



Lighthouse

Volume 37 Number 3

11 March 2021



Greg Ptolemy

A Message from the Principal

Dear Parents/Guardians, Students and Friends of SFX

RESPECT

The beginning of this week saw the recognition of women globally through International Women's Day. It is a day ***designed to acknowledge the extraordinary significance and contribution of all women throughout the world both past and present. It is a wonderful cause for celebration.***

Yet I found myself incredibly frustrated as this day approached, and felt the need to share some of my thoughts on this topic with our students at last week's assembly as I challenged them to a deeper respect for all.

More than 2000 years ago, Jesus railed against the social norms of his time and challenged the authorities by sharing his table and life with the outcasts, the poor, the sick, the lepers, the imperfect, and the women who simply by their gender were considered second class citizens.

As one of the most influential people in history, Jesus tried to raise the profile of women by treating them with a sense of respect and dignity. Yet the news stories of the last few weeks remain littered with reports of disrespect and inequality. These news stories about the victims of abuse throughout so many tiers of our society make events like International Women's Day even more profoundly important, not because a day of attention makes a difference in itself, but because of how it reminds us to celebrate all people with dignity and respect.

Much has been made in the media about the question of consent. The great humanitarian and women rights activist Eleanor Roosevelt, once remarked that "No one can make you feel inferior without your consent", and in so doing called on us all to not give others permission to make us feel less than we are. It was an inspirational comment that invited individuals to find strength and courage and rise above those who would oppress.

Yet to me the real issue is not just about consent, but that deeper human value of respect, both for self and others. So, as we celebrate this wonderfully dedicated day let us also be reminded of the underlying intent in having such a day in the first place. The day calls us to respect – not on a single occasion, but every day. It is a basic tenet of humanity and the core of the faith upon which our College is built.

RESPECT - if it were a little more prevalent in our world, perhaps we would not need such days to remind us of what should be the normal way of life.

Happy International Women's Day.

CORONAVIRUS UPDATE

Coronavirus advice guidelines for schools continue to be updated at regular intervals and relevant information will be disseminated through the Compass application. Regardless of the intricacies of each change, there are still some overarching principles that remain firm and need to be followed without exception. Any student displaying symptoms of ill-health must remain at home rather than being in the college environment. All people on the College site are reminded also of the necessity for effective hygiene practices as an essential way of minimising the spread and impact of the virus.

YEAR 11 AND 12 INFORMATION EVENINGS

Thank you to all parents and guardians who were able to attend our Year 11 and 12 Information Evenings, it was wonderful to have our wider community back with us in person. We hope that you found the nights informative and insightful. If you have any questions arising from the information provided at these evenings, please contact the College for clarification.

YEAR 12 ASSESSMENTS

By now it is anticipated that all Year 12 students will have re-established their study routines so that they are well placed to undertake their assessments over the next few weeks. It is a busy time for these students, and we wish them every success as they commit to excellence in their studies.

VAPING

Unfortunately, one of the current trends in our society, particularly attracting the focus of our young, is vaping. Vaping is clearly illegal on school grounds, so it is disappointing to report that this activity has been occurring among members of our current student population while at the College. I have included below an extract from the NSW Government Health site that outlines the current legal and medical positions around this trend. I would encourage all families to have a conversation regarding this disconcerting and dangerous practice. The students have been made aware that undertaking such behaviour on our site will not be tolerated in any way and will result in significant consequences.

Extract from the NSW Government Health site:

- The Smoke-free Environment Act 2000 and the Passenger Transport (General) Regulation 2017 prohibit people from using electronic cigarettes (or e-cigarettes) in smoke-free areas. They can use e-cigarettes where smoking is not banned.
- Under the NSW Public Health (Tobacco) Act 2008, it is illegal to sell e-cigarettes or e-cigarette accessories to a person under 18 years of age.
- It is illegal to display, advertise or promote e-cigarettes.
- E-cigarettes that do not contain nicotine are legal in NSW. Adults can buy and use e-cigarettes that do not contain nicotine.
- The sale and use of e-liquid nicotine, including in e-cigarettes, is against the law.
- E-cigarettes are not harm-free and may expose users and bystanders to chemicals that are harmful to health. The Therapeutic Goods Administration has not approved e-cigarettes as an aid to help smokers to quit.
- NSW Health continues to carefully monitor the evidence to ensure the regulation of e-cigarettes is balanced and proportionate to the risks and benefits that they present.
- The Australian Chief Medical Officer and all state and territory Chief Health Officers have issued a statement outlining the emerging link between cigarette use and severe lung disease.

May God bless.

Greg Ptolemy

Principal



YEAR 11 AND YEAR 12 EXCURSION



Tailor Made Fish Farm is a commercial aquaculture business located in the Port Stephens area of the Hunter region in NSW. They are known for their effective land based 'closed re-circulating system' and intensive aquaculture farming. This is where they grow their popular barramundi fish and various types of leafy vegetables in an environmentally sustainable and responsible way. On Wednesday 24 February, both Year 11 and 12 Food Technology classes had the wonderful opportunity of undergoing an insightful tour of the fish farm and were able to have a first-hand experience of the processes that are conducted daily. These include water testing, grading, feeding the fish and maintenance of the tank, as well as recycling the water to sustain the hydroponic farm. The owner, Nick Arena, led us throughout the farm, starting out by giving us a look at the tropical barramundi, while also giving us insights on the fish and their living conditions. He then led us outside to where the hydroponic vegetables were being grown and pointed out the various crops that were cultivated, such as basil, lettuce, bok choy and strawberries. With this, we were then brought to the shed where the developing barramundi were being kept, which was in tropical temperatures. Due to the temperatures being adjusted for the fish, it was very humid and was quite smelly. Although we were hesitant on staying in there because of the smell, we eventually got used to it. We also enjoyed feeding the fish, as they made loud snapping noises, in which we remembered an awful dad joke that Nick made where he said that "the female barramundi was snappier!"

We also got to see the baby fish and were awestruck by the quantity that were in each tank.

From the fish sheds we followed the "Farm to Fork" process as the Chef then gave a kitchen demonstration on how to cook the barramundi. We stayed for lunch at the onsite restaurant, which was called "Cookabarra".

We had a great day out and are thankful to Mr Oke and Ms Ryan for accompanying us on the excursion and to our teacher, Ms Hodges for organising this experience for us.

Riya Anil and Maddy Steel
Year 12 Food Technology students

EARTH AND ENVIRONMENTAL SCIENCE

YEAR 11 FIELD TRIP



The rain held off, giving Year 11 Earth and Environmental Science students comfortable weather to study local geological features.

They were all exhausted after hours of trekking around the coastline learning about the geological history in preparation for their first assessment task.

CAREER NEWS

Julie McLoughlin
Ashley Phillips

Careers Coordinators

E: julie.mcloughlin@mn.catholic.edu.au

E: ashley.phillips@mn.catholic.edu.au

**Please remember to check
your emails
on a regular basis!**

RECENT NEWS

Sophie Montgomery

Sophie Montgomery, an alumni of St Francis Xavier's College, has been awarded the Work Integrated Learning Student of the Year in 2020 as part of the University of Newcastle Employability Excellence Awards.

The University of Newcastle Employability Excellence Awards showcase the students, staff and partner organisations that support our reputation for producing life-ready graduates. These achievers have been selected from an outstanding field of 150 nominations, and their stories highlight exceptional achievements in Work Integrated Learning, extracurricular activity, entrepreneurship and paid internships.



UPCOMING

EVENTS

Explore Day

Wednesday 17 March 2021 Charles Sturt University Explore Day Bathurst
You must register at [Explore Day - Register - Study \(csu.edu.au\)](https://www.csu.edu.au/explore-day/register)

Year 11 Elevate Education

Friday 26 March 2021 Study Sensei
College Hall from 9:45am

Australian Defence Force

Thursday 22 April 2021 Presentation by the Australian Defence Force
College Theatre during Lunchtime

RSA and RCG

Will run in early May at SFX- details to follow!



Applications for ADF Gap Year Open Now

Experience life in the Navy, Army or Air Force, without needing to make a long-term commitment. The skills obtained through the ADF Gap Year Program will provide valuable work and life experience and are completely transferable.

Students who take part in the ADF Gap Year program:

- gain valuable skills and work experience
- enjoy a great salary package plus free healthcare
- live a varied, active and healthy lifestyle
- make friends with like-minded people
- have the opportunity to see more of Australia

Experiences as an officer, in management, engineering, logistics and warehousing, combat and security or administration.

Applying to the Australian Defence Force Academy

Applying for ADFA is a competitive, dual application process that can take up to 12 months. It is preferable you apply in Year 11, but you can still apply in Year 12.

To start the ADF application process, use the [degree and job match tool](#) to explore the courses through ADFA, and the careers they can lead to. You can choose from a range of [UNSW degrees](#), each of which leads directly to an officer role in the Navy, Army or Air Force. You will also need to [ensure you are eligible](#).

<https://www.defencejobs.gov.au/students-and-education/australian-defence-force-academy/how-to-apply/>

When is ADFA Open Day?

Saturday 21 August 2021

<https://www.defence.gov.au/ADFA/visitingadfa.asp> and

<https://www.defencejobs.gov.au/search?query=OPEN%20DAY&page=1&perPage=21&jobStates=full-time>

Defence Jobs Info Sessions

No matter what force you wish to join or the type of defence career, you will find the right event option for you by going to the following site:

Saturday 13 March 2021 at 10:00

[Newcastle: Gap Year Info Session](#)

<https://www.facebook.com/pg/DefenceJobsAustralia/events/>



UNSW - Year 12 Medicine Information

Wednesday 17 March 2021 – 6:30 pm to 7:30 pm

UNSW's Medicine Year 12 Information Session will provide insight into the hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student. You will also find out detailed information on the application and admissions process for 2022.

Register your interest to receive the link to the [online event](#).

<https://www.events.unsw.edu.au/event/livestream-year-12-medicine-information-evening>

Free UCAT Bootcamp

Of interest to parents, aspiring medical students and careers advisers.

Dr Ray Boyapati, Gastroenterologist at Monash Health, offers sample UCAT mini test, medical interviews, admission process, life as a medical student, and career as a doctor. Watch this two hour bootcamp from the comfort, convenience & security of your home at any time!

<https://www.medentry.edu.au/resources/ucat/free-bootcamp>



Simulated UCAT Day Workshop: 2-Day Program

This event will be conducted by the **National Institute of Education** in partnership with **UCAT Preparation Australia**, **MICAS** (Medical Interviews and Career Advice Services) and **PTTI** (Pro Training Tutorial Institute).

The workshop is primarily designed to cover fundamental techniques in navigating all five sections of the UCAT test and also for participants to gain a better understanding of their own level of preparedness for the test.

Live Web Class	Saturday 27 Mar 2021	10am - 5pm	To enrol https://www.nie.edu.au/ucat-courses/simulated-ucat-day-workshop
Live Web Class	Saturday 24 Apr 2021	10am - 5pm	
Live Web Class	Sunday 23 May 2021	10am - 5pm	



SCU Star Early Offer Program 2021

The STAR program allows you to secure your place in a Southern Cross University degree before your ATAR results are even released.

This program allows you to gain an offer into a Southern Cross University course of your choice, based on your high school grades and your school principal's recommendation. This means that STAR does not take your ATAR into consideration. It is free to apply through STAR and it is a simple online application.

STAR - What can I study?

<https://www.scu.edu.au/star-early-offer/>

<https://www.scu.edu.au/media/campaigns/star/STAR-Early-Offer-2021.pdf>

ACU Talking with Nurses, Midwives and Paramedics

Tuesday 20 April 2021 – 6:00 pm

Join us online to hear from ACU alumni about their experiences working as nurses, midwives and paramedics. Take part in a Q&A session with our graduates and learn what it is like working on the frontline and using your skills to help people when they need it the most.

Caring for others gives more than it takes. A career in nursing, midwifery or paramedicine means a career helping others.

<https://www.acu.edu.au/about-acu/events/2021/april/talk-with-nurses-midwives-and-paramedics>

Business Cadetships

Opens - Monday 8 March 2021

Closes - Wednesday 26 May 2021

As a Business Cadet, typically you combine university study in Sydney with paid work at UBS or Barrenjoey Capital Partners in Sydney. The Business Cadetships Program allows you to choose the university where you will study and allows you latitude in your choice of degree program.

Program Director: Alister Wilkinson.

Contact: director@professionalcadets.com.au

<http://www.professionalcadets.com.au/index.asp>



Police Recruitment Process

Learn about the process and the requirements here:

<https://www.police.nsw.gov.au/recruitment>

TAFE Career Insights – Trades in Growing Areas

We are constantly developing industry and career insights to provide you with information that will help you guide your ambition.

Find out where the largest employment growth is and the courses that are popular for students looking into these roles.

https://www.tafensw.edu.au/careeradvisor/industry-career-insights?utm_campaign=RS_TAFE%20NSW_CA_Newsletter%20FY19-Feb_EDM_Current_v1.1&utm_medium=email&utm_source=Eloqua

THE SPORT CORNER

Amy Bruniges
Rosemary Wilkinson
Sports Coordinators

TOUCH

Congratulations to **Thomas McTaggart**, **Bailee Pappas** and **Madison McArthur**, who have been selected in the Diocesan **Touch** Teams. They will compete at the NSW CCC Championships on Wednesday 31 March. Thank you to all students who attended this trial, you were great ambassadors for the College.

SWIMMING DIOCESAN CHAMPIONSHIPS

On Tuesday 9 March 2021, SFX competed in the Diocesan Swimming Carnival. We had a fantastic day out and the weather was kind to us. The students displayed great teamwork and were supportive of each other as some swam outside their comfort zone on the day. We had great results from **Molly Breasley**, who competed in every event on the day and was the girls' winner in the 50m Backstroke event. As there were a smaller number of student swimming in the 17 age group, Molly spent most of the day competing with the boys and should be proud of her swims as she held her own in these races. **Hunter Pidcock** was outstanding in the boys 50m Freestyle and 50m Backstroke and won both these events. All our students swam in the relay teams and SFX was successful in **winning the medley and freestyle relay events**. The girls team even won against one of the boys' team from another school and were pretty happy with this achievement! Molly and Hunter will be competing at the CCC Championships at Sydney Olympic on Monday 29 March for their individual events along with and the boys and girls relay teams.

Well done to all our swimmers, and good luck at the CCC Championships.

Many Thanks to Susan Bone, our Team Manager, and Sharon Unie and Cologne Lane who acted as officials on the day.

SFX swimming representatives were:

Girls - **Shannon Bohan**, **Lilly Johns**, **Morgan Waters** and **Molly Breasley**.

Boys: **Julian Papichio**, **Brandon Butler**, **Hayden Ward** and **Hunter Pidcock**.



NSW OPEN SURF LIFESAVING CHAMPIONSHIPS

Congratulations to the following Year 12 students who represented their respective clubs and performed exceptionally well at the NSW Surf Lifesaving Championships which were held at Blacksmiths Beach from Friday 5 March until Sunday 7 March 2021. They will all compete at the Australian Surf Lifesaving Championships in Maroochydore from Friday 16 April until Saturday 24 April 2021. We wish them the best of luck.

Eliza Johnson

- 1st Ironwoman
- 1st U/19 Ski Race
- 1st Board Rescue
- 3rd Double Ski
- 1st Taplin Relay



Beau McGregor

- 3rd U/17 Board Race
- 6th Ironman
- 2nd U/17 & U/19 Board Relay
- 2nd Ski Relay, Taplin Relay
- 2nd Swim Team Relay



Grace Hewitt

1st U/19 and Open Beach Sprint



Kurt Murphy

3rd U/17 Board Race



CRICKET



Congratulations to **Jack Hartigan** who has been selected in the Combined Catholic Colleges (CCC) Cricket Team.

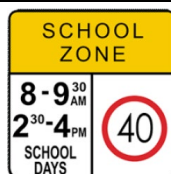
The NSW CCC Team will compete at the NSW All Schools Cricket Championships.

Best of luck Jack!

SPORT OPPORTUNITIES

There are opportunities for girls and boys to participate in sport at the College. Students are asked to please check Compass daily to stay up to date on sports being offered.

If you have any questions about sport at the College you can speak to Ms Rosemary Wilkinson or Mrs Amy Bruniges, Sport Coordinators.





LIBRARY HOURS

Monday	8:10am – 4:15pm
Tuesday	8:10am – 3:30pm
Wednesday	8:10am – 4:15pm
Thursday	8:10am – 4:15pm
Friday	8:10am – 3:30pm

Julie Hoey
Teacher Librarian



The Library at the College exists to support students in their studies and wellbeing, and in their consolidation of research and literacy skills. We are continually purchasing or subscribing to new resources to support and enrich the curriculum and provide avenues for extended reading as required by all English syllabuses. This recent batch of new arrivals includes the award-winning *No Friend But the Mountains*, written on a mobile phone by asylum seeker Behrouz Boochani.

"To understand the true nature of what it is that we have done, every Australian, beginning with the prime minister, should read...[this] masterpiece." (The Age)

It has been great to see 2021 start with students making excellent use of the Library, for study and relaxation before school and during breaks. Below is a snapshot of lunchtime in the Library. We love to have the students here and look forward to a great year ahead making a strong contribution to their SFX experience.



St Francis Xavier's College
Easter Egg Appeal 2021



The College St Vincent de Paul Society group is launching our first appeal for the year. Each year, SFX donates Easter eggs to an appreciative 400+ residents of local nursing homes. This appeal gives an opportunity for each student to give to the less fortunate in our community during the Easter period.

Easter eggs will be collected from TG rooms by our members or, especially during the Year 12 exams, they can be left at the Student Services Office in the 'House' cartons.

The eggs will be delivered on Tuesday, 30 March.

Bryce Ham

Students are invited to donate Easter eggs and/or diabetic sweets to our College St Vincent De Paul Society Easter Eggs Appeal.
The dates for donation are

Year 12

Monday, 8 March - Friday, 26 March

Year 11

Thursday, 18 March – Friday, 26 March

Thank you in advance for your generous donations.



TECH, TEENS, AND TIME ONLINE



Free one hour webinar suitable for
parents and carers of young people
7.30 - 8.30 pm Tuesday 23 March

Register now at: <https://register.gotowebinar.com/register/8941281745966405134>

If you have any queries regarding these sessions please email cath.garrett-jones@mn.catholic.edu.au

ENROLMENTS FOR YEAR 11, 2022

Now Open

St Francis Xavier's College Hamilton



To apply for
2022 Enrolment
into Year 11

Year 11 2022 enrolments are now open and enrolment packages will be posted from Monday 29 March 2021. Please email admin@hamilton.catholic.edu.au with the following information.



- ✓ **Student's Name**
- ✓ **Student's Date of Birth**
- ✓ **Student's Current School**
- ✓ **Parent/s, Carer/s Name/s**
- ✓ **Parent/s, Carer/s mailing address including post code**
- ✓ **Parent/s, Carer/s mobile phone number**
- ✓ **Parent/s, Carer/s email address**



2021 Term 1 Important School Dates

Monday, 15 March until Friday 26 March **Year 12 Mid-Course Assessments**

Thursday, 1 April **Term 1 concludes**

2021 Term 2 Important School Dates

Monday, 19 April **Pupil Free Day – Staff Spirituality Day**

Tuesday, 20 April **Classes begin for all students**

Monday, 26 April **ANZAC Day Public Holiday**

Friday, 30 April **Dominic Day House Celebration**

Wednesday, 12 May **Year 12 Parent/Teacher Interviews commencing at 1:30pm**

Thursday, 13 May **Main Photo Day**

Friday, 14 May **Year 12 Awards Ceremony**

Monday, 17 May until Friday, 21 May **Year 11 Mid-Course Assessments**

Monday, 17 May until Wednesday, 19 May **Year 12 Retreats**

Thursday, 27 May **Catch Up Photo Day**

Friday, 4 June **Champagnat House Day Celebration**

Monday, 14 June **Queen's Birthday Public Holiday**

Thursday, 24 June **Year 11 Parent/Teacher Interviews commencing at 1:30 pm**

Friday, 25 June **Term 2 concludes**

Following a recent survey, our parents and carers listed concerns about *Cybersafety* as one of the top three topics they would like more information about.

The *Federation of P & F Associations* has listened and is proud to offer a **FREE** online presentation specifically for parents and carers of students enrolled in Catholic School in the Diocese of Maitland-Newcastle.



We are delighted to announce **BRETT LEE** will present specifically for us on **30th March at 6.30pm**.

Former detective Brett Lee worked as a Queensland Police Officer for 22 years, 16 of which were as a detective in the field of Child Exploitation.

This unprecedented view of the online world enables Brett to view the cyber world through the eyes of a child yet stand back and process the experience with the mind of an adult.

Please join us for an evening with Brett from the comfort of your home.

WHEN: TUESDAY 30th March

TIME: 6.30pm

COST: FREE

PLEASE NOTE - THIS PRESENTATION IS SUITABLE FOR PARENTS AND CARERS ONLY

To register, please click the link below.

<https://event.webinarjam.com/register/177/4v4l8fz1>

This presentation will also be available to those who register for 5 days following the event.

Please note: To register for this event, your details will be collected by "Internet Safe Education". Further details about Internet Safe Education can be found at:

<https://internetsafeeducation.com/>



St Francis Xavier's College

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Telephone: (02) 4961 2863
Email: admin@hamilton.catholic.edu.au
Web Site: www.hamilton.catholic.edu.au

Student Services

Hours: 8:00 am until 3:10 pm
Telephone: (02) 4961 2110
Email: hml-studentservices@mn.catholic.edu.au

*All student related phone calls can be made directly to Student Services.
If the phone is unattended please leave a message.*

Switch/Reception

Hours: 8:00 am until 3:30 pm

Finance Office

Hours: 8:30 am to 3:00 pm
Email: hml-finance@mn.catholic.edu.au



Uniform Shop

Telephone: (02) 4962 4423
Email: stfrancisxaviers@alinta.com.au

Uniform Shop opening hours during school terms are:

Tuesday 8:30 am – 12:30 pm
Thursday 10:30 am – 12:30 pm

Payments can be made direct to Alinta Apparel in the form of cash, credit card, or debit credit card.

Shop Online at www.alintaapparel.com.au