

Dear Parents, Students and Staff

Many would be aware that I was not at school last week. My dear aunt Shonna, my mother's younger sister, has been battling stomach cancer for the last 18 months and we got the word that she was very unwell and that her time may have been nigh. So my wife and I decided to go to Scotland for what ended up being six nights. We arrived Monday of last week and left on Sunday. Thankfully my aunt was a little stronger by the time we left. She is surrounded by a loving family who are providing the best of care.

You may well wonder why I share in terms of my aunt and what it has to do with the school? I share because the many threads of my aunt's story intertwine with my own story and in taking the time to 'honour' her, my wife and I were actually putting family first.

I frequently say to staff that family does come first and in this instance I was taking my own advice. Over the years my aunt and uncle have taught me much about love and

commitment. Their love has not been focussed on themselves but rather the focus has always been on others.

They have always wanted the best for me and at the same time have had high expectations of me. Even over the last week my aunt's concern hasn't been for herself but rather for others.

As those who have journeyed with the terminally ill would know, in amongst the sadness and tears there are times of joy and blessing. All the small talk evaporates and you just get on with it. While juggling pain medication and trying to get comfortable my aunt would ask if we were getting enough sleep and would ensure that the meals were planned for each day. She didn't want us to make a fuss of her.

In leaving my aunt there weren't many words said. Over the years we have had many opportunities to say what we have needed to say but as always, actions speak louder than words. We often sign off our

telephone conversations with 'love always' and our belief is that the 'always' is forever.

What does this have to do with the school? Education is about so much more than what happens in the classroom. The basis of our community is the love and respect that we show each other and the fact that as a community we reach out to others. My uncle and aunt have modelled these values for me and I would hope that I could lead a school that lives these values on a daily basis.

I would like to thank Sue Sturgiss and the Executive team for encouraging me to go and visit my aunt and uncle and for 'stepping up' while I was away.

Best wishes,
Angus M Tulley
Principal



Student Wellbeing Team

Due to some amazing Year 10 students, who wanted to raise awareness regarding mental health and wellbeing at St Francis Xavier College, I was inspired to start a Student Wellbeing Team. The team has over 20 students working on many projects and inspiring the SFX community to take charge of their wellbeing.

The team started in Term 3 and meet fortnightly, with extra meetings during busy times. Students have taken part in *R U OK? Day* celebrations and promoted Mental Health Week activities. They have taken on leadership roles such as giving speeches at assemblies, promoting events and listening to student's concerns and ideas, and raising them during meetings.

It has been amazing working with such an enthusiastic group and their ideas are fantastic! We have so much work to do and it feels like these students are making an amazing contribution and promoting many positive issues in their school community.

Students from all year groups are able to join the team or attend meetings at any time. Students should listen to Pastoral notices for when events and meetings are happening.

I look forward to working with this group and supporting the students with implement their ideas and continue supporting the community to take care of their health and wellbeing.



Kelly Candy
Physical Education Teacher






Building parent-school partnerships

WORDS Michael Grose

Develop a resilience mindset



There are two ways to get fit. You can start a fitness regime which may include joining a gym, hitting the road chalking up heaps of kilometers or take up Pilates, aerobics or one of the many exercise classes available. In other words, you make some big changes designed to bring some immediate results.

The alternative is to develop a fitness mindset and begin to make small adjustments to different areas of your life. Walk to the shops rather than drive. Spend more time in the garden and less in front of the television on weekends. Walk up stairs rather than take lifts. You won't get the instant results that come from adopting a more serious fitness regime but you are more likely to get lasting results over time that the lifestyle adjustments that come through adopting a fitness mindset brings.

The same approach applies to our mental health and well-being. You can make large lifestyle adjustments including taking a less stressful job, making a sea or tree change, giving up alcohol altogether and taking up meditating. These are the types of changes people make as a result of a health scare, or a breakdown of some

sort. You can take the gentler approach, adapting a resilience mindset and looking after your mental health and well-being on a regular basis. This is preventative by nature and increases the likelihood that you stick to the changes you make.

Here are some simple things to do to help you develop a mindset for resilience:

1 Watch your self-talk

Become more aware the messages you constantly send yourself. The little voice in your head can have a catastrophic impact on you if you let it. It can talk you into the blues, lower your self-esteem and build mountains out of molehills if you let it. Once you are aware of its impact you can switch it off or change its negative chatter to something a little more positive. Both take practice. It's not as easy as it sounds altering the patter in your head but you can work at it.

2 Watch your language

Build an awareness of your language and its impact on your well-being. You can easily catastrophise about the simplest events and you feel like the sky is about to cave in, or you can moderate your

language and things won't seem so bad.

3 Build in regular down-time

As a professional speaker I know how easy it is to take bookings for back-to-back presentations week in, week out as the lure of building a healthy bank balance becomes too hard to resist. Working flat out without a break is a fool's game. I've learned from experience to build regular down-time into my schedule, so I can maintain my passion and enthusiasm for my work. When you have a resilience mindset you see the value of down-time to your well-being and you see the positive impact that it has on your relationships. You recognise that you smile more and you have more energy for the people and activities that you love.

4 Get plenty of sleep

We are only beginning to make the links now between sleep and personal well-being. Mothers of newborns know what sleep deprivation is like.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Develop a resilience mindset ...

It's debilitating. You can't function properly and you become easily depressed. Many people spend much of their lives experiencing some form of sleep deprivation, and they compensate by taking regular caffeine hits, drinking alcohol and ... When you develop a resilience mindset you'll value sleep more, and look for opportunities to get a good night's sleep.

5 Have something that energises and relaxes you

My dad used to say that everyone needs a hobby. He's right. An interest outside of work or family is a boon for your state of mind. Kids generally have few problems in this area, but adults can easily lose sight of the fact that we need to have something in our lives that energises us and also makes us interesting.

6 Stay flexible and realistic in your thinking—don't get locked into 'must do' thinking

Watch your language to see if it's full of absolute, imperative terms such as: "I must always be on time...", "They should always use good manners...", "they never do anything to help..." If this is you, then you may be stuck with an inflexible, unrealistic thinking style that causes you a great deal of stress. If so, then catch yourself and wind your language back. "I must always be on time..." becomes "I will try to be on time, but sometimes I can't be...", "They should always use good manners..." becomes "I would like it if they were well-mannered but sometimes they aren't...", "they never do anything to help..." becomes "they are sometimes helpful but at times they forget..."

If you are not convinced that looking after your well-being is a good idea then I'd like to appeal to an altruistic motive. When you develop a resilience mindset you get a greater understanding of what resilience is about and are in a far better position to develop a sense of lasting resilience in your kids.

Michael Grose



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Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Let the consequences do the teaching

Behavioural consequences are a parent's best friends. When consistently applied consequences will improve kids' behaviour and increase personal responsibility.

Too often parents will overtalk or repeat themselves to get cooperation from their kids. Too much talk and most modern kids tune out.

Alternatively, parents who protect their kids from the consequences of poor or selfish behaviour aren't doing them any favours as they are robbing them of terrific learning opportunities. I love the notion of behavioural consequences as they teach kids to take responsibility for their lives and to make smarter choices.

Parents can use two types of consequences – logical and natural consequences. A logical consequence is used more frequently in family situations.

They require adult intervention and are used when their behaviour disturbs other people. A child who makes a noise in the family room is asked to leave; children who refuse to clean their toys lose them for a period of time; and teenagers who come home late from a party lose the right to go out next time.

The 3 R's of consequences

Consequences often involve the withdrawal of a privilege or a right. For example, a teenager who spends more time than agreed on Facebook, may lose access to technology for a day or two.

Restitution, or making up to someone for unfair treatment or for loss of a possession is another form of consequence. A child who willfully breaks his sister's toy may make full or part payment for a replacement. In both these

examples the consequences are **related** to children's misdemeanours, and are **reasonable** and **respectful** of their dignity.

A natural consequence involves NO adult interference. For instance, a child who leaves an excursion note at home will miss the excursion; a child who spends all his pocket money on the first day will have nothing for the weekend and a child who oversleeps and misses the bus walks to school. In these examples, children learn from the direct consequences of their own decisions and thus they are not protected from negative outcomes from their parents.

"It's your fault, mum!"

Some kids are experts at manipulating their parents to rescue them from experiencing the consequences of their poor choice. They'll blame their parents for not getting them out of bed on time, or for not reminding them about their responsibilities. It's best to stand back and let the consequences work their magic! Note you shouldn't use natural consequences when safety is an issue. Act decisively to ensure your child is safe.

Here are four simple tips to help make sure your consequences are effective:

1 Set consequences like a neutral cop

Issue a consequence using sarcasm or anger and your kids will be angry at you. Issue it like a neutral cop free from emotion or without being heavy-handed and your kids are more likely to be mad at themselves.

2 When possible, negotiate consequences prior to engaging in new activities

If your young person is going out for the first time with friends at night, talk about their behaviour and home time. Also discuss the likely consequences if kids don't stick to the agreement. As a rule, kids are more likely to abide by consequences when they've had a say in deciding them.

3 Avoid life sentences

Ban a child from going out for a few days rather than leaving the duration open-ended. Set a time-frame for the consequences and remember the second of the 3R's – reasonable – means that parents shouldn't go overboard with consequences.

4 Don't acquiesce to terrorism or guilt

If your child issues a threat saying something like, "There's no way you can make me come home at six o'clock," don't rise to the bait. Deflect it by saying, "We'll talk about this tomorrow." Don't give into the threats of running away or non-cooperation. "I hope you don't run away. It's great having you at home. I want what is best for you." Avoid stating what you would love to say, which maybe something like, "Yeah, try running away. You wouldn't last inside two days before you are back here begging for a good feed and comfortable bed!!" Bite your tongue instead, and let the consequences do the teaching!



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Catholic Education Commission

Archdiocese of Canberra and Goulburn

HAVE YOUR SAY on the future of Catholic Secondary Education in the ACT.

The Catholic Education Commission (CEC), Archdiocese of Canberra and Goulburn is seeking the advice of Canberrans – from our own School communities; within the Catholic Church and beyond; and from those interested in the future choices for education in the ACT.

We know some of the challenges facing the Catholic system include the changing demographics of Canberra, transport for students, provision of suitable and engaging choice for students and parents, support for students with special needs, improving academic outcomes and providing the best support and professional development for staff who are operating in an increasingly complex environment.

Chair of the Catholic Education Commission, Dr. Patrick McArdle has said “We want to thank all our school and Church communities for their open and enthusiastic involvement to date. The Study will ensure the great strengths of the current schooling arrangements are retained, while responding to the need for change creatively.”

“We encourage all current members of our communities and those who are considering Catholic education into the future to take part in the Study”, said Dr. McArdle.

We want to hear from you. Please link on to our survey to have your say.
<https://www.surveymonkey.com/r/MT329WM>

BEING THE BEST THAT WE CAN BE – CHALLENGING THE POLITICS OF FEAR AND

The people we surround ourselves with either raise or lower our standards. They either help us to become the best version of ourselves or encourage us to become lesser versions of ourselves. We become like our friends. No man becomes great on his own. No woman becomes great on her own. The people around them help to make them great. We all need people in our lives who raise our standards, remind us of our essential purpose, and challenge us to become the best version of ourselves.

<http://www.abundantlifeforall.com/the-people-we-surround-ourselves-with-either-raise-or-lower-our-standards/>

Who benefits from political decisions? What is privileged by these decisions? Who is excluded from these decisions? Do these decisions reflect the values I want to live by? What actions are required to actually live these values and not just think or talk about them? Does my vote, my attitude, my beliefs matter? What alternative and more just decisions are possible? Who will stand up for our indigenous peoples, the poor, the disadvantaged, the marginalised, the asylum seeker, the victims of violence and intimidation? Will the person I vote for be the best they can be and help our citizens to be the best they can be too? These are questions that we challenge our students with in various Religion classes.

It is also our duty to encourage our politicians to be the best they can be, in person and in practice; to have integrity, to be noble, to be prophetic, and to call out when injustice flourishes. No more has this “best they can be” been seen than in the recent first speeches of newly elected members. Many of these first speeches have been inspirational, grounded and focused on gratitude for sacrifices of elders past and present. They have celebrated the generations of their families who encouraged them to do their best, to achieve educational excellence, to give generously to others, to think positively, to be resilient and to live by values which will sustain them and their communities. They have all focused on wellbeing in one form or another. They have called for justice, for wellbeing, for compassion and for mercy. They are standing up for immigrants and asylum seekers and celebrating their contributions to Australian society. They are standing up for Indigenous Australians, the poor, the homeless and victims of domestic violence. We need to applaud those politicians putting family before career and those calling our attention to the scourge of mental illness. I encourage you to spend some time over the next week reading these uplifting and inspirational speeches in the link below. They represent the best of politics and show us how noble politicians can be. Do pay particular attention to the speeches of Malarndirri McCarthy, Linda Burney, Pat Dodson, Julia Banks, Anne Aly, Julian Leeser, Tim Wilson and Jane Hume:

<http://australianpolitics.com/parliament/maiden-speeches>

There are some politicians whose speeches represented negative minority views, who thrive on promoting values of fear and loathing. In a democracy all views must be respected but also challenged. The rest of us are called to be prophetic voices calling out against prejudice, discrimination and labelling. Fear and hate speech challenge us and yet so many of us may not bother responding, or cultivating a respectful attention. This ‘not bothering’ is, according to a friend of mine, “the seed of criminal negligence.” This not bothering is what allowed the Nazi party to flourish in Germany and come to power after 8 years, after it was a small minority party. It is certainly not allowing us or our communities to be the best we can be. We must be bringers of hope, not hostages to fear AND we must be informed.

NOTHING TO FEAR BUT FEAR ITSELF

83 years ago, another politician in another country, also recognised the duty of the citizen to build a constructive and hopeful community. On March 4 1933, President Franklin D Roosevelt, 32nd President of the United States, in his inauguration speech, made an observation which has been quoted in novels and essays alike

“So, first of all, let me assert my firm belief that the only thing we have to fear is...fear itself.” He called this fear “nameless, unreasoning, unjustified terror which paralyses needed efforts to convert retreat into advance.”

Roosevelt’s call for opening our arms and hearts to others, applies to modern Australia too. Recent studies constantly show that immigrants benefit our economy and our social capital and thus it is in our best interest to respect others and broaden our perspective on ‘Aussie values’ and what an Australian looks like, lives like and how they worship.

The same year that Roosevelt made his nothing to fear speech, Nazis in Germany were actually promoting a climate of fear. In 1933 the regime established the first concentration camp, outside Dachau imprisoning its political opponents, homosexuals, Jehovah’s Witnesses, and others classified as “dangerous”. The regime also:

- organised a nationwide boycott of Jewish businesses
- dismissed all Jews from the public service and the military and created The Gestapo
- burned books they considered immoral and un-German. One of these books was by disability activist and educator Helen Keller
- deprived recently naturalised German Jews of German citizenship
- mandated the forced sterilisation of certain individuals with physical and mental disabilities
- stipulated that hereditary farms ("*Erbhöfe*") could only be inherited by German farmers able to document that they had no Jewish or "coloured" ancestors back to January 1, 1800.

In other words, in 1933, groups within German society that were considered 'un-German' or void of 'proper' German values were told to go back to where they came from. The fact that those Jewish, Jehovah's Witnesses, homosexuals or other dissidents were German-born and might have been in that nation for countless generations was irrelevant. Their 'otherness' did not fit in with the loud calls for homogenous values.

(Source: <https://www.ushmm.org/wlc/en/article.php?ModuleId=10007499>, United States Holocaust Memorial Museum)

WELCOMING THE STRANGER

Therefore, if you substitute the word "Muslim" or "Asylum Seeker" for the word "Jewish" in the timeline, you can see what a certain Australian political party could be advocating if they were to become more powerful. *That will never happen here*, you might be saying to yourself. Many Germans also thought the same. After all, in 1922, the Nazis had been the smallest party in Germany, winning only 3 percent of the votes. On Election Day September 14, 1930, however, the Nazis received 6,371,000 votes – over eighteen percent of the total – and were thus entitled to 107 seats in the German Reichstag. There is a climate of fear that is palpable in Australia and the world at the moment. This fear is manifested in intolerance, anxiety and extreme xenophobia. It is manifested in the cruel and obscene locking up of men, women and children, exacerbating already existing mental illness caused by trauma and PTSD in the desperate bid to flee persecution and civil war. It is manifested in the call to deport citizens who have contributed to the political, economic and social life of Australia. It is manifested in setting up of Gestapo-like prisons and concentration camps such as Nauru and Manus, paid for by you and me, the tax payers of Australia. It is manifested in the anti-Muslim and anti-Asian propaganda, reminiscent of the days of the White Australia Policy. It is manifested in the protests at Mosques and Muslim businesses and the terrorising of Muslim women and children. Unless we challenge the xenophobia that is present in our country and world at the moment, we too, might find ourselves in a similar predicament to the Germans in 1933. After all, the One Nation Party has gone from a political laughing stock to a party with four senate seats which, during a tight parliament, makes this party a force to reckon with.

As Christians we need to challenge this climate of fear and rejection of anything or anyone labelled as 'foreign'. We need to challenge xenophobic leaders of political parties and social movements. We need to accept responsibility for those living in poverty. We need to support and promote social justice. We need to open the Doors of Mercy to asylum seekers, Indigenous Australians, the poor, the homeless, victims of domestic violence. There is a wonderful article called Opening the Doors of Mercy, by Jenny Krikis in the August 17 edition of Australian Catholics, which explores this in much more detail. You can read it here: <https://australiancatholics.com.au/article.aspx?aeid=49753#.V9owMvI96M8>

So much of Catholic Social teaching is about helping the world and its communities to be the best that we can be. It must be the basis of our moral and political decision making. It is also the heart and soul of our call to discipleship.

So I issue you a challenge as a citizen committed to the wellbeing of our country to be bothered, to take time, to be informed, to look deeper and ask the critical questions: How are you called to be in the world? Are you challenging others to be the best version of themselves; to bring and live out the Good News of Jesus? Are you actively bringing peace, calming anxieties, welcoming the stranger? Will you place your faith in the God of the poor, the oppressed, the marginalised and the foreigner? Will you place our mental health in the God who holds us up? Will you proclaim the Good News of Jesus and follow the call to be best we can be?



Anne Armstrong
Religious Education Coordinator

JAPANESE: TANKEN EXCURSION

It was an early start and a long drive to and from Sydney, but it was worth it! That was the consensus between the Year 8 and 9 students who attended the Tanken Excursion on September 12.

It is the first time that students from SFX have travelled to the Tanken Centre in Kirrawee, Sydney. The Tanken Centre is a mock-traditional style Japanese home where students have the opportunity to have a full day of instruction in Japanese. Everything is in Japanese from the moment we went through the doors to the moment we said our farewells – instructions on how to change your shoes into slippers, rules for the games we played and rules for using the centre and caring for the delicate rice paper screens – all in Japanese.



After a short period of warming up, our students really got involved in the activities and putting their Japanese skills to the test. The students learnt about the typical furniture found in a Japanese home (tatami, kotatsu and futon) and how to use them. There were games played and plenty of revision of the topics we have been covering in class. Charades and the mock-restaurant skit were favourites.

The Japanese staff, at the centre, were lovely and patient and pretty funny too.

I'd like to thank the students for attending and Mr Damien Veal for assisting with supervision.



Natalie Bakonji
Languages Teacher

SOME COMMENTS FROM THE STUDENTS WHO ATTENDED:

It was the best – **Michael Galen-Mules**

It was fun, challenging and interesting – **Emily Mothersole**

Amazing immersive experience – **Sedrina Choo**

The slippers were nice – **Kai Houston**

Fun and educational, culture and language - **Amy Briggs**

Good learning experience, really teaches you to listen or you'll be lost - **Liam Glasgow**

Challenging and interesting - **Martin Hosking**

Sport Report

Towards the end of Term 3, School Sport is starting to get quieter. We had a wash out, with ACT Netball and Soccer having to be postponed.

Mrs Romina Fonhof went along with the 9/10 Girls' Soccer and said that the students represented the school with pride. Despite starting the day in frosty conditions, they showed a lot of determination, winning their first game 5-0. They also played without subs for all four games, some of which only had a 15 minute break between games. There were some standout performances from **Eliana Moreno** who scored 3 goals in the first game, **Sara Lang** and **Sarah Hajduk** who played consistently well in all matches and **Alannah Daly** also managed to stop many goals against us. The girls went undefeated and managed to get through to the Finals.

Mr Brad McCallum took the 9/10 Boys' Soccer and said they had a great day of competition. The boys had 3 strong wins against Kingsford Smith School, Melba High School and Burgmann College. **Mate Barisic** displayed some excellent skills, showing talent and flair for the sport. **Nelson Curly** had a solid day exhibiting great teamwork and encouragement. The boys only had two losses to Daramalan College and Gold Creek High School.

College Soccer was on at Dickson playing fields on 30 August. **Mrs Kelly Candy** said they had a wonderful day. The girls showed determination and commitment the whole day, ending up in 5th place. It was great to see girls from so many different sports coming together and using their different skills. **Jessica Clark** showcased some amazing kicking skills, coming from an AFL/Oztag background, helped her execute massive kicks from the defensive line up to the front of the field. **Zoe Allen** stepped up in goals and saved numerous points from being scored against us. **Kayla Margiotta** was the player of the day - she scored a hat-trick and helped the girls manage to get two wins on the board. **Bella Giampaolo** and **Lorena Barbaro** were great coaches, helping Mrs Candy with positioning and warm ups.

On 16 September **Mrs Sue Carroll** and I took the 7/8 and 9/10 Girls' Netball teams to the ACT Netball Carnival in Lyneham. The 9/10 girls had a great day with some stiff competition! We won our first game against Trinity Christian School 18-6. We were then defeated by Merici College, St Mary Mackillop College, Lyneham High School and Deakin High School. Nevertheless the girls held their heads high and played with pride the whole day. **Alyssa Laggner** worked the centre court beautifully while **Lane Christensen** was fantastic in defence, getting many rebounds and bringing the ball back down the court. **Grace Osborne** made some great shots and supported the team well throughout the day.

The 7/8 girls had a great day and were very competitive throughout. They were undefeated for most of the day, but unfortunately lost in a very tight game to Merici College by just 1 point! The girls worked amazingly as a team and all played their part very well. **Leah Brown** did a great job in defence, while **Caitlin Quester** did some amazing shooting. The girls did very well to come out as third in the ACT. Well done!



Sport Report cont.



Congratulations to **Mia Medway (Year 7)** and **Lily Cullen-Hyne (Year 7)** who have been selected to compete as gymnasts at the Australian National Gymnastics Club Championships in Bendigo. Well done Mia and Lily - an outstanding achievement! We look forward to hearing how you go.



Alys Holdom (Year 7), Jessica Price (Year 8) and Joda Robinson-Gonzalez (Year 7) have been selected in the ACT Schools Swimming Team. They will be travelling to Darwin for a week's worth of competition from 15-21 September. Good luck to you all and please keep us updated on your results!

Congratulations to **Georgia Gorham, Maggie Gorham, Natasha McKay, Jessica Clark, Zoe Allen and Shae Krushka** who play for the Magpies Football Club and are leading the way in female Australian Rules in the Canberra region. They were all part of a premiership winning season where they were undefeated in the U19 Competition and have been appropriately rewarded by gaining selection in the State side.

Congratulations to **Zoe Allen** who received the Rising Star Award for the Senior League Competition and **Maggie Gorham** who won the League's Best and Fairest in the U19 Competition.



Well done **Caitlin Galeano** for being selected in the ACT Under 14 Indoor Cricket team to play in the National Competition in July and was elected Captain of the team. Following the completion of the Grand Final, Caitlin was selected in the Under 14 Girls' All Stars for 2016!

Our 7/8 and 9/10 Girls' Cricket Carnival has been postponed to Wednesday 12 October, (Week 1 of Term 4) with **Mr Peter Marrapodi** and **Mr Brendan Duffy**. We hope the sun is shining and they have a great day of competition.

Unfortunately the ACT Soccer Carnival is not going ahead. We had our 7/8 Boys' and 9/10 Girls' teams lined up to participate, however due to the ongoing wet weather Capital Football Canberra decided to cancel the event.

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



National RoboCup Competition

From 16-19 September, 15 students and 3 teachers attended the 2016 National RoboCup Junior Competition. Six teams competed; there were two

teams in the Secondary Rescue Competition, one team in the Rescue Maze, two teams in the Light Weight Soccer and one in the Secondary Dance.

The competition consisted of over 500 students in over 100 teams across the different competitions. It was held at the University of NSW in Randwick, Sydney.

Over two days of competitions all teams worked very hard on their coding and their robots. Both Friday and Saturday consisted of late nights and long hours improving the performance. The goal was to make the Final on Sunday afternoon.

By the end of the regular rounds the 6 teams from SFX had performed very well but did not make the Finals. The Rescue teams finished 7th and 24th out of 42 teams. The Light Weight Soccer teams finished 10th and 11th out of 20 teams. The Dance team, which consisted of two robotic Teddy Bears, finished just outside the top 4.

The Rescue Maze team (their competition was a 'Demonstration Competition') worked throughout the weekend improving their robot and demonstrating the challenges and obstacles the new competition throws up. Many other competitors were interested in the demonstration and the SFX team has many new ideas on how to improve their robot for 2017 where the Rescue Maze competition will become a fully-fledged competition.

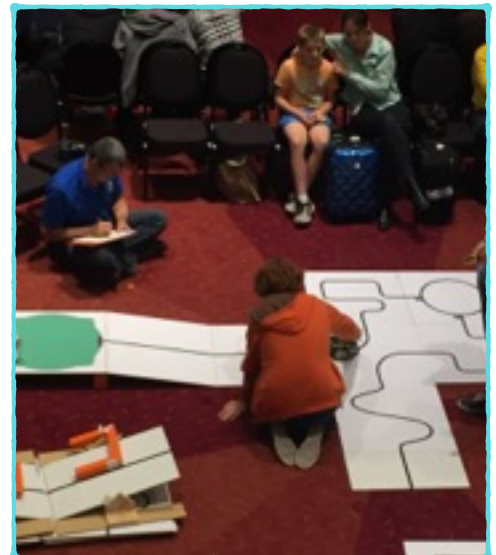
The students worked very hard all weekend, overcoming problems and issues, and the robots they started with were much improved by the end of the competition. All the teams cannot wait for 2017 and already have put plans in place for next year. The camaraderie was great to see with all teams helping out other teams. Considering that the majority of teams were Year 9, and this was their first competition, they can be very proud of what they achieved.

All the teachers on the trip echoed the same sentiment, as it was definitely one of the best trips away that teachers had been on. I would like to thank **Graham Stock**, **Matthew Pham** and **Romina Fonhof** for taking the students away and mentoring them for the weekend. In particular thanks to Mr Stock for organising such an experience for the students. I would also like to thank all the other staff at SFX who make a trip like this possible and a special thank you to Gerard Elias who spends much of his time on various Robocup Committees organising events

like this one. Without the dedication of people like Gerard Elias these competitions would never run.

All there is left to say is...
BRING ON 2017.

Peter Crane



ACT SCHOOLS CROSS COUNTRY MOUNTAIN BIKE CHAMPIONSHIPS



On Friday 26 August **Mr Rod Crafter** and **Ms Sue Carroll** accompanied 16 students to Stromlo Forest Park to participate in the annual ACT Schools Cross Country Mountain Bike Championships. Junior riders had to complete a 4km course and seniors a 7km course, in a tag team (usually of three) over a four hour period.

The conditions were great with a beautiful spring day, however the students were riding on a wet, muddy track from several successive wet days. Our students secured some pleasing results from what turned out to be a great day of racing.

St Francis Xavier College had six teams entered into this year's event:

- *SFX Bandits*: **Madeline Blair** and **Eloise Wilson**
- *A Team*: **Noah Hernandez**, **Harry Ryan-Baker** and **Max Mowle-Reader**
- *XLR8*: **Patrick Foster** and **Saverio Garreffa**
- *Plan B*: **Lane McEwan**, **Jayden Gaffey** and **Brodie McNamara**
- *Bikes out for Harambe*: **Barnaby D'Cruz**, **Jonah Winefield**, **Levi Jackson** and **James Daniel**
- Our Senior team *Makin' Tracks*: **Bailey Marshall** and **Brad Charlton**.

Bikes out for Harambe came in at a healthy 29th place. *SFX Bandits* finished towards the end of their field in 14th place, as did *A Team* in 56th place, *Plan B* in 55th place and *XLR8* in 48th place. Our Senior Team *Makin Tracks*, however came in at 4th place out of 20 by a narrow margin of 48 seconds making this year's event the closest we have been, in our ten years of competing, to having a podium finish.

Bailey Marshall competed in a Track Stand Event and won a prize for his skill and effort.

At the end of the day we had several very weary students heading home after a successful day of racing.



Rod Crafter
Technology & Design
Coordinator



Community Announcements

AAEGT National Gifted Conference Beyond the Boundaries in Gifted Education

29 September – 1 October 2016

Youth Summit registration

Beyond the Boundaries: Sustainable Communities

As part of the AAEGT National Gifted Conference, we are offering a youth summit focusing on "Beyond the Boundaries: sustainable communities". Open to gifted students in Years 7 - 12, this is an exciting opportunity to work with other gifted youth, to learn about sustainable living, and to consider future community design and planning.

Participants of the Youth Summit will explore the potential for living sustainably as a community. They will work in small groups to plan and map out a sustainable community in one of three selected environments in Australia – meeting the unique challenges of the environment, planning innovative solutions to the challenges, and creating a representation of their solution.

During the three day program, experts from a range of organisations will be available to advise on community planning, indigenous communities, town planning, building structures and sustainable living. Participants will then apply this to the design of community features for leisure, accommodation, infrastructure and business. The final display will include a folio and a 2D representation of the community features, curated as an installation that will be on display to delegates attending the National Gifted Conference. This final presentation is an opportunity that connects national gifted delegates and gifted youth.

Participants will work in smaller groups and come together in the day for discussion or bigger workshops and activities.

When: 29 September - 1 October 2016

Time: 8.30am - 5pm

Venue: UNSW Kensington

Cost: \$350 for the 3 days

Register here for the Youth Summit. ➤

<https://education.arts.unsw.edu.au/othersites/?path=othersites/fass/form/index.php&i=830>

* Children of conference delegates will take preference as they will have until 31 July to register ahead of the general public.

Explosion Youth Conference is open to all high school aged young people from around the Archdiocese and beyond. It will be held at St Francis Xavier College.

Participants will have an opportunity to explore the Catholic faith through seminars and workshops as well as experience Christianity, the Church and the Sacraments as never before. There will be time to meet other young people through sports, games and free time.

Cost: \$130 first participant, \$100 subsequent siblings. For more information visit:

www.explosionconference.org.au or email youth@cg.org.au



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>



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www.health.act.gov.au | www.act.gov.au | Enquiries: Canberra 13ACT1 or 132281



Catholic Education Commission

Archdiocese of Canberra and Goulburn

Archdiocese of Canberra and Goulburn CATHOLIC EDUCATION COMMISSION

MEDIA RELEASE

CATHOLIC EDUCATION APPLAUDS THE CANBERRA LIBERALS' PROMISE OF LAND FOR A CATHOLIC SCHOOL IN THE MOLONGLO VALLEY

The Catholic Education Commission applauds the announcement made today by Mr Steve Duszpot, Liberal Shadow Minister for Education. If elected the Liberal Party has committed to provide land for a new Catholic school in the Molonglo Valley. This allocation of land comes after six years of attempts by Catholic Education to secure a site for a Catholic school in this greenfields area.

"To date no allocation of land for Catholic schools has taken place despite frequent requests at all levels in the ACT Government. The urgent provision of suitable sites in Molonglo for Catholic Schools is imperative if the Molonglo community is to be given the same opportunities and choice in education as other Canberrans", said Mrs Moira Najdecki, Director of Catholic Education.

"We will continue to work with all the political parties to secure a bipartisan commitment in this area to ensure greater fairness and choice for the sector regardless of the election outcome."

For further information please contact: Frances Neuss, 62345455.

8 September 2016

*Authorised by Associate Professor Patrick McArdle, Chair,
Catholic Education Commission, Archdiocese of Canberra & Goulburn*



Jeremy HANSON MLA

Leader of the Opposition

Canberra Liberals

Liberals Land Grant for Catholic School in Molonglo

Government indications are that there will be over 3,500 primary students and more than 2,000 secondary students living in that area by 2021. However, to date **no allocation of land for Catholic schools has been offered by the ACT Government**, despite frequent requests.

The Canberra Liberals, if elected, would further support the Catholic Education Sector by:

- **Providing Land for a new Catholic School in the Molonglo area**, taking into account current and future growth needs as discussed and determined in consultation with the CEO.
- **Continue working closely** with the CEO to determine the needs of the community and the best solutions for those needs.

This announcement is in addition to the support the Canberra Liberals have made to the Education system, including:

- **\$17.5 million** to support children with disabilities in the non-government sector.
- **\$60 million** in capital upgrades for schools all over Canberra.
- **\$7.5 million** for our specialised schools for those children with the most challenging needs.
- **\$7.5 million** to install flashing lights for safety outside all Canberra schools.

A Canberra Liberals government will be able to afford this extra support, and more, because we will not build the multi-billion dollar Tram.

It's all part of our commitment to get the priorities right, for all Canberrans, including the Catholic Education Sector.

Yours Sincerely,

Steve Doszpot MLA

Shadow Minister for Education

Jeremy Hanson, CSC, MLA

Leader of the Opposition

TEENS DIGI ANIMATION

Get some digital animation skills and advance your animation journey in this animation workshop for teens! You'll explore programs such as Photoshop, After Effects, Adobe Flash, Blender and the industry-standard animation software Maya 3D, and discover the complexities of Maya 2012 as you create a 3D character. You'll also create an animated walk cycle in Flash, and receive a copy of your work to take home.

DATE: WED 5 - FRI 7 OCTOBER // AGE: 13 - 17 YEARS // TIME: 9AM - 5PM // COST: \$450 (\$405 EARLY BIRD DISCOUNT)

SCREEN ACTING FOR KIDS

Develop character, voice, and acting skills in this fun workshop! You'll rehearse and perform your scene from a TV show or film, before recording it to camera. And you'll get a copy of your acting scenes to take home following the course.

DATE: THU 6 - FRI 7 OCTOBER // AGE: 9 - 12 YEARS // TIME: 9.30 AM - 4.30PM // COST: \$295 (\$265 EARLY BIRD DISCOUNT)



BOOK EARLY & SAVE

Book early to guarantee a spot and to receive a 10% Early Bird Discount for bookings made 28 days in advance.
BOOK ONLINE OR BY PHONE: open.aftrs.edu.au/short-courses // 1300 065 281 // open@aftrs.edu.au



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e-bulletin: aftrs.edu.au/e-bulletin



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Building 130, The Entertainment Quarter, Moore Park, Sydney, NSW 2021

SEPTEMBER - OCTOBER 2016

KIDS & TEENS SCHOOL HOLIDAYS

LEARN NEW SKILLS IN
FILMMAKING, DIGITAL ANIMATION
TV PRESENTING, RADIO & MORE!



AUSTRALIAN FILM TELEVISION AND RADIO SCHOOL



GUNGAHLIN LITTLE ATHLETICS

Come and join in the fun at Gungahlin Little Athletics Centre. Fun and friendly athletics in a safe and enjoyable environment. There's something for everyone: running, jumping, throws, hurdles, walks.

Who: 4% to 17 years; for the 2016/17 season we welcome athletes born between 1 Oct 1999 and 31 March 2012

Season Dates:

The 2016/17 season commences on **Saturday 15 October 2016** (season runs across Term 4 and Term 1 of school).

Weekly meets are held at Amaroo Oval, Horsepark Drive (behind Amaroo and Good Shepherd schools) on Saturday mornings from 8.55am to 11.30am.

Registration Details:

Registration Days - Saturday 17 and Sunday 18 September 2016, Gungahlin Marketplace (outside BigW), 10.00am - 2.00pm

Come & Try and Registration Days - Saturday 8 and Sunday 9 October 2016, Amaroo Playing Fields, 10.00am - 12.00pm

On-line registration is available through the ACT Little Athletics website - www.actlaa.org.au (register now).

Bring a copy of your on-line payment receipt along to a Registration / Come & Try Day to collect your registration pack.

Cost: Online registration costs - \$120 = 1st child, \$115 = 2nd child, \$110 = 3rd child, \$85 = 4th & subsequent children. Manual/paper registration add \$15/athlete.

It's easy to register so come and have some fun with us.

For more information please go to our website at www.gunlac.org.au, visit our Facebook page or email enquiries@gunlac.org.au



Art Classes

with Greg Devenny-Mackay

Open Day

5 November, 10am - 5pm

“Experience a Creative Breakthrough”

Art classes for Children

Adult Art classes

Framing and Art Supplies

Lavender Art
S T U D I O S

lavenderartstudios.com.au



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eSafety



WORKSHOP



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

Raising funds to *make first aid a part of everybody's life*

St John Ambulance Australia 2016 Trivia Night

MC – Mr Greg Bayliss
ABC 666 Canberra

Tickets available from
www.stjohn.org.au/trivia



Friday 21 October 2016
6:30 pm

Woden Hellenic Club
Canberra

For further details please contact
Kylie Seidel at the
St John National Office
02 6295 3777

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by AON



2016-2017



SENIOR SUMMER COMP



12 Rounds + finals

Played at Weetangera playing fields

Grades Womens - Men's A,B,C - Mixed A,B,C

Games start on the 10th of October

\$920
Per Team

2016-2017



JUNIOR SUMMER COMP



12 Rounds + finals

Played at Weetangera playing fields

From Under 10's to 16's

Games start on the 11th of October

\$75_{pp}

Proudly supporting the Tristan Knowles Kids Cancer Foundation



C S O T

Canberra School of Tennis

Canberra School of Tennis and
Weston Creek Tennis Club present:



TENNIS CARNIVALE 2016

ALL \$\$\$'s
RAISED GO
TO THE
TKKCF!!!!

WESTON CREEK TENNIS CLUB
SAT 17th SEPTEMBER 1pm-4pm
DILLON CLOSE WESTON (OPPOSITE McDONALDS)

**FREE ADULT
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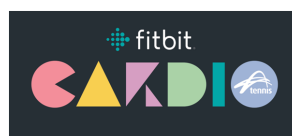
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