Welcome to Fr Brendan Hogan
On behalf of the St Francis Xavier College community I extend a very warm welcome to our new Canonical Administrator, Fr Brendan Hogan of Our Lady Help of Christians Parish in Narre Warren. Fr Brendan comes to us from Orbost and we look forward to a long and active relationship with him in our College.

Student Leadership
I am very pleased to introduce to the College community our Captains for 2011.

Captain – Mikaela Foy: A former student of St Catherine’s Primary School, Mikaela is a keen sportswoman and studying the following Units in Year 12: Religious Education, English, VET (Sport & Recreation), Biology, Psychology and Further Maths. Mikaela also studied Physical Education (Units 3 & 4) last year. Post VCE, Mikaela would like to travel before going to university.

Captain – Bradley Abela: Bradley is studying Religious Education, English, Accounting, Legal Studies, Maths Methods and Further Maths in Year 12. His main interests outside his schooling include football and friends. A former student of Berwick Lodge PS, Bradley aims to study Law at Melbourne University next year. He cites his mother and father as his main role models in life.

Vice Captain – Cassie Gawley: Having spent her primary school years at St Michael’s in Berwick, Cassie sees her key role models in life as being her Grade 5 teacher, Mrs Kim Johnson, as well as St Mary MacKillop. Cassie is undertaking Units in Religious Education, English, Maths Methods, Japanese, Psychology and Geography. A keen member of our Youth Ministry Team, Cassie aims to become a teacher of English and RE via Australian Catholic University.

Vice Captain – Lucan Macreadie: Lucan came to the College from St Michael’s, Berwick, with interests in tennis, piano and basketball. His Year 12 Units are Religion & Society, English, Maths Methods, Specialist Maths, Chemistry and Physics. Post VCE, Lucan would like to study either Law (Deakin University) or Science Engineering (Melbourne University). Lucan looks to his parents and older sister, Sophie, as great role models in life.

Inter-House Swimming Carnivals
Our annual Swimming Carnivals were held on Tuesday (Senior Campus) and Thursday (Junior Campus) of this week. Full details of both events will be published in the next edition of this Newsletter.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>DATES TO REMEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 24</td>
<td>Junior Swimming Carnival</td>
</tr>
<tr>
<td>Monday 28</td>
<td>College Photographs – both Campuses</td>
</tr>
<tr>
<td>MARCH</td>
<td>Concert Band Recruitment Evening – 7.30 p.m.</td>
</tr>
<tr>
<td>Tuesday 1</td>
<td>Berwick Campus</td>
</tr>
<tr>
<td>Wednesday 2</td>
<td>Parents &amp; Friends Meeting – 7.30 p.m. Berwick Campus</td>
</tr>
<tr>
<td>Tuesday 8</td>
<td>“Keys Please” Session – 7.30 p.m. Beaconsfield Campus</td>
</tr>
<tr>
<td>Wednesday 9</td>
<td>Ash Wednesday</td>
</tr>
</tbody>
</table>
College Board Elections
Attached to this edition of the College Newsletter is a letter to all parents informing them that Parish Representatives to the College Board are required in Berwick, Pakenham and Koo Wee Rup. I would encourage interested parents to give consideration to this important role in the life of the College.

Staffing Update
• Mrs Kerry Fitzgerald was recently appointed to the Staff in a replacement role, covering the classes of Mrs Sue Nichols who is recovering from surgery and illness. Unfortunately, Mrs Fitzgerald has been unwell and is now unable to join us at the Senior Campus. I am pleased to advise parents that Mrs Barbara Ryan, a teacher of great experience, has been appointed for Terms 1 & 2.
• Mrs Emma Hornby concludes her time with us tomorrow (Friday, February 25) as she awaits the birth of her baby in the near future. I extend the good wishes of the St Francis Xavier College community to Mrs Hornby, her husband Daniel and daughter, Charlie.
• Mr Allan Grigg has joined us at the Berwick Campus to work with the students of Hands on Learning.
• We have welcomed five new colleagues to our Education Support team in recent days: Mrs Cheryl Langlands, Mrs Connie Woods, Mrs Liz Nunn, Miss Raesha Jayasinghe and Miss Raina Peterson who will bring great skills and commitment to this area.

Land for Third Campus
In the first edition of this Newsletter for 2011 I announced to the College community that we have purchased eight hectares of land in Officer for the development of a new Year 7, 8 & 9 Campus. The land, situated immediately north of the Princes Highway & Cardinia Road intersection, is ideally suited for a new school. Our plans are well advanced and architectural drawings are completed. We aim to have an intake of Year 7 boys and girls for 2012. Fuller details may be viewed on the College website under the link Our Campuses – Officer Campus.

Protection for the Harmful Effects of Sunlight
Many of our young have a tendency to expose themselves frequently to sunlight, often to direct sunlight. My recent meetings with personnel from Anti-Cancer Victoria suggest that many simply ignore the warnings related to the dangers of exposure to ultra-violet light, despite being well informed as to these dangers. All students are encouraged to wear sunglasses and a hat (available at the Uniform Shop and at the Berwick Campus Student Office) and sunscreen (provided free of charge), and to keep to shaded areas during the breaks. A daily UV rating may be viewed on our College website. Simply click on the link Sunsmart UV Alert on our homepage.

The warm weather
• On days of extremely warm weather, teachers encourage the students to increase their intake of water, to carry a water bottle at all times, to remain in the shaded areas during the breaks and to keep movement to a minimum.
• If the day is classified by Fire Authorities as particularly worrying or dangerous, parents are referred to the College website for up-to-date information regarding advice for student safety. Simply click on either Bushfire Emergency under Our School or Noticeboard under News.

We are praying for:
St Francis Xavier College is a large community of thousands of students and staff, both past and present, and their families. Our community has had cause in recent weeks to both grieve and rejoice:
• Mrs Sue Nichols, member of the College teaching Staff, as she recovers from a serious illness.
• Stacey Colebrook of Year 12 as she continues treatment for Leukemia.
• The parents of Staff Member, Mrs Naomi Spruitenburg, both of whom are seriously ill.
• Mrs Emma Hornby as she awaits the birth of her second child.

Your prayers for the families of each would be very greatly appreciated.

Hold fast to What is Good

HOW TO SUBSCRIBE TO THE COLLEGE NEWSLETTER
Go to sfx.vic.edu.au then click on “News & Events” then “Newsletters” then “Subscribe” and fill in the information
HURDLES TO SUCCESS
Recently, we have had motivational presentations and study skills sessions for our senior students. Hence, now is a good time for parents, students and teachers to engage in conversations about goals, study habits, being up to date with school work, and striving for excellence.

According to Dr Matt Bateman, there are seven hurdles that prevent us from achieving our goals.

1. FEAR
Fears cause us to doubt ourselves, as well as our ability to succeed, and prevent us from taking the actions necessary for our success. It is important to cultivate positive thoughts about our ability to succeed.

2. EXCUSES
It is much easier to fail and then make up excuses than it is to succeed. Start accepting 100% responsibility for everything that occurs in your life. You cannot blame your teachers, your parents, your upbringing, your friends or any other factor for your results.

3. PROCRASTINATION
Are you one of the
• 74% of students who consistently procrastinate during study?
• 79% of students who are constantly distracted while studying?
• 60% who haven’t yet made a study and homework schedule?
• many students who do not realise their potential?

4. POOR TIME MANAGEMENT
Rather than poor time management it is really poor self management that stands as a major obstacle to your success in school and in life. Poor time management is really a symptom of not having clearly defined goals.

5. DISTRACTIONS
If you have clearly set goals it will help you stay focused and avoid the ever present distractions more easily. Ask yourself, ‘Am I serious about my goals?’

6. LAZINESS
Laziness is a bad habit to cultivate because, just like weeds can overrun a garden, laziness can soon take over all aspects of your life.

7. POOR EXAM PERFORMANCE
Examination assessors estimate that as many as 30% of all mistakes in exams and assessment tasks are not a result of a lack of knowledge but from simple, avoidable mistakes as a result of poor examination technique. Yes, it certainly is time to take stock and reflect. However, as with everything in life, awareness is not enough – we need to accept responsibility and take action to achieve desired outcomes. Go to http://www.vcehelp.com.au for free VCE resources, podcasts, videos, etc.
CSYMA has three classes in Year 10, one in Year 11 and a team of Year 11 and 12 students. Our first event is in Tasmania in the first weekend of March when Mrs O'Connor, Mr Fitzpatrick and a number of students will help facilitate a conference in Hobart. On March 7 & 8 the three Year 10 classes will attend the Sale Diocese Retreat, where all secondary schools will be represented. CSYMA links the curriculum with active participation within the Church. It is powerful when students are in active ministry and are required to name their faith tradition in a teaching and sharing context.

**Ash Wednesday** is on March 9 and the traditional Ash Wednesday Ceremony will be carried out at the start of the day – in Houses at the Beaconsfield Campus and as a whole Campus at the Berwick. Parents are most welcome to attend the Ash Wednesday Ceremony.

The **Stations of the Cross** are again being prepared by Remar Gold. This beautiful recreation of Christ’s Passion will occur at St Michael’s Berwick on the April 5 at 7:30pm, and then at both Campuses in the last week of Term 1.

Finally, the **Year 12 Retreats** will occur in the last week of Term 2. McKenna, White, McDonagh and Schneider will be attending from Monday to Wednesday and Burgess, Synan, Gallagher and Thomas from Wednesday to Friday.

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**DIRECTOR OF LEARNING, BERWICK**

Mrs Jo Prestia

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Keeping your child up to date with work due

I thought I would take this opportunity to update you with some information that perhaps we as teachers and students take for granted. St Francis Xavier has a policy which outlines the steps involved when a student fails to submit an assessment task that is directly related to their semester report, i.e. the mark is either recorded on its own on the subject report or is part of a number of tasks that make up the whole grade for an assessment task.

1. **Has your child received a white sticker in their diary informing them of a piece of work which is overdue?**
   Hopefully you have seen it on the day it was placed, most likely it is due the next day or the next class. Ensure your child completes the work and after sighting it sign the sticker. It is then the responsibility of your child to get that work to the relevant subject teacher by the date placed on the sticker. If they do not; you will receive a work due letter in the mail.

2. **Have you just received a work due letter for a piece of work your child failed to submit on the due date and after a warning sticker or note was placed in their diary?**
   The work due letter you have just received clearly outlines the work which was not submitted, the original due date of the work and a new date by which your child can submit it for a satisfactory pass. If your child meets this deadline and the work submitted is satisfactory then he/she will receive a satisfactory pass for the task but no grade. It will simply be recorded as an ‘L’ (Late Satisfactory). If your child submits but it is of an unsatisfactory standard then the report will read N and the grade will be recorded as an ‘N’, ‘NA’ or UG (Not Satisfactory, Not Assessed or Ungraded – below 30%). If the latter is the case then you will be receiving an ‘N’ letter to confirm.
   To assist us in this matter we encourage you to actively follow up the work due by supervising your child as they complete it and signing off on it as required. Your child will need to attach the reply slip signed by you on the work due and pass it to the relevant subject teacher by the due date on the letter.

   You may also like to keep an eye out for the diary and ask to see it – many of the teachers write notes which are not passed on because students don’t willingly show you.

3. **Have you received a work due letter and heard nothing further?**
   The processes have been completed and given you have not received an ‘N’ letter then your child has met the deadline and the report will read S and L as explained above.

4. **Have you received an “N” result letter?**
   This means that your child either failed to meet the deadline or submitted work which was below 50%. The letter will explain why your child has received the ‘N’. This letter requires a response from you, please complete and return ASAP. If you have any further queries regarding this process please do not hesitate to contact the teacher directly or myself at the College.
At the Beaconsfield Campus we have been working on Goal Setting and Time Management strategies. If you find that you have trouble tackling study and homework tasks then here is a simple yet effective way to stop procrastinating and achieve more in less time.

Mark Twain is quoted as saying that ‘If you eat a frog first thing in the morning, the rest of your day will be wonderful’. By learning to identify and tackle your biggest, least pleasant task first, you are ‘eating the frog’. We’ve all had those days where we start with great intentions but get distracted. Hours later your enthusiasm is gone, along with valuable time you could have used getting things done.

Somehow, this sets a tone for the rest of the day, and we approach our tasks reluctantly, with a poor attitude or simply with less passion. The basic idea is that if you do the worst thing first you’ve got fuel and motivation to do the less painful items or the ‘tadpoles’.

**What to Do Instead**

1. First, outline your tasks for the day
2. Narrow down your list to ten items. By starting with a checklist you feel more accomplished to get seven tasks crossed off in one day. Seven out of ten is more impressive than seven out of twenty five.
3. Out of those ten things, pick your three Most Important Tasks (MITs) – the things you really need to do today
4. Out of those three things, pick the worst one. Do that task first. Make that your frog.
5. Out of your list of ten, pick your favourite or easiest item. Whatever you do, make sure you don’t do that task first. Make doing that task your reward.

This approach will help you…

- Plan and organise each day
- Set goals and priorities so you can get started right away and complete jobs faster

**Family Holidays**

Over the past few weeks we have received a number of requests from parents to take their child/children out of school for family holidays. Within the school year there are some 12 or more weeks when family holidays can be planned during school vacation periods. The teachers work very hard in order to plan appropriate learning programs for their classes. Unnecessary interruption to the educational program can result in compromised outcomes. It is extremely difficult for the students when they miss vital instruction and return or leave mid way through a unit of work. The partnership between the College and the family is a very important one and we ask that parents resist the temptation to take their child out of school for additional holidays, thus allowing the teaching staff to do the best for you and every student.

**Welcome to MOODLE!**

Beaconsfield students now have access to the St Francis Xavier VCE ‘Learning Hub’ at home and at the College [http://moodle.sfx.vic.edu.au/](http://moodle.sfx.vic.edu.au/)

Here you can access valuable information such as:

- The Year 12 SAC/SAT Calendar
- VCE Online Help & Support
- Current offers such as FREE Mastering the VCE lectures at the University of Melbourne
- Links to the VCAA Website to download Study Designs, Past Exams, Sample Questions and the November Exams schedule.
- Study Hints & Study Planner
- Goal setting tips and much more

See Mrs Blythman to arrange a username and password.
The swimming Carnival, held on Tuesday February 22 at the Monash Aquatic Centre was a very enjoyable and successful event. It was pleasing to witness our students exhibit their swimming skills and cheer on their fellow House members with enthusiastic spirit and camaraderie. Congratulations to Ms Taylor for her impeccable organisation of the event. Thank you to all staff for their support, in particular the House Co-ordinators for their passion and encouragement of all students. Congratulations to Burgess House, the overall winners, under the guidance of Ms Bennett. The cheer squad from Gallagher House deserve acknowledgement for their constant and positive contributions throughout the day. Synan House were the proud recipients of the House Spirit Award.

Year 12 students have the opportunity to purchase a Bomber Jacket as a memento of their final year of schooling. A letter outlining the guidelines and an order form were distributed recently. Please ensure that all the relevant instructions are followed carefully and, if desired, that the appropriate payment method is selected. We are unable to confirm the final order until all payments have been forwarded to the College. Please note that the Bomber Jacket is not a replacement for the College blazer as the external garment to be worn to and from the College.

Year 10 students and their parents are invited to the Keys Please session which will be held on March 3 beginning at 7.30 in the Library. A more detailed letter will be sent home shortly. This is an informative session for young learner drivers and their parents. Keys Please has been developed by VicRoads, in partnership with the Victoria Police, Transport Accident Commission, Department of Education and Early Childhood Development and Roadsafe Community Road Safety Councils across Victoria. This session runs for approximately 75 minutes and there are opportunities to ask questions. We look forward to seeing you on this evening.

The Term is well underway and students are reminded of the importance of the regular completion of homework. It is vital that students manage their time effectively and take full advantage of the resources available here at the College. Many subject specific workshops are facilitated by staff and the library and Year 12 Study Centre are appropriate areas for quiet study. Parents, you are able to support your son/daughter by communicating with them about their studies and academic performance. A quiet space to study at home is also essential. Please do not hesitate to contact the College should clarification be required.
Year 7 Enrolment 2012
The first stage of transition to secondary school for the students in Year 6 at our Parish Primary Schools is in progress in preparation for 2012. Year 5 and 6 students at each of the Parish Primary Schools within our community are being visited in the next few weeks and given important information in regard to their secondary education at St Francis Xavier College. The information sessions have outlined the enrolment process for Year 7, 2012 and each Year 6 student will receive a College Prospectus and Enrolment Form. (These may also be obtained from the College Office at both Campuses for those not attending our Feeder Primary Schools).

Year 7 2012 – Information Night
A Parent Information Evening for students seeking enrolment in Year 7, 2012 will be held on Tuesday March 29 at 7.30pm in the College Hall at the Berwick Campus. This is the second stage of the enrolment process and is an important evening when the College curriculum, enrolment process, uniform and other issues will be discussed. Parents also have the opportunity to meet with staff to address general enquiries.

Officer Campus Year 7 in 2012
In response to the growing needs of educating the children in our enrolment zone of rapidly expanding population, our new Campus at Officer will open for Year 7 in 2012. Over the next three years the Campus will replicate our Berwick model for Years 7-9. The parent evening at Berwick Campus on Tuesday March 29 will also include further information about the new campus. All enrolment queries to be directed to Mrs Tricia Randle or Mrs Maree Chapman

NOTE: Closing date for Applications for Year 7, 2012 Enrolments is Friday April 8.

National Youth Week
Cardinia Shire is calling all performers, dancers, musicians and other talented young people to perform at National Youth Week on Sunday April 3 from 1.00 pm onwards at Pakenham Skate Park. This offers a great opportunity to showcase your talents to Your community. Application forms can be obtained from youth@cardinia.vic.gov.au or PO Box 7, Pakenham .VIC . Applications close Friday March 18.

College photographs will take place on Monday, February 28.

Students must wear full summer uniform, however, boys are to wear the College tie. All students MUST wear the College blazers for the photographs.

Order envelopes have been distributed to students. If you wish to purchase photographs students should hand their envelope to the photographer on the day of the photographs. Please ensure that the correct money or cheque is enclosed or that the credit card details have been completed.

Please note that the photograph packages for Senior Students are slightly more expensive as Students in Years 10-12 will receive a photograph of their entire year level as their group photograph whereas students in Year 7-9 will receive a photograph of their Care Group as their group photograph.

If you have any questions please contact me on 9707 3111.
The students at the Berwick Campus have started off the year very positively. Classes are well into their work programs and all seem to be enthused and productive as I wander around the Campus. The scope and variety of learning experiences for our students is a testimony to the diverse skills and talents of our dedicated teaching staff. The cooperation between groups of students and their teachers is a joy to watch.

The Year 7 students started the Peer Support Program last week and to see the small groups of students working with their Year 11 leaders was again, a delight. This program is an important link between the students at both Campuses and an integral part of our transition program. If you have a Year 7 child ask him/her what it involves.

A few important dates for everyone to be aware of:

College Photographs are on Monday February 28, so please ensure that all the required paperwork is filled in and that your child is in the correct school uniform, right down to socks, hairdos and ribbons! The students have been warned that if they do not comply with the uniform regulations, they will not be photographed. These photos are used in our College Yearbook and other formal publications from time to time, so it is imperative that our students look their best.

Today, Thursday February 24 is the Junior Campus Swimming Carnival. I know your child has brought home information relating to the day in terms of being sun smart, so I am hoping you have ensured that your child is prepared with adequate sun protection in the form of a hat and sunscreen and plenty of food and drink. Let’s hope the day is an enjoyable and successful one for all!

Uniform

I have asked the staff to be very vigilant with regards to how our students are wearing the College uniform, so please become familiar with the expectations. You will find the uniform guidelines in the front pages of the Student Record Book/Planner. It would be very helpful to us if you were to spend 5 minutes going over those pages with your child so they can see both home and school working together on this expectation. Notes were distributed last week to girls who were wearing their dresses with an inappropriate hem length. If you are unsure of any uniform regulation, it is clearly stated in the Student Record Book, so please make use of this information when addressing this with your child.

Thank you for your cooperation and ongoing support.

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**EDUCATION MAINTENANCE ALLOWANCE (EMA)**

*Information Parents/Guardians*

The Education Maintenance Allowance helps families on a low income with financial assistance to cover the cost of essential educational items like textbooks, stationery, uniforms and excursions for your child.

In 2011 the EMA payment for parents/guardians is $460 for secondary students. To be eligible to receive the EMA, you must:

- Be the parent or guardian of a secondary school student up to the age of sixteen; and
- Students turning sixteen during the year will be paid on a pro rata basis up to and including the month they reach the age of sixteen.
- Be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or be a Veterans Affairs (TPI) pensioner or be a foster parent; and
- Submit your application to the school by the due date.

The first instalment will comprise 70 per cent of the EMA and will be paid from March 2011. The second instalment will comprise the remaining 30 per cent and will be paid from August 2011. This payment schedule recognises that families incur the highest educational costs at the start of the school year.

**Applications for EMA strictly close on February 23, 2011.** Late applications will be assessed on a case by case basis by the Department of Education and we can make no guarantee payments will be made to families.
The Parents and Friends Association of St. Francis Xavier is a great opportunity to hear more about what’s going on at your child’s school as well as meet new people and offer help, ideas and support in a friendly environment.

Everyone is welcome so please join us and bring along any fundraising ideas that you have for 2011.

Enquiries can be made to Lorraine on 9707 5274.

SECOND HAND BOOK SALES UPDATE

All funds from the sale of second hand books will be credited to school accounts. As we developed a new computer system for selling second hand books at last year’s sales, we are still in the process of crediting school accounts. Thank you for your patience.

MEETING DATES FOR 2011

| Wednesday 2\textsuperscript{nd} March | Wednesday 7\textsuperscript{th} September |
| Wednesday 6\textsuperscript{th} April | Wednesday 12\textsuperscript{th} October |
| Wednesday 4\textsuperscript{th} May | Wednesday 2\textsuperscript{nd} November |
| Wednesday 1\textsuperscript{st} June | Wednesday 7\textsuperscript{th} December |
| Wednesday 3\textsuperscript{rd} August |
It has been a busy start to the year on the sporting field, with inter-House lunchtime sports starting, training and try-outs for SIS sports teams as well as swimming training and Year 7 water safety day. It is obvious we have much to look forward during Term 1!

**SIS Swimming**
Training started last week for those interested in representing the College at SIS Swimming. With both SIS swimming meets approaching, the team is well into training. The SIS Relay Carnival will be held this Friday, February 25 at the Noble Park Swimming Pool between 5.00 – 7.00 p.m. and all families are welcome to come along and support our team. This will be a great lead up event for the major SIS swimming carnival held at MSAC later this Term. Good luck to all swimmers involved.

**SIS Weekly Sport**
Round 1 of the SIS weekly sport starts this Thursday and Friday with all teams training in preparation. It is great to see so many students training and willing to have a go. Good luck to all teams both Senior and Intermediate for this week’s games. Results will be available in the next Newsletter.

**Lunchtime Sport**
Mixed netball started last week at the Senior Campus, with great participation from all Houses and year levels. Round 1, Year 12 winners included Gallagher, Thomas and McKenna drew, White and Burgess. In Year 11 the winners were Gallagher, McKenna, McDonagh and Burgess. In Year 10 Gallagher, White and Synan were victors with Thomas and McKenna drawing. Well done to all winning teams and good luck to all teams for the next round.

**Water Safety Day**
Year 7 students spent Thursday February 10 at both Frankston beach and Frankston pool. At the beach they had a session with Frankston Surf Live Saving Club in which they played games, learned about rips, tides and water safety as well as how to be sun smart at the beach.

At the pool, trials were held for the up and coming swimming carnival. All students participated in the pool giving them a chance to swim against other students. Well done to all Year 7 students for their involvement at the pool and beach.

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**Brotherhood of St Laurence-Saver Plus matched savings program**

**HELPING VICTORIANS SAVE**

Saver Plus is a nationally-recognised program that pays people $1 for every $1 you save (up to $500) to help pay for education. By joining Saver Plus you could receive $500 to help pay for school items like computers, community activities, books and uniforms.

The program is Australia’s first matched savings program, designed to help families achieve a savings goal, establish a long-term saving habit and pay for education. It has been recognised by the government and received a Prime Minister’s award.

To be eligible you must have:
- A child attending school in 2011-2012 or be intending to attend vocational training yourself in 2011-2012.
- A current health care card or pension card and
- Regular form of paid employment (yourself or partner).

Please contact Kelly Clem at Brotherhood of St Laurence on 8781 5937 or email kclem@bsl.org.au
HOST FAMILIES 2011

Are you interested in hosting a Japanese student? Well, here is your chance. St. Francis Xavier College will be hosting Japanese students from our sister school in Tokyo, Japan in two blocks this year. We are also lucky enough to have students from another region of Japan (Shikoku) visiting us for 2 nights/3 days.

2 nights: between 26th July – 1st August (Shikoku)
1 week: 26th August – 31st August (Tokyo)
1 month: 24th July- 20th August (Tokyo)

A host family is required to provide a bed and meals to the student. All other activities etc are organised by the College. If you are interested please return the bottom of this form, with your details to your Japanese teacher as soon as possible.

Kind Regards
Miss Kate Buttigieg
Learning Area Leader - LOTE

Please return this slip to your Japanese teacher.

I ______________________________________________________________________________
of _______________ Care Group am interested in
First and last name
hosting a Japanese student.

(Please circle the length of time you would like to host a student for)

- 2 nights
- 1 week
- 1 month

Contact details:
Parent Name: ____________________________________________________

Phone Number: __________________________ Email: __________________________

St. Francis Xavier College, 2011 – Hold Fast to What is Good
WHY IS ‘CAREER NEWS’ COMPULSORY READING? If you keep informed, talk to others, attend seminars, go to Open Days and do research you are more likely to make appropriate career decisions and find it easier to make those decisions. Reading ‘Career News’ will keep you informed of when/where/what events are taking place.

HOW DO I CHOOSE A CAREER? Some people develop a career interest while quite young and stick with this idea. On the other hand, many find it a very difficult and lengthy process. A good starting point is to answer the following questions: What are my interests? What am I good at doing? What do I value?

THINK ABOUT: What do I enjoy doing with my spare time? What are my hobbies? What subjects do I enjoy most at school? In which subjects do I obtain the best results? Which subjects seem the most relevant to my life? Do I value making lots of money? Do I value assisting others? Am I a creative person? Am I fascinated by science? Do I enjoy studying? Try to answer questions such as these and you will be on your way to coming up with suitable career ideas.

WHAT IS THE ATAR? The Australian Tertiary Admission Rank is an overall measure of how well a student has performed in VCE studies. The ATAR is calculated solely for the use of tertiary institutions to compare overall achievement of students and select students for courses. You will receive an ATAR after satisfying requirements of the VCE and having study scores for an English and at least three other studies. Students in all Australian states except Queensland receive an ATAR. The ATAR was previously known as an ENTER. ATAR and ENTER are calculated in the same way – it is a change in name only.

WHERE WILL I STUDY AFTER FINISHING AT SCHOOL? It depends on what you want! If you want to obtain a degree it will usually involve at least three years at university (ACU, Deakin, La Trobe, Monash, RMIT, Swinburne, Uni of Ballarat, Uni of Melbourne or Victoria Uni). This is required for some careers like law, medicine, architecture, nursing, engineering or teaching. Other careers like childcare, hospitality, building design or massage therapy require a TAFE qualification like a diploma or certificate, taking a year or two to complete (e.g. at Box Hill, RMIT, NMIT or Victoria Uni TAFE). Apprenticeships and traineeships involve on-the-job and off-the-job training, such as for plumbing, carpentry, veterinary nursing and office administration. Sometimes the off-the-job training is provided by TAFE, sometimes by private providers.

INTERESTED IN PURSUING MEDICINE AND OTHER HEALTH COURSES IN 2012? If so, you may need to complete the Undergraduate Medicine and Health Science Admission Test (UMAT) as part of the application process. Monash University requires your ATAR, UMAT result and an interview when selecting students for their medicine and physiotherapy degrees. Pharmacy and Commerce/pharmacy at Monash also require completion of the UMAT. It is also required for medical courses in some other states. Check out the UMAT at http://umatweb.acer.edu.au/. The test will be held on 27 July, 2011; registrations open on Fri 1 April (on-line). NOTE: Some organisations run courses to assist with UMAT preparation (e.g. MedEntry at www.MedEntry.edu.au/). It is up to you to decide whether to complete such a course.

INTERESTED IN AN INFORMATION & COMMUNICATIONS TECHNOLOGY CAREER? Then you will need to check out which course will best suit you. Swinburne University has a site which explains what different ICT careers involve and courses that would suit you. See: www.swinburne.edu.au/ict/schools/careers/. Well worth a look!

CAREER EXPOS COMING – If you want to obtain careers information from a large variety of sources at one location, Careers Expos are a great way to go. Several of these are held each year. Find out about university and TAFE courses, independent colleges, and so on. Coming up:

• The National Careers & Employment Expo will run Fri 25 - Sat 26 March at the Melbourne Convention Exhibition Centre

• The ‘Age’ VCE and Careers Expo 2011 will run Fri 6 - Sun 8 May at Caulfield Racecourse, Station St, Caulfield (Note all year 10 students will be attending this Expo on Fri 6th May)

• The Eastland Future Options Careers Expo will be at 6-8pm, Tues 2 Aug at Eastland Shopping Centre

WANT HELP WITH FOLIO PREPARATION AND CAREERS? Folio preparation and career discovery courses are held at the RMIT City and Brunswick campuses at various times to suit. Courses are mainly designed for Year 11/12. Info: www.shortcourse_rmit.edu.au, 9925 8111. (Note: These courses do not influence selection of students into RMIT award programs nor are they a requirement for gaining a place in an RMIT award program).

Gold Embark
From January 24-26, both the Blue and Gold caravels went on their embarkation camps to Monbulk. It was a great experience for all; we had the opportunity to catch up with one another and reflect on the summer holidays.

Gold embark was different from any of our other REMAR experiences as we lost our helm of two years, Rose. Despite this we had a great time exploring the Gold values for 2011; a witness in my community with an emphasis on the values of presence, perseverance and simplicity.

An even closer bond among the caravel was created by a number of team work exercises and personal sharings. Embarkation camp gave us the chance to prepare ourselves for the busy year ahead and think about what we value most in our lives.

Samantha Gay, Zoey Gargano, & Taylor Veuglers

ATTENTION WYD2011 PILGRIMS
Please make sure you’ve locked the next WYD2011 Pilgrim Boot Camp session in your diary: 4.00pm – 7.30pm, SUNDAY FEBRUARY 27, ST MICHAEL’S HALL, CHURCH ST, TRARALGON.
At this session we will practice our Spanish, update you on the latest itinerary news, discuss our WYD preparations, get a sneak peak at some of the places we will be visiting, attend Mass and share dinner together. All WYD2011 pilgrims MUST attend this session!!
Please contact Jess or Kelly on 5126 1063 if you have any questions or visit www.sale.catholic.org.au/youth/wyd2011-madrid.html

St Francis Xavier College invites you to attend our

Concert Band Recruitment Evening
Tuesday 1st March @ 7:30pm
St Francis Xavier College, Berwick Campus

This is an opportunity for your child to be part of our established Concert Band Program.
The evening will include:
- Performance by Cranbourne Lions Band
- Demonstration of Concert Band instruments
- A presentation on what is involved from Mrs Patricia Dulude, Learning Area Leader – The Arts at St Francis Xavier College and Director of the Senior Band
- A display of the instruments for hire and purchase
- An interview with music teachers to discuss your child’s involvement.

Supper will be provided

World Day of Prayer 2011

Berwick Anglican Church
Peel Street Berwick.
11.00am, Friday 4th March 2011
“How many loaves have you?”
Prepared by WDP Committee of Chile.
Guest Speaker: Richard Prideaux
Campus Head - Beaconsfield College Frankston

Please bring a plate of food for a shared lunch
TODAY’S PARENTS

Parenting is a different ball game these days. Many children have an abbreviated childhood and enter the world of teenage behaviour well before they reach puberty. Teenagers today start their adolescence earlier, finish it much later and are possibly more influenced by the media than those of a generation ago. Parents have less time, have to juggle more things and have fewer opportunities to discuss with each other ways of approaching child care and teen care issues. Despite this, parents go through a fairly predictable sequence of stages as their children age.

**Stage One: THE PARANOID PARENT**

Having a baby can turn the average, sane parent into a sleep-deprived wreck as they observe every breath the newborn takes. This paranoia initially focuses on the baby until it begins to crawl, and then shifts to the bookcases, curtains, walls and stairs.

**Stage Two: THE SEPARATING PARENT**

Wondered what you would do when the kids went to pre-school? Ha! After recovering from separation anxiety, there is the rush to and from crèche or kindergarten, reading, playing, drawing. Don’t worry, you’ll get some sleep some day.

**Stage Three: THE RELIEVED PARENT**

The beginning of primary school marks the beginning of a brief period of serenity for most parents. As long as you can endure hearing the phrase ‘I’m not going to be your friend any more’, you’ll probably be all right.

**Stage Four: THE ANXIOUS PARENT**

The late primary to early secondary years bring with them a dose of concern and anxiety as children shuffle their peer groups, boil the world down into two basic states - boy’s germs and girl’s germs, and generally get into comparing themselves with everyone else.

**Stage Five: THE EMBATTLED PARENT**

With the onset of the teenage years, a great debate begins. Hold on to your hats and stick in there for the long haul.

**Stage Six: THE EXHAUSTED PARENT**

The mid- to late teen years often see the hassled parent meeting the haughty teenager and the results are not always pretty.

**Stage Seven: THE DESERTED PARENT**

Free at last!

**Stage Eight: THE INVOLVED GRANDPARENT**

Or so you thought! This used to be an optional stage, but with many families having both parents in full-time work and more single-parent families, the role of the grandparent is increasingly important in providing day-to-day care. The risk of this is that as grandparents become more involved in everyday care, they may lose their role as a kind, wise guide to young people who may be battling with their parents.

QUOTE FOR THE DAY

We are an earring to the left of our parents and they are but a haircut to the left of theirs. ‘Things of Stone and Wood’

IF PARENTING HAS IMPROVED SO MUCH, WHY AREN’T KIDS BETTER OFF?

Times have changed so dramatically that the role of parents has shifted. When children are young, they need structure and consistency. While they still need these things from you when they become teenagers, they are not going to admit it. Parenting has become much more complex because young people are bombarded with messages, information and influences from so many sources. Parents are only one influence on children’s development, with peers, school and the media playing an increasingly large role. Even so, parents remain a very powerful force. In surveys of Australian young people asking them who they admire, I often find young people answer ‘my parents’. So while it can be tempting to underestimate your influence, power and capacity to shape your child’s life course and wellbeing, don’t!
From the Principal

February 22, 2011

Dear Parents,

ELECTION OF PARENT REPRESENTATIVE TO THE COLLEGE BOARD

In order to ensure a continuity of experience on the College Board, parent representatives are elected for a two-year period with the possibility of one further term of two years. This year there are elections for three parishes.

The parishes which require election of a parent representative this year are:

- **BERWICK:** presently represented by Mr P Macreadie (not eligible for re-election)
- **PAKENHAM:** presently represented by Mrs A Daraio (not eligible for re-election)
- **KOO WEE RUP:** presently represented by Mrs K Morgan (not eligible for re-election)

Nominations are therefore requested for these three positions.

The attached Nomination Form must be returned to the College, duly completed, no later than 3.30p.m. Friday March 11, 2011. This will enable a ballot to be conducted with voting closing at 3.30p.m. on Monday April 4, 2011 at 3.30p.m.

The successful candidates will be expected to attend the meeting of the Board on Wednesday April 27, 2011, and thereafter once per month (normally on a Wednesday evening).

Those eligible to vote are parents residing in a particular parish who have a child or children attending the College.

The Board would like to express its appreciation of the efforts of the current parent representatives for their endeavours over the 2009/2010 school years and trust that parents will appreciate the necessity in making nominations, of ensuring that this high standard of representation is maintained over 2011/2012.

Please Note:

**NOMINATION TO BE RETURNED BY:** Friday March 11, 2011

**VOTING CLOSES 3.30PM:** Monday April 4, 2011

PAUL G. DESMOND
(Principal)
ST. FRANCIS XAVIER COLLEGE
PO Box 85, Beaconsfield, 3807
BERWICK Tel: 9702 6588 Fax: 9702 6599
BEACONSFIELD Tel: 9707 3111 Fax: 9707 3601
Email: principal@sfx.vic.edu.au
Web Address: www.sfx.vic.edu.au

From the Principal

ST. FRANCIS XAVIER COLLEGE BOARD ELECTION

NOMINATION FORM

This Nomination Form must be returned to the College
NO LATER THAN 3.30P.M. FRIDAY MARCH 11, 2011
in an envelope marked for the attention of
Mrs Lesley Lancaster, Returning Officer.

I wish to nominate ____________________________
(BLOCK LETTERS PLEASE)

from the Parish of ____________________________

for the position of parent representative on the College Board of
St. Francis Xavier College.

NAME: ________________________________

SIGNATURE: __________________________

DATE: ______________________________

SECTION TO BE COMPLETED BY PERSON NOMINATED

I, ________________________________, accept the above nomination for the
position of parent representative on the College Board of St. Francis Xavier College.

NAME: ______________________________

SIGNATURE: __________________________

DATE: ______________________________