



Truth and Courage

St Francis Xavier  
College

# NEWSLETTER

All I really need to know... I learned in kindergarten.

Robert Fulghum

QuoteAddicts

## Dear Parents, Students and

Here is some good advice that I first read some years ago. Most have probably never come across Dick and Jane books but a quick 'google' will find them.

*All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.*

These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you.

- *Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.*
- *Take a nap every afternoon.*
- *When you go out in the world, watch out for traffic, hold hands and stick together.*
- *Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.*
- *Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.*
- *And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.*

*Everything you need to know is in there somewhere. The Golden*

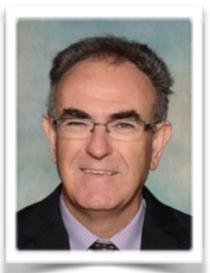
*Rule is love and basic sanitation, ecology and politics and equality and sane living.*

*Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or government or your world and it holds true and clear and firm. Think what a better world it would be if we all - the whole world - had cookies and milk at about 3 o'clock in the afternoon and then lay down with our blankies for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess.*

*And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.*

Best Wishes

**Angus M Tulley  
Principal**



# Teaching and Learning: Reports

Students in Year 10 will receive their Semester Reports and Year 10 Certificates at their Presentation Ceremony this week. Students in Years 7 to 9 will receive their reports on the last day of this term while Senior Students can collect theirs at school on the 14 December (from 10am in the Hub). Year 12 students will also collect their ACT Senior Secondary Certificate and their ATARs on that day.

Receiving certificates and reports can bring feelings of joy and pride but in some cases, it can also cause concern, frustration or uncertainty. In either case, the end of year marks a time for reflection, to set goals and to think about the future.

In a recent edition of [Parenting Ideas 'School Reports- tips for parents'](#) Elizabeth Watson, Acting Director of Curriculum at Waverley College's Senior School, talks about feedback and reporting being essential in helping students reach their learning goals, but that they won't be very effective if they aren't treated as conversation starters and opportunities for active reflection.

Watson recommends asking the student to perform a self-assessment by posing questions like: "Does this report reflect my understanding in each subject?", "Does this report reflect my effort in each subject?" and "What will I do differently next time?" Following this self-assessment, it can help to discuss ways of improvement and seek recommendation from teachers. "Should there be areas that need attention, rather than focus on marks or grades.

Here are some expert tips Lakshmi Singh suggests in the above-mentioned edition of [Parenting Ideas](#):

1. Discuss the report with the teacher to fully understand the situation, be curious, and don't jump to conclusions.
2. Talk to your child calmly, go through the results and ask how they are feeling about it.
3. Ask your child questions like: "Is your workspace conducive to quality home study?", "How can I help you manage your workload?", "What strategies do you think will make a difference?"
4. Set practical small steps for the child to work on to reach the final goal.
5. Support them along this journey, check in regularly and re-adjust if required

When reading the Semester Reports, keep in mind that the 'C' rating indicates that your child has met the standard expected for students in their age group for that subject and their learning is firmly on track. The descriptors and teacher comments will tell you what your child knows and what they can do. The report may also identify areas in which your child needs further help or can improve.

May I take this opportunity to wish all of our families a happy and joy-filled Christmas. I hope the holiday period will be a time to "*come forth into the light of things, let nature be your teacher.*" - William Wordsworth



**Colleen Rowe**  
**Assistant Principal Teaching & Learning**

# Parenting *ideas*

## INSIGHTS

### *Building parent-school partnerships*

WORDS Michael Grose

## Making the most of these holidays

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.



You don't need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the holiday season can be stressful. For many parents the prospect of keeping children occupied for up to six weeks can be daunting. Kids who kept busy with school, after school activities and weekend sport suddenly have time on their hands and look to you to keep them busy.

Christmas can also be a difficult and lonely time for some. Sole parents and step-parents usually experience particular challenges at this time of the year as family catch-ups cause conflict, and disputes can arise over who children spend their time with.

Often family differences are contained during the year but spill over when normal routines cease over the holiday period. High maintenance children whose behaviour is bearable when they are at school can suddenly seem very challenging indeed when you spend 24/7 time with them.

**Here are some ways to help reduce tension over the festive season and make the holidays enjoyable and fruitful for all.**

#### 1 **Be creative with how festivities are organised**

For instance, two or more Christmas dinners may be needed so everyone is included. If you are flexible with your arrangements as well as your thinking then the potentially tricky times will flow more easily.

#### 2 **Mix up the routines**

The best part about holidays is the move away from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as a return to school comes closer so kids are prepared for going to bed and getting up at earlier times.

#### 3 **Mix 'me' time with 'them' time**

Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays are a chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

#### 4 **Resist being your child's home entertainment machine**

Give children opportunities to keep themselves occupied or think of

inexpensive, fun ways to keep themselves amused. "I'm bored" is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

#### 5 **Team up with other families**

Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child's social circle. Create opportunities to spend time with other families preferably with children the same age as yours.

Make sure you provide the three types of activities that children want with their parents – i.e. **rituals and celebrations**, including family mealtimes; **one-on-one activities** where you spend some time alone with each child; and unstructured, **impromptu activities** such as playing simple games, story-telling and walks around the neighbourhood. These are important relationship-building activities that bind families together and enable you to build up emotional collateral with kids as they move into adolescence.

*Michael Grose*

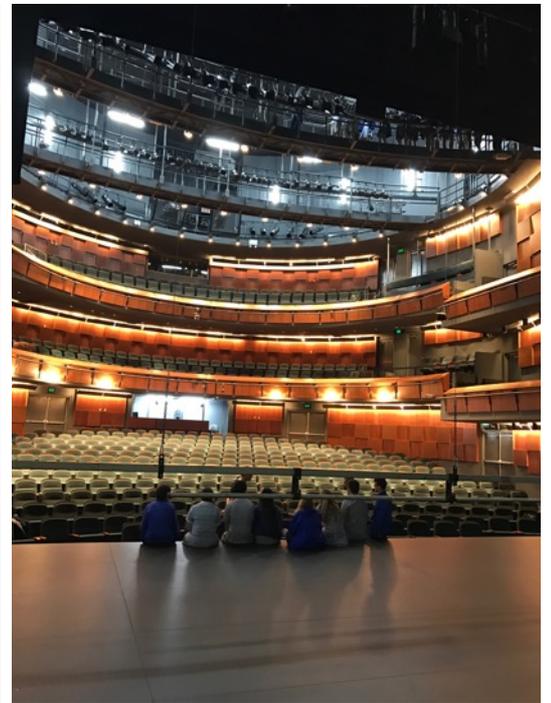


Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)





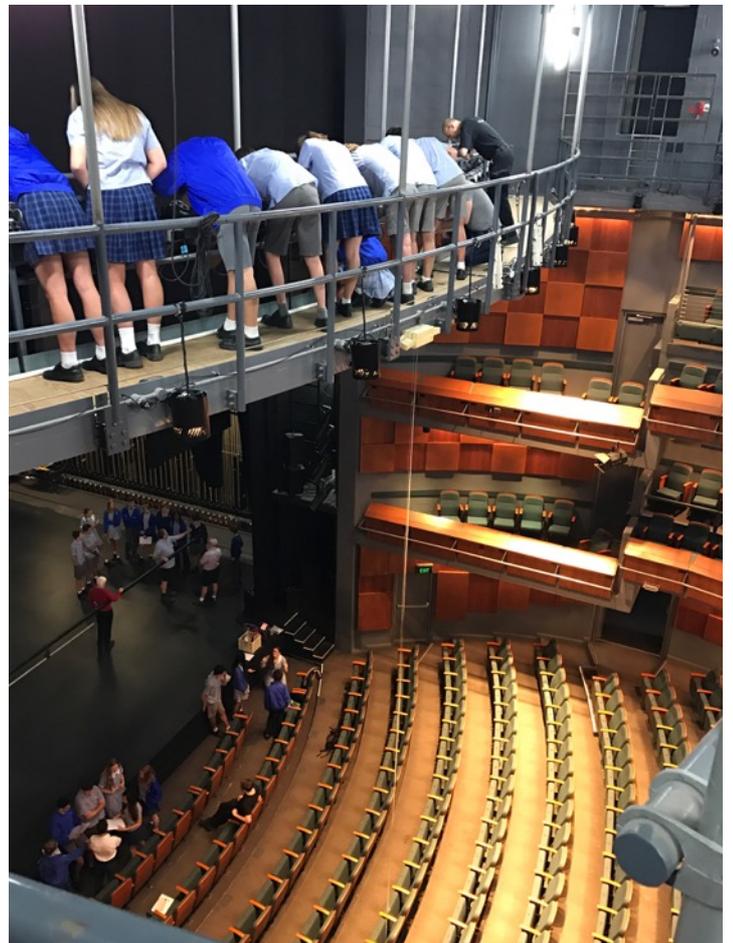
## Mathematics in Theatre

Who knew Maths could have so much to do with the Theatre. In November Mr Stock's Year 9 Maths class attended an excursion at The Canberra Theatre. In going on this excursion we learnt that maths has a lot to do with the operations of the theatre including Pythagoras theorem, trigonometry and everyday maths. When we arrived at the theatre we were taken to the Playhouse where we would undertake some problems to solve. These problems involved finding the angle at which a light shone down on a piano which was positioned on the stage; working out how many weights would have to be put behind the ropes of the fly tower to equal the weight that was put on a drop down bar; and finally finding each sound dead spot in the auditorium.

This excursion was a great experience as I learnt that maths is a main factor in the operations of the theatre. It was good to be able to work with different students in the class that we would not usually work with. Overall this excursion was educational and I think we all learned a lot from it. I would definitely go again!



**Rebecca Rieger**  
**Year 12 Student**



# ADVENT: COME LORD JESUS

*Unwrap the Gifts of Advent through the Scriptures and arrive at Christmas slowly and succulently.*

**Joan Chittister OSB**

I have always loved Advent. It is a season of waiting, of anticipating, of getting ready, spiritually and physically. It is a season of fasting but there are cakes and puddings to make, presents to buy and wrap, cards to write, friends and family to visit and, most importantly of all, time for deeper spiritual reflection and meditation on the incarnation of Christ. He is the word made flesh, the coming of the much anticipated Son of God, who the people of Israel believed would deliver them from oppression, hatred and darkness. Advent is the time to make ready for the Christ child to live with us. It is a time of repentance; a time of preparation for forgiveness and reconciliation. Through forgiveness and reconciliation we are led to engage in the Advent themes of hope, peace, joy and love. Advent calls us to reflect more deeply on The Word of God, which, as Richard Rohr says, confronts, converts and consoles us — in that order.

And how should we ready ourselves? Apart from fasting, praying and reading Scripture, we are called to show charity. One particular Advent custom which families might want to consider beginning on Advent Sunday is known as "Christkindl" (Christ Child). This is sometimes mistranslated and morphed in the jolly Hollywood character called Kris Kringle. **Maria Von Trapp** the heroine in *The Sound of Music* recalls her own experience of this tradition in her family...

*"The mother appears with the bowl, which she passes around. In the bowl, pieces of paper contain the names of the members of the family and are neatly rolled up, because the drawing has to be done in great secrecy. The person whose name one has drawn is now in one's special care. From this day until Christmas, one has to do as many little favours for him or her as one can. One has to provide at least one surprise every single day — but without ever being found out. This creates a wonderful atmosphere of joyful suspense, kindness, and thoughtfulness. Perhaps you will find that somebody has made your bed or shined your shoes or has informed you, in a disguised handwriting on a holy card, that "a rosary has been said for you today" or a number of sacrifices have been offered up. This new relationship is called "Christkindl" (Christ Child) in Germany and Austria, where children believe that the Christmas tree and the gifts under it are brought down by the Christ Child himself.*

*The beautiful thing about this particular custom is that the relationship is a reciprocal one. The person whose name I have drawn and who is under my care becomes for me the helpless little Christ Child in the manger; and as I am performing these many little acts of love and consideration for someone in the family I am really doing them for the Infant of Bethlehem, according to the word, "And he that shall receive one such little child in my name, receiveth me." That is why this particular person turns into "my Christkindl." At the same time I am the "Christkindl" also for the one I am caring for because I want to imitate the Holy Child and render all those little services in the same spirit as He did in that small house of Nazareth, when as a child He served His Mother and His foster father with a similar love and devotion."*

In such a practice we see the themes of repentance, hope, peace, joy and love lived out at a practical level. We make an effort to restore fractured relationships, to bring hope to those in darkness; to bring joy to those suffering from anxiety and despair; to live in peace where there is tension. St Francis of Assisi says it best:

*Lord, make me an instrument of Your peace.*

*Where there is hatred, let me sow love;*

*where there is injury, pardon;*

*where there is doubt, faith;*

*where there is despair, hope;*

*where there is darkness, light;*

*where there is sadness, joy.*

*O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.*

Perhaps this could be our Advent prayer. Prayed once daily. A recipe for peace in our homes, workplaces, nation and world.

Advent calls us to prayer and giving to those in need. Apart from enjoying the Kris Kindl practice, you can also pray for spouses and children living in the darkness, terror and fear of domestic violence, From November 25 (White Ribbon Day) to Dec 10, Common Grace is calling us to participate in 16 Days of Prayer against Domestic & Family Violence.

[http://www.commongrace.org.au/16\\_days](http://www.commongrace.org.au/16_days)

Advent calls us to be mindful of the poor and needy. We have been encouraging students to think about what they can do. Some of their suggestions are give to St Vincent de Paul or other charities, volunteer, give your time. You can sing. You can play. You can cut hair, you can do make up, you can wash clothes, you can cook meals, you can teach a skill to someone who needs it or you can create an awareness campaign. Whatever talent you have, someone needs it. Mary probably would have loved a foot massage!

I found this set of advent pins which you might like to use as gift cards or blessings or thanksgivings for your Kris Kindl or a workmate, classmate, friend, neighbour.



[http://www.emmanuelcommunity.com.au/events/prayer\\_and\\_sacraments/advent/](http://www.emmanuelcommunity.com.au/events/prayer_and_sacraments/advent/)

Finally, as **Jarek Ferenc** reminded us with his Scripture reflection this week, Advent calls us into a deeper relationship with Jesus, here and now. It is not about a past event but a very present reality. Through his spirit, Jesus is coming into our lives now, filling our hearts with grace and inviting us to a closer union with God and to a more loving relationship with others.

Advent also directs our eyes to the future, to the second coming of Jesus in glory.

In preparation for this First week of Advent, let's reflect on the following:

**What is your deepest wish? For yourself? And for those you love?**

Loving Jesus,  
We pray that this Christmas,  
we will be truly open  
to receive you into our hearts  
and into our homes.

The deeper our wishes, the more you can pour your love into our hearts.

We make this prayer in the name of the Father and of the Son and of the Holy Spirit.

Amen.

## ON LINE PRAYER AND REFLECTIONS

<http://www.sacredspace.ie/retreats/advent2016> online advent retreat

<http://www.theworkofthepeople.com/the-welcoming-of-a-bigger-mind> online video reflection

<http://www.convergenceokc.org/the-ultimate-calling-of-advent-openness-the-virgin-prayer-by-richard-rohr/>

<http://spectrummagazine.org/article/joelle-chase/2011/12/11/third-week-advent-magnificat>

## ADVENT TRADITIONS, ACTIVITIES AND REFLECTIONS

<http://www.nicoleconner.com.au/religion/the-advent-tradition/>

<http://www.fisheaters.com/customs/advent1.html>

<http://request.org.uk/issues/christmas-the-incarnation/>

<http://www.uscatholic.org/church/2008/06/unwrap-gifts-advent>

[http://www.faithandworship.com/Advent\\_themes\\_and\\_resources.htm](http://www.faithandworship.com/Advent_themes_and_resources.htm)

[http://www.huffingtonpost.com/fr-richard-rohr/preparing-for-christmas\\_b\\_2250502.html](http://www.huffingtonpost.com/fr-richard-rohr/preparing-for-christmas_b_2250502.html)

[https://www.catholicculture.org/ebooks/view\\_ebook.cfm?id=54](https://www.catholicculture.org/ebooks/view_ebook.cfm?id=54) free ebook Advent and Christmas reflections

<http://emmanuelfamilyprayer.weebly.com/advent--christmas.html>

<http://ronrolheiser.com/the-ten-commandments-of-mercy/#.WDja7LJ96M8>

<http://ronrolheiser.com/en/#.WDjaRrJ96M8> The role of the Prophet

May you have a blessed Christmas and a prosperous and peaceful New Year.



**Anne Armstrong**  
**Religious Education Coordinator**

# Reading @ SFX



As the Accelerated Reader program wraps up for another year, we are pleased to announce that we have 87 students having read over One Million words, achieving Millionaire status!!

These students enjoyed a delicious morning tea baked by the canteen staff as a reward for their efforts. The following is a list of our 2016 Millionaires:

ABOP AKOI 8K1  
CHLOE BAILEY 8D1  
NICOLA BAILEY 8G1  
SALLY BAILEY 8G1  
BARNEY BRUCKNER 8P2  
TALIA BAUSSMANN 8I1  
SAMHITHA BELIDE 8D2  
TYSON BOX 8G1  
SOPHIE BRAY 7I1  
LEAH BROWN 8P2  
GABRIELLE CALDERAZZO 8P1  
ACHIRIN CHOUL 8G1  
MADELEINE CLARK 8P1  
ERIN CLIFTON 8D1  
KATELIN COLE 8K1  
OSCAR COGLAN 7D1  
JOSHUA CUMMINS 8K1  
OLIVIA CUZNER 8P1  
SEAN DANIEL 8P1  
TESS DE COSTA 8I2  
CHARLOTTE DENNIS-LATTER 7D2  
JADE DICKINSON 7G2  
JANNE FABRICANTE 8D2  
GABRIEL FITTLER 8I2  
JOSHUA FLYNN 8I2  
STEPHEN FRIEND 8K2  
ELIZA FULIVAI 8K2  
CAITLIN GALEANO 8K1  
JESSICA GALEANO 7K1  
MICHAEL GALEN-MULES 8I1  
ANTHONY GAMBALE 8D2  
CALLUM GRAHAM 7D1  
CONNOR GREEN 8G1

IMOGEN HARTIGAN 8G2  
OLIVER HEALY 8P2  
JOSHUA HOBSON 7D1  
MARTIN HOSKING 8D2  
KAI HOUSTON 8G2  
ALYSSA HUMPHRYS 7G1  
KATE KIRK 8P1  
JOSHUA KNIGHT 8D1  
EMMA LANGEVELD 8G2  
PATRICK LEWIS 8D1  
JEMIMA LUM 7K1  
MATTHEW MACKENZIE 8I1  
BERNADETTE MADSEN 7P2  
LILY MAHON 8P2  
HANNAH MANNING 8I2  
VERONICA MANYOK 8I1  
CLAUIDA MARUCA 8I2  
CHRISTOPHER MCGEE 7K2  
ANDREW MCKAY 8G2  
JAI MCMAHON 8G2  
BRODIE MCNAMARA 8P2  
JOSHUA MCWILLIAM 7G1  
KATARINA MEDIC 7G2  
MAXIMUS MONAGHAN 8P2  
RILEY MORISH 8K1  
EAMON MULLEN 8I1  
REBEKAH NAHON 7K1  
GRACE O'CONNELL 8P2  
EWAN PHILLIPS-HIGHAM 8G1  
ISOBEL PLUIS 8I2  
ELLOUISE RABBETS 7P2  
GEORGIA RICE 8K2  
CLEMENT RIVARD 8K1

CONOR ROBINSON 8D2  
WILLIAM RUSSELL 8I1  
BOWIE RYMAN 8I2  
VALENTINA SANTOSUOSSO 8D1  
JOSHUA SHAW 8K2  
THOMAS SIMPSON 8G2  
REUBEN SMALLWOOD 7I1  
LIAM STEWART 8G1  
INDYA STIRLING 7D1  
TYLEE TE KURU 8D1  
RACHAEL TEWARI 8D2  
SANEEL THAPA 8D2  
JADE TOLLIS 8D2  
ISABELLA TOPP 8K2  
JED TURNER 8G2  
ANNABEL WHALAN 7P2  
PETER WIJNEN 8D2  
TALEISHA WILESMITH 8I1  
CAMERON WILSON 7D1  
AUDREY WORTHINGTON 7P1  
JORGE ZAMORA 8G1



In other news, the Golden Champion's Trophy awarded to the Humanities class that reached their class reading target was announced this week for Term 4. Competition was fierce, as usual, and we are pleased to announce that **Ms Carroll's Year 7** class and **Mrs Loughhead's Year 8** class were a page ahead of the rest.

Resource Centre staff would like to thank all of the Humanities staff for their encouragement of our students and to the students themselves for making reading the fun priority it should be.



**Erin Pitt**  
**Resource Centre**  
**Coordinator**



# Sport Report

Our final event for the year is the 2016 High School Athletics Knockout Championships which will be held on 5 December at the AIS. We have a number of students representing our school at the Championships and we wish them the best of luck!

Congratulations to the SFX students who have been away in Melbourne representing the ACT for Tag20. We wish you the best of luck and hope you have enjoyed your time away with your team!

A huge congratulations to Riley Willcox (right) of Year 9 who recently competed in the Australian Schools' Golf Championships, and managed to come away with the win! Riley now has the opportunity to go to New Zealand for the International competition in January.



As the year draws to a close I would like to say a big thank you to everyone for their contribution to School Sport for 2016. Firstly, to **Maria Minuitti**, who has spent many hours assisting with the administration and organisation of School Sport. Maria has been a big help to me and I am very grateful for her support. To the PE staff and other staff members who have given up many days to coach, officiate and support teams at school sport events. It couldn't happen without you. To **Angus Tulley** and the **Executive** for their ongoing support of School Sport. We thank you for your encouragement throughout 2016. To the students, who were always enthusiastic, passionate and great sportsmen and sports women. It is always nice to hear positive feedback from sporting days. And finally to the parents, guardians and families who spend numerous hours driving students to the events and supporting SFX teams in the sporting arena. We recognise that these events can't happen without you.

Finally, I wish everyone a happy and safe Christmas period. It has been a wonderful year for me as Sports Coordinator where I have enjoyed getting to know the students and assisting with their sporting endeavours. Next year, **Samantha McDonald** will be back as Sports Coordinator for a jam-packed 2017!



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

# Community Announcements

**CHARITY:** Palliative Care ACT

**SPONSORS:**  
Canberra Southern Cross Club  
The Canberra Times  
Eclipse Lighting and Sound

CANBERRA'S 2016

## Carols By Candle Light

(presented by Woden Valley Youth Choir)

Stage 88, Commonwealth Park  
7pm Wednesday, December 14, 2016

**FREE EVENT:**  
Bring a picnic dinner and your  
Canberra Times Carol sheet  
published Monday, 12 December

*Featuring*  
MC: Ian McLeán  
Guest Artists:  
- Alex Clubb -  
- Vanessa de Jager -  
- Colin Milner -  
Woden Valley Youth Choir  
Spectrum Big Band  
Canberra City Band

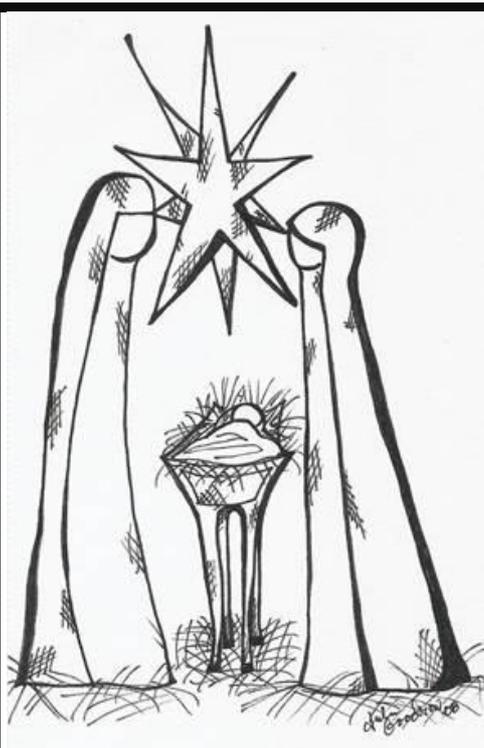


**A free family fun afternoon  
will be held on FRIDAY 16  
DECEMBER at the Anglican  
parish of St Barnabas**

**Friends and family are  
invited to celebrate the start  
of the festive season and  
enjoy a free BBQ with free  
face painting; a free jumping  
castle and live music.**

**There will be wonderful free  
craft activities for the  
children and a live nativity to  
get the family into the spirit  
of Christmas.**

**Please come and join our  
Christmas Community Event  
at St Barnabas Church  
10 Charnwood Place,  
Charnwood  
3pm – 6pm**



## What is happening with the School Traffic Safety Survey?

This work is still in progress. We are collating some sizable data for our member schools. For example the number of responses from just three of our member schools are as follows; Canberra Grammar School - 108, Daramalan College - 128 and Marist College - 60.

What are we doing with these responses?

- examining the information that you have provided
- collating common issues identified in your feedback
- creating a summary of needs for each school

APFACTS will then check in with member schools to confirm the action that is to be taken for each school. Some schools will have generalised needs where others will have specific issues, such as the



placement of pedestrian crossings.

Once we have confirmed with the schools the course of action that is to be pursued we will meet with ACT Ministers early in Term 1 next year, to progress these matters.

It is critical that we accurately assess your responses so that we can work towards the best possible resolution for both individual schools and for ACT schools as a whole. Thanks again to your contribution to this work.

We will keep you informed of our progress.

## SAVE the DATE: Wednesday 8<sup>th</sup> March 7pm

We are very excited to be working with some high profile speakers for 2017.

Advance tickets will be made available to APFACTS members. Stay tuned for these announcements early Term 1, 2017!!

We are always keen to hear from you,

Contact: Linda Fleming

02 6287 3538 or send us an email at [Executiveofficer@apfacts.org.au](mailto:Executiveofficer@apfacts.org.au)

29.11.2016

DO YOU WANT TO MAKE A DIFFERENCE IN PEOPLE'S LIVES?

**TRAINEESHIPS AVAILABLE NOW**

**ARE YOU LOOKING FOR A MEANINGFUL  
CAREER WITH FLEXIBLE HOURS?**

**ARE YOU LEAVING SCHOOL THIS YEAR?**

CatholicCare Canberra & Goulburn is launching an exciting new initiative, offering traineeships to school leavers in the ACT. We are looking to hire enthusiastic people who are seeking a career supporting people with a disability and their families to live independently and access services across the community.

In partnership with the CIT, successful applicants will commence a traineeship and be paid to study, while gaining valuable experience working as a member of the CHOICES Disability and Aged Care team within CatholicCare.

Interested applicants should call Mary-Anne on 6295-4312 for more information.

 CatholicCare  
**CHOICES**  
YOUR CHOICES-YOUR WAY



**B**Firm  
**O**bstacle  
**F**amily  
**F**un  
**D**ay



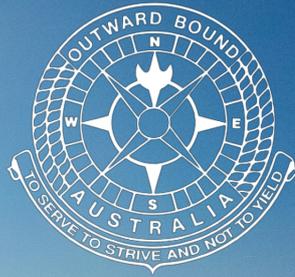
**December 10th 2016, 3 - 8pm**

**B.Firm Activity Centre - Symonston ACT**

**\$30 per person or 80\$ per Family**

**[www.bfirm.com.au/boffd](http://www.bfirm.com.au/boffd) for all the details - T's & C's**





**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](http://www.outwardbound.org.au)**



# SUMMER TENNIS HOLIDAY CAMPS

Join in the 2016–17 summer of tennis!

**December: Mon 19<sup>th</sup> – Fri 23<sup>rd</sup> Dec**  
(XMAS CAMP)

**January: Mon 16<sup>th</sup> – Fri 20<sup>TH</sup> Jan**  
**Mon 23<sup>rd</sup>, Tues 24<sup>th</sup> & Wed 25<sup>th</sup> Jan**  
(Wk 2 in Jan 3 Days only)

**JUNIOR CAMPS FOR ALL AGES AND STANDARDS** • CAMPS INCLUDE  
HOTSHOTS, PEE WEE, SQUAD + TENNIS AND CHESS CAMPS  
**FRUIT AND DRINKS DURING BREAKS** • ALL EQUIPMENT PROVIDED  
**TENNIS AUSTRALIA QUALIFIED COACHES** • TENNIS COACHING  
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**Gold Creek Country Club**, Curran Dr, Nicholls  
**Radford College**, College St, Bruce

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Email [info@csot.com.au](mailto:info@csot.com.au)  
Call 0432 118 204  
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6287 3833

*Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress.*

**Parentline ACT**

is a confidential and free telephone and face-to-face counselling and information service.

Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

**Parentline ACT.**

**Monday to Friday (except on public holidays), 9am to 5pm.**

**Phone: 6287 3833**



**student exchange**  
AUSTRALIA NEW ZEALAND

**EXPERIENCE A NEW CULTURE  
MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME  
HOST FAMILY OPPORTUNITIES**



In January 2017, students aged 15 – 18 years from over 25 countries will be arriving in Australia to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new 'son' or 'daughter' from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.



To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. <http://studentexchange.org.au/host-a-student>