



Lighthouse

Volume 36 Number 7

4 August 2020

Dear Members of the SFX Community,

WE ARE REMINDED OF GOD'S LOVE

The Second Reading from The Liturgy of The Word on Sunday is a wonderful passage reminding each of us that we belong to, and with, God. In the midst of difficult times, the reading from St Paul to the Romans seems a perfect reflection for each of us today. St Paul was writing as a source of inspiration for a deeply persecuted group of Christians, but his words echo just as truly and beautifully for the people of God in our modern world.

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord. (Romans 8:35. 37-39)

May we all come to know this love of God in whatever trials we may face.

AN EVOLVING COVID-19 LANDSCAPE

In our current climate we remain alert to the continual changes in our health landscape. I would remind all families of the need to exercise vigilance in this domain through physical distancing, ongoing commitment to sanitisation practices, and by remaining at home if you are unwell. We continue to follow current NSW Health advice in this area and will forward all relevant information from the health authority through Compass as it becomes available.

FOCUS ON THAT WHICH YOU CAN CONTROL

While the changing Covid landscape can be a considerable distraction for our students, we have reminded all members of our community to focus on that which we can control. For Year 12 students, this means being dedicated to Trial Exam preparation, while for Year 11 students it will mean establishing effective routines to prepare for their end of course examinations. I was delighted to receive a request from a Year 12 student last week who sought to remove distractions by requesting that we might extend the timeframe of after-school study on Monday, Wednesday and Thursday each week as we approach exams. As a result of this request, after-school study will now operate until 5pm on each of these days. The number of students utilising this opportunity is growing exponentially and it is wonderful to see.

YEAR 12 END OF YEAR ACTIVITIES UPDATE

Unfortunately, the Covid-19 situation ensures that there is little certainty in this domain, as we have limited information about what restrictions will be in place in the future. However, I can advise families that the Year 12 Graduation Mass will unfortunately not occur this year. A diocesan decision has been reached that no such activities can occur within our school contexts through to the end of 2020.

As a result, there will be some restructuring of our usual activities at the end of this term. At this stage, the following activities are being planned, but may need to be further modified based on health advice.

The final day for Year 12 students at the College (excluding HSC examinations) will be Friday, 25 September and will involve our traditional Final Assembly and Clap Out. There will inevitably be modifications for these activities, but they should both be able to occur.

Thursday, 24 September will entail a combination of regular lessons and graduation ceremonies for each House that will be streamed and made available online. Unfortunately, it is highly unlikely that parents and families will be allowed to join us onsite for any of these planned activities, so online accessibility will be an important addition to the process.

The traditional Graduation Dinner in November also remains an unknown at this stage. Currently, we are too far away from the event to be able to make a reasonable assessment of the health guidelines that will be in place. More information on this will be provided as soon as it becomes available.

MACKILLOP DAY CELEBRATIONS

It was great to be able to share in a sense of celebration with the students last week as we acknowledged Mackillop Day throughout the college. In a year of significant disruption, it was wonderful for students and staff to seize a few moments to enjoy some community spirit. Pictures are provided later in this newsletter. We are now looking forward to McAuley Day this Friday!

May God bless.

Greg Ptolemy
Principal



Wellness and Wellbeing

How to COPE with UNCERTAINTY?

Top 5 Tips to help manage your
Wellbeing in uncertain times.



1

ACCEPTANCE of the situation

Accept what you can't control. Things in pressing times may not be able to change and we need to learn to adapt.

2

Celebrate the POSITIVES

Negative thoughts can occur from a negative situation. Think about one positive out of a negative situation and concentrate how to overcome any obstacle.

3

Take ACTION

Problem solve any issues you can and set goals of how you can overcome those obstacles.

4

MANAGE Stress and Anxiety

Practise mindfulness initiatives including meditation, relaxation techniques, exercise and eat well.

5

Seek SUPPORT

Remember to speak to someone who you feel confident and comfortable around.



The Food Technology students at SFX have been working together to create a healthier menu for our school canteen. For the past SEVEN weeks we have created healthy, affordable dishes that everyone can enjoy. These have included- Healthy Pasta with Roast Pumpkin, Chicken Noodle Soup, Fried Rice, Spinach and Ricotta Cannelloni, Thai Pumpkin Soup, Spaghetti Bolognaise and Macaroni and Cheese to name a few. All of these were made fresh in our school kitchens by Ms Hodges and the Food Technology students. The aim of this is to have further nutritious options at the canteen for our students rather than fast food choices which contain a high fat, salt and sugar content. We also investigated the costing and marketing for each of the added menu items.

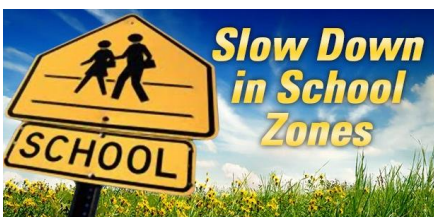
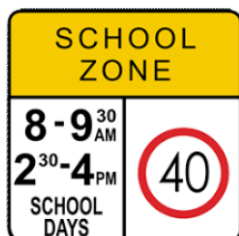
We have thoroughly enjoyed the experience we have gained by creating these meals for our fellow peers as well as learning easier ways to improve the nutritional value within the meals we already love. We felt it was an opportunity for us to make a positive change in our canteen and we were excited to get involved within the school community. Many thanks to Krissy Owen and Kim Burns for their ongoing support and enthusiasm.

Nelly Piva and Sophie Austin
Year 11 Students

Food Technology Students

Year 11





SFX cooks up a storm for DARA

Food for the marginalised provides nourishment to the souls of the givers is the takeaway for St Francis Xavier's College, Hamilton as it continues its decade-long association with the Development and Relief Activities (DARA) van.



mnnews.today

Your local source of Catholic news for Newcastle, Maitland and the Hunter June 2020

Year 12 Hospitality

DARA'S VAN June 2020

Over the past two years our Hospitality classes have taken on a commitment to cook for DARA once a term.

On Thursday of the last week of Term Two, our Year 12 Hospitality students cooked 425 serves of Chicken Tikka Masala from scratch in two hours, for the DARA Van who provides meals for the disadvantaged in our community.

DARA (Development and Relief Agency) identifies, reaches out and supports those in our community who are disadvantaged, marginalised, oppressed or isolated by cultural, ethnic or religious differences.

<http://dara.org.au/>

DARA deliver all the ingredients early in the week and then during a practical lesson and lunch the students cook batches according to the recipes supplied. This involved the following quantities of ingredients:

- 2.4kg of Tikka Curry Paste, which we made from scratch, grinding all the spices in our Thermomix
- 51 kg chicken breast
- 17kg onions
- 17kg capsicums
- 27kg tinned tomatoes
- 3kg tomato puree
- 5kg natural yoghurt
- 5kg thickened cream

It was no easy feat to slice, prepare and cook this quantity of ingredients in such a limited time, especially the 17 kg of onions! They should also feel proud of the very efficient and professional way they carried out the task.

It is a very valuable experience for the students to cook in such large commercial quantities and also knowing they are providing healthy meals to those in need in our local community.

Kerrie Burnes
Hospitality Teacher





MacKillop Day Celebration

CONSTRUCTION YEAR 12

Year 12 Construction have been studying **Concreting to Simple Forms and Handle Construction Materials** during Term 2. To practise their skills, they were required to safely prepare a site at the rear entrance to the school, form up, pour and finish a concrete slab. They also installed the fence posts for the security fence with the excess concrete. The weather was excellent and so were the students who worked particularly well as a team.

Shane Baldwin
Construction Teacher





DIGITAL FUNDRAISING Cambodia Immersion 2020

Usually in July, students would participate in our annual Cambodia Immersion.

This would normally have us spend the majority of the time at La Valla School teaching PE and English lessons as well as completing any manual work that needs to be done around the school.

Fundraising would have been undertaken to raise at least \$5,000 to help pay for the school's rice for the year.

However, as it is not possible to travel there this year, and the fundraising opportunities have been minimal, La Valla, and all the Marist Solidarity projects, are not receiving the support they would normally receive from the Immersion experiences.

We are still fundraising through the sale of Entertainment Books, so if you are thinking about purchasing one of their digital books please go to the link below.

Thank you!

Love local
MAKE A DIFFERENCE
AND SAVE

Has your Entertainment Membership expired?

Renew & support us

BONUS
\$10 or \$20
WISH eGift Card*

PLUS

- ★ 2 months extra Membership FREE on Single & Multi City Memberships*
- ★ Bonus \$50 Discover Queensland holiday voucher* with every purchase

Valid for bookings before 30 June 2021

DISCOVER Queensland

Membership BONUS

\$10 WISH eGift Card*
when you purchase
Single City Membership \$69.99

\$20 WISH eGift Card*
when you purchase Multi City
Membership \$119.99 or
Multi Plus Membership \$229.99

Renew & support us

WISH eGift Cards can be used for
everyday expenses at participating
Woolworths brands. Redeemable
in store and online.

Redeemable in store and online at

Woolworths BIGW BWS CELLARMASTERS

Redeemable at participating stores

Thank you
Your support makes a big difference

FUNDRAISING WITH
entertainment
THANK YOU FOR YOUR SUPPORT!

AND WIN 1 of 5 x \$1000 WISH eGift Cards*

Renew today to go into the draw!

Renew & support us

20% of your Membership renewal purchase comes directly to us.

Single City	Multi City	Multi Plus
\$69.99	\$119.99	\$229.99
1 Year + 2 months EXTRA Discover all the best savings in your city	1 Year + 2 months EXTRA Enjoy savings across all of Australia, New Zealand and Bali	2 Years BEST VALUE 2 years of savings across Australia, New Zealand and Bali
\$14 to our fundraiser	\$24 to our fundraiser	\$46 to our fundraiser

Entertainment Memberships are filled with thousands of incredible savings on dining, activities, travel & shopping. **Up to 50% off and 2-for-1 deals in your city and across Australia.**

Renew & support us

CAREER NEWS

**Check your emails
on a regular basis!**

Julie McLoughlin

Careers Coordinator

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



**UNIVERSITIES
ADMISSIONS
CENTRE.**

UAC PIN reminder coming...

An email will be sent to Year 12 students on
Monday 3 August to remind them of their UAC PIN



Macquarie University

Open Day

Streamed Saturday 15 August.

Visit Macquarie University online at Open Day Streamed to find out how Macquarie's industry connections, collaboration and unconventional thinking will prepare you for the world of work. Participate in student-hosted events, activities, interviews with the experts. Find out more at <https://www.mq.edu.au/open-day>

**The University of Queensland
Virtual Open Day**

Sunday 2 August Join UQ online to chat with academics and current students, explore facilities through virtual tours, and watch program info on accommodation, sports, and scholarships. Current student and staff chats will be open from 9am until 6pm. Register <http://www.uq.edu.au/openday>

**SAE Qantm Creative Media Institute
Open Day**

22 - 23 August SAE is opening the doors of its state-of-the-art, Sydney campus on Saturday 22 and Sunday 23 August, as an opportunity for you to check out the facilities and equipment, meet with lecturers and ask any questions about studying at SAE. To ensure SAE adheres to COVID19 restrictions, a number of Open Day session times are available. Register to attend: <https://bit.ly/32qXeM3>

**Western Sydney University
Open Day**

Open Day Weekend August 14, 15, 16 Schools only preview - Friday 14 August - Register: www.westernsydney.edu.au/schoolsopenday Open Day will be a virtual experience and span across three days. Students will be able to explore Western's course offerings, experience student life and find out about early offer programs including HSC True Reward. Register: www.westernsydney.edu.au/openday

ANU Open Week 22-28 August

The Australian National University invites you to attend ANU Virtual Open Week. Starting Saturday 22 August, the weeklong event will include live webinars, interactive sessions with ANU students and academics, virtual tours of the campus and accommodation. For more information and to register for this event, go to <https://www.anu.edu.au/study/events/virtual-open-week-2020>.

University of Canberra Open Day 22nd of August

Get the chance to chat to UC staff and students, book a personalised consultation, take a virtual tour or two, and watch live and on-demand sessions.

<https://www.canberra.edu.au/openday?register>

UTS Open Week

Saturday 5 September Explore courses and career options. Join UTS for a range of online info sessions, virtual tours, podcasts and digital workshops. Register your interest at <https://openweek.uts.edu.au/>. For more information, contact UTS at Future.Students@uts.edu.au.

Charles Sturt Open Day On Campus and Virtual

Interactive tours to information sessions, find out all about Charles Sturt Uni at Open Day. Port Macquarie - 20 September, Orange - 26 September, Bathurst - 27 September 2020. There will also be Virtual Open Day Tuesday 15 - Thursday 17 September. Find out more: <https://study.csu.edu.au/life/events/open-day>

Other Career News

National Institute
of Dramatic Art

NIDA

NIDA Applications Open Wednesday 1st July

Applications to study a Bachelor of Fine Arts, Master of Fine Arts or Vocational Diploma at NIDA in 2021 are now open. Visit nida.edu.au for more info and to apply.

Acting | Costume | Design for Performance | Directing
| Live Production | Make-up | Musical Theatre |
Properties and Objects | Scenic Construction |
Technical Theatre and Stage Management | Voice |
Writing for Performance

Avondale holds 2020 fee prices for 2021

Avondale University College has made the decision to hold current course fees and not increase them for 2021. Just some certainty in uncertain times.

To apply go to: www.avondale.edu.au/apply or call 02 4980 2377.

Scholarships for Future Teachers Opening Soon

Interested in a career in teaching? Apply for a scholarship with the NSW Department of Education to receive financial support whilst you study and are guaranteed permanent teaching position upon graduation. Find out more in a Teaching 101 webinar, register at: bit.ly/Teaching101Webinars

The University of Sydney Future Leaders Scheme Open

Bridgette Martin :
admission.pathways@sydney.edu.au

This scheme offers students admission to eligible courses in recognition of leadership and academic achievements.

- School Captain or Dux at a high school in Australia
- Nominated by your school Principal while in Year 12
- Place an eligible course as your highest UAC preference in the December Round 2 of offers
- Meet the admission criteria for your selected course

Find out more: <https://www.sydney.edu.au/study/how-to-apply/admission-pathways.html>



Parent Information Session from Elevate

*Motivation, goal setting and
overcoming adversity.*

Event Title: Elevate Education – Motivation

Date: Tuesday 4 August

Time: 6pm AEST

Duration: 1 hour

Cost: Free

Register at: https://get.elevatecoaching.info/au/parent-webinar-aus-motivation-4-august/?school=StFrancisXaviersCollege-Hamilton&mc_cid=b17a021738&mc_eid=fec70be13c

Charles Sturt Advantage Early Offer Program Applications close Monday 31 August

CSU is looking beyond academic skills and searching for people with **soft skills**. Those personal attributes they value and believe you really need to succeed at study and life. Things like resilience, empathy and motivation to create a world worth living in. You can take the pressure off your HSC by getting a conditional study offer **before** you sit your exams **and** an adjustment to the ATAR you will need to achieve for most Charles Sturt courses.

<https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage>

Newcastle University is Offering Three New Degrees in 2021

New Degrees for 2021

BACHELOR OF DEVELOPMENT STUDIES / BACHELOR OF COMMUNICATION

Development Studies focuses on real-world issues such as globalisation, environmental change, sustainable development and social justice. Combining this degree with a Bachelor of Communication will prepare graduates for a career in journalism, community development or advocacy, in roles such as Foreign or Political Correspondents, Indigenous, Environment, Urban, Economics or Social Affairs reporters, Communications and/or Public Relations Manager of an NGO, or within the government or business sectors.

BACHELOR OF CLIMATE SCIENCE AND ADAPTATION

Warming global temperatures are impacting our lives like never before. Offered from 2021, our new Bachelor of Climate Science and Adaptation degree will turn your passion into practice and provide you with tools to tackle climate challenges. You will learn to identify and assess the impacts of climate change, develop goals and actions to minimise the risk of these impacts, and establish a process to implement a climate change adaptation plan.

BACHELOR OF BUSINESS ANALYTICS

In recent years, interest and industry demand for business analytics specialists has increased significantly. The quality, quantity and diversity of data available has never been greater, with many organisations relying on the expertise of business analysts to inform decision making and strategic direction. As a result, career opportunities in this area have boomed.

The University of Newcastle's Bachelor of Business Analytics focuses on emergent issues in business. You'll develop the skills needed to implement and oversee data-driven business decisions and will offer you a competitive advantage in a rapidly evolving employment market.

Education Access Scheme

Are there EAS disadvantage categories related to COVID19?

F01K - Job Keeper

This will be granted to applicants who can show that their parent(s)/guardian(s) are in receipt of the Job Keeper allowance for a period of at least 3 months.

F01S - Job Seeker

This will be granted to applicants who can show that their parent(s)/guardian(s) are in receipt of the Job Seeker allowance for a period of at least 3 months.

UAC





DID YOU KNOW THAT WORK BEING DONE TO SUPPORT GIFTED EDUCATION IN OUR SCHOOLS SUPPORTS ALL OUR STUDENTS?

JOIN US FROM THE COMFORT OF YOUR HOME TO LISTEN TO SALLY BROCK -
EDUCATION OFFICER - GIFTED EDUCATION TO HEAR ABOUT THE
EXCITING WORK BEING DONE TO SUPPORT
CHILDREN AND YOUNG PEOPLE IN OUR SCHOOLS.
WHEN: WEDNESDAY 26 AUGUST 2020

TIME: 7.00 - 8.00PM
VIA ZOOM

RSVP TO CATH.GARRETT-JONES@MN.CATHOLIC.EDU.AU
BY COB 25 AUGUST TO RECEIVE YOUR ZOOM INVITATION BY EMAIL.

ASPIRE

MUSIC.DANCE.DRAMA

INFORMATION SHEET 2021



// HOW TO AUDITION FOR ASPIRE 2021

The ASPIRE Audition Application Process is now online

The following instructions will direct you to the online audition form.

1/ Go to the ASPIRE website – aspire.mn.catholic.edu.au

2/ Click on JOIN US

3/ Click on 2021 AUDITIONS

4/ Then click on the link: [CLICK HERE TO APPLY ONLINE FOR ASPIRE 2021](#)

Please contact Anne Atkins if you have any queries regarding auditions by email: anne.atkins@mn.catholic.edu.au or by phone 02 4979 1331

Please note: Registration for Audition need to be completed and submitted by no later than Friday 25 September 2020

// AUDITION DATES

NEWCASTLE EXHIBITION AND CONVENTION CENTRE (WESTS NEWCASTLE) SITE OF THE OLD NEWCASTLE WORKERS CLUB

**DANCE, STAGE
INSTRUMENTAL**
Monday 26
October 2020

JUNIOR DRAMA
Tuesday 27
October 2020

**JUNIOR DRAMA
AND SENIOR
DRAMA**
Wednesday 28
October 2020

VOCAL
Thursday 29
October 2020

// ABOUT ASPIRE

ASPIRE is the Maitland/Newcastle Catholic Schools Office Creative and Performing Arts Program. With an emphasis on fostering creativity, ASPIRE has a large number of programs on offer including in school workshops and production support, professional development for staff as well as special projects in areas such as songwriting, scriptwriting, devising theatre and choreography. ASPIRE also produces an original theatrical performance annually where students audition to be part of either the design, drama, vocal, dance, instrumental and production ensembles.

// SAVE THE DATE 2021

ASPIRE @ THE CIVIC THEATRE

Wednesday 21 July 2021 at 11.00 am

Thursday 22 July 2021 at 11.00 am

Friday 23 July 2021 at 11.00 am

Friday 23 July 2021 at 7.00 pm

Saturday 24 July 2021 at 11.00 am

Saturday 24 July 2021 at 7.00 pm

\$12.50 PER STUDENT

Accompanying teachers free.

Tickets through Ticketek In Term 2, 2021

aspire.mn.catholic.edu.au

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter.

ASPIRE

ASPIRE

MUSIC.DANCE.DRAMA

AUDITIONS 2021



Auditions for ASPIRE 2021 are now open for students from Year 4 to Year 12. The auditions will be held at the Newcastle Convention and Exhibition Centre (Wests Newcastle) which is on the site of the old Newcastle Workers Club in Newcastle.

Registrations for Auditions close on **Friday 25 September 2020**. An email will be forwarded to you during the first week of the holidays with all relevant audition information including your audition date and time.

// HOW TO AUDITION FOR ASPIRE 2021

The ASPIRE Audition Application is an online process

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2/ Click on JOIN US

3/ Click on 2021 AUDITIONS

4/ Then click on the link: [CLICK HERE TO APPLY ONLINE FOR ASPIRE 2021](#)

Please contact Anne Atkins if you have any queries regarding auditions email:

anne.atkins@mn.catholic.edu.au or by phone 02 4979 1331

// ENSEMBLES

DANCE AUDITION: MONDAY 26 OCTOBER 2020

The dance audition is entirely workshop-based. You will be taken through some skills-based exercises before learning some new choreography. You may have an opportunity to add your own choreography so it's a good idea to have some ideas in your head about what you might do.

DRAMA AUDITION: TUESDAY 27 OCTOBER 2020 AND WEDNESDAY 28 OCTOBER 2020

The drama auditions are comprised of a half hour workshop comprising of a series of drama exercises in movement, voice, character work and devising (creating short scenes). Auditionees will also be required to prepare a short one minute monologue. A list of topics for Junior applicants will be on the website from Week 7 of Term 3 whilst Senior applicants will be required to source a monologue of their choice.

INSTRUMENTAL AUDITION: MONDAY 26 OCTOBER 2020

All instrumental auditions are 10 minutes. You are required to prepare a short piece that you feel shows off your ability. After performing your piece for the panel, you will either be given some sight reading, asked to perform some scales or asked to improvise around some chords or with another instrument.

VOCAL AUDITION: THURSDAY 29 OCTOBER 2020

For your vocal audition you will be placed in a group of up to 20 students of similar age. The first part of the audition will comprise learning a new song as a group and some simple movement to go with it. This allows us to see how well you pick up new music, lyrics and movement and place them together, but it should also be fun! In the second half of the audition everyone will be required to sing the first verse and chorus of one of the ten selected songs. The list of songs will be live at the end of Term 3 2020. You will be required to sing with the backing track, and a link will be provided for each song so you can practice.

aspire.mn.catholic.edu.au

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter.

ASPIRE

ENROLMENTS FOR YEAR 11, 2021

Now Open

St Francis Xavier's College Hamilton



To apply for
2021 Enrolment
into Year 11

Please email

admin@hamilton.catholic.edu.au

with the following information and an enrolment package will be posted to you.



- ✓ Student's Name
- ✓ Student's Current School
- ✓ Parent/s, Carer/s Name/s
- ✓ Parent/s, Carer/s postal address including post code
- ✓ Parent/s, Carer/s mobile phone number
- ✓ Parent/s, Carer/s email address



St Francis Xavier's College

Address: 286 Parkway Avenue, Hamilton
Office: Hebburn Street, Hamilton
Postal: PO Box 300, Hamilton NSW 2303
Telephone: (02) 4961 2863
Email: admin@hamilton.catholic.edu.au
Web Site: www.hamilton.catholic.edu.au

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

Student Services

Hours: 8:00 am until 3:15 pm
Telephone: (02) 4961 2110
Email: hml-studentservices@mn.catholic.edu.au

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



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