








CARDIJN COLLEGE
MARIAN CAMPUS

Student Transition Guide





-  facebook.com/CardijnCollege/
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-  linkedin.com/school/cardijncollege
-  [/CardijnCollege](https://www.youtube.com/channel/UC...)
-  cardijn.catholic.edu.au

Cardijn Connect

Cardijn Connect is a weekly blog sharing news and announcements from the College. It is considered an important and vital means of communication with our school community. Families are encouraged to refer to the blog as it is the school's regular, official means of communicating with our families.

Visit:
www.cardijn.catholic.edu.au/cardijn-college-blog

Our Dual Charisms

Joseph Cardijn & St Marcellin Champagnat



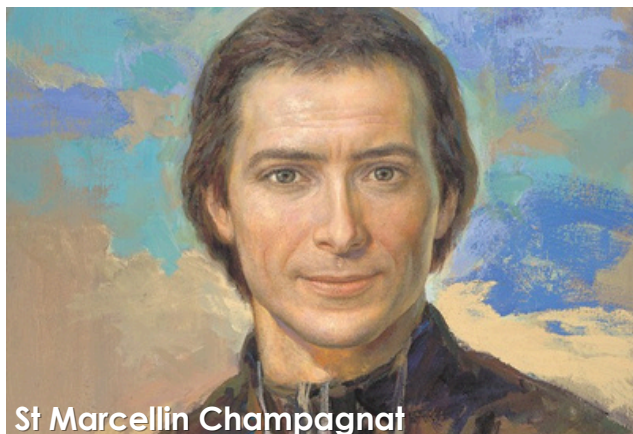
Joseph Cardijn

In a century presenting us with many great Christian men and women, including Martin Luther King and Nelson Mandela who have done much to further the progress of people on this earth, the name JOSEPH CARDIJN will stand high. At a time when Australia was isolated from the rest of the world, Joseph Cardijn's influence was still evident and effective to others. There were and still are many priests and other religious leaders, as well as Catholics, who owe their renewed vision of Christian life and of the dignity of human beings to this priest.

His life spanned much of the last century: he is a man for our times. He was born in 1882 into a Flemish working family and from his earliest years he grew in his love for, and appreciation of, the working class, particularly the working youth. He understood the effect on the lives of men and women of the growing industrialisation so evident around his own district and further afield. He saw clearly from a young age that it would be through life as a priest that he could bring about the greatest good for those he wished to help.

It was in 1912, while he was a curate in a suburb of Brussels, that he formed his first group of young workers in a movement which, in his lifetime, developed into a world-wide organisation. He was completely devoted to arresting the de-humanising influences going on in his own country and throughout Europe. His idea was to put Christianity into the whole of life. On the one hand he devoted himself fully to overcoming the social injustices and poverty so many young people faced. On the other hand, he worked ceaselessly to promote the spiritual and temporal welfare of young workers. Joseph Cardijn was particularly keen about developing leaders from the ranks of the youth, realising that it was from among these that the transformation of the world must come. Cardijn's method of evangelisation, often described simply as a discovery of the truth of faith, the truth of life and the truth of transformation, provides a means for Christians to: See, Judge and Act according to the mind of Christ in the light of the Gospels.

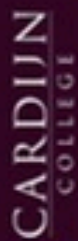
It would be true to say that this influence was eventually realised in the Second Vatican Council. In one of the great Documents of this Council, "The Church in the Modern World", is an inspiring statement of what the Church is today and it is a living monument to Cardijn's teaching philosophy - "We must, therefore, recognise the world in which we live, its expectations, its longings and its often dramatic characteristics". The Document, both in the introduction and elsewhere, speaks about the dignity of every person, of humankind's desires to improve the world in which we live and of the duty of Christians to be active in the quest for social justice.



St Marcellin Champagnat

ST MARCELLIN CHAMPAGNAT, the founder of the Marist Brothers, is the patron and namesake of Cardijn College, Marcellin Campus. St Marcellin was known for his understanding of young people, and although he was not academic, his love of work and industry inspired a generation of working-class people. Marcellin Campus is committed to the five Marist teaching characteristics of Presence, Simplicity, Family Spirit, Love of Work and in the Way of Mary. Cardijn College is an affiliated member of the Association of Marist Schools of Australia (MSA).

Marcellin Campus is one of just three schools in Marist Schools Australia to carry the name of our patron and as a college, we are proud to be immersed in the spirituality of Marcellin Champagnat.



LEGEND

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Lesson Times

2026 Term Dates

MONDAY, TUESDAY, THURSDAY AND FRIDAY	LESSON	TIME
	Morning Homeroom	8.40 - 8.50
	Lesson 1	8.50 - 9.30
	Lesson 2	9.30 - 10.10
	RECESS	10.10 - 10.30
	Movement	10.30 - 10.35
	Lesson 3	10.35 - 11.15
	Lesson 4	11.15 - 11.55
	Movement	11.55 - 12.00
	Lesson 5	12.00 - 12.40
	Lesson 6	12.40 - 1.20
	LUNCH	1.20 - 2.00
	Movement	2.00 - 2.05
	Lesson 7	2.05 - 2.45
	Lesson 8	2.45 - 3.25
	Dismissal	3.25

Term 1

27 January to 2 April
(Week 11: 7 to 10 April
will be pupil free days)

Term 2

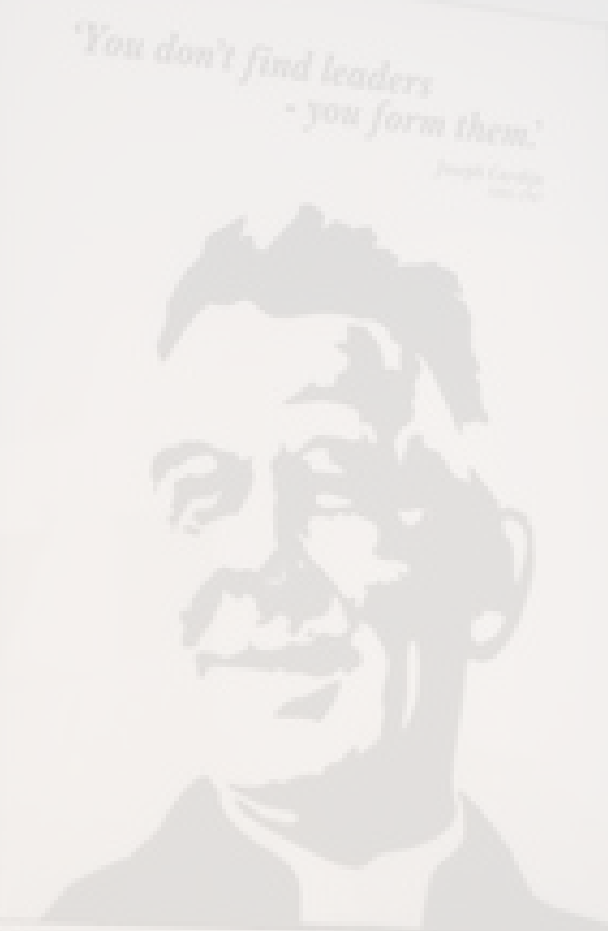
27 April to 3 July

Term 3

20 July to 25 September

Term 4

12 October - 4 December



Every Wednesday, Years 7-11 students are dismissed at 2.45pm and Year 12 students are dismissed at 1.20pm.

Year 7 Timetable Example

Lesson	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Homeroom	8.40 - 8.50am	Homeroom	Homeroom	Homeroom	Homeroom	Homeroom
Lesson 1	8.50 - 9.30am	7SCI Year 7 Science KO1 Ms Emily Bennet	7SCI Year 7 Science KO1 Ms Emily Bennet	7REL Year 7 Religious Education Fa1 Ms Casey Keough	7MAT Year 7 Mathematics CT5 Mr Rob Dvorak	7ESS Year 7 Essentials MPS Mr Jai Conroy
Lesson 2	9.30 - 10.10am	7SCI Year 7 Science KO1 Ms Emily Bennet	7SCI Year 7 Science KO1 Ms Emily Bennet	7REL Year 7 Religious Education Fa1 Ms Casey Keough	7MAT Year 7 Mathematics CT5 Mr Rob Dvorak	7ESS Year 7 Essentials MPS Mr Jai Conroy
Recess	10.10 - 10.30am					
Movement	10.30 - 10.35am					
Lesson 3	10.35 - 11.15am	7HPE Year 7 Health & PE OT8 Mr Pasquale Vita	7ESS Year 7 Essentials MPS Mr Jai Conroy	7HAS Year 7 HASS LO1 Mr Cameron Savage	7THR Year 7 Thrive CH2 Ms Lesia Cousins	Homeroom
Lesson 4	11.15 - 11.55am	7HPE Year 7 Health & PE OT8 Mr Pasquale Vita	7ITA Year 7 Italian Fa5 Mrs Lauren Rowe	7HAS Year 7 HASS LO1 Mr Cameron Savage	7THR Year 7 Thrive CH2 Ms Lesia Cousins	Homeroom
Movement	11.55am - 12.00pm					
Lesson 5	12.00 - 12.40pm	7MAT Year 7 Mathematics CT5 Mr Rob Dvorak	7HAS Year 7 HASS LO1 Mr Cameron Savage	7MEX Year 7 Music Experience MTS Mr Brad Tucker	7HPE Year 7 Health & PE OT8 Mr Pasquale Vita	7MAT Year 7 Mathematics CT5 Mr Rob Dvorak
Lesson 6	12.40 - 1.20pm	7MAT Year 7 Mathematics CT5 Mr Rob Dvorak	7HAS Year 7 HASS LO1 Mr Cameron Savage	7MEX Year 7 Music Experience MTS Mr Brad Tucker	7HPE Year 7 Health & PE OT8 Mr Pasquale Vita	7MEX Year 7 Music Experience MTS Mr Brad Tucker
Lunch	1.20 - 2.00pm					
Movement	2.00 - 2.05pm					
Lesson 7	2.05 - 2.45pm	7ITA Year 7 Italian Fa5 Mrs Lauren Rowe	7ENG Year 7 English CH1 Ms Tanya Bode	7ENG Year 7 English CH1 Ms Tanya Bode	7REL Year 7 Religious Education Fa1 Ms Casey Keough	7ENG Year 7 English CH1 Ms Tanya Bode
Lesson 8	2.45 - 3.25pm	7ITA Year 7 Italian Fa5 Mrs Lauren Rowe	7ENG Year 7 English CH1 Ms Tanya Bode		7HAS Year 7 HASS LO1 Mr Cameron Savage	7ENG Year 7 English CH1 Ms Tanya Bode
Dismissal	3.25pm			2.45pm		

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Dismissal	3.25pm			2.45pm		

Cardijn College Key Staff



Mr Byrne
Cardijn College Principal



Ms Bawden
Deputy Principal



Mr Champion
Head of Marian Campus



Ms Trenorden
Deputy Head of Marian
Campus



Ms Bode
Director of Students -
Years 7 & 8



Mr Westgarth
Director of Students -
Years 9 & 10



Ms Takianos
Director of Students -
Years 11 & 12

Middle Years House Leaders



Mr Vita

Middle House Leader -
Chavoin



Ms Martin

Assistant Middle House
Leader - Chavoin



Ms Cameron

Middle House Leader -
Chisholm



Mr Bukvic

Assistant Middle House
Leader - Chisholm



Mr MacDonald

Middle House Leader -
Faulkner



Ms Cain

Assistant Middle House
Leader - Faulkner



Mr Clark

Middle House Leader -
Kolbe



Ms van Ryswyk

Assistant Middle House
Leader - Kolbe



Ms Stenson

Middle House Leader -
Lombard



Mr Conroy

Assistant Middle House
Leader - Lombard



Mr Huppatz

Middle House Leader -
Mackillop



Ms Bennet

Assistant Middle House
Leader - Mackillop



Ms Dent

Middle House Leader -
Mitchell



Ms Bosnjak

Assistant Middle House
Leader - Mitchell



Mr Goode

Middle House Leader -
Romero



Mr Proctor

Assistant Middle House
Leader - Romero



What is House?

Student development often refers to the College's educational involvement with students. The wellbeing of our students goes beyond the classroom. Our house system builds a team environment in which students can fulfil their potential.

Pastoral care is coordinated within each of the eight Houses: Chavoin, Chisholm, Faulkner, Kolbe, Lombard, Mackillop, Mitchell and Romero.

Cardijn has always had a strong tradition of pastoral care since its inception and the move to the house system was made many years ago. This focus on student development continues to provide excellent care for all of our students.

Homerooms are vertically grouped, meaning that each homeroom consists of students in Years 7, 8, 9 & 10 in the middle years or Years 11 & 12 in the senior years, still as part of the same House. This allows for peer mentoring from our older students, increased leadership opportunities and for each student to remain with the same homeroom teacher for an extended period.



House Patrons

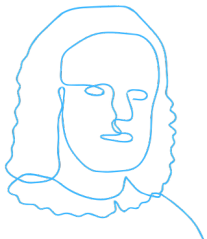
All these people inspire us through their belief and strength. These patrons are indeed well worth looking up to as model human beings. Our children will certainly benefit from understanding and looking at the decisions these people made. They are normal human stories but show extraordinary strength. All of these patrons have a great connection and commitment to God.



Chavoin

Jeanne-Marie Chavoin (1786 – 1858)

Jeanne-Marie Chavoin was born in a French village northeast of Lyons, in 1786. Despite her personal lack of education, Jeanne-Marie valued learning very highly. Growing up, Jeanne-Marie learnt concern and compassion for others, particularly those less fortunate. She began to work in her parish, helping to take care of various people. Having been invited to meet with John-Claude Colin and hearing about the Marist project Jeanne-Marie founded the first community of Marist Sisters. Her vision for the Sisters was to live a hidden life in the world, acting as apostles in the community and educating children with limited opportunities. Marist Sisters are now located in many areas of the world continuing this work. At Cardijn, Chavoin is the pink house and has the panther as its mascot.



Chisholm

Caroline Chisholm (1808-1877)

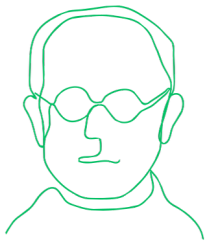
An Immigrant herself and a convert to Catholicism. During the depression of the 1830s and 40s Caroline was moved by the poverty around her and helped many to gain meaningful employment. Caroline was appalled by the exploitation and abuse of young immigrant women and girls and this became her focus. She began meeting new arrivals as they disembarked and found them decent employment and/or accommodation. Known as the "immigrant's friend" she set up "shelter sheds" on the route to the gold fields and also set up a school for girls in Sydney. At Cardijn, Chisholm is the blue house and has the shark as its mascot.



Faulkner

Archbishop Leonard Faulkner (1926-2018)

The first South Australian priest to graduate from St Francis Xavier's seminary, Archbishop Faulkner devoted his life to the service of God and the poor and marginalised. He was consecrated as Bishop of Townsville in 1967 and was Archbishop of Adelaide from 1985 to 2001. He had a strong connection to Joseph Cardijn having been YCW Chaplain Adelaide and Episcopal Deputy for the YCW. At Cardijn, Faulkner is the orange house and has the phoenix as its mascot.



Kolbe

Saint Maximilian Kolbe (1894-1941)

Saint Maximilian Kolbe was a Franciscan Friar, executed at Auschwitz. In a moving real-life drama Father Maximilian Kolbe gave his life in order to save a fellow prisoner who was a husband and father. Kolbe died after being subject to three weeks of hunger and then medical mistreatment. At Cardijn, Kolbe is the green house and has the crocodile as its mascot.



Lombard

Father Frank Lombard (1910-1967)

Frank was a great surfer, Australian Rules footballer and Marathon swimmer but was also blessed with other qualities, amongst them a born leader and public speaker. He was also dedicated to the Australian youth which he tirelessly served and was instrumental in building the Young Christian Workers Movement in Australia. He was a personal friend and associate of Cardinal Joseph Cardijn, who founded the YCW movement. At Cardijn, Lombard is the red house and has the dragon as its mascot.



MacKillop

Saint Mary of the Cross MacKillop (1842-1909)

Saint Mary of the Cross MacKillop was the founder of the Sisters of St Joseph of the Sacred Heart. She is well known for her lasting influence on Australian Catholic Education. Mary was not only involved in education but her heart extended to the dropouts, the underprivileged and the poor. She cared for the young, the old and the homeless, in fact anyone who was in need. It is ironic that her beliefs and strong will led to her temporary excommunication. At Cardijn, MacKillop is the yellow house and the tiger is its mascot.



Mitchell

Dame Roma Mitchell (1913-2000)

The first woman Governor of an Australian State (South Australia 1991-1996), the first woman Chancellor of a university in Australia (University of Adelaide 1983-1990) and the first Australian woman Queen's Counsel (1962). She was always a feminist, speaking regularly over the years on the empanelling of women jurors, on equal pay, equal opportunity, equal access to political life and equal representation in union affairs. The Honourable Dame Roma Mitchell was appointed Commander of the Royal Victorian Order on 1 January 2000. At Cardijn, Mitchell is the purple house and the wolf is its mascot.



Romero

Saint Oscar Romero (1917-1980)

Saint Oscar Romero became aware of the systematic denial of human rights and repression, torture and murder of all who publicly opposed the government. He spoke out fearlessly against injustice in El Salvador and became a protector of the poor and oppressed. He leads us in the fight for justice and shared the motto of "aspiring to be more, not have more". At Cardijn, Romero is the white house and the unicorn is its mascot.



Year 7 Camp

Year 7 Camp is a fun and exciting part of starting high school and is compulsory for all Year 7 students. It takes place in early Term 1 and is a great way to get to know other people in your House and make new friends. Camp is all about trying new things, building your confidence, and learning how to work together as a team. You'll get the chance to take on challenges, grow as a person, and most importantly, have heaps of fun!

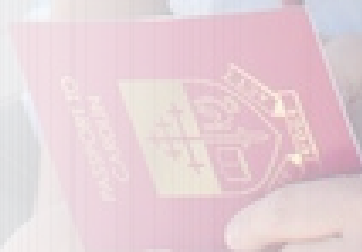
Passport to Cardijn

The Passport to Cardijn is a new Year 7 initiative designed to help students grow as independent, responsible learners while developing essential skills for success across all subject areas. It aims to build students' understanding of Learning Behaviours and highlight how these skills can be transferred across every subject.

Each student will receive a personal passport, which they are expected to keep safe and bring to every lesson. To make this easier, students are encouraged to store their passports in their pencil cases so they are always accessible.

As 'Future-Ready' learners, we are: (RRAFT)

- **Respectful Collaborators**
- **Responsible Decision Makers**
- **Aspiring Leaders**
- **Flexible Thinkers**
- **Trusted Communicators**



Expectations



At Cardijn, we follow a Hands-Off Rule to help create a safe and respectful environment for everyone. This means keeping our hands to ourselves and showing care for all members of our community. We avoid play-fighting, tackling, or any kind of physical contact, choosing instead to interact in ways that are safe, kind, and inclusive.



PENCIL CASES

Students are required to bring a fully stocked pencil case to school each day and take it to every lesson. Being prepared with the right tools helps students stay organised, complete tasks efficiently, and fully engage with all learning activities.

Your pencil case should include:

- Pens (blue, black, red)
- Pencils (HB and coloured pencils)
- Eraser and sharpener
- Ruler (30cm preferred)
- Glue stick
- Scissors (safety scissors recommended)
- Highlighters
- Whiteboard marker
- Textas or fine liners (optional, for projects)

Why this matters:

- Promotes organisation and independence
- Reduces lesson interruptions
- Ensures you are always ready for group work, assessments, and creative tasks
- Helps maintain a positive learning environment for everyone



RESOURCES

There are a number of resources each student is required to purchase. This booklist will be shared with families, and all compulsory items must be purchased. It is essential that students come prepared to each lesson with the correct materials to support their learning.

Students must have:

- A dedicated notebook for each subject to stay organised and keep their learning materials in one place.
- A fully stocked pencil case with pens, pencils, a ruler, eraser, glue stick, and coloured pencils or textas.
- Any specific subject resources (e.g., calculators, art supplies, headphones) as outlined on the booklist.

Being well-prepared helps students engage in every lesson, stay organised, and take ownership of their learning.

Technology



LAPTOPS

Each student is required to have a laptop; some students bring their own device and others loan them out through the school.

A laptop is vital to access SEQTA and to complete work for all classes. Laptops must be charged overnight at home. When required, students are able to use the charging stations around the school. You will need a student ID card to access this.

Expectations:

- All mobile devices (smart watches, smart phones and tablets) must remain switched off and out of sight during school hours, including recess, lunch, excursions, after-school detention, and learning support sessions.



HEADPHONES & AIRPODS

AirPods and headphones can enhance entertainment and learning when used appropriately. However, they can also cause distractions, reduce social interaction, and impact student safety and wellbeing.

Expectations:

- AirPods and headphones must remain out of sight and not in use during school hours, including recess, lunch, excursions, After School Detention, and Learning Support Sessions.
- Students may only use AirPods or headphones with explicit teacher permission for learning purposes.

BIG Music Program

The Band Immersion Program is a compulsory Year 7 music initiative designed to support students through one of their most transformative stages of growth.

This program immerses students in music education, helping them develop essential skills such as teamwork, collaboration, and confidence by stepping outside their comfort zone.

Each student will learn to play either the clarinet, trumpet, trombone, or flute, and will work together to perform as part of an ensemble.

The program will culminate in an end-of-semester concert, where students will showcase their musical achievements and growth.



SUMMER

Dress	Button Front Dress. Cleolene (No 8125). Blue/Maroon on white background with white piping. Length: Summer dress must be at knee length (minimum).
Shirt	Short sleeved blue chambray shirt with Cardijn College embroidered over pocket. Tucked or untucked.
Tie	Optional in Summer.
Shorts	Mycron brand mid grey melange shorts (elastic backed or belt looped). Plain black leather belt with a small gold or silver buckle must be worn with the belt looped shorts.
Trousers	Mid grey melange trousers.
Jumper	Plain maroon jumper with College crest.
Shoes	Black leather dress shoes.
Socks	Plain white crew socks worn with dress and plain grey crew socks worn with shorts and trousers. (Not low cut anklets or Cardijn sports socks)
Blazer	Maroon doctor flannel blazer with College crest. (Optional with summer uniform).



WINTER

Skirt	Cardijn College check skirt. Length: Winter dress must be at knee length (minimum).
Trousers	Mid-grey pleat-fronted melange trousers.
Shirt	Short or long sleeved blue chambray shirt with Cardijn College embroidered over the pocket. Shirt must be tucked in.
Tie	To be worn with chambray shirt in winter.
Jumper	Plain maroon jumper with College crest.
Blazer	Maroon doctor flannel blazer with College crest. (Blazers are compulsory for all students with winter uniform).
Shoes	Black leather dress shoes.
Socks/ Pantyhose	Plain grey crew socks with trousers, black opaque pantyhose or knee-high navy socks with skirt.



SPORT

Shorts	Plain navy shorts with Cardijn College in gold on bottom hem, elastic waist. Long leg and short leg options available from LOWES.
Shirt	Blue polo shirt with College crest.
Shoes	Cross trainers.
Socks	Cardijn sports socks, or plain white socks.
Sports Top	Striped rugby top with Cardijn College in gold.
Sports Jacket	Navy spray jacket OR navy fleecelined, water-proof sports jacket. Sports jackets are only permitted to be worn with the sports uniform.
Tracksuit Pants	Plain navy Microfibre tracksuit pants with Cardijn College in gold below pocket line.

Students wear sport uniform only on days when they have Physical Education.



OTHER

Year 12 Jumper	Navy blue with College crest.
Year 12 Tie	Available from LOWES.
Hats	Navy blue hat with Cardijn logo to be worn with PE uniform when outdoors. A hat or cap is compulsory in all PE lessons in Terms 1 and 4.
Caps	Navy blue baseball cap with embroidered CC to be worn with PE uniform when outdoors. A hat or cap is compulsory in all PE lessons in Terms 1 and 4.
Bags	Navy backpack with Cardijn Logo, available from the College. The Cardijn College backpack is compulsory.
Winter Scarf	Plain navy or Cardijn College branded scarf only.
Beanie	Cardijn College branded beanie only (not permitted in classrooms).

REMINDER

SCHOOL SHOES



7-12



SCHOOL SHOES



SPORTS SHOES



CHOOSE THESE SHOES FOR HOME



Secondhand Uniform

The Second Hand Uniform Shop is operated by volunteers to provide a service to those who wish to obtain secondhand uniforms. It is open Tuesday 8:30 - 11:00am, during school terms. Also open at other selected times - visit the website for details.

Jewellery

A necklace and/or chain will be permitted only when they are part of a cross, or other religious symbolic jewellery. Students may wear a stud or a small sleeper on their ear lobe only. There is to be no other ornamentation. One simple ring, eg. signet ring, may be worn.

Make up

Make-up should be minimal and only a subtle amount of foundation is permitted. Nail polish of any type or colour must not be worn.

Tattoos

Tattoos are not permitted. If a student has obtained a tattoo prior to enrolling at Cardijn, it must be covered at all times.

Hair

Hair must be neat, clean and tidy at all times at school. All students with shoulder-length hair or longer are required to wear their hair tied back at all times. Hair colour must be within the natural range of colour for people. Students can expect that they will have to correct any issue with their hair as required by the College, and as a consequence, may miss time from school to have this done. Students cannot shave their head and hair length should not be shorter than a hairdresser's Number 2 cut. We recommend seeking advice from the College before undertaking a radical hair change as any hairstyle classified as 'extreme' is not permitted.

All students are expected to be clean-shaven.

Casual Day Dress Code

Throughout the year, there are a number of days where students are permitted to wear casual clothing. This might be for a fundraising day, camp, reflection day or other specific school activity. On such days, students are expected to dress in casual attire that is appropriate for a school environment and which represents the values of the College in a positive manner.

This means that outfits should include suitable enclosed footwear for practical subjects, such as Physical Education, Home Economics, Science and Technology. The clothing should not contain any offensive language or symbols and should not expose the student's midriff. Students should ensure they wear sun-safe attire where appropriate for the activities they are engaging in on the specific day.

Standard of Uniform

School uniform should be worn correctly at all times going to and from school and on other occasions when students are asked to wear it.

If a student is unable to wear correct uniform, they must have a note signed by a parent explaining the problem.

The student must present the note to the Homeroom Teacher during morning homeroom. The uniform should be kept clean and students should take care at all times to see that they present well.

In particular the correct footwear should be worn. Sneakers are not a part of the school uniform and must not be worn to and from school except on days when PE is scheduled.

Students should wear sports shoes that appropriately support running and general activity as well as prevent injury. Only on the days students have practical PE are they permitted to wear the full sports uniform of the school both to and from school. Students must wear the sports uniform for PE lessons.

Those failing to do so will not be allowed to participate in that lesson unless they have an explanatory note from parents. Length of dress: the acceptable length of the dress (summer and winter uniform) is at knee length (minimum).

THE LIBRARY

Opening times

Monday to Thursday 8.00am - 5.00pm

Friday 8.00am - 4.00pm

The Library is open all recess and lunch times fiction and non-fiction books may be borrowed continuously from January to December.

Borrowing privileges may be denied to students who have overdue books.

The College provides a vast range of digital resources and databases which are accessible 24/7 through the Library network.

HOMEWORK CLUB

The Library - Two afternoons per week

After school Homework Club is a place where teachers will supervise and support students with their homework and assignments.

Students can receive guidance and support in their homework and assignments.



Co-curricular Opportunities at Cardijn College

Cardijn College offers an extensive variety of co-curricular activities and you will have the opportunity to learn about and participate in the activities throughout the year. Please look at the information in this booklet to help you choose which activities you would like to learn more about. Joining a club or team is a great way for you to develop teamwork skills, confidence and meet students from other houses or year levels that enjoy the same activities as you.



- Arch D Radio Club
- Art Club
- Athletics
- Basketball
- Big Band 1
- Big Band 2
- Broadway Chorus
- Cardijn Vocal Ensemble
- Cardijn Wind Symphony
- Cardinal Blues
- Cardinal Twos
- CC Radio Club
- Concert Band
- Drama Club
- Football
- Fred's Van
- Guitar Orchestra
- Netball
- Pages
- Percussion Ensemble
- REALMS
- Rock Ensemble (Intermediate & Advanced)
- Soccer
- String Ensemble
- Technologies and Chess Club
- Vocal Jazz
- Volleyball
- Young Christian Students (YCS)

These opportunities are subject to change, dependent on student interest.



Co-Curricular Sport

Cardijn College competes in the Sports Association for Adelaide Schools (SAAS) and the South Australian Catholic Secondary School Girls' Sports Association (SACSSGSA). These are the premier school sporting competitions available in South Australia. Matches are played on the weekend and also after school. As a member of SAAS, SACSSGSA and School Sport SA, Cardijn offers a wide range of sports for our students to participate in.

The following sports are available during the year:

- Athletics*
- Basketball
- Dance
- Football
- Netball
- Soccer
- Volleyball

*Athletics will consist of a training session each week. It is intended that all students involved will compete for Cardijn at the Catholic Co-Ed Athletics Carnival (Sports Day results will also be taken into account).



Cardijn Sport

Cost

The sports fee will assist with the cost of nominations, coaches, umpires and equipment. Sports fees will be invoiced at the commencement of Term 1.

How to nominate

Please complete the online sport nomination form that is emailed to all parents/caregivers.

Uniforms

All students participating in after school sport must be in appropriate uniform purchased from our nominated supplier.

Equipment

Equipment will be supplied by Cardijn, but students are welcome to use their own equipment at training and matches if they wish.



Diverse Learning



Ms Moroney
Marist Centre Director



Ms Low
Marist Centre Assistant Director



Ms Sibley
Lavalla Coordinator



Ms Whish
Lavalla Coordinator



Ms Hayes
Student Development Officer



Mrs Roach
Lavalla Coordinator



Ms Edwards
Gifted and Talented Coordinator



Ms Lekkas
First Nations Coordinator

At Cardijn College, we value and celebrate the diversity and individuality of every student.

Our approach to support is student-centred and holistic, ensuring each learner is surrounded by the care and guidance they need to thrive. The LaValla team includes dedicated Inclusive Education staff, Educational Support Officers, and the Inclusive Education Coordinators, all working together to foster growth and success.

We recognise and appreciate every student for who they are and the unique contributions they make to our community.

Learning opportunities are designed to challenge and inspire, meeting students at their individual skills, talents, and needs.



Student Wellbeing

Following are a few tips to help support you during the waves of stress throughout the year. Looking after your wellbeing;

- Try to get eight hours of sleep per night
- Eat regular balanced meals and snacks – breakfast is the most important meal of the day – if you are in a rush, take a piece of fruit or yoghurt to eat on the ride to school
- Drink plenty of water, especially during winter, your body still needs it even if you don't feel hot
- Exercise – this helps to release any tension and release those 'feel good' endorphins. Even a 20-minute walk around the block will help to clear your head and release endorphins.
- Take regular study breaks – your brain needs a break too! A tired brain becomes inefficient
- Rewards – if you have a task that you don't want to do, plan ahead and make a reward for finishing that task. Celebrate your achievements. There's nothing like a good Netflix session after some hard studying!
- Have some 'me' time – make sure you have a balance between school/work/sports/social life. Most importantly make sure that you have one 'study free' day per week where you can do something that helps you to recharge your batteries

There are some great free apps available that can also help with a range of issues such as:

- **Smiling Mind**
- **Insight Timer**
- **SuperBetter**
- **What's Up**
- **ReachOut**
- **Breathe**
- **Calm Pzizz**

There are also simple things you might be able to do at home - read, try a new hobby or skill, get creative with arts and crafts, baking/cooking, take a bubble bath, watch a favourite TV show or movie. These can also be used as rewards.

At Cardijn College we are fortunate to have a dedicated team of counsellors that are available to help and support students. If you would like to have some extra support make an appointment with one of the Wellbeing Team.



The Wellbeing Team



Ms Hirst
Wellbeing Coordinator



Mr King
Social Worker / Counsellor



Mrs Cabot
Wellbeing School
Counsellor




Mrs Hards
Wellbeing School
Counsellor



Mrs Thomas
Wellbeing School
Counsellor

Please remember if you have any concerns regarding your wellbeing, please feel free to contact your Homeroom Teacher or House Leader as an alternative option.



LEARNING YOUR LOCK

2 THEN TURN IT THIS WAY

From the first number turn the dial all the way to the left, past the first number, and settle on the second number

1 FIRST TURN IT THIS WAY

Turn the dial a full circle to the right then settle on the first number

3 THEN TURN IT THIS WAY

From the second number turn the dial right, and settle straight on the third number

90%

of thefts occur when a locker combination is known by two or more students

- Every student MUST have a lock to keep belongings safe
- Your lock must always be secure on your locker
- Do not give your locker combination to other students
- When closing your lock, be sure to turn the dial
- You can provide an alternative lock (ie padlock with key)

HAVING TROUBLE?

1 Make sure you try the lock at least three times

2 Have a friend try the lock for you

3 Go to the Resource Centre for some help

Rory's School Lunches

Rory's School Lunches operates the canteen service at Cardijn College.

Rory's is an Adelaide-based catering and canteen management company that currently delivers lunch services to over 40 Adelaide schools.

They truly believe all students deserve healthy and nutritious food to support their growth and learning so their dedicated team of chefs prepare fresh and healthy meals daily.

Rory's School Lunches menu

Rory's team of chefs cook the traditional way. Taking advantage of fresh herbs and spices to boost flavour, food is delivered fresh daily, without the need to use preservatives to extend shelf life. Menus are updated regularly, making it exciting for staff and students.

Parents can enjoy a guilt-free day off from making lunch too, knowing that Rory's lunches are not only affordable but also fresh and healthy. Please visit our website to access the current menu:

www.cardijn.catholic.edu.au/canteen/.

Rory's caters to many dietary requirements to ensure that everyone has access to the menu. Full details can be found on the website at www.rorys.com.au

Ordering

There are a couple of different ways students and staff can purchase lunch or recess.

1. Use the Qkr! app. The details to download and set up the app can be found [here](#). The full menu is available to order on Qkr! for lunch, and many of the items are available to order for recess also. Ordering on Qkr! is a guaranteed way to get exactly what you want for your break and your dietary requirements are met too. Orders can be placed up to two weeks in advance until 8am the morning of the order.
2. Choose from the fantastic over-the-counter food range at recess and lunch. Selections include pasta, curries, salads and stir-fries, wraps and subs, burgers and hot dogs. Full EFTPOS facilities are available.

Further information

Information on Rory's School Lunches can be found at www.rorys.com.au or Facebook. There is also a parent helpline available Monday to Friday between 8:30am & 5:00pm on 0413 575 800.



Prayers

THE OUR FATHER

Our Father who art in heaven, hallowed be Thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

THE HAIL MARY

Hail Mary, full of grace.
The Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

THE GLORY BE

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

THE ANGELUS

Call: The angel spoke God's message to Mary,
Response: and she conceived of the Holy Spirit.
Hail Mary...
Call: "I am the lowly servant of the Lord"
Response: let it be done to me according to your word." Hail Mary...
Call: And the Word became flesh Response:
and lived among us. Hail Mary...
Call: Pray for us, holy Mother of God, Response:
that we may become worthy of the promises of Christ.
Let us pray. Lord, fill our hearts with your grace;
once, through the message of an angel you revealed to us the incarnation of your Son;
now, through his suffering and death lead us to the glory of his resurrection. We ask this through Christ our Lord. Amen.

SUB TUUM

Sub tuum praesidium
confugimus, confugimus
Sancta Dei Genetrix,
Sancta Dei, Genetrix,
Nostras deprecationes
ne despicias, ne despicias
In necessitatibus nostris,
Sed a periculis cunctis
Libera nos semper,
Virgo gloriosa et benedicta

THOMAS MERTON PRAYER

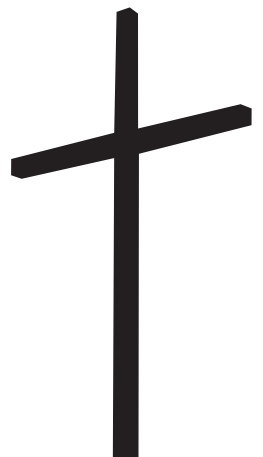
MY LORD GOD, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore, will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

PRAYER OF ST FRANCIS

Lord, make me an instrument of your peace, Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;
O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

LITANY THAT ENDS OUR PRAYERS

Joseph Cardijn:
Pray for Us.
St Marcellin Champagnat:
Pray for Us.
Mary, Our Good Mother:
Pray for Us.
And let us always remember to:
Pray for one another.





CARDIJN
COLLEGE



CARDIJN COLLEGE

HONEYPOT ROAD, NOARLUNGA DOWNS, SA 5168

WWW.CARDIJN.CATHOLIC.EDU.AU