehicle in the Drop Off/Pick Up Zone adjacent to the main gates between 8.00 and 9.00 am and 3.00 and 4.00 pm.

- You must **not** stop in a **NO STOPPING** Zone, even for a few seconds to pick up your child.
- You **may** stop in a **NO PARKING ZONE** for a few seconds to pick up a child who is waiting nearby. You must **not** park or leave the vehicle.

**PLEASE** do not double park on the outside of parked vehicles - this is dangerous and blocks the bike lane.

**PLEASE** consider delaying your arrival to collect your daughter at the end of the day by **5/10 minutes**.

**PLEASE** understand that it is not possible for all parents to collect their daughters at 3.15 pm outside the main gate.

**PLEASE** drive around the block if necessary.

**PLEASE** consider parking a little further away and allowing yourself/your daughter to walk.

**PLEASE** model responsible behaviour by always using the pedestrian crossing to cross Franklin Street.



Your cooperation in these matters will be greatly valued and appreciated.

Peter Channing  
Director of Administration and Operations

## 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**