



Truth and Courage

St Francis Xavier
College

NEWSLETTER



Dear Parents, Students and Staff

It has been an interesting week. At about 7:20am on Monday morning I received a message to say that most of the school was without power. The challenge when I arrived at school was to try to ascertain the extent of the electrical problem. Many areas were in darkness and our first concern was for the safety of students and staff. We were particularly concerned about our students with diverse needs and especially those who find any change to routine a challenge. They were well cared for by staff and other students, including their siblings. ActewAGL personnel were on site by 8am and it quickly became obvious that we had a major problem.

The good news was that the students and staff responded appropriately and there was calm and order. All students and staff were directed to the Oval. The ACTEW personnel identified the issue as corrupted cables between our main fuse box and a substation some 50 metres from the school and we were told it could be at least two hours before the problem was fixed. Given that the evacuation system and fire alarms were still active we moved Years 7, 8, 9 and 10 into the Gymnasium and the Seniors moved back to the Hub.

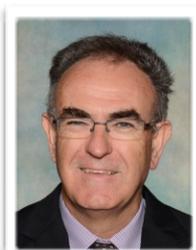
I contacted the Ross Fox, Director of Catholic Education and had his support to give the students the opportunity to go home. I spoke at some length to the students in Years 7 to 10 and much to my amazement (not!) a cheer went up when I told the students that they had the option to go home.

The benefits of modern technology became even more apparent when the majority of students had permission to go home within about 20 minutes. We utilised Facebook, student's texting parents from their mobile, and radio. I made it clear to the students that they had the option to stay at school and we cared for a small group until the end of the day. They enjoyed a free lunch from the canteen.

I would like to thank the parents for their patience and understanding. What could have been a very difficult process actually highlighted the amazing support that we receive from our parent and grandparent community.

I would also like to acknowledge how wonderful ActewAGL have been. They provided a generator (pictured) that was operational by midday and have worked day and night to repair the cables. Canberra is a small place. One of the first ActewAGL officers onsite was one of our Year 12 parents. One of the supervisors remembered me from my time as Campus Head at MacKillop and the night operations manager has a nephew who teaches at SFX. The ActewAGL staff have been sensational.

We learnt a few things along the way. The hope is that we don't have the same situation again. Given my 36 years working for Catholic Education I've seen lots of situations but Monday's events involved a few 'firsts'.



Angus M Tulley
Principal

Student Wellbeing

Dates to remember:

- o Year 11 Reflection Day – 17 March
- o Harmony Day – 21 March
- o Year 7 Camp – 22-24 March
- o Year 7 Immunisations – 28 March
- o ThinkUKnow Presentation – 28 March

ThinkUKnow Presentation:

St Francis Xavier will be hosting a ThinkUKnow presentation on **Tuesday 28 March at 6pm** and all parents, carers and teachers are encouraged to attend.



For more information, you can visit www.thinkuknow.org.au.

Please email the office to RSVP (this assists with catering and providing resources): school.office@sfx.act.edu.au or call on: 6258 1055.

Fundraising for students in need in Philippines.

Thank you to the Senior Leadership Team, in particular **Emily Nahon** and **Josh Ewyk** for organising and running a BBQ to raise funds for school supplies for children in Philippines. Father Loi is heading to his home village soon and will take this money to purchase items for the schools in his local area. This will support the local economy and bring much needed resources for the children's learning. As Spirituality and Wellbeing Captains, you have certainly let your light shine this week.



The World's Greatest Shave

Congratulations to some of our students that have taken on raising funds and awareness for the World's Greatest Shave in support of The Leukaemia Foundation. **Darcy Gilmour** (Year 11) has shown his true commitment to this worthy cause. *'Leukaemia, Lymphoma and Myeloma are types of blood cancers. They can develop in anyone, of any age, at any time. More than 60,000 Australian's are living with blood cancer or related disorders, and every day another 35 people will be diagnosed'* (Leukaemia Foundation)

Cash Back on School Run (Transport for NSW)

If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance. The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school. The School Drive Subsidy scheme replaces the previous Private Vehicle Conveyance (PVC) Subsidy scheme which is being phased out from 20 December 2016. To find out if you're eligible, and to apply online visit: transport.nsw.gov.au/schooldrive or call **13 1500**.



Mrs Dearne Bassett
Assistant Principal Student Wellbeing

Student Wellbeing Team

The Student Wellbeing team is a group of students who work together to promote wellbeing events and issues within the St Francis Xavier College Community. The team meet even-week Thursday at recess, in B1. All students are welcome to attend.



Our first event for 2017 is the **National Day of Action against Bullying and Violence**. This year we will be taking part in the *One Million Stars Against Violence Project*. Through this activity, students at SFX will be weaving stars using ribbon. These stars will be sent to the Gold Coast and used as part of the Commonwealth Games opening ceremony next year.

The Student Leadership team and the Student Wellbeing team will be learning how to make the stars and then teaching other students around the College. Please get involved and make a star to say 'NO' to bullying and violence.

Check out the link here for more information: <http://www.onemillionstars.net/get-involved-1>

Kelly Candy
PE Teacher & Wellbeing Team Teacher



21 February 2017

TO: ALL ARCHDIOCESAN PRINCIPALS

Dear Principals

RE: 2017 STUDENT RESIDENTIAL ADDRESS COLLECTION

The Australian Government Department of Education and Training (the department) will collect student residential addresses for all non-government schools between **1 March and 31 May 2017** in accordance with section 21 of the Australian Education Regulation 2013.

The student residential addresses are used to determine each school's socio-economic status (SES) score which in turn informs the calculation of a school's funding entitlement. The last collection was undertaken in 2012 based on 2011 Census data.

Please note that student names or other identifying information are not requested or collected. All information requested is 'de-identified'.

In order to prepare for the collection, could you please:

1. Distribute to all parents/guardians of students in your school the attached "2017 Student Residential Address Collection" notice advising them of the collection. This can be done via school newsletters, email, mail out or other suitable method.
2. Check that your student residential address records are complete and accurate.

Please advise Michelle Stonehouse at the CEO by email at michelle.stonehouse@cg.catholic.edu.au when you have distributed the collection notices. Please ensure the notice is delivered and the email response is provided **by Friday 24 March 2017**.

Further information about the collection can be found at <https://ssphelp.education.gov.au/socioeconomic-status>. Please contact John Barker on (02) 6234 5457 if you have any queries on this matter.

Yours sincerely

Ross Fox
Director



2017 Student Residential Address Collection

This notice is from the Australian Government Department of Education and Training (the department), to advise you that the department has requested your child's school provide a *statement of addresses*, in accordance with section 21 of the *Australian Education Regulation 2013* (the Regulation).

A *statement of addresses* contains the following three pieces of information about students at the school:

- Students' residential address (**not student names or other identifying information**)
- Students' level of education (i.e. whether the student is receiving primary or secondary education)
- Students' boarding school status (boarders or day students)

Authority for and Purpose of Collection

Consistent with previous practice, and following the *2016 Australian Bureau of Statistics National Census of Population and Housing (Census)*, it is timely that information held by the department is updated in order to ensure that Australian Government funding calculations for your child's school are accurate.

Under section 21 of the Regulation, a *statement of addresses* **must not explicitly identify an individual student**. Accordingly, all information in the *statement of addresses* provided by your child's school to the department is de-identified.

Use and Disclosure of Information

It is important to ensure the *statements of addresses* are accurate, and the department may from time to time carry out audits of *statements of addresses* to verify their accuracy. In the event of an audit, the department's contracted auditors may seek to compare a school's *statement of addresses* with student enrolment information held by the school for the purpose of verifying the information. The department's contractors will not use the information for any other purpose.

Any further use and disclosure of information relating to the *statement of addresses* will occur in accordance with section 65 of the Regulation.

Contact

If you have any questions regarding this notice, you can contact the department by:

- Email: seshelpdesk@education.gov.au
- Phone (free call): SES helpdesk on 1800 677 027 (Option 4)

For further information about the department, including the department's privacy policy, please go to: <https://education.gov.au>.

Opportunity through learning

What is Lent?...

Lent calls us to chill out. To turn off the constant noise of a busy life and be silent. To go out into the desert of the heart. To free ourselves of distraction and to contemplate the meaning of our lives and relationships. Lent calls us to question "Am I on track with my relationships, relationships with God, self and others?" Am I doing the right things to promote and maintain healthy relationships with my God, with myself, with my family, friends and neighbours?

In the Gospel this week we are called to empathise with Jesus. 40 days in the desert, fasting, and free from distraction. What was he doing all that time, without punctuating his day with snacks and meals? What was he thinking? What was commanding his attention? Perhaps he was considering his mission. Or Hamlet's great question "To be or not to be". Perhaps he was weighing up the possibilities and opportunities set before him. Perhaps he was making the great decision to continue to serve God, his father, with full understanding of the consequences of such a powerful decision; a decision which clearly set out his life's purpose and gave him the courage necessary to fulfil his destiny.

Jesus tells his tormentor, in the midst of his hunger, "Man does not live by bread alone but by every word that comes from God." The first task of prayer is to listen to God, not to constantly petition him. Jesus was focused on the word of God which nourished him and sustained him.

We cannot clearly see our purpose if we are continually distracted, even if those distractions involve doing and being good for others. We all need time out, to consider our real calling and question whether we are fulfilling or preparing for our life's purpose

Dr. Viktor Frankl, the Austrian psychiatrist and Holocaust survivor observed that, in the Auschwitz Concentration Camp, it was not necessarily the strong and healthy who survived but those who had an inner purpose. Man does not live by bread alone. We find meaning and purpose in prayer.

Pope Francis has pointed out that our problem is "Not always an excess of activity, but rather activity undertaken badly, without adequate motivation, without a spirituality which would permeate it and make it pleasurable." I can find myself doing things mechanically, out of a sense of obligation, anxious to get it over with. I may imagine how relieved I will be when some moment arrives and I can finally relax. I am living by bread, not the word of God, as Jesus did in the Gospel reading on the First Sunday of Lent, to be free from distraction. The Gospel reading also tells us that after that period of fasting, Jesus was hungry. Of course he was hungry. Isn't that obvious? Perhaps the Gospel writer meant something else. That Jesus was hungry for spiritual nourishment, not just material nourishment; he yearned for transcendence, to find meaning and purpose. Lent calls us into transcendence. Lent calls us to move from focusing on the material to focusing on the spiritual.

Lent is a time to build character, to restore and build on those virtues which are part our own calling. Year 12s have been exploring *virtue* in their Religion and Ethics classes. Hopefully Lent will be a time for them to deeply reflect on their virtue strengths and to live these out in healthy relationships.

Lent calls us to become aware of the needs of others. Last week our Year 11s watched a documentary called 'The Human Experience' which is about how 2 brothers, who grew up in a Catholic group home in New York, go on an adventure to see how they can contribute to the lives of the homeless, the orphans, lepers and aid victims across 3 continents. Many students told us they were going to watch this again on the weekend with their parents.

Lent calls us to embrace our calling. Our Year 10s last week listened to a presentation by Kylie Burgess, Director of Mission at Catholic Social Services Australia. Kylie reminded us of the Gospel story of the Good Samaritan and asked us to consider how does the good Samaritan shows: radical inclusivity, restoration of people, and the importance of journeying with people through the reality of their lives. She asked us to consider: who are those who are excluded today? Who needs restoration/healing today? Who walks alone today? Kylie brought the themes of 'The Human Experience' into real focus.

Kylie challenged the Year 10s, who have been studying Church History and the role of the Church in Australia today to embrace their own calling; to follow in the footsteps of St Francis Xavier, St Ignatius and the Jesuit community; to meet people where they are, with compassion and hope.

The Eucharist is a beautiful opportunity to encounter Jesus during Lent. Our Year 9s are exploring Eucharist as a call to action and the role that Eucharist plays in the life of the Christian and the Christian Community. Our College Chapel has a beautiful sanctuary where the real presence of Jesus resides. Many of our students and staff makes visits to pray and meditate in Jesus' presence. Perhaps this Lent many more of us can strengthen our relationship with God by such a small gesture.

There is a beautiful poem by Australian poet John Shaw Neilsen which speaks to me of the quietness of God's love – the still small whisper of a love that calls to be heard over the noise of modern life:

*QUIETLY as rosebuds
Talk to thin air,
Love came so lightly
I knew not he was there.*

*Quietly as lilies
Their faint vows declare,
Came the shy pilgrim:
I knew not he was there.*

*Without hail or tempest,
Blue sword or flame,
Love came so lightly
I knew not that he came.*

*Quietly as lovers
Creep at the middle noon,
Softly as players tremble
In the tears of a tune;*

*Quietly as tears fall
On a wild sin,
Softly as griefs call
In a violin;*

John Shaw Neilson

God comes to us always in small things: a child, a gentle breeze, a summer day. We need to develop a way of discerning God's loving presence. Lent helps us to open our eyes and recognise the everyday presence of God.

Finally, I leave you with some Lenten advice I found last week, which I think captures the Lenten spirit of growing and giving.

The Fast Life

Fast from judging others;
Feast on Christ dwelling in them.
Fast from fear of illness;
Feast on the healing power of God.
Fast from words that pollute;
Feast on speech that purifies.
Fast from discontent;
Feast on gratitude.
Fast from anger;
Feast on patience.
Fast from pessimism;
Feast on hope.

Fast from negatives;
Feast on encouragement.
Fast from bitterness;
Feast on forgiveness.
Fast from self-concern;
Feast on compassion.
Fast from suspicion;
Feast on truth.
Fast from gossip;
Feast on purposeful silence.
Fast from problems that overwhelm;
Feast on prayer that sustains.
Fast from anxiety;
Feast on faith.
-Author Unknown

RESOURCES FOR LENT

<http://www.catholicculture.org/culture/library/view.cfm?recnum=11497> Pope Francis Message for Lent 2017

<http://www.americamagazine.org/politics-society/2017/03/01/father-james-martin-what-makes-good-lent-also-our-pilot>

<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/1st-week.html#sun>

<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/> Prayers for the next few weeks of Lent.

<http://onlineministries.creighton.edu/CollaborativeMinistry/Stations.pdf> Stations of the Cross

https://www.catholicculture.org/ebooks/view_ebook.cfm?id=56 E book Readings and Reflections for Lent

Joan Chittister

<http://catholicoutlook.org/pope-francis-letter-to-young-people/>

<https://godspace-msa.com/2017/02/13/meditation-monday-creating-a-lenten-journal/> Creating a Lenten Journal

<http://www.thetablet.co.uk/features/2/9244/in-the-footsteps-of-a-saint> In the Footsteps of St Teresa of Avila



Anne Armstrong
Religious Curriculum Coordinator

Shakespeare Festival

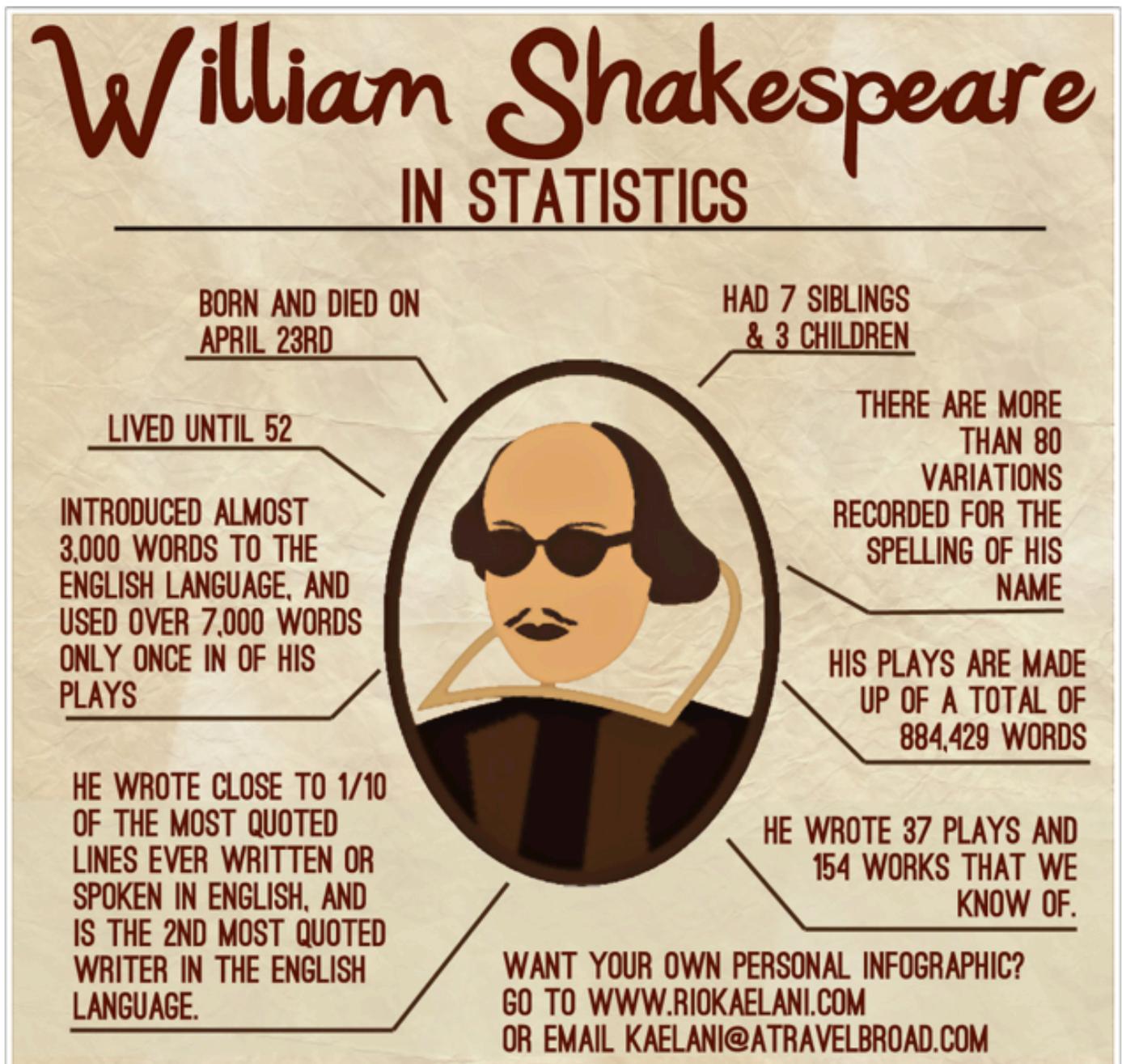
“To be or not to be,” “The be-all and end-all” “Green with envy” are common phrases many of us use today. Did you know that these phrases were first used by William Shakespeare? Shakespeare, one of the world’s most well-known and most prolific writers wrote 38 plays and over 150 short and long poems. His works portray and unearth the most timeless of themes including; love, jealousy, power and corruption. These works are as relevant today as they were in the 16th and 17th centuries.

The inaugural SFXC Shakespeare Festival is happening in Week 10 and the works of William Shakespeare will be celebrated and explored. The entire College will be able to enjoy many inclusive, fun, educational and exciting events.

The themes, characters and quirks of the great bard will be remembered through various events, including, catapult displays, life drawing activities, Shakespearean times photo booth, medieval feasts, jousting competitions, quizzes and free theatre. We hope all students will take part in these varied activities.

More information about the festival will be available in the coming weeks!

Megan Wyche
English Coordinator



Sport Report

Gala days for school sport began during Week 4, with three SFX teams representing the College and another four representing the College in Week 5.

Mr Peter Marrapodi coached the College Rugby 7s team at Southwell Park. The team got off to an excellent start, beating St Edmund's in the opening game, but were unfortunately beaten in the Semi-Final.

Mr Tom Nolan and Mr Brad McCallum coached the 7/8 and 9/10 Boys' Softball teams at the ACT School Sport Carnival. The 7/8 team had a great day, playing against 3 other schools and showed great enthusiasm and sportsmanship on the day. The 9/10 team won each of their games and made it to the Grand Final where they defeated Daramalan in a tight match. Well done to both teams!

The College Boys' League 9s team was coached by Mr Luke Potter. The team had a few tough games on the day, beating Melba Copland College and then losing to Dickson and Lake Ginninderra College. Overall, they came third in their pool.

The College Girls' League Tag team was coached by Miss Catherine Morgan. SFX had a impressive day out, beating Goulburn, Gungahlin and Canberra College. They made it to the Grand Final where they were unfortunately beaten by Erindale College. SFX dominated the game but a few errors lead to an early lead for the opposition. Well done to all of the girls who showed great team work and skill on the day.

Mrs Kelly Candy and Miss Kate Rhodes coached the 7/8 and 9/10 Girls' Softball teams at the ACT School Sport Carnival. The 7/8 team had a very successful day, making it to the Grand Final where unfortunately they lost to Merici College. The 9/10 team also had a successful day, coming third overall. Congratulations to all involved!

Well done to **Nikola Anastasi** (Year 7), who competed in the ACT under 14s Girls' Tennis competition in February. Nikola had a fantastic result, making it to the finals on the day. Well done, Nikola!

Congratulations to **Charlotte Rauraa, Ben Flood, Meg Freeman, Sidney Shaw, Jeremy Maranan, Austin Tetteh, Dillon Manning, Hannah Manning and Chris Mecham** (pictured below) who have qualified for the ACT Athletics team to attend the 2017 Australian Athletics Championships. We wish them luck with their preparation and look forward to hearing about how they go at the Championships.



If your child has accomplished any sporting achievements that you would like recognised in the newsletter, please email me the details at samantha.stevens@sfx.act.edu.au.

Samantha Stevens
Sports Coordinator



HISTORY EXCURSION

Year 10 History students had a once in a lifetime experience, attending the Palace of Versailles exhibition – *Treasures from the Palace*, at the National Gallery of Australia.

In class, we are studying World War II and we recently learnt about *The Treaty of Versailles* – the peace treaty signed at the end of World War I, that many Historians argue led to World War II. We went to the gallery to see what The Palace of Versailles would have looked like when all the world leaders came together to create this historic document.

Upon arriving, we saw amazing paintings of the then Kings of France, Louis XIV, XV and XVI. Through these paintings, we received a rare insight into the way French Royalty and aristocracy lived in the 1400s – 1600s, before the French Revolution. We also had the opportunity to view some other pieces of art, such as furniture, statues and other household items. All of the pieces in the exhibition were priceless.

A few facts from the excursion that we all found interesting were that King Louis XV was only five years old when he was crowned King and all of these amazing artefacts have never left the Palace of Versailles until now.

We would like to thank the teachers, Mrs. Jorgensen, Mrs. McCabe, Ms. Whiting and Ms. Hunt who organised and accompanied us on this excursion.

Chloe Davis, Year 10 History Student



Healthy Breakfast

Ways to improve your student's results

Numerous studies have proven a direct correlation between student outcomes and a healthy diet. The most impact is gained through having a healthy breakfast. In fact, anything is better than nothing when it comes to fuelling teenagers first thing in the morning. So I urge all parents and guardians to encourage their students to eat breakfast. Healthy fast breaks (breakfasts) include the obvious cereals (wholegrain) are better, egg on toast, and smoothies. But if these quick alternatives challenge the morning timeline, breakfast drinks like "Up and Go", breakfast bars and or a piece of fruit are relatively healthy alternatives that can be eaten on the run. This can make a difference to students' energy levels and their ability to concentrate in class. Following up with healthy snacks and a packed or purchased nutritious lunch will further promote health and wellbeing. We do address all of these issues in Food Technology courses but raising wider community awareness of this is important. We have never had more access to healthy affordable food than we do today. So eat well to stay happy.

<http://www.nutritionaustralia.org/national/resource/breakfast> This web site provides you with great quality information.

Janet Gratton

Food Technology Teacher



Community Announcements

Camp INTERACTiOn 2017

*Rotary District 9710 is pleased to invite Interactors
to our 5 day/4 night training camp!*

***Tuesday 18th to Saturday 22nd April 2017
at "Eagles Rest" Wee Jasper***

Outdoor teambuilding and high & low ropes courses

Team challenges & projects

Build new Interact friendships

Learn new skills for you & your club

***Plus work towards earning a Certificate II in Active Volunteering:
a nationally recognized qualification!***

Cost is \$200 which includes Accommodation, all meals, activities,
and course costs towards the Certificate II in Active Volunteering (CHC24015).

Kindly subsidized in 2017 by The Snow Foundation

Interactors are encouraged to approach their sponsor Rotary Club
to ask them to help subsidize their cost to attend the camp.

To attend please complete the Application Form – please note that spaces are limited.

Contact District Interact Chair – Natalie Jupe
for more information – nataliejupe@hootmail.com or 0419 161 974

Sponsored by





Dear Interactors, Parents/Caregivers, and Rotarians

The Rotary District 9710's Interact Committee is pleased to be able to offer Interactors the opportunity to attend:

"Camp INTERACTiON"

18 to 22 April 2017

Eagles Rest Outdoor Education Centre, Doctors Flat Road, Wee Jasper NSW

Arrival: Tuesday 18th April 2017 no later than 2pm

Depart: Saturday 22nd April 2017 at 11 am

Camp **INTERACTiON** is five day training camp for Interactors. Participants will make new friends with Interactors from across the District, participate in challenging and fun teambuilding & leadership activities, and learn new skills and gain ideas that will improve the running of Interact clubs. Participants will engage in these activities whilst undertaking coursework that will lead to the award of a Certificate II in Active Volunteering, a nationally recognised vocational qualification.

Interactors will undertake a wide variety of activities that will be both challenging and rewarding. Outdoor teambuilding activities include high and low ropes courses, abseiling and rock climbing as well as team project challenges. Discussions, tutorials and small group activities will also help the participant fully explore the concept of what it means to be an Interactor, providing wonderful opportunities for personal development in a fun and supportive environment.

Cost for the camp this year is only **\$200** per participant, thanks to the generosity of a grant from The Snow Foundation to subsidise the cost (last year it was \$400pp). This fee covers participant meals, accommodation, activities, workbooks, training materials and administrative fees relating to the Certificate II in Active Volunteering. Interactors will be fully supervised throughout the camp.

To register complete the attached pages and then post to
District Interact Chair Natalie Jupe, 3/78 Crest Park Pde, Queanbeyan West NSW 2620

Applications for the camp must be submitted no later than Friday 24th March 2017.

*****Please note that there are limited spaces for this camp**

and late applications cannot be accepted***

Following successfully applying, participants will receive Joining Instruction via email. This will detail all aspects of the training and participant requirements. This will be sent by email. It is imperative that an active email address be provided for this purpose.

Transport to and from the camp is the parent/caregivers responsibility. We suggest that you contact your sponsoring Rotary Club who may be able to assist with transport. If you have any difficulty, please contact us and we may be able to assist.



WESTS

Winter Season Registration Open Now

Wests Magpies Basketball Club

All Players 6—18 Years Welcome

All Skills Levels

If you are interested in joining our fantastic club, email us at wests.basketball@gmail.com or check out our website for more information at www.westsbasketball.com.au



REGISTER TO PLAY AFL WITH THE MAGPIES!

**We have teams for BOYS
and GIRLS – contact us
today – Season starts
Saturday 29 April**

**www.magpiesjuniors.com
all the details are there.**

How much does it cost?

Auskick (rookie ages 5-6) = \$100.00

Auskick (pro ages 7-8) = \$120.00

Juniors - ages 9 and up = \$170.00

Family discounts available.

Payment is required at time of registration.

Questions? Send an email to:

rego@magpiesjuniors.com



**ALL AGES AND
SKILL LEVELS
WELCOME**

**WE ARE A
SUPPORTIVE
CLUB WHO
DEVELOPS KIDS
AND HELPS THEM
EVERY STEP OF
THE WAY. BE A
PART OF OUR
GREAT CLUB!**

