



Lighthouse

Dear Parents/Guardians, Students & Friends of SFX

Last week the findings from a recent survey about happiness were widely reported in the media. The survey formed part of an ongoing study over the past fifteen years that has involved over 60,000 participants.

There were no big surprises from the study. It identified what it calls the 'golden triangle' of happiness. There are three key elements that seem to be pivotal in the lives of those who reported high levels of contentment in their lives.

The first of these was concerned with relationships. The study reported that being part of meaningful relationships was the most vital component of good wellbeing. Of course, 'meaningful' relationships are complex, broad and involve a range of critical elements, such as trust, respect, sacrifice, listening and giving.

The second component of their 'golden triangle' was defined as financial control. They found that while money does not make us happy, a lack of it can make us miserable. Interestingly, it was reported that positive wellbeing rises with earnings up to about \$100,000 a year, but after this point its power drops off dramatically.

A sense of purpose was their third key component. It was those people who had meaning in their lives that reported high levels of contentment. The study found that people were happiest when they were active and when they had a sense of purpose. Furthermore, volunteers were amongst the happiest people.

While none of these key findings may seem startling, it is still worth some careful reflection into their meaning for each of us.

It is plainly apparent that financial hardship can be a cause of stress and worry. This would obviously have a negative effect upon those who would be in this situation. But it is worth noting that the accumulation of significant wealth does not necessarily lead to greater happiness.

Relationships and purpose are connected. At the core of each is a sense of giving. Healthy relationships are not possible unless there is a genuine presence of mutual sharing. It is in the giving, compassion and forgiveness that true relationships are born and nourished. It is these same practices that also bring meaning and purpose to living.

Interestingly these findings seem to be in contrast to those of some elements of society that advocate wealth, revenge and power.

Br Robert Sutton, fms
Principal

Wednesday Afternoon



The Music Staff offer music workshops each Wednesday afternoon after school from 3:15 pm – 4:15 pm.

Any Year 12 SFX music student is welcome to use this time with the music staff to work on upcoming Music Assessment Task preparation and performances. Both Mrs Wattus and Mr Baker will be with the students in the music rooms. Music students just need to advise the music staff during Wednesday, if they would like to stay back after school.

Mrs Wattus and Mr Baker
Music Teachers



St Francis Xavier's College
St Vincent de Paul Society
good works

SPRING FOOD APPEAL

Did you know Australia consumes over 3 billion cans each year? Canned foods and non-perishable goods are essential to all Australians, but more importantly to struggling individuals and families. Our College St Vincent de Paul Society group will be holding its annual spring food appeal from Thursday, 22 October till Friday, 30 October. Students are asked to donate canned items such as: soups, beans, spaghetti, pears, pineapple, peaches, corn etc. Your items will be collected during tutor group time and made up into boxes of goods which will then be delivered to the St Vincent de Paul food banks for Merewether Beach and Waratah and to the House of Hospitality at Broadmeadow.

Please **spring** deep into your pantries to support this Vinnies appeal, because a simple gesture from you can go a long way in helping someone hungry this season. We know you **can** do it!

Chelsea Gilbert

College St Vincent de Paul Society Group

Come and join Vinnies! The SFX St Vincent de Paul Society is a group where you can come and work with peers to help make a difference.

We are always looking for motivated, community-minded people to get involved to help our surrounding community. Everyone is welcome and is greatly appreciated. If you are interested in giving back to your community, we have weekly meetings on Thursdays. At these meetings we organise various projects to help those in need. Everyone is invited to come and join in.

We would love to hear new ideas and have more people to help support and take part in our different projects. We hope to see you in the upcoming meetings!

Cara Marks & Perri Webber



University of Newcastle Business Plan Competition

Merit

Congratulations to the following students on their achievements in this competition.
Outstanding Achievement!



FINANCE

NEWS



For your convenience, when paying for excursions and activities, the new Qkr! app is now live for families of our students. Qkr! by MasterCard can be downloaded for free from Apple's app store for iPhones and iPad users. You can also download the app from Google Play for Android phones. Simply:

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Scan the QR code or search for our school name. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

Step 4 Register your children

When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.

For more information about QKR visit our website www.hamilton.catholic.edu.au/.

(Click on Information, Fees, select QKR information.)
or [Hyperlink to QKR video](#)

From the Careers Desk



Mrs Julie McLoughlin
Careers Coordinator

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Welcome to Year 12

When the students arrive for their first term of Year 12, for many there is a definite shift in their focus and commitment. If this is NOT the case maybe you would like to come and talk about your future direction? Or maybe you are on track but need some help to research how best to reach your goals. Mrs Mac is available all day, every day for advice and guidance after Friday, 23 October. All you need to do is put your name down on the booking sheet outside my office.

School Portal

This week you will find under Careers:

- ✚ The latest part time and full time employment opportunities are placed on here every week.
- ✚ Some Christmas part time work advertised.

Emails

I have sent the new Year 12's a number of emails. It's wise to check these on a regular basis. Thus far I have sent:

- ✚ An outline of all the upcoming Defence Force sessions for October and November.
- ✚ An offer to visit a mine in the peer Hunter- for free
- ✚ A message from the Hunter Valley Training Company – with offers for Pre Apprenticeship training in Electrical and Mechanical.

The UNSW Mining Summer School

This is for students who

- Study Advanced Maths/ Engineering /Physics
- Would like to learn about careers and opportunities in the Australian minerals industry
- Are available from the 18th – 20th January 2016
- Are prepared to travel as part of the course and network with the academics!

The cost is \$200 and you can apply at:

www.unsw.to/summer-school

ALL WELCOME!

Federation of Parents & Friends Associations
DIOCESE OF MAITLAND-NEWCASTLE Proudly presents

Spring Parenting Conference 2015



You are warmly invited to attend one or both of these special events!

DINNER EVENT

An opportunity to gather in and celebrate our child's school.

Enjoy a meal with psychologist and parenting expert Dr. John Irvine and celebrate the partnership between parents and schools.

October 31 Saturday 31 October
6.30pm for 7pm

Green Room, Wests New Lambton
Hobart Road, New Lambton
Cost \$60, includes 3 course meal.
Cash bar available.
Please advise of any dietary requirements.

Limited places available. For tickets phone Cath Garrett-Jones on 4979 1200. RSVP by 10 October.

FREE EVENT LIMITED PLACES

PARENTING "SPRING CLEAN"

with psychologist and parenting consultant, **ANDREW FULLER** + other guest speakers. Learn about,

- unlocking genius and managing behaviour
- resilient parenting
- transitioning to Year 7
- navigating social media
- studying and time management.

November 01 Sunday 1 November
9.30am for 10am start -2.30pm

St Aloysius Catholic Primary School
24 Heritage Drive, Chisholm

Registration essential. Visit <http://domn.link/1JzLpj2> to reserve your place today.



For further info contact
Cath Garrett-Jones
Parent Liaison and Resource Officer
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E cath.garrett-jones@mn.catholic.edu.au

Year 12

Standard English

Students currently studying the play "*Away*" are encouraged to attend an evening performance of this local production.

Seeing the play performed live will be an invaluable addition to your class study of this text.

by arrangement with Shanahan Management Pty Ltd

PantSeat PRODUCTIONS

Away

by
Michael Gow
Directed by Allison Van Gaal

12th-14th November @ The Playhouse



KICKETEK .COM

www.pantseatproductions.net