INTRODUCING OUR STUDENT LEADERS

It is with much pride that I introduce to the College community those young men and women who have been appointed to leadership roles at the College for 2013. In the next few editions of the Newsletter, I will feature each of the Student Leaders, commencing this week with the College Captains.

Captain: Rachel Copestake – Educated at St Michael’s Primary School in Berwick, Rachel came to the College with a strong desire to fully develop her potential. In Year 12 she is studying Religious Education, English, Mathematical Methods, Chemistry, Physical Education and VET Sport & Recreation, with a view to undertaking studies in Physiotherapy or Sports Science at university next year. Rachel’s interests are basketball, cooking and windsurfing.

Captain: Bradley Cavalot – Bradley is currently studying Religious Education (Cantabile), English, Further Mathematics, Physical Education and VET (Sport & Recreation). His main interests outside school are singing, playing guitar, basketball, running and socialising with friends. A former student of Trinity Catholic Primary School, Bradley aims to become a PE/Outdoor Education teacher. He cites his parents as his main role models in life.

Vice Captain: Chika Ikogwe – With her parents as her role models in life, Chika is a highly committed student who aspires one day to a career in nursing. Chika attended Trinity Primary School in Narre Warren South and her hobbies are music and sports. Chika is undertaking Year 12 studies in Religious Education (Cantabile), English, Further Mathematics, Biology, Drama and Design & Technology.

Vice Captain: Francesco Mascadri – This talented young man aims to complete a Commerce or Multimedia degree at university in his post-secondary education. Francesco came to the College from St John the Baptist Primary School in Koo Wee Rup and lists his parents, along with Abraham Lincoln and Steve Jobs as his role models. Francesco has interests in drawing, reading and video games while undertaking Unit 3 & 4 studies in Religious Education (Cantabile), English, Mathematical Methods, History: Revolutions, Visual Communication & Design and Media Studies.

DATES TO REMEMBER

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<th>Date</th>
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<tr>
<td>February 21</td>
<td>Year 7 2013 Information Night (Berwick)</td>
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<td>February 22</td>
<td>SIS Swim Relay Carnival (Frankston)</td>
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<td>February 25</td>
<td>College Photographs</td>
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<td>February 25</td>
<td>Year 7 Concert Band Recruitment Evening</td>
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<td>February 26</td>
<td>Northern Territory Trip Information Evening</td>
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<td>Parents, Friends &amp; Staff Book Club (Berwick)</td>
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<td>February 27</td>
<td>Japan Trip Information Evening</td>
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<td>February 28</td>
<td>Commencement Mass</td>
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<td>March 6</td>
<td>Parents and Friends Meeting</td>
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BEREAVEMENTS
It is with sadness that I inform the College community of the passing of two very special people:

- **Mrs Lori Mete**, mother of Carla (Class of 2009) and Alyssa (Year 7). Mrs Mete died peacefully on Monday, February 11 following a battle with cancer.
- **Mrs Dorothea Camilleri** will be known to many within the region and St Francis Xavier College were privileged to educate four of her children. Mrs Camilleri passed away on Wednesday, February 13 following a brief illness.

May They Rest in Peace

STUDENT PHOTOGRAPHS
All students will have their photograph taken on Monday, February 25. It is vitally important that each student is present on the day in full Summer uniform.

ASH WEDNESDAY LITURGIES
Last Wednesday students and staff at each of the College Campuses took part in Ash Wednesday liturgies. I had the honour of being present at the Officer Campus and was greatly impressed by the devotion of the students. I am informed that the liturgies at both the Berwick and Beaconsfield Campuses were also very respectfully received by all participants. My thanks go to Mrs Knight, Mr Woodhouse and Mrs O’Connor for their work in preparing the liturgies.

SWIMMING SPORTS
The Inter-House swimming carnivals will have taken place by the time this edition of the Newsletter reaches home. Our Sports Co-ordinators – Miss Stephanie Stewart (Beaconsfield), Miss Laura Denholm (Berwick) and Mr Brian Martin (Officer) arranged very successful and thoroughly enjoyable events.

YEAR 7 ENROLMENTS – 2014
The information evening for parents of all prospective Year 7 students for 2014 (both Berwick & Officer) will be held on Thursday March 21 in the Hall at the Beaconsfield Campus. Applications for enrolment must be submitted no later than Thursday March 28 (Holy Thursday) to the College Registrar, Mrs Felicity Woodhouse.

WE ARE PRAYING FOR...
- Father John Allen as he battles cancer.
- The Family of Mrs Lori Mete.
- The Family of Mrs Dorothea Camilleri.
- The Menares Family.
- Other members of our community who are struggling with ill health.

ELECTIONS FOR THE COLLEGE BOARD
As stated in the last edition of the Newsletter, elections to the Board are now due for the Parishes of Berwick, Pakenham and Koo Wee Rup.

Nominations for the election of Parent Representatives for a period of two years are now required. Interested parents are asked to read the document contained in this edition of the Newsletter and submit a nomination by March 1, 2013 to Mrs Lesley Lancaster at the College.

Have you changed your address or phone numbers recently?
If so, it is vital that you provide updated details to the College.

Please collect a CHANGE OF DETAILS form available from Reception at any of the Campuses.
PROMOTING GOOD MENTAL HEALTH & WELLBEING IN CHILDREN

According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common. Here are ten ways to promote good mental health and wellbeing in kids. (The full article by Michael Grose is attached to this newsletter.)

1. **Model good mental health habits:** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises.

2. **Make sure they get enough sleep:** Sleep is the one of the building blocks of mental health and wellbeing.

3. **Encourage your kids to exercise:** Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day.

4. **Encourage creative outlets:** Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’ - the state of getting so immersed in an activity that they forget about time and place.

5. **Provide a space of their own:** Children of all ages benefit from having some space of their own where they can think.

6. **Talk about their troubles:** Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness.

7. **Help them relax:** Make sure your children have a hobby or activity that relaxes them.

8. **Have two routines – weekday and weekend:** Most households are pretty highly scheduled these days. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind.

9. **Foster volunteering and helpfulness:** Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. **Bring fun and playfulness into their lives:** Mucking around, which is code for having fun, is something many children of this generation don’t have time for.

UNDERSTANDING ADOLESCENT BOYS

Parents and teachers are invited to an evening with Dr Ian Lillico at Marcellin College on March 4 (7.00pm-9.00pm). Dr Ian Lillico is a former secondary school principal and international consultant on gender and boys’ education. The presentation covers boys at home and at school. It gives parents and teachers strategies to help boys in their growth into adults, and compares childhood and adolescent. Ian outlines the changes in society over the past few decades and the impact this has had on our boys. The presentation also deals with communication, rites of passage, bullying and relationships with girls. The cost is $10.00 - payable at the door. For all details please read the flyer attached to this newsletter.
NEXT MEETING: WEDNESDAY 6TH MARCH 2013
Officer Campus Staffroom 7.30 pm

Please join us at the next Parents & Friends meeting to be held in the staffroom of the new Officer Campus. It will be a great opportunity to meet new people, support your school & child’s education, be updated on the latest news/events and offer ideas and help in a friendly environment.

All are Welcome

All enquiries regarding the College P&F can be made to Lorraine on 9707 5274.
Ideas/suggestions can also be submitted via our P&F website.

FUNDRAISING NEWS

After the success of last year’s ‘Garden Express – Spring Flowering Bulb’ fundraiser, the P & F are selling Bulbs again this year as the Term 1 fundraiser. Shortly a fundraising form will be sent home via Care Groups at the JUNIOR CAMPUS. Any Senior Campus Families who would like to purchase bulbs can get a form from the Beaconsfield Office, otherwise ring Lorraine on 9707 5274 for more information.

Thank you for your support.

ENTERTAINMENT BOOKS 2013/2014
The P&F will be selling Entertainment Books in Term 2.
More Information will be in the newsletter next term.

SECOND HAND BOOK SALES UPDATE
All funds from the sale of second hand books will be credited to school accounts. Processed refunds will appear on your school statement; however may not be until Term 2. Thank you for your patience.

P & F MEETING DATES FOR 2013

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<td>Wednesday 1st May</td>
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The Swimming Carnival has become an annual tradition, and as always, was a tremendous day enjoyed by students and staff. The array of costumes was impressive and the students, inspired by their House Captains and House Co-ordinators, demonstrated lively House spirit. Congratulations to all swimmers and organisers. In particular Miss Stewart for her impeccable organisation of the day, Mr Coggins and Schneider House for their remarkable House Spirit and Mrs Luecke and Gallagher House for the efforts and overall success as winners on the day.

Dear parents, you are reminded that College photographs will be taken on Monday February 25. All students will have an official portrait taken for College purposes. It is expected that all students are well groomed and neatly attired in the correct uniform. Boys are to be clean shaven and ties are to be worn. Girls are reminded that hair is to be tied back (no half up/half down/messy bun styles). Hair accessories should be plain red, navy or white. Students will be asked to remove make up and any jewellery/accessories that do not comply with College regulations. Blazers are to be clean & well pressed – please attend to dry cleaning prior to Monday if required. Please read pages 17 and 18 in the Student Record Book for clarification.

Congratulations to the following students who have been elected to the Student Representative Council:

- Burgess: Michelle Bigaignon & Zachary Lucas
- Gallagher: Jordan Vella & Dennys Martin
- McDonagh: Rebecca Smith & Michael Dunstan
- McKenna: Oceane Francois & Ethan Vivier
- Schneider: Monica Butler & Christopher Cartier
- Synan: Natalie Rozic & Jayden Mannays
- Thomas: Laura Leanza & Callan Tout
- White: Michael Moutafis & Celeste Di Mauro

These young men and women are keen to act as servant leaders and I am positive that they will undertake their duties with pride and enthusiasm.
Students at the Beaconsfield Campus are to be congratulated for the way they have commenced the 2013 school year. There is no doubt the community is vibrant and purposeful, with both staff and students moving around our College with energy, vigour and decisiveness.

The Year 10 students and other students new to the College, have been able to navigate their way through these initial weeks with the support and advice of the older students in their Care Group. I am pleased to say that my conversations with Year 10 students during this time have led me to believe most students have commenced the school year positively. This is not to suggest this time of transition has been completely worry-free for all, but I am very pleased students with initiative have come to clarify their concerns.

UNDERSTANDING ACADEMIC EXPECTATIONS

ALL students (Years 10-12) are enrolled in a VCE unit and have been issued with a Student Manual that details the VCAA rules and College expectations. VCAL students also received a similar document. Parents/guardians will by now have seen and co-signed the 2013 Student Declaration. Knowledge of these rules is vital to academic success.

The Learning Goals Session conducted last week – presented by House Co-ordinators and Care Group teachers – offered excellent strategies that must not be ignored by any student wanting to do his or her best.

Also, the LEARNING BEHAVIOURS RUBRIC (the guide used by teachers to complete the Interim Reports each year) has been updated and has been prominently displayed in each Care Group Room.

UNIT 3 SACS

The UNIT 3 SAC CALENDAR has been distributed to all students and is available on Moodle. Attendance is compulsory.

ALL STUDENTS (Years 10-12) who miss an assessment task in class must make an application to re-sit the assessment.

- Where the absence was due to a school approved activity, or has been covered by a medical certificate, the application is usually made on behalf of the student by the subject teacher.

- If this is not the case the student must collect an application form from the VCE OFFICE.

YEAR 12 STUDENTS

After school extension classes have commenced and a number of Year 12s have already made the Study Centre their home until 5.30pm each evening. We encourage all students to seriously consider where they can best complete their homework and study tasks after school each night.

NORTHERN TERRITORY TRIP 2013

September 20 - September 30

The Northern Territory Trip is open to Year 10 students who meet the following requirements:
1. Students who have NOT been to the Northern Territory previously.
2. All school work is up to date.
3. Student’s behaviour has been good.
4. College fees have been paid.

An Information Evening for parents and students will be held in the Auditorium at the Beaconsfield Campus on Tuesday February 26 at 7.30pm

NORTHERN TERRITORY 2013

EXPRESSION OF INTEREST

Student’s Name: ______________________
Care Group: ______________________

Please return this Expression of Interest slip to Mrs Rankins as soon as possible.
YEAR 7 ENROLMENT 2014
The first stage of transition to Secondary school for Grade 6 students at our Parish Primary schools is progressing steadily. Grade 5 & 6 students at each of the Parish Primary schools within our community will be visited over the next few weeks to be given important information with regard to their Secondary education at St Francis Xavier College. The information sessions outline the enrolment process for Year 7, 2014 and each Grade 6 student will receive a College Prospectus and enrolment form. (These may also be obtained from the College office at each Campus).

YEAR 7 2014 - PARENT INFORMATION NIGHT
The Parent Information Evening for all students seeking enrolment for Year 7 2014, will be held in the St Francis Xavier Hall at the Beaconsfield Campus on Thursday March 21 at 7.30pm.

This is an important evening in the enrolment process, it allows parents the opportunity to gain information about the College curriculum, enrolment timeline, uniform, transport and other issues pertinent to Year 7 enrolment in 2014 at both Berwick and Officer Campuses. Parents will also have the opportunity to meet with staff from both Campuses to address any general enquiries.

Tours will be available at Berwick, Beaconsfield and Officer Campuses on the night prior to the Information session.

Tours will be conducted from the front of each Campus leaving at 6.00pm, 6.15pm, 6.30pm, and 6.45pm. (This will allow time for visitors to travel to the Beaconsfield Campus to attend the Year 7 Information session beginning at 7.30pm.)

NB. Tours of our three Campuses are also available on the first Monday of each month and may be organised at other times by contacting the office at each Campus.

ENROLMENT TIMELINE
In order to be considered for entry into Year 7 2014, applications for enrolment, including the enrolment fee of $100, must be received at the College by Thursday March 28, 2013.

Please note the due date for applications as it is essential that enrolments are finalised in the last week of Term 1, enrolments will be confirmed early in Term 2.

For all enrolment enquiries contact the College Registrar, Mrs Felicity Woodhouse or Maree Chapman (Community Liaison Beaconsfield).

COMMUNITY NEWS
Mrs Maree Chapman – College Community Liaison, Beaconsfield

UNIFORM SHOP
Beaconsfield Avenue, Beaconsfield
Tuesdays and Thursdays
8.30am - 4.00pm
Every Saturday
9.00am - 12.00pm
Telephone Orders Welcome
Please call 9707 3111
(Tuesday or Thursday)
Enquiries: Mrs Vicki Lister
Students at the Berwick Campus have started the year very positively. All classes are well into their work programs, and as I wander about the Campus everyone seems enthusiastic and productive. 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 co-operation seen between groups of students and their teachers is a joy to see.

Every year level at the Berwick Campus have had their Information Evenings for 2013. We introduced Year 8 and Year 9 Information Evenings in 2012 to ensure all parents, established and new to the College, had our processes and protocols explained and outlined. These evenings are not only about information dissemination, but an opportunity to show your child that school and home are on the same page. Thank you to the parents who came along to these nights – for some of you there may have been more than one night to attend! The Year 7 Information Evening is tonight (February 21), and I am sure it will be very well attended. The general feeling among parents and teachers is that the Year 7 students on the whole, have settled in nicely to life at St Francis Xavier College. Please let your child’s Care Group Teacher know if this is not the case, or if anything changes that may affect your child’s positive experience at school.

COLLEGE PHOTOS
College photos will be taken on Monday February 25, please ensure that the required paperwork is filled in and your child is in the correct school uniform, right down to socks and hairdos, NO MAKE UP and ribbons! The students have been warned 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.

UNIFORM
I have asked staff to be vigilant with regard to how our students wear the College uniform, 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 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 students for various uniform issues. 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 issue with your child.

Thank you for your cooperation and ongoing support.

LIBRARY NEWS
Mrs Anne Fuller – Teacher Librarian, Berwick Campus

Do you like to read? Do you like to chat?
Then you will really enjoy our Parents, Friends and Staff Book Club. Everyone is welcome.

The next meeting is on Tuesday February 26 in the Berwick library from 7.00pm-9.00pm. Read, chat and enjoy a cup of tea or coffee with current and past parents and staff. We look forward to welcoming new members.

ARE YOU INTERESTED? Email afuller@sx.vic.edu.au if you would like to know more.

BERWICK CAMPUS CANTEEN
Volunteers are required at the Berwick Campus Canteen on Tuesdays from 12.30pm - 2.15pm.

Duties will include assisting with lunch orders and serving students. Your help will be most appreciated.

Please contact Canteen Manager – Mrs Maureen Pearson on 9702 6588
YEAR 8 AND 9 PARENT INFORMATION NIGHTS
Thank you to parents of Year 8 and 9 students who attended the Information Evenings held on February 7 and 14 at the Berwick Hall. The evenings provided a valuable forum to discuss the impact parents and teachers have on teenagers. Young people need strong role models and support networks. You can support your child by taking an active interest in what and how they are learning. Check to see that your child has recorded three academic goals for this semester in the back of the College planner. Ask how your child plans to achieve those goals. Who is their ‘study buddy”? Encourage reading in the home, including books and newspapers. Watch the news with your children and have conversations about what is happening in the world.

HAVING A GO
It is great to see so many students getting involved in extra-curricular activities over the past fortnight. Students have been attending training sessions and auditions for SIS Sport, Debating, Music and Drama. This ‘have a go’ mindset is exactly what is needed for success. All students are encouraged to pursue their passion as well as try new experiences. This kind of calculated risk taking is how we grow. A key feature of the information nights was the importance of never settling for mediocrity. I spoke about how students often underestimate their capabilities and often label themselves in self defeating ways. It is vital all students realise they are capable of academic and extra-curricular success by believing in themselves, applying multiple strategies and working hard. It also helps to be surrounded by positive people who also set high standards for themselves.

GOAL SETTING AND ACTION PLANS
Care Group Teachers have been speaking with your sons and daughters about goal setting and action plans over the past fortnight. Care Group and class teachers will continue these discussions throughout the year and encourage students to reflect on their personal progress. It is vital that goals and action plans are revisited frequently so they do not become one off, meaningless exercises. As part of this reflection, students are encouraged to keep learning journals and record the amount of time they spend on specific tasks. Please contact your child’s Care Group Teacher if you have any questions or concerns about your child’s progress.

COLLEGE PHOTOGRAPHS 2013
Mr Peter Robinson – College Organisation Co-ordinator

College photographs for each Campus will take place on Monday February 25, 2013.

Order envelopes will be distributed prior to the day. If you wish to purchase photographs your son/daughter should hand the 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.

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

SUBSCRIBE TO THE COLLEGE NEWSLETTER
Go to sfx.vic.edu.au
Click on “News & Events” then “Newsletters” then “Subscribe” and fill in the information required.
A positive parent-teacher relationship contributes to your child’s success at school. It demonstrates to your child that they can trust their teacher, because you do. This positive relationship makes a child feel like the important people in their life are working together.

**THE PARENT-TEACHER PARTNERSHIP**

Try these strategies to build a positive relationship with your child’s teacher.

**Approach this relationship with respect.** Treat the teacher-parent-child relationship the way you would any really important relationship in your life. Create a problem-solving partnership, instead of confronting a teacher immediately with what’s wrong. Meet with a teacher to brainstorm and collaborate ways to help your child.

**Your experience at school is likely to affect your attitude toward your child’s teacher.** So it is important to leave your own experiences behind you, so you can focus on your child’s academic progress. When in doubt about an issue, the first step is to seek clarification with the teacher.

A reminder that all Parents/Guardians agree, in writing at enrolment, to the following, “We will behave in a respectful, supportive and calm manner at all times when dealing with St Francis Xavier College Staff.”

**BUS SAFETY**

Congratulations to the majority of Officer Students who continue to travel safely and efficiently on school buses. To ensure their safety and the comfort of other passengers students will abide by these guidelines stated on the bus contract:

- Behave safely at all times
- Respect the needs and comfort of other passengers
- Behave appropriately at all times (e.g. no use of offensive language, fighting, spitting, placing feet on seats or throwing things in or from the bus)
- Protect bus property and report any vandalism
- Show their bus passes or tickets to the staff member on boarding and to the driver when requested
- Maintain possession of the bus pass at all times
- Follow the driver’s instructions about safety on the bus (e.g. instructions on where to sit).

**What are the consequences of inappropriate behaviour?**

- If a student misbehaves on a bus, the bus operator concerned will contact the school.
- Depending on the gravity of the offence, students may be refused travel on the bus for a period of time.

**VISITORS TO THE COLLEGE**

To assist the Campus with visitor safety, we request that no visits are made to students or staff during the school day unless pre-approved by a staff member, or a member of the administration. For safety reasons it is also necessary for all visitors to be identified and their arrival and departure times noted.

**On your arrival at the Campus:**

- Please report to Reception
- Sign in using the Visitors Book available at the Reception front desk
- All visitors will be issued with a Visitor’s Identification Badge. Please ensure you wear your identification badge for the duration of your visit at the Campus
- Ensure you remember to sign out in the Visitors Book and hand in your Visitor’s Identification Badge prior to leaving the Campus grounds
- As part of our commitment to protecting the safety and wellbeing of our students any person on College grounds who is not wearing visitors ID will be questioned regarding their presence on the Campus.

**Special College Events**

There are a number of times throughout the school year when very large groups of parents and friends are invited to the Campus during the school day when students are present. This can occur at Campus assemblies, special whole College events and Parent/Teacher/Student meetings. On these occasions visitors are not required to sign in at Reception.
YEAR 7 (2012) ACADEMIC EXCELLENCE AWARDS
During last Tuesday’s Campus Assembly, we congratulated Jordan Cammarano, Maddison Cuthill, Rebecca Cunningham, Chloe Gray and Jemma Ramsdale on receiving their academic trophy awards for their excellent academic achievements in Year 7 last year. They provide worthy role models for our new Year 7 cohort.

ENGLISH/MATHS WORKSHOPS
It has been pleasing to see the number of students opting to take advantage of the English/Maths workshops provided on Mondays after school. We remind parents, that we do need the signed consent form to allow your child to stay behind after normal school hours. These have been distributed in Care Group. Extra forms are available from Student Reception.

YEAR 7 SCIENCE EXCURSION
On Tuesday February 20, our Year 7 students were able to visit the Berwick Campus to complete Science activities arranged by Mrs Gardiner. Year 7 students now have some experience working in a dedicated science laboratory and have also had the opportunity to qualify for their ‘Bunsen Burner Licence’.

GOAL SETTING
The majority of students seem to have grasped the idea of setting themselves some measurable academic goals. We can all work together to encourage and nurture our children in their endeavours to improve academic pursuits.
Monday 25 February is the Year 7 Concert Band Recruitment Evening at the Maree Johnson Auditorium, Beaconsfield Campus. The evening will commence at 7.30pm.

This week our Year 7 students at both the Berwick and Officer Campuses are being entertained by past and previous members of our Concert Band program. Year 7 students and their parents are invited to attend on this evening to hear the Cardinia Civic Concert Band, and have the opportunity to try the instruments. Students who choose a concert band instrument will receive free lessons for 2013. Concert band instruments include flute, clarinet, saxophone, trumpet and trombone.

On March 18 our Ensembles Evening begins at 7.00pm in the Maree Johnson Auditorium at the Beaconsfield Campus. The evening will feature students who participate in College Ensembles. These include the Jazz Ensemble, Concert Band, Cantabile, VCE Vocal Group and Year 12 Music Groups. The evening is free to family and friends and we hope to see many of you there.

Many of our performing arts students are taking part in our SIS Big Night Out Concert on the March 26. Rehearsals are at the Beaconsfield Campus on February 25 and March 14. The evening takes place at the Drum Theatre, Dandenong. More details on this event will follow.

Honk! rehearsals are happening on Tuesday and Thursday afternoons and the show is already looking and sounding amazing. Performances will take place at Cardinia Cultural Centre, Pakenham in May. More details will follow for tickets.
This is the first Career Newsletter for 2013... more will follow fortnightly. Hopefully you find them helpful as you try to decide on a career, and in deciding where you will study once you finish school. Reading the Newsletters will help you keep in touch with new courses, career seminars, Career Expos, Open Days and information about selected careers. Take a few minutes to read them each fortnight, and plan to attend events that will assist you in your career decision making.

HOW DO I CHOOSE A CAREER? You need to think about your interests, hobbies, abilities and values. What do you enjoy doing? How do you spend your spare time? What are you good at? What subjects do you enjoy at school? What is important to you? Thinking about and answering these questions will start giving you some clues. REMEMBER: You are likely to have several careers in your lifetime… so only think in terms of the next five years or so at this stage.

Think also about the type of study you would like to be involved in after completing school. For example, would you like to earn money while you qualify? Are you good with practical things? In that case, consider an apprenticeship or traineeship (e.g. to become a carpenter or hairdresser). Would you like to study a subject(s) in depth and at a high level for 3 or 4 years? In that case, consider a university degree (e.g. to become an accountant or a nurse). Would you like to study for a year or so? In that case consider a TAFE certificate or diploma (e.g. in childcare or hospitality). Remember, this is only a start. You can often move (articulate) from TAFE to university, gaining credits as you go. Conversely, some people with a university degree later study at TAFE (NOTE: government won’t fund qualifications at the same or lower level than you already have. For example, if you have a university degree, the government will not assist with the cost of a TAFE diploma).

HOW DO I OBTAIN CAREERS INFORMATION? There are many useful sources:

- General careers websites (see below)
- University and TAFE websites
- University seminars (e.g. ‘At Monash’ seminar series - details later in the year)
- School career counsellor
- Pamphlets and booklets available at school and institutions
- This career newsletter and attending relevant events
- University and TAFE Open Days (generally in August – dates to be supplied soon)
- Career Expos – e.g. ‘The Age’ has one 3-5 May where education providers will be represented; local career expos e.g. Eastland on 6 August
- Friends and relatives are often a useful source

SOME GREAT CAREERS WEBSITES TO EXPLORE –
There are many useful sites, however the following are a good start:

- For help with developing your own career plan go to www.myfuture.gov.au
- To find out about job opportunities, pay, job outlook for a particular job/career go to http://jobsearch.gov.au
- Find out about a particular job, what it involves, the kind of person you need to be to suit it, and how you can get qualified by going to www.jobguide.deewr.gov.au.
- ‘Career Architect’ on the La Trobe university website considers your personality style along with your strengths and talents to recommend that right jobs and courses for you at: www.latrobe.edu.au/all-ways/find-your-career (there are many other instruments available)
- For comparing degrees and universities see www.whatdegreewhichuniversity.com, a website with info direct from university students about universities throughout Australia.

FOLIO PREPARATION AND CAREER DISCOVERY COURSES – RMIT runs short courses which can be useful in improving your skills, helping with career decisions and preparing you for future folio presentations. They cover areas like: architectural drawing, 3D product design, autoCAD, drawing, fashion, studio textiles, design jobs, visual/fine art, desktop publishing, graphic design, advertising, interior decoration, visual merchandising. Contact: 9925 8111 or see www.shortcourses.rmit.edu.au. Some courses are run on Saturdays, others in school holidays.
Here are results for St Francis Xavier College students who competed at last weekends Victorian Junior Track and Field Championship (State Juniors) at Lakeside Stadium.

Alyssa Prosser (Yr8 Berwick) won gold in the W15s Javelin and bronze in W15s High Jump.

Nick Merrick (Yr 11) won silver in the M18s 400 Hurdles.

- **Men Javelin Throw Under 17 Final**: Lewis Vella 6th
- **Men 400 metres Hurdles Under 18 Final**: Nick Merrick 2nd
- **Men 200 metres Hurdles Under 15 Final**: Ben Merrick 4th
- **Men 100 metres Under 18 Final**: Evander D’Silva 6th
- **Men Triple Jump Under 15 Final**: Ben Merrick 6th
- **Men 200 metres Under 15 Heats**: Ben Merrick 6th
- **Men 110 metres Hurdles Under 18 Final**: Nick Merrick 3rd
- **Men 100 metres Hurdles Under 15 Final**: Ben Merrick 6th
- **Men 200 metres Under 18 Final**: Evander D’Silva 5th, Nick Merrick 8th
- **Women Javelin Throw Under 15 Final**: Alyssa Prosser 1st
- **Women High Jump Under 15 Final**: Alyssa Prosser 3rd
- **Women Triple Jump Under 15 Final**: Alyssa Prosser 4th

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**Australian Dance Sport Championships**

Tahlia Foran and her partner Michael, have won their Youth Level 3 Standard which means they are the Australian Champions of that particular dance. They came second in Australia for the Youth Level 3 Latin and 3rd in the Youth Level 3 New Vogue. Such an amazing accomplishment demonstrating how much hard work goes into their dancing. Congratulations!

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**TABLE TENNIS**

in the Beaconsfield Campus Hall

7.30pm on Mondays

For students, parents and staff – All levels catered for.

$2.50 per night

Proceeds to The Ruben Centre Appeal  Enquiries to Glen 9704 6392

St. Francis Xavier College, 2013 - Faith in the Future
Parents and Teachers are invited to an evening with Dr. Ian Lillico

Understanding Adolescent Boys!

7pm to 9pm
March 4th, 2013
Marcellin College
160 Bulleen Rd Bulleen

Testimonials
We thoroughly enjoyed your presentation! We came away with some new strategies, feeling really positive and that we’re not doing too badly. Thanks for such a great night and lots of new ideas!
Angela O’Connor (Parent)

Well what can I say ... other than what a brilliant presentation last night! I went home buzzing... and couldn’t sleep with excitement of what I had learned.
Melinda Rockwell (Parent)

We found Ian’s seminar funny and sad... it gave us ideas and areas to reflect on. As parents of two teenage boys we are often frustrated and despair, but Ian gave us hope and reminded us of the joys of having sons.
Sarah Garnett and Shane McLachlan (Parents)

Ian’s presentation was the best I have attended in 22 years. His advice was practical, very interesting and easy to connect with everyday experiences with boys. Every teacher and parent of boys should have the opportunity to listen to Ian. I know I will be a better mother and teacher for having this opportunity. Thank you!
Karen Campbell (Teacher and Parent)

Absolutely a message our society clearly needs to hear and act upon!
Russell & Anne Reinboth (Parents)

About Dr Ian Lillico
Dr Ian Lillico (father of 3 sons) is a former principal of a secondary school (recently retired) and International consultant in gender, boys’ education and middle schooling. He has done action research in gender throughout Australia and New Zealand from 1992 and in the Northern Hemisphere during his Churchill Fellowship in 2000. Ian has a PhD (Education) and is a National Fellow of The Australian Council of Educational Leaders (ACEL). He now provides professional development for teachers, parents, students and a host of other organizations throughout Australia and internationally.

This presentation covers boys at home and at school. It gives parents and teachers strategies to help boys in their growth into adults and compares childhood and adolescence. The role of parents and the teacher, nature and other factors impacting on boys’ success are explained.

This evening also concentrates on ways to get boys to talk about their feelings and explores ways that teachers and parents can keep communication channels open with their boys. It looks at the rites of passage for boys, bullying and relationships with girls. Ian outlines the changes in society over the last few decades and the impact this has had on our boys.

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10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids.

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well. Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creators understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- **Coping ebook**: 12 essential coping strategies every child can use when life gets hard
- **Poster**: 10 ways to promote good mental health & well-being in kids
- **Poster**: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!
February 5, 2013

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 N King (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 1, 2013. This will enable a ballot to be conducted with voting closing at 3.30p.m. on Friday March 22, 2013 at 3.30p.m.

The successful candidates will be expected to attend the meeting of the Board on Wednesday April 24, 2013, and thereafter once per month (normally on a Wednesday evening).

Those eligible to vote are parents residing in a particular Parish (i.e. Berwick, Pakenham or Koo Wee Rup) 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 2011/2012 school years and trust that parents will appreciate the necessity in making nominations, of ensuring that this high standard of representation is maintained over 2013/2014.

PLEASE NOTE

NOMINATION TO BE RETURNED BY: Friday March 1, 2013
VOTING CLOSES 3.30PM: Friday March 22, 2013

Paul G. Desmond
(Principal)
ST. FRANCIS XAVIER COLLEGE BOARD ELECTION

NOMINATION FORM FOR PARENT REPRESENTATIVES OF THE PARISHES OF BERWICK, PAKENHAM & KOO WEE RUP

This Nomination Form must be returned to the College
NO LATER THAN 3.30PM ON FRIDAY MARCH 1, 2013
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: ______________________________________________

ST. FRANCIS XAVIER COLLEGE
Faith in the Future
2013
All net proceeds to support Team
Katrina, Casey  Cardinia RFL 2013

Bollywood
Comes to Beaconsfield

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Beaconsfield Neighbourhood Centre
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or Ann on 0409 237 557