



Dear Parents, Students and

I received an email from the Catholic Secondary Principals Association (CaSPA) today and the President of CaSPA asked that we send a return email with why we love being principals, in twenty-five words or less.

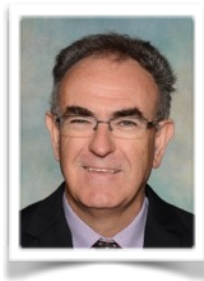
I quickly wrote 'I love to work with young people and to be inspired by them. I also enjoy working with committed, dedicated and inspiring staff'.

If I had been asked to list more reasons why I love being a principal I would have reflected on:

- The opportunity to walk the journey with young people and to see the growth in maturity from Year 7 to Year 12
- The smiles and laughter that I see and hear daily from students and staff
- Seeing the trust that our students place in the staff
- The many examples of students, staff and parents who have faced adversity and who have come through stronger and better people
- The way that our students and staff look after those who are vulnerable
- The many staff who go the extra mile to meet the needs of the students
- The range of opportunities that are offered in a school like SFX
- The ability to support staff with particular interests and expertise
- The times when it has been possible to provide practical assistance to students, staff and parents
- Backpacks and the links to the charism of Saint Francis Xavier
- The ability to make a positive difference in the lives of others
- The opportunity to dream dreams and to see them fulfilled (an example is the mural in the Hub).

It is easy to fall into the trap of looking down and getting burdened by the things that don't quite go right.

The challenge is to keep one's head held high and to focus on the blue skies and the rays of sunshine. Occasionally there is even a rainbow.



Angus M Tulley
Principal

Student Wellbeing

ThinkUKnow Presentation:

St Francis Xavier will be hosting a ThinkUKnow presentation on **Tuesday 28 March at 6pm** and all parents, carers and teachers are encouraged to attend.



For more information, you can visit www.thinkuknow.org.au.

Please email the office to RSVP (this assists with catering and providing resources): school.office@sfx.act.edu.au or call on: 6258 1055.

Year 7 Immunisation.

28 March – Students can wear their sports uniform on this day.

Every Day Counts!

As we head towards the end of the term there is plenty of assessment that students are preparing for and completing. It is important that the effort is made to invest in learning by ensuring we are present for the demands of school. This means that students are well rested, had breakfast and are punctual to school and classes. What does your routine in the morning look like for your family? If there is reason that your child is late or absent please call the Absent Line on 6278 9099.

Mobile Phone Distractions.



Mobile phones are a great tool for connecting to the world we live in and keeping in touch with friends and family. It has come to our attention that the safety of students are at risk when they are engrossed by what is on their phones. Some information is beyond their understanding and they cannot always filter negative or inappropriate information. Please have that conversation with your child/ren to ensure that they are paying attention to their learning environment and use their phones appropriately. They must report anything suspicious or inappropriate to an adult.

Dates to remember:

- 22nd – 24th March – Year 7 Camp
- 22nd – 24th March – Year 11 Biology Camp
- 28th March – Year 7 Immunisations (Students can wear sports uniform all day)
- 28th March – ThinkUKnow Presentation (6pm)
- 29th – 31st March – Year 9 Surf Camp
- 3rd – 7th April – Shakespeare Festival
- 6th April – College Cross Country



Mrs Dearne Bassett
Assistant Principal Student Wellbeing

SAFETY ALERT – PRODUCT RECALL - Issue 6

22 March 2016

Product Recall – Alphapharm Pty Ltd – EPIPEN 300 microgram Auto Injection

Catholic Education is aware that a product recall has been issued by Alphapharm Pty Ltd and is communicating to all Schools, Colleges, ELCs and Offices the following information to assist in managing the identification of the EPI PENs product at the centre of the product recall.

Product Description

The following batches of EpiPen® 300 microgram (µg) Adrenaline Injection Syringe Auto-Injectors (AUST R 42978) used for the treatment of allergic emergencies (anaphylaxis):

- Batch number 5FA665 Expiry Apr 17
- Batch number 5FA6651 Expiry Apr 17
- Batch number 5FA6652 Expiry Apr 17
- Batch number 5FA6653 Expiry Apr 17

Identifying Features

Batch number	Expiry
5FA665	Apr 17
5FA6651	Apr 17
5FA6652	Apr 17
5FA6653	Apr 17

What are the Defects?

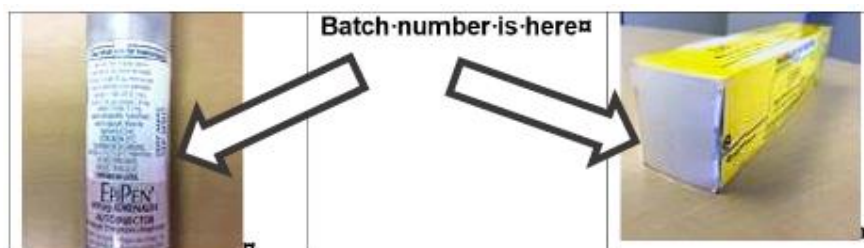
There is a potential that these devices may contain a defective part that may result in the device failing to activate or requiring increased force to activate.

What are the Hazards?

The failure of the auto-injector to activate may result in patients not receiving the required dose of adrenaline, causing the worsening of symptoms of anaphylaxis or anaphylactic reactions, which could be life threatening.

What needs to be done?

1. Check if you have a 300µg EpiPen® (yellow carton and label) and if you do, check the batch number and expiry. The batch number and expiry can be found on the label of the pen or on the end of the carton.



2. If the EpiPen® 300µg has the following batch numbers 5FA665, 5FA6651, 5FA6652 or 5FA6653 and an expiry of Apr17, the EpiPen® 300µg will need to be replaced with a new one as soon as possible by returning it to a pharmacist.
3. A pharmacist will replace the EpiPen® 300µg from the affected batch with an EpiPen® 300µg from a different batch FREE OF CHARGE.
4. The EpiPen® 300µg must be retained until a replacement is made available and use if required
5. Schools/Colleges need to edit and provide the attached letter to the parent/carer community for their school/college.

At this time, EpiPen® Jr 150µg Adrenaline Injection Syringe Auto-Injectors and all other batches of EpiPen® 300µg Adrenaline Injection Syringe Auto-Injectors are unaffected and are not subject to this recall.

For more information

Catholic Education contact details for queries and more information email:

Health and safety – mysafe@cq.catholic.edu.au

Injury management and workers compensation – injury.notification@cq.catholic.edu.au

Sport Report

The past two weeks have only seen one SFX team out competing in the community.

On 17 March, Mr Gerard Elias coached the College Girls AFL team. The girls had a fantastic day out and came away with a victory as ACT Champions! Well done to **Zoe Allen**, **Samantha Rubino** and **Georgia Gorham** who were awarded most valuable player points for the day and to **Nyankiir Abuoi** for her excellent sportsmanship on the day. Well done to all the girls!

The 2016 ACT School Sport Excellence in Sport Awards were held on 8 March.

Abbie Bailey (right) of Year 7 was announced the winner of the ACT School Sports Excellence 12 & Under Leadership Award. Abbie was well deserving of this award as she represented ACT School Sports for Touch Football at Nationals, winning a Bronze medal, and was the highest try scorer for the Championships. She also represented ACT School Sports at the National Athletics Competition where she won a Bronze medal for Long Jump and the 4x100m Relay.



Kaide Steele (right) also of Year 7, was nominated in 3 categories for the ACT School Sports Awards; Leadership, Sportsmanship and All-rounder. Kaide received his certificates for the 3 categories (placing in the top 3 over all) and won the Leadership Award.



As a community we are very proud of the achievements! Well done, Abbie and Kaide.

Over the weekend Year 9 students **Stephen Friend** and **Liam Stewart** (below left) along with their Phantoms team mates won 2 grand finals. The first one was the Saturday morning High School 2016/17 Competition and the second one was the Under 15s' Boys FastPitch Softball League 2016/17 Competition. Congratulations, Stephen and Liam!



Congratulations to **Dylan Faram** (left) of Year 11 who has been awarded the ACT Junior Cricketer of the Year. Dylan had some fantastic statistics throughout the year, averaging 73.5, with a high score of 103* and four 50s. He also had 18 dismissals as wicket keeper, took 8 wickets with the ball (with his best figures of 3/1) and was awarded best on the ground 6 times. Dylan also showed great sportsmanship throughout the year and is highly respected by both his team mates and the opposition. We congratulate Dylan on this fantastic achievement. Well done, Dylan!

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 samantha.stevens@sfx.act.edu.au.



Samantha Stevens
Sports Coordinator

Day by Day

"There is something very special about the love which is the beatitude of heaven: it makes us resemble God, because God Himself is love. The more we love Him as He love us, the more we resemble Him; and the more we resemble Him, the more we come to know Him. And, to complete the circle, the more we know Him, the better we love Him." —THOMAS MERTON, "THE WATERS OF SILOE"

Thomas Merton completely understood the transforming power of living in God's love and living in a daily relationship with God. He understood that transformation was a gradual process, brought about by daily encounters with God. Even the smallest *'Hello God, thank you for a new day'* encounter.

These daily encounters might be called 'behold' encounters. Consider the word behold. It invites us to experience and engage with the transcendent in our lives. We rise above our ordinary world and have a sense of encountering the divine. Psychologists tell us that transcendent experiences are the peak experiences of our lives, those experiences give us meaning and purpose. These peak experiences may occur at unexpected moments, when we are stopped in our tracks and literally experience that 'behold' or a-ha moment.

Recently we celebrated a great *behold* moment in our Sunday Gospel readings: the Feast of the Transfiguration. It is quite a profound feast day celebrating the transforming of perceptions by the disciples of who Jesus is and what their relationship consists of. Perceptions are profoundly important in any relationship. Marketers understand this very well. Marketing brands and products is more to do with marketing perceptions of the brand or product than the brand or product itself.

The disciples' experience tells us they were afraid. I wonder, though, whether the fear they are said to have experienced is just being awestruck at such wonder. Terrifyingly wonderful, like the thrill of a rollercoaster ride or experiencing a scary movie or lying in bed listening to a thunderstorm.

It is also about the way we frame our perceptions. The great Viktor Frankl said the last of our freedoms is to change our attitude. If we cannot change our circumstances or relationships, we can reframe them and see them from a different perspective. St Paul tells us that perfect love casts out fear. Seeing things through the lens of God's perfect love can help us see things differently, with more understanding and compassion.

Cognitive Behavioural Therapists and Gestalt Therapists routinely practice this reframing of perceptions as a form of therapy. Sufferers of PTSD or particular phobias are taught to see their trauma or fear as a memory they can watch but learn to be disengaged from. Modern psychologists such as Martin Seligman encourage us to focus on and develop positive emotions – PERMA (Positive, Engagement, Relationships, Meaning and Accomplishment)

Positive Emotions are gratitude, hope, interest, serenity, joy, love, awe, inspiration, pride and amusement.

Keeping a gratitude journal or practising gratitude is a great way to develop positivity. Last week I asked students in some classes to think of someone or something to be grateful for. I was really heartened by the number of students who were grateful to their parents for their support and encouragement and students who were grateful for their education. The disciples practiced gratitude at the Transfiguration when they asked if they could build a memorial. Were they also inspired and awestruck by the experience? No doubt. Did they rejoice going down the mountain? Imagine yourself going down the mountain with Jesus and the disciples. How must they have felt? Perhaps they were hopeful that the time had come for Jesus to reveal his true self and mission to the world.

Positive emotions, however, are only part of the wellbeing experience. Engagement, relationships, meaning and accomplishment are the other components that form PERMA.

Our relationship with God can benefit from this concept of perma-nence! St Ignatius of Loyola, companion to St Francis, called it an 'examen' process. The more we consider how grateful we are, the more we can experience God in a positive way. But in order to develop our relationship with God, we also need to engage with God, whether through prayer, scripture, gathering with other Christians, or doing God's work. Engaging with God leads us to develop positive relationships with both God and others. We learn to see people as God sees them, worthy of love, respect and dignity. From our daily encounters with God and others, and finding purpose in doing the work God has called us to do, we find meaning in our lives. In Christian terms this meaning is called vocation.

If the musical, *Godspell*, comes to a place near you, do yourself a favour and make an effort to see it. It is such a joyful celebration of the transforming power of God's love on a community. One of the greatest songs from *Godspell* is *Day by Day*, which is a modern adaptation of a prayer by Richard of Chichester who understood the concept of PERMA but expressed it simply in a beautiful prayer which is the essence of our Lenten prayer:

Lord may I... see Thee more clearly,
love Thee more dearly,
follow Thee more nearly,
day by day.

It was the experience of Jesus and the Disciples on the mountain at the Transfiguration. May it be our prayer each day this Lent. And may it lead to developing a deeper relationship with God and his people; a relationship based on perma-nence!

WEBSITES OF INTEREST

<http://www.mindhealthconnect.org.au/cognitive-behaviour-therapy-cbt>

<https://www.blackdoginstitute.org.au/mental-health-wellbeing/post-traumatic-stress-disorder/treatment>

<http://www.strongbonds.jss.org.au/workers/youngpeople/feelings.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3083990/>

<https://www.ncronline.org/blogs/spiritual-reflections/listen-him>

General PERMA

<https://positivepsychologyprogram.com/perma-model/>

<http://www.gostrengths.com/whatisperma/>

<http://www.habitsforwellbeing.com/perma-a-well-being-theory-by-martin-seligman/>

Positive Emotion

<http://www.wellbeingandresilience.com/positive-emotion>

Engagement

<http://www.wellbeingandresilience.com/engagement>

Relationships

<http://www.wellbeingandresilience.com/relationships>

Meaning

<http://www.wellbeingandresilience.com/meaning>

Accomplishment

<http://www.wellbeingandresilience.com/accomplishment>



Anne Armstrong
Religious Curriculum
Coordinator

The PERMA Model of Well-Being

Positive Emotion

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

Relationships

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

Accomplishment

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

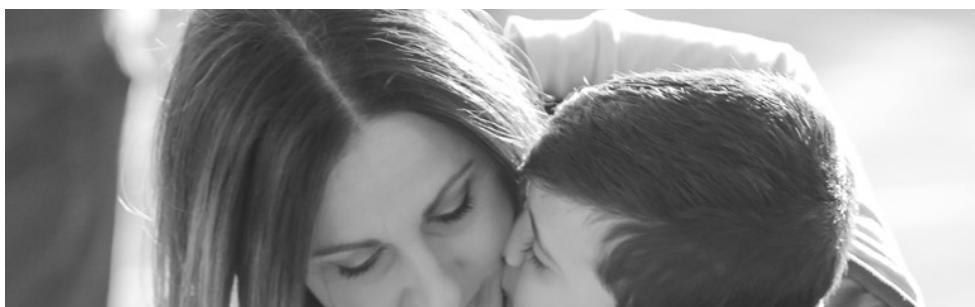
Engagement

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

Meaning

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

Community Announcements



Catholic School Parents
Archdiocese of Canberra & Goulburn

PARENTAL ENGAGEMENT FORUM

"THE CRITICAL ROLE OF PARENTAL ENGAGEMENT IN SUPPORTING
YOUR CHILD'S WELLBEING AND LEARNING"

THIS FORUM IS INTENDED FOR:

SCHOOL BOARDS/SCHOOL COUNCILS, PRINCIPALS, PARENTS, TEACHERS AND CEO STAFF.

GUEST SPEAKER

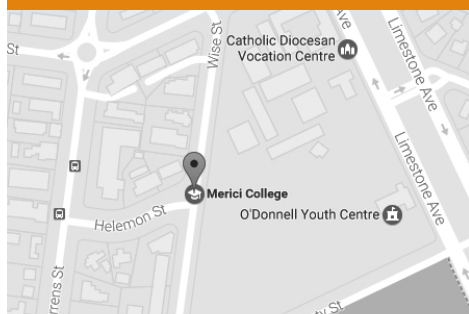
DR MICHAEL CARR-GREGG
ADOLESCENT AND CHILD PSYCHOLOGIST



WORKSHOP OPPORTUNITIES WILL INCLUDE:

Engaging with your child for Wellbeing, Engaging with your child with a disability, Engaging with your child to improve learning outcomes, Engaging with your child's school and Engaging with your parents – a child's perspective.

The day will also include the launch of the Parent Charter for Catholic Schools in the Archdiocese of Canberra and Goulburn.



VENUE, DATE & TIME

MERICI COLLEGE
WISE STREET, BRADDON ACT 2612
SATURDAY 25 MARCH
9AM TO 3.30PM

"EVERY STUDENT – EVERY HOME – EVERY SCHOOL"

THIS IS A FREE EVENT, TO REGISTER PLEASE CLICK ON THE LINK BELOW.

REGISTER NOW



CIT Tuggeranong Free Workshops

In 2017 CIT Tuggeranong will showcase the diversity of training on offer through CIT with 'taster' 1- 2 hour short courses every 3rd Tuesday of the month 6-8pm starting 14 March.

Register now
cit.edu.au

Date	Workshop
14 March 2017	Horticulture <i>"From Little Things Big Things Grow"</i>
11 April 2017	Year 12 Taster program <i>the Adult Alternative</i>
16 May 2017	Social Media <i>What is the right platform for you?</i>
13 June 2017	WHS <i>Basic WHS Risk Management Process</i>
11 July 2017	LinkedIn Masterclass <i>Col Anstie of Raging Digital</i>
15 August 2017	Communicate <i>Electronically for Business</i>
15 August 2017	Environmental Science <i>Get Down and Dirty</i>
12 September 2017	Year 12 Taster program <i>the Adult Alternative</i>
12 September 2017	Community Work <i>Working with your Community</i>
10 October 2017	Oral Health for Mums and Bubs + <i>Nutrition Basics</i>
14 November 2017	Yurauna Centre – Cultural Arts <i>Being connected</i>
14 November 2017	Massage techniques <i>for home and self-care</i>
12 December 2017	Marketing <i>How to successfully promote your business, knowing your client and demographics.</i>

CRICOS No. 00001K - RTO Code 0101 - MAR17 - 170269

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Dream it. Learn it. Be it.

Canberra Institute
of Technology




**education**

LEARNING PROGRAMS

Systemic Innovations are an official provider of LEGO® Education Learning Programs in the ACT and Southern NSW.

We are running the following workshops in the upcoming school holidays.

Program	Age	Date	Time	Location
Cool Control - \$39 In this program, students will construct computer programs to control LEGO® models with motors and sensors. The program will allow the children the opportunity to create systems that can control the behavior of the robots.	7-10 years	Monday 10 th April	9-12 (drop off from 8:45)	Kippax Uniting Community Centre
To book: https://www.trybooking.com/269792				
Raging Robots - \$39 Students will develop creative designs and engineer software solutions to robotic challenges in this program. Using LEGO® Mindstorms® elements, children will create robotic solutions for real world needs.	9-13 years	Monday 10 th April	12:30-3:30	Kippax Uniting Community Centre
To book: https://www.trybooking.com/269795				
<div>  <div> LEGO and the LEGO logo and MINDSTORMS are trademarks of the LEGO Group. ©2015 The LEGO® Group <i>All Systemic Innovations staff have Working with Vulnerable People Cards.</i> </div> </div>				
Contact Details: Nikkie 0425364661 Email: admin@systemicinnovations.com.au		Facebook: SystemicInnovations ACT Website: www.systemicinnovations.com.au		



Are you interested in playing rugby league?

There is still limited availability to join the West Belconnen JRL U13 Gold team.

Please email recorder@wbjrl.org to register.



CATHOLIC EDUCATION
Archdiocese of Canberra & Goulburn

Do not touch, pick or eat any wild mushrooms!

Death Cap mushrooms are one of the world's deadliest mushrooms and can be found across the Canberra region, usually in late summer and autumn. There have been four deaths and many poisonings in the ACT in the past 15 years due to Death Cap mushrooms.

In Canberra, Death Cap mushrooms often grow near established oak trees in mild, moist weather. Death Cap mushrooms have been found growing on school grounds in the ACT.

Parents and teachers are asked to remind children **not to touch, pick or eat any wild mushrooms**.

As the Death Cap mushroom can easily be confused with edible varieties, adults are also strongly advised not to touch, pick or eat any wild mushrooms. It is difficult, even for experienced collectors, to tell the difference between the Death Cap mushroom and edible wild mushrooms.

All parts of the Death Cap mushroom are poisonous and eating even a small amount of the mushroom can be fatal. Cooking the Death Cap mushroom does not make it safe.

If you suspect that you or one of your family members might have eaten Death Cap mushrooms, you should seek urgent medical attention at a hospital emergency department.

If you believe you have spotted a Death Cap mushroom, do not touch the mushroom with your bare skin. If it is in your own yard, the best option is to leave it be and make sure others stay away from the area. The mushroom will die in a few days.

If you believe you have spotted a Death Cap mushroom growing in a public area, please contact Access Canberra on 13 22 81.

For further information on Death Cap mushrooms, download the fact sheet online from ACT Health:

[http://www.health.act.gov.au/datapublications/fact-sheets/environmental-health#Death Cap Mushrooms](http://www.health.act.gov.au/datapublications/fact-sheets/environmental-health#Death%20Cap%20Mushrooms)



positive partnerships

Working together to support school-aged students on the autism spectrum

Free One Day Workshop for Parents and Carers

Canberra

Tuesday

2 May 2017

Positive Partnerships is coming to a location near you!

Join us for a day of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

Workshop details

Venue:

**Manuka Oval
Manuka Circle
Griffith ACT 2603**

When:

Tuesday 2 May 2017
9.15 am – 3.00 pm (Registration from 8.30 am)

Catering:

Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online:

www.positivepartnerships.com.au Registrations open on Tuesday 7 March 2017 and close one business day prior to the workshop. Register early as places are limited!

Questions?

If you are not able to register online please call the Positive Partnerships Infoline : 1300 881 971 or email parentcarer@autismspectrum.org.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.



ACNC Webinar: Helping Parents & Citizens Associations (P&Fs)

21 March 2017, 12pm -1pm

Is your P&F registered with the ACNC? This webinar will help P&F's understand their relationship with the ACNC as a registered charity. This is a great opportunity for newly elected committee members to learn about their P&F's obligations to the ACNC and what they need to do.

To register: [ACNC P&C Webinar](#)

APFACTS will be participating in this webinar. Notes from this webinar will be circulated to your P&F's and will be posted on our Facebook site.

Positive Partnerships

Free one day workshop for Parents and Carers of children on the autism spectrum.

Canberra, Tuesday 2nd May

Join us for a day of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

To register: [Positive Partnerships Canberra ASD](#)

Dr Justin Coulson.

Thank you to those who were able to join us for these presentations in Week 6. We found the talks to be thought provoking, entertaining and gave us many strategies to try with our children. Our thanks go to Daramalan College and Canberra Grammar School for hosting these parent evenings. We appreciate your willingness to work with APFACTS and for supporting this parent initiative.

We are keen to hear your thoughts. Send us an email: executiveofficer@apfacts.org.au

Article by Linda Fleming

20.03.2017



Bungee Youth Resilience Program



Bungee is a resilience building program available for children and young people aged 5 – 18 that promotes emotional well-being through the arts. The program supports participants to partake in activities designed to enhance well-being and social and emotional health. Bungee offers a suite of art based programs both in schools and community settings, as well as individual counselling and therapeutic support.

Bungee after school classes support participants to take part in activities designed to enhance well-being and social and emotional health. Bungee offers a supportive environment that encourages participants to socially connect with others while developing artistic skills. Bungee classes operate across the ACT in Belconnen, Kippax and Tuggeranong and are facilitated in a small, safe and supportive group setting.

Term two 2017

Expressive Art , ages 7 – 11 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June Belconnen Community Centre	Acting Up , youth drama, ages 8 – 14 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June Belconnen Community Centre	Exploring Drawing , ages 12 – 18 <i>Thursdays 4:00pm – 5:30pm</i> 4th May – 29th June Belconnen Community Centre
Made By Me , adolescent girls group, ages 12 - 14 <i>Tuesdays 3:30pm – 5:00pm</i> 2nd May – 27th June BCS Kippax	Identity and Art , ages 7 – 11 <i>Wednesdays 3:30pm – 5:00pm</i> 3rd May – 28th June Tuggeranong Child and Family Centre	Acting Up , youth drama, ages 8 - 14 <i>Fridays 3:30pm – 5:00pm</i> 5th May – 23rd June Tuggeranong Child and Family Centre

Cost and duration: All programs are free of charge and offered during the school term. Enrolment is for one term and groups are limited to eight participants.

Please note an intake interview with the parents/ caregivers is required to discuss program suitability.

Information and enrolment: 6264 0200 or email bungee@bcsact.com.au.

Supported by



Contact:
02 6264 0200
Belconnen Community Centre
Swanson Court, Belconnen

bungee@bcsact.com.au
<http://www.bcsact.com.au>
@BCSACT /BCSACT