



Dear Parents, Guardians and Friends of Xavier College,

Are you a hard worker? Then here's the prayer for you: "Dear Lord, help me always to give 100% at work: 12% on Monday, 23% on Tuesday, 40% on Wednesday, 20% on Thursday and 5% on Friday. Amen." Obviously, this is meant to be a private prayer and not to be openly proclaimed in the workplace in front of the boss!

So, how is your prayer life? If you are like most people, then probably you find that today's worldly demands tax your time, energy and emotions to the degree that you feel too tired and too tense to consider praying. Your prayer life ebbs and flows with the ups and downs of your life's journey. You can take some consolation in the fact that prayer does not come completely naturally to anyone.

Interestingly, the New Testament does not contain a great deal of information about forms of prayer and worship but heavily emphasises how we should live our life. Amongst the final conversations of Jesus and His apostles were these words of encouragement, "*Love one another as I have loved you*". Perhaps the greatest prayer we can offer is to *live a life of love*.

The poet, Samuel Coleridge, wrote:

*"He prays best who loves best
all things great and small;
For the dear God Who loves us,
He made and loves all."*

Maybe, we can let our actions serve as our prayers. We can live a life of prayer by being patient, tolerant, compassionate, generous, kind, encouraging, accepting, forgiving, consoling and supportive. "An act of goodness surpasses a thousand prayers." (Sufi mystic, Sa'di). Prayer, through action, can be a source of strength, comfort and inspiration and can lead to a better understanding of the Spirit within us; this, in turn, can make us more conscious of God's abiding presence in us every moment of the day.

Prayer has been described as "half a conversation with God" and, as such, is an expression of our need to recognise that there is someone greater than ourselves with whom we can converse any time we might choose. However, Martin Luther King has this word of caution for us, "Prayer is a marvellous and necessary supplement to our daily efforts, but it is a dangerous substitute". The caution is that rather than ask God to bless our work we might ask Him to do it for us. Prayers do not have the ability in themselves to change the circumstance of our life but contact with God can direct our hearts and minds to make better choices in the way we live our lives. This is the other half of the conversation; us listening to God.

It could be that we have not had a conversation with God for quite some time. It is important to be aware that God does not sit in judgement when we come to pray; God sits in eager anticipation of everything we might want to share with

Him even if we are uncertain about how to say it. There is a story of a dad passing his young daughter's room and seeing her with her hands joined and repeating the alphabet. When he asked what she was up to, she replied, "I'm saying my prayers. I couldn't think of just what I wanted to say, so I'm saying all the letters of the alphabet, and God can put them together however He thinks best."

It's for sure that our prayers don't have to be sophisticated nor long-winded, just sincere. St. Paul wrote his letters nearly 2 000 years ago, but his words are still relevant today:

"Pray without ceasing." 1 Thess. 5:17.

"Devote yourself to prayer, being watchful and thankful." Coll. 4:2.

"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12.

As this is the last newsletter for this term, I thought we should take some time to think back over the many accomplishments and exciting learning experiences that have taken place during the last 10 weeks, for it was once said **"that if we don't take the time to reflect on the past with gratitude for all that we have learned, how can we hope to make a difference in the future."**

Today let us give thanks to our God for:

- Staff Development Day
- Mass and prayer in the Chapel every Friday
- Numerous sporting events – Bill Turner Soccer both boys and girls teams have excelled in these competitions
- Under 16's played in the Grand Final on Wednesday, Under 14's played in the semi-finals on Friday
- Incursions and excursions
- Year 12 and Year 11 Assessment Blocks
- ANZAC Day
- CAPTIVATE
- Debating
- The foundation of the Xavier Cheer Leading team
- Work Placement for our VET Students
- Subject Selection talks for Year 10
- Catholic Schools' Week
- Photo Day
- Café each Wednesday
- Subject Markets
- Year 11 Road Safety Day
- Information Nights for Year 10
- Parent Teacher Interviews
- NAPLAN Tests for Year 7 and Year 9
- Student Representative Council BBQs
- Five Leaders of Wellbeing meetings and five Leaders of Learning meetings
- Two Assemblies
- Four Staff Meetings
- Mufti Day and fund raising for the Diocesan Works Fund
- Year 7 2016 enrolment interviews
- LOTS and LOTS of outstanding learning happening in all areas of the College
- Renovations to our Kirinari space to provide a safe playing and learning environment
- iRead parent night
- Upgrade of technology across the College

Pope Francis in his **ENCYCLICAL LETTER 'LAUDATO SI' - ON CARE FOR OUR COMMON HOME**, encourages each of us to pray for our earth. This week I invite you to pray with our Xavier Community for our earth, each other and our brothers and sisters in detention or refugee camps as this week's focus on 'Refugees' draws to a close.

A prayer for our earth

*All-powerful God, you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.*

*O God of the poor,
help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.*

*Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.*

*We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.*

'For the greater good'

Mr Michael Pate



From the Assistant Principal

Michael Carr-Gregg, once wrote in The Sydney Morning Herald:

"Children might have fewer accidents because they're not playing outside but I worry about the effect on their mental health." Carr-Gregg went on to say that, "children need to fall out of trees or come off their bikes or simply endure disappointment to build resilience."

Our continual challenge as educators in partnership with parents, is to give our students an opportunity in their learning to 'fall out of trees' and 'come off their bikes' in a safe learning environment.

Throughout this first semester I have witnessed time after time, students assisting other students when they "come off their bikes". I have also heard of numerous occasions where our parents assist other parents in our community in times of need. I see on a daily basis staff not only assisting students but each other.

Xavier College is truly a community working towards the creation of an environment that builds resilience. The support networks available are visible and strong. There are times where we need to re-evaluate and reflect on our processes but this strengthens our resolve to enhance the learning of every individual in our community.

Thank you to you all for the important role you have played this semester in building a safe environment for our learning community.

I hope that the break over the next few weeks is restful and I invite you to join with me in the following prayer:

A Prayer for Presence

May we awaken to the mystery of being here and enter the quiet immensity of God's presence.

May we have joy and peace in the temple of our senses.

May we receive great encouragement when new frontiers beckon us.

May we respond to the call of our gifts and find the courage to follow the path.

May the flame of love free us from falsity.

May warmth of heart keep God's presence aflame and anxiety not linger amongst us.

May our outer dignity mirror the inner dignity of our soul.

May we take time to celebrate the quiet miracles that seek no attention.

May we be consoled in the secret symmetry of our souls.

May we experience each day as a sacred gift woven around the heart of wonder.

Adapted from John O'Donohue – Eternal echoes:

Exploring our Hunger to Belong

Three Very Important Reminders for Term 3...

- Years 7-9 male students are required to tuck in their shirt when wearing ties in Terms 2 and 3.
- Please check the up and coming section at the end of our newsletter.
- Your feedback is always valued and greatly appreciated.

Thank you for your continued support,

Patrick Finnerty

pfinnerty@parra.catholic.edu.au



From the Director of Mission and Formation

An important message from Jesus for us to pass on to others

In our world
there is gladness and there is sadness.
Some are rich, others are poor,
some have work, others do not
some have friends, others do not,
some live in peace, others live in war.

We cannot change that suddenly by waving a magic wand!

But Jesus does want us to try, all together
day after day, to make things better
at home,
at school,
on the playground,
everywhere.

Jesus wants us to bring
a little more justice,
a little more love,
a little more peace,
a little more joy.



Let's change ourselves to do this and make a start on improving the world.

Mrs Kellie Robinson

From the Director of Learning and Pedagogy

The only failure is giving up, Robin Sharma

Here we are at the end of another term and halfway through the 2015 school year. The culmination of the term and semester is the distribution of reports and parent-teacher-student conferences. In an earlier article I wrote about the importance of measuring academic success through growth – the improvement that has been achieved from one point to another – rather than on grades or marks. And so many of our students, your children, have achieved growth this semester: growth in their learning; growth in their personal development; growth in their confidence; and growth in their faith.

For example, Year 7, as a group and each individual has grown in confidence. Each day they feel more at home in the Xavier family and more comfortable with the expectations of High School. They didn't give up. This week I had the pleasure of listening to a group of my Year 7 boys read. They had decided to read aloud as a group and were enjoying the experience. I happened to join them at a point when it was Harry's (not his real name) turn to read. Harry *was* a struggling reader; so when I heard him read with fluency and accuracy, and enjoyment, I was delighted. He hadn't given up and, therefore he'd grown, not just in skill but also as an individual. And when I praised his reading and the growth he had achieved, his face beamed.

There is a key factor that has influenced Harry's growth and new enjoyment of reading – his parents. Harry's parent's attended Kay Lowe's iRead presentation and have been religiously implementing the strategies of the programme. When I shared my observation of, and delight at Harry's improvement at our parent-teacher-student conference, they beamed.

I always enjoy the parent-teacher-student conferences because I can share with parents the education of their children. For every student I teach and encounter I can find something positive to report; some area of growth they have achieved. This is the most rewarding aspect of teaching. It is also wonderful to hear your stories, positive and frustrating, about your children; to hear the support you give them and the value you place on their education. Every parent I spoke to asked, "what can I do to help my child improve".

It is a blessing to work with a community that values and supports education, in all its facets. I thank you for the time and energy you take every day with your sons and daughters to ensure they have the power to choose their future and grow to exceed their expectations.

Many blessings,
Alyssa Roach



**Empowerment
Through Education**
*Living A Dream,
Building A Future*

The Xavier Community Project

Xavier College is starting a new initiative entitled '*The Xavier Community Project*'. This project will include events that will be open to all people in the Xavier Community including students, staff, and parents.



This year, as part of that project, we are inviting members of the community to see a performance of the musical "Matilda" at the Lyric Theatre in Sydney. This means that parents, students and staff will have the opportunity to attend a performance together in September and have a chance to share the fun of this amazing show. We have only 30 places so if you are interested in going to this great event then complete an application form (available from the office) with all the details and return it as soon as possible.

I hope to see you there.

Mr Peter Hazell

From the Student Counsellor

Improving 'Sleep Hygiene'

'Sleep hygiene' is the term used to define good sleep habits. A good night's sleep helps both mental and emotional resilience, while chronic sleep disturbances could increase negative thinking and emotional vulnerability. While there will be individual differences in relation to the amount of sleep each adolescent requires, it is suggested that 8-10 hours is the ideal amount of sleep for high school students. Maintaining a regular sleep-and-wake cycle is also important for promoting sleep hygiene.

It is important to recognise that adolescents can have delayed sleep phases. That is, they get tired later than they did before. Their bodies may not be ready to sleep when the clock says it is time. This is due to both hormonal changes and social pressures.

Environmental factors:

- Consumption of caffeine drinks too close to bedtime.
- Teenagers have a lot more going on in their lives (jobs, social activities, school, sports, more homework, worry).
- Lots of media and screen use before bedtime (TV, gaming, mobile phones).

These all compete for sleep - sleep may be low on the priority list and is often given up for these other things.

Circadian (sleep/wake) rhythm factors:

- During adolescence there is a delay in the time when melatonin (one of our sleep hormones which makes us sleepy) is released from our brains to our bodies.
- Therefore, adolescents are not ready to fall asleep until later in the evening and may do things to stop being bored, such as TV, phone.
- They find it hard to get up in the morning because they fell asleep later and have not had enough sleep.

It has been shown that exposure to the bright lights of the TV or computer screen suppresses the secretion of melatonin, particularly when the viewer is close to the screen, such as mobile phone and computer use. The bedroom should be used for its core purpose and distracting devices such as TV, mobile phones or computers need to be monitored or avoided if possible.

Before going to bed, avoid:

- ✗ Heavy meals
- ✗ Strenuous activity
- ✗ Loud music, TV, or computer use one hour before sleep
- ✗ Stress (including homework or work right before trying to sleep)
- ✗ Caffeine, alcohol and nicotine

Instead, try:

- ✓ Taking a warm bath
- ✓ Reading a calming book
- ✓ Drinking a warm glass of milk or chamomile tea
- ✓ Make sure that your room is comfortable (light, temperature, sound) and that the TV or computer is switched off

Finally..... don't stress if you find yourself waking up during the night, it's actually pretty normal and worrying about getting back to sleep will probably keep you up longer.

Maggie Trevenar
School Counsellor/Psychologist

Captivating Performances

A massive congratulations to the students involved in CAPTIVATE last week. After many rehearsals throughout the year, they finally combined with several other schools in performances at Nagle Girls College and finally at the Joan Sutherland Performing Arts Centre. They did us proud.

Singers: *Naomi Bachour, Najwa Beydoun, Lauren Debono, Samuel Hay, Chloe Heath, Amar Hillany, Ayesha Kumar, Sarah Martin, Ethan McSweeney, Rebecca Mifsud, Angelica Robinson, Michelle Soukhar, Kyle Stanford, Dylan Williams, Blake Williams, Gideon Chia, Travis Kelly, Amou Gaw, Awein Mawein, Emily Biordi*

Violinists: *Stephen Pithers, Dylan J Williams, Kavindu Kulathilaka*

Congratulations also goes to *Chanelle Chahoud* who was selected from a small cohort to present one of her HSC works last Monday night.

Thankyou to Mr Hazell and Mr Kempis for their assistance with supervision and Mrs Watters for her awesome organisation and rehearsal skills.

Of course, a special thank you goes to all the parents who provided transport to and from both venues on some very cold and rainy nights. Without your support, involvement in this event would not have been possible.

Ms Kelly Leehy



REMINDER:

Xavier College Athletics Carnival

Tuesday, 14th July 2015

(first Tuesday back in Term 3)

Transport provided for all students



Xavier College Youth Leaders attend Conference

On Wednesday 3rd June, the School Captains and Vice Captains attended the first *Youth Leaders in the Community Conference* at Penrith City Council. The conference invited representatives from schools throughout the Penrith Valley to discuss and provide strategies to solve issues in our local area.

Guest speakers at the Conference included Penrith's Young Citizen of the Year, Max Fenton, and Mayor, Cr Ross Fowler OAM. Students were encouraged to pursue leadership positions and initiate change in the community. Issues including safety, bullying, litter and youth homelessness were raised by students during the conference, and strategies were developed to tackle these prevalent problems.

The *Youth Leaders in the Community Conference* is intended to become an annual event, where student representatives will gather to discuss issues and changes within the Penrith area.

Amy Zordoumis

Vice Captain, Xavier College



Left to right: Amy Zordoumis, Channele Chahoud, Bailey Macklinshaw and Alex Hazeem

Student Representative Council Report



Over the past few weeks the SRC have been very busy contributing their fundraising talents for the benefit of the College. As well as the recent BBQ which raised funds for Cystic Fibrosis, Cumberland House have been eagerly raising money by holding a cake stall. This was yet again a major success, raising over \$290. It has been decided that this money will be donated to adopt an animal from the WWF Animal Foundation. Cumberland house have decided to adopt an elephant.

Ashleigh Allan and Bianca Portelli
Student Representative Council

Year 10 World History Excursion

Recently, the Year 10 World History class went on an excursion to the Justice and Police Museum in Sydney. Through the investigation of the Pyjama Girl Mystery students got the opportunity to develop their skills in historical research and critical thinking, and enhance their appreciation of history as a study of human experience. The case illustrated many facets of 1930's and 1940's society, including social norms, technology in forensic investigations and the legal system. Students were asked, as historians, how they would investigate this event and what they would need to consider when drawing evidence from various primary and secondary sources.

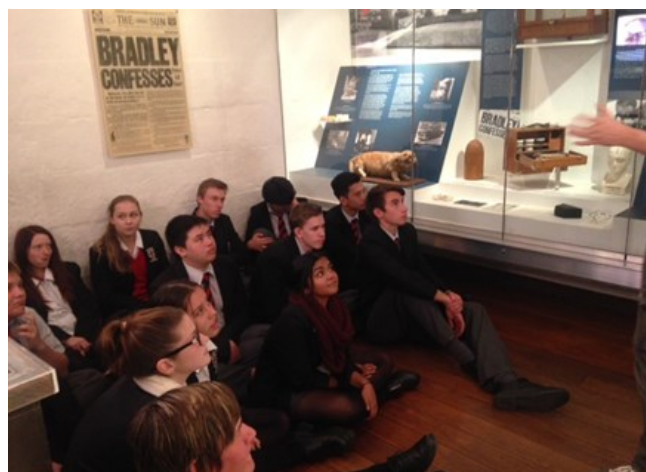
The class explored the Justice & Police Museum, and examined and evaluated primary sources related to the case, learning how a wide range of sources provides the evidence required to pursue a historical inquiry. Students took part in a recreation of the 1944 murder trial in the museum's once operational courtroom. Using their developed knowledge of the case, as well as an understanding of the historical context, students came to their own conclusion about the surprising legal outcome.

On the day students also got the opportunity go on the Heritage and History Tour conducted at the State Library of NSW. Many revelations and connections were made to various issues studied throughout the World History course. Students also gained insight into more academic research techniques.

On our way to the Justice and Police Museum we stopped at the Sydney Cenotaph.



On arrival at the Justice and Police Museum, we examined the displays of primary sources and listened to insights from our tour guide.



In addition to the guided tour, we were involved in a re-enactment of a murder trial, during which students took on the roles of various key people in the trial.



Some reflections from the students on the day:

"The Justice and Police Museum was very interesting. It was fascinating and insightful to see the different weapons and case evidence on display, as well as the prison cells."

"The excursion was an enlightening experience that left me in awe of the abundant history in Sydney."

"The Museum and Library were full of intrigue and captivated my attention."

"The excursion showed me the deeper meaning of sources, buildings and people, things I had never noticed before."

"The World History excursion was an eye-opening experience into Australia's and the world's rich history. It left me in admiration of the people of the past, centuries ago as well as more modern times."

Mrs Svetlana Maiorana
Leader of Learning (HSIE)

Careers Update



Register now for Australian Catholic University (ACU) Experience Days **Wednesday, 8th and Friday, 10th July**

Students in Years 10, 11 or 12 who are considering attending uni when they finish school are invited to attend this free event during the school holidays. It is the perfect time to explore study options by getting a taste of life as a uni student. Students will participate in interactive activities, hear helpful tips on preparing for university, and choose two workshops from the range of ACU study areas such as Health Science, Education, Law or Business.

To secure a spot for the day, register online at www.acu.edu.au/uni-experience

If parents or guardians will be dropping students off, they are also invited to attend one of the parent sessions which will be happening from 10am. Just add your email address when you register your child and ACU will send more information regarding the parent sessions.

Mr Peter Moore
Careers Adviser



**Family &
Community
Services**

Family and Community Services **Youth Scholarship for 2016**

Applications for a Family and Community Services Youth Scholarship for 2016 are now OPEN.

The Youth Scholarship Program assists eligible young people living in social housing or on the NSW Housing Register to complete their HSC or TAFE equivalent. Two hundred and sixty-six scholarships are on offer, each one consists of a one-off payment of \$1,500 which is administrated by the school or TAFE College on behalf of the student.

Applicants must be:

- ✓ Living in social housing in NSW (public housing, Aboriginal housing, community housing), living in crisis accommodation or on the NSW Housing Register
- ✓ Studying in Year 11 or 12 at a NSW high school or TAFE College for the HSC or TAFE equivalent in 2016
- ✓ Aged 25 years or under on 1 December 2016
- ✓ An Australian citizen or permanent resident
- ✓ Not earning an income higher than the NSW social housing eligibility limits (if earning an income)

A student who has previously been awarded a Family and Community Services Youth Scholarship cannot apply again.

Applications close at 5pm, 31 July 2015.

For more information and to download the application form and guidelines please go to:
<http://www.housing.nsw.gov.au/Living+in+Public+Housing/Youth+Scholarships+2016.htm>



Important Dates for 2015

Term 3

For dates of more Xavier College Upcoming Events go to
<http://www.xavierllandilo.catholic.edu.au/upcoming-events#>

<i>Monday, 13th July</i>	<i>STAFF DEVELOPMENT DAY Staff return for Term 3</i>
<i>Tuesday, 14th July</i>	<i>Students return for Term 3 ATHLETICS CARNIVAL</i>
<i>Wednesday, 15th July</i>	<i>Classes resume (using Monday Week A timetable)</i>
<i>Thursday, 16th July</i>	<i>Science and Engineering Challenge, UWS</i>
<i>Friday, 17th July</i>	<i>NSW All Schools Cross Country</i>
<i>Monday, 20th July to Friday, 24th July</i>	<i>Maths Week</i>
<i>Tuesday, 21st July</i>	<i>PDSSSC Girls Netball Carnival</i>
<i>Monday, 27th July to Monday, 10th August</i>	<i>Trial HSC Examination Block</i>
<i>Tuesday, 28th July</i>	<i>Year 10 to 11 Interviews</i>
<i>Wednesday, 29th July</i>	<i>Year 10 English Incursion</i>
<i>Thursday, 30th July</i>	<i>Years 8 & 9 Language Incursion</i>

XAVIER UNIFORM SHOP AND SECOND HAND SHOP

OPENING HOURS
THURSDAYS ONLY
8.00am - 4.00pm

REMINDER TO PARENTS

Parents are asked to notify the College if your child will not be attending school.

Phone: 4777 0900



Community News...



Post School Options Expo for students with disabilities

**Members' Lounge
Penrith Paceway,
Station St Penrith**

**Tues 21 July,
any time 12noon —6.30pm**

Your opportunity to meet over 30 Service Providers
from.....

- Disability Employment Services
- Transition To Work Programs
- Community Participation Programs
- TAFE Teacher Consultants
- ADHC and Centrelink Representatives
- Apprenticeships and Traineeship Representatives
- Leisure, Respite and Recreation providers

DEC Support Teachers Transition

Donna Rose The Hills 9639 7334 Joanne Smith Parramatta 9684 2637

Brigitte Herrmann Blacktown and Hawkesbury 9671 6576

Michelle Rumley and Sue Chandler Penrith & Blue Mountains 9833 7400

Virginia Russell Mt Druit 9625 9920 Mary Brand Mt Druit 9628 6885

Catholic Education—Post School Options:

Leoni Jeavons-Fellows and Gill Enterkin 9677 4354

NSW Association of Independent Schools:

Margaret McKay Senior Consultant Targeted Programs 9299 2845



Schoenstatt Girls Camp

Theme of the retreat is:
"Do you know how much you are worth?"
1 Corinthians 13:13 "And now these three remain: faith, hope and
love. But the greatest of these is love"

Time: From 11am Tuesday 7 July to 2pm Thursday 9 July.
Venue: "Home of Light," Mt Schoenstatt, 230
Fairlight Road, Mulgna
Cost: \$100 (includes food and accommodation).
RSVP: By Wednesday 1 July (registration form and deposit required)

Bookings and inquiries: 4779 8338 Annemarie or Michelle