



## Important Dates

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Pupil Free Day  
(Staff Professional Learning)  
Friday 10 March

Adelaide Cup Public Holiday  
Monday 13 March

NAPLAN Testing Begins (Years 3,5,7,9)  
Wednesday 15 March

Sports Carnival - Middle Senior School  
Thursday 16 March

Sports Carnival - Junior School  
Friday 17 March

College Tour  
Wednesday 29 March

Holy Thursday (Students Dismissed at 1pm)  
Thursday 6 April

Good Friday (Pupil Free Day)  
Friday 7 April

Easter Monday (Pupil Free Day)  
Monday 10 April

End of Term 1  
Friday 14 April

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## Upcoming Events

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### 2023 College Tours

Date: Wednesday 29 March

Time: 6:00pm - 7:00pm

Venue: St Columba College - Andrews Farm

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## Religious Heart of the College



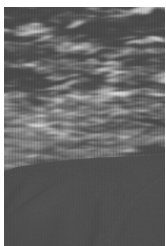
### JUNIOR SCHOOL

On Wednesday 22 February, the Junior School held an Ash Wednesday service to mark the beginning of Lent. Lent is a significant time in the Church's calendar and recalls the time that Jesus spent in the wilderness. Here he went without food for 40 days. Fasting helps to focus the mind and Jesus spent this time praying and contemplating his mission. He was tempted to use his power for his own benefit but chose instead to use it for the service of others.

As part of the Ash Wednesday Liturgy, students are marked with ashes on the forehead in the shape of a cross. This is a sign to remind us to live the way that Jesus wants. Lent is a special time for prayer, fasting and giving, and a time to focus on what we are called to do as Christians. Often, the season of Lent is associated with "giving something up", which is a form of fasting, yet it is more important to be proactive—to do something for the benefit of others and deepen our own relationship with God through prayer and action.

Our Liturgy was led by Year 5 Cammarere, telling the story of Jesus' time in the wilderness. The students led in prayer, drama and song, and showed great respect and reverence for the occasion.

**Mrs Jane Bailey** | Director of Spirituality R-5



### MIDDLE SENIOR SCHOOL

#### Beginning of Year Liturgy

On Friday 10 February, the whole College came together to celebrate the beginning of the school year and ask God to bless our ventures. At the start of the Liturgy, the Year 12s walked into the Gymnasium with the Reception students who wore a badge that was presented to them by the Year 12s—symbolic of the beginning of their school life at the College. At the end of the year, the Reception students will 'walk out' with the Year 12s to signify the end of their education at the College. These rites of passage are important to help students experience a sense of belonging to our community. The Liturgy was filled with movement and song—an invitation for us to remember that how we serve our brothers and sisters is a reflection of our heart for Jesus.

#### Year 12 Commissioning Ceremony

After the Ash Wednesday Liturgy, on Wednesday 22 February, the Year 12s spent the afternoon reflecting on goals for themselves. As a

cohort, the students collaborated to create a Year 12 Charter. Below is extract from the charter:

*'We hold ourselves to high standards of personal and academic excellence, and we strive to fulfil our commitments to the best of our abilities'.*

*'We recognise the importance of having fun and enjoying life, and we will seek to balance our work with times of joy'.*

The day concluded with the presentation of their Year 12 Jumpers.

### **Sacrament Program – Elizabeth Catholic Parish**

If you are interested in having your child/ren celebrate the sacraments of Reconciliation, Confirmation and Holy Communion, an Information Session will be held as follows:

Date: Friday 10 March, 2023

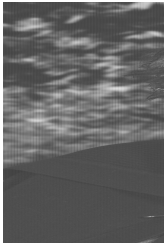
Time: 5:00 - 6:00pm

Place: St Thomas More Church, Laverstock Road, Elizabeth Park

You are welcome to read more about the program [here](#)

If you have any questions please contact the Sacrament Co-ordinator, Ms Edna Dumbrell, at the Parish Office, Phone: 8255 1191 or by email [faitheducation@elizabethcatholicparish.com.au](mailto:faitheducation@elizabethcatholicparish.com.au)

**Miss Eugenia Stopyra** | Director of Spirituality 6-12





## Junior School



The year has begun positively with our common expectations and routines being set up during our “Ready, Set, Learn” fortnight. Our students have explicitly learned about the College values and rules and what these need to look like, sound like and feel like to create a safe, respectful and positive learning culture in every class across the College.

This year, we have welcomed 4 classes of new Reception students and 24 students in other year levels to the Junior School. We also welcomed families through our “Meet the Teacher” day and Reception week. Thank you for your strong attendance. Partnering with families is essential to us in developing every child’s full potential. We value your input, communication and support.

Our Year 5s have commenced their leadership opportunities this year with Emu Crossing training and Year 5 Leadership Day, where they demonstrated their growth mindset, took new risks and built their teamwork skills.

Ziggy, our wellbeing dog, has settled back into the school rhythms and routines with class visits, reading groups, movement breaks and assisting self-regulation strategies. For students to be involved in interactions with Ziggy, parent and caregivers need to complete the permission survey sent out.

NAPLAN Testing is happening in Weeks 6 and 7. A note has been sent out to all families regarding the tests. If you have any questions or concerns, please contact your child’s teacher. Parents wishing to withdraw their child from these tests must complete a form prior to the tests commencing.

Thank you for being courteous and patient drivers at school drop-off and pick-up. The two zones, at the front of school and in the Junior School carpark, are drop-off/pickup zones. No parking is permitted, and drivers cannot leave their vehicle. Please ensure no U-turns in the crossing zone—this is illegal and compromises the safety of our community.

This year, we are continuing our Healthy Eating Policy. At each assembly, we announce our WOW (Wipe Out Waste) Awards where students can win a canteen surprise for their healthy wrapper free lunches. If you are looking for great ideas for lunch boxes, please refer to the flyer in the gallery below.

**Mrs Julie Hancock** | Head of Junior School



**FOR A HEALTHY LUNCHBOX PICK&MIX SOMETHING FROM EACH GROUP 1-6!**

**FRUIT 1**

- Apple
- Banana
- Berries
- Blueberries
- Cherry
- Citrus
- Guava
- Kiwi
- Lychee
- Manuka honey
- Mango
- Orange
- Pineapple
- Raspberries
- Strawberries
- Tangerine
- Watermelon
- Yuzu

**VEGETABLES 2**

- Asparagus
- Avocado
- Bean sprouts
- Broccoli
- Carrot
- Cauliflower
- Cucumber
- Eggplant
- Green beans
- Kale
- Kiwi
- Lettuce
- Mushrooms
- Onion
- Peas
- Pepper
- Pumpkin
- Spinach
- Sweet potato
- Tomato
- Zucchini

**MILK, YOGHURT AND CHEESE 5**

- Cheese
- Cheese sticks
- Cheese slices
- Condensed milk
- Condensed milk powder
- Cream
- Cream cheese
- Creamy soups
- Ice cream
- Ice cream cones
- Ice cream sandwiches
- Ice cream sticks
- Milk
- Milk powder
- Yoghurt

**MEAT OR MEAT ALTERNATIVE 4**

- Chicken
- Chicken breast
- Chicken thighs
- Chicken wings
- Chicken drumsticks
- Chicken legs
- Chicken strips
- Chicken nuggets
- Chicken tenderloins
- Chicken tenders
- Chicken tenders (breaded)
- Chicken tenders (fried)
- Chicken tenders (grilled)
- Chicken tenders (roasted)
- Chicken tenders (steamed)
- Chicken tenders (stir-fried)
- Chicken tenders (sautéed)
- Chicken tenders (braised)
- Chicken tenders (baked)
- Chicken tenders (pan-fried)
- Chicken tenders (grilled)
- Chicken tenders (roasted)
- Chicken tenders (steamed)
- Chicken tenders (sautéed)
- Chicken tenders (braised)
- Chicken tenders (baked)
- Chicken tenders (pan-fried)

**GRAIN AND CEREAL FOOD 3**

- Almond flour
- Almond meal
- Almond meal (ground)
- Almond meal (fine)
- Almond meal (coarse)
- Almond meal (medium)
- Almond meal (large)
- Almond meal (small)
- Almond meal (medium)
- Almond meal (large)
- Almond meal (small)
- Almond meal (medium)
- Almond meal (large)
- Almond meal (small)
- Almond meal (medium)
- Almond meal (large)

**WATER 6**

- Water
- Flavoured water
- Flavoured water (natural)
- Flavoured water (artificial)
- Flavoured water (natural)
- Flavoured water (artificial)

**FOR A HEALTHY LUNCHBOX PICK&MIX SOMETHING FROM EACH GROUP 1-6!**

- 1. Fruit
- 2. Vegetables
- 3. Grain and cereal food
- 4. Meat or meat alternative
- 5. Milk, yoghurt and cheese
- 6. Water

**Checklist:**

- 1. Fruit
- 2. Vegetables
- 3. Grain and cereal food
- 4. Meat or meat alternative
- 5. Milk, yoghurt and cheese
- 6. Water



03.03.23  
Middle School



Welcome to Term 1. I hope all everyone in the College community is well.

## **Year 9 - The Rite Journey**

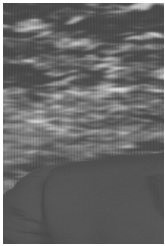
On Thursday 2 March, we celebrated the commencement of The Rite Journey program for Year 9 with our Departure Ceremony. It was great to see so many parents attend the event. TRJ is a personal development program designed to support adolescents as they navigate the transition into adulthood. It is offered to students in Year 9 and consists of a series of structured lessons and activities that focus on themes such as self-awareness, responsibility, relationships and community. The program provides students with the skills and knowledge needed to navigate the challenges of adolescence, make responsible choices, and develop a strong sense of self.

## **NAPLAN Preparation**

In Week 5, the Year 7 and 9 students began preparing for NAPLAN (National Assessment Program - Literacy and Numeracy). The practice sessions can help students perform to the best of their ability on test day. Practice tests and resources are available to help students become familiar with the format and types of questions they may encounter. At the College, we focus on students developing strong literacy and numeracy skills throughout the school year. Our teachers will provide guidance on areas that need improvement and tailor learning plans to help students reach their potential.

As we move through the Lenten season, I wish all families the best of health leading up to Easter.

**Mr Shane Dowling** | Head of Middle School







## Senior School



It has been an exciting few weeks here at the College, and I am delighted to share some updates with you all.

Our Year 12 students were fortunate to have Sam, the owner of Sekseed, as a guest speaker to share insights on resilience and perseverance. The lessons learned will help them navigate the challenges they will face in their future endeavours.

Our Year 11s had an enlightening session with Relationships Australia, where they learned about the dangers of gambling and the impact it can have on their lives. Additionally, they received guidance on how to use their phones responsibly to avoid falling into online gambling traps.

Our student leaders engaged in a leadership camp, where they collaborated on developing plans for 2023. This was held from Monday 6 to Tuesday 7 February at Nunyara Conference Centre. This experience allowed them to hone their leadership skills, work effectively as a team, and learn how to manage challenges that may arise during the year.

The Year 12s had their Commissioning Ceremony on Wednesday 22 February, which was an excellent opportunity for them to set goals and plan for the year ahead. It was also an opportunity for them to receive their Year 12 jumpers and celebrate their accomplishments to date.

Finally, I am delighted to report that our Year 10 students have settled in well and are thriving in the College environment. They have integrated seamlessly into life at the Senior School, and we are pleased with the progress they have made so far.

**Mrs Deirdre Walters** | Head of Senior School





2023 Sports Carnival - Important Notices

**St Columba College**

# SPORTS CARNIVAL

**SAUSAGE SIZZLE**  
(JUNIOR SCHOOL ONLY)  
Sausages: \$2 each  
Orders close Wed 8 March (Week 6)

**R-12 RAFFLE**  
Tickets: \$1 each  
Sales close Tues 14 March (Week 7)

**Only available online via the QKR! App**

Sports Carnival JS BBQ

Orders must be placed via the QKR! App  
by Wednesday 8 March (Week 6)

**Sports Carnival R-12 Raffle**

Purchase your ticket via the QKR! App  
by Tuesday 14 March (Week 7)

[QKR Download Info](#)

Reception Mid-Year Enrolment



**St Columba**  
College

# 2024 Mid-Year Reception Enrolments

**APPLY NOW**

 [St Columba Enrolment](#)





St Columba College is excited to announce mid-year Reception enrolment intake commencing in 2024. Children turning five years old between 1 May and 31 October will be eligible to start school in Term 3.

Students who join a mid-year intake will receive free tuition in Terms 3 and 4 of that year. The free intake includes tuition fees and compulsory charges. It excludes uniforms and extra-curricular costs.

Positions are limited. We encourage College families with younger siblings to complete an **Application for Enrolment Form** at the earliest opportunity.

[Learn More](#)

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Community Notice - Girl Power - Together We Can Make a Difference



*A workshop aimed to foster a  
positive mindset,  
inner confidence and resilience  
in girls at a young age*

The Girl Power program aims to foster a positive mindset, inner confidence and resilience in girls at a young age, before they embark on their teenage years and are exposed to the powerful world of social media. The workshops are based on positive psychology principles and delivered by way of fun, creative and engaging activities. Commencing during the April School Holidays. To learn more, please click [here](#)