Principal’s address to Beaconsfield Campus Assembly, 24/02/15

Good afternoon ladies and gentlemen. I would also like to pay my respects to the traditional owners of this land.

Do you remember what I spoke about at the last assembly?

I spoke about not underestimating your ability or your capacity.

Well, today I want to continue that theme a little. Many people believe that success is about being born talented. That it is more about nature than nurture. Even self nurture. Clearly they haven’t heard the expression, which no doubt most of you have: the harder I work, the luckier I get.

On Sunday night I watched the Best Exotic Marigold Hotel movie. It may not be your favourite but I really like it. In it is the seemingly very intolerant and racist character, Muriel. In the tradition of another movie bearing her name, she too is terrible…

Muriel has come to India to have the hip replacement she cannot afford in England. She meets the doctor at the hospital and doubts his skill level. He replies that he has had a great deal of success. She replies he could expect to get lucky every now and again. He observes that it would seem the more operations he does the luckier he gets…

In other words, it isn’t about luck at all. It is about having a plan and then working hard. About concentrating on what needs to be done to be successful.

As a student you need to know what works for you. I know my own son experimented with study techniques in Years 10-12 until he found what worked for him. He found the right time, the right places and the right method for his various subjects.

You need to do the same.

You also need to understand why you are at school. Sure your friends are here and you enjoy their company. That is powerfully important.

But not sufficient as a reason to come every day to St Francis Xavier College.

You come here to learn, to achieve, to develop your intellectual abilities; your human capacity to think, feel, know, do.

But, first you must believe in yourself, in your own ability to learn.

I have lost count of the number of students I have known who had an ordinary school career and ended up with Masters or doctoral degrees. Not because those degrees are easy to achieve but because they and possibly their teachers underestimated their ability. They didn’t understand how capable they really were. And how capable they could become.

Here’s why: Many educational psychologists have fostered the belief that student achievement is mainly a product of inherited intelligence, not hard work.

A significant number of students in the western world report that they need good luck rather than hard work to do well in mathematics or science. It’s a characteristic that is consistently negatively related to performance.

Teachers may feel guilty pushing students who are perceived as less capable to achieve at higher levels, because they think it is unfair to the student.

Their goal is more likely to be enabling each student to achieve up to the average of students in their classrooms, rather than, as in Finland, Singapore or Shanghai-China, to achieve high universal standards.

A comparison between school marks and performance of students in the PISA tests also suggests that teachers often expect less of students from lower socio-economic backgrounds. Those students and their parents may expect less too.

This lowering of expectations, unsurprisingly, downgrades the performance level of school systems, individual schools and their students and the only solution is for everyone, teachers, parents AND students to accept that all students can achieve at very high levels.
In Finland, Japan, Singapore, Shanghai and Hong Kong, students, parents, teachers and the public at large tend to share the belief that all students are capable of achieving high standards.

Students in those systems consistently reported that if they tried hard, they would trust in their teachers to help them excel.

And guess what happens...

They are the world leaders.

So, what is the lesson for us here at St Francis Xavier College?

We must believe in ourselves and at the same time work hard and co-operatively to achieve the excellence we are truly capable of. Remember that your scores are often more than not a reflection of how hard you are working rather than how smart you are.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

— from *A Return to Love*, by Marianne Williamson and quoted by Nelson Mandela at his inauguration.

**Northern Territory Trip 2015**

**Friday September 18 - Monday September 28**

We travel by bus to Adelaide, Coober Pedy, Yulara, Alice Springs, Tennant Creek, Katherine Gorge, Kakadu and Darwin and then fly back to Melbourne. Students in Year 10 & 11 can apply if they meet the following criteria:

1. College fees are up to date
2. Have not been to the Northern Territory before.
3. Behaviour in class is excellent.
4. All school work is up to date.

If you were unable to attend the Information evening but would like to go on the trip, please complete the form below and return it to Mrs Rankins as soon as possible as there are only a limited number of places available.

**Name** ____________________________________________

**House** ________________________ **Care Group** ________

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In God’s Image

St Francis Xavier College, 2015 – In God’s Image
In the last week of February I had the pleasure of actively supporting students as they participated in a variety of ‘Faith Activities’. On Tuesday evening I attended the Berwick Campus Year 7 Camp at Allambee, where the Thomas and White students were experiencing a special time away from school. At 3.30pm I met twelve students and together we planned the Liturgy of the Word. Students learned three songs, wrote about their learning on the camp, and wrote five Prayers of the Faithful. We then called in the remaining students and celebrated a wonderful Liturgy of the Word.

There were many special moments in this prayer service: the young students sincerely asking God to be with them over the six year journey of secondary school; the way they prayed together; the way they sang and responded. Year 7’s bring an innocence and openness to God in their lives. The small ritual of open hands during the Our Father was another moment of respect and participation. It is obvious these young people are ready to explore and grow their relationship with God. What a privilege for teachers to be able to nurture this faith.

On Wednesday Year 10 CSYMA students gathered for the annual ‘Catch the Wave’ retreat day. This day is designed to enable students to get a taste of the aims of CSYMA – and the Year 11 and Year 12 CSYMA classes come in and help to present faith to the Year 10s. To hear the Year 11s and 12s telling their peers how important faith is to them; to encourage them to attend Reconciliation; as well as sharing their musical and dramatic gifts was terrific to witness. Four priest were in attendance for Reconciliation and most of the Year 10 students visited one of these priests. Again it was so encouraging to see our new Year 10 CSYMA students singing, acting and participating enthusiastically.

Finally on Thursday I accompanied eighteen students from across the three Campuses to Sale to participate in the Ordination and Installation of Bishop Patrick O'Regan to the Diocese of Sale. Over twelve hundred people packed into the Catholic College Sale school hall. The Ordination was attended by thirty five Bishops and over one hundred priests, and many bus loads of lay people from all over the Diocese, including my mother Rose from Maffra. It gave me the feeling that this was my people of Gippsland welcoming their new leader with great passion for living God’s life. The service was beautiful – moving, lively with wonderful singing, inspiring and inclusive. To witness all the Bishops laying their hands ritually on the new Bishop gave a strong link to the apostles. To hear the way that the people prayed and sang was inspiring. We look forward to Bishop Patrick’s leadership!

These three occasions of faith in one week of school! We celebrated God’s presence in our lives in so many ways – Year 7 ready souls, senior students clear articulation of faith and finally a new Bishop who concluded his acceptance speech with: ‘God is good!’ To which our reply was, ‘God is good indeed!’ So apt for week five of the 2015 school year!

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We are praying for...

- Rachael McGilvray (former student) as she battles cancer.
- Jake Goodman (Year 7, Officer Campus) and his family on the passing of Jake’s Grandmother, Mrs Brenda Cooper.
Teachers at the Beaconsfield Campus are very positive about the way our Year 10 and VCE students have approached their learning in the first month of the 2015 school year.

We see them taking responsibility for effectively managing their time in class and at home. We hear those actively discussing learning strategies to solve new problems with their peers. We talk with them at recess and lunchtime when they are seeking clarification or wanting to learn more about the concepts that have sparked their interest.

The message we share with our students is that **Effort is what makes people smarter!**

The strategies are simple:

- pay attention to what you read and hear
- practice the skills taught in each subject
- work out what you need to learn and ask for help
- be comfortable with feeling **uncomfortable** at times
- trust that what and how you are learning is important for your future
- believe the scientists: you can ‘train your brain’

In order to support their learning it is important to remind students and parents of two very necessary rules, both of which are clearly outlined in the 2015 Student Handbooks written for Year 10 and VCE students. These Handbooks are on Moodle and the rules relate to **Attendance** and **Plagiarism**.

**Approved / Unapproved Absences**

- Students are permitted 4 days absence per semester with a note from a parent/guardian. All other absences must be covered by a medical certificate. In the event of a family emergency, parents/guardians must contact the College.

**Formal Assessment – SACs in Year 10 and VCE:**

Students must be present for all SACs done in class. **ABSENCES** must be explained by way of a **medical certificate**, or other suitable document obtained from an independent professional, obtained on the day of the absence.

- **Re-scheduling of SACs** due to illness will be possible only if the student has submitted the appropriate documentation to **STUDENT SERVICES**.

**Academic Integrity**

There are personal values that a person of academic integrity will understand and exhibit as he or she completes work set by teachers at school or any tertiary institution: honesty, fairness, trust, responsibility, respect. Adhering to these values builds a personal sense of pride and ensures a culture of excellence at our school that we are all proud to own.

**A Person of Academic Integrity does not:**

- ALLOW SOMEONE TO DO THE WORK FOR YOU
- COPY AND PASTE FROM ANOTHER SOURCE AND CLAIM IT AS YOUR OWN WORDS
- USE ANOTHER STUDENT’S WORK (IN PART OR WHOLE) AND SUBMIT IT AS YOUR OWN
- USE WORK FROM AN ASSIGNMENT SUBMITTED IN A PREVIOUS UNIT OR SUBJECT WITHOUT PERMISSION OF YOUR TEACHER
- MAKE CONTACT WITH ANOTHER STUDENT DURING AN EXAMINATION
- BRING MATERIAL OR DEVICES INTO AN EXAMINATION THAT ARE NOT PERMITTED

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**Be Smart**
**Be Informed**
**Be Original**
The importance of sleep for learning

Schools regularly talk about the importance of students maintaining balance in their lives and ensuring that they get sufficient sleep before each school day. While this seems like common sense, it is worthwhile understanding the science behind this idea and why sleep is a crucial part of learning.

Our sleep is comprised of a number of phases, each of which is important in rejuvenating our bodies and minds as we recover from one day and prepare for the next. The early phases of sleep address our physical needs including restoring our immune systems. Later in the process we enter the REM (Rapid Eye Movement) component of sleep which is the part of our sleep that rejuvenates the brain and is central to learning. It is during the REM sleep that the brain replays everything that happened during the day and consolidates what we have learned. It also clears out the old and unnecessary memories to make way for new information.

A student who does not get sufficient sleep will spend little if any time in the REM phase, and will therefore not consolidate their learning from that day. This will make it harder for students to focus the next day, and over time the effects of sleep deprivation will affect them both physically and mentally.

One of the biggest impediments to a good night’s sleep is that glowing screen that teenagers spend so much time with. Whether it’s a smartphone, a tablet or a computer screen, the blue light that it emits is having a detrimental effect on the sleep of the person using it.

Special cells at the back of the eye take in this light and signal to the brain that it is morning; this then suppresses melatonin production, which is the hormone that promotes sleep. The blue lights will not only delay sleep, but reduce the amount of REM sleep time that is achieved. This leads to sleep deprivation and affects student learning.

Improve sleep, improve learning

Getting any child to sleep can be a challenging prospect, getting teenagers to go to bed at a reasonable hour can be even harder, despite the fact that they need their sleep more than ever at this age. The optimum amount of sleep for a teenager is 8-9 hours, this means if your child needs to get up at 6.00am, they should be asleep no later than 10.00pm, and preferably by 9.00pm.

Even universities recognise the importance of sleep for students, with the University of NSW operating a sleep smart program. The following tips for a good night sleep come from their sleep hygiene fact sheet:

- Be consistent with the time you go to bed.
- Be consistent with the time you wake up.
- Keep your bed for sleep only.
- If you can’t sleep, get up and do something boring then try again.
- Avoid caffeine after 3.00pm (coffee tea, chocolate, energy drinks).
- Keep your bedroom comfy, quiet, dark and free from technology.
- Develop a bedtime ritual, take a bath, read, and relax before bed.
- Maintain your daily routine regardless of how much sleep you get.
- Eat a balanced diet and don’t go to bed too hungry or too full.
- If you need a nap, keep it short (less than 30 minutes) and before 3.00pm.

World Sleep Day is on Friday March 13 and reminds us of the importance of sleep for body and mind and how it can improve our students learning and well being, one night at a time. Sleep well, live well.
BYOD

It is an expectation that all students bring their devices to school every day. Students should be using their devices for:

- Organising their subject homework information.
- Keeping up to date with school events.
- Scheduling time for revision and/or assignment work related to assessment tasks.
- Accessing subject information in their e-books.
- Accessing activities and supporting material via links in their e-books.
- Accessing the internet to research topics/information.
- Accessing programs recommended by their teachers.

Four examples where I have recently asked students to use their devices are:

1. Using the internet – research five Australian scientists and five international scientists.
2. Using the camera on their device – film tennis balls re-bouncing off the floor surface to compare elasticity qualities.
3. Enter in their e-planner – the date for a practical report to be submitted.

SMS Messages

Generally speaking, if a student does not achieve over 50% in a test or an assignment, or does not submit an assignment, the subject teacher will request that a generic SMS message be sent to the student’s parent/guardian via the Campus reception. This method of sending messages is used for communication expediency. Parents/guardians can contact the relevant teacher should they wish to clarify or further discuss any issues relating to the assessment task. Most subject areas are now in the process of completing assessment tasks.

OUTWARD BOUND

Peter Robinson – Outward Bound Co-ordinator

Outward Bound is an integral part of the Christian Leadership Program at St Francis Xavier College. All Year 9 students are expected to participate in the program. The highlight of the programme is a nine day expedition. This year’s expedition will take place from Wednesday May 20 until Thursday May 28.

On Monday February 16, all Year 9 students at the Officer Campus were given a letter with further information about Outward Bound. Please ensure that the medical form attached to the letter is returned to your child’s Care Group teacher by Friday, March 6.

Please note that students do not need to have a special Tetanus immunisation before Outward Bound provided that their childhood immunisations are up to date. They are not due for their next course of immunisations (including Tetanus) until Year 10.

There will be an information night for parents on Thursday March 19 at 7.00pm.

In the meantime if you have any questions about Outward Bound please do not hesitate to contact me on 9707 3111 or email probinson@sfx.vic.edu.au
VCE & VCAL Information Night

All Year 11 students are their parents are required to attend the compulsory Year 11 (VCE & VCAL) 2015 Information Night (incorporating Presentation Ball information) on Tuesday March 10 in the Hall at 7.00pm. At St Francis Xavier College we recognise that parents play an integral role in their son/daughter’s education and we provide this opportunity for parents to hear from a range of speakers so that each student may strive to reach their full potential.

College Colours

During our recent Campus Assembly the students listed below were awarded a College Colour. These students are exemplars of courage, courtesy and achievement in the areas of Academic Endeavour, Community Service, Leadership in Sports and Cultural Endeavour.

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Theme Competition – ‘In God’s Image’

At the beginning of the year a competition was offered to all students. The task was to describe what acting in God’s image meant on a practical basis. The catch was, you were only allowed to use a maximum of 30 words. Congratulations to the following students who were awarded with movie tickets at the Burgess House Assembly held last Thursday.

Joshua Dugina – Year 7
‘Acting in God’s Image is tough, but all you really need to do is use your heart to love, support and care for each other as God does for us.’

Dante Atton – Year 8
‘To be acting in God’s Image is to be the person that God wants us to be. To do our best in everything we do to become that person.’

Georgia Lee – Year 9
‘We show the image of God everyday by loving the world and the people in it. It doesn’t matter about gender, color, age or lifestyle choices – accept everyone.’

These three responses show that acting in God’s image can mean different things like caring for others, showing tolerance and acceptance and working hard to realise your full potential.

Year 8 Healthy Relationships Day

On Wednesday March 4, all Year 8 students participated in Healthy Relationships Day. The aim of this day is to enable students to develop confidence and build positive relationships with their peers, teachers and families. The students participated in full workshops with staff from the following organisations:
- Better Man Foundation
- Angel Light Link

Student Expectations

To maximise opportunities for all students at our College, three expectations have been outlined at all three information evenings, they are:
1. Meet Staff’s efforts to teach with equal effort to learn.
2. Extend respect, courtesy and kindness toward others.
3. Uphold and contribute to the culture and ethos of the school.

The Journey So Far...

It is now halfway through the Term and we thought it would be a good idea to see how our Year 7 students have settled in... here’s what they had to say:

‘It’s good having so many different teachers who help you learn in different ways.’ – Shania Smart

‘I thought it was going to be tough not knowing anyone here but I quickly made friends and know I know lots of students.’ – Anthony Krinas

‘Coming to St Francis Xavier College was a big change... we now get lots of homework but that’s part of the next stage of our schooling, plus it’s great to know that we belong to a house where we have met older students.’ – Brydie Engellenner & Christina Falefitu

‘Both the students and the teachers here are really helpful... I know I can ask for help and I will get it.’ – Darcie Marquis

‘It has been really easy to make friends and meet new people.’ – Rhys Ladsen

Literacy Focus

This year brings a focus on literacy across all subjects, aspects such as developing a working vocabulary and exploring comprehension strategies in various subjects highlights the need to enhance individual literacy skills across the curriculum. Above is an example of how students in Year 8 have brought their novel to life through creating a display to represent the era and setting of the novel in an artistic way.

Student Achievements

Congratulations to Triyan De Silva who recently represented the Ferntree Gully District Cricket Association during Victorian Country Week. The team enjoyed success during the week and just missed out on the finals.

Year 7 Camps

Students have really enjoyed these outdoor experiences thus far. There is one Year 7 Camp remaining:

Officer Campus Captains Address to Parents
On Thursday February 26, Campus Captains Brooke O’Brien and Joseph Obsioma spoke at the Year 8 Parent Information evening. Their speeches are published with their permission.

Brooke O’Brien

I’d like to share with you some of the experiences I had in Year 8, and hopefully give you some helpful advice. Now, I have to say, Year 8 was probably one of the best years I’ve had at school so far. It’s very different to Year 7 in the sense that you have well and truly settled in to high school and you are much more familiar with the people around you. Because of this, I found that Year 8 was a really great opportunity to try new things and to push myself out of my comfort zone.

To a lot of you Year 8 might seem like a fairly laid back year, no NAPLAN or big exams to worry about, but I cannot advise you more strongly to take advantage of that. Do something you haven’t done before, get involved in an extra-curricular activity. I can guarantee you that your school life will become much more enjoyable if you give yourself something to look forward to. There are so many things available at St Francis Xavier College to suit everyone’s interests.

Another thing to consider in Year 8 is your study habits. Before you know it you will be a Year 9 and then the Senior Campus, and you are going to start getting a lot more homework. I can’t stress how important it is to start organising your time, using your e-planner, using all the tools available to you to stay on top of your homework. I know we all have that bad habit of leaving homework until the last minute, but as the year progresses you will realise that in doing this you are making it so much harder on yourself.

At the end of the day it’s up to you to decide how this year plays out. I know from experience that Year 8 can be an amazing year. It can be fun and exciting and full of achievements but you have to create that. Try your best, make the most of it and enjoy your time at school. One thing you become more and more aware of every year is how fast the time flies. So put in as much effort as you can, work hard and do everything you can to achieve your goals this year. I hope everyone has a fantastic and very successful year.

Joseph Obsioma

I’d like to take this time to first of all introduce myself. My name is Joseph or as most people call me Jover. I’m here to talk about ‘What to expect in Year 8 and what to do to make the most of it’.

Firstly I’d like to talk about my experiences in Year 8. At the start of Year 8 and at times in Year 7, I was a little rebellious. I’d get told off and I didn’t care much about my life here at St Francis Xavier College. Then it came. The time when the previous Year 9s were finally off to Outward Bound, this meant as a Year 8 we were the leaders around the school. I felt this feeling of distress. I knew what it was straight away. It was guilt. I felt guilty for not trying hard enough to be the best I can be. I know I’d gotten high test scores and I wasn’t failing, but still my influence was a negative. Then it all ended. I then started participating in extra-curricular activities such as House sport during lunch time, House debating, SIS sport, singing and reading at Campus Assemblies and even participating in fundraisers and charities for the College. These are the things that moulded me into who I am today, along with my hardworking and caring teachers and parents. When the Year 9s came back it didn’t change a thing about how I acted from before to now. Then Term 3 assembly came and the Principal started describing Students of the Term for Term 2.

Continued on next page
I was shocked when he said it was a male from White House. I was starting to worry and in my head I was saying in my head “please don’t be me”, I didn’t have confidence in myself. I don’t know what happened and to my enjoyment and horror he called my name and I was a little startled. This finally gave me the confidence to believe in myself.

A few months later I had signed up for a captainship in Year 9. I chose House Captain and Campus Captain. Through a series of votes from students and teachers and incredibly hard work and confidence I was finally presented with the title of Campus Captain, an honour that I could not forget.

To conclude my talk here today for the Year 8s, if you hadn’t had the best year in Year 7 there’s always time to change that. You will face challenges and trials that will truly test who you are as a person, and through these challenges and trials make the most out of your experience here. Through this you will succeed highly in school. To the parents, support your son or daughter in all that they do and guide them to the right path. It was my parents who taught me to walk and speak and it was my parents who got me through my worst challenges, so don’t ever underestimate the bond between you and your parents. Thank you for listening to me today and remember – change is in your hands.

SIS Frankston Swimming Relays
Report by Mr Darren Thomas Sport and Recreation Co-ordinator – Officer.

The Frankston Swimming Relays are the traditional warm up and selection event for schools ahead of the official SIS Championships held later in the term at the Melbourne Sports and Aquatic Centre (MSAC).

Travelling to the Pines Swimming Complex, a 50 strong St Francis Xavier College team competed in a series of relay events against perennial powerhouse Padua as well as Woodleigh, Cornish, St Peter’s and Berwick Grammar.

The relay and participation format of the night allows schools the opportunity to test their swimmers in race conditions and ultimately help to identify their fastest group to swim at the next carnival. The event also provides an opportunity for swimmers to represent the school in an interschool competition and, for some, experience swimming in a carnival setting for the first time.

Across the event, St Francis Xavier College more than held their own against some strong opposition. Coming away with a swag of ribbons, the group will now go into the SIS Championships brimming with confidence and hopeful of breaking Padua’s 28 year dominance at the event.

From an Officer Campus perspective, 9 swimmers were part of the team on the night. Makayla McDonald, Mercedes Gaida, Cohen O’Reilly, Harry Phillips, Giorgina Inverno, John Zammit, Zak Benton, Jameson O’Reilly and Mikalah King all competed exceptionally well with some earning ribbons in their respective events.

All students should be commended for their efforts both on the night and in the lead up to the event.

Table Tennis
Come and play table tennis every Monday night from 7.30-9.00pm in the Beaconsfield Campus Hall. Students (past and present), parents and teaching staff are welcome to join us. Equipment supplied and all skill levels are welcome. The cost is $2.50 per night and proceeds go to the Ruben Centre Appeal. Phone Glen 9704 6392 or just turn up.
Friday 20 March is the *National Day of Action Against Bullying and Violence*. The community of St Francis Xavier College is one of 1370 schools across Australia registered to take part in this day. At our school we aim to create a safe and supportive school community for everyone. Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying. You are an important part of our work to prevent bullying and to respond effectively if it happens.

**If your child talks to you about bullying:**

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to; who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like *that sounds really hard to deal with. Or, no one should have to put up with that*, plus *I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all.*

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s Care Group Teacher or House Coordinator. Contact a member of the College counselling team if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Please find at the end of this newsletter information about an upcoming, free event *Positive Mental Health for Teenagers and their Parents* on 17 March in Pakenham.

**Year 7 2016 Enrolments**

It has been a busy few weeks leading up to our Year 7 2016 enrolment closing date last Friday, 27 February. We have visited our 9 Parish Primary Schools, with two former students speaking about their transition to secondary school. The Grade 6 students were very excited hearing about secondary school, with our Year 7 students answering many of their questions about what lies ahead.

The College hosted over 1500 people last Wednesday night at our Year 7 2016 Information Evening. Parents and students alike were able to ask questions about St Francis Xavier College and secondary school in general, with many staff members in attendance. We were inundated with families who took the opportunity to attend one or more of the Campus tours that were conducted prior to the formal information session at the Beaconsfield Campus. Families who are interested in a smaller group tour should contact me on 9707 3111 to book in for one of our monthly tours. Anyone who have missed last week’s deadline for applications is encouraged to contact the College.
Many of you have already installed the *Skoolbag* app onto your phones as a means of easy communication with the College. The latest upgrade allows you to send change of details or notes of absence to the College office from the convenience of your phone. Look in the eForms section.

For those who haven’t got the app, simply search *St Francis Xavier College* in the Apple App store or the Google Play Store and install.

**ePlanner**

It is now expected that every student should have a registered device at school and it is brought to every class on every school day. The *ePlanner* has been introduced as an electronic means of recording homework but also for communication of important dates and information.

It should be noted that while teachers can allocate homework tasks to students, it is NOT an expectation that teachers do so. It is important that students develop a sense of independence and self-reliance when it comes to organising their homework.

Parents can access their child’s *ePlanner* by following this procedure:

- Go to *My Profile* section in your child’s *ePlanner*, click on the *My Parent* tab, type your email address and click *Invite*.
- An email will be sent to you with a link that, when clicked, takes you to the *ePlanner* website and prompts you to create your own account.
- This will give you access to the child’s *ePlanner* homework through the *ePlanner* website as well as easy communication with the teachers.

**eBooks**

Some subjects, particularly for Years 7 to 10, listed *eBooks* on the 2015 booklist. The reasons are obvious: information is presented in a variety of formats, the many interactive resources that are unavailable in a paper book, it is cheaper and to lessen the carry load of students.

In the subjects of Science, Mathematics and Geography, a choice was offered: a combo pack of paper book, *eBook* licence (and in sometimes a workbook) OR just the *eBook* (plus workbook). The *eBook* was the required item while the paper book was optional. In the case of the atlas at Year 7, there was no choice, only the digital *My World Atlas*.

Unfortunately, many students have arrived at school without the required *eBook*. In some cases a second-hand book was purchased with no activation code, or an expired activation code that requires reactivation at a cost or the *eBook* was not purchased at all.

This has put some students at a disadvantage and hampered the lesson plans of teachers. It is imperative that all students have access to these *eBooks* and parents with students in this situation should purchase these as soon as possible.
The Parents & Friends Association of St Francis Xavier College would like to thank and welcome all new parents who have expressed their interest to join the Association.

The P & F Association meets on the first Wednesday of the month, except during school holidays.

This is a great opportunity to meet new people, support your school and child’s education, be updated on the latest news and events and offer ideas and help in a friendly environment.

**Everyone is welcome so please join us...**

All enquiries can be made to Coralie and your ideas or suggestions submitted via our P&F website.

**Entertainment Books 2015/2016 will be available for purchase in April**

<table>
<thead>
<tr>
<th>P &amp; F Meeting Dates for 2015</th>
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<tbody>
<tr>
<td>Wednesday June 3</td>
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<td>Wednesday August 5</td>
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<td>Wednesday September 2</td>
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Term 1 has lived up to its busy reputation in the sporting environment at St Francis Xavier College. Within the space of six weeks there have already been three swimming carnivals and three rounds of SIS Sport. In the same week as the swimming carnivals, the SIS Relay Carnival took place with some very positive results for our team. Despite all this there is still plenty to come with the SIS Swimming carnival coming up next week.

House Swimming Carnivals
In Week 4 the College held its three swimming carnivals for each Campus at Doveton Pool in the Park. There was mixed weather for the events with Berwick having their carnival on a warm sunny day while Beaconsfield and Officer had cold, but not too chilly, to stop students from getting in the pool. Despite this many students participated representing their House, cheering their House mates on, and dressing up to highlight House spirit. Congratulations especially to the Sports coordinators, staff and students who made the carnivals so successful.

Below are the full results and year level champions from each of the swimming carnivals.

House Swimming Carnival Records
Berwick Campus
Riley Gardiner (Yr9) – 50m Backstroke - 50m Butterfly - 50m breaststroke
Laura Ryan (Yr8) – 50m Breaststroke

Beaconsfield Campus
Miranda Ryan (Yr11) – Backstroke
SIS SWIMMING

Over the last couple weeks students have been training on a Tuesday and Thursday mornings. These trainings have been very useful for the students who have been selected for the swimming team.

On Friday 20 February, our Swimming team participated in the SIS Relay carnival. Our Junior Girls team were undefeated on the night. There were also several other promising results with several ribbons taken home by St Francis Xavier College.

On Wednesday March 11, the SIS Swimming Carnival will be taking place at the Melbourne Sports and Aquatic Centre (MSAC). We hope to have a great night and bring back many promising results.

Sporting Stars at St Francis Xavier College

Even though the year has just begun we have already had some incredible sporting news from the students of St Francis Xavier College.

Carmen DeBruin

In February Carmen DeBruin competed at the Vic Athletics in Long Jump, 100m and 200m. Carmen jumped a distance of 5.40m, giving her third place. She then ran a time of 12.58 seconds in the 100m and 25.89 second in the 200m placing her third overall. Carmen has qualified for the National Championships in Sydney on March 15 in all three events. We congratulate her and wish her the best of luck.

Ben Merrick

Ben Merrick competed at the Vic Athletics in February in the U17 400m Hurdles. Ben’s time of 61.56 seconds earned him a spot at the National Championships in Sydney. We wish him the best of luck.

Kyle Nunn

Kyle Nunn also competed at the Vic Athletics in February. Kyle’s event was the 100m in which he ran 11.40 seconds, narrowly missing the National Championships. Congratulations on a great effort.

Lachlan Beasley

Lachlan played in the U18s national Championships for Victoria in January this year. Last year Lachlan attended the Major League Baseball Australian Academy Program on the Gold Coast, which is structured around developing and exposing the top talent in the country. Lachlan’s goal is to sign a professional contract with a Major League Baseball team. We wish him the best of luck and hope one day we will see him on the professional field.

If you have any questions or issues to do with sport at SFX, feel free to talk to Stephanie Murphy (Sport Co-ordinator, Beaconsfield Campus), Laura Folino (Sport Co-ordinator, Berwick Campus), Darren Thomas (Sport Co-ordinator, Officer Campus), or Marlee Tatham (AFL Trainee).
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.

EDUCATION FEE ACCOUNTS
Please be reminded that the first instalment of the 2015 Education Fees has now been billed. There will be three instalments throughout 2015, Instalment 1 in February, Instalment 2 in May and Instalment 3 in August.
Payment arrangements and direct debits can be established at any time, by downloading a direct debit form from www.sfx.vic.edu.au and returning by email to finance@sfx.vic.edu.au.
In an effort to reduce the amount of paperwork we send out to our families, we are requesting that families contact the Finance Department to provide an email address so that future finance correspondence can be delivered electronically. To update your details, please contact the Finance Department at finance@sfx.vic.edu.au

UNIFORM SHOP
Beaconsfield Avenue, Beaconsfield
Tuesdays and Thursdays
8.30am - 4.00pm
Every Saturday
9.00am - 12.00pm
Telephone Orders Welcome
Tel: 9707 3111

OUR PARISH MASSES
Berwick: Sat 6.00pm
Sun 9.00am, 10.30am & 6.00pm
Narre Warren: Sat 6.00pm
Sun 8.00am, 9.15am, 11.00am & 6.00pm
Pakenham: Sat 6.00pm
Sun 9.00am & 10.30am
Koo Wee Rup: Sun 9.30am
Iona: Sun 11.00am
Lang Lang: 2nd & 4th Sunday of each month at 5.00pm
Nar Nar Goon: Sat 6.00pm
Maryknoll: 3rd & 5th Sunday of each month at 5.00pm

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.
POSITIVE MENTAL HEALTH
FOR TEENAGERS AND THEIR PARENTS

Unlock the secrets of a happy future by learning how to build a positive foundation.

Dr Michael Carr-Gregg

Michael is one of Australia’s highest profile psychologists. He works in private practice specializing in adolescent parenting and adolescent health and is passionate about delivering national and international evidence-based psychology workshops and seminars that make a difference to health and wellbeing of young people.

Susan McLean

Susan is Australia’s foremost expert in the area of cyber safety and you’d people. She was a police officer for 27 years and was the first officer to be appointed to a position involving cyber safety. Susan now has numerous honours and qualifications, she has presented around the world, written papers and books and is a highly sought after speaker. Susan brings a wealth of knowledge and a practical down to earth element to all her presentations.

Associate Professor Felice Jacka

From Deakin University, Felice is at the forefront of ground-breaking work looking at the link between mental illness in children, adolescents and adults and their lifestyle choices including diet, exercise and smoking. Her recent compelling and globally recognised research highlights the association between diet quality and the common mental disorders, depression and anxiety in children, adolescents and adults.

WHEN: Tuesday, 17 March, 2015 – 5.30pm–9.30pm
WHERE: Beaconsfield College Performing Arts Centre, 30 Toomuc Valley Road, Pakenham (Melway reference Map 317 A4)
Presented by Pakenham Rotary in conjunction with Inner Wheel Pakenham, Cardinia Scouts and Australian Rotary Health.

FREE COMMUNITY FORUM
ALL WELCOME

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GAMES, PRIZES AND HEAPS OF FUN!!

$15 a ticket (Cash only)

BYO FOOD & DRINKS
Tea & coffee available

10 ppl per table

Bookings essential

Tickets available from:
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Julie Begley 0417 373 175
Kerry Barnard 0430 471 538
Donna Stevens 0415 434 593
Shannon Overall 0438 174 410

Or Cranbourne Indoor Leisure Centre on Sundays

Study local, qualify National at the Upper Beaconsfield Community Centre.
Learn in a supported, small class with trainers. We will help get you qualified.

ONLY 3 PLACES LEFT – ACT NOW
Phone 03 5944 3484

CHC30213 (Teachers Aide)
CERTIFICATE III IN EDUCATION SUPPORT
Begins Friday 6th March
Classes: Friday 9.30 to 2.30

CHC50113
DIPLOMA OF EARLY CHILDHOOD EDUCATION & CARE
Begins Monday 2nd March
Classes: Monday and Tuesday
6.30 to 9.30 pm

CHC30113
CERTIFICATE III IN EARLY CHILDHOOD EDUCATION & CARE
Begins Monday 2nd March
Classes: Monday and Tuesday
6.30 to 9.30 pm

Training Provider is Merinda Park
TOID 3952

Endeavour Hills Rugby Union Football Club

U6 - U18 JUNIOR REGISTRATIONS

Come down and register for 2015!

Saturday March 7
11.00am - 1.00pm
Frog Hollow Reserve
David Collins Drive
Endeavour Hills

We welcome all new players

For more information please contact
Lisa on 041 086 8334
Friday 13 March at 6pm – Federation Square

Donalea Patman, a resident of the La Trobe electorate, is the founder of For the Love of Wildlife which was created 18 months ago as a grassroots organisation committed to raise Australia’s commitment to not only step up, but lead the world when it comes to our relationship with animals and wildlife.

For the Love of Wildlife has been working with Jason Wood MP, Federal Member for La Trobe, on the cruel and barbaric practice of canned hunting with the objective of banning the importation of animal trophies and body parts into Australia.

With no animal or body part as a trophy, it takes away the incentive for hunters to participate. Canned Hunting is the exploitative breeding and slaughter of defenceless wildlife (predominantly lions), unfairly prevented from escaping the hunter, by physical constraints (fencing, drugs) and mental constraints (tame, raised by humans). In South Africa there are around 160 breeding farms with around 7000-8000 lions and many other wildlife, bred for the bullet.

Australian volunteers are being conned in the name of conservation. For instance, rehabilitating or raising orphaned lion cubs only to discover they are supporting these horrendous breeding farms.

In October 2014 Ms Patman brought internationally respected conservationist, Ian Michler, to Australia to brief Federal Minister for the Environment Greg Hunt MP on this unscrupulous industry.

Mr Wood recently tabled a private member’s business motion condemning canned hunting in Parliament. Nine other speakers spoke to the motion on both sides of the Parliament.

Ms Patman is organising the Melbourne part of the Global March for Lions. The Federal Minister for the Environment Greg Hunt MP will be speaking on canned hunting along with Jason Wood MP and Ms Patman.

For further information please visit; www.fortheloveofwildlife.org.au, or www.jasonwood.com.au/stopcannedhuntingnow
REMINDERS – UMAT Registrations by 5 June; Test Date: 29 July, 2015

OPEN DAY DATES FOR YOUR DIARY - Open Days are a great opportunity to check out tertiary institutions. Most Open Days occur on Sundays in August. The dates for many of them are listed here so that you can get them in your diary for later on. Year 10-12 students (and their families) are encouraged to visit institutions of interest on Open Days so that you can see their facilities, attend information sessions, collect information, get your questions answered, talk to staff, and so on.

DATES:
- Sat 1 August – Monash (Berwick & Peninsula campuses)
- Sun 2 August – Deakin (Warrnambool); Monash (Caulfield & Clayton); Swinburne (Hawthorn)
- Sun 9 August – Australian Catholic University (ACU) (Fitzroy); Deakin (Geelong campuses); La Trobe (Bundoora); RMIT; William Angliss Institute
- Sun 16 August – Melbourne; Monash (Parkville – Pharmacy); La Trobe (Bendigo)
- Sun 23 August – Box Hill Institute; Deakin & MIBT; Victoria (Footscray)
- Sun 30 August – ACU (Ballarat); Federation (Ballarat & Gippsland)

Holmesglen has a number of Open Days during the year, usually the last Thursday of the month.

DO YOU WANT TO FIND OUT MORE ABOUT MONASH UNIVERSITY DEGREES?
If so, a great way to do so is to attend an ‘At Monash’ seminar. The series commences in March, and you will be able to learn from students, graduates and staff about university experiences.

Seminars available commence with:
- Tues 10 March - Nursing, midwifery, physiotherapy and occupational therapy (Peninsula)
- Wed 11 March – Business and economics (Clayton campus)
- Thurs 12 March – Science (Clayton)
- Tues 17 March – Arts (Humanities and social sciences) (Clayton)
- Wed 18 March – Information Technology (Clayton)
- Thurs 19 March – Pharmacy and pharmaceutical sciences (Parkville campus).

Many other seminars follow in Terms 2 and 3 with design and fine art, architecture, psychology, medicine, law and so on. All seminars run 6.30pm to 8pm. To check out the full list of seminars and to register, go to www.destination.monash.edu/at-monash.

SWINBURNE NEWS
Swinburne is a smaller institution than some, offering VET courses through to PhDs. Its main Campus is in Hawthorn, with smaller campuses at Croydon and Wantirna. The Hawthorn campus has several new buildings with state-of-the-art facilities. Some features include:

LAW – Swinburne introduced a law degree this year. Its focus is on commercialisation, Intellectual Property, and technology transfer. The Clearly-In ATAR was 91, with 71 students commencing this year. A number of double degrees are also on offer – with arts, business, engineering and science.

ENGINEERING – In engineering, Swinburne has a high employment rate, particularly in civil engineering. A new degree commencing at Swinburne is in construction engineering.

PSYCHOLOGY – At Swinburne, many psychology students look or work after completing their three-year degree, without pursuing post-graduate study. Graduates have many skills: they can source, sort and evaluate information, apply psychological theory, communicate information in a logical way, can formulate research questions, collect, analyse and interpret data. These skills are often used to get a job, in community services, (counselling, welfare, child protection, corrections, disability, youth), in business (market research, public relations, human resource management), in education support, health services and in graduate programs (eg Bureau of Statistics, Customs, ATO Defence, Immigration).
PHYSICS RESEARCH – Swinburne is very highly regarded in world research in physics (in the top 75 universities in the world, in fact).

NATIONAL INSTITUTE OF CIRCUS ARTS – An unusual area of study, located in Prahran; many graduates are currently working for Cirque du Soleil.

HIGH ACHIEVERS PROGRAM – High achievers have different expectations of university. Students with an ATAR of 95 or more are invited to join this Swinburne program. It is currently offered to science (physics), communication design (honours), and IT students, later to be offered to students of business and engineering. Students are guaranteed access to a research group from first year, mentoring with senior academic staff, guaranteed accommodation, and a $5,000 pa scholarship. Places are offered automatically to students meeting the entry criteria in the participating degrees.

INDUSTRY BASED LEARNING (IBL) – Swinburne has long been a proponent of this style of learning. Students involved in this program generally work for six or twelve months in an area linked to their study program. New skills are obtained, the work is paid for, and the placement can lead on to full time employment with the organisation.

AUTISM – In April, Swinburne is launching a MOOC (Massive Open Online Course) about autism. It is designed for parents, families and carers living and working with individuals with autism. The MOOC is a free online course using scenario-based learning to support, guide and share experiences from parents and experts in the field. Email autism@swinburne.edu.au for information. Register »

INTERESTED IN VETERINARY SCIENCE? In Victoria, veterinary science can only be studied at the University of Melbourne. The Faculty is holding a Course Advice Day on Saturday 21 March (10am-3pm) at the Werribee Campus, 250 Princes Highway, Werribee. For further information please visit http://fvas.unimelb.edu.au/news-and-events/events#course-information-day. This will be different from previous years. There will be a tour of the hospital for which you must register.

VICTORIA UNIVERSITY (VU) NEWS

• NEW STUDENT ACCOMMODATION – is being built at the Footscray campus. The 500-bed complex is in collaboration with Maribyrnong City Council, opening in 2016.

• WHAT IS BIOMEDICINE? VU offers Biomedicine and Biomedical sciences at the St Albans Campus. Biomedicine is a broad field of study to gain an in-depth understanding of human physiological and anatomical function, disease and medical applications. These degrees prepare graduates for a career preventing and treating disease. Gain hands-on training and knowledge of human physiology, combined with essential skills in critical analysis and communication. Possible careers are in research, pathology, injury rehabilitation, crime scene investigation, and so on. NOTE: Biomedical science is also offered at Monash university (a possible pathway into Monash post-graduate medicine), ACU, Deakin, La Trobe, Federation, La Trobe while Biomedicine is offered at Melbourne university (a possible pathway into Melbourne post-graduate medicine, dentistry and physiotherapy degrees).

CAREERS IN THE DEFENCE FORCES – entry is usually through general or officer entry.

• General entry requires applicants to have at least Year 10, be at least 17 years, and to pass a number of physical, mental and character tests.

• Officer entry requires applicants to have a high ATAR in their VCE, and also to pass various tests. Officer entry applicants study in Canberra at the Australian Defence Force Academy (ADFA), a campus of the University of NSW. Degrees on offer at ADFA are: Arts, Business, Engineering, Information Technology, Science and Technology. Successful applicants complete their military training during university holiday breaks.

• Defence Force recruiting hold information sessions throughout the year. Call 13 19 01 for details, or see: www.defencejobs.gov.au.

• Defence Forces offer the ADFA Education Award, presented to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. The award is a laptop computer, with up to 100 awards on offer annually.

• ADF Gap Year program still operates – this program provides an opportunity for young people who have completed Year 12 to gain military training, new skills and pay over their Gap Year.