



Dear Parents, Students and Staff

Communication

First of all, I'd like to thank you for reading the first page of the newsletter. It has become increasingly obvious that not everyone reads the newsletter and that we need to look at a variety of ways of communicating with the SFX community.

Our new learning management system (Canvas) has an App, which you can download to android or Apple devices. Please add this App to your phone or iPad as this is an ideal way to keep track of your child's assessment and a great way to keep informed. We are also looking at greater use of blogs and Twitter. We will also evaluate the Website. I don't want us to get to the stage that we are criticised for not having an unpublished thought but we also want to be effective and give you the information you need.

We would appreciate feedback on our various forms of communication as we are looking at how to best reach the community without inundating people with irrelevant information. We are also seeking feedback in terms of what is missing in terms of the ways in which we presently communicate.

If you have feedback, please email and let us know what you are thinking. You can email on school.office@sfx.act.edu.au

Survey - ACT Catholic Secondary Education Study

Please take the time to response to the survey. It is important that the voice of the SFX community be heard and at this stage the response to the survey has been minimal. The recommendations of the study could have farreaching implications for SFX — please take time to complete the

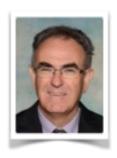
survey by clicking on the link below.

ACT Secondary Education Study

Information Communications Technology (ICT@SFX)

I have asked our ICT Coordinator, Peter Crane, to outline our approach to ICT devices at SFX in the newsletter. The devices we use are but one part of our approach but suffice to say that in 2017 we will be continuing with iPads for Years 7 and 8 and laptops for Years 9 to 12.

Best wishes, Angus M Tulley Principal





Student Wellbeing: Mental Health Week

During Week 1 of Term 4, Mental Health Week will be celebrated throughout Canberra and coincides with World Mental Health Day on 10 October.

The theme for Mental Health Week 2016 is 'Learn and Grow Together!'

Mental illness is predicted to affect almost half of all Australians at some point during a person's lifetime. It will affect people in different ways and this year we aim to celebrate our diversity as a community.

The Student Wellbeing Team and the Spirituality and Wellbeing Captains are currently exploring ways to celebrate this week at SFX and we hope to have lots of activities for students to participate in. These activities will be about celebrating our mental health and finding ways to support and care for our personal mental health as we 'learn and grow together' on our own mental health journeys.

Mindful activities such as art, yoga and other surprises will be available so we ask students to listen to daily announcements and involve themselves as much as possible in Mental Health week.

Details of free events being held throughout Canberra can be found on the Mental Health Week website which has topics and subjects that may be of particular interest to you. If you have any questions students are encouraged to ask a member of staff for support and information or the websites below may be useful.

Thank you to the students and staff of St Francis Xavier College who do so much every single day to promote health and wellbeing within our community.

Helpful websites:

https://headspace.org.au

https://www.beyondblue.org.au

http://www.mentalhealthweekact.org



Kelly Candy Physical Education Teacher

Congratulations!

Congratulations to **Delia Di Donna (Year 7)** for achieving her BP Award (Baden Powell Award) from Girl Guides. This has taken her over 2 years to accomplish and it was a real challenge for her and she had to complete and self assess 18 challenges. Well done!



Regional RoboCup Competition

On 12 and 13 of August the **Regional RoboCup Competition** was held at the ANU. SFX had eight teams across the competitions. We competed in the Soccer, Rescue and Dance Competitions. At the end of day one, 5 teams had made it to the Finals which were held on the Saturday. At the end of the Finals, SFX had some very good results:



Light Weight Soccer – 1st Place Secondary Rescue – 2nd, 3rd and 4th Places Secondary Dance – 4th Place

The students worked very hard all day, with many improving their robots as the day went on. All students were focused and learnt much about teamwork problem solving and overcoming issues. It was great to see not only each person helping their own team but also helping others.

Many thanks to the Year 11 and 12 Business Administration students as they worked behind the scenes. T-shirts, information booklets and registrations were handled by these students. On the Thursday the Year 12 students prepared the venue and set up tables and competition areas. During the Competition the Year 11 and 12 students ran many of the events, recorded results, sold raffle tickets and helped teachers and students with anything they needed. Their assistance was invaluable and made the event run smoothly.

An event like this cannot run without the support of teachers. This year we had Rod Crafter help with construction of soccer tables, and Graham Stock, Matthew Pham and Gerard Elias work with the students building soccer tables, dance floors and anything else that was needed.

The event showcases what the students and staff can do - it truly is a team event. We look forward to next year and also the National Competition to be held in September in Sydney.





Croatian Visit 2016

After the 2016 International RoboCup Competition the students and teachers were invited to participate in a Robotics Workshop and Cultural Exchange in Croatia. This involved students from SFX and other Australian schools that participated in RoboCup and about 25 students from Croatian schools. It was a week of robotics, sightseeing and experienced all the best things Croatia has to offer.

After the RoboCup competition was over we travelled to Zagreb via Munich; we spent the day walking around Zagreb and taking in the sights. We then boarded a train to the coastal town of Split for a very brief stop. From Split we travelled to the city of Dubrovnik - an amazing city on the Dalmatian Coast. The old City of Dubrovnik was our final destination, and the students and teachers stayed in an old Seminary that was converted

into a local school. It was located at the end of a very step set of stairs (fans of Game of Thrones would recognise the stairs straight away).

For the next week we visited islands, walked the wall, had lunch on a sailing boat, visited a cave under the runway of Dubrovnik Airport and, in between, participated in robotics workshops. We worked with the Robotics Team from Croatia and a number of students that otherwise would not have been exposed to robotics.



Croatian Visit cont.

It was a wonderful experience, the students had a great time and made many friends, they learnt to dance and sing traditional Croatia songs. The country is beautiful and we had a week of blue skies, bluer water and hot days.

The Ambassador to Australia from Croatia, Dr Damir Kusen is to be thanked. His dedication to science and robotics and his passion to strengthen the ties between our two countries was the reason that we were able to participate in such an event. We also have to thank the people of Dubrovnik and particularly the Mayor - we were made to feel welcome and part of the family. This was definitely a once in a life time experience. We stayed in the old city, surrounded by amazing architecture and art that was hundreds of years old. I personally went to Mass in a church that was 700 years old.

We hope to continue our relationship with the Ambassador and hopefully build on what we already have. It was a great way to

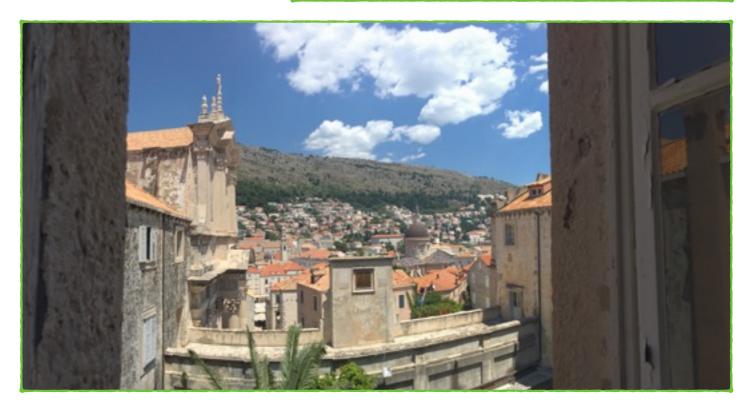
finish off our 2016 RoboCup trip. We would like to thank everyone who made this trip possible.





Peter Crane ICT coordinator





What can you do?...

What could you do to bring hope and change to the world?

Do you know the story of Anne Frank? At the beginning of her teenage years, when she would have been looking forward to a more challenging education, more independence and more opportunities to socialise with her peers, she was confined to a small attic with her mother, father, sister and another family. The lack of privacy and constant interaction with a limited number of people would have driven the most tolerant of us to despair. Instead of giving in to despair, Anne found meaning and purpose in writing in her diary, which we know as *The Diary of Anne Frank*.

Many of our junior students read this work as part of their studies in English. They are always left inspired and impressed at the experience of Anne Frank, who died in February or March 1945, with her sister, Margot, after they were eventually transferred to Bergen-Belsen concentration camp, just weeks before the camp was liberated in April.



Did you know that great physicist Stephen Hawking communicates only through the use of the one working muscle in his cheek and the electrode implanted there?

What could you, with an able body and mind, achieve, if you put your mind to it? We are challenging many of our students this term with this question. It is a difficult question and many of our students are wrestling with it. It means that we have to interrogate our lives and relationships and ask questions which are confronting and life changing. These questions are similar to the questions the Pope asked at the recent World Youth Day.

THE POPE CHALLENGES US.

At the recent World Youth Day, Pope Francis reminded all of us that we are all called to a vocation. He challenged young people to listen and attend to what they may be called to do in the world, to bring love and compassion to people suffering difficult circumstances. He quoted St Benedict 16th,

'The world offers comfort. But you were not made for comfort. You were made for greatness',

Pope Francis urged young people to swap their sofas and video games for walking boots, to walk in the service and love of God, to find needs and meet them, to not be afraid of doing the right thing. He warned lounge chairs gave the illusion of safety from pain, fear or worries, allowing the sitter to kick back and lose themselves for hours in the latest television show or their smartphones.

"For many people it is easier and better to have drowsy and dull kids who confuse happiness with a sofa. Dear young people, we didn't come into the world to vegetate ... we came for another reason: to leave a mark...The times we live in do not call for young 'couch potatoes' but for young people with shoes, or better, boots laced."

Pope Francis said being constantly glued to screens — where the terrible events of the world become just another story on the evening news — numbed youngsters to the suffering of others.

He also urged young people to look beyond the instant gratification afforded by technology and instead try to change the world.

Pope Francis encouraged them to "download the best link of all, that of a heart which sees and transmits goodness without growing weary".

He reminded them that their response to the challenges of life cannot be "texting a few words", that prayer should be given pride of place over their internet "chats", and that God's memory was not a "hard disk" filled with files on everyone, but more of a compassionate heart that wants to help them "erase" evil.

We are challenged to use technology wisely, meaningfully, intelligently, compassionately. If we don't master technology, technology will master us, becoming the idol which cheats us of our humanity, of our capacity for the transcendent, for deep meaning. Many of our students find it hard to spend 3 minutes without their phones, although I have to say that I am very proud of my Year 10 RE class who, on Thursday afternoons every second week, can now meditate for at least 25 mins without being distracted.

We are all challenged to be better and do more good for others. You might be inspired by the examples of the some of the following Young Australians of the Year, as some of our Year 10s are exploring as part of their studies in the unit Jesus and Discipleship.

http://www.australianoftheyear.org.au/honour-roll/?view=results&year=2016&categoryID=2&desc=Young +Australian+of+the+Year+2016

Each of these young Australians, saw a need and, like Mary MacKillop, whose motto was "never see a need without doing something about it." and set about providing for it.

This year's Young Australians of the Year, Nic Marchesi and Lucas Patchett founded Australia's first mobile washing service for the homeless in 2014. Now 21, they were inspired by Catholic Social Justice teaching to provide something practical for the homeless. Their solution ended up being Orange Sky Laundry (http://www.orangeskylaundry.com.au/). Nic and Luke have since begun a project offering mobile shower services for the homeless.

What needs do you see? What practical solutions can you offer? How can you lead a more fulfilled life, despite your difficulties, personal challenges and barriers to success? How can you be more resilient and positive, These are the challenges our Year 9 students studying the Good News of Jesus, Year 10 students studying Jesus and Discipleship and Year 11 Social Justice students are exploring this term. Hopefully they can share their inspiring and practical ideas in an upcoming newsletter. Our very capable group of Youth Ministers are always ready to take up this challenge and I thank them for their commitment to sharing the Good News of Jesus and for being role models in living out Gospel values at SFX.

Unless you have been living under a rock, you would be aware that Mother Teresa of Calcutta was canonised on Sunday, September 4. She too saw a need - to support the homeless and dying on the streets of Calcutta and went about providing dignity for the poor in their last days. She has been criticised for not challenging the social structures that lead to the poor being on the streets in the first place. I had the privilege of seeing her and listening to a lecture she once gave in Perth many years ago. She was such a tiny person, but her stature was great. She often said, as she said in that lecture, that the real poverty in the western world was the poverty of relationships. She believed the worst form of poverty was to be unloved and unwanted. We have a great need in our society to restore relationships, to find real happiness in concern and compassion for others. We need to make the Beatitudes real in the world as Pope Francis has also reminded us recently.

HOW CAN WE BE HAPPY AND BRING HAPPINESS TO THE WORLD?

http://www.wyd.org.au/resources/world-youth-day/messages-from-the-holy-father

https://w2.vatican.va/content/francesco/en/messages/youth/documents/papa-francesco 20150131 messaggio-giovani 2015.html happiness

https://w2.vatican.va/content/francesco/en/messages/youth/documents/papa-francesco_20140121_messaggio-giovani_2014.html the power of the beatitudes

https://w2.vatican.va/content/francesco/en/messages/youth/documents/papa-francesco_20150815_messaggio-giovani_2016.html blessed are the merciful

If you are interested in reading more about Mother Teresa's canonisation:

http://info.americancatholic.org/mother-teresa

http://www.motherteresa.org/Can/index-eng.html

https://cruxnow.com/analysis/2016/08/28/three-reasons-mother-teresas-halo-matters/



Anne Armstrong
Religious Education Coordinator

Jane Burke - Author Visit

As part of the College's Book Week celebrations, visiting Australian author Jane Burke worked with Year 9 and 10 students to further develop their creative writing skills. This is what one of our students had to say about the experience:

Last week, a small group of Year 10 English students, including myself, were lucky enough to be able to attend a short writers' workshop with the Australian author Jane Burke. We started out by writing a list of substitutes for the word walk and then we added emotions to the words we had come up with. During the session Jane taught us the importance of using hardworking verbs in our creative writing and she gave us examples from her own book 'Pig Boy'. She also told us to show the reader what we want them to see instead of just telling them ("show, don't tell"). Another topic Jane discussed was how to use objects of orientation to keep our readers engaged and actively following the story without getting lost or confused. Overall the workshop was a great experience and I am definitely looking forward to our next creative task so I can put these new skills to use.



Georgia Whitaker Year 10







Research READ Relax







Community Announcements

DID YOU KNOW?

THIS IS WHAT GOVERNMENTS PROVIDE FOR STUDENTS IN THE ACT

\$ 14 447

\$9 176



Child in an ACT Government School

Your Child in an ACT Catholic School

Source: MySchool Dataset 2014

CATHOLIC SCHOOLS – PARTNERS IN CANBERRA'S FUTURE

Authorised by Patrick McArdle on behalf of the Catholic Education Commission

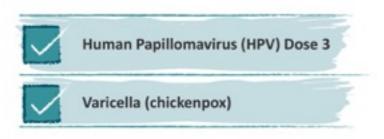


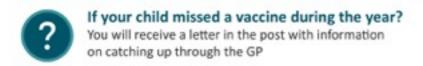
Attention Year 7 Parents

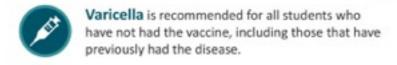
Your child's vaccinations are due again in Term 4

Thursday 3 November

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













APFACTS Education Forum for 2016 A.C.T Election

APFACTS are pleased to provide the parents of ACT non-government schools with an opportunity to spend an evening with:

Mr Shane Rattenbury MLA Mr Steve Doszpot MLA Mrs Yvette Berry MLA

Prior to the ACT election on the 15th of October, the evening offers a chance to hear from all educational political leaders in the ACT Legislative Assembly about each party's school education platform and policies.

The Ministers will address a number of topics followed by a Q&A session.

Date: Tuesday 13th September

Time: 7:00pm - 8:30pm

Location: Hedley Beare Centre for Teaching and Learning,

51 Fremantle Drive, Stirling ACT

We ask that you forward this invitation to all school members who are interested in Education issues in the ACT Elections.



Mr Shane Rattenbury MLA

ACT Greens Molonglo Electorate



Mr Steve Doszpot MLA

Canberra Liberals Molonglo Electorate



Mrs Yvette Berry MLA

Australian Labor Party, Ginninderra Electorate

Tickets: https://www.eventbrite.com.au/e/apfacts-education-forum-for-2016-act-election-tickets-27381109636?
aff=ehomecard



The Program is called The Resourceful Adolescent Program for Parents (RAP - P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7—12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- · Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with you teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3 week period.

DATES: 7th, 14th & 21st September

TIME: 6pm-9pm

VENUE: **57** Hicks Street, Red Hill FEE: **\$80** (Concessions available)
Fee includes light supper & course materials

Bookings Essential
Contact
6162 6100





About

An eSafety expert from the Office of the Children's eSafety Commissioner will be delivering a FREE workshop on how you can help keep young people safe online.

For more information visit esafety.gov.au.



Learn how

- * young people are using social media and technology
- * to make a complaint about child cyberbullying
- * we can help remove serious cyberbullying material.



When

Monday 24 October 2016

St Clare's College 1 McMillan Cres Griffith 5:30pm - 7:30pm

College Gymnasium

Please go to https://stcc.act.edu.au/esafety-presentation-attendance-registration/

to register your attendance.



Office of the Children's eSafety Commissioner

esafety.gov.au



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

Calwell Swans

Location: Isabella Plains Contact: Stephen Borthwick Email: calwellswans@gmail.com

Phone: 0434 603 211

Gungahlin Jets

Location: Amaroo Oval, Amaroo

Contact: Steve Wall

Email: juniors@gungahlinjets.com.au

Phone: 0438 877 742

Qeanbeyan Tigers

Location: Allinsure Park Queanbeyan

Contact: Lynne Mckenzie

Email: qtigers.junior@tigersclub.com.au

Phone: 0408 382 307

Tuggeranong Lions

Location: Kambah Oval, Kambah

Contact: Sean Heelan

Email: Tuggeranonglionspresdent@gmail.com

Phone: 0437 470 582

www.aflcanberra.com.au

Beclonnen Cats

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

Swans

Eastlake Football Club

Location: Kingston Oval, Kingston

Contact: Jeff Roberts

Email: jdo@eastlakefc.com.au

Phone: 0423 877 742



Magpies Juniors

Location: Kippax Oval, Holt Contact: Emma Simpson

Email: juniors@magpiesjuniors.com

Phone: 0407 512 839



Tuggeranong Bulldogs

Location: Gordon Ovals, Gordon

Contact: Leo Lahey

Email: playafl@tuggeranongbulldogs.com

Phone: 0429 186 216

Weston Creek

Location: Stirling Oval, Stirling

Email: wcwildcats.rego@gmail.com

Phone: 0403 084 225

Contact: Trudi Fajri

facebook.com/AFLCanberra/















Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, **up to \$500** for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Aoife Berenger, your local Saver Plus Worker: (02) 6283 7606/ 0448 730 305 or aoife.berenger@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Canberra and the Queanbeyan region by The Smith Family.

The program is funded by ANZ and the Australian Government.

Occupational Therapy

Free Consultations!!

For children up to 12 years



This school holidays as One Therapy will be offering a limited number of free consultations with our Occupational Therapist.

Issues discussed during the consultation may include:

- ✓ Eating
- ✓ Sensory Processing
- ✓ Handwriting
- ✓ Cutting
- ✓ Dressing
- ✓ Play skills
- ✓ Manipulating objects

THESE SCHOOL HOLIDAYS

Level 4 Woden Centre

Please contact us to secure your place.



MAXIMISING POTENTIAL 1800 7 ASONE (27663)

asonetherapy.com.au

info@asonetherapy.com.au

REGISTER NOW



REGISTRATIONS ARE NOW OPEN FOR

HIGHSCHOOL SOFTBALL

Make your own school team or register as an individual. We cater for all ages and abilities.

EMAIL boomerangs_softballclub@hotmail.com



www.boomerangs.softball.org.au





TENNIS HOLIDAY CAMPS

SPRING 2016

Wk I Tues 27th-Fri 30th Sept (4 Days) Wk 2 Tues 4th-Fri 7th Oct (4 Days)

All Day \$180 per wk 9am-5pm, HOTSHOTS COACHING & PLAY Tennis & Chess \$180 per wk 9am-5pm, WK 1 ONLY Hot Shots Coaching \$140 per wk 9am-1pm Hot Shots Play \$140 per wk 1-5pm Pee Wee (4-7yr olds) \$90 per week 9-11am

ALL CAMPS INCLUDE PROFESSIONAL, CERTIFIED AND ACCREDITED COACHING FOR ALL AGES • FRUIT AND DRINKS DURING BREAKS • ALL EQUIPMENT PROVIDED TENNIS AUSTRALIA ENDORSED HOTSHOTS DELIVERERS TENNIS COACHING RAIN, HAIL OR SHINE!

PLUS! BALL MACHINE • SPEED SERVE RADAR • LOTS OF PRIZES

8.30AM DROP OFF FOR A 9AM START

3 GREAT VENUES

Gold Creek Country Club, Curran Dr, Nicholls
Weston Creek Tennis Club, Dillon Cl, off Namatjira Dr (Behind McDonald's)
Pines Tennis Club, Cnr Norriss St and Goldstein Cres, Chisholm

ENQUIRIES

Email robert@csot.com.au or Call 0432 118 204 Head coach Robert Jamieson, Tennis Australia accredited

BOOK NOW!

Visit csot.com.au





Come and enjoy a season of cricket with the Ginninderra Tigers!!!

Boys and Girls ages 5-18 are invited to join our club for the new season!!! We have three exciting formats of the game that cater to all levels, from absolute beginner to budding young pro!!



Ginninderra's MILO in2CRICKET program will be located at Kippax Oval. The program aims to develop skills and an enthusiasm for the game for 5-8 year olds. It has been running for over 20 years and is a brilliant program for young boys and girls that introduces fundamental cricket skills.



MILO T20 Blast is a super fun, social, safe, cricket program for boys and girls. The program is much shorter than traditional cricket, with a maximum of 90 minutes playing time. All the equipment is supplied. Ginninderra teams will play in the Western Districts league, played at Kaleen Enclosed, Turon Place.



Junior Comp is for players U/11 through to U/18. These teams are graded, Division 1 being the highest grade in each age group. <u>In 2016 / 2017</u>, our club is aiming to field as many girl's teams as we can. Come on girls...... let's show



Cricket ACT will be running a FREE development program for girls to assist new players to prepare and integrate into club teams for the upcoming season: September Program: 27 & 28 September 8-12 years: 9am to 11am 13-16 years: 11am to 1pm You could be the next Women's Big Bash League Superstar!

How do I register to play for Ginninderra Tigers?

the boys just how good you are!!

<u>All registrations are completed on line</u>, and is quick and easy! Copy the below URL directly to your internet browser to go our registration page:

http://bit.ly/2bavC2o

Alternatively, visit www.playcricket.com.au and search Ginninderra Cricket Club Juniors

Important dates for season 2016 / 2017!!!

Grading schedule:

	Saturday 3 Sept	Sunday 4 Sept	Saturday 10 Sept	Sunday 11 September
14:00 to 15:00	Under 11 Under 12	Father's Day	Under 16/ Under 18/ Colts combined	Under 14 Under 13 Under 12 Under 11
15:00 to 16:00	Under 13 Under 14		Under 13 Under 14	Under 15 Under 16/ Under 18/ Colts Combined
16:00 to 17:00	Under 15 Under 16/ Under 18/ Colts Combined		Under 11 Under 12	Stragglers session (for anyone unable to attend their age group)

Saturday 3rd, Saturday 10th and Sunday 11th September:

Grading sessions for Junior Comp. Sessions will be help at Kippax Nets, entrance off Hardwick Cres, Holt. Players do not need to be registered to attend grading (however, must be registered to play once the season starts). You don't have to attend grading if you don't want to – only attend if you want to give Division 1 a try. There are Division 2 options also and you'll be placed into a suitable team. Our season begins in early October, details will be provided by the club after you have registered.

Come and enjoy one of THE GREAT TRULY GLOBAL GAMES!!!

Australia's favourite Summer sport.....come and play cricket!!!To be added to our newsletter distribution list please email your request to GJCC.President@gmail.com