



St Francis Xavier  
College

# NEWSLETTER

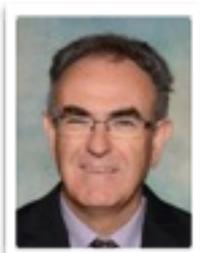
I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a living is not the same thing as making a life. I've learned that life sometimes gives you a second chance. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did but people will never forget how you made them feel. — Maya Angelou

## Dear Parents, Students and Staff

It is almost half way through Term 3. It is an appropriate time for students to reflect on the goals they have set for themselves for this semester. I wonder whether Professor Tim Senden's words at the recent Awards Ceremony have actually sunk in and whether they have brought about a change in attitude in any of our students. Sometimes we minimise our thinking around attitude to the glass half full or half empty analogy.

Our attitude does involve how we see our world and how we see our place in the world. As Professor Senden said our attitude is affected by the people we choose to study and work with. It is also shaped by our experiences each and every day. We often speak of the SFX community and I was delighted when Tim said 'to me our school feels like home, and it's clear to me that this sense of place is so much more than the buildings, it's the understanding that the same supportive culture that helped me find my strengths is still just as vibrant today. It's the people that make a place a home, and it's a truly wonderful feeling to return to my old school and still feel a part of the place'.

I share the following prayer above that focuses on attitude.



Best wishes,  
**Angus M Tulley**  
**Principal**



# ANU Extension Program & UAC Evening

The ANU runs **Extension Programs** for those who are concurrently enrolled at the College as a full time student. The information here is for the current Year 10 cohort, for study in Years 11 & 12.

In 2017, ANU anticipates offering courses in Chemistry, Biodiversity, Physics, Specialist Mathematics, Discovering Engineering, Astrophysics, Japanese, Chinese (Mandarin), Indonesian Culture and Advanced Music. Further details are included on this page.

As per the College calendar, will be presenting a **UAC Evening** on Wednesday, 10 August at 5.30pm in the Hub.

The presentation is an information session on applying for University admission. The session relates to courses, ATAR scores and important dates and information for University admission and applications. Tertiary students will receive a UAC (University Admissions Centre) booklet on the night. Coffee and tea will be available.



## ANU Extension

### For year 11 students in 2017

ANU Extension is an academic program that is designed to provide an enhanced learning experience for Year 11 and 12 students. The program is open to all domestic students that will have a concurrent full-time enrolment in year 11 or 12 at an Australian secondary school in 2017. Successful completion of their studies in ANU Extension may lead to an early offer for entry to ANU that will allow them to articulate into an ANU bachelor degree program and receive credit towards this bachelor degree. ANU Extension programs contribute to the Senior Secondary Certificate and toward the calculation of their ATAR.

It is anticipated that in 2017 advanced courses will be offered in

**Chemistry, Physics, Biodiversity, Japanese, Indonesian, Chinese, Astrophysics, Specialist Mathematics, Engineering and Advanced Music.**

An Information Evening will be held

**Tuesday 6<sup>th</sup> September 2016**

ANU Campus, Manning Clark Building

Lecture Theatre 1

6.15 pm

All interested prospective students and their parents and friends are invited to attend.

For additional information please visit our website <http://extension.anu.edu.au/>

Or you can contact [helen.kave@anu.edu.au](mailto:helen.kave@anu.edu.au)



**Judy Knight**  
**Acting Assistant Principal - Teaching and Learning**

# Sport Report

School Sport is back into full swing and we have had many teams achieving well in sport over the last two weeks.



Our **College Mixed Hockey** team had a great day out on 29 July. The team coach Mrs Lee Dwyer mentioned that they made great progress throughout the day. They started off strongly, coming up against Erindale College with a win, 1-0. Next they had a Mexican standoff with Canberra College, with neither teams scoring. They had a win against Dickson College, 1-0, and yet another draw against Lake Ginninderra. Hawker College ran away with it in the last game, beating SFX by 8 goals, and winning the day overall. The team played really well and had an enjoyable day out in the sunshine. They displayed some great teamwork and **John McKenzie** supported the team as an experienced player throughout the day. The Coach's Encouragement Award for good effort, sportsmanship and team spirit goes to **Troy Duncan**.

**College Soccer** was due to be played on 8 August, however the Carnival has been postponed due to wet weather. The new Carnival date is 30 August (Week 7).

Mr Brendan Duffy and I took the Girls' and Boys' **College Oztag** teams out on Friday for another sunny day where both teams displayed sportsmanship and skills. The boys worked hard throughout the competition, improving each game. Unfortunately, an unexpected loss to St Mary MacKillop College in the first round made it a difficult task to qualify for the finals. This goal was made even more challenging by a second round loss to a strong Lake Ginninderra College side. From here though, the boys came together as a team and showed what they were capable of, winning the next three games against Melba College, Lake Tuggeranong College and Daramalan College. The late charge, however wasn't enough to sneak into the finals.



# Sport Report cont.

The girls started strongly with a win against Gungahlin College. We were lucky enough to have many experienced taggers on the team, which was evident throughout the day. Next we had a close loss to Lake Ginninderra, going down by just one try. The girls came back from their loss pumping out wins against Canberra College and Trinity Christian School. When the girls played St Mary Mackillop College, who were front runners on the day, we knew we were in for a close game. We ended up with a draw. Unfortunately as the scores were so close, the points were counted back for points for and against. Neither teams made the finals, however both Mr Duffy and I were extremely proud of the effort from all our players. The girls displayed some amazing skills. **Olivia Muscat** scored 4 tries, **Tarni Magyar** and **Kristy Magyar** were dominant players, **Georgia Gorham** and **Zoe Allen** displayed great talent in attack, and **Iris Verebalavu** was great in defence. We had a fun day.



Coming up this week is the Girls' 7/8 and 9/10 Netball Carnival on 10 August. A big thank you to all the girls who showed up for trials. We had an overwhelming turnout and were lucky enough to be able to enter two teams this year!

We also have the Boys' and Girls' 7/8 and 9/10 Soccer Carnivals coming up soon. It's another popular sport here at SFX with large turnouts for trials. Thanks to all students for their good sportsmanship and teamwork during our school trials.



**Kaihdyn Andrea (Year 7)** has recently travelled to Melbourne to compete in a National Figure Skating Competition. His team managed to place second overall. What a huge achievement! Well done Kaihdyn.

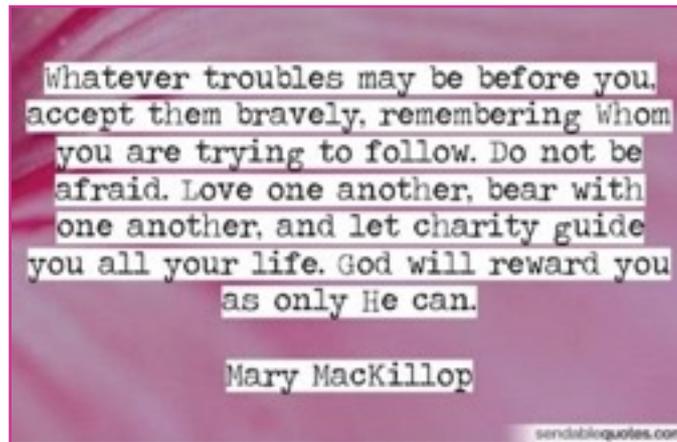


I'm sure there are a lot of SFX students out there achieving wonderful things in their chosen sport/s so please remember to keep me posted so I can keep our community updated!

Please send all sporting emails through to me at [fleur.greaney@sfx.act.edu.au](mailto:fleur.greaney@sfx.act.edu.au)

**Fleur Greaney**  
**Sports Coordinator**

# Mary MacKillop's Feast Day



This week we celebrated the great feast of Mary MacKillop, Australia's first Saint and founder of the Sisters of St Joseph of the Sacred Heart, fondly known by many of us as the Brown Joeys. She was a feisty, can do sort of person, totally committed to working with the poor, the dispossessed and the marginalised. She was also a bridge between priest and laity, city and country, rich and poor, Protestant and Catholic. She was a living example of mercy and mediation. All of the qualities of mercy, justice and the Gospel message are seen in her life and work. The above quote captures the spirit and philosophy of Mary's Christianity. Christ was the centre of her life and she lived out this reality with faith, love, charity and conviction.

The Mary MacKillop Foundation website tells us that Mary MacKillop had a radical vision of the way the Order of the Sisters of St Joseph should be structured – she didn't want the Order to be subject to direction by the bishops of particular dioceses, and every Sister was to help with the work, regardless of her background. Her Order was very egalitarian, in the spirit of an Australia that sought to be classless. Many other Religious Orders of the time had lay sisters and brothers who could not join orders fully as they did not have the necessary funds to enter.

Mary's radical vision caused her to be in direct conflict with the Bishop of Adelaide who was responsible for her excommunication on 22 September 1871. While this was technically removed on 23 February 1872, conflict around the principle of the matter continued. Mary was not content to let the matter rest there. She decided to take her cause to the Pope in Rome – the highest authority in the Catholic Church. Aged just 31 and as a professed Sister of St Joseph, Mary went to Rome dressed as a widow, in order to avoid controversy, and gained an audience with Pope Pius IX and a hearing from the Vatican authorities. She was granted approval of her Rule within a year.

Returning to Australia, Mary went to Queensland establishing schools and communities but her troubles were not over. Mary was deposed as Superior General in 1885 on technical grounds by Church authorities but was later re-elected by the Sisters.

Mary MacKillop's attitude was always of forgiveness and respect. Her many letters are evidence of her vision, courage and leadership.

Mary was no shrinking violet. She firmly believed God had called her and she was not going to let anyone or anything stand in the way of living out that call, no matter what the personal cost. Mary challenged Church authority, and the well-meaning but misguided priests and bishops. She was not given to blindly accepting clerical advice without using her own capacity for discernment and her own conscience. She did this however, in a loving and compassionate way, always advising friends, family and nuns in her community to be careful not to diminish the good name or character of priests and bishops who opposed her or stood in her way. She was a great mediator, a person who was able to bring communities together. She was able to reconcile parties in conflict, even if that reconciliation was a long and drawn out process.

Mary's spiritual and physical energy found its source in the Eucharist according to Rev. Paul Gardiner SJ.

'The Eucharist was the centre of Mary's devotional life. She saw to it that the fittings of the chapel were always as worthy as the impoverished Josephites could manage – it was the only room in which she would allow any special adornment. The Eucharistic sacrifice and the reception of the sacrament were treasures in her daily routine, and when her health was particularly troublesome, her way of speaking of this was to say that she was too ill to attend Mass. She spent long hours in prayer before the Blessed Sacrament, especially at times of unusual tension or of personal distress such as after the death of her mother. Mary's Mother died after a shipwreck at Eden, part of our local diocese.'

We could all learn a lesson from Mary who obviously understood that the Eucharist was the source and summit of the Christian life. In our experience of Eucharist we experience the love of God, the fellowship of others and the motivation to follow God's call to action in our lives and communities. This call is expressed in Mary's instruction:

*"Never see a need without doing something about it."*

Finally I leave you with the *Litany of Mary MacKillop* to pray with your family, friends and colleagues. This litany expresses the spirit of the Beatitudes and encourages us to consider the needs of our neighbour. It was said recently as our daily morning Pastoral prayer. Hopefully it will inspire and motivate you to live out God's call in your life and to pray for the needs of others, as well as actively find a way to provide for those needs.

**Mary MacKillop loved God very much and always listened to what God was saying to her  
in the things that happened in her life.**

**Mary always asked God for help for herself and her family and friends. From her home in heaven she  
can join with us, her friends on earth, in praying for anything we need, and so we say:**

***Mary MacKillop pray for us***

**We pray for our country Australia, that all people will be treated fairly**

***Mary MacKillop pray for us***

**We pray for people who can't find work, especially those who have been looking for a long time.**

***Mary MacKillop pray for us***

**We pray for people who are too poor to pay their bills**

***Mary MacKillop pray for us***

**We pray for people who are sad and lonely**

***Mary MacKillop pray for us***

**We pray for people who are sick or dying and for their families who are sad**

***Mary MacKillop pray for us***

**We pray for people who are old and tired, especially those who don't have a good place to live**

***Mary MacKillop pray for us***

**We pray for people who have to leave their own countries because of war and trouble**

***Mary MacKillop pray for us***

**We pray for people who live in families that are unhappy.**

***Mary MacKillop pray for us***

**We pray for the Sisters of St Joseph in their lives and work today.**

***Mary MacKillop pray for us***

**We ask God who cares for us in every way to listen to our prayers through the help of  
Mary MacKillop, who is a Saint of Australia. We ask this in Jesus' name. Amen**

Prepared by Christine McGinty RSJ RIP  
Taken from [www.sosj.org.au/mary/index.html](http://www.sosj.org.au/mary/index.html)

Websites for further reading:

<http://caa.wt2.com.au/sites/Archbishop/media/files/2817.pdf> Mary MacKillop and Priests

<https://www.mackillopfoundation.org.au/> Mary MacKillop Foundation

<http://www.marymackillop.org.au/marys-story/beginnings.cfm?loadref=146>

<http://www.sosj.org.au/what-we-are-doing/index.cfm?loadref=130> The Sisters of St Joseph website

<http://cathnews.com/archives/cath-news-archive/5255-blog-father-paul-gardiner-and-other-sources-of-wisdom-on-mary> Rev. Paul Gardiner SJ

<http://www.marymackillopplace.org.au/> Mary MacKillop Place

<http://www.marymackilloppenola.org.au/> Mary MacKillop Museum Penola

And for something completely different:

<http://www.integratedcatholiclife.org/> A beautiful website run by Carmelite nuns in California

**Anne Armstrong  
Religious Education Coordinator**



# Social Science Electives Expo

On Monday 8 August during Social Science lessons, Year 10 students had the opportunity to visit the Social Science Information Market. The purpose of the market was to provide students with information about Year 11 and 12 Social Science courses from current students studying them. A big thank you to those Year 11 and 12 students of **Behavioural Science, Business, History, Geography** and **Legal Studies** who gave up their time to speak to the Year 10s. The Year 10s all received an information bag to take away with them and completed a quiz for a lucky door prize.

If any Year 10 students would like further information about senior Social Science subjects, they are asked to drop by the Social Science staffroom to speak to Ms. Hunt or any of the teachers.



*Felicity Hunt*  
*Social Science Coordinator*



# Visit to ADFA

Last Thursday it was my absolute pleasure to accompany a small group of Year 11 and 12 students to ADFA. We had the opportunity to experience many facets of the physical, educational and military life at this campus. We were lucky enough to have a guided tour of the Engineering facilities and also saw the Cadet living quarters. The students took to the Over the Water Ropes Obstacle Course with gusto! Congratulations to Sage and Sam who conquered the course!!



**Donna Lambert**  
*Defence Transition Mentor*



# Community Announcements



## Register for Junior Girls AFL in Canberra



Girls aged between 7 to 12 are eligible to play in these new and exciting Junior Girls Only AFL programs.

### Ainslie Football Club

Location: Reid Oval, Reid  
Contact: Simon Holt  
Email: juniorpresident@ainsliefootball.com.au  
Phone: 0435 902 227



### Belconnen Cats

Location: Aranda Oval  
Contact: Nathan Rickard  
Email: n\_rix@hotmail.com  
Phone: 0409 784 690



### Calwell Swans

Location: Isabella Plains  
Contact: Stephen Borthwick  
Email: calwellswans@gmail.com  
Phone: 0434 603 211



### Eastlake Football Club

Location: Kingston Oval, Kingston  
Contact: Jeff Roberts  
Email: jdo@eastlakefc.com.au  
Phone: 0423 877 742



### Gungahlin Jets

Location: Amaroo Oval, Amaroo  
Contact: Steve Wall  
Email: juniors@gungahlinjets.com.au  
Phone: 0438 877 742



### Magpies Juniors

Location: Kippax Oval, Holt  
Contact: Emma Simpson  
Email: juniors@magpiesjuniors.com  
Phone: 0407 512 839



### Qeanbeyan Tigers

Location: Allinsure Park Qeanbeyan  
Contact: Lynne Mckenzie  
Email: qtigers.junior@tigersclub.com.au  
Phone: 0408 382 307



### Tuggeranong Bulldogs

Location: Gordon Ovals, Gordon  
Contact: Leo Lahey  
Email: playafl@tuggeranongbulldogs.com  
Phone: 0429 186 216



### Tuggeranong Lions

Location: Kambah Oval, Kambah  
Contact: Sean Heelan  
Email: Tuggeranonglionspresdent@gmail.com  
Phone: 0437 470 582



### Weston Creek

Location: Stirling Oval, Stirling  
Contact: Trudi Fajri  
Email: wcwildcats.rego@gmail.com  
Phone: 0403 084 225



[www.aflcanberra.com.au](http://www.aflcanberra.com.au)

[facebook.com/AFLCanberra/](https://facebook.com/AFLCanberra/)

# COMMUNITY CHOIR - for Belco50

Come together through song  
in celebration of Belco's 50th.  
Join our Community Choir!



Join us in celebrating Belconnen's 50th Birthday! We are very excited to be collaborating with Young Music Society in celebrating our community through song.

We are inviting all those who love to sing, to join our Community Choir!

It doesn't matter what your age or where you live. Join on your own, with friends or as a family, we just want people who love to sing to join us!

Renowned composer and conductor Stephen Leek is producing a new work especially for the occasion. Workshops will be lead by Stephen Leek and Joel Copeland.



There will be rehearsals throughout October and then of course the culminating performance at **BelcoNOW** at Belconnen Arts Centre on Saturday 5 November, 2016. Rehearsals will be 2:00 – 3:30pm every Sunday throughout October, commencing 2 October through until the final performance Saturday 5 November.

There are no fees, we just want to make sure we can keep you in the loop and are asking that you register your interest in participating [here](#).

Click on the link [here](#) for more information.



## **Belconnen Little Athletics**

Have the 2016 Rio Olympics captured your child's imagination?

Does your child like to run, jump and throw? Looking for a sporting activity where all your children can participate at the same time and location?

If so, then little athletics could be the summer sport for you.

Your local club is Belconnen Little Athletics Centre, with meets held on Saturday mornings at Cook oval.

All age groups (U6's - U17's) start at 9:00am and meets are usually wrapped up by around 11am.

The philosophy of little athletics is self-improvement in an environment promoting fun, family and fitness. The development of skills and fitness is encouraged in children of all abilities.

The 2016/17 season starts on 15 October and online registrations commence 5 August.

For more information:

- Visit our website [www.bwlac.org.au](http://www.bwlac.org.au),  
or
- Contact our Registrar – Rhonda at  
[blacregistrar@gmail.com](mailto:blacregistrar@gmail.com)



# Communities@Work

## *Trauma Informed –* **Positive Behaviour Support**

Presented by

### **The Galilee School**

**Supporting students to access their education through targeted evidence-based interventions**

The Trauma Informed – Positive Behaviour Support (TI-PBS) framework developed by the Communities@Work Galilee School supports students with complex and challenging behaviours to successfully access their education.

*“No single person or program has the ‘answer’ to behaviour support or management. What we can do together is examine some strategies which have been found, through evidence based research and practical use in actual situations, to be powerfully effective in challenging circumstances”*

**Sandra Healey 2015**

This training opportunity will provide teachers with 5 hours of TQI accredited professional development and has been accredited against the AITSL 'Highly Accomplished' and 'Lead' teacher professional standards.

**The workshop is interactive therefore has limited spaces... book now!**

**Date:** Wednesday 31<sup>st</sup> August

**Time:** 9am to 3:30pm

**Cost:** \$250(excl. GST) p.p. inclusive of lunch and morning tea  
(Discounts apply to 3 or more participants from 1 school / organisation)

**Venue:** Communities@Work CPLE Training Room,  
Weston Community Hub, Cnr of Hilder St & Gritten St, Weston

**Contact:** (02) 6293-6314 or [galilee.school@commsatwork.org](mailto:galilee.school@commsatwork.org)



# Transportation of children with disabilities:

## *Understanding the Australian experience*

- **Are you a parent/caregiver of a 0-17 year old with a diagnosed disability?**
- **Do you live in Australia?**
- **If YES, you are invited to participate in a cross-sectional survey**

### **What is the survey about?**

The survey is about how children with disabilities are being transported in vehicles in Australia, and the concerns their parents have related to these travels.

### **Why is this survey important?**

**This is the first study addressing the safe transportation of Australian children with disabilities.**

#### **The survey will :**

- **Help us understand the factors that influence the safe transportation of children with disabilities.**
- **Inform the production of a parent friendly handbook explaining the transportation of children with disabilities, to be distributed across Australia.**

### **WIN one of five \$20 Coles Myer gift cards!**

As an appreciation for your time, fill in your contact details at the end of the survey for your chance to win one of five \$20 Coles Myer gift card! Your contact details will not be linked to your survey information.

### **How can you access the survey?**

The survey can be completed online, by telephone or paper and pencil.

Please use the following link to access the survey online OR scan here :

[https://curtin.asia.qualtrics.com/SE/?SID=SV\\_e51X4NdVX98Fgs5](https://curtin.asia.qualtrics.com/SE/?SID=SV_e51X4NdVX98Fgs5). If you would prefer a pencil and paper version of the survey sent to you or you have any further questions please contact Miss Angela Downie on 0448 977 704 or [angela.downie@student.curtin.edu.au](mailto:angela.downie@student.curtin.edu.au)  
View our short Youtube video ([https://www.youtube.com/watch?v=kyOTVtI\\_jU](https://www.youtube.com/watch?v=kyOTVtI_jU)) and like our Facebook page "Safe Travels: Transport and Disability" to keep up to date with the study



### **How long does it take to complete the survey?**

The survey takes approximately 20-30 minutes to be completed. You may complete the survey online in two or more sittings and re-enter it where you last left off.

### **Who is conducting the survey?**

The survey is being conducted by the Transport Research team at Curtin University's School of Occupational Therapy and Social work, by four primary investigators..

Miss Angela Downie, Phone: 0448977704, Email: [angela.downie@student.curtin.edu.au](mailto:angela.downie@student.curtin.edu.au)

Dr Sharmila Vaz, Phone: 08-9266-1849, Email: [s.vaz@curtin.edu.au](mailto:s.vaz@curtin.edu.au)

Prof Torbjörn Falkmer, Phone: 08-9266-9051, Email: [t.falkmer@curtin.edu.au](mailto:t.falkmer@curtin.edu.au)

Miss Belinda Cuomo, Phone: 0408 590 248, Email: [Belinda.Cuomo@curtin.edu.au](mailto:Belinda.Cuomo@curtin.edu.au)