

Dear Parents, Students and Staff

Last week we held the **elections for College Captains and Vice-Captains for 2017** (pictured clockwise: **Captains Emma Montgomery & Eoin Garton, Vice Captains Natasha Choo and Jack Morton**). Elections have been a focus in the territory and even as far abroad as the United States. Thankfully the Year 11 students who put themselves forward as candidates didn't make presidential speeches or talk about constructing walls or even tram networks.

As I listened to the speeches I felt simultaneously humble and proud. No school is perfect and in trying to be the best that we can be, the aim is to live the Gospel values of truth, honesty, compassion, forgiveness and love.

The candidates who spoke last Wednesday embodied these values and challenged their peers to do what they could to build a better school.

Schools aren't about facilities and technology. Schools are about people, relationships and the experiences we share each and every day.

In their speeches the students stressed:

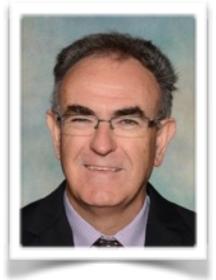
- The importance of all Senior students seeing themselves as leaders
- That being at St Francis Xavier College was a privilege in itself
- That younger students did notice what the older students did – any number of the speakers reminisced in terms of Nick Mahony and Chloe Kelly who were the Captains when the present Year 11s were in Year 7
- The importance of building community and having a vision
- That your experiences helped form who you were
- The importance of the little things that happen on a daily basis at school
- The need to continue to value diversity and respect
- That leadership was essentially about service
- That leaders need to listen.

Thanks for the prayers for my aunt

Any number of students, parents and staff have kindly been asking about my aunt Shonna Byrne. My aunt went to her eternal reward late last Thursday. Two of my brothers will travel to Glasgow for the funeral. I share the story of my aunt as it involves sets of experiences that many families face. At the end of the day we are much more than the work we do each day. We are sons, daughters, nieces, nephews – our lives are graced by the people we love and by those who love us.

We also express our deepest condolences to the Bird family, with the recent passing of Chris Bird, father of Braedan, Year 9. May he rest in peace.

Best wishes,
Angus M Tulley
Principal



Student Wellbeing Team

Mental Health Week was celebrated at St Francis Xavier College last week. It started with some amazing students from the Student Wellbeing Team placing affirming post-it notes (with some mental helpline info) on the lockers of the Year 11 and 12s. Staff also received these lovely messages and the team will attempt to get them to every student over the next few weeks.

The Year 8 and Year 10 cohorts attended a session with Alan Tongue that was eye opening and thought provoking. Alan is a former Captain of the Canberra Raiders and now works with schools and Government groups raising awareness about wellbeing and domestic violence. The main message was that we need to break down stigma around mental illness and build up support systems and skills to assist us in staying mentally healthy throughout life.

On Tuesday Daipang Wang from Tai Chi and Mandarin Solutions, held a workshop with some Year 10 boys and then a lunch time session that was attended by around 50 students and staff. The Tai Chi and Kung Fu movements were really fun to learn, and had everyone working hard and concentrating to mindfully perform the movements.

A staff meeting was also held on Tuesday and we learnt about different ways that we can teach and promote resilience amongst the SFX community.

Mrs Heydenrych from SFX taught yoga sessions to boys and girls and there were over 30 students who took part. We stretched, sweated, giggled and breathed through many poses and loved finishing off with a meditation to clear our minds before heading off to period 5.

To finish off the week, I took Mateja Kostrica (Year 10), Riley Tait (Year 8) and Grace O'Connor (Year 8) to explore the ACT Mental Health Week Expo. These students have been working hard as part of the Student Wellbeing Team and really enjoyed learning more about the services to assist people experiencing mental illness and ways that we can enhance and enjoy mental health.

Mr Ferenc held Christian meditation and the rosary to assist students and staff in the development of spiritual wellbeing.

The week finished off on Friday with an art drop in session to create mindful art projects.

It was a busy but overwhelmingly successful week. Thank you to all who took part and organised activities.



Kelly Candy
Physical Education Teacher

THE ICON OF ST JEROME -

Every mountain top is within reach if you just keep climbing.— Barry Finlay,
Kilimanjaro and Beyond.

Last weekend I went to see the British Museum's History of the World in 100 Objects Exhibition at the National Museum of Australia. It was a pilgrimage through history, enabling you to enter a world of historical imagination. To get the most out of the experience, you needed to stop at each object, reflect on it, its creator, its impact on the world, its meaning and its relevance to the people in the culture from which it came. To do this with 100 objects takes time, attention and stamina - a climb up an intellectual mountain. If you choose to visit, you need at least 2 – 3 hours to appreciate the exhibition. After that you will need some time to recover from this breathtaking experience and reflect on the way in which your views and understanding of the world have been transformed.

There were many religious artefacts in the exhibition. The one that caught my eye was only a small icon, but it demanded my attention with its striking gold and crimson hues reflected in the dim light. It was the Icon of St Jerome, who lived from 345 to 420 and was a prolific scholar, translator, biblical exegete, and father of the Latin Vulgate Bible. In the icon St Jerome is depicted extracting the thorn from the lion's paw. He wears a cardinal's red cloak and hat, and is seated on a massive throne in front of a lectern upon which is placed an open, inscribed book. The inscription on the book is in Latin in black letters: IRAM VINCE PATIE(N)CIA. AM(A) S(C)IE(N)CIA(M)Z SCRIPT(U)RARVM CARNIS VINSIA NO(N) meaning "overcome wrath through patience, love the knowledge of the Scriptures and you will not love the sins of the flesh."



Sister Joan Chittister suggests that we use icons in a prayerful setting, asking such questions as what does the icon say to me? What feelings or thoughts does it evoke? What is God's message for me as I reflect on it? The icon spoke to me of scholarship, but also of transcendence, of reaching the mountain top and being transformed by the possibilities a new perspective and challenge can offer to one's life.

Philosopher R.S.Peters said, "To be educated is not to have arrived at a destination, it is to travel with a different point of view".

Jerome was certainly well travelled and well educated. He was born in Dalmatia (modern Croatia) to wealthy parents, so he was given the best education. This led to Jerome at the age of 12 being sent to Rome to further his education. Jerome converted to Christianity and was baptised by Pope Liberius at the age of 19. After Rome, he traveled to Gaul (France), and in his late twenties became a hermit monk in Syria. There, for five years, he learned Hebrew from a Jew. He was ordained a priest in Antioch around 378, and then went to Constantinople where he continued his studies of the Scripture under the guidance of St. Gregory the Theologian. After being invited to attend the synod of 382 in Rome, he returned to Rome to be indispensable as secretary to Pope Damasus. From 382-385 he also made the friendship of Ambrose, Bishop of Milan.

Jerome's views were shaped by both faith and vision, by physical and spiritual energy. He had been to the mountain top, and like the story of Jesus in the Transfiguration, he encountered the majesty of God. He returned to daily life transformed, with a strong sense of purpose, belief and conviction. This is evident in the icon. This encounter sustains him in his daily life, as he pursued his quest, away from the mountain, to enable the word of God to be understood in the language of his time and culture. Jerome's love of the Scriptures and his absolute conviction that understanding them led to a deeper relationship with Jesus compelled him to spend 30 years translating the Bible into Latin, from Greek and Hebrew texts; a task given to him by Pope Damasus around 382. His work endured and became the standard Bible in Christendom for more than a 1000 years. His perseverance is certainly an example to a modern audience.

After Damasus died, Jerome became the target of jealous and infuriated clergy, intent on ruining his reputation after his harsh criticisms of both their behaviour and teaching. Jerome was known to have a difficult personality and a sharp tongue and no doubt these personal characteristics contributed to attitudes of others towards him. Jerome, however, had the support of wealthy widows who provided the finances for him to move to the Holy Land and establish a monastery in Bethlehem around 389, where he could pursue his scholarship and religious life inspired by living and walking on the very ground on which he believed Jesus had walked. St Jerome was driven to complete his mission by his belief that ignorance of Scriptures is ignorance of Christ. This ignorance could be seen in riots over Church doctrine and clergy divided by interpretations of Scripture texts.

He once said, "I interpret as I should, following the command of Christ: 'Search the Scriptures,' and 'Seek and you shall find.' For if, as Paul says, Christ is the power of God and the wisdom of God, and if the man who does not know Scripture does not know the power and wisdom of God, then ignorance of Scriptures is ignorance of Christ."

Jerome lived out his calling in a community of scholars and faith filled people who supported him spiritually, financially and academically in his quest to translate the Scriptures. He knew who to ask for help, for help confirming of knowledge and sources, for help in building his ministry physically. He was not put off by challenges and he had a few. This ability to know how to ask for help, to recognise our strengths and to persist in the face of difficulties and challenges we now call a growth mindset. Jerome is an example of our College motto *Truth and Courage*. He showed courage in the face of challenge, and searched for truth and accuracy in Scripture. Because of his interests and challenges Jerome is recognised as the patron saint of archaeologists; archivists; Bible scholars; librarians; libraries; schoolchildren; students; translators. Jerome is also regarded as a patron of people with difficult personalities—he was known to have a bad temper!

Scholarship in St Jerome's time was more than an academic pursuit: it was a vocation, generally undertaken in a community of teachers and scholars. Such communities gathered in houses and monasteries as students sought teachers to enlighten them in particular subjects, to enable them to travel with a different view.

Just as in Jerome's time, schools today are learning communities where people find purpose and belonging. Just as in Jerome's time, students engage in study and work which has value and purpose. Just as in Jerome's time, schools are places of prayer, of encouragement, of friendship and collegiality, of support whether spiritual, emotional, academic or physical. Our faith formation in a Catholic School, leads us to travel with a different point of view, one which supports social justice, promotes Gospel values and proclaims the Good News of Jesus. At SFX we continue in the tradition of such early Christian learning communities.

Last week we were privileged to have the opportunity for Christian meditation in the chapel, as part of our participation in Mental Health Week. Many students and staff took the opportunity to deepen their faith journey in this encounter with Jesus, ably facilitated by Jarek Ferenc. Also as part of Mental Health Week we said the Rosary on Friday. Prayer and study of the Scriptures are the cornerstone of the Christian life and we can thank St Jerome for his early work in making the Scriptures accessible to a Christian audience in a meaningful way.

Just as Jerome captured the imagination of the Renaissance painters, Jerome should capture our imagination as well, and serve as an icon of our times – an icon about having a growth mindset, about being faithful to our calling and a reminder that we all have our own mountains to climb.

WEBSITES:

<http://www.christianitytoday.com/history/2009/july/why-st-jerome-is-icon-for-our-times.html> Why St Jerome is an icon for our times. John R Edwards.

<http://www.christianitytoday.com/history/issues/issue-64/worldly-monk.html> St Jerome, Worldly Monk. Kelvin Crow and Mark Galli

<http://www.nma.gov.au/exhibitions/history-of-the-world> and some of the objects here

https://www.britishmuseum.org/explore/a_history_of_the_world.aspx you can see all the objects in this one image here

<https://en.wikipedia.org/wiki/Jerome>

<http://www.catholicnewsagency.com/saint.php?n=610>

<http://www.womenpriests.org/theology/barr.asp>

<https://oca.org/saints/lives/2016/06/15/101732-st-jerome-hieronymus-of-stridonium>



Anne Armstrong
Religious Education Coordinator

JAPANESE FILM FESTIVAL

Ever wondered what it would be like to become famous in high school? Ever wondered what it takes to become a famous Manga artist? Well the Japanese Film Festival rolled into town again over the weekend of October 16 and we had the chance to catch an early school screening of the film Bakuman.

Bakuman followed the story of two high school boys chasing their dreams to become famous Manga artists for the publishing company Shonen Jump - the most widely-read, influential Manga magazine in Japan.

Saito and Shujin show a lot of promise but they are up against some fierce competition to gain a weekly spot in the magazine. Their main rival is Niizuma, a Manga-ka the same age who is an eccentric genius – having been obsessed with Manga since the age of 6. Shonen Jump's chief editor passes on the boys' first efforts to get into the magazine. Can they regroup, get published and defeat Niizuma? Well, you'll have to watch and find out but of course they couldn't do it without friendship, struggle, triumph (the 3 themes of the movie and motto of Shonen Jump). They work day and night, before school, after school, during school and in every waking moment – Manga artists have to produce a new Manga each week.

We all learnt that Manga might be great to read, but the pressures to produce it are not so great!



Natalie Bakonji
Japanese Teacher

Student Review:

The movie was an amazing enactment of the Manga book Bakuman. It was engaging and emotional with a clear, strong message of 'friendship, struggle, and triumph' that was repeatedly stated throughout the movie. The movie's portrayal of each character was comical and likeable; the sad scenes were brightened by their personalities. The movie was humorous and overall enjoyable.

Charlotte Drury (Year 9)



Sport Report

We are off to a busy start in Term 4!

After qualifying back in August and experiencing several postponements as a result of Canberra's wet winter, the 7/8 Boys' Soccer team travelled to Hawker on Tuesday 18 October to compete in the ACT Finals. Team spirits were high and the boys approached their game with eager anticipation and a great deal of excitement that the day had finally arrived. Our competition, Lyneham High School, were tough competitors right from the first whistle and were quick to score two consecutive goals early in the half. The team kept their spirits high and as their chemistry improved we began to play more attacking football in the opposing half, pressuring Lyneham and opening up more opportunities to score. From a free kick, Lyneham were able to curve a final shot beautifully into our net, ending the first half 3-nil. In the second half the team really continued their strong form, keeping Lyneham's attack in check while making more opportunities up front. In the end it was tough to push anything past Lyneham's defence, with the game finishing 4-0. While every member of the team did an excellent job, particular mention must go to our keeper, **Nic Mattress**, who stepped up to the keeper role on the day when injury struck, played well all game under pressure and made several key saves to keep the margin low. The team finished the competition with a well-deserved second place and high hopes for next year.



SFX was lucky enough to enter two 7/8 teams at the Milo T20 blast on the 12 October at Deakin oval. Our first team came out strongly smashing a huge 128 runs against Amaroo High School's 48. The girls worked well together rotating through positions and batting well with their pairs. We saw some great fast bowling from **Jessica Martin** and some wonderful fielding from **Kate Kirk**. Our stand out players for the day were the Galeano sisters, **Caitlin** and **Jessica**, two very experienced cricketers who lead our team throughout the day. The girls went undefeated winning against St. Mary MacKillop College (two teams), St. Clare's College, and our other SFX team, which turned out to be a very competitive game!



Sport Report cont.

Our second team also had a fantastic day, finishing in third place. We saw some great fielding from **Tess De Costa** and some solid batting from **Eliza Fulivai**. They worked very cohesively together and came away with just one loss to St. Mary MacKillop. Both teams have managed to make it through to the next stage where we will verse a number of teams from both ACT and NSW! A huge thank you to **Isaac Deeker** and **Will McInnes** who were fantastic coaches for the 7/8s, providing them with guidance, support and words of wisdom!



The 9/10 Girls' team also had a great day out with **Mr Brendan Duffy**. With limited cricketing experience amongst the team, the girls performed exceptionally well. The team won five in a row throughout the round games to advance to the Final. Unfortunately, a very strong St. Mary MacKillop College team was too good for us, taking out the title. The day was highlighted by fantastic participation and team spirit from all the girls! Hopefully next year we can go one better and win the title! A huge thank you to our two student coaches, **Regan Kelly** and **Zoe Allen**. They did a fantastic job umpiring and scoring all day!

Congratulations to **Ainslie Winefield, Eloise Wilson, Holly O'Neill, Ellie Bishop, Indya Stirling, Kaitlin Bink** and **Montana Boyle**, who have been representing the ACT at Coffs Harbour in the Oztag Competition. I look forward to hearing the results and updating the school community with your achievements.

Congratulations to **Tom Itter, Harry Ryan- Baker, Leigh McKay (U13's), Max Monaghan, Mathew Hambleton** and **Tom Simpson (U14's)** who have been selected in the final 24 U13 and U14 ASC teams for the 2016 Albury State Zone Trials. It is huge achievement to make it this far in a very competitive sport. Well done boys!

Things will be winding up shortly with just ACT Athletics and Boys' Cricket to come in Weeks 4 and 5. 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 fleur.greaney@sfx.act.edu.au.



Fleur Greaney
Sports Coordinator

USI UPDATE

USI Transcript Service Activation – What, When, How?

In the coming months, the USI Transcript Service will be activated. It is expected that the service will be activated via a 2 stage process, comprising a trial activation followed by a formal activation. The transcript will show information on nationally recognised training that you have undertaken since 2015. It will show both courses completed and units of training with your results. It won't show other forms of training or training that is exempt.

[More information](#) can be found here.

It is important to understand that the USI Transcript Service will not replace the Statement of Attainment or Certificate issued to you. You must rely on them as the primary source of their training records. The time from when you receive the hard copy of your certificate to the time you can view it online through your USI account, may vary from 4 months to more than a year, depending on how often the BSSS reports data to the National VET Data Collection.

The USI Office will be making resources available to assist RTOs and students leading up to the activation of the USI Transcript Service, including fact sheets that will be made available to students and staff.

[FAQs](#) in relation to the USI Transcript Service and a sample of a [Transcript](#) can be viewed on the USI website.

Other FAQs are available via the [Help Centre](#).

If you have any questions or concerns please see Mrs Bernadette Bradley.



Bernadette Bradley
VET Coordinator

Community Announcements



<https://www.everydayhero.com.au/event/red-wig-run-and-walk-2016>

Year 9 students Charlie Mellick and Ben Mitchell (and their families) are helping raise funds for Ronald McDonald House in honour of Elijah Arranz and his family, who have been supported and housed there during his recovery and rehabilitation.

Join the "ELI'S VILLAGE" team, and participate in the Red-Wig Run, or make a donation to a fantastic cause.

For all boys and girls.

Love being in the water, love to swim but want more?

Come and try Water Polo!



The Gungahlin Dragons is your local water polo club. We train on Monday evenings at Gungahlin Pool at 6:30 where our age coaches will teach ball skills and tactics. When you are ready we will slot you into an U14, U16 or Senior team and you can start competition games at the AIS playing for the Dragons Club.

Our players range from beginners to Representative players in all age groups for both boys and girls.

If you want to challenge yourself to pass, tackle and shoot whilst swimming and keeping others at bay you owe it to yourself to try this Olympic sport and represent yourself, your club and Canberra.

PARENTS: Come along to the pool at 6:30 on any Monday and talk to Greg (President), Matt (U14 & U16 girls coach), Lara (Senior Womens coach) or Richard (U14 boys, ACT U14 boys coach and Senior Men's coach). Just ask or any of the parents or players to point out the coaching team.

Alternatively email the club president at dragons@grapevine.com.au

FREE STUDENT EXCHANGE INFORMATION EVENING

Hear from returned students, find out more about discounts and scholarships available and ask questions.

Wednesday, 12th October
7.30pm

IBIS Styles Canberra,
203 Goyder St,
Narrabundah, ACT



www.studentexchange.org.au
1300 135 331 (cost of local call)

Attention Year 7 Parents

Your child's vaccinations are due again in Term 4

Thursday 3 November

The following vaccines will be offered FREE as part of the ACT School Immunisation Program in Term 4



Human Papillomavirus (HPV) Dose 3



Varicella (chickenpox)



If your child missed a vaccine during the year?

You will receive a letter in the post with information on catching up through the GP



Varicella is recommended for all students who have not had the vaccine, including those that have previously had the disease.



Where can I get more information?

<http://www.health.act.gov.au/our-services/immunisation/high-school-immunisation-program>



ACT
Government
Health

© Australian Capital Territory, Canberra, 2016
www.health.act.gov.au | www.act.gov.au | Enquiries: Canberra 13ACT1 or 132281

HOME in Queanbeyan presents
Our 2016 movie fundraiser

Italy's #1
Smash Hit
Comedy



GOD WILLING

"Goes down better than an Italian espresso!"

FILMINK

Friday 21st October 2016 (6pm ~ 10.30pm)
The Q Theatre, 253 Crawford Street, Queanbeyan

Movie tickets \$70 (inc. Drinks, Hot snacks & Movie entry).

Available from: www.theq.net.au or The Q Box Office (02) 6285 6290

Also on sale! Raffle: Keith Urban premium concert package

4 corporate box tickets to 12 Dec 2016 Sydney concert+accommodation

Only 750 raffle tickets available (\$20 each)

Order from: manager@homeinqueanbeyan.org or (02) 6284 2409

Patron: The Hon. Sir William Deane
www.homeinqueanbeyan.org



HOME

Thanks to our
HOME movie night
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Audi
Centre Canberra

PALACE
FILMS



IROQUOIS
DESIGN

Attracting Volunteers

Last term we had a presentation from Volunteering ACT on attracting volunteers to your P&F. Below are some summary points from that presentation.

- Volunteers are looking for shorter more flexible commitments - Does your P&F offer a variety of ways to participate? Is just help for one event, only work on the audit, not necessarily a full treasurer role?
- Why do the people in your P&F volunteer?
- Have you ever asked your P&F members why they contribute?
- Have you ever asked your P&F members what they get out of their contribution to your P&F?
- Do the activities of your P&F meet the motivations of your members?
- Are there assumptions made about your P&F and your purpose as a group?
- How do you show that your volunteers' efforts are appreciated?

10 Reason Volunteers Leave

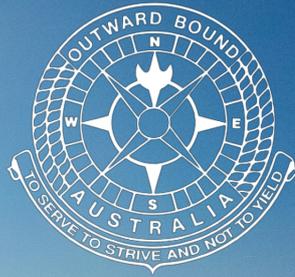
- **Reason #10:** The reality of their experience is not what they expected when they signed on.
- **Reason #9:** They don't like the work they are being asked to do nor how it is being done.
- **Reason #8:** Veteran or leadership volunteer won't let them into the "insider" group.
- **Reason #7:** They spend more time meeting than doing.
- **Reason #6:** No one listens to their suggestions
- **Reason #5:** They feel unrecognised, and see thanks are unfairly given to everyone no matter who did the most work or none at all.
- **Reason #4:** They are no longer asked to participate.
- **Reason #3:** They do not actually understand how to get more involved.
- **Reason #2:** They can no longer see how their involvement makes a difference.
- **Reason #1: It stopped being fun.**

Susan Ellis, energizeinc.com

We hope this gives you some food for thought. Highlight the fun things that you do as a P&F and with luck, the new people will follow!

Linda Fleming
02 6287 3538 or send us an email at
Executiveofficer@apfacts.org.au

18.10.2016



OUTWARD BOUND
Inspiring Australians

Young Explorer



▶ **Looking for a meaningful gift for your child?
Give them a school holiday experience they will
remember - let them explore their potential at
Outward Bound Australia.**

Australian Alps Young Explorer:

A unique adventure program custom made for 12-14 year olds and designed to foster confidence and self-awareness in young adolescents.

(Rock-climbing/Roping, Hiking, Problem Solving , Guided Reflection and much more.)

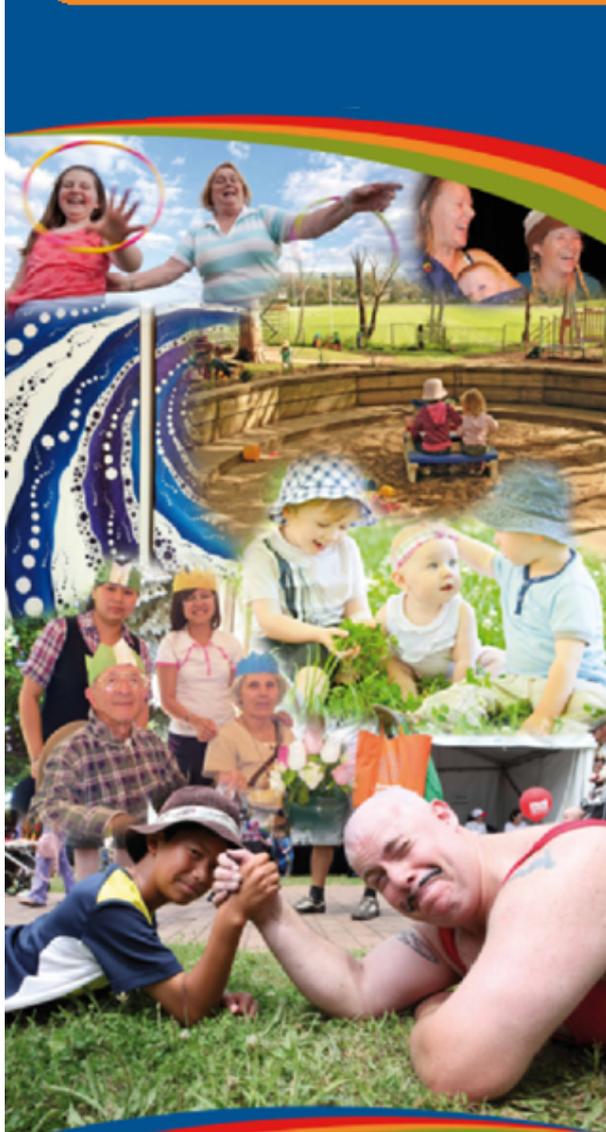
Dates: Sun. 11th December (4pm) - Sat. 17th (9am)

Location: Tharwa, ACT. Pick-up/drop-off from Jolimont Bus Depot OR Canberra Airport can be arranged at no cost.

Course Fee: \$990 (all inclusive)

1800 267 999 | www.outwardbound.org.au

Youth and Family Support



Connecting Our Community

What does this program do?

Works in collaboration with children, young people and families to assist them to develop their skills and access resources that support them to be active in and connected to the community.

Support Workers can assist through the provision of information, identification of goals, case coordination, support and groups that promote positive parenting, mentoring and personal development.

Who is this program for?

Children, young people and families who are experiencing complex issues that are impacting on their lives, and require information and support to enhance their opportunities

Where does this program operate?

The service is based at Kippax Health Centre, Kippax Place in HOLT. Services are provided on an outreach basis.

When does this program run?

Monday – Friday

9am to 5pm

50 weeks a year. The program closes for 2 weeks over the Christmas period

How can I get more information?

Contact Belconnen Community Services
62640200