



Dear Parents, Students and Staff

On Monday I started the visits to the local Catholic primary schools to talk to the Year 6 students about their plans for next year. It seems that 2017 as only just begun and yet we are already talking about enrolments for 2018. I always take Year 7 students with me on these visits and it is always interesting to hear what they have to say. The Year 7s are always excited to go back to their primary schools and the Year 6 students are pleased to see them.

The Year 6 students always have lots of questions and in many ways their questions take up most of the visit. They want to know things like:

- the amount of homework
- whether there is any bullying
- the electives, including language choice
- the uniform
- the food at the canteen
- when school starts and finishes
- sport – do you have to play for the school at the weekend? (the answer is no, by the way)

A very perceptive Year 6 student asked if being in Year 7 was like being in Kindergarten all over again. A teacher asked one of his ex-students if the work they did on coding and robotics has prepared him well for high school. I tell the Year 6 students that the best preparation for high school is to work hard in Year 6. The Year 6 teachers are always quick to agree. I must admit I was pleased when the Year 7 students spoke of the way the iPads helped them with their learning.

Easter

The Christian faith hinges on the events that form the Easter Triduum – the three days of Easter: Holy Thursday, Good Friday and then the celebration of the Lord's Resurrection at the Easter Vigil on Holy Saturday. The students and staff had the opportunity to reflect on the journey to Easter in our service on Wednesday. Part of the ritual at the Mass of the Last Supper on Holy Thursday is 'the washing of the feet' and we re-enacted the foot washing as part of our pre-Easter service. Much can be said about the act of washing another's feet. It can be a form of service and as with most things in life it is all about perspective. Babies have their feet washed daily by their mums and dads. Those who are aged or have suffered injury or ill health may no longer have the ability to wash their own feet and have to rely on the attention, care and love of others. I have no problem in washing the feet of another person but I must admit feeling very vulnerable and fragile when someone else washes my feet. My previous Parish Priest, Father Peter Day, said on many an occasion that Christians are actually called to be 'washers of feet'.



May the peace, love, joy and forgiveness be with you and yours this Easter,

Angus M Tulley
Principal

Reports & Parent Teacher Interviews

End of Term Reports

At the end of term all students received a Term Report summarising briefly their progress for the year to date. Subject teachers will give feedback about the student's achievement, attitude and effort in class. Pastoral Leaders for students in Year 7 will provide a comment about how they have settled into the life of the Middle School and Year 11 Pastoral Leaders will comment on the student's progress and how they have settled into life as a College Student.

Parent Teacher Interviews

On the afternoon of **Thursday 27 April and Tuesday 2 May** Parent Teacher Interviews will be held in the Resource Centre, Corridors and B Block classrooms. Parents and Carers are encouraged to meet with their child's subject teachers to gain more detailed information about individual student progress.

It is important that those students who have an 'interview requested' on their Term Report that an interview is booked with that teacher as they need to discuss definite issues with parents.

Meeting times can be booked using the online booking system (PTOnline). Using this system enables parents and carers to book the interview time from any internet- connected computer. Parents were emailed the details on Friday Mar 31 about how they can receive their parent login details from the PTOnline web site. Parents who have not lodged an email contact address with the College were posted a letter with details on Mar 27. Parents are asked to please contact the school if they do not receive this information. The map showing where teachers will be located for the interviews will be available via a link on the College Website.

Meeting times will be 5 minutes. Bookings can be made up to 12 noon on the day of the interviews.

If you encounter any problems using PTO please notify the school office, preferably via email at records@sfx.act.edu.au or phone 62581055.

National Assessment Program –Literacy and Numeracy (NAPLAN)

A reminder for parents of Year 7 and 9 students that the 2017 National Assessment Program (NAPLAN) will take place in Week 3 and 4 of Term 2.

ACT 2017 TESTING DATES Tuesday 9th May to Friday 20th May

The testing period has been lengthened this year to enable the tests to be done online in the ACT. Year 7 will do the tests on their iPads and Year 9 on their laptops.

This testing program provides vital information to schools and educational systems to support students with their learning and development. Please do not schedule appointments or make any other arrangements that will interfere with these tests.



If you require further information about the tests or you feel that your child will not be able to participate in the testing program, please contact me, via email, at colleen.rowe@sfx.act.edu.au. Further information is available on the NAPLAN website at the following address: <http://naplan.edu.au/>

Colleen Rowe
Assistant Principal Teaching & learning

Our garden of Gethsemane

Last newsletter I reflected on the Transfiguration as a transformative experience. This week, of Holy Week and Easter, I would like to reflect on the Gethsemane experience of Jesus and his disciples. 'Gethsemane' means 'an oil-press.' Gethsemane was an enclosed piece of ground, according to Matthew and Mark; a garden, according to John. Jesus had 'often retreated there with his disciples.' The disciples would simply expect to pass the night there, as many Passover visitors were accustomed to rest overnight in the open air. They obviously did not expect to experience a crushing, soul searching, transformative experience.

The Gethsemane experience is one of refinement. A shaping of our being. A transformation from one way of being to another. It is an experience which is utterly overwhelming. It can be terrifying. It also demands emotional sensitivity or emotional awareness and intelligence from those who are supporting someone who is anxious and overwhelmed. It demands that those supporting someone who is going through such a crushing experience be fully present, fully able to listen and fully aware.

My family's Gethsemane experience came two weeks ago. On the Thursday night of that week, we journeyed the road to Calvary both literally and metaphorically. Our youngest son was stricken with a condition known as *Status Epilepticus* which can be fatal if the seizures are not treated. This meant a trip by ambulance to Emergency at Calvary Hospital, hours being treated by medical staff who did not know what to make of this condition, 12 hours in the ICU at Calvary, a trip to Canberra in the trauma Helicopter, followed by 4 days in ICU at Canberra Hospital, where he also contracted pneumonia, because of the intubation. The drugs he was given also lead to a drug induced psychosis worthy of a Hieronymus Bosch painting. This situation also attracted the attention of the Mental Health Team. After all that he was transferred to Neurology Ward for three days.

It is not easy to sit with loved ones experiencing such suffering. It is, however, a Gethsemane experience that many of us, particularly those of us with older parents, know and understand. Such times call us to be still and know that God is with us, in our suffering, in those around us tending to the needs of our loved ones, and in the friends and family praying and supporting us in practical and compassionate ways.

Such times also remind that Jesus, in his humanity and anguish, understanding the horror of what he was about to undergo, called for his disciples to sit with him, to just be with him.

In Matthew 26:36 – 46 we read:

Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Whether the disciples were emotionally distressed as well or did not understand the seriousness of the situation and the anguish Jesus was experiencing, the disciples go to sleep. Understandably, Jesus is aghast and hurt, "Couldn't you men keep watch with me for one hour?" he pleads. You can imagine Jesus' heartbreak at his most trusted friends and companions' unwillingness to comply with his request.

Many of us are overwhelmed by our own incapacity to do anything under such circumstances. That, however, is the key to emotional sensitivity. We don't have to do anything. We are called to be still, to be silent, to offer our presence as comfort. Modern psychologists call this Emotional Intelligence. The focus of EI is on self-awareness, social awareness, relationship awareness and skills for developing reflective listening, empathy, affirmation and support. Perhaps if the disciples had developed more reflective listening skills they would have been more able to support Jesus in his time of anguish.

We often say "Let me know if I can do anything" but do we really mean it? Another time in a similar situation with another loved one, I rang a friend to ask if they could come over. They apologised and said they were busy and could they come another time. If you are not prepared to be with someone in their Gethsemane, perhaps it is best not to offer that which you cannot give. Perhaps it is evidence of my stubbornness but I never asked that person again.

Jesus goes away to pray for a third time and returns finds them sleeping again. This time, when Jesus returns, he demands they wake up and help him face his destiny.

There are some times when we can do nothing but walk with others as they undertake a painful journey. We can be deeply aware of their situation, listen reflectively and attentively to them, support and affirm them appropriately. Lent this year became for us and our friends a practical exercise of practical care, kindness and compassion.

As Easter approaches I ask you to consider those around you who might need you to just sit with them, to empathise to support, to give them the gift of your silence, your attention and your presence. You don't have to do anything or buy anything; you just need to be fully present to their needs.

George Eliot, the great English novelist expressed this concept of presence in a beautiful, poetic way:

Oh, the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all out, just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and with a breath of kindness blow the rest away.

She also said:

What greater thing is there for two human souls than to feel that they are joined for life - to strengthen each other in all labor, to rest on each other in all sorrow, to minister to each other in all pain, to be one with each other in silent, unspeakable memories.

Our Easter liturgy focused on the Washing of the Feet - a beautiful act which carries with it all the characteristics of Jesus as a deeply and emotionally intelligent person, able to be fully present to his disciples, support and affirm them. Some of the disciples in the story, it would appear, were still at the need to develop stage of their emotional intelligence.

Thanks to Jarek Ferenc, Sister Sue, our Youth Ministers Zoe Swann and Katie Golding; the indefatigable Youth Ministry Team and army of students from all years who willingly gave their time to prepare and inspire us with this great narrative.

Personally, I would like to thank to all the staff at the ACT Ambulance Service, Calvary Emergency, Calvary ICU, Canberra Hospital, ICU and Ward 7A, the Mental Health Team and especially Dr Andrew Hughes. Thanks also to our family and friends and the SFX Community for all your love, prayers, thoughts and support. Thank you all especially for just being present to us in our time of need.

May you all have a blessed and holy Easter. In the words of the great Jesuit poet, Gerard Manley Hopkins:

*Beauty now for ashes wear,
Perfumes for the garb of woe,
Chaplets for dishevelled hair,
Dances for sad footsteps slow;
Open wide your hearts that they
Let in joy this Easter Day.*

*Seek God's house in happy throng;
Crowded let His table be;
Mingle praises, prayer, and song,
Singing to the Trinity.
Henceforth let your souls always
Make each morn an Easter Day.*



Websites for further inspiration:

<http://www.catholicaustralia.com.au/spirituality-prayer/living-in-the-presence-of-god> Living in the Presence of God.

<http://www.catholicnewsagency.com/cw/post.php?id=492> A lesson on prayer from the Garden of Gethsemane
Michelle Bauman

<http://biblehub.com/commentaries/mark/14-32.htm> Commentary on Gethsemane account from Mark

<http://aleteia.org/2017/03/28/2-vows-everyone-needs-to-make-for-lent-complaining-less-not-being-a-jerk/>

<http://forher.aleteia.org/articles/guide-dealing-people-dont-like/> A guide for dealing with people you don't like

<http://www.nosweatshakespeare.com/play-summary/play-themes/suffering/> Suffering in Shakespeare's plays

<https://www.catholicculture.org/commentary/articles.cfm?id=313> Gerard Manley Hopkins Easter Poems

Emotional intelligence:

<http://www.ihhp.com/meaning-of-emotional-intelligence>

<https://www.helpguide.org/articles/emotional-health/emotional-intelligence-eq.htm>

<https://www.psychologytoday.com/blog/the-brain-and-emotional-intelligence/201310/how-focus-changed-my-thinking-about-emotional>



Anne Armstrong
Religious Curriculum Coordinator

Sport Report

It's been another big couple of weeks in school sport.

On Tuesday 21 March **Mr Damien Nemeth** coached the 9/10 Girls' Basketball team who had a highly enjoyable and successful day at the Northside Girls' Basketball competition. After a solid win over Amaroo School 21-13 in their first game, the girls followed up with wins over Belconnen High, Emmaus College and Gold Creek High School to finish the day undefeated. The team was led well by **Adol Abuoi**, with strong support from **Caitlin Quester** and **Alicia Rhodes**. A special thank you to **Nyankiir Abuoi** for her coaching expertise on the day.

On the same day **Miss Catherine Morgan** coached the 7/8 Girls' Basketball team in a fabulous day out. The girls showed a lot of enthusiasm and skills and worked well together, having some excellent wins. **Bella Hiskins** and **Nadia Gustin** controlled the ball well and combined with **Eliza Roberts** to score some good team baskets. The team had a close last game against Gold Creek High School and narrowly got home for the win. A big thank you to **Brandon Irvine** who coached the girls superbly on the day, showing great leadership potential.

On Friday 31 March **Mr Brad McCallum** and **Mr Luke Taber** coached the 7/8 and 9/10 Boys' Basketball teams at the Northside Boys Basketball competition. Both teams played exceptionally throughout the day, without losing a single game.

The 7/8 Boys playing excellent team defence to finish on top of the pool. Congratulations to **Ralph Quizon**, **Chut Dout** and **Josh Carter** who all were voted for MVP points.

The 9/10 boys showed great teamwork throughout the day. They had a tough game against Gold Creek High School, but the boys overcame a 12-point deficit at half-time to take the win. They showed great character and patience. Well done to **Ben Mitchell**, **Charlie Mellick** and **Max Monaghan** who picked up the MVP points.



Congratulations to **Josh Garrity**, Year 8, who has been selected in the Under 14 ACT Basketball Team. The team is competing in the CPL competition and will be travelling to Melbourne to compete the National Junior Classic in June. Good luck, Josh!

Congratulations also to **Ashlyn Walters**, Year 7, who has been part of the first all-girls cricket competition in Canberra. She also won the Best Bowler trophy today at her club presentation. Well done, Ashlyn!



A reminder that 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

What should you and your teenager be eating?

According to an extensive survey conducted by the CSIRO, four out of five Australians are not getting enough fruits and vegetables in their diet. Men are doing a lot worse than women in this area and young men are making poor dietary choices when it comes to vegetables.

So, are you setting a good example at home and providing healthy vegetables for your growing teenager? Good nutrition has a direct correlation to better performance in the classroom and in fact in all areas of life; most importantly as a predictor for better health outcomes throughout life.

Here are some tips for easy ways to include vegetables in your diet. Have frozen vegetables on hand when you can't get to the supermarket. Their nutrient content is high and preparation is easy. Buy vegetables in season as they will be fresher, cheaper and more nutritious. Snack on raw carrots, celery or capsicum with a healthy hummus dip. Bean and lentils are a much-neglected, high, quality food.

So do yourself and your teenager a favour and ramp up your vegetable consumption. Both your body and mind will thank you.

For more information go to:



<http://www.abc.net.au/news/2017-04-03/fruit-and-veggies-four-in-five-australians-not-eating-enough/8409766>

<http://gofor2and5.com.au/WhatisaServe/tabid/56/Default.aspx>

Janet Gratton

Food Technology Teacher



Community Announcements

APPLYING FOR MEDICINE OR HEALTH SCIENCES?

UMAT²⁰¹⁷

Undergraduate Medicine and Health Sciences Admission Test

Register by:

5.00 pm AEST Friday 2 June 2017

Test date:

Wednesday 26 July 2017

For information contact:

UMAT Office at ACER
Email: umat@acer.edu.au
OR

Register online at: <https://umat.acer.edu.au>



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of Dentistry†, Oral Health Science†

Monash University
Medicine

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University of New England**
Joint Medical Program

The University of New South Wales
Medicine

The University of Queensland
Medicine (provisional entry),
Dental Science

University of Tasmania
Medicine

**The University of Western
Australia**
Medicine (Direct Pathway),
Dental Medicine (Direct Pathway)

Western Sydney University
Medicine

**The University of Auckland,
New Zealand**
Medicine

University of Otago, New Zealand
Medicine, Dental Surgery

† UMAT only required for non-Year 12 applicants.



Join The Australian Parents Council

April 4, 2017, 7:00pm Dendy Cinemas Canberra

SPECIAL CANBERRA SCREENING AND Q&A WITH THE AUSTRALIAN PARENTS COUNCIL AND FILMMAKER OF SCREENAGERS



About the 'Screenagers' Movie:

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends **6.5 hours a day** looking at screens. She wondered about the impact of all this time on children's developing brains and how it affects their ability to learn.

[Link to Screenagers Tickets](#)

Technology is a big part of the world we live in both for ourselves and our children. It's time we talked ...parent to parent and connect on what we want and need so our children are safe and empowered to learn in the digital world.

We invite every Australian parent to join the #parentech conversation on www.parentech.com.au

We are keen to hear your thoughts. Send us an email: executiveofficer@apfacts.org.au
Article by Australian Parents Council

28.03.2017

SFX UNIFORMS AVAILABLE FROM THE UNIFORM SHOP

Come in, and see our range of quality Saint Francis Xavier clothing and have your children fitted for their school wear by our friendly staff; arrange for your corporate uniform clothing; and order your sport team uniforms.

OPEN: Mon - Fri : 8.30am - 5pm
Sat : 9am - 4pm

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Shop 1, 2 Luke St Holt
Phone 6255 3876

SHOP ONLINE:

www.theuniformshop-canberra.com.au



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PARTY PLACE





CIT Tuggeranong Free Workshops

In 2017 CIT Tuggeranong will showcase the diversity of training on offer through CIT with 'taster' 1- 2 hour short courses every 3rd Tuesday of the month 6-8pm starting 14 March.

Register now
cit.edu.au

Date	Workshop
14 March 2017	Horticulture <i>"From Little Things Big Things Grow"</i>
11 April 2017	Year 12 Taster program <i>the Adult Alternative</i>
16 May 2017	Social Media <i>What is the right platform for you?</i>
13 June 2017	WHS <i>Basic WHS Risk Management Process</i>
11 July 2017	LinkedIn Masterclass <i>Col Anstie of Raging Digital</i>
15 August 2017	Communicate <i>Electronically for Business</i>
15 August 2017	Environmental Science <i>Get Down and Dirty</i>
12 September 2017	Year 12 Taster program <i>the Adult Alternative</i>
12 September 2017	Community Work <i>Working with your Community</i>
10 October 2017	Oral Health for Mums and Bubs + <i>Nutrition Basics</i>
14 November 2017	Yurauna Centre – Cultural Arts <i>Being connected</i>
14 November 2017	Massage techniques <i>for home and self-care</i>
12 December 2017	Marketing <i>How to successfully promote your business, knowing your client and demographics.</i>

CRICOS No. 00001K - RTO Code 0101 - MAR17 - 170269

Visit: **cit.edu.au** | Call: (02) 6207 3188 | Email: **info@cit.edu.au**

Dream it. Learn it. Be it.

Canberra Institute
of Technology





The Hon Troy Grant MP

Minister for Police
Minister for Emergency Services

The Hon Robert Stokes MP
Minister for Education
GPO Box 5341
SYDNEY NSW 2001


Dear Minister

Sadly, this summer we have seen an increase in drownings in NSW. Between Christmas 2016 and 8 January 2017, 21 people lost their lives in NSW waterways. This is almost three times higher than the average for this period over the past 14 years.

The NSW Government is committed to preventing drownings and near drownings, and has launched a community awareness campaign to remind people to take care when they are in, on or around the water. The campaign focuses on key areas to inform people about the dangers that the water can present and provide advice on simple steps they can take to keep themselves and their loved ones safe.

The drowning deaths over summer happened in rivers and lakes, backyard swimming pools, in the surf at the beach and to people on boats. And the people who died included children under five, fit young adults and the elderly.

Beyond a combination of people being on holidays, and some very warm weather, there does not appear to be any single factor that by itself explains the unprecedented increase in drowning deaths. But one key factor may have been a lack of appreciation that where there's water, there's danger.

To help spread the Government's message to 'Get Water Safe Not Sorry' to as many people as possible, I would be grateful if you could please distribute the campaign material included with this letter throughout your agencies and stakeholder networks.

For more information please contact the Office of Emergency Management, Department of Justice, at wsf@mpes.nsw.gov.au.

Yours sincerely


TROY GRANT MP
Minister for Emergency Services

27 FEB 2017



positive partnerships

Working together to support school-aged students on the autism spectrum

Free One Day Workshop for Parents and Carers

Canberra

Tuesday

2 May 2017

Positive Partnerships is coming to a location near you!

Join us for a day of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

Workshop details

Venue:

**Manuka Oval
Manuka Circle
Griffith ACT 2603**

When:

Tuesday 2 May 2017
9.15 am – 3.00 pm (Registration from 8.30 am)

Catering:

Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online:

www.positivepartnerships.com.au Registrations open on Tuesday 7 March 2017 and close one business day prior to the workshop. Register early as places are limited!

Questions?

If you are not able to register online please call the Positive Partnerships Infoline : 1300 881 971 or email parentcarer@autismspectrum.org.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.





Bungee Youth Resilience Program



Bungee is a resilience building program available for children and young people aged 5 – 18 that promotes emotional well-being through the arts. The program supports participants to partake in activities designed to enhance well-being and social and emotional health. Bungee offers a suite of art based programs both in schools and community settings, as well as individual counselling and therapeutic support.

Bungee after school classes support participants to take part in activities designed to enhance well-being and social and emotional health. Bungee offers a supportive environment that encourages participants to socially connect with others while developing artistic skills. Bungee classes operate across the ACT in Belconnen, Kippax and Tuggeranong and are facilitated in a small, safe and supportive group setting.

Term two 2017

Expressive Art , ages 7 – 11 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June Belconnen Community Centre	Acting Up , youth drama, ages 8 – 14 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June Belconnen Community Centre	Exploring Drawing , ages 12 – 18 <i>Thursdays 4:00pm – 5:30pm</i> 4th May – 29th June Belconnen Community Centre
Made By Me , adolescent girls group, ages 12 - 14 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June BCS Kippax	Identity and Art , ages 7 – 11 <i>Wednesdays 3:30pm – 5:00pm</i> 3rd May – 28th June Tuggeranong Child and Family Centre	Acting Up , youth drama, ages 8 - 14 <i>Fridays 3:30pm – 5:00pm</i> 5th May – 23rd June Tuggeranong Child and Family Centre

Cost and duration: All programs are free of charge and offered during the school term. Enrolment is for one term and groups are limited to eight participants.

Please note an intake interview with the parents/ caregivers is required to discuss program suitability.

Information and enrolment: 6264 0200 or email bungee@bcsact.com.au.

Supported by



Contact:
02 6264 0200
Belconnen Community Centre
Swanson Court, Belconnen

bungee@bcsact.com.au
<http://www.bcsact.com.au>
@BCSACT /BCSACT