



Truth and Courage

St Francis Xavier
College

NEWSLETTER



Dear Parents, Students and Staff

Final Year 12 Assembly

Last Wednesday we celebrated the final whole school assembly for the year. At the assembly I thanked Year 11 for the way they have entered into their senior studies and as a College we acknowledged, thanked and farewelled the Year 12 students.

The Year 12 students began the 'leaving process' at the Year 12 Retreat. At the retreat I walked them through the various end of year events and gave them time to reflect on how they would like to be remembered.

Last week's assembly provided an opportunity for the Year 12 students to reflect on their time at the College. It also gave them, through the College Captains, the opportunity to thank the students and staff.

The Year 12s gathered for breakfast prior to the assembly. The breakfast is served by Year 12 Pastoral Leaders and other staff. At the breakfast I

asked the students what they would miss about the school and responses included:

- the people
- being here everyday
- the community
- my teachers
- the routine
- the support network
- dad jokes
- the Art room, the IT class, Chemistry, Mathematics, Physics, English
- my mates
- quiche, cookies and green tea.

The Senior students are still here for examinations and they are asked to come to school on Tuesday 22 November for Mini Day.

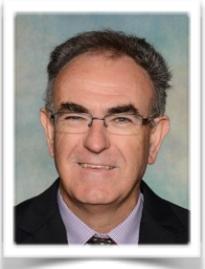
The Year 12 Graduation Mass and Awards Ceremony is on Wednesday 30 November and the Formal is on Friday 2 December at the Great Hall at Parliament House.

ACT National School Chaplaincy Program

We are very fortunate to receive funding through the ACT National School Chaplaincy Program. The funding assists us in having Sister Sue Hallams at the College. Sister Sue supports students, families and staff. I have already sought feedback from staff, the College Board and the Parents & Friends but if you would like to offer any comments on the work Sister Sue does please email school.office@sfx.act.edu.au.

Participation in any of the programs that Sister Sue offers is always voluntary.

Best wishes,
Angus M Tulley
Principal



Sport Report

The past two weeks have seen SFX compete in the Boys Milo Blast Cricket Gala Day and the “Be The Best You Can Be’ Athletics Day. As always, the students representing SFX did the College proud with their sportsmanship and enthusiasm in all events.

Well done to the 20 students who participated in the Milo Blast Cricket Gala Day. The 9/10 Boys deserve a huge congratulations for being undefeated throughout the day and going on to win the Competition! The on field success was well complemented by the way the boys conducted themselves - excellent sportsmanship and teamwork were common themes. The teamwork in particular contributed to a tense win over a strong Trinity Christian School side in our final game. The encouragement and enthusiasm coming from the sideline during our batting innings were incredible and it certainly helped the boys in the middle hit the winning runs! A special mention should also go to Senior Coach **Regan Kelly**. Regan umpired all day and his help was greatly appreciated!

The 7/8 Boys also had a great time at the Milo Blast and enjoyed the competition. The boys worked well as a team and supported each other. A big thank you to **Mr Luke Potter** who coached the boys and umpired all day. The boys had great communication and didn't drop their heads in defeat, but kept competing with passion and pride.

On 8 November, **Mrs Lee Dwyer** took an excited team of SFX students to the ‘Be The Best You Can Be’ Athletics day at the AIS. The students enjoyed a sausage sizzle lunch with a number of other schools before they got stuck into the events. First up was the Shot Put and then Long Jump. The students enjoyed challenging themselves to improve each throw or jump. They also participated in sprints and a Vortex throw, which proved to be the highlight of the day. Well done to all of the students involved for your enthusiasm and support of one another on the day!



Congratulations to **Charlotte Rauraa (Year 8, left)** who is the new State Record Holder for Discus and is an automatic qualifier in 2 events for Nationals. Good luck and we look forward to hearing how you go.



Well done to **Caitlin Quester (Year 8, right)** who has been selected in the Brumbies 2016 ACT Under 14s Girls Invitational Rugby 7s team. She will be playing in a 7s tournament this weekend in Bowral against NSW teams.

Good work to all the SFX students who have recently competed in Coffs Harbour at the National Oztag Championships. Oztag is a very popular sport at SFX and it is a huge achievement to those students who have excelled in their chosen sport.



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

Careers at SFX

ASbAs

Congratulations to our fourteen Year 12 students who are completing their Australian School-based Apprenticeships (ASbAs). Eleven of them have successfully organised their transition to employment and/or their full apprenticeship for next year. One of them will go into full-time study and three of them have applied for positions and are waiting to hear whether they have been successful. A great outcome!

If your child is interested in starting an ASbA in 2017 and they have not seen me to discuss their pathway, please ask them to contact me either by email or in person. You are also welcome to contact me at Margaret.stapper@sfx.act.edu.au to discuss the process.

Work Experience

Congratulations to the seventy-five students who have taken the opportunity to undertake work experience this year. Students tell me how much they have enjoyed the experience, but more importantly how it has helped them to decide on their future pathway. Work Experience is available to our students in Years 10 – 12 and is arranged to fit in with students' assessment and the employer's requirements and preferences.

I will speak with the Year 10 students early in Term 1 next year about the process of obtaining work experience before they start to apply. Students are required to undertake some Workplace Health and Safety training before they go out.

White Card and Asbestos training

If your student wishes to undertake work experience in the Construction Industry they must have completed their White Card and Asbestos training. Please keep in mind that the ACT Government Guidelines require students in the ACT to undertake their White Card and Asbestos training as face-to-face training. Although this training is available online, please do not organise this training for your child. A student price will be negotiated with CIT and MBA for 2017 and I will publish those details early next year.

www.careesfx.com.au

Just a reminder that our Careers website is a treasure trove of quality resources and links. If you are assisting your child with their career decision, this is a great place to start.



Margaret Stapper
Careers Coordinator

Poppy Selling

It was my absolute pleasure to have some very enthusiastic students accompany me to the Belconnen Fresh Food Markets to sell poppies and other merchandise for the Belconnen Sub Branch of the RSL in the lead up to Remembrance Day. Our Defence students and their friends volunteered their time and energy for this extremely worthwhile organisation. We had many comments from the public complimenting the students on their impeccable manners and welcoming cheery smiles. In total we raised almost \$1,400. Well done!



Donna Lambert
Defence Transition Mentor



Etch it in your hearts...

Last newsletter I focused on Year 12s and their reflections on their faith, spirituality and gratitude for significant people in their lives and relationships. This time Year 10s, in their last assessment task as high school students, share their experiences of hope, gratitude, resilience in the face of personal grief and suffering. Most stories show how much a strong support network, an accepting community, a loving family, faith and spirituality can make a difference in the lives of our young people. The following extracts share gratitude for grandparents, parents, friends and teachers. They speak of hope overcoming despair, of joy overcoming sadness, and of faith even when God seems distant. The scripture quotes they chose to support their views are uplifting and worth etching on your hearts.

Two weeks ago our Principal, Angus Tulley asked us what we would put in our backpacks at one of our school assemblies. This backpack would symbolise the gifts and qualities we would carry around with us wherever we go. I thought about this. What would I put in my backpack? I would definitely want courage to be able to face my fears, resilience in times when I needed motivation, empathy to see things in a new perspective, and faith in God to know that I am loved unconditionally. But what ties these all together is my hope. Hope is like the stitching of the bag, the thing that ties it all together so I can't leave it behind! **Mateja Kostrika**



My great grandfather helped build the beautiful church of St John the Evangelist in Jugiong. My grandma, Peg McGrath, his daughter, is a very inspiring woman in my life and I am constantly in awe of the selflessness, kindness and love that she presents in her daily life, despite her experiences of sadness from devastating losses and witnessing suffering. She has experienced suffering, loss, death in the passing of her mother, father, brothers, sisters and husband. Each of these experiences drew Peg closer to God and it was through God's love that she was able to flourish and continue to support those around her. The positive outlook on life that Peg holds despite her losses, is admirable. Her faith has been nurtured in the Catholic communities of Jugiong in her early childhood, OLMC at Goulburn in her school years, and Boorowa after her marriage to my grandpa. Peg hopes for her children and grandchildren to continue being faithful to God and to pass on their deep love of Catholic faith. I will definitely live up to my grandmother's wish and never let my faith go as I believe also that it is such a special thing to have and you should worship that. **Cate Bakker**

Recently my grandma, who had been suffering from cancer, moved to Clare Holland house. This place, mum told me, was old people's final hotel stay, where they passed on. The night of her passing I will never forget as long as I live. My family went to eat dinner with grandma, equipped with our microwave ready meals which we ate while she slept. After dinner we woke her up to have a little chat; this was where she said her final goodbye. I have never heard anyone with as much wisdom and calmness in her voice as grandma that night. To hear that my grandma was proud of me on her last two days of being alive is the single most important moment of my life so far. This quote which I have saved and will keep with me for the rest of my life goes, in three short breathes "I'll see you at the 2024 Olympics, I'll be watching from a better place, I'm proud of you."

Those three small lines changed my life forever, I'll never look at the world the same way and I'll always try my hardest and never give up on what I believe. My Grandma was a lot of things, caring, loving, helpful and she was also a neat freak. She would play with me when I was lonely; she helped make me who I am today; she even gave me pointers on gymnastics whenever she came to watch one of my competitions.

And that's why my grandmother was the best grandmother in the whole world. And I'll never forget her. **Simon Bewick**



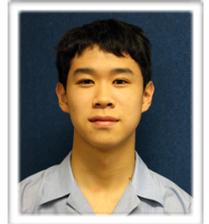
I stand for many things as well. I stand for honesty. Lying solves nothing in my eyes; all it does is escalate the problem or postpone it. Lying also destroys relationships. Like many people say honesty is the key to love. I also stand for respect. 'Love your neighbour as yourself.' There is no commandment greater than this." (Mark 12:31). I think you should also treat people as you wish to be treated. But you should also be able to put yourself into other people's shoes (empathy). **Harry Roden**





Life's not about getting good grades and becoming the richest with every desire at your fingertips. It is about finding yourself, finding out what you're capable of and how you can use that natural skill to put it to your day to day life, possibly make a career out of it. Everyone is different. That's what makes us special. **James O'Donnell**

When I came to Australia everybody said "Hi Ken" to me but I couldn't say anything most of the time. I felt sorry for them but I made friends in first term. They helped me a lot and took care of me. I appreciated it. The following month, I changed schools to learn English. This was very upsetting for me but now I am back at SFX. This term I'm trying to make new friends and understand them. The Year 10 camp was a good chance to make new friends and understand my friends because usually we don't sleep together or spend whole day together. I'm talking with my friends every day and now I don't feel alone. Some friends invited me to their home party and birthday party. I feel much better than first term because I found my place in Australia and people who I can trust. **Ken Kaneko**



Last year, as part of our tour to Japan, we visited Hiroshima. The thing that struck me about this memorial to the victims of the atomic bomb was that there is always hope.

For there is hope for a tree, if it be cut down, that it will sprout again, and that its shoots will not cease. Though its root grow old in the earth, and its stump die in the soil, yet at the scent of water it will bud and put out branches like a young plant. (Job 14:7-9)

The Bible speaks of how, with hope, we can recover and rebuild anew atop our losses and the mistakes of the past. Hiroshima, although cut down, was able to sprout again, regrow. Much like how Jesus rose from the dead.

For nothing will be impossible with God. (Luke 1:37)

God works in mysterious ways. Why he allowed the deployment of nuclear weapons, I know not. But he gave those affected hope. And that gave me hope.

You are my hiding place and my shield; I hope in your word. (Psalm 119:114)

I remember what I wrote in the visitor's book in the Peace Museum, at the end of the tour. It was a phrase I took from the plaque at Sadako's Monument, the very last line: "Peace in the world" **Connor Kneebone**



You have taught me so many life lessons, you have taught me to always be kind and compassionate to everyone I met. I remember the time when we were on the bus home when I was 8 and there was a disabled lady on the bus as well and everyone was avoiding/running from her and being rude. I was scared of her but you assured me it was fine and we had a conversation with her and she was lovely. I actually see her at work. She comes in often and remembers me, I always say "hi" and have a little conversation.

You have taught me that there are no problems in life that we cannot overcome and to be independent and not have to rely on anyone else. You have taught me to love and to respect all, you are the reason I am the person I am and possess the values I do.

I have learnt from you that for the ones I love there are few limits. Your love and concern for me was so great that you caught 3 buses just to be there to walk me about 200 meters home every day in primary school.

So to you Dorothy May Stolfa (nee Arnup), I am grateful for your unconditional love, for the infinite guidance and wisdom you have never failed to provide me and for finally encouraging me to be the person I am today. **Jade Cummins**



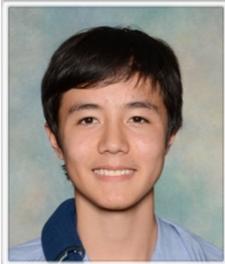
Anne Armstrong
Religious Education Coordinator



Australian Geography Competition

Geography students took part earlier this year in the 2016 Australian Geography Competition and tested their geographical skills and knowledge against students from all around Australia.

They were competing for a chance to represent Australia in the World Championship. A number of our students performed to a very high level and gained High Distinctions, Distinctions and Credits. Congratulations particularly to **Isaac Schmetzer** and **Zacchary Trafford** who received High Distinctions, and to **Jacob Hajduk**, **Daniel Jochheim**, **Priya Madan** and **Georgia Whitaker** who received Distinctions in the Competition.



Cathy Richardson
Social Science Teacher

Community Announcements

BFirm **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 for all the details - T's & C's



Association of Parents and Friends of ACT Schools Inc.

APFACTS

www.apfacts.org.au

Voice of non-government school parents in the ACT

Living Safe Together Initiative

The increasing proliferation and sophistication of extremist propaganda targeting Australian youth, coupled with active recruitment by violent extremist groups, is resulting in the potential exposure to radicalisation of increasingly younger Australians including school-age students. There are misconceptions in the community about radicalisation and violent extremism and to support school communities to understand the current issue, the Australian Government has established the initiative:

Living Safe Together Initiative www.livingsafetogether.gov.au

The website provides important information about the potential for radicalisation and violent extremism and guidance on where to go for help.

[#parentech Parent webinar on e-safety](#)

Date : Wednesday, November 16, 2016 on-line (The seminar that comes to you!)

Time: 8-9pm AEDT

In this rapidly evolving digital landscape, having a comprehensive understanding of a young person's use of technology, and its impact on both online and offline behaviour, is essential in being able to provide effective and responsive care.

Parents – Join Greg Gebhart, Senior trainer for the Office of the Children's eSafety Commissioner for a comprehensive plunge into the digital landscape, key cyber safety issues and practical strategies to safeguard and minimise risk with online interaction for young people.

Places limited so please register and please connect into the webinar at least 15 mins prior to ensure you are able to fully participate.

<http://austparents.edu.au/events>

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

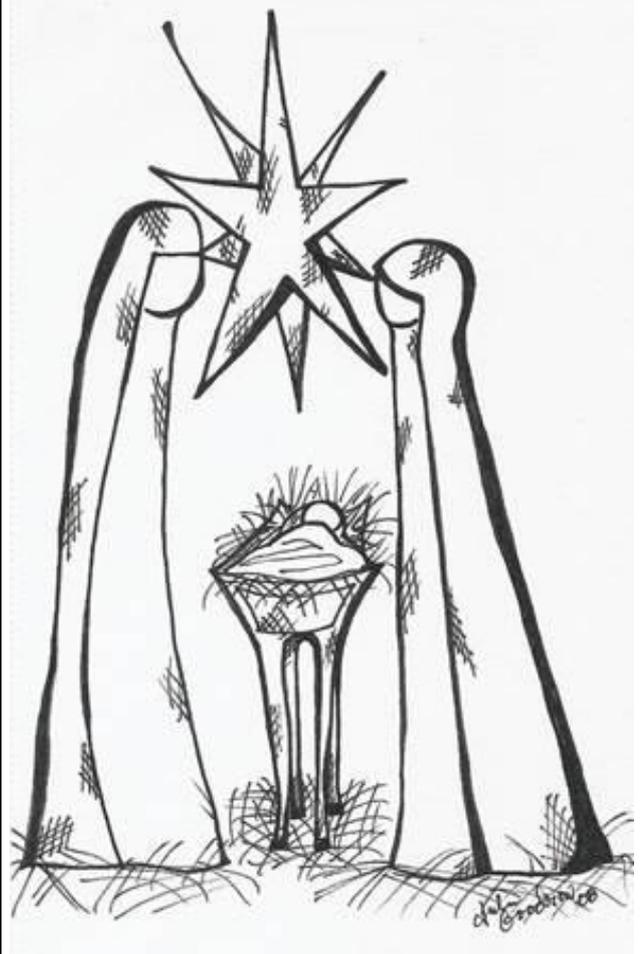
08.11.2016

**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**





Savvy

Schoolwear

MITCHELL STORE IS MOVING TO A NEW LOCATION.

**Our last day of trade
in our Mitchell
location will be
Saturday 19th
November.**

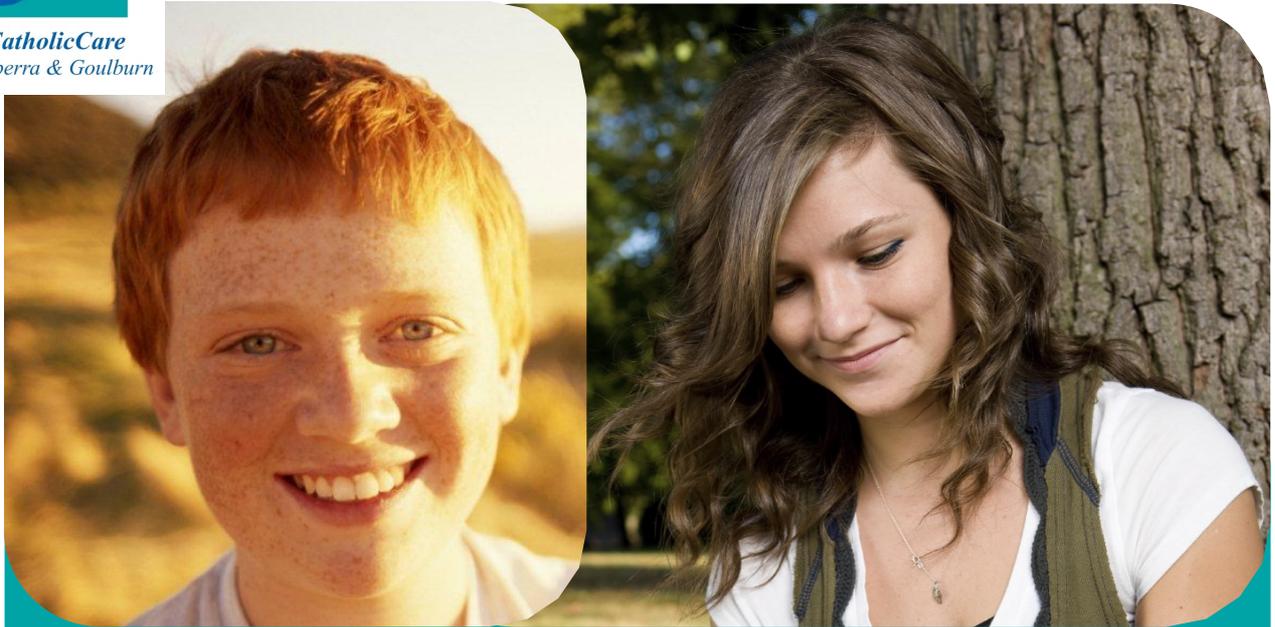
**We then open
on Thursday 24th
of November inside
the new Lowes store.**

**NEW STORE LOCATED AT
THE MARKET PLACE GUNGAHLIN**

Shop H60, The Marketplace Gungahlin, 33 Hibberson Street



CatholicCare
Canberra & Goulburn



The Journey THROUGH ADOLESCENCE

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: 30th Nov, 7th & 14th December

TIME: 6pm—9pm

VENUE: 57 Hicks Street, Red Hill

FEE: \$80 (Concessions available)

Fee includes light supper & course materials

Bookings Essential
Contact
6162 6100



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



SUMMER TENNIS HOLIDAY CAMPS

Join in the 2016–17 summer of tennis!

December: Mon 19th – Fri 23rd Dec
(XMAS CAMP)

January: Mon 16th – Fri 20TH Jan
Mon 23rd, Tues 24th & Wed 25th 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
RAIN, HAIL OR SHINE!

8.30AM DROP OFF FOR A 9AM START

4 GREAT VENUES

Weston Creek Tennis Club, Dillon Cl, off Namatjira Dr (Behind McDonald's)

Pines Tennis Club, Cnr Norriss St and Goldstein Cres, Chisholm

Gold Creek Country Club, Curran Dr, Nicholls

Radford College, College St, Bruce

ENQUIRIES

Email info@csot.com.au

Call 0432 118 204

Head coach Robert Jamieson,
Tennis Australia accredited

BOOK NOW!

Visit csot.com.au
for more details





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