



Dear Parents, Students and Staff,

The issue of school funding is going to heat up over the next month as the Turnbull Government seeks to put changes through the Senate.

School funding is a complex and emotive issue that often serves to divide and alienate rather than find common ground.

If Minister Birmingham's legislation gets through the Senate our Commonwealth funding will be reduced over the next ten years.

I'm a staunch supporter of government schools but the reality will be while the government schools in Canberra are seeing increases of funding as high as 145% Catholic schools will see funding reduced.

The letter that I received from Simon Birmingham stated that 'we estimate an average annual per student decrease (in funding) of 0.8 per cent over the ten years that will result in a total decrease from 2017 to 2027 of \$2,674,700.

Senator Birmingham's Australian Education Act Amendment is seen to be fair as it is based on a school's socio-economic status (SES). SFX has an SES of 115, which happens to be the SES of Geelong Grammar. It may be worth checking out Geelong Grammar: <https://www.ggs.vic.edu.au/>

You will quickly realise that we aren't quite in that league. We also don't charge fees in excess of \$30,000 a year.

Our hope is that the legislation doesn't go through and at the very least we can buy some time so that there can be appropriate consultation.



Our funding for this year has been guaranteed but if the AEA Amendment does go through the funding cuts will start in 2018. In coming weeks there will be regular emails that advise of ways to have a voice in the funding debate.

Enrolments

The good news is that our Year 7 numbers for 2018 are very strong. Year 10 students and their parents are encouraged to attend the Senior Course Information Evening on Wednesday 7 June.

Students and parents will be able to speak to Studies Coordinators and representatives from ACT Universities and CIT. Year 10 students will be able to choose their 2018 subjects online. SSO opens on Friday 9 June and closes Friday 16 June.

Best wishes,
Angus M Tulley



Library and Information Week @ SFX

By Rachael Hind

To celebrate Library and Information Week the Resource Centre will feature an interactive display which will be located on the windows close to the photocopier.

Staff and students can add feedback to the display by filling out a heart and leaving it in the box provided. The theme of the display is **'What do you love about the Resource Centre?'**



Hope you can all pop by and leave us a positive message to celebrate the Resource Centre's contribution to the College.

Healthy Mind + Healthy Body = Healthy Life



WHO'S STRESSED?

Coping with stress is a major concern for both teens and adults, and one way to reduce stress is to learn stress management skills.

Sometimes stress simply won't go away, so we need to learn to manage it with strategies and resources available to us.

If you become overloaded with stress without a management plan, you could experience these symptoms:

- *Anxiety
- *Illness

- * Withdrawal
- * Dependency on drugs/ alcohol

*Aggression

* Poor general coping skills

It's important that you learn some strategies to cope with stress because it is a life-long issue. The earlier you manage it, the better.

SO, WHAT IS STRESS AND WHY DO WE NEED IT IF IT'S HARMFUL TO US?

When we feel that a situation is difficult or painful, our minds and bodies prepare us to respond to danger and so changes begin to occur in our minds and bodies. It's called '*fight, flight, freeze*' response. In other words, your body is ready to take action to get away from the perceived threat, and therefore keep you safe. **STRESS isn't always bad for us - feeling butterflies in your stomach before a test or presentation can help you to focus, prepare well and do a better job.**

Tick which stress symptoms apply to you:

Short-Term Stress	✓	Long-Term Stress	✓
Worry		Mood changes	
Anxiety		High anxiety/panic attacks	
Anger		Nervous Behaviour	
Frustration		Over-active or over-tired	
Fear		Sleep changes	
Stomach Ache		Neck pain	
Headache		Neglecting important things	
Trouble sleeping		Feeling out of control	
Irritability		Nightmares	
Lack of Concentration		Low immunity	
Tense Muscles		Increased dependence on caffeine, food, alcohol, drugs, cigarettes.	

HOW TO REDUCE, MANAGE AND BEAT STRESS

Physical exercise and activity: burns off cortisol and helps you to relax. It releases the feel good chemicals in your body - endorphins - which are the body's stress fighters. Exercise every day.

Think Positive: Get rid of negative self-talk. Instead of saying/thinking 'My life sucks', say or think 'Things aren't great right now, but it'll get better'. Build a network of friends and stay connected to family who support you and help you cope.

Get enough Sleep: it's the biggest cause of stress for teens. You need at least 9-10 hours of sleep a night.

Relax and unwind: Go for walks, listen to music, hang out with friends, have fun.

Eat good food: Food affects your emotional and mental health. Eat plenty of fresh food and vegetables, lean meat, dairy foods and wholegrains. Avoid eating too much processed food and sugar.

Tick the Stress-busting techniques that you use:

Technique	✓	Technique	✓
Exercising at least once a day		Sleeping at least 9 hours a night	
Using Positive self-talk		Going for walks	
Spending time with friends		Listening to music	
Spending time with family		Eating fresh and healthy foods	





Performing Arts

Upcoming performances.....

MADD NIGHT- 1 June

Come along to the SFX Theatre for a MADD night of entertainment featuring our talented musicians, artists, dramatists and dancers (MADD).

Student artworks will be exhibited in the Theatre foyer from 5:30pm onwards and the variety show will commence in the Theatre at 6:30pm.

Families and friends are invited to attend this wonderful evening for

a gold coin donation.

Please note that this is not a ticketed event, so seating will be on a first in, best dressed basis.

Verbatim Theatre- 6 June

Year 12 Drama presents a verbatim theatre piece based on the 2003 Canberra bushfires. The performance will commence at 6pm in the SFX Theatre. Free entry.

Blues Brothers - 8 June

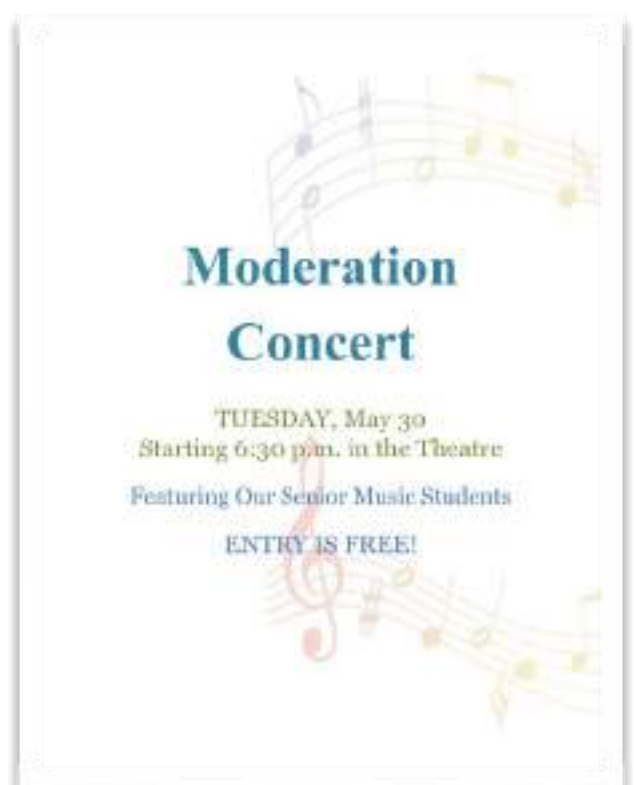
Year 11 Drama presents the 'Blues Brothers'. The play will commence at 6pm in the SFX Theatre. Free entry.

La Nostra Gita a Sydney

Angel Villena

Year 11 student of Italian

Venerdi, cinco maggio, la nostra classe ha viaggiato a Sydney con l'autobus alle sette di mattina. Siamo andati perche abbiamo imparato sull'immigrazione degli italiani in Australia. Eravamo in undici.



Visitavamo i sobborghi di Leichhardt e Haberfield perche c'è una presenza italiana forte in questi sobborghi. In Leichhardt, abbiamo camminato nelle strade di Norton per arrivare al foro italiano. Faceva caldo! Il foro italiano e' una replica di una piazza Italiana in Toscana. C'erano gli appartamenti all'ultimo piano, ed i negozi al piano inferiore. Il foro era costruito cosi che gli italiani immigranti potrebbe vivere in un luogo che ricordano dell'Italia. Abbiamo pranzato in un ristorante italiano, e abbiamo ordinato il nostro cibo in italiano. Ho mangiato gli spaghetti bolognese e pane all'aglio. Erano deliziosi! Dopo, abbiamo preso l'autobus a Haberfield. Prof. Rodriguez ci ha comprato un gelato ciascuno. Poi siamo tornati alla stazione centrale e siamo andati velocemente a McDonalds. Siamo partiti per Canberra alle quarto e siamo arrivati alle otto e mezzo, perche era molto traffico.



Soprattutto, era una giornata lunga ma molto eccitante. Ci siamo divertiti! Penso che imparare sulla cultura italiana e la sua storia e' molto interessante. Sapere dell'immigrazione e' importante perche ci aiuta a capire come Australia e' diventata una societa multiculturale. Raccomanderei vivamente questo viaggio per gli studenti future d'italiano.

English Translation - Our Class Trip to Sydney

On the 5th of May, our class travelled to Sydney by bus at 7:00am. We went there because we are learning about the immigration of Italians to Australia. There were 11 of us. We visited the suburbs of Leichhardt and Haberfield because there is a strong Italian presence in those suburbs. In Leichhardt, we walked on the main street to the Italian forum. It was a replica of an Italian square in Tuscany. There were apartments on the top floor, and shops on the bottom floor. The forum was built so that the Italian immigrants could live in a place that reminds them of Italy. We had lunch at an Italian restaurant and we ordered our food in Italian. I ate spaghetti

bolognaise and garlic bread. It was delicious! Afterwards we took a bus to Haberfield where Mrs Rodriguez bought us all a gelato. Then we returned to Central Station and quickly went to McDonalds before we took a bus back to Canberra at 4:00pm. We arrived home at 8:30 because there was a lot of traffic. Overall, it was a long but exciting day. We all had lots of fun! I think that learning about Italian culture and the history behind it is very interesting. Learning about immigration is important because it helps us to understand how Australia has become a multicultural society. I would highly recommend going on this trip to anyone studying senior Italian in the future.



Sport Report

By Samantha Stevens

There has been plenty of sport happening in the last 2 weeks, with even more to come in weeks 5 and 6!

On Monday the 8th of May, 6 students represented SFX at the SSACT Golf Competition. The students **Riley Willcox,**

Brent Oosthuizen, Darcy McCann, Ryan Ulrich, Kane Smith and Calum McCann represented SFXC brilliantly on the day and all performed very well. Congratulations to all!

On Monday 15th May Mrs Libby Goodsell coached the College Girls Basketball team at the ACT College Basketball gala day. The girls had smiles on their faces for the entire day and showed great sportspersonship. They did a wonderful job at working together as a team. The first game was a tough one, remaining scoreless in the first quarter but had a tremendous comeback and were only down by 7 points at the end of the game. Lyneham were too good for everyone on the day but our girls showed spirit despite being fatigued and sore. Thank you to the girls; you did SFX proud. Well done to **Ashlyn Garrity, Nikki Aboui and Kaitlyn Bailed** who earned MVP points for the day.



On Wednesday 17th May Mrs Kelly Candy coach the 7/8 Girls AFL team in the Giants Cup. The girls had a great day out and showed some fantastic skills. They played with great sportspersonship and were excellent representatives for SFX. Congratulations to **Ellie Bishop**, **Abbie Bailey** and **Jorja Simpson** who were awarded MVP points for their efforts on the day. Well done girls!



On Thursday 18th May we held our College Athletics Carnival. The weather was perfect and staff and students enjoyed a wonderful day at the AIS track. Well done to all the House Patrons, House Captains and Staff who coordinated events on the day and made sure that the day ran smoothly. Also, a big thank you to Peter Marrapodi and Maria Miniutti who organised the day. Well done to Koorilla

who were the winners on the day and to all who participated.

Congratulations to **Harry Chittick** in Year 9 who has made the ACT Indoor Cricket team. Nationals will be held in Mackay in Queensland during the school holidays. We wish Harry all the best during the preparation and for the competition!

Congratulations to **Jeb Smith** of Year 8 who has been selected in the Junior Brumbies U14's team. The team will be competing in Orange on the long weekend in June. We wish Jeb well for the preparation and competition in June!



Well done to **Maximus Monaghan** of Year 9 and **Charlie Mellick** of Year 10 who have been selected to represent the U16 Canberra Gunners at Nationals during the coming July school holidays. All states are represented and it is being held in Perth over an 8-day period. Both are also representing Canberra in the Country Premier League tournaments as well as the June long weekend Melbourne Classics. We wish the boys good luck with their preparation and for the competitions!

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.

St John's Sports Carnival

Year 10 students assisted at St John's Kippax primary school sports carnival last week. They volunteered in supervising the children, assisting with meal preparation and by watching and monitoring the activities such as highjump and tug-of-war.

Tim Garrity was one of the volunteers and wrote the following of his experience:

I went to the St John's Sports Carnival. I made sausages for the children. I helped with High Jump and rope pull.

Thanks to all of the dedicated volunteers.



Year 10 "Planning for the Future"

Students in Year 10 at St Francis Xavier College were treated to a panel discussion during Pastoral last Wednesday 17 May, with students from Years 11 and 12 sharing their experiences in the theatre.

The Year 10 students are starting to put together plans for what they would like to do beyond school, and so they are working on a program to discern their

gifts and talents, and working out where their strengths lie. This process hopefully will allow them to choose their subjects well for years 11 and 12, and to work out where they will be able to most enjoy their senior years at the school.



A panel of Year 11 and 12s shared a variety of experiences, some about the ASBA program (Australian Schools Based Apprenticeship) and others spoke of how they had pursued academic or artistic streams.

Thanks to the Year 11 and 12s who so honestly shared with the Year 10s, and thank you to the Year 10s who asked such thoughtful questions. There were so many questions that the panel session took the entire period, which shows that the Year 10s are very enthusiastic about their futures.

A big thank you to Cathy Barry and Margaret Stapper for their work in organising this panel discussion.

Dracula Excursion



Meg Talip, Loidee Santos and Year 12 students

Year 12 English students are currently studying comparative texts with a focus on their choice of genres including: gothic, crime, speculative texts, tragedy, comedy and war.

On Saturday 29th April, 30 Year 12 English Students had the opportunity to watch a live production of Dracula at the Canberra Theatre Playhouse.

Students were enthralled by the lighting, sound and stagecraft employed to bring the classic tale to life.

The intense atmosphere created evoked gothic elements of social anxiety and supernatural forces.

The star of the show was the rotating centre stage complete with a full spiral staircase which was fully utilised for the variety of castles, manors, asylums and even train settings of the tale. A classic tale was powerfully retold- complete with jump scare lightning and fake blood.

AIME Program 2017 Years 9 and 10



By Luke Potter

The Australian Indigenous Mentoring Experience has begun for our lucky students. Our Aboriginal and Torres Strait Islander students have started their journey with the AIME program attending two program days at the University of Canberra.

AIME is essentially a mentoring program aimed at Aboriginal and Torres Strait Islander students to encourage everyone to finish school and help close one of the biggest educational gaps in the western world.

The model is simple, AIME goes to universities, and at the campus' they recruit a generation of mentors. They tap into their skills, potentials, goodwill and spirit to go back to the local high schools and mentor our students.

Elias Murray, Lane McEwan, Maddy Savell (Year 9s) Caleb Ralton, Claire Hackett, Zane Kendall (Year 10) are all currently working through the AIME program. The hope is they can become the next generation of mentors either later in life or here at St Francis Xavier College.

The day started off with a bang. An overzealous welcome by engaging the students as soon as they walked in the door. This was successfully done with resident DJ, Rowan, breathing fire on the decks to the delight of everybody in the room.

This was followed up by some powerful video content including 'Dawn of a new era' (history on how far we have progressed as a nation) and interviews from a variety of successful individuals within their fields of expertise.

Each session finished with a 20 minute period



known as 'Failure Time' where the students in attendance embodied our number one rule 'No shame at AIME' and participated in a variety of different activities, ranging from DJ'ing workshops to collaborating on a rap song with mentors.

After an action packed day, the students were given a book 'The Mentor' to take home and complete a creative book report on. 'The Mentor' is the foundation of the AIME program in 2017 and a great deal of the program content will be based around it.

I will be working with these students throughout the coming months to complete a creative book report. Once this is complete and they attend one more session at the University of Canberra, they will move a step closer to becoming mentors themselves and also get some of the popular AIME apparel.

Micro Teaching Unit in Year 9 Sport and Recreation

Year 9 Sport and Recreation students are completing the Micro Teaching unit this semester. For their excursions, they are leading sport sessions for year 3 students at St John the Apostle Primary School.



Year 7 Virtual Reality Excursion

By Erin Pitt

During the first two weeks of term, Year 7 students were thrilled to experience a Virtual Reality (VR) excursion during their Humanities class to 7 amazing World Heritage sites.

This excursion was designed to complement their study on Ancient China together with learning about sites around the world that hold



international significance.

The students visited the Great Wall of China, the Taj Mahal, the Colosseum in Rome, Chichen-Itza in Mexico, Petra in Jordan, Christ the Redeemer in Rio and finished off in Machu Picchu.

The VR experience was a new one for our students and one that was met with great excitement and interest. Use of this technology will be extended across all learning areas within the college to help bring learning to life.

Virtual Reality: Exploring the Brain

By Bridie McNeill

On Friday afternoon some of our Year 12 Psychology students participated in a virtual reality experience, exploring the brain, its structure and complex functions.

They were guided through this experience, learning about the foundations of neuroscience, supporting our unit this semester, *Into the Mind*.

Students engaged with the experience which saw 3D models of the brain, neurons and neurotransmitters.

A big thank you to the Resource Centre Staff for organising this learning opportunity for our Psychology students.

Religious Education News - The Feast of the Ascension

By Anne Armstrong

This week on May 25 we celebrate the Feast of the Ascension.

I have always had trouble with this Feast. My sceptical, scientific mind finds it difficult to comprehend such a magical and mysterious event.





Are we really expected to believe that Jesus was taken up in a cloud?

Surely this is some relic from a time when myths were real?

The great writer, C. S. Lewis once remarked that the scriptural account of the Ascension of the Lord “presents greater difficulties to the modern mind than any other part of Scripture”.

The Biblical account appears in Luke and in the Acts of the Apostles, also written by Luke.

The Ascension is one of the very few facts from Jesus’s life that is listed in both the Apostle and Nicene Creeds, evidence that the Ascension must be central to the Christian faith in some way.

Because I cannot explain the Ascension, I consulted three theological authoritative sources: Father Michael Fallon msc; Pope Benedict and Pope Francis. If they could not explain this event in ways I could understand, then I would have to take the event on faith.

I begin with Michael Fallon, because his MSC background expresses his understanding in the beautiful imagery of living in the heart of God, enjoying ‘undistracted communion with God for ever’.

Essentially we are invited to live in love, in the heart of God, without any obstacles to prevent us from doing so.

Father Michael says, “Being in communion with his Father, Jesus heart is able now to reach out, beyond all the limits of space and



time, to be wherever God's love is. And so he is able to be with us. We speak of him being at the right hand of God's throne (Colossians 3:1), which is our way of saying that he is at the heart of God's acting in the world, powerfully bringing about the reign of God's loving will in this our broken world.

(SOURCE: http://mbfallon.com/homilies_yearC.%20pdf/ascension.pdf)

The Jesuit commentator, Adam D. Hincks, S.J., explores the teachings of Benedict XVI in Benedict's second volume of Jesus of Nazareth. In Luke's account of the Ascension, the disciples are not dejected when Jesus ascends to the Father. Instead, they are joyful: "While he was blessing them, he left them and was taken up into heaven. Then they worshipped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God" (Lk. 24: 51-53). Benedict explains that this is so because in the Ascension, Jesus blesses and draws near to the world:



The gesture of hands outstretched in blessing expresses Jesus' continuing relationship to his disciples, to the world. In departing, he comes to us, raise us up above ourselves and to open the world to God. That is why the disciples could return home from Bethany rejoicing. In faith we know that Jesus holds his hands stretched out in blessing over us. That is the lasting motive of Christian joy.

Source: <http://blog.jesuits.ca/index.cfm/2014/5/30/The-Ascension-of-Jesus-SpaceTravel-of-the-Heart>

Pope Francis also has something to say about the Ascension:

During the Ascension Jesus made the priestly gesture of blessing, and the disciples certainly expressed their faith with prostration, they knelt with bowed heads.

This is a first important point: Jesus is the one eternal High Priest who with his Passion passed through death and the tomb and ascended into heaven.

He is with God the Father where he intercedes for ever in our favour (cf. Heb 9:24).

As St. John says in his First Letter, he is our Advocate: How beautiful it is to hear this! When someone is summoned by the judge or is involved in legal proceedings, the first thing he does is to seek a lawyer to defend him.

We have One who always defends us, who defends us from the snares of devil, who defends us from ourselves and from our sins!

Dear brothers and sisters, we have this Advocate; let us not be afraid to turn to him to ask forgiveness, to ask for a blessing, to ask for mercy!

(source: <http://www.ncregister.com/blog/jimmy-akin/7-things-pope-francis-wants-you-to-know-about-jesus-ascension>)

These three reflections express for me an understanding of the old Catechism question and response:

Question: Why did God create me?

Answer: To know, love and serve him here on earth and live with him for eternity.

The Ascension bridges that divide between our physical life on earth and our life after death. It gives us hope that the Jesus present in us and our flawed humanity, and the Jesus present in the created world will transform us after death into perfect beings of love living in God's love and presence.

SOME SITES TO DEEPEN YOUR UNDERSTANDING OF THE ASCENSION



The following sites have some beautiful paintings portraying the ascension, giving us cause to reflect and wonder on this mystical event

<http://www.churchyear.net/ascension.html>

At the following site are some paintings from various cultures that imaginatively portray this event, beginning with the *Ascension of Christ* as painted by Canadian artist Michael O'Brien: <http://globalworship.tumblr.com/post/87161628555/ascension-day-paintings>

Here is some thoughtful commentary on the importance of the Feast of the Ascension <http://rj-whenlovecometotown.blogspot.com.au/2011/05/feast-of-ascension-and-why-it-matters.html>



in association with Vikings Group

TNA TURNS PINK 3

BE PART OF HISTORY

WE'RE SETTING A **NEW WORLD RECORD** FOR
THE **MOST PLAYERS IN A NETBALL**
EXHIBITION MATCH

SATURDAY 17 JUNE 2017

RAISING FUNDS FOR

bosom buddies
Raising awareness, raising money, raising spirits

red nose
saving little lives



BE PART OF HISTORY

TNA TURNS PINK 3

FOR **red nose** AND **bosom buddies**

What: **TNA TURNS PINK 3**, a marathon netball game from 8am to 6pm.

When and where: 17 June, Tuggeranong Netball Centre, Were Street, Calwell.

Who: you and more than 3,000 members of the ACT netball community.

Why: to raise funds for our 2 chosen charities, **Red Nose** and **BOSOM BUDDIES** by playing for Red Nose (the Red Team) and Bosom Buddies (the Pink Team).

How: Be part of these teams by playing at least 1 quarter (but you can play as many as you like). Form a team from your family and friends, or bring your club or representative team.

BE PART OF HISTORY: this includes the chance to be part of a new *Guinness World Record* for the most number of players in a netball exhibition match!

✉ tnaturnspink@tuggeranongnetball.com.au

🌐 tuggeranongna.act.netball.com.au

[illegible]



2017 BLACKFRIARS LECTURE SERIES

50 years ing people diabetes.

invites you to join us
entertainment Evening.

*'It Starts with Equal'
Development and
Power*

Public Lecture by Sally Moyle

Friday, 27 May 2017

enic Club, Woden

pm - 11.00pm

ver ticket or
le of 10 for \$450

Date: 27 May 2017
Time: 6.00pm (refreshments)

Cost: \$450 (refreshments included)
Where: Blackfriars Building, St. Clare's Cathedral, 100 St. Clare's Avenue, Woden

RSVP:  www.acu.edu.au

Contact: diabetes@acu.edu.au or [02 9393 9393](tel:0293939393)

story of progress towards development, underpinned by human freedom and the at long last challenge power structures – always male dominance and white maleness – to make way for a more inclusive progress to eliminate poverty and to start with equality between women and men. This is the challenge we face today. In this lecture, Sally Moyle will share her own journey and how she has worked to address these issues both domestically and in international development.

Most recently, Sally was the Principal Gender Specialist and Assistant Secretary, with the Australian Department of Foreign Affairs and Trade and has been in senior executive roles in the Australian Government since 2008, including DFAT, the Office for Women, and working on Indigenous Affairs and in Disability Care in the Department of Families, Housing, Community Services and Indigenous Affairs.

Prior to joining AusAID in 2006, Sally had senior roles at the Australian Human Rights Commission.

Resilient Program for Parents (RAP – P).

**Bookings Essential
Contact
1800 068 698**



2ND-3RD JUNE 2017

SAINT FRANCIS XAVIER
COLLEGE

TURNING POINTS OVERNIGHT RETREAT

This is an optional retreat for year 10-12 Students. The retreat will be facilitated by the Missionaries of God's love and St Francis Xavier Staff.



Theme:

"Religion and Science"

What to expect:

Games, interactive activities, discussions, prayer, testimonies, reconciliation, Eucharist, meal sharing and lots of fun.



Cost: \$35

Please pick up a permission note from Mr Ferenc's Office or the Student Office

THURSDAY
JULY 27TH
6-9 PM
\$10 ENTRY

HOSTED BY:
MERICI
COLLEGE

LIVE MUSIC
FOOD & DRINKS
GAMES & Raffles
RAFFLE PRIZES

2017
VINNIES
NIGHT
OUT

Torta Italia 2017 Competition



Create an Italian inspired TORTA to claim the

Torta Italia Canberra 2017

title at

Festa della Repubblica

28 May Italian Cultural Centre Franklin

Great Prizes sponsored by P&P Eventi

To enter the competition, please fill in the
Registration Form and return by 26 May 2017 to
info@comitescanberra.org

Cakes are to be delivered by 10.00 am on 28 May 2017

to the

Italian Cultural Centre, 80-82 Franklin St, Forrest

**1st 2nd and 3rd prize winners will be announced at
2.00 pm**

Registration Form

Name:

Phone/Mobile:

e-mail:

Cake name and description:

List of ingredients: