



# Lighthouse

**Volume 30 Number 3**

**14 March 2014**

Dear Parents/Guardians, Students & Friends of SFX

Summer was heralded with the onslaught of bushfires. They surrounded our city and caused massive destruction to bushland and forests. Homes were covered in ash and thick smoke choked our atmosphere. Beautiful lush growth was reduced to smouldering, burnt debris.

Today those same forests are bursting into new life. New sprouts have emerged from blackened tree stumps and new shrubs have risen from the ground. Life has returned to the land in brilliant shades of green. Even the fauna have begun their pilgrimage back to reclaim their domain.

Where there was death and destruction, there is now life and growth.

This is the real message of Lent and Easter. During Lent we are challenged to think about our shortcomings. The Gospels tell us that Jesus was tempted in the desert. It is good for us too, to think about our own failings and how we may have hurt other people. Perhaps we have hurt someone by something that we have said or done, or maybe by something that we didn't say or do. Whatever, it is a good opportunity to stop and reflect about our actions and interactions.



But Easter takes us beyond the failings, grief and turmoil of life. It recognises that all this is part of being alive. It recognises that disappointment and suffering has been, and will always be, part of the human condition. But it goes one step further. It challenges us to have hope. To hope that we can remain people who love and hope that this love will conquer all.

Just as the forest overcomes the raging bushfire, our ability to love others will overcome our own failings and disappointments.

Br Robert Sutton, fms  
Principal

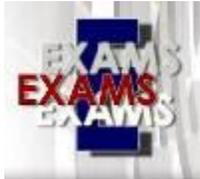
## Year 11

### Interim Report

These reports were handed out in Tutor Group on Thursday, 13 March. **If parents have concerns please contact the relevant teacher.**

Please note that the College does **NOT** issue second reports to parents not residing together as these reports are an informal progress check.

## Year 12 MID COURSE



carefully check commitments during this period.

Mrs Patricia Hales  
Assistant Principal – Dean of Studies

These exams **commence on Monday, 31 March and conclude on Friday, 11 April.** Students have been emailed an examination timetable. Please be advised that as per our Assessment Policy leave will not be granted during exam blocks, therefore students should



## SFX



Our Vinnies group helps the elderly each year with our annual Easter egg appeal. In 2013 we delivered Easter eggs to 450 residents in seven nursing homes providing for those who are diabetic as well. We are appealing for donations of Easter eggs and diabetic chocolates or sweets to please be brought to Tutor Group rooms for collection on:

### Year 12

**Thursday, 20 March until Friday, 28 March**

### Year 11

**Wednesday, 26 March until Friday, 4 April**

Your generosity would be greatly appreciated. Please bring as many as you can!

Corin Ayliffe

## *Welcome to Indigenous Students and Parents!*

On Wednesday, 5 March our Indigenous students and parents were invited to an afternoon tea to celebrate the commencement of an Indigenous Support Project within the school and introduce relevant personnel. Mrs Janine Gorman and Mr Frank Hales have been appointed in a part time capacity to work with Indigenous students in a variety of ways - these include support with class work and assessment, mentoring, liaising with agencies within government and the community that provide support and outreach to Indigenous students, acting as advocates for Indigenous students and promoting the Indigenous culture within the College. Mrs Louise Campbell, Education Officer (Aboriginal Education) Catholic Schools Office, attended the afternoon tea and presented school captain Joel Webber with an art work of Mary by Richard Campbell. This art work provides a special connection between the indigenous culture and Marists and will feature in College Liturgies.



## **Preliminary Legal Studies Court Excursion**

Last Wednesday, 88 Year 11 students travelled to Parramatta Courts as part of the Preliminary topic: Operation of the Legal System. Students are preparing for this first assessment, a Court Report, and were able to view cases in both the Local and District Courts.

Students viewed cases such as armed robbery and attempted murder in the District Courts and were also able to speak with a number of solicitors and barristers. They saw intense cross examination of witnesses, closing legal argument, judges instructing juries as well as applying the rules of evidence. In the Local Court, cases such as affray, larceny, dangerous driving and bail applications were observed. Security staff commented on the excellent behaviour and maturity of our large group. An enriching day for all, and thanks to Mrs Anicich, Mrs Finlayson and Mr Mahoney for helping to organise and run the day.

Mr A Stone  
HSIE Coordinator

**St Francis Xavier's College**  
**Phone Number: 02 4961 2863**  
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**Web Site: [hmltn.mn.catholic.edu.au](http://hmltn.mn.catholic.edu.au)**



## Australian Junior Ten Pin Bowling Squad



### **Mitchell Brown Bowled Over in Singapore**

Mitchell Brown has recently returned from Singapore where he represented the Australian Junior Ten Pin Bowling Squad. Mitchell was announced as part of the team

late last year and as a result had time to prepare with his club and coach. This preparation ensured that his performances whilst away were of a very high standard and Mitchell has returned full of energy to continue his dreams of even higher representation in the coming years.

From the College community, congratulations Mitchell on representing Australia and we wish you all the best for the remainder of this season. We are sure there are plenty of '300 games' in you for the future!



## **Water Polo New South Wales CCC Water Polo**



### **Abbey Makes it a 'Three-Peat'**

Abbey McCord has recently been named as part of the NSW CCC Water Polo team for an amazing three years in a row! Her performances will be watched closely at the upcoming NSW Schools Championships where Abbey will have the opportunity to gain selection in the NSW All Schools Team. Abbey is an extremely humble and dedicated young lady who has been described by her coaches as a "Tenacious and intelligent player who is always in the right place at the right time".

On behalf of everyone at the College, we wish Abbey all the best and are sure that her performances will see her just as proud of her achievements as we are. Congratulations Abbey and good luck!



## **NSW CCC Triathlon Championships Penrith**

Five students recently competed at the NSW CCC Triathlon Championships in Penrith. These races doubled as 'selection trials' for the NSW CCC and Combined High Schools Teams. As a result the standard of racing was extremely high. As expected our students once again rose to the challenge and competed with success, despite for the majority, this race proving either their first 'hit out' for the season or indeed their first time competing in a competitive triathlon.

The individual races were held on Thursday, 6 March and the course included a 750m swim, 20km bike and 5km run. **Claire Dedden** finished 2<sup>nd</sup> out of a field of close to 60 competitors, this was made even more amazing by the fact that it was Claire's first real race/training session for the season. The same could be said of **Blythe Quick** who also finished a very impressive 9<sup>th</sup> on what appeared a very underplayed preparation. Claire now has the opportunity to represent NSW All Schools at the National All Schools Championships later in the year. To both girls congratulations on your efforts for the last two years and the College community wishes you both all the best for the rest of the season.

On the Friday, 7 March SFX sent a team for the first time in recent years to compete as part of the carnival. The team consisted of **Meg Bailey, Lachlan Haughey** and **Ryan Bailey**. This team, performing for the first time in a competitive Triathlon race finished an amazing 3<sup>rd</sup> out of a field of close to 100 teams. This effort far outweighed their own expectations and was a very good example of how, when individuals work together anything is possible. Congratulations to all three of you!

Finally on behalf of the College community, a big thank you needs to go to the parents who as always are the biggest supporters, but also the 'least thanked'. The trip to Penrith to compete started for many at well before day break and these results would not have been possible without your support.

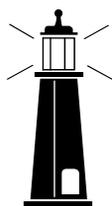
## **CHANGE OF ADDRESSES, EMAIL ADDRESS AND PHONE NUMBERS**

In case of an emergency it is important that students' contact details are up to date. If there have been changes to family details please have your student go to the Administration Office where an appropriate form will be issued.

## **Lighthouse**

**is available on the  
College Web Site**

**[hmltn.mn.catholic.edu.au](http://hmltn.mn.catholic.edu.au)**



# From the Careers desk



*"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no".*

## Latest Defence Forces Sessions

These will be held at 528 Hunter Street, Newcastle

### Health Careers Information Session

**Wednesday, 19 March at 6pm**

The ADF Healthcare, Science & Chaplaincy offers an impressive range of well-regarded medical and health positions with outstanding management and leadership opportunities.

### Communication Roles Information Session

**Tuesday, 25 March at 6pm**

Find out how radio and satellite communications in the Navy, Army and Air Force to provide vital communications for the ADF.

### Pilot Information Session

**Wednesday, 26 March at 6pm**

You could command the fastest and most exciting aircraft in the Australian skies.

### ADFA Engineering Specific Information Session

**Tuesday, 1 April at 6pm**

ADFA is where you'll be paid a salary to study a degree from UNSW while enjoying the great facilities and vibrant lifestyle on campus. You will also undertake military leadership training and learn to become an officer in Australia's Navy, Army or Air Force.

<http://www.defencejobs.gov.au/education/adfa/studiesTraining/baEngineeringAeronautical.aspx>

### Combat Information Session

**Wednesday, 9 April at 6pm**

Be Australia's first line of defence and learn to make the right decisions under the toughest circumstances. You'll also support peacekeeping, humanitarian assistance and disaster relief operations in Australia and around the world. For more information visit:

<http://www.defencejobs.gov.au/army/combat-security/>

Any student who would like to attend call (02) 4974 5427 or email [rsutcliffe@dfr.com.au](mailto:rsutcliffe@dfr.com.au).

### Hands on Engineering and IT Day for Women

On Thursday, 27 March 2014 at UTS. To register for Hands on Day please complete the online registration form at <http://uts.ac/HOD2014> or register via email to [wie.it@uts.edu.au](mailto:wie.it@uts.edu.au)

Completely worth the effort!

## Paramedics & Nursing

The Charles Sturt University is having an information day for their Paramedics & Nursing programs. If there are any Year 12 students interested in this area this may be an invaluable visit as they are the ONLY university to offer this in NSW. The information and registration forms can be found on the School Portal under Careers.



## College Library



The Library will now offer a display of Careers Information for students to use during their study periods and breaks. For the next few weeks there is a display of Defence Force information and GAP year companies. Can I ask that you refrain from taking this information as it's for all to share!

## 2014 UMAT Exam

Registrations are now open for this year's UMAT exam and close at 5pm on Friday, 6 June 2014. Exam in on Wednesday, 30 July.

**I will be running information sessions on UMAT at the start of Term 2.**

*Don't panic....plenty of time yet.!*

## RSA & RCG



These external courses have been booked for the start of Term 2. Notes and details will be put out to Year 12 only, in Week 9.

## UNSW Engineering Information Night

Wednesday, 19 March from 6-8pm  
Kensington Campus – John Niland Scientia Building  
Register at [www.engineering.unsw.edu.au/student-parent](http://www.engineering.unsw.edu.au/student-parent)

*Mrs Julie McLoughlin  
Careers Coordinator*

*P: 02 4961 2863*

*F: 02 4961 2384*

*E: [julie.mcloughlin@mn.catholic.edu.au](mailto:julie.mcloughlin@mn.catholic.edu.au)*

# Resilience

During the Long Tutor Group program in Term 1 students will be focussing on building resilience skills. This is an opportunity for students to further develop their social and emotional skills of Self-Management including identifying values, developing problem solving skills, communication, organisation and connectedness. The content is primarily based upon resources developed by ReachOut, an Australian online youth mental health service, as well as a number of other Wellbeing programs and resources.

The key messages for each focus will be highlighted across various areas and events at the College as well as through day to day interactions with staff. Any discussions and support of these skills that can occur at home will also assist students throughout their time at the College and when moving toward independence. Some key messages covered are outlined below

## What is resilience?

Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles & one of the key ingredients to success. When we apply resilience through the positive psychology lens, the learning is not only to bounce back, but to bounce forward

## Why is it important?

Having resiliency skills minimises the effect that negative, stressful situations can have. These skills allow us to face challenges, learn from them and apply these skills towards living a healthy life.

### Some skills/strategies include:

#### 1. Flexible & accurate thinking - Having a Plan B

To be resilient requires flexible & accurate thinking, seeing different perspectives. Someone who is resilient can come up with a variety of reasons for being successful in something (multiple factors). Flexible & accurate thinking allows multiple solutions to a problem i.e. having a Plan B & C is vital to resilience. Students will have an opportunity to practice flexible thinking through considering different perspectives and developing a *Plan B and sometimes a Plan C to a scenario as well as their own situations.*



#### 2. Impulse control.

We all have impulses to do things & say things – these are not always in our best interest, nor helpful to others. To be resilient doesn't mean to stop these impulses, but it does require you to stop acting on every impulse that does not serve you well. These skills of impulse control can be learned and here is one strategy that the students will practice:

## Strategy Card

### Stop. Think~Impulse Strategy Card.

1. Stop, think (delay your response)
2. Breathe
3. Three responses (Don't say anything until you have thought of three responses)
4. Respond



For more information you can go to [www.reachout.com](http://www.reachout.com)



## *Invitation*

Craig Moore, a local psychologist, will address parents on Wednesday, 19 March between 7:00 pm and 8:00 pm in the College Hall. Craig spoke to Year 12 parents in Term 4 last year and it has been at parents' request that we have asked him to return and this time focus specifically on strategies that help build resilience.

The HSC presents pressures to students as they try to balance their school commitments with work, social life, family commitments and an array of other issues. Keeping things in perspective and building resilience are essential skills in managing life.

I guarantee this will be a beneficial evening. Craig is an engaging and informative speaker. This will also be an opportunity to meet with other parents.

Br Robert (Principal), Mrs Patricia Hales (Assistant Principal-Dean of Studies), House Coordinators and myself will be available to talk to.

I hope to see you on Wednesday evening.

Mrs Julia Lederwasch  
Assistant Principal – Dean of Students