



ST DOMINIC'S PRIORY COLLEGE

139 Molesworth Street, North Adelaide. 5006.

BULLETIN

UNIFORM SHOP OPENING HOURS

Mondays* during Term
10:30am - 1:30pm

and

Thursdays as follows:

7 May	12:30 - 4:30
14 May	10:30 - 1:30
21 May	12:30 - 4:30
28 May	10:30 - 1:30
4 June	12:30 - 4:30
11 June	10:30 - 1:30
18 June	12:30 - 4:30
25 June	10:30 - 1:30
2 July	12:30 - 4:30

*except Monday 8 June
closed Queen's Birthday Public Holiday

2020 TERM DATES

Term 2: 28 April - 3 July
 Term 3: 20 July - 25 Sep
 Term 4: 12 Oct - 4 Dec

THURSDAY 7 MAY 2020

ISSUE 1 – WEEK 2, TERM 2

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Dear Parents / Guardians;

Welcome to Term 2. What a delight it was this week as the girls returned to school to enjoy face to face learning! I watched as parents arrived with their daughters, helping them from their car as they adjusted their much-loved beret, tidied their uniform and greeted me warmly. A Year 1 girl and her sister were helped by their dad who exclaimed "What a morning... I had forgotten how many buttons there were." Laughing, we straightened their uniforms and watched them happily enter the school gates. Teachers and staff were visibly pleased to see the girls and, despite the success of the remote learning of Week 1, welcomed the return of teaching face to face. It has been a joyful week.

Last week we celebrated the Feast of Catherine of Siena; a woman ahead of her time who sought to stand up for truth when all around was chaos. She is described as 'one of the most socially active, most publicly influential and most theologically piercing women in the history of the Church, as well as being a mystic and a theologian.' Catherine often used the image of fire when describing God's love. She was passionate and single minded and did what needed to be done. I find myself wondering what it might be like to have a cup of tea with St Catherine and St Dominic. One is renowned for her fervent personality and the other his contemplative manner. No doubt the conversation would be rich.

I take this opportunity to thank the teachers for their work in the lead-up to and delivery of *Remote Learning 4 St Dom's Girls*. During this time, students, teachers and parents were all learning. I am grateful for the manner in which teachers worked collaboratively to ensure authentic learning opportunities were experienced by students from across all year levels. Our IT Team worked conscientiously, supported by Leaders of Learning as they worked to develop resources and digital access for all students. I am grateful to parents and guardians for their support of their daughters as they embraced learning in a different way. St Dominic's girls learn, wherever they are.

Over the holidays our grounds team have been very busy creating a new garden area for the girls to enjoy. Nestled amongst the new plants, sits St Dominic, pondering all that he encounters. As pictured above, bench seats provide the invitation to join Dominic in quiet contemplation or deep conversation. Other work completed over the holidays includes, general painting in various parts of the College, new carpet in three classrooms and new screens in the library. The seminar room is looking much improved with new carpet, tables and a large screen with surround sound. Much of this room was completed due to the generosity of the Parents and Friends Association who have also purchased new lockers for the Year 10 and 11 girls. These will arrive later in May.

We have much to look forward to and much to be grateful for as we go about our days of living as Dominic and Catherine called us to, with patience and passion, with wisdom and knowledge all the while remembering the message of Jesus.

Dr Helen Steele
Principal

THE BULLETIN IS NOW PUBLISHED
FORTNIGHTLY
ON THE THURSDAYS OF
EVEN WEEKS OF TERM

DISTRIBUTION OPTIONS:

1. PRINTED + EMAIL
2. EMAIL ONLY
3. PRINTED ONLY

Please let us know how
your family wish to receive
the Bulletin via the Reply
Slip on the back page by

WEDNESDAY 13 MAY



Friday morning mass
has been suspended



Primary News

from Ms. Cate O'Leary, Director of Junior School

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages." - Michelle Obama

The sound of laughter and excited squeals was certainly heard on Monday morning, as students entered their classrooms and warmly greeted their peers and teachers. The teachers too, were very pleased to have their class back together. All but three students from the Primary School were present at the beginning of Week 2.

We have asked until further notice that parents do not enter the College. Things are changing rapidly, so we will keep you up to date with regulations. Please also remember that for safety, there is no pedestrian access via the College Driveway.

We congratulate teachers for creating interesting programs for students to acquire their learning using the **Seesaw App** and **SEQTA**. We congratulate parents for keeping connected with us, being supportive, showing patience, and being realistic with expectations. We were also impressed with the creative ways parents have been engaging in their daughter's learning and creating new adventures with their family time together. The student responses posted to teachers online have been interesting and well recorded.

Mother's Day may look a little different this year, but I am sure that 'Love' will be on top of the list in all homes on Sunday. The girls have been busily preparing for some special Mother's Day treats, and our Class Prayer for the week was for all Mothers:

Thank you, Lord, that you fill a mother's heart with love,
That you have instilled in her very being the need
to protect her children if at all possible,
Thank you for giving her the gift of nurturing her children,
of teaching them, of comforting them,
for feeding them and making a safe place for them.
For guiding them to be all that God has created them to be.
Fill every mother with love, wisdom and endurance,
with strength and patience and joy.
Give them ability to forgive again and again.
Enable her to rely on You and call upon You,
because You will give her all she needs.
In Your precious name,
Amen

Reflective Journal Wellbeing Task for Year 4s

The ways my family and friends make my life happy are:

They are always by my side, they love and care for me, my mum gives me medicine when I am sick and reminds me of things when I forget and my dog Koda plays with me and protects me. - **Lucy Carlier**

They make me laugh when I am sad, they are kind and helpful, they have supported me with my learning and they listen to my ideas. I am grateful for everything that my family has done for me. - **Helena Nazzari**



In and around the classroom:

The beginning of Term 2 was like nothing we've seen before. Primary classes have become very familiar with the Seesaw App and the analogy of a Seesaw is a good description of our learning last week.

We had some "downs" as we navigated technological issues and not seeing each other, but there were far more "ups", making for a memorable week.

The Year 3 girls took the many ups and downs in their stride whether learning from home or at school and enjoyed some wonderful moments. They learnt, had fun and best of all took any challenges in their stride.

On Friday they completed a Wellbeing reflection task and completed the following statement -

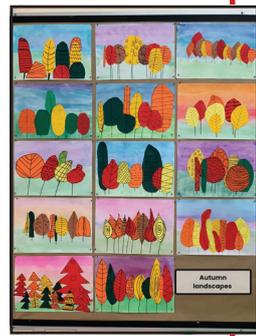
The ways my family and friends make my life happy are....

...my family are helping me to understand my school work and letting me have over the phone, zoom or social distancing play dates with my friends. My friends are helping me laugh and have fun while we have our playdates. - **Lucy**

...by tickling me, showing me affection, being nice and being by my side when I need them. - **Daniella**

...spending time with me, they care for me. They make me laugh and I am happy all the time when I am around them. - **Lakshana**

...my friends make me happy when I play with them. My mum makes me happy when she gets fish and chips. My dad makes me happy when he plays games with us and I love playing with my brother and sister as well. - **Rose**



YEAR 3



Welcome Rocco!

A wonderful addition to the Rodrigues Puopolo family. A beautiful brother for Emilia, Year 2 and Olivia.

He is 1 month old now and is very cute and I love him so much. - Emilia

Supporting Children in Uncertain Times

During these uncertain times, your child/ren may be asking more questions, in an effort to seek your reassurance. Young people may worry, as they are exposed to various conversations and media headlines. Trusted adults including family, parents and school staff play an important role in assisting young people to make sense of the world around them. I have provided some general principles for talking with children, in a hope to minimise their worry.

Ms Muriel Noujaim, Deputy Principal

1. Children seek our time

Give children the time they deserve. This will send the message that we are always there for them, to answer any questions or minimise worry.

2. Language and tone is everything

Children are intuitive. They will react to what we say and how we phrase our words. Therefore modelling calmness through tone and body language is important. Avoid language that reflects blame or stigma. This provides young people with a point of reference when communicating with others and aims to bring about a sense of safety.

3. Limit what children see and hear on television, radio and through online platforms

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety. This information is usually targeted for an adult audience and is not appropriate for children.

4. Provide information that is factual, accurate and age appropriate

We should try to ask a few questions before responding to a child's concerns – we may be able to get more information about exactly what they are worried about and therefore answer more helpfully.

Answer with a matter of fact, calm and confident voice and facial expression. If we can't do that, we should step away and say *"I think I might just need some adult time for a moment, and I will come and talk to you again in a few minutes"*.

If young people continue asking lots of questions which we have gone over with them before, it's okay to put some limits on the time we spend talking about COVID-19.

If it is appropriate, we might say something like: *"That's a problem for adults to solve and there are lots of clever adults working on that right now. You don't need to spend much time thinking about that"*. We might also say something like: *"We've spent enough time talking about this for now, it's good for our brains and bodies to have a break from thinking about worrying things and problems, let's go and do something else"*. At this point, we gently try to distract the young person with another activity.

5. Educate children on what they can do to help

We can use this pandemic as a teaching and learning opportunity. How can we work together to reduce the spread of germs and care for others?

- General and regular hand hygiene
- Cough or sneeze in a tissue or elbow and then dispose of tissue and wash hands
- Physical distancing of 1.5m where possible
- Checking in on the vulnerable and elderly
- Being active and willing in community outreach programs and initiatives

6. Feeling worried and unsure is normal

Acknowledging feelings of worry and nervousness during stressful times can build resilience in young people. Recognising that life is different but we will get back to normal is also important to keep reinforcing.

Support Services



Headspace

headspace.org.au/eheadspace/

eHeadspace provides free online support and counselling to young people 12 – 25 and their families and friends.

Lifeline Lifeline

www.lifeline.org.au | ☎ 13 11 14 (24/7)

For all ages, Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

Crisis Support Chat 7:00pm – Midnight

www.lifeline.org.au/get-help/onlineservices/crisis-chat

TEXT: 0477 131 114 6:00pm – Midnight



Kids Helpline | ☎ 1800 55 1800 (24/7)

Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

www.kidshelpline.com.au/get-help/webchat-counselling



Youth Beyond Blue

www.youthbeyondblue.com

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Chat Online: 3:00 pm – Midnight | ☎ 1300 22 4636 (24/7)

Uniform Reminder

Is your daughter wearing her uniform correctly?
As we begin Term 2, we move to our Winter Uniform. It appears some girls have grown taller over the holiday break. I therefore draw your attention to the length of Winter Skirts needing to be below the knee. There is a generous hem that may need to be taken down.

Some other general reminders:

School Jumpers: are not to be worn in the street without a blazer on top and berets are a must

Shoes: laces and buckles must be tied up

Sports: Students should be changing into their Sport Uniform once they arrive to School. Sandshoes should be predominantly white in colour.

Fawn Socks or stockings: Socks pulled up and stockings should be grey in colour

Hair: Simple and neat. If hair is long, it should be tied back with the appropriate navy or black ribbon/scrunchie. White or patterned hair accessories are not permitted.

Earrings: A stud may be worn only in each ear lobe. No other piercing are permitted.

Jewellery, Cosmetics and Acrylic Nails:

Not permitted, with the exception of a watch and signet ring.

Thank you for your support in helping us maintain the appearance of the College Uniform, that continues to be worn with pride by students.

Muriel Noujaim, Deputy Principal



COLLEGE UPDATE

Thank you to all families for your support during this time of COVID-19. Much has happened for this community, as we manage the influx of information from government and health officials. The Chief Public Health Officer, Professor Nicola Spurrier has provided us with relevant information, helping us to respond to her sensible and measured advice to keep safe. She is an excellent role model for our girls – she is informed, steady, reliable and no nonsense. We are fortunate to have Professor Spurrier as a leader in South Australia and on behalf of the College I offer gratitude for her service and leadership.

As a College community we have endeavoured to respond and communicate to you in a timely manner and with the appropriate amount of information. Whilst South Australia is indeed in a very good position, we must remain cautious and responsible. In returning to 'Face to Face' learning for St Dominic's girls, I highlight to families the following measures we have put in place:

- Parents and Guardians are asked to drop their daughter/s outside the school gates. If they need to enter the College they must do so, via main Reception on Molesworth Street.
- All contractors and visitors to the College are required to sign in, use hand sanitiser and report directly to main Reception.
- Upon arrival, all staff and students are asked to wash their hands or apply sanitiser.
- Hand washing and sanitising is repeated throughout the day.
- Cleaning of the College has been increased, focusing on high traffic surfaces.
- All Classrooms have cleaning equipment and desks are wiped down regularly.
- Single desk space has been implemented where possible.
- Physical distancing has been encouraged of students.
- Students are encouraged to use their own water bottles.
- Any student who is unwell is advised to stay home and to seek medical advice if required.

Our staff continue maintaining their positive, professional approach to their work in teaching your daughter/s. They have been tireless in their preparations of lessons and remain committed to excellence in teaching, learning and leading your daughters to success in 2020.

Dr Helen Steele, Principal

Latest Communication from the College
available online at: https://stdo.ms/SDPC_COVID-19

ATTENTION ALL FAMILIES

Bulletin Distribution

The St Dominic's Priory College Bulletin will now be issued once per fortnight, on Thursdays. Please indicate below how your family would like to receive this publication:

- In Print via eldest daughter + E-mail [as current]
- In Print ONLY via eldest daughter [household does not have an e-mail address]
- E-mail only

Your Name.....

Eldest Student's Name

Class:

E-Mail
[if not already supplied to the College]

**Please return to College Office
BY WEDNESDAY 13 MAY**

**FIND US
ONLINE:**



SDPC.Adelaide



stdominicpriory



stdo.ms/LINKEDIN

**ATTN: PARENTS / GUARDIANS
Have you read today's Bulletin?**

Please let your daughter/s class teacher know via the checkbox in her College Planner



Exciting New Additions in the Music Room!

Our new collection of African Drums arrived in time for Term 2, and the Year 10 Music class was more than happy to test them out on Friday!

We can't wait for our Year 7s to create music with them in their unit, "Rhythms around the World".

Stephanie Neale – Music Key Teacher

UNIFORM SHOP NOTICE

In an effort to ensure Social Distancing inside the Uniform Shop, the following measures now apply:

- Limits apply to how many customers can be in the shop at any one time. You may be asked to wait outside.
- Families are encouraged to take advantage of electronic forms of payment and avoid the use of cash where possible.
- Orders may also be placed in person or over the phone via the Accounts Office (i.e. where size is known). Normal College Office hours apply.

TERM 2 OPENING HOURS

Thursday 7 May	12:30pm - 4:30pm
Monday 11 May	10:30am - 1:30pm
Thursday 14 May	10:30am - 1:30pm
Monday 18 May	10:30am - 1:30pm
Thursday 21 May	12:30pm - 4:30pm
Monday 25 May	10:30am - 1:30pm
Thursday 28 May	10:30am - 1:30pm
Monday 1 June	10:30am - 1:30pm
Thursday 4 June	12:30pm - 4:30pm
Monday 8 June	CLOSED
Thursday 11 June	10:30am - 1:30pm
Monday 15 June	10:30am - 1:30pm
Thursday 18 June	12:30pm - 4:30pm
Monday 22 June	10:30am - 1:30pm
Thursday 25 June	10:30am - 1:30pm
Monday 29 June	10:30am - 1:30pm
Thursday 2 July	12:30pm - 4:30pm

Check front page of the Bulletin each week for upcoming opening hours during the Term.



Read the latest issue online now:
<https://stdo.ms/35rBQ8Q>



Upcoming Key Dates

JUN 04 Project Registration Closing Date

The Oliphant Science Awards are a wonderful opportunity for students from Reception to Year 12 to develop their interests in science through a competition with a range of categories to suit a wide variety of abilities and interests.

See the website or email Ms Templeman or Ms Kennedy
www.oliphantscienceawards.com.au

NYSF 2021 YEAR 12 PROGRAM

YEAR 11 STUDENTS APPLY NOW!



STEM LAB VISITS • LECTURES • SITE TOURS • WORKSHOPS • SOCIAL EVENTS

National Youth Science Forum

The National Youth Science Forum (NYSF) is a not-for-profit organisation that seeks to encourage young people in their passion for science with programs showcasing the wide variety of engaging, rewarding and inspiring study and career options available in science, technology and engineering.

The NYSF Year 12 Program runs in January each year for students about to enter year 12.

Expressions of interest due by 31 May
 Learn more at nysf.edu.au or e-mail Ms Kennedy



Virtual Careers Expo

Thursday 7 + Friday 8 May
 Online | 12:00pm – 8:00pm

The Virtual Careers Expo is an innovative and interactive collaboration between Australia's major tertiary education providers, designed to showcase the wide range of options available to students as they prepare for life after school.

- **EXPLORE** – Wander through our virtual expo hall featuring more than 50 institutions
- **DISCOVER** – Visit the Webcast Hub to watch seminars and feature presentations from exhibitors
- **RESEARCH** – Download course guides and take a virtual campus tour
- **ENGAGE** – Chat with staff and current students to find out more about each institution

REGISTER ONLINE NOW:

www.torrens.edu.au/about/virtual-careers-expo



WINTER TUCKSHOP PRICE LIST

Menu will be revised as required - current as of 1 May 2020

UNTIL FURTHER NOTICE: Only snacks, drinks + soup (when available) may be purchased over the counter at Recess/Lunch. Cashless EFTPOS sales are available.

ALL LUNCHESES MUST BE ORDERED, NO LATER THAN 9:15AM

Please clearly mark lunch order bag with student's name and class.

Wherever possible, please use correct change.

Unavailable items may be substituted by staff
It is a good idea to list a second preference (especially for Junior Primary students)



AVAILABLE

Wednesday Hump Day Specials

WEEK #	Special	Price
3	Pasta Carbonara	\$6.00
4	Baked Potatoes	
	with Cheese, Coleslaw + S/Cream	\$6.50
	with Bolognese Sauce, Cheese + S/Cream	\$7.00
	with Bacon, Cheese, Coleslaw + S/Cream	\$7.00
5	Chicken Stirfry with Hokkien Noodles	\$6.50
6	Chicken Noodle Soup [Homemade]	\$4.50
7	Beef Ravioli with Bolognese	\$6.50
8	Roast Chicken with Veg + Gravy	\$7.00
9	Spaghetti with Meatballs	\$6.50
10	Lamb Yiros	\$7.00

Wednesday Specials are published in the Bulletin and Student Daily Notices

Pre-Ordered Primary Meal Packs

Please ensure Lunch Order is received no later than 9:15am

Cheeseburger Pack	\$7.00
Cheeseburger, Apple, Just Juice	
Chickenburger Pack	\$7.00
Small Chickenburger, Apple, Just Juice	
Hot Dog Pack	\$7.00
Hot Dog, Apple, Just Juice	
Sandwich Pack	\$7.00
Cheese Salad or Ham + Cheese Sandwich, Apple, Just Juice	
Wrap Pack	\$6.50
1/2 Chicken Salad Wrap, Apple, Just Juice	

Drinks

600ml Water	\$2.50
600ml Plain Milk	\$3.00
600ml Flavoured Milk (Chocolate / Strawberry)	\$4.50
300ml Iced Coffee	\$3.50
375ml Flavoured Milk (Chocolate / Strawberry)	\$3.80
Up and Go Milk	\$3.00
Just Juice 200ml (Apple Blackcurrant / Paradise Punch)	\$2.20
Fruit Juice 300ml (Apple / Orange)	\$3.20
Fruit Juice 500ml (Orange)	\$4.00
Soft Drinks 450ml or 600ml	from \$3.60
Kyneton Carbonated Mineral Water (Apple + Raspberry)	600ml \$4.20 500ml \$4.50
Iced Tea	500ml \$4.50

Hot Foods

Additional items may be available as Term progresses - see Tuckshop

	small	large
Roast Pumpkin Soup [Homemade - PICK UP ONLY]	\$4.50	
Homemade Hamburger	\$6.50	
Cheeseburger	\$5.00	
Chicken Schnitzel Burger (Lettuce, Tomato + Mayo)	\$5.00	\$7.00
Chicken & Mayo Roll	\$5.00	
Sweet Chilli Chicken Wrap	\$3.50	\$6.50
Hot Dog w/Sauce	\$2.60	\$4.60
Hot Dog W/Cheese & Sauce	\$3.00	\$5.00
Hot Dog W/Bacon, Cheese, Sauce & Mustard	\$6.00	
Garlic Bread	\$3.00	
Macaroni + Cheese (GF)	\$5.50	
Lasagne - Angus Beef	\$6.00	
Pasta Bolognese (Homemade) (GF avail.)	\$5.00	
Vegetarian Nachos	\$5.50	
W/Tomato Salsa, Sour Cream & Cheese w/Guacamole	\$6.50	
Special Fried Rice (Vegetarian) (GF)	\$5.00	
Wedges	\$4.00	

Mixed Cup: 1/2 Wedges with

3 Chicken Nuggets OR 3 Fish Fingers	\$5.00
Chicken Nuggets (GF avail.)	3 for \$2.50
Fish Finger	3 for \$2.50
Vegetarian Spring Rolls	3 for \$2.50
Hash Brown	3 for \$2.50
Veg. Dim Sim \$2.50	Chiko Roll \$3.20
Fish + Wedges \$7.00	With Salad \$8.00
Sweet Chilli Tenders	\$2.20
Sweet Chilli Sauce OR Sour Cream	\$0.50
Balfours Ham + Cheese Croissant	\$5.50
Balfours Premium Pies (Potato or Angus Beef)	\$5.50
Balfours Cornish Pasty	\$5.50
Balfours Traditional Pie (Plain Beef or Chicken)	\$4.70
Balfours Cheese Snagbag	\$5.20
Balfours Vegetarian Pasty	\$4.70
Balfours Large Sausage Roll	\$4.70
Balfours Better Bite Sausage Roll	\$4.20
Balfours Better Bite Potato Pie	\$4.70
Balfours Vegetarian Quiche	\$5.50
Tomato Sauce	\$0.50

Ice Creams & Confectionery

Selection Available from	\$1.20
Frozen Juice Cups (Apple Blackcurrant)	\$1.20
Can be included on lunch orders	
All other icecreams / Iceblocks can be purchased over the counter	

Salads

	small	large
Garden Salad	\$5.00	\$6.50
Chicken Caesar (Tues + Thurs only)		\$6.70
Chicken Salad	\$5.50	\$6.70
Tuna Salad	\$5.50	\$6.70
Ham & Egg Salad		\$7.00
Thai Chicken Salad		\$7.00

Sandwich Bar

White or Multigrain bread and rolls available
Gluten Free Bread is also available

Ham & Cheese; Cheese & Tomato; Curried Egg; Egg & Lettuce; Tuna & Lettuce; Cheese & Gherkin; Beef & Tomato
sandwich: \$4.50 Baguette/Wrap/Focaccia: \$6.00

Chicken & Avocado; Ham Salad; Ham cheese & Tomato; Tuna Salad; Chicken, Lettuce & Mayo; Chicken Salad; Beef Salad; Salad & Dressing; Ham, Cheese, Tomato, Onion & Baby Spinach; Chicken, Mushroom & Carrot
sandwich: \$5.50 Baguette/Wrap/Focaccia: \$6.50

1/2 Wrap Available (any filling) \$3.50

Toasted Sandwiches / Wraps / Focaccia add 50c

Avocado (where not already included) add 50c

ALL SANDWICH BAR ORDERS: Please advise on order bag if you want SALT, PEPPER, MARGARINE, MAYO, CAESAR etc.

Cold Foods / Snacks

Fresh Whole Fruit (Apple / Banana / Pear)	\$1.20
Yoghurt	\$3.00
Jelly	\$2.00
Red Rock Potato Crisps 28gm	\$2.20
Vege Chips 27gm	\$2.20
M&M Cookies (Homemade) 1 for	\$1.60
Sliced Balfours Cake (Banana or Choc)	\$2.00
Balfours Donut	\$4.00
Balfours Custard Tart	\$4.20
Balfours Muffin (Double Choc, Blueberry)	\$4.20
Better Bite Muffin (Chocolate)	\$3.00

Additional bakery items available

Vegetarian and Gluten Free available where indicated V / GF **UPON REQUEST**

We **cannot guarantee** our items are **100% nut / allergy free.**

There is **no deep-fried food.** **Nuggets, Wedges, Spring Rolls** etc are **OVEN BAKED.**

PLEASE NOTE:
We cannot heat food or provide cutlery food brought from home