



Truth and Courage

St Francis Xavier
College



Dear Parents, Students and Staff

Year 12 Retreat

The Year 12 students had their Retreat at the Salvation Army Centre Collaroy, on Sydney's northern beaches, Wednesday to Friday of last week. The Retreat was nothing short of wonderful. The students had the opportunity to listen to the story of Lorin Nicholson, an inspirational speaker and musician. Lorin's presentation set the tone for the retreat. They also enjoyed listening to a number of staff tell their stories. Father Loi, our Chaplain, joined us for the three days and the students had the opportunity to celebrate the Sacrament of Reconciliation on the Thursday afternoon. The retreat concluded with a beautiful Mass in the Collaroy Chapel that looks over the stunning Collaroy beach and golf course!

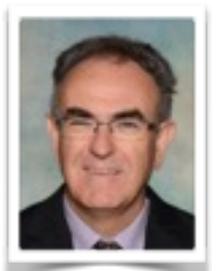
Perhaps the most poignant part of the Retreat was listening to a number of the Year 12 students thanking their peers for the acceptance, love and understanding that had been shown to them over their time at SFX. The basic message was that they had grown in confidence because people accepted them for who they were and 'who they were was good enough'.

Year 11 2017 Course Counselling

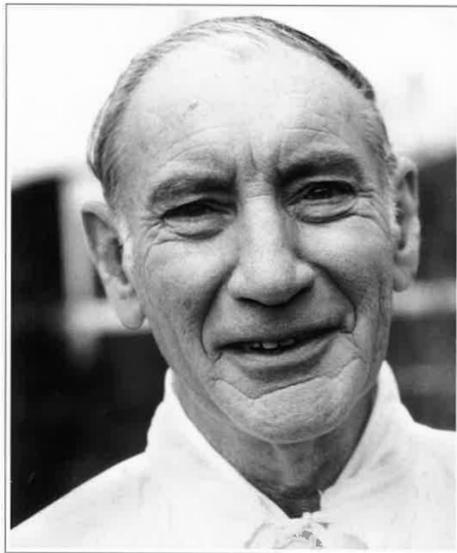
On Saturday Year 10 students and their parents came to the College for the Year 11 2017 Course Counselling Interviews. There was an air of excitement and also some trepidation as students reflected on the next stage of their journey at SFX. I asked a number of students why they liked being at SFX and the responses I received included:

- 'I like my teachers'
- 'I receive the assistance I need'
- 'I get challenged to do my best'
- 'I feel safe at SFX'
- 'I like being part of the SFX community'
- 'I love this school' (Yes I really did get that response!)

Best wishes,
Angus M Tulley
Principal



**Fr Cork was the first Parish Priest of St
Monica's. May he rest in peace.**



FUNERAL MASS FOR THE REPOSE OF
THE SOUL OF

REV FR ADRIAN JAMES CORK

Called to eternal life 11 August 2016

St Christopher's Cathedral, Canberra
17 August 2016

WELCOME TAKEFU HIGASHI

There were 18 excited (and a little bit nervous) families waiting at Canberra Airport on August 2. Our Japanese sister school for 12 years, Takefu Higashi was coming to visit for a week. Some of our host families were reconnecting with people who had hosted them on our trip to Japan in September 2015, and others were meeting for the very first time.

It is a wonderful experience to host and share your life and family with another teenager from Japan, even though it means being out of your comfort zone for a little while. The main reason behind the visits to each other's school is 'exchange' – exchange of cultural understanding, friendship and language learning.

The Takefu Higashi students engaged in Japanese, Art and Food classes. They tried vegemite toast (to mixed reviews) but most really like fairy bread, Tim Tams and the sausage sizzle. They visited a sheep farm to see a shearing demonstration, cuddle a 2 day old lamb and witness a sheep farm during peak lambing season. All were taken aback with the smell of a shearing shed. Parliament House and the National Museum were also stops on Takefu Higashi's short visit to Australia.

The Japanese students were excellent representatives for their school and their SFX host families were impressed with their newly adopted family members. Akitoshi and Hana were so good at basketball that their families would like to sign them up to play in Canberra. Maho beat her host brother in a tennis battle and all the other students threw themselves into Australian family life. Similarly, the SFX students and families were gracious and generous hosts.

There were lots of tears, from both sides, at the farewell – a testament to the strength of the relationships built.

A big thank you to all the host families and staff who helped to supervise or take excursions during this time. We look forward to hosting again in 2018.

Natalie Bakonji
Languages Teacher and Visit Coordinator



Science at SFX

Science Week

The theme for Science Week this year was *Drones, Droids and Robots* and a number of events were held around the school to work with this theme. I would like to thank Mr Graham Stock and Mr Jacob Betts for their assistance in organising these events.

Drone Demonstration

Two different types of drones were demonstrated to the students on the oval. One was a high altitude photography drone (right), which has taken some breathtaking images of the school, which you can view on our Facebook page here: <https://www.facebook.com/StFrancisXavierCollege/>.

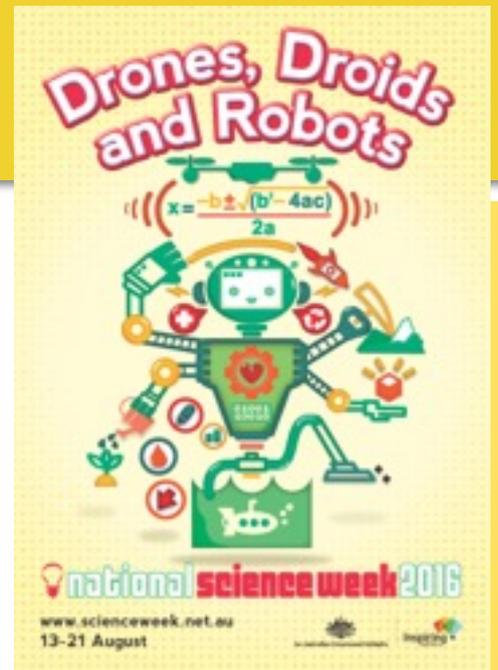
The other was an action drone (see photo bottom right), which keeps a low altitude and follows the pilot via a GPS signal.

Robot Racing

Students from St Michael's Primary School in Kaleen joined us for Robot Racing in the Hub (right). Three Sphero programmable droids were pitted in races where a fine control of the robots was required to navigate the tricky course. The crowd favourite was the mini BB-8 droid, which happily chirped as it dashed around the course – despite several instances where it lost its head!

Egg Drop Challenge

Every year, Year 7 students are given the opportunity to compete in the Egg Drop Challenge, where they are tasked with designing a device that would allow an egg to be dropped off the top of the Middle School building and landing safely on the ground below. There were some exceptional designs this year, with the two successful winners, both designing workable parachutes that gently laid the eggs on the ground below.



Science in ACTION

24 girls in Years 9 and 10 were given the opportunity to attend the Science in ACTION event in Kingston. They experienced hands-on displays and talks on robot coding, drone displays, sustainability and other initiatives that are available in the Canberra region. The students reported that the day was fantastic, with some of the robotics and virtual reality displays particularly fun and engaging. I would like to thank Miss Kate Rhodes for organising, and Mr Jacob Betts for taking the students to this event.

Science Competition

During Term 2, nineteen Year 8 and twenty-three Year 9 students were entered into the prestigious ICAS Science Competition. The students competed in a test of knowledge and abilities against the best students from other schools and had some fantastic results. Listed below are the students who achieved a Distinction or Credit Award in the Competition (putting them in the top 25% of the students who entered). The Science Department would like to congratulate all of the students on their efforts and achievement. I appreciate the time their teachers put into selecting and preparing students for this Competition.

Year 8 Distinctions: Bella Topp, Lily Mahon

Year 8 Credits: Oliver Wong, Martin Hosking, Janna Fabricante, Rachael Tewari, Anthony Gambale, Amy Briggs and Ewan Philips-Higham

Year 9 Distinctions: Andi Yan

Year 9 Credits: Batseba Bereket-Araya, Connaigh Whittaker, Madeleine Woodward, Rachael Nahon, Alannah Daly and Harrison Whalan

Volunteer Explainer Graduation - Questacon

Each year, Questacon offers senior students the opportunity to apply to train as Volunteer Explainers at the National Science and Technology Centre. A highly regarded and much sought after program, it gives students experience in explaining scientific concepts to a wide audience and qualifies the participant to volunteer and be eligible for employment at Questacon, if they choose, at the end of the program. We would like to congratulate **Clare Wade (Year 12)** for completing this program and the large amount of time she has put into the training.



Ian Stace-Winkles
Science Coordinator

Year 9 Sport and Recreation students have been completing a Micro Teaching Unit this semester. As part of the unit, the students have been leading sporting activities with kindergarten students at St John the Apostle Primary School. Working in small groups, it was the responsibility of the Year 9s to plan and deliver fun sessions, to involve all students and to assist the kindergarten students in developing gross motor skills in game situations. As a teacher, I have been so impressed with the enthusiasm of the St Francis Xavier students and am very proud of how they have represented our College. The kindy students have enjoyed working with the 'big kids' and burning off some energy. Keep up the great work, Year 9 Sport and Rec students!

SPORT AND REC CLASS



Kelly Candy
Physical Education Teacher



Careers at SFX

Tertiary Institutions Open Day Canberra 2016

On Saturday 27 August, Canberra's five tertiary institutions are open for one day!

Australian Catholic University, Canberra University, Australian National University, ADFA and also CIT all have their own programmes for the day.

For more details go to the individual institutions' websites or click [HERE](#) to take you to the centralised website.

Organise your day and see them all! You just never know who you child could speak to or what they might see that changes their life direction!



Margaret Stapper
Careers Coordinator

A vibrant pink poster for the Tertiary Open Day in Canberra. At the top, the word 'CANBERRA' is written in yellow, flanked by two horizontal white lines. Below it, 'TERTIARY OPEN DAY' is written in large, bold white letters. The date 'SATURDAY 27 AUGUST 2016' and time '9AM - 4PM' are also in white. The central image is a black and white portrait of a man with a beard and glasses, wearing a white lab coat and a white cap. Surrounding him are various white line-art icons representing different fields: a microscope, a lightbulb, a stethoscope, a wrench, a camera, a graduation cap, a football, a book, a musical note, a pencil, a rocket, a plus sign, a lightbulb, a stethoscope, a graduation cap, a football, a book, a musical note, a pencil, a rocket, a plus sign, a lightbulb, a stethoscope, a graduation cap, a football, a book, a musical note, a pencil, a rocket, a plus sign. At the bottom, the text 'Hello 你好' and the equation $F=T\Delta S$ are visible. A silhouette of a tower is on the right side.

Red Cross Volunteers in RE classes

Year 11 Religious Education classes studying the Social Justice unit welcomed four guest speakers from the Red Cross on Wednesday 10 August. The topic was the role of Red Cross as an organisation and in particular the global plight of asylum seekers. Students discussed the multiple reasons people across the globe needed to flee their home and participated in small group scenarios discussing what they would do if our country suddenly became a war zone.

Many students appreciated the opportunity to learn about the differences between asylum seekers, refugees and illegal immigrants and hear personal stories from the volunteers.



Meg Talip
Religious Education
Teacher



The Eight Beatitudes of Jesus

Gospel of St. Matthew 5:3-10

The last of one's freedoms is the freedom to choose one's attitude in any given circumstance.

(Viktor Frankl Man's Search for Meaning)

Attitude is transformative, when positive it is absolutely empowering and life giving; when negative it is totally disempowering and life draining. Viktor Frankl recognised the power of attitude while imprisoned in a Nazi concentration camp. He observed that, even in such a dehumanising environment, those who chose to see the positive and look forward to something in such a bleak situation were able to live more fully than those who gave into despair and hopelessness.

We live in an age of anxiety and despair. More and more students are reporting difficulty coping with anxiety in their daily lives. I suspect that constant stimulation, exposure and addiction to technology might be a great contributor to this anxiety. We have made technology an idol, which demands that we put it above all other experiences in our lives. We have forgotten that we have the capacity to turn it off. Yet we choose not to. Why is that? Is it because adults are abrogating their responsibilities to help the young see that we can disconnect our digital devices and recover our humanity. You can read more about such challenges in the following article <https://ww2.kqed.org/mindshift/2015/03/06/turned-off-how-teens-respond-to-a-no-tech-challenge/>

We believe, particularly those of us who teach Religious Education, the Gospel message has the power to challenge anxiety, the power to challenge our addictions and the power to transform our lives from dependence on technology to dependence on God. This power is expressed particularly in the Beatitudes - literally the *Be Attitudes*.

I challenge you to engage in an 8 day *Beatitudes challenge*. Over the following 8 days, spend some time reflecting on each beatitude, the text, its meaning and its relevance for you. How does it challenge you to transform an attitude or behaviour in your life? How can it lead you to living a more meaningful and fulfilled life in a positive relationship with God through Jesus?

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Recognise your need for dependence on God, the loving God who created you in His image, to love and be loved. Reflect on the things you think you currently depend on, that you think you could not live without. Are these *things* really *wants*, masquerading as needs? Are these things leading you away from the really important relationships and behaviours in your life? Are they seducing you into a way of life that leads more to anxiety than peace? Are they life giving or life draining? Are you secure in the knowledge that a loving God loves you or are you insecure because of your Facebook, Instagram, or Twitter feed?

Blessed are they that mourn, for they shall be comforted.

How aware are you of the needs of those inside your friendship or family circle? Sometimes familiarity blinds us to the real pain that those close to us might be experiencing. In empathising with others, we begin to understand the shoes they are standing in. We can walk with them, listen to them and connect with them. To mourn means that we can understand and act on the pain and suffering experienced by others. We can be the face of our loving God for others.

Blessed are the gentle for they shall inherit the earth.

Aboriginal people practice deep listening, an almost spiritual skill, based on respect for the land and the communities who live on that land. Sometimes called 'dadirri', deep listening is inner, quiet, still awareness and waiting. Aboriginal writer Miriam-Rose Ungunmerr-Baumann describes deep listening here:

"Dadirri is inner, deep listening and quiet, still awareness. Dadirri recognises the deep spring that is inside us. We call on it and it calls to us. This is the gift that Australia is thirsting for. It is something like what you call 'contemplation'. When I experience dadirri, I am made whole again. I can sit on the riverbank or walk through the trees; even if someone close to me has passed away, I can find my peace in this silent awareness. There is no need of words."

Blessed are they who hunger and thirst after righteousness for they shall be satisfied.

Recognise that just as we have physical hunger and thirst, so too does our spirit need nurturing and guidance in learning how to develop right relationships, to promote right relationships, to challenge those who are not providing for the needs of others or exploiting others. What situations, places and events challenge you to promote and work for change? Perhaps you need to use the *See Judge Act* paradigm, which you can find more about here: http://www.socialjustice.catholic.org.au/files/Social-Teaching/Reading_the_Signs_of_the_Times.pdf; and here: <http://jeddo.perthcatholic.org.au/wp-content/uploads/2014/04/20140415-Relection-Action-See-Judge-Act-booklet.pdf>

Blessed are the merciful for they shall obtain mercy.

Mercy is a quality intrinsic to the nature of God, not to humans. Mercy challenges us to be the face of God to others, as in the parable of the Prodigal Son, where the Father meets the son outside the village, on his way to returning and being reconciled. God's mercy cannot be exhausted. In the challenge to be merciful we are called to see people as God sees them. We believe that all are created in the image and love of God. How does this belief challenge us to relate, reconcile, renew and move forward in our relationships with each other and with God?

Blessed are the pure in heart for they shall see God.

Recognise the need to see the good in all things and in all people. The pure in heart always see the best in others and the best in situations. They practice gratitude and thankfulness. Who do we know that does this? What example and inspiration can we take from them? Viktor Frankl's quote is a challenge to us to see the world in this way. St Paul tells us to think on everything that is noble. Proverbs 4:3 tells us "Be careful how you think; your life is shaped by your thoughts." Simply put, as you think, so shall you become. We can control our thoughts and the way we see the world. It takes practice but it is possible. The challenge for us is to put into practice seeing the good in all situations and in all people; to practice gratitude and thanksgiving for our experiences and relationships. It is a challenge but it is possible and it will lead to a more blessed life.

Blessed are the peace makers for they shall be called Children of God.

Peacemakers build bridges, open possibilities to resolve conflict, to offer meaningful and just mediation, to restore relationships. In our world today we see this need more than ever, in our families, local, national and global communities. Peacemaking begins with a greeting, a gesture. A courtesy the enemy will tolerate is, namely, a greeting. The peacemaker looks the enemy right in the eye and says, "Good morning".

Blessed are those who are persecuted for the sake of righteousness for theirs is the Kingdom of Heaven

Recognise that bad things happen to good people. If we accept that the world brings both curses and blessings, suffering and joy, then we are much more able to accept our situation and look forward to a time when things get better. Once again, taking Viktor Frankl's advice.

The Beatitudes, according to my Year 10 RE class, are God's "thumbs up" to right living. I love my Year 10 RE class - I can always rely on them to come up with some profound way of rethinking the Gospel message in terms relevant for them and today's audience. This is the essence of the Gospel message as seen in the Beatitudes- Jesus' teachings and life show us that there is a better way to live, in spite of tension and anxiety. We can live knowing that we are loved by God and called to love God and others through living the Beatitudes.



Anne Armstrong
Religious Education Coordinator

Resource Centre News



Australia Story Country

Book Week 2016 is here from 20-26 August. The Children's Book Council of Australia celebrates Bookweek each year with the Australian Children's Book of the Year winners being announced.

Research **READ** Relax

The Bookweek theme this year is '**Australia Story Country**' and the Resource Centre is celebrating Bookweek with a number of activities, including an author visit, reading and craft activities with Primary students, lunchtime music in the Resource Centre, an Accelerated Reader Millionaire's Morning Tea, Bookweek Quiz, Book Trailers and a Bookmark Competition.

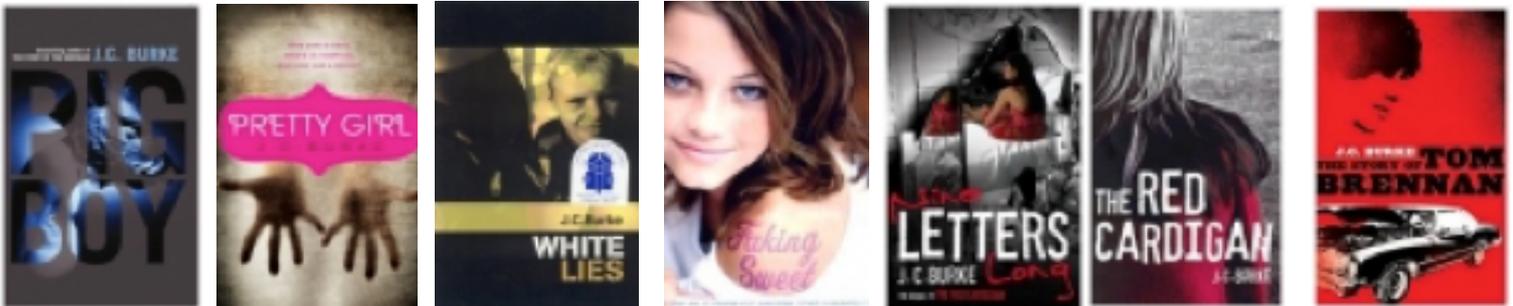
Author Visit



Today the author J.C. Burke visited SFX and made presentations and conducted writing workshops with a number of classes of students.

J.C. Burke is the author of a number of books for children and young adults. JC (Jane) Burke was born in Sydney. Since she started writing in 1999, Jane has published a number of acclaimed books for teenagers. *The Story of Tom Brennan* (2005) was awarded the CBCA Book of the Year for Older Readers in 2006 and *Pig Boy* was the Ned Kelly Award for Best Crime Fiction in 2012. Her latest novel is *Pretty Girl* (2013), a gripping psychological drama - "One girl's dead. One girl's in hospital. And one has a secret."

Books by JC Burke



Dennis Granlund
Teacher Librarian

Sport Report

On Tuesday 10 August Ms Samantha McDonald and I took the Girls' Netball teams to compete at the Northside Carnival. We took two 7/8 teams and one 9/10 team.

The 7/8's second team were wonderful to coach, with all girls putting in 100% throughout the day. They had 2 losses first up to John Paul College and Amaroo High School. They then came up against Canberra High School followed by Campbell High School winning both games. The girls then had a draw against Harrison School and yet another win against Brindabella Christian College. The last game the girls' versed Lyneham High School in a close game, and again, came away with a win. **Favour Lokudu** was fantastic in defence, doing her best to get plenty of rebounds and bring the ball back down the court. **Georgia Verebalavu** exhibited some fantastic shooting throughout the day, getting most of her shots in, even those from quite a distance! The scoreboard was very close and the girls gathered outside patiently awaiting the final points to be added. Unfortunately they missed out on the semi-finals by just 1 point! They were disappointed but they had a great day and displayed good skill and great teamwork.

The 7/8's first team powered through the main rounds with straight wins against Lyneham High School, Belconnen High School, Brindabella Christian College, Melba, Gold Creek and Amaroo High Schools. After a while, the points were tallied and the girls played Canberra High School in the Semi-Final. The girls breezed through to the Grand Final against John Paul College. We knew it would be a close game, and it ended up being as close as you can get! **Leah Brown** and **Eliza Fulevi** worked amazingly well in defence, hardly letting any goals in and sticking to their players like glue! **Ellie Bishop** did an great job of getting the ball moving through the centre court while **Caitlin Quester** made almost every shot she went for at the hoop. The girls fought to the end, and fortunately got that lucky last point in before the buzzer at full time! Well done to the Northside Champs! A huge thank you to **Antonia Medic** who was an amazing coach to the girls throughout the day. She had them organised, pumped up and ready to go!

The 9/10 team were coached by Ms Samantha McDonald who also had a great day and some excellent results in the round games. After patiently waiting on the count back results the girls discovered they came first in their pool! They played Harrison School in the Semi-Final and came away with the win. Unfortunately, Lyneham High School was too strong in the Final. The team will play in the ACT Netball Carnival along with the 7/8 team on 31 August. Well done to **Alyssa Mills**, **Lane Christensen** and **Grace Osbourne** who played fantastically the whole day. The Coach's Encouragement Award goes to **Carley Terpstra** for good effort, sportsmanship and team spirit.



Sport Report cont.

On Tuesday 16 August Mr Graham Stock and I took out the 7/8 Boys' and Girls' Soccer teams. We had assistant coaches Olivia Catherall, Ricci James-Ward and Joshua Dalton helping us on the day, assisting with warm ups, positions and pep talks!

Mr Stock said the boys displayed excellent team spirit and worked really well together. They responded to suggestions and from the very first match students displayed excellent team work and co-operation, which grew both on and off the pitch as the day progressed. The team started strongly with a 4-0 win against Burgmann Anglican School, and this winning form continued against Campbell High (3-0), John Paul College (1-0) and Harrison School (3-0). The entire team was incredibly impressive in their performance and worked hard to ensure the ball rarely entered our half all day. Particular mentions must go to **Riley Morish** whose fantastic goalkeeping in a few key moments kept a clean sheet for the day, Congratulations **Joda Robinson-Gonzalez** for his skilful striking and supportive play up front, **Jacopo Fuiano** for his hat trick in the final match, and **Ryan Davidson** whose goal from a free kick, from over 20 metres out, was enough to show up Ronaldo! The team now moves on to compete in the Finals on Wednesday 7 September.

The girls started the day strongly with a win against Merici College. The girls had a tough loss next against Canberra High School and again to Kingsford Smith School. We played around with our positions and found what worked best. **Annabel Whalan** was fantastic as our striker and **Shannon Harriet** also worked very well in the forward line.

Claire Orton showed off some skills in the midfield and **Rebecca Levi** was fearless in goals. The girls started to work well together and had another win against Belconnen High School. In our last game we came up against Lyneham High School and we knew this would be a tough game. The girls held on for the first half but unfortunately Lyneham were too strong, finishing 3 goals ahead. It was lovely to see the Year 7s and 8s working together, socialising and creating new friendships. An enjoyable day was had by all.



Well done to **Rohan Maxwell** (Year 7, pictured left) who represented the ACT in the PSSA Soccer National Championships in Perth. We are looking forward to hearing how your team went.

Please contact me at fleur.greaney@sfx.act.edu.au if your child is interested in playing in a summer Oztag or Softball team.

Likewise, please send all sporting emails through to my email above.



Fleur Greaney
Sports Coordinator