



St Francis Xavier
College

NEWSLETTER

St Francis Xavier College

Living



Open Evening
Year 7 – 12 in 2017
Monday 9 May
5.00pm – 6.30pm Tours
6.30pm Information

Leading



Information Evening
Year 11 in 2017
Wednesday 11 May
5.00pm Tours & Course Advice
6.00pm Information

Learning



SFX Open Day
All welcome
Friday 13 May
9.00am – 2.30pm Tours
9.00am – 12noon
'Experience SFX'

Enrolling NOW for Years 7 -12
www.sfx.act.edu.au

Dear Parents, Students and Staff

It has been a hectic but affirming start to Term 2. We had our ANZAC Remembrance Ceremony as part of the assembly last week and a performance to celebrate International Dance Day on Friday. Monday of this week 280 Year 6 students from local Catholic primary schools were here for Expo Day and we also had the Year 10 Reflection Day. Over the last week there have also been two parent teacher nights. Thank you to all the parents who attended the parent teacher evenings. I was impressed at the number of parents who stopped to say how impressed they were by their children's teachers.

Official Catholic Education Enrolment Period

The official CE Enrolment Period started on Monday and finishes on Friday 20 May.

Over the next week we will be holding Information Nights for both Years 7 and 11:

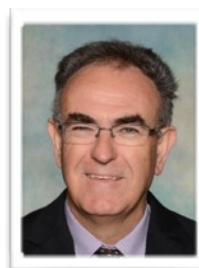
- Year 7 2017 Enrolment Information Evening - Monday 9 May. Tours of the College from 5pm; Formal Information Session at 6:30pm.
- Year 11 2017 Enrolment Information Evening - Wednesday 9 May. Tours of the College from 5pm; Formal Information Session at 6pm.

Friday 13 May is SFX Open Day from 9am to 2:30pm. Students who want to 'experience SFX' from 9am to 2:30pm need to register. They need to email: Jennifer.Madgwick@sfx.act.edu.au

Year 11 2017 Enrolment Process

We are also trailing a new procedure with Year 11 enrolments. There is no longer a need to complete a new application form but in the next day or two we will post home a 'Student Intention Form for Year 11 2017'. The form needs to be returned by the end of term. Parents will be asked to pay \$100 which will be deducted from Year 11 Term 1 fees.

Best wishes,
Angus M Tulley
Principal



Student Wellbeing

Below are two links to recent articles which may be of use to your family.

The first is about helping your child in the lead up to NAPLAN, written by the Australian clinical psychologist Andrew Fuller: [Preparing for NAPLAN](#). You may find his website useful also: [Andrew Fuller](#)

The second article link relates to anxiety in children and how sometimes parents inadvertently contribute to stress: [Parenting and Anxiety in Children](#). This newsletter also advertises a three week online parenting course called Raising Well-behaved Kids, which may interest some families.



Cathy Barry
Acting Assistant Principal Student Wellbeing



Join Michael Grose for a 3-week online parenting course

Raising Well-behaved Kids *Teaching kids to be safe, savvy and social*

The **Raising Well-behaved Kids** course will teach you real-life strategies to help you safely raise sociable kids so that they can fulfil their potential.

You'll learn how to:

- ✓ Move **beyond** 'time out' and 'time in' to develop a **broad range** of responses to children's poor or unsociable behaviour.
- ✓ Recognise the purpose of behaviour and importantly, how to **respond** so you put an end to annoying, frustrating behaviours.
- ✓ Get **more cooperation** from your child without always raising your voice, repeating yourself or offering endless bribes and rewards.
- ✓ **Plan** your approach to children's behaviours so that you can achieve lasting **change**.
- ✓ **Better manage** tough nuts, teens and sensitive types that don't fit into usual discipline techniques.

How will it work?

- ✓ You receive a short video with a follow-up activity each weekday – 15 sessions across 3 weeks.
- ✓ Each session (including the follow-up) should only take **15 minutes** of your time. Alternatively, you can complete all your sessions on the weekend if you are busy mid-week.
- ✓ Participate in a live Facebook Q&A each week where you can **ask Michael Grose questions**.

Join now for only \$67. When you enrol you'll start your learning straight away through the online resources in Parentingideas Club, including articles, e-Guides, posters and videos.

Full details and registration at: <http://www.parentingideasclub.com.au/Info/Membership>
Or contact the Parentingideas team 03 59831798 office@parentingideas.com.au



CATHOLIC EDUCATION
Archdiocese of Canberra & Goulburn

Catholic Schools Focus on School Improvement

Catholic schools across the Archdiocese of Canberra and Goulburn have adopted the National School Improvement Tool as the key driver for continuous improvement.

The Tool, developed by the Australian Council for Educational Research, helps schools to review and reflect on current practices, and to use this information to plan specific and targeted improvements. It adopts an evidenced-based approach to making judgements about the school's performance, allowing for assessments to be made of where the school is at, and where it needs to be. Performance levels are then used as the foundation for whole-school planning that is evidence-based, future-focused, and improvement-oriented.

In conjunction with Catholic Education, teachers and Leadership teams in schools conduct a series of Internal School Reviews using the Tool over a five-year period, and incorporate this information in the development of Annual Improvement Plans based on setting goals and targets to be achieved.

The purpose of using the National School Improvement Tool is to improve educational outcomes for all students, involving decisions on student learning, teaching practices, curriculum delivery, and school-community partnerships. Evidence to date strongly indicates the Tool is being used to provide the language both for and of improvement. It is seen as a crucial instrument in analysing the current educational situation in the school and focusing direction for future planning.

Lest We Forget

We commemorated ANZAC Day on Wednesday 27 April. A small group of our Defence students lead the College in a moving and reflective service, with an emphasis on the great sacrifices of our Servicemen and women and also their families and loved ones.

Our invited guest **Warrant Officer Darryl Dimech** (right), father of Kate (Year 12) addressed the College with an engaging speech about his memories and experiences of ANZAC Days, both from his childhood and more recently as an active Serviceman. He reminded us all to fill in our 'empty pages' in life.

Several staff and students participated in the construction of our poppy wreath whilst our lone piper played 'Flowers of the Forest', a traditional Scottish song of mourning and remembrance most commonly played on occasions such as this. In honour of the mate-ship and camaraderie shown by our ANZACs, those staff and students then took a sprig of rosemary and presented it to someone else to wear for the day in remembrance of these sacrifices.

"Lest We Forget"



Donna Lambert
Defence Transition Mentor



PERFORMING ARTS

Dance Week 2016

During our Week 1 College Assembly, the SFX community was treated to a surprise flashmob performed by both students and staff members. The purpose of this flashmob was to promote diversity through dance and to help celebrate National Dance Week. To see a video of the flashmob, go to our Facebook page and click on the link:

<https://www.facebook.com/StFrancisXavierCollege>

Later on in the week, 60 students across Years 7-12 also showcased their incredible talents in a free lunchtime concert which featured dances of a variety of styles, including Bollywood, Contemporary Dance and Hip Hop.

Congratulations to all of the students and staff who were involved in these Dance Week celebrations!

About National Dance Week:

National Dance Week and International Dance Day (29th April) is a time when people all around the world celebrate dance in all its forms. No matter your age or background, dance is a great way to keep fit (physically and mentally), express yourself, tell stories, meet new people and it is a common language among all people and cultures.



Hannah Carey
Dance Teacher

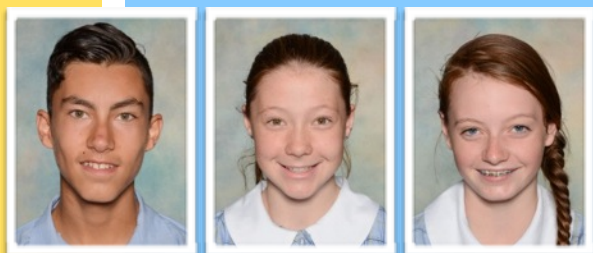


Sport Report

Term 2 School Sport is off to a great start.

Congratulations to the age champions from our College Swimming Carnival:

- 12 yrs Alys Holdom & Toby Davis
- 13 yrs Madison Mills & Joda Robinson-Gonzalez
- 14 yrs Jessica Price & Benjamin Flood
- 15 yrs Victoria McRae & Leon Richardson
- 16 yrs Rachel Henderson, Emily Clay & Morgan Willemsen
- 17 yrs Tristan Vergano
- 18 yrs Samuel Williams



We had 27 students compete at the North Zone Swimming Championships. Well done to **Alys Holdom, Bianca Russell, Emily Clay, Ben Flood, Rachel Henderson, Maddison Mills, Jessica Price, Leon Richardson and Joda Robinson-Gonzalez** who will be advancing to the ACT Swimming Championships.

Well done also to (pictured left) **Joda Robinson-Gonzalez** (Year 7) who placed 1st 50m free, 2nd 50m fly, 3rd 50m back and DQ in 200m IM, **Alys Holdom** (Year 7) who placed 1st 50m free, 5th 100m back, 1st 100m fly and **Madison Mills**

(Year 7) who placed 1st 200m IM. All students swam their hearts out and represented our school with pride!

Well done to **Jeremy Maranan** (Year 8) with his success at the Australian Little Athletics Championships. He managed to come away with a silver medal for the 100m! He also came 7th in 200m Final, 10th in Long Jump and 7th in 4x100m Team Relay. What a great effort! Jeremy's ACT Team also claimed the 2016 Small State Dick Healy Trophy ahead of arch rival Tasmania, where he accepted the trophy on behalf of ACT as Team Captain together with his female Team Co-Captain.

Zoe Allen (Year 11), **Natasha McKay** and **Maggie Gorham** (both Year 9) are representing the ACT this week at the AFL under 18s Nationals. Congratulations on your selection girls and we look forward to hearing the results.

Over the weekend **Cameron Ward** (Year 9) participated in the first round of the NSW State Championships for Go Karting. With 27 entrants, Cameron finished the weekend in 8th place. He was racing against some fierce competitors and previous State Champions. Well done for making the top 10!

The Lord's Taverners Cricket Day (pictured right) was held at Manuka Oval on 30 March. 10 SFX students attended and had a busy day playing a modified cricket game. It was a participation day for students with a range of abilities to experience sport in a non-competitive environment. The students got a tour around the oval and down into the dressing rooms where the Australians have sat for the One Day matches. Michaela Vergano attended with the students and said a fantastic day was had by all. Thank you to the Learning Support Team who organised



students for this event. To read the article about this event featured in the Canberra Weekly, follow the link. <http://www.abc.net.au/news/2016-03-30/table-cricket-championships-in-canberra/7285124>

We have a busy term ahead with College Touch Football, Years 7/8 and 9/10 Girls' Futsal, Years 7/8 and 9/10 Girls' Oztog and the Athletics Carnival in Week 5!

Sport Report cont.



The SFX College Girls' AFL team competed in the ACT School's Championships. Here is a recap from Coach Gerard Elias.

*With the experience of **Zoe Allen**, **Jessica Clark**, **Georgia Gorham** and **Iris Vereblavu** we were confident, even with being two players short on the field.*

Daramalan Collage fielded a full team and it showed in the first half with the team in black and red putting nine straight kicks through the tall sticks before the break. This woke the girls up and with a motivational half time talk we were able to match the shots on goal however accuracy let us down. The final score was: Daramalan – 63, SFX – 2.

The next game was the one we were looking forward to against Mackillop College. This is where we felt the team could stretch their legs. The forwards were keen to get their hands on the ball and it did not take long to get into the scoring rhythm. The crosswind caused havoc with the team's goal kickers, scoring one goal, and seven behinds for the half. After a few adjustments in the game plan and taking their time when the ball was in their hands, the girls kicked away with the game scoring seven goals straight! The final score was: Mackillop – 8, SFX – 55.

*With another player down, we asked the next team if we could play even numbers. However, because of a draw issue in the morning St Clare's College had a second team unable to play so their bench was quite full. The SFX girls ran on to the field knowing that they had a tough game ahead. Playing on the small field helped our more experience players to take charge and were able to get our forwards **Linching Kenny** and **Abby Keech** on the score card in the first half with some smooth passing. At half time the girls were tired but the body language was positive and they knew what needed to be done. This was evident from the centre bounce with **Kaitlyn Bailey** playing like a season veteran, knocking the ball down to the ever-running **Georgia Gorham**. With two handballs later and a straight kick from **Tarni Magyar**, SFX took the lead. There was another bench swap by the girls from Griffith, which put the pressure on and they took the lead, then extended the lead with another goal only minutes from full time. The ball returned to the centre and with the momentum going opposite to ideal for the Florey faithfuls our "new to the game" defenders **Ajak Manyang** and **Sarah Thuch** dug in and protected the goal box. With the ball tied up in our back line and fatigue coming into play, a space on the far side of the field started to form and with a great knock from the ball up to our centre back, **Iris Vereblavu** was able to make half a break. With a few players hanging from her arm, she was still able to release the ball to **Georgia Gorham** who delivered a perfect kick to the leading hands of **Zoe Allen**. Taking her time, she slotted a goal to take the lead seconds before the final siren! The final score was: St Clare's Collage – 27, SFX – 30.*

After the final pool game the girls somehow found a sound system and microphone. The team decided to celebrate them making the third/fourth playoff with a Karaoke battle to "Shake it off" - a few snapchat stories later, we were ready for the final!

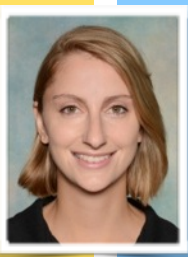
*The final was another arm wrestle against Lake Ginninderra. This is where each player demonstrated the definition of 'to dig deep' and gave that little extra that you only see during a final. During the opening minutes **Kayla Margiotta** showed amazing skill, kicking a goal from 35m out while being tackled by 2 would be defenders. The arm wrestle continued with the lead changing throughout the second half. **Claudia Vahala** and **Chelsea Manns**, even with only 120 minutes of footy under their belts, were still keen to put pressure on the other team coming up with 5 tackles between them. In the end Lake G were just too fresh with their bench rotation. The team fell short by 4 points to finish fourth overall. The final score was: Lake G – 32, SFX – 28. Thanks to all the girls who played and the support of the PE Department with the administration.*

Sport Report cont.



Impressive results were achieved by three students at the ACT BMX Championships on the weekend. The Canberra BMX Club riders took on some tough competition, with the event at their home track in Melba attracting 420 riders from across the country.

- Ryan Clare (Year 9) achieved 4th place in 15 Boys, a 4ACT plate
- Raven Hernandez (Year 9) achieved 5th place in 15 Boys, a 5ACT plate
- Noah Hernandez (Year 7) made the semi-finals in 13 Boys.



Keep the sporting news coming to Fleur.Greaney@sfx.act.edu.au

Fleur Greaney
Sports Coordinator

Motherhood and mothering...

We are called to give birth. Sometimes physically, sometimes spiritually. The great feasts of Easter, Pentecost, and the Ascension are all feasts which focus on new birth - transformation. The secular feast of Mother's Day calls us to celebrate the great vocation of motherhood, both spiritual and physical. Those of us who were educated in Catholic schools will recall the title of Mother given to the Head Sister in each school or convent. The Latin word for mother is *Mater* and the tradition of naming educational institutions we have attended as one's Alma Mater, invokes the nurturing of ourselves in an educational setting.

In Australian indigenous culture, according to Wadjularbinna Doomadgee, Gungalidda leader, Gulf of Carpentaria "All people with the same skin grouping as my mother are my mothers...they have the right, the same as my mother, to watch over me, to control what I'm doing, to make sure that I do the right thing. It's an extended family thing...it's a wonderful secure system." (See more at: <http://australianmuseum.net.au/indigenous-australia-family#sthash.P9bDhOYs.dpuf>)

How do we respond to this call? Who or what are we nurturing into being? Who is nurturing us into being who we truly are?

In my 30 plus years of teaching, some of the most significant moments in children's lives is the birth of a sibling. Recently our Year 11s reflected on their own search for meaning and purpose in a series of critical reflections. One of the reflections had to be on an experience of wonder and awe. A number of students choose to write eloquently about the experience of the birth of a sibling; two such entries can be seen below.

The birth of a child, specifically your child, is often considered to be one of the most wonderful and awe inspiring events in any person's life.

"When you first hear that you are going to be a parent, you know that your life is about to change for the better, forever (Robert Rice, 20/3/16)".

And when your child is finally born and seen to be alive and well you feel an incredible amount of joy and happiness but also a sense of dread and fear, especially if it is your first child, as "you realise that you have never had this kind of responsibility before in your life (Helen Rice, 23/3/16)". You know that the years ahead are going to be challenging and rewarding, but that doesn't matter right now as you share this incredibly special moment with your spouse and newborn.

Hearing my parents recount their feelings and memories of when I was born has really opened up my eyes as to how I perceive the world around me and my place in it. I have realised that when your child is born into the world it becomes less about you or your partner, but about the child. This is your creation and you would do anything to protect them and keep them safe and more. I think that at this moment you finally have an answer, even if it is simple, to some of life's biggest questions where your purpose in life is to protect you child from danger and teach them to be the very best that they can be. "The climate of affection that unites the family is also where we learn about truth and goodness."

This has made me think about my own search for meaning and purpose in life, and I have drawn the conclusion that sometimes the answer isn't that complicated, or even about you. There is no greater joy than seeing you child take their first step, or watching them as they leave your house to live their own life and this is what I believe to be part of the meaning of life.

Mathew Rice, Year 11

In 2010, on the 3rd of May, my baby brother, Gryfynn, was born. I visited the hospital the day after he was born. I went with my dad to say goodnight to him before I went home and when I spoke he smiled, still asleep.

The sensation of affection caused by the simple act of my little brother smiling at the sound of my voice was immense. In that moment I knew that I could create happiness for myself and for Gryfynn if I could make him smile like that.

"Studies have now indicated that children and teens with close sibling connections do better in school, are happier, and are better able to face life's hardships than those who are not close with siblings."

In times of stress and anxiety, in moments where I could choose to become frustrated and upset or continue I think of Gryfynn's laughter. When I lose my focus I regain it, when I cannot find motivation I push through because I know that someone else requires me to do so.

When I looked at my sleepy, smiling sibling the sense of love and affection that filled me created a bond. Due to that bond when I no longer saw the point in continuing, whether it was about a simple matter or a more complex matter, my instincts would tell me to continue so that my baby brother would have the support he needed for his survival.

"Sibling relationships are perhaps the most unique relationship that humans may experience—they begin early and will endure."

I believe that without a 'why' to live a 'how' to live is useless. We need a reason to try and for me there is no better 'why' than a 'who' – and one of those 'who's' is my baby brother.

Sabine Kane, Year 11

There are so many ways of mothering – surrogacy, adoption, fostering... all are means of celebrating love incarnate. Along with Mary, we celebrate this love incarnate. Since May is also traditionally the month of Mary, our Mother, I encourage you to spend some time reflecting on and being inspired by images of Mary in art, and enjoying the celebration of giving birth and nurturing. If you are a reader you will also enjoy some of the following sites which celebrate mothers and motherhood, sometimes gloriously and sometimes ingloriously.

WEBSITES

<https://www.youtube.com/watch?v=mh3OIQv2Av4> The Virgin Mary in Art

<https://www.youtube.com/watch?v=r9dKMgbVqs4> Faces of Mary

<http://www.thinkingfaith.org/articles/purple-thread-virgin%E2%80%99s-ear-and-book-annunciation>

The Purple Thread, the Virgin's Ear and the Book of the Annunciation 1st April 2016 | Author: Dorian Llywelyn SJ

<http://campus.udayton.edu/mary/gallery/exhall.html> Wonderful Marian Gallery of sculpture, modern interpretations.

<http://nmwa.org/exhibitions/picturing-mary-woman-mother-idea> Picturing Mary: Woman, Mother, Idea

<http://www.economist.com/blogs/prospero/2014/12/virgin-mary-art> The Virgin Mary in art Holy Mary, drenched in symbolism Dec 11th 2014, 16:14 BY E.W. | WASHINGTON,

http://www.metmuseum.org/toah/hd/virg/hd_virg.htm The Virgin Mary in the Middle Ages

IMAGES OF MOTHERHOOD

<http://www.babble.com/mom/beautiful-breastfeeding-25-stunning-photos-from-around-the-world/>

POEMS ABOUT MOTHERS

<http://www.poetrylibrary.edu.au/poems-theme-occasion/family-poems/mother-poems> (From Australia)

<http://www.poemhunter.com/poems/mother/>

<http://www.poetryfoundation.org/poems-and-poets/poems#subjects=13>

<http://www.telegraph.co.uk/books/what-to-read/mothers-day-poems-the-best-poetry-for-mothering-sunday/>

<https://www.poets.org/poetsorg/text/poems-about-motherhood>

<http://www.mothersdaycelebration.com/mothers-day-poems.html>

Happy Mother's Day!

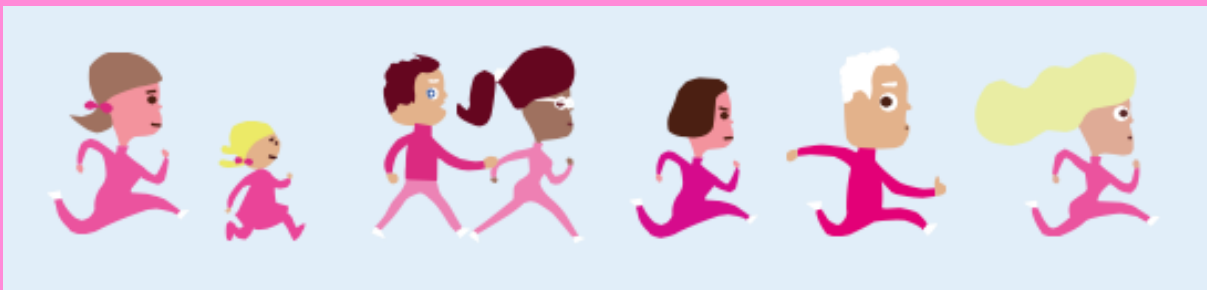
Anne Armstrong
Religious Education Curriculum Coordinator

A reminder that it's not too late to register online for this year's **Mothers Day Classic**. Online registrations close at 8.00am on Saturday 7 May. The 5km walk starts at 9.40am, leaving from Rond Terrace [at Lake Burley Griffin]. Cost is only \$45 for an adult and \$30 for a student [there are also family discounts]. Register at <http://www.mothersdayclassic.com.au>. Remember to register as part of 'TEAM SFX'.



Walk 5km
around the
Central Basin of
Lake Burley
Griffin.
Walk as part of
TEAM SFX!

SUNDAY 8 MAY 2016
ROND TERRACE, COMMONWEALTH PARK
5KM "TEAM SFX" WALK STARTS AT 9.40AM



Costs are:

\$40 ADULT/\$25 Concession [under 18] if registered by Wednesday 6 April
\$45 ADULT/\$30 Concession [under 18] if registered after 6/4 but before Saturday 7 May
Family discounts available [see website]

Participants are advised to enter by 9.00am on Friday 29 April 2016 to have your race number mailed to you before the event. If you enter after 9.00am on Friday 29 April 2016 you must collect your race number on the morning of the event from the number pick-up marquee. Please ensure you bring a PRINTED COPY of your entry to obtain the race pack.

The Mother's Day Classic includes lots of extra activities for kids and adults. These include warm-up aerobics, roving performers, a food court, free massages, entertainment plus a kid's activity area with face painting and a jumping castle. A number of delegates, celebrities and sponsors will be giving brief talks on the main stage. The main stage will also be used for the memorial minute of silence, warm-up aerobics and award presentations. There will be coffee carts and food stalls including a sausage sizzle.

Remember to register as a member of Team SFX ☺

<http://www.mothersdayclassic.com.au/event-info/event-locations-map/canberra/>

Resource Centre: New ANZRC Database Subscription



The SFX Resource Centre has subscribed to a new database, the **Australia New Zealand Reference Centre (ANZRC)**. It includes a large collection of full text material from leading regional and international newspapers, periodicals and reference books. The database also includes thousands of full-text biographies, and an image collection of more than one million photos, maps and flags.

A link to ANZRC, plus a number of other databases, has been placed in the databases section of the Resource Centre's site on **Studywiz** at **Studywiz/Learning/Resource Centre/Links to Online Databases'** at the bottom of the screen. The databases can be accessed at school or at home.



Students are welcome to contact the Resource Centre teacher librarians for further assistance with using the SFX databases.

Dennis Granlund
Teacher Librarian

Step up your research with



Australia/New Zealand Reference Centre™ Plus offers the largest collection of full text from leading regional and international newspapers, periodicals and reference books. The database also includes thousands of full-text biographies and an image collection of more than one million photos, maps and flags.

With *Australia/New Zealand Reference Centre Plus*, you'll be able to learn about a wealth of subjects including:










- Art
- Business
- Consumer Research
- Culture
- Current Events
- Education
- Finance
- Food
- History
- Music
- Science
- and more!



Ask your librarian for details.



Other available databases include:

	<p>World Book Online</p> <p>The Online version of the World Book Encyclopedia, covering a wide range of topics.</p>
	<p>Curriculum Video on Demand (Thousands of videos relevant to the curriculum).</p>
	<p>Infobase eBooks</p> <p>(Thousands of full text eBooks dealing with curriculum topics).</p>
	<p>Issues & Controversies</p> <p>Explores more than 800 hot topics in business, politics, government, education, and popular culture.</p>
	<p>Bloom's Literary Reference Online</p> <p>Examines great writers, important works, memorable characters and influential movements and events in world literature</p>
	<p>Health Reference Centre</p> <p>Diseases and Disorders</p> <p>Health Dictionary</p> <p>Body Systems</p> <p>Mental Health and Development Disorders</p> <p>Nutrition and Wellness</p>
	<p>Science Online</p> <p>Presents a broad range of scientific disciplines through extensive definitions, essays, diagrams, biographies, and experiments.</p>
	<p>Modern World History Online</p> <p>Covers the people, places, and events in the broad expanse of history from mid-15th century to the present.</p>
	<p>World Geography and Culture Online</p> <p>A global approach to facilitate the study of countries, places, peoples, and geography concepts and skills.</p>

 	<p><u>American History Online</u></p> <p>Biographies</p> <p>Events & Topics</p> <p>Timelines</p> <p>Images and Videos</p> <p>Maps & Charts</p> <p>Spans more than 500 years of political, military, social, and cultural history, highlighting the important people and events of the American experience.</p>
	<p>World Religions Online (Facts on File)</p>
	<p>Papal Encyclicals Online (Facts on File)</p>
	<p>Access to online articles from thousands of magazines / journals.</p>
 	<p><u>Australia & New Zealand Points of View</u></p> <p>A huge range of articles, outlining for and against arguments for a wide range of topics.</p> <p>This is very useful for senior students studying RE and Ethics.</p>
 	<p><u>World Points of View</u></p> <p>Browse by category or view all topics world wide</p>
	<p>National Geographic Archive</p> <p>A complete online archive of national Geographic magazine, articles, photographs and maps since 1888.</p>
	<p>Italian Studies</p> <p>A guide to conducting research in Italian Studies at ANU, including key resources and search strategies.</p>

Careers at SFX

Advertising and recruiting for CIT and Universities has started. We will pass on information internally to students and continue to advertise through the SFX newsletter as it is received. As there are so many, SFX will not be organising excursions to all open day events. Many Open Days occur over weekends and of an evening. We encourage our parent/carers and Senior students to start thinking about options for the next few years. It is well worth visiting sites that may not necessarily be a first priority, as information can be gained that may otherwise be missed, that could well influence your decisions. A vocational pathway is equally as valid and rewarding as a university pathway. Attending the CIT Open Day is strongly encouraged.

- **ACU Open day info – 27 August 2016 (Saturday)**
<http://www.openday.com.au/event/acu/>
- **Charles Sturt University Wagga Wagga presentation at SFX**
May 26th at 10.40am in KMS. Andrew Connell (Prospective Student Adviser | Division of Marketing and Communication) will speak with any Year 11 and 12 students who are considering studying with Charles Sturt University (CSU).

During his presentation he will discuss the following topics:

- Where the 6 Charles Sturt University main campuses are located
- The courses available to study at CSU, including ATAR's for CSU courses
- Accommodation options on campus
- CSU's Early Entry Program
- Support services available at CSU
- How to apply to CSU through UAC
- Costs involved with university
- Plus answer any questions students may have about CSU and our courses.



Bernadette Bradley
VET & Careers Coordinator

Alumni News

Former St Francis Xavier College student **Alexander Rodriguez** (pictured below right), a PhD student from the School of Clinical Sciences at Monash Health, was recently awarded the competitive **ESCEO-AgNovos Healthcare Young Investigator Award** at the 2016 World Congress on Osteoporosis, Osteopenia and Musculoskeletal Research in Malaga, Spain. To read the whole story click on the link here: <http://scsenews.blogspot.com.au/2016/05/monash-bone-and-muscle-research-team-in.html>. Congratulations Alexander!



Emma Paine a former SFX student, was recently awarded the **Golden Tripod for Web Content & New Media** as part of the national Australian Cinematographers Society [Awards](#).



It's a huge achievement for her, and partly because of the support received as Media students at SFX!

To see Emma's website click on the link: <http://emmapaine.com/>

Sent to us by:
Nicholas Lever (former SFX Student)

Community Announcements

St Francis Xavier College

Living

Leading

Learning



Open Evening
Year 7 – 12 in 2017
Monday 9 May
5.00pm – 6:30pm Tours
6.30pm Information

Information Evening
Year 11 in 2017
Wednesday 11 May
5.00pm Tours & Course Advice
6.00pm Information

SFX Open Day
All welcome
Friday 13 May
9.00am – 2.30pm Tours
9.00am – 12noon
'Experience SFX'

Enrolling NOW for Years 7 -12
www.sfx.act.edu.au

HOST FAMILIES NEEDED!

Takefu High School Hosting

We are looking for 6 or 7 more families to host our wonderful sister school students from August 4 – 10. You do not need to be currently studying Japanese – you just need to be willing to make a new friend and share your family and lifestyle for a week. If you would like more details please contact Mrs Bakonji at natalie.bakonji@sfx.act.edu.au.

TRINITY INTERSCHOOLS – EQUESTRIAN EVENT

Harden Showground 21 & 22 May

Entries Close Tuesday 17 May at 6pm

No Late entries will be taken

\$60 Both days or \$45 for Saturday and \$20 for Sunday, \$140
Family (3 or more siblings)

Led riders \$25 Saturday only

Max of two horses per rider will be allowed. Please note ring
events will not be held up for changing of horses and only one
horse can be nominated as the competitive horse with points
going towards High Point Score

Camping \$20 per family **Cover Yards** \$15 per yard

Saturday: High Point Score Trophy Rugs and Arm Garlands will
be awarded for Open Classes, Trophies for Novice Classes and
Encouragement Trophy Rugs and Arm Garlands for each year
group as follows:

K- Year 2, Year 3-6, Year 7-9 & Year 10-12 plus

Trophy for the Highest Point Score for a registered Australian
Saddle Pony will be offered.

Trophies will be awarded on Sunday for Champions and Runners
up in the Dressage and Combined Training.

Trinity School will be running a canteen all weekend and providing
Saturday Night meals

Wanted: People to assist with survey research

A social research organisation is seeking people to participate in testing of new survey material.

We are looking for people aged 18 years and over to participate in a one hour electronically recorded interview. Interviews will be held in the **Belconnen area** between **16 - 20 May 2016**.

We are interested in people who:

- Have caring responsibilities for children and receive the Family Tax Benefit and / or Childcare rebate
- Receive government payments, pensions and / or allowances
- Have a mortgage and / or
- Have joint credit cards.

If you meet the criteria and would be willing to participate, please telephone **Virginia** on **6252 6213** or **Janita** on **6252 5633** between **9:00am and 4:00pm weekdays**, by **9 May 2016**.

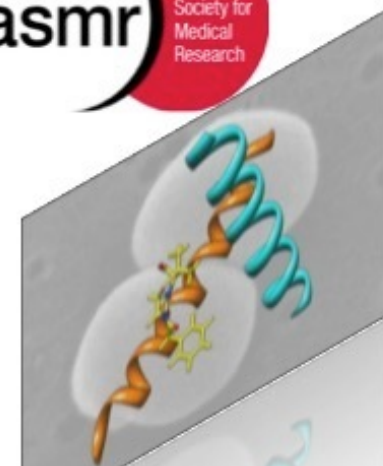
There is a payment of \$50 to help with attendance costs. Interviews, and results of the interviews, are confidential. Recordings of interviews will only be used for development and research purposes.



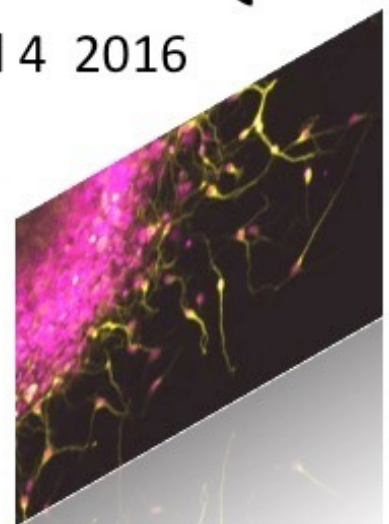
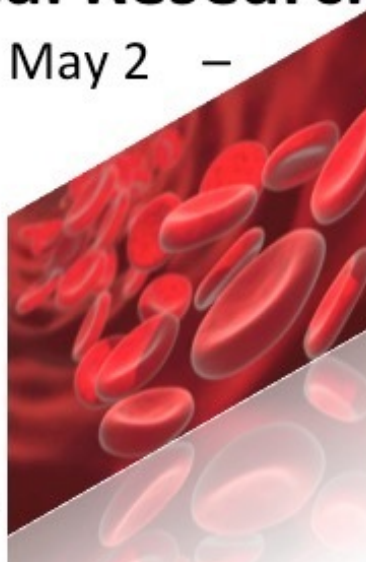
Medical Research School Quiz

May 2 –

Jul 4 2016



Open to Year 7 – 12 students.
20 multiple choice questions
will test your knowledge &
inspire your imagination.



Great prizes to be won!

Enter online @ asmr.org.au/MRWQuiz.html



facebook.com/ASMRSchoolsQuiz

Major National Supporter of
ASMR Medical Research Week*



Australian Government
National Health and
Medical Research Council



Woden Valley Youth Choir

VOICES OF THE NATIONAL CAPITAL



Open Day

Woden Valley Alliance Church

Namatjira Drive, Stirling

Juniors (7-9 year olds) and Intermediates (10-12 year olds) rehearse from 5pm- 6pm

Performing Choir (12 - 21) rehearse from 6pm - 8.15pm



Woden Valley Youth Choir Open Day
Tuesday, 3 May 2016 from 5pm

Have you always wondered what happens behind closed doors in a choir rehearsal? We are opening our rehearsals for the first time ever, and inviting prospective members and their families to come and see how we make our choral magic! There will be members and families available to answer questions and you can sign up on the day if you'd like to join. We are so proud of our involvement in the Canberra community and warmly invite you to be a part of the Woden Valley Youth Choir family in 2016.



Welcome Back to Term 2!

National Volunteers Conference 2016

As mentioned in our previous newsletter our Executive Officer recently attended the National Volunteers Conference.

There are many ways that informal volunteering happens within our school communities.

Some that you may help or be involved with are:

- School sports carnivals
- Uniform clothing pools
- Parents and Friends
- Special events such as fetes, working bees and one off projects
- Sports clubs & groups
- The School Board
- Book clubs

All of these activities are forms of volunteering. They may involve a regular commitment or be a brief, one off task. Big or small, all of your contributions are of value. In addition, your children see that you are interested & happy to participate in what happens at their school.

So if you are volunteering or plan to volunteer at school here are some titbits of information.

- *Sustained volunteering is associated with Better Mental Health.*
- *The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement*
- *Volunteering is highly associated with greater health and happiness*
- *Altruistic emotions and behaviours are associated with greater well-being, health and longevity.*

(Credit: Associate Professor Thomas Nielsen, University of Canberra)

So if you are about to type up a set of minutes from a school meeting, review the budget, order 1,000 sausages for the next school BBQ, just remember – ITS GOOD FOR YOU!!!

When the task is completed, and you have time to reflect on your contribution you may even experience a *“helpers high” a powerful physical and emotional feeling experienced when directly helping others.*

(Credit: Associate Professor Thomas Nielsen, University of Canberra)

Keep up the great work!

We hope you have a great start to Term 2!

We are always keen to hear from you,

Contact: Linda Fleming

02 6287 3538 or send us an email at

Executive.officer@apfacts.org.au

26.04.2016

FREE SCHOOL WORKSHOPS

Schools and groups can try cheerleading FREE!

Let your students try Australia's newest and most exciting sport in a fun and safe environment

All star cheerleading is a sport in its own right, recently accepted by SportAccord, the governing body for Olympic sports. It is extremely athletic and develops confidence through team work, performance and competition.

Athletes learn basic stunting, tumbling, jump and dance skills with our professional and dedicated coaches. Our coaches are experienced, internationally accredited and hold first aid certification and WWVP cards.

Come to our specialist cheerleading gym in Mitchell or we can come to your facility! We can also assist you in developing or managing your own cheer squad. Email rianna@SirensCheerleaders.com.au to book your group in now!

STUNT ★ JUMP ★ TUMBLE ★ DANCE



Learn
to cheer with
Canberra's best.
Everybody is welcome!

www.SirensCheerleaders.com.au



From 18 months up.
Males and females.
Beginner to elite.
Competitive and recreational.
Over 60 years combined coaching experience.

Southern Cross Cultural Exchange still has 4 scholarships available this year also, and there will be information about these at the Public Information Session tonight as well.

**What : Southern Cross Cultural Exchange
Public Information Session**

**When: Tuesday 3rd May 2016
7pm - 9pm**

**Where: Belconnen Community Centre
12 Chandler St
Belconnen**

Children's *Learn To Skate* Program



COME AND GIVE IT A TRY!

Rollerskating is great fun, it promotes fitness and strengthens gross motor, so come and give it a try.

When: Wednesdays during ACT school terms

Where: Queanbeyan High School Gym
Surveyor St, Queanbeyan

Cost: \$130 first child and \$120 for a sibling
plus \$5 skate hire if required

Contact: skateprogramsACT@gmail.com





STEVE DOSZPOT MLA ANNUAL CHARITY FUNDRAISING TRIVIA NIGHT

In support of

BOSOM BUDDIES

Join us for a wonderful evening of trivia, prizes, auctions, delicious finger foods and complimentary first drink



FRIDAY

3 JUNE 2016

Hellenic Club

Matilda Street, Woden

6.30pm for 7.00pm

\$60 pp or \$500 a table

MC:

Ian Meikle

Broadcaster

Quizmaster:

Steve Doszpot MLA

Shadow Minister for Ageing

BOOKING FORM OVERLEAF

FOR MORE INFORMATION

PHONE: 0406 376 500

Booking Form

Complete all details and fax to (02) 6286 4475 or email to bosombuddies@shout.org.au

BOSOM BUDDIES & STEVE DOSZPOT MLA

Charity Fundraising Trivia Night – Friday, 3 June 2016

I would like to purchase: ☐ Tickets at \$60 each or ☐ Tables of 10 @ \$500

I am unable to attend but would like to donate \$.....

Bosom Buddies ACT inc is a Deductable Gift Recipient. Donations of \$2 and over are tax deductible
Please ask your family and friends to join us for this fun event.

Mr/Mrs/Ms/other
(First name) (Family name)

Company Name

Address
(Suburb) (Postcode)

Phone Email

Payment Options

Direct Deposit ☐ Mastercard/Visa ☐ Cheque ☐

Account Name: Bosom Buddies ACT Inc

BSB: 805 022

Account Number: 22495423

Reference: Surname, First Initial

Card number ____/____/____/____/____/____/____/____/____/____/____/____
Expiry ____/____

Name on Card Signature

Names of my guests

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10