



St Francis Xavier
College

NEWSLETTER



Dear Parents, Students and Staff

Opening Mass

Last week we celebrated our Opening Mass for the year and it was wonderful to see the number of visitors from other schools and parents who joined us for the occasion. Our religious theme this year is 'Be Merciful' and Father Loi gave us some 'food for thought' in terms of the theme.

We are two weeks into our celebration of Lent. As I told the parents at our Year 7 Welcome Evening last night, Lent is a time when we are called to pray, fast and to help the less fortunate. I did hear of a Year 7 student who went home from the Ash Wednesday liturgy worried that praying, fasting and almsgiving was too big an ask – particularly for a non-Catholic. As with all that we do in terms of the Catholic faith our approach is invitational and not prescriptive!

We also have a responsibility to explain why we do the things we do. Rituals are empty unless you actually understand the 'why'. Praying is something that is common to all Christian faiths, Islam, Hinduism and other traditions. In prayer we are entering into a relationship with our Creator. Prayer is as much about listening as it is about speaking.

Prayer can become a ritual that sustains and nourishes.

Project Compassion

During Lent we are raising money for Project Compassion in support of Caritas Australia. Students are being encouraged to make a donation during Pastoral and the Canteen has also come on board – the canteen staff have fleeced the students to the tune of \$162.75!

The good news about Caritas is that their overheads are very low and over the last five years have averaged 9% - that means 91% of the money gets where it is supposed to go.

If you would like to know more about Project Compassion please access <http://www.caritas.org.au/projectcompassion>

Moderation Day

Tuesday, 1 March, is Moderation Day. You may well ask what do teachers do on Moderation Day?

'Teachers prepare presentations of portfolios of students' assessment responses for validation at the end of the previous semester. These portfolios are then examined by other subject teachers from across the system at Moderation Day. The reviewers then provide advice to colleges about the quality of the college decisions on standards of

student work and the quality of assessment practice'. (BSSS Policy & Procedures)

Students in Years 11 and 12 who are studying a Tertiary package are required to attend school for AST preparation on Tuesday.

Pegasus Scholarship

The College supports many charities but of special note is our relationship with Pegasus Riding for the Disabled. Last Thursday evening I attended the Pegasus Riding Scholarship Awards night with AP Student Wellbeing, Sue Sturgiss, and our Social Justice Captains, Grace Plunkett and Jackson Aiono-Fatu. The **SFX Scholarship for Developing Confidence** was presented to one of the amazing young girls who attends Pegasus. The whole occasion 'warmed the cockles of our hearts'. Thanks to our students who chose to support Pegasus through raising money for the scholarship. Thanks also to our students who volunteer at Pegasus on a regular basis.

*Best wishes,
Angus M Tulley
Principal*



STUDENT WELLBEING



Back to School asthma spike

Every year there is a well-documented rise in asthma flare-ups and hospitalisations when students return to school after the Christmas break. Asthma Australia has information for parents of students with asthma to help them prepare for school. Asthma Australia's website and social media provide the latest information, including a checklist of what to do to help your child and a survey to complete to determine the impacts for parents/carers.

Asthma Australia recommends that you talk to school staff about your child's asthma and the school's medication policy, provide an Asthma Plan from the doctor and supply a spare reliever puffer and spacer for your child's use at school.

Young People and Asthma

Asthma Australia is working with key organisations supporting young people's health to help improve asthma health outcomes for 12-25 year olds. A Facebook page, Young People with Asthma – Australia, provides a range of information for these young people and their supporters. Every two months Asthma Australia will also run a Question and Answer session that is proving very popular. Check out the page for our posts and promotion for upcoming Q and A sessions.



ThinkUKnow Presentation

<http://www.thinkuknow.org.au>

Wednesday 9 March , 6pm, College Theatre

RSVP: school.office@sfx.act.edu.au

ThinkUKnow is a free, evidence-based cyber safety program that provides accessible cyber safety education to parents, carers and teachers through schools and organisations across Australia.

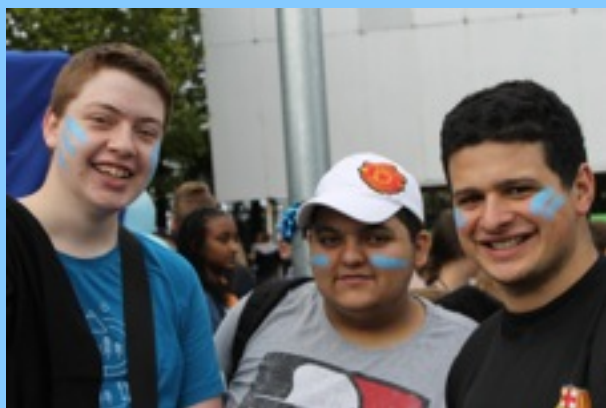
ThinkUKnow uses a network of trained law enforcement members and accredited volunteers from [our program partner organisations](#) to deliver the cyber safety education presentations nationwide.



Sport Report

School Sport is off to a great start for 2016! Our oval and gym have been busy with trials for 7-10 Girls' and Boys' Softball, 7/8 Girls' Basketball and College Boys' Rugby League and Union.

We had a fantastic day celebrating Community Day on the 12 February at Big Splash. As a new staff member, I was amazed by the students' enthusiasm and house spirit. It was great to see so many students getting involved in a variety of activities and having fun.



Congratulations to **Charlotte Rauraa** (Year 7) and **Jeremy Maranan** (Year 8) who have both been selected to represent ACT in the U14 Girls' and the U15 Boys' Australian Junior Athletics Championships held in Perth from the 8-13 March 2016. This is Charlotte's second year of representation. Last year she qualified at the age of 11 for the U14 Girls' team.

Well done to all players in the ACT Cougars who recently represented Canberra for Oz tag at the 2016 NSW Junior State Cup. A very big congratulations to the U12 Girls and the U16 Girls who made the Grand Finals. What an outstanding achievement!

Congratulations to **Leon Richardson** (Year 9, right) who competed in the 500m distance of the Sri Chinmoy lake swim on 21 February and came 2nd in a time of 9 mins 40 secs - a great accomplishment.



We are looking forward to receiving entries for the upcoming competitive Swimming Carnival in Week 5. We have already had a good response and anticipate a great day.

I know there are many more sporting achievements of St Francis Xavier students to celebrate so please share the details by emailing Fleur.Greaney@sfx.act.edu.au.

Fleur Greaney
Sports Coordinator



Careers at SFX

Work Experience

Students in Years 10, 11 and 12 can begin organising work experience now. It is best if students have already thought about what type of industry they would like to experience before they come to collect a work experience pack. The link below outlines the procedure for participating in work experience. http://careersfx.com.au/domains/careersfx.com.au/files//we_procedures_checklist.pdf

Some special programs exist for which students can apply. Canberra Hospital provides opportunities for students to complete work experience. If students wish to participate in this program they need to complete an application form. Students are also required to lodge a copy of their full immunisation record and have a flu vaccination. Canberra Theatre and Canberra Zoo and Aquarium also take students for work experience. The available places are very limited so it is important to apply early.

Career Pathways

If you would like to assist your child in clarifying their ideas about career pathways our Careersfx website could give you some ideas. Go to <http://www.careersfx.com.au/> and under the drop-down menu 'For Parents' are some resources specifically designed for you. This is a very comprehensive website so please do some 'surfing'!

Your student may also make an appointment with me if they would like a Career interview.



Margaret Stapper
Career Coordinator

Chief Minister's Reading Challenge 2016

Read 15 books
before
9 September
2016

Join the Challenge

Get more information from your teacher or librarian, or go to: www.det.act.gov.au



ACT
Government
Education and Training



Following is a Message from the Chief Minister ...

Last year 19,551 ACT school students from preschool to Year 8 completed the Chief Minister's Reading Challenge, the highest number ever.

Reading is always a fun and rewarding experience, especially when it's in the form of a challenge. I know that at least one student last year read his own height in books!

The Challenge requires you to read 15 books between February and September.

By participating you can win book vouchers for your school library. You can choose your own books or ask your parents, teacher, librarian at your school or Library for their suggestions.

I encourage you to be adventurous in your reading choices – try choosing books by different authors or reading books in your home language or the language you are learning at school. This year maybe one of you will read my height in books!

My challenge is for even more of you to get into reading in 2016!

Best wishes and happy reading.

Andrew Barr MLA
ACT Chief Minister

More information can be found at



MAKING A JOYFUL NOISE

***My soul magnifies the Lord,
and my spirit rejoices in God my Saviour (Luke 1:46,47)***

I will sing unto the Lord for he has triumphed gloriously (Exodus 15:21)

Sing a new song unto the Lord (Psalm 96)

Make a joyful noise unto the Lord (Psalm 100)

Most Sunday mornings at 11.30am you can find me listening to Songs of Praise on ABC 1. I used to think I was a closet Songs of Praise watcher but I have recently discovered there is a community of watchers out there. I love this show because it is half an hour of inspiration and storytelling through song, worship and personal encounter. It also allows me to self-indulgently experience the hymns and religious music of my childhood.

I have been singing in choirs since I was 7, when my Grade 2 teacher Miss Margaret Anne Bunday entered a bunch of excited working class kids into an eisteddfod on the other side of town, where she came from, on the right side of the tracks, as they say. Now that I recollect this event, it was a bit like Sister Act, except that Margaret Anne Bunday was one of the most virtuous people I ever met. The only similarities between her and Dolores Hart were the absolute conviction that singing overcomes barriers, class barriers, learning barriers, race barriers, and anxiety barriers. She treated all students and their parents with a dignity I cannot describe. I never heard her raise her voice but I remember the enthusiasm for learning that she instilled in her pupils. It is largely Miss Bunday's influence that encouraged me to consider teaching as a vocation. God bless her.

Miss Bunday had an unshakeable belief in us and our abilities. In exposing us to real world experiences, she instilled a confidence and sense of self belief that many students from my neighbourhood lacked. She had a 'you can do it' attitude. She encouraged a growth mindset in her students, long before it even had a name. I learned long division in her class with this attitude, although I had to stay behind one recess to find out I could do it!

She entered us into another eisteddfod in Year 3, where we sang songs from the just released Sound of Music and competed with students from schools much better resourced and from much better backgrounds than ours. I can never sing *Doe a Deer* without thinking about her and our experience of standing proudly on the stage in front of an appreciative audience.

At the end of Year 3 she left us, like Mary Poppins, to take on another group of needy children in their infant primary years. She had to leave, in those days women could not be headmistresses of schools from Years 4 – 7. We all cried but she told us to keep on singing. Margaret Anne Bunday was so successful in her teaching and administration she eventually became a superintendent and inspired teachers with her compassion, wisdom and passion for education. Ultimately she was awarded an Order of Australia medal for her services to education. She was always a passionate advocate for music as part of a well-rounded education.

My next experience of singing in a choir was at the small Anglican community I worshipped and sang with when I was a child. The Reverend Miley had the most resonant bass voice. Miss Nancy Streatfeild, the church organist, had a diploma from the Royal School of Church Music, which I thought must be been very special, taught a motley group of working class kids to sing Bach chorales during Lent and Advent. Miss Nancy Streatfield, played fugues and cantatas on our beautiful pipe organ. I was fascinated by her nimble footwork in her stockinged feet as they moved up and down the pedals of the pipe organ. I didn't really appreciate the demands they placed on us and the musical legacy they gave us until I became a Catholic in the late 70s and had to endure the post Vatican 2 era of folk music in youth masses.

In Year 4 Mrs Bingham, with her chronic hay fever and blocked nose, taught us the music basics. I have fond memories of afternoons repeating in unison, crotchet, quaver, semi quaver, crotchet, crotchet. I do believe Mrs Bingham also enthused us to play the triangle and the recorder. I have never been sure how teachers can spend an afternoon in the company of a class of recorder playing students all playing out of time and out of tune and still smile. Perhaps they went home, had a bex and a good lie down, as suggested by a well known advertisement of the day! There must be a special sanctuary in heaven just for them where they can experience the delights of a heavenly chorus.

In Year 7 *To Sir with Love* was a notable film that year and we celebrated our graduation from Primary School with a heartfelt rendition of the title song.

Singing has been for me a lifelong joy. It is something you can do for free. All it requires is a willing voice. It is also a discipline. To sing well, you have to be aware of your body, your breathing, your diction, your timing and your neighbour. It is an act of prayer involving the whole body, and it is uplifting for the soul.

Many people think they cannot sing. Many people will not sing because they think they sing out of tune. This is nonsense. A good a Capella choir and choir director can find a place for any voice. The film *As It is in Heaven* demonstrates this superbly.

While I love singing, I do lament the fact that my classical music education is very lacking. I was reminded of this by Barry Jones, ex Pick a Box champion, politician, social justice advocate and public intellectual. Barry has written a book called *The Shock of Recognition* in which he reflects on the literature and music that have helped to shape his life, his thinking and his understanding of himself and the world. I went to hear Barry speak about his book and his love of music and literature at the National Library recently. He played the most exquisite pieces of music and extolled their virtue.

I wondered why I was not exposed to the great music of our western culture in my education. My chain smoking, nervous music teacher at Bentley High in 1970 taught us *Fiddler on the Roof*, which I have loved ever since but what if he had introduced us to Beethoven and Haydn and Mozart. I can't blame my working class heritage or education entirely for my lack of classical music education. I had a boyfriend when I was 16 who loved classical music and would have schooled me into the delights of Mozart, had I not thought Deep Purple was much more exciting in the summer of 1974. I imagine he schooled his children in classical music and I encouraged mine to love the Beatles.

Singing is celebrated in both the Hebrew and Christian Scriptures. Songs celebrate triumph and victory, they lament, they grieve, they give thanks. They inspire great music such as Handel's Messiah and Mozart's Requiem Mass. Singing calls us to remember our God, our worth and become one with our community. When we sing as a member of a community we are joining the saints in heaven and on earth in making a joyful noise to the Lord.

<http://overviewbible.com/bible-songs/> overview of Bible songs

<http://www.readings.com.au/review/the-shock-of-recognition-by-barry-jones> Review of The Shock of Recognition.



Anne Armstrong
Religious Curriculum Coordinator

NATIONAL RIDE2SCHOOL DAY FRIDAY MARCH 4 2016



St Francis Xavier College are participating in the Ride 2 School Day on Friday March 4. Students and Staff are encouraged to ride to school to promote health, fitness and learning. Faith and Wellbeing Captains, **Elizabeth Turner** and **Matthew Cunneen** are planning some fun ways of promoting the event and it would be great to see even more people riding or walking to school on March 4.



Kelly Candy
PE Teacher

Here are some photos from the Sport & Recreation excursion, riding bikes around the lake. They rode 6km around the central basin.



Community Announcements



About Catholic Schools Week

Catholic Schools Week (CSW) 2016 will be held from **6 to 12 March** and will involve the communities of all Catholic primary and secondary schools across NSW and the ACT.

First and foremost, Catholic Schools Week is about celebration.

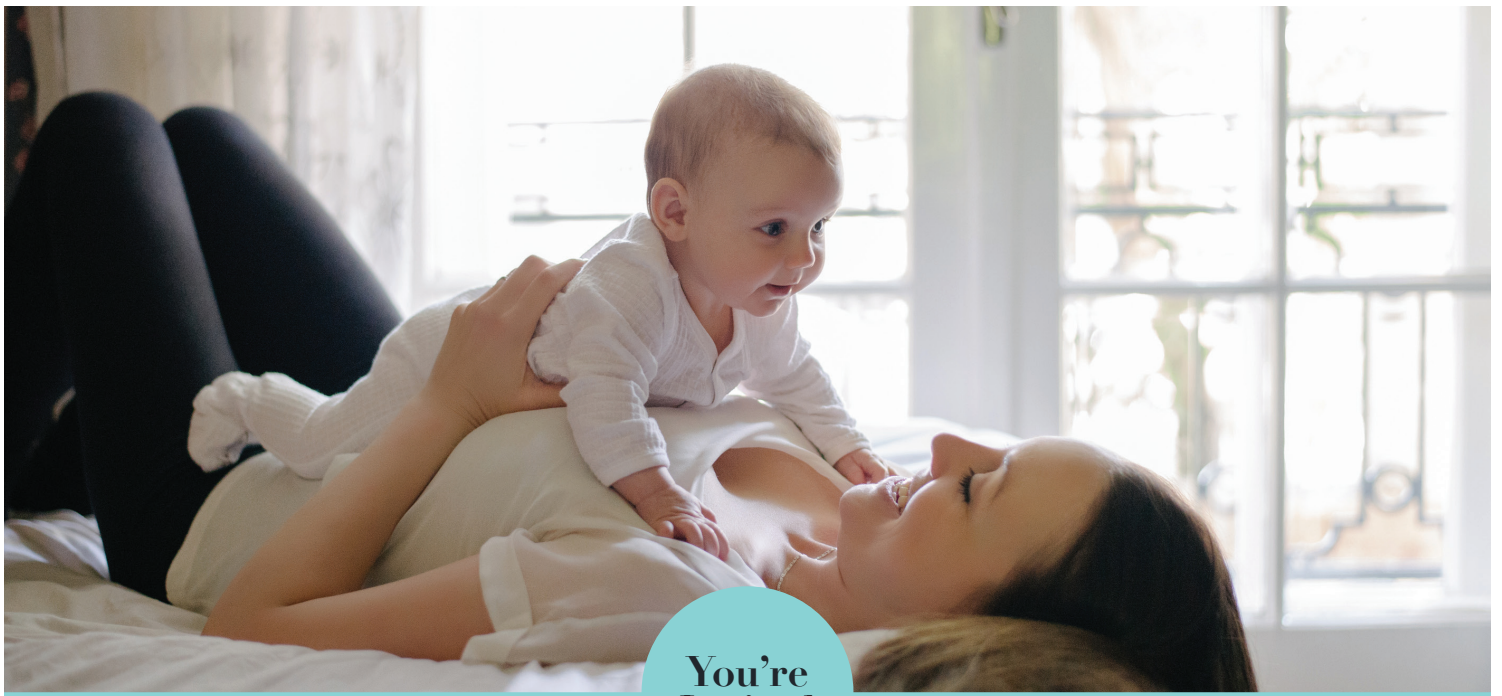
The theme for 2016 is '**I Belong. You Belong. We Belong.**' which aligns with the Catholic Church's strong focus on supporting refugees and asylum seekers and the need for a compassionate global community.

The theme also ties in with the Catholic Church's celebration of the Extraordinary Jubilee of Mercy, which centres on pardon, strength and love.

In this Year of Mercy, Pope Francis is calling on all Catholic communities to extend mercy to those in need, particularly refugees fleeing hunger and war.

See first-hand all that our schools have to offer during Catholic Schools Week. Visit your local Catholic School

Moira Najdecki
Director



You're
Invited

2016 Annual
MOTHER'S DAY
Gala Dinner
HOME • HOPE • HORIZON

Join us for a night of
fun & celebration, and
help make a difference!

Friday 29 April 2016

Where: Canberra Southern Cross Club Woden

Time: Pre-dinner drinks and canapés from 6:30pm

Cost: \$125 per person (Tables of 10)

Ticket includes:

- Pre-dinner drinks, canapés & dinner
- Entertainment from The Stilettoes

Book online at karinyahouse.asn.au/events

Or over the phone by calling:

Phone: 0429 945 804 (Jo Saccasan) or 6241 8427

Email: jo.saccasan@karinyahouse.asn.au

Karinyahouse
for mothers & babies

Major Sponsor:



Association of Parents and Friends of ACT Schools Inc.

APFACTS

www.apfacts.org.au

Voice of non-government school parents in the ACT

Are you children involved in a VET program?

If your child is studying in a VET program it is imperative that you have registered for your **Unique Student Identifier** so that all achievements are recorded. The USI links you to an online account that contains all your training records. All information can be found via: www.usi.gov.au

We felt that it would be appropriate timing to remind families of some useful resources relating to mental health and domestic violence issues.



Generation next has a brilliant article on teaching our boys to respect women.
www.generationnext.com.au/2015/11/teaching-our-boys-to-respect-women

Rosie Batty's talk on domestic violence from a Generation Next seminar last year, can be found here
www.generationnext.com.au/resources/media



www.beyondblue.org.au



imatter: An anti-domestic violence app for young women.

16.02.16