



# Lighthouse

Volume 36 Number 5

20 May 2020

Dear Parents/Guardians, Students and Friends of SFX

## **“OH, MY DEAR FRIEND. HOW I’VE MISSED YOU.”**

In the Star Wars Episode VII film ‘The Force Awakens’, C-3PO thus articulates his joy at rediscovering his old friend R2D2. Perhaps isolation has taken its toll on me and I have watched one too many old movies in lockdown...but it seemed that C-3PO perfectly captured the sentiments of so many students (and staff) at St Francis Xavier’s College last week as, from a socially-safe distance, dear friends and colleagues metaphysically embraced and shared again what it means to be connected.

For many years now there has been considerable debate about the possibility of education moving to an entirely online environment, but the response over the last few weeks would suggest that we remain a long way from such a world. While teachers, students and families have worked determinedly to make the best of ‘virtual’ education during this pandemic, the reality remains clear – we learn best in environments where trusted relationships are first established. These relationships remove the fear of making mistakes and encourage real learning. Let us pray that the situation continues to diminish so that we can keep students and staff together in an environment that enhances their learning opportunities.

## **REPORTS, AWARDS AND PARENT/TEACHER INTERVIEWS**

Year 12 Reports were released last week incorporating data and feedback for the first semester of the HSC Year. We trust that all students and families have had the opportunity to review this important statement of progress and are putting in place structures for further growth in the remaining months. Unfortunately, due to the COVID-19 restrictions, we will not be able to hold our usual Parent/Teacher Interviews, but I would encourage students and parents in need of clarification or further direction to touch base with the relevant teachers. The restraints will also prevent us from recognising our student achievements through an award ceremony this semester, which is very disappointing for everyone as it is a high point of our college year. The awards will still be presented, though on a smaller scale, in extended Tutor Group on Friday. Congratulations to all of our award recipients!

## **FURTHER HSC CHANGES**

We have continually sought to provide all updates around HSC variations as they have been released by NESA. Late last week saw the release of the latest update which featured a slight delay to the start of the written examinations. This announcement coincided with the online release of individual student timetables. All students are encouraged to refer to these timetables to ensure that they are aware of the specifications of all written examinations.

## WEEK 5

Ongoing positive data around the spread of COVID-19 has provided our government leaders with confidence about a return to normal school operations over the forthcoming weeks. Obviously in our Stage 6 context, we are very keen for this to occur, and therefore, we are looking forward to **welcoming all our students back onsite from Monday May 25.**

As exciting as this is, we remain consciously aware that this will result in approximately 1100 people onsite. Therefore, while we will be working conscientiously to minimise risk where we can, we will definitely need the support of our entire community in this domain. In particular, we need everyone to observe the following structures as a minimum standard:

- There will be no non-essential gatherings and no assemblies.
- Visitors are only to come onto the site if their business is absolutely essential.
- Students must observe physical distancing conditions wherever possible and be conscious of their proximity to others.
- Hand sanitiser should be used regularly.
- Most importantly, any student who is displaying signs of illness **MUST** stay at home.

If we are to manage a site of this size effectively in minimising risk, then these structures are essential. Thank you for your support and patience in making this process work.

May God bless.

Greg Ptolemy  
Principal



# Wellness and Wellbeing

## Finding common ground during a pandemic

In life, there are things that we can control. These can be the simple things in life including your words, your actions, your effort, how you react when you make a mistake and your behaviour. During a world pandemic like the one we are experiencing now, there are many things that we can't control. These restrictions may be in place for the best interest of the people directly affected. However, it does come at a physical and emotional price. The positives that can come from this is how people can build resilience in the face of adversity. By concentrating on things that you can control, it may make the changes in life a little more bearable. Here are a few things that we can control in our lives to create routine and regularity:

- **Manage how the day is structured** – *consider waking up and going to bed at the same time every day, eating meals at regular times, some form of exercise throughout the day and reaching out to friends and family throughout the day.*
- **Accept that it is reasonable to feel stressed and anxious** – *validating that society is all in this together can bring comfort for the natural stressors in life.*
- **Find ways to talk to others** – *reach out to people around you.*

## Wellbeing Survey

The SFX Wellbeing Team invited all students from Year 11 and 12 to complete a "Wellbeing Survey" during Week 2 of this term. The foundation of the Wellbeing survey was to gauge how the students have been coping with the changing learning environment due to the isolation requirements enforced by the government. This survey was an opportunity for students to express their concerns regarding the unknown factors of the schooling environment. It was also an opportunity for the students to share their strategies of how they have made the isolation restrictions manageable. We received an overwhelming number of responses from both year

groups and the feedback was astounding. Here are some of the positive ways the students have managed during this unusual time:

- Building things
- Seeing friends
- Reminding yourself – it will be over soon
- Taking pets for a walk
- Exercising
- Part-time work
- Getting out of the house
- Contacting friends and family
- Baking/cooking
- Playing musical instruments
- Watching TV/streaming services
- Spending time with family
- Journal writing
- Bike rides
- Listening to music
- Having a positive mindset
- Video games
- Cleaning out cupboards/house/spring cleaning
- Driving
- Sleep
- Puzzles
- Staying away from news feeds
- Yoga/Meditation
- Hobbies (crochet, Lego, painting, writing music, surfing, playing golf)
- Listening to podcasts
- Acting like it's a long holiday
- Gardening
- Healthy and comfort eating
- Medical appointments
- Sunshine

More information will be released to Staff and Students from the survey to continue our Wellbeing strategies and goals for the College. Hopefully, soon, we will be able to share stories of the further communal activities that members of the College have participated in once social distancing restrictions have been lifted.

Luke Baker  
Wellbeing Coordinator



# RETURNING TO SCHOOL

## Parent Information

### Young people who are worried about returning to school

A certain degree of worry and fear about returning to school, especially following this time away from face-to-face teaching and in the current pandemic, is normal for young adults. We are currently in uncertain times. However, most people find that these worrying feelings decrease over time once back at school and following the school routine. It may be helpful if students return to school at the same time as their peers and outlined by their school to ensure a smooth transition back into some form of normality.

In many ways returning to school currently is like starting the year all over again. Young people worry about their social connections, learning and the HSC outcome, as well as their health and safety. For young people who have experienced anxiety symptoms, returning to school may feel particularly worrying. Some common signs of anxiety in young people include seeking reassurance often, avoiding situations they are worried about, having difficulty sleeping, physical illness complaints, may be irritable and can be upset easily. Excessive anxiety can interfere with the ability to do everyday things such as going to school.

### How can parents help their young person who feels worried about returning to school?

- Listen and be empathic. Help them to identify their emotions. It's healthier for young adults to talk about their feelings – they don't benefit from "trying not thinking about it"
- Talk about returning to school and help them prepare for the transition
- Develop a calm morning routine (organise and pack the night before) for predictability and reducing anxiety
- Encourage them to meet up with friends before going into school
- Build confidence and validate their emotions: "I know it feels hard, but you can do it" and remind them they have done this before
- Reassure them that feeling anxious to new situations is normal and most students will be feeling this way. They can do things to help manage these feelings such as consistent sleep and wake times, mindful breathing, relaxation techniques, meditation, exercise, positive self-talk, talking to a friend.
- Help them understand that delaying the return to school is likely to make things harder in the future
- Help them develop coping statements to use at school: "As the day goes on, I will feel less worried"
- Contact the school and/or GP if your young person's anxious feelings persist and remain consistently intense.

### What to do if your young person is having persistent difficulty with returning to school

School avoidance occurs in about one to two percent of all school aged students. Those who experience excessive anxiety resulting in refusal to attend school often complain of headache, stomach-ache or other physical illnesses. This can have difficulty leaving home for school, getting to school and may lead to avoiding school altogether.

School avoidance causes much distress for the young adults and their family members. It can also interfere with social and educational development. The more time away from school, the more difficult it is to return to school life.

School avoidance is different from truancy in that the young person is staying at home with the knowledge of the family and despite their best efforts to enforce attendance.

School avoidance can be a result of many factors. The young adult may be having learning difficulties, difficulties with peers, or struggling with anxiety or depression. It is important that the underlying causes are identified, and the return to school plan is tailored to individual circumstances.



## Supporting young people who are avoiding school – a collaborative approach

- Identify the difficulty early. When early intervention and support is provided, the better the outcomes and result. Parents should contact their school at the first sign that their child or young person is struggling to attend school.
- School avoidance requires a collaborative plan between the school, young adult, parents and any outside care providers (e.g. Psychologist, General Practitioner) and include understanding the factors underlying the difficulty to attend school.
- A return to school support plan may be suggested based on your young adult's individual needs and will utilise the school's support systems. This plan may consider strategies such as: additional support person/mentor in the school setting, access to a quiet space/resources for when a student is feeling overwhelmed, linking them with supports to develop strategies to manage anxiety or strong emotions, or a flexible timetable to support a gradual return to school.
- The school and the family should maintain close contact even during extended periods of absence to continue your young adult's connection with the school. It is also important for everyone to maintain links with their friendship groups at school.
- Acknowledge your young adult's efforts towards school attendance

If you see someone is struggling to attend school, or if you have concerns related to their wellbeing, please contact the school.

Renee Tyczynski  
School Psychologist





# Dominic Day Celebration



With the current social distancing restrictions in place, Dominic Day was celebrated differently for 2020. Students were supplied with a Virtual Toolbox of activities to complete either individually or as a Tutor Group. These included a PowerPoint based on St Dominic's life and work, a quiz, a "Where's Dommi and the Oranges?" visual maze, and a limerick competition. There were some hilarious entries in the Limerick competition. See below our top 5 entries:

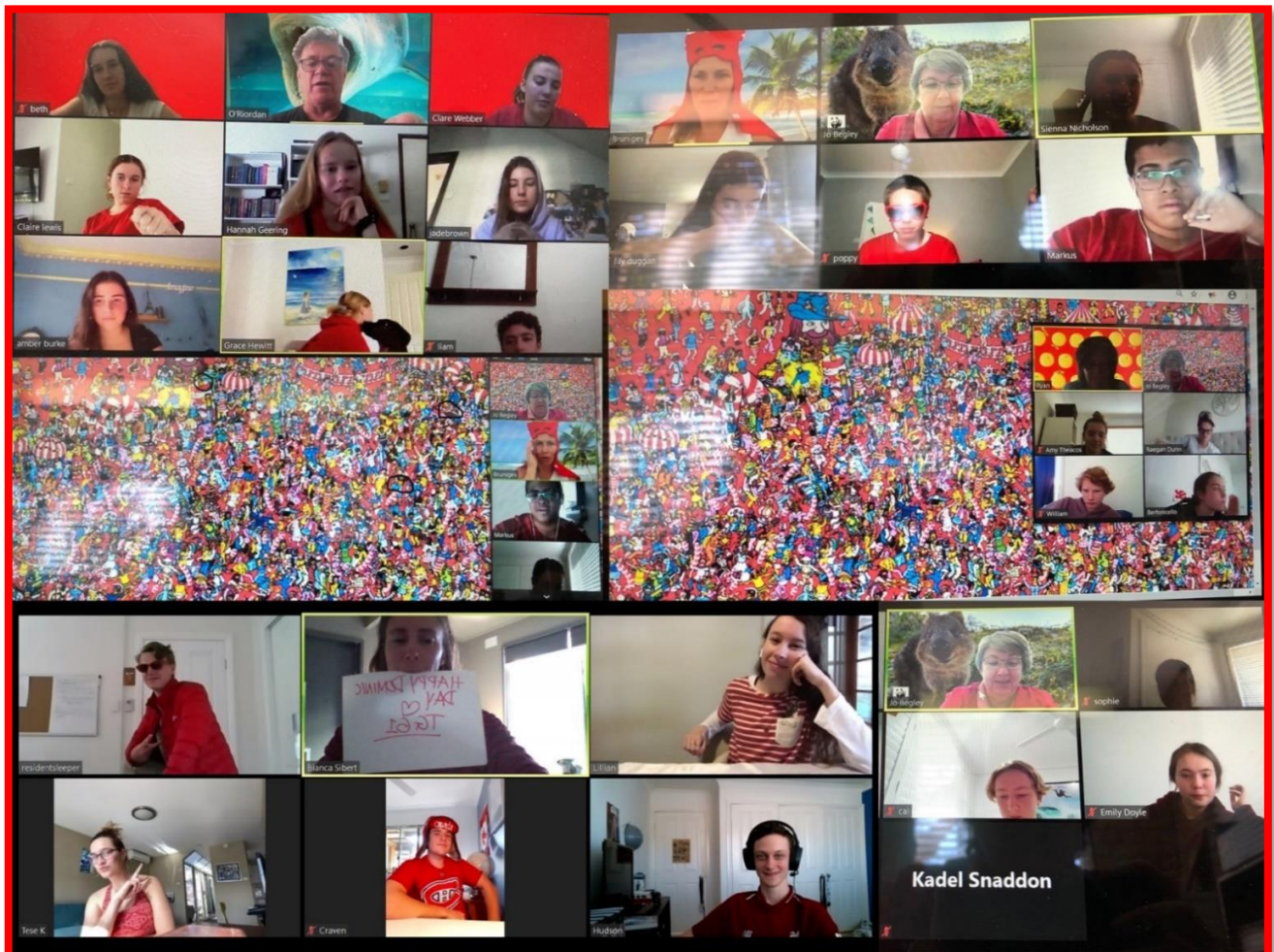
'There was a young man from Spain  
And oranges were his game  
He gave them away  
To the poor everyday  
Resulting in no hunger pain'  
*Nicole Ryan TG22*

'There once was a group forty-four  
When they got together, did roar  
About Dom and his orange  
Heard all over the College  
And everyone's heart did soar'  
*Vina Gibson TG44*

'St Dom de Guzman was one holy preacher  
Who spread God's word much like a teacher  
He loved a good sporange  
But not as much as an orange  
Now we say thank you, cool creature'  
*T'ese Keddie et al TG61*

'St Dominic planted a tree of orange  
He gave food out, including porridge  
His life began in Spain  
His service was not in vain  
So now he is patron at our College'  
*Josh Hobbs TG32*

'The eighth of May was Dominic Day  
Where we sat at home with games to play  
They asked us to rhyme a word with orange  
But the only word I discovered was sporange  
Hmm. Miss was right. I learnt something new today'  
*Leroy Reid TG55*





Year 11

# Community and Family Studies



*Chenoa Pinney-Elkington*



*Grace Lawrence*



*Lillian Smith*



*Samantha Craven*



*Alaska Doney*

Students of Year 11 Community & Family Studies have been studying resource management, leadership, roles in groups, decision making, communication and teamwork. In small groups, students completed a formative task which involved the creation of a wedding dress. They had a time limit of 45 minutes and were only given newspapers, scissors and tape. The results were outstanding and lots of fun was had.



BATTLE OF THE

On Friday, 13 March 2020, the College celebrated in true rock 'n' style by hosting the annual Battle of the Bands Competition. The day was a huge success with students thoroughly enjoying the talented musicians and performances.

Congratulations to *Phantom* who were the overall winners for the day! The boys performed a tight, energetic and highly sophisticated cover of *Seek and Destroy* by Metallica and *Paranoid* by Black Sabbath. Xavier Collins, the bands' lead singer, also took out the prize for the best performer of the day. Well done, everyone!!!

# Phantom!



## Band 2 – Phantom

Kaleb Davies /Bass Guitar  
John Maker /Drums  
Joel Wilnierak /Guitar  
Xavier Collins /Vocals  
Charles Kopievsky /Guitar

*Special thanks to our judges and sponsors; Shane Baldwin, Austin Mackay and Musos Corner.*

Also, special thanks to Nick Dalton, Megan Williams, Justin Gordon, Stuart Hector and Luke Baker for performing in the “Allsorts” as the judges deliberated.

## Production Crew and Performers

*Comperes:* Mia Martelli, Raphael Ponferrada

*Videography:* Tristan Antonini and Ethan Schafer

*Photography:* Thomas Harvey

*Backstage Crew:* Martina Adoranti, Ash Bamback, Abby Bourne, Zoe Bowden, Levi Carmody, Blake Dougherty, Jessie Edmonds, Logan Ellis, Samuel Freire, Hudson Green, Olivia Gunn, Ella Harris, Ben Kennedy, Lewis Tabrett, Noah Tyson, Jack Vanderlinde, Bethany Woods, Laura Young

*Poster Winner:* Madeline Bechly





### **Band 1 – Moondaze**

Lilly Baines / Vocals  
 Poppy Bailey /Keyboard  
 Sophie Woodforth /Bass  
 Stella Keogh /Guitar  
 Leianna McCloy /Violin  
 Brianna Redman (HSPA)/Drums



### **Band 3 – The Weet-Bix Kids**

Alexine Ziade /Lead Guitar  
 Chloe Anson-Smith /Vocals  
 Luca Jones /Bass Guitar  
 Jack Vanderlinde /Drums



### **Band 4 – The Screamin' Jonz**

Shelby Fanning /Vocals  
 Damian Brymora /Bass  
 Andrew Paksec /Guitar  
 Jonathon De Vitis /Drums





## **Band 5 – Sour Diesel**

Harper Parris /Sing and Guitar  
 Harry James /Guitar  
 Lewis Rodd /Bass  
 Oliver Kelleher /Drums  
 Aedan Ryan /Guitar



## **Band 6 – The Cheese ‘N’ Bacon Rolls**

Connor Galvin /Bass  
 Georgina Roach /Vocals  
 Jordon Snowden /Guitar  
 Isaac Fogarty (Ex-student)/Drums





# MENTOR SUPPORT NETWORK EDUCATIONAL SCHOLARSHIP



Congratulations to **Tinotenda Mureverwi** [Year 12], a recent Scholarship Winner who was awarded an Educational Scholarship from the Mentor Support Network. To receive this scholarship, Tino completed a written application and then attended a group interview organised by three members of the MSN Scholarship Committee. Following this group interview, Tino was awarded a sum of money to be used on supporting his educational expenses for 2020.

Well done Tino!



## LIBRARY HOURS

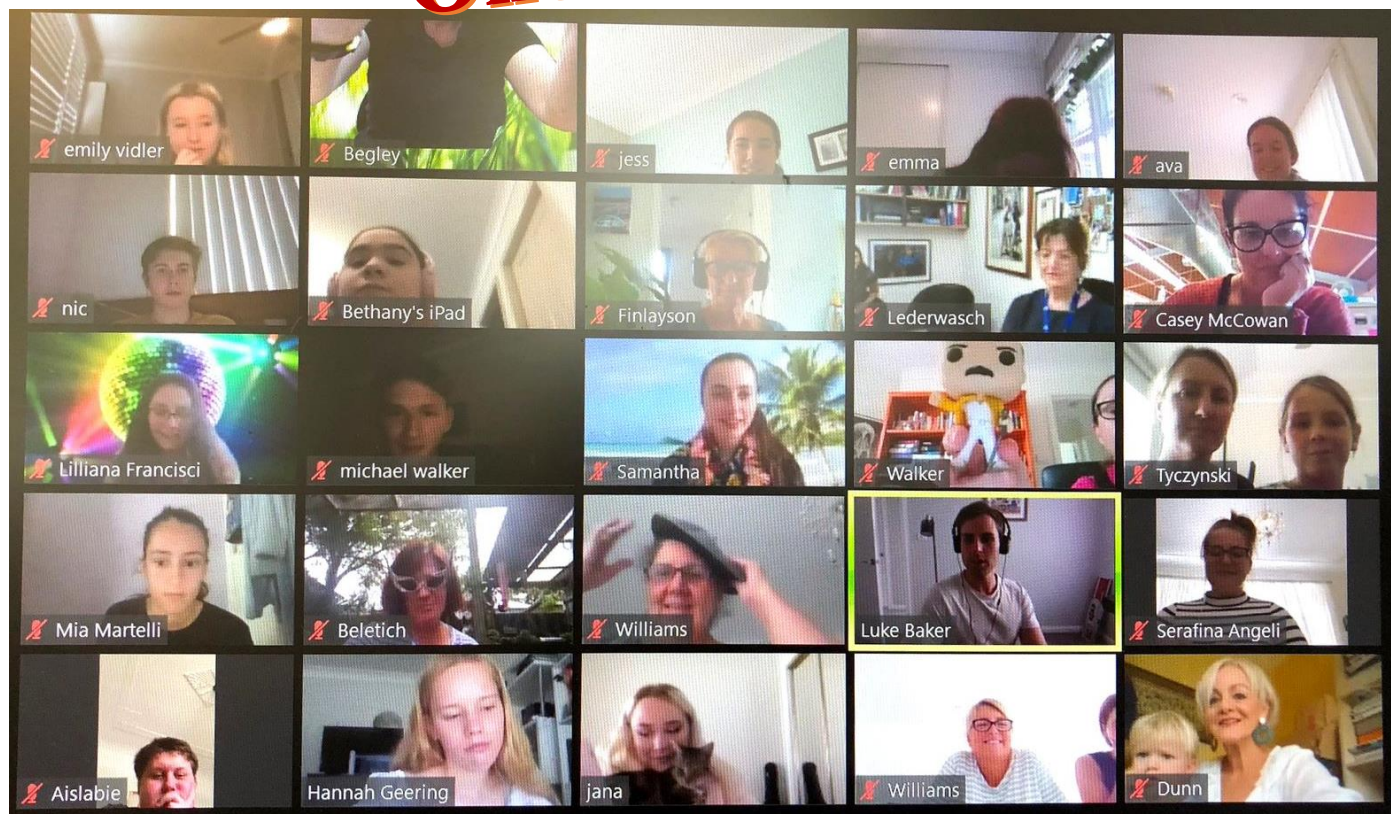
Monday	8.10am – <b>4.15pm</b>
Tuesday	8.10am – <b>3.30pm</b>
Wednesday	8.10am – <b>4.15pm</b>
Thursday	8.10am – <b>4.15pm</b>
Friday	8.10am – <b>3.30pm</b>

The library is open late on Monday, Wednesday and Thursday for after-school study.

Subject teachers are available to help during this time.

Julie Hoey  
Teacher Librarian

## Community in Isolation 'One Song Sing'



# CAREER NEWS

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

*Julie McLoughlin*

*Careers Coordinator*

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

## Career News, Key Dates and Reminders

### University of Sydney



#### Year 12 Information Evening

On Tuesday, 9 June from 4-7pm, Sydney University will be holding an information evening for Year 12 students. You can get all the information you need to make the next step towards a future career. [Register now!](#)

During the evening attendees will be able to:

- visit virtual booths staffed by faculty experts.
- get advice on study interests and degree options.
- speak with current students about their experiences at the University of Sydney.
- attend a featured talk.

### Contemporary Music Workshop at Sydney Con

*Thursday, 4 June, from 4-6pm.*

Join this online workshop and learn from Con experts about song writing, lyrics and song structures, as they explore the ways you can generate great, distinctive lyrics to distinguish your songs. This workshop is a fantastic opportunity for students considering studying Contemporary Music at the Conservatorium of Music. Register at <https://bit.ly/2VQuyXM>

### International College of Hotel Management

ICHM 2021 Australian Scholarship Application forms are now available for your students wanting to apply for our Bachelor of Business (Hospitality Management). The scholarships are valued at \$15,000 and the closing date is Wednesday 14th October 2020.



There's still time for you to apply for an ADF Gap Year, but you'll need to apply soon.

Students who take part in the ADF Gap Year program:

- enjoy a great salary package plus free healthcare.
- gain valuable skills and work experience.
- have job security and stability.
- live a varied, active and healthy lifestyle.
- have the opportunity to see more of Australia.

### University of Technology Sydney UTS Girls in STEM

Tuesday, 15 September: this one-day event provides an opportunity for female students to explore different areas of Science, Technology, Engineering, Design and Building. Students participate in a range of hands-on activities plus they get an inside look at life as a student and professional in the STEM.

<https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/uts-girls-stem-september-2020>

### TAFE - Scholarships for Australian students

Destinations Australia Scholarships are funded by the Commonwealth Government and are designed to attract and support students who choose to live and study in regional communities. Each Scholarship provides \$15,000 per student, per year to meet the costs associated with relocating, living and studying in regional Australia.

<https://www.tafensw.edu.au/scholarships/DestinationAustralia>



## Actuary Studies and Accounting scholarships

### *Actuarial Studies Co-op Program Macquarie University*

Students receive a scholarship of \$19,600 per year for the duration of the four-year course. These highly competitive scholarships are awarded on the basis of academic merit and an assessment of students' motivation, qualities and skills. The Actuarial Studies Co-op program is a highly competitive course in which high-achieving students alternate between classroom studies and workplace experience in the form of three placements of three to six months each. Judy Hutchison, Associate Director, Co-op and Internships T: +61 2 9850 6485

E: [judy.hutchison@mq.edu.au](mailto:judy.hutchison@mq.edu.au)  
or [coopandinternships@mq.edu.au](mailto:coopandinternships@mq.edu.au)  
<https://www.mq.edu.au/connect/employers/macquarie-co-op-programs/actuarial-studies-co-op>

### *What an Actuary Does*

Melinda Howes graduated from Macquarie in 1989. Today, she is the CEO of the Institute of Actuaries of Australia. She has more than 20 years' experience in the financial services industry  
<https://www.youtube.com/watch?v=-f9RdpA8le0>

### *Co-op Scholarship Macquarie University - Bachelor of Professional Practice and Bachelor of Professional Accounting*

The Accounting Co-op program is also highly competitive course in which high-achieving students alternate between classroom studies and workplace experience in the form of three placements of three to six months each. Internships T: +61 2 9850 6485

E: [judy.hutchison@mq.edu.au](mailto:judy.hutchison@mq.edu.au)  
or [coopandinternships@mq.edu.au](mailto:coopandinternships@mq.edu.au)  
<https://www.mq.edu.au/connect/employers/macquarie-co-op-programs/accounting-co-op>

National Institute  
of Dramatic Art

# NIDA

## HSC Drama Performance

28 September - 2 October 2020

HSC Drama Performance is a comprehensive course to broaden your understanding of performance styles and develop improvisation, acting and devising techniques. The focus is on how best to communicate as a performer to an audience in both the group and individual performance projects.

- Text Analysis: practise the skills of interpreting texts as a performer.
- Devising Techniques: discover strategies for generating performance material.
- Performance Skills: develop movement and voice skills.
- Dramaturgy: create a complete theatrical statement.

<https://www.nida.edu.au/schools-and-teachers/events-for-school-students>



## HSC Help through the University of Newcastle

### *Opportunity to learn and revise with HSC experts!*

A reminder that UoN have partnered with [InspirED](#) to offer free HSC webinars for students.

These webinars will provide students with an opportunity to connect with experienced teachers and HSC exam markers to cover a range of curriculum areas. Students will learn and revise, practice exam style questions and have the opportunity to ask questions of the experts.

HSC Help Term 2 Webinars cover key HSC subject areas including Physics, Chemistry, Economics, Biology, Business Studies, Mathematics Advanced, Legal Studies, English Advanced.

[https://www.newcastle.edu.au/events/future-students?result\\_40254\\_result\\_page=1](https://www.newcastle.edu.au/events/future-students?result_40254_result_page=1)



# UNSW SYDNEY

## Virtual School Presentation

From over 300+ degree combinations to exchange and global internships, the student ambassadors Jenni and Daniel will give you an introduction to everything on offer at UNSW.

You can also Live Chat with the Future Student Advisors during the presentation who can help answer any questions.

They also run live-streamed presentations delivered by staff and student ambassadors which can be booked via the [Career Advisers' Resources website](#).

# ASPIRE NEWS



## SENIOR THEATRE MAKERS 2020

ASPIRE's Senior Theatre Makers program will be taking a slightly different approach to creating a new work in 2020. ASPIRE has put out a call for written submissions from students all around the diocese on the topic of isolation. Our Senior Theatre Makers will use these pieces to create a verbatim piece of theatre that will be performed at the Civic Playhouse at the end of Term 3 (*in the event the playhouse has not reopened by this point the work will be filmed or an alternate date agreed on with the students*)

Students will work with ASPIRE Artistic Director Anna Kerrigan and ASPIRE intern Ollie Crawford to produce the piece of theatre. They will be involved in the creation of the work using text from students and their own experiences. They will then collaborate with the directors and ensemble to put the piece onstage developing skills in blocking and workshopping ideas as well as developing performance skills in voice and movement.

Our process will alter from the usual weekly workshop format to three online sessions for Term 2, where the group will come together virtually to look at the material we have been sent and start to put together our piece of theatre. It is hoped that we will be able to hold face to face rehearsals in Term 3, however if that is not possible we will rehearse virtually.

The schedule is:

**ONLINE Session: 4.30pm – 6.30pm**

Tuesday 2 June 2020

Tuesday 16 June 2020

Tuesday 30 June 2020

**FACE TO FACE Rehearsals: 4.30 pm – 6.30 pm (these may run online in Term 3)**

Tuesday 21 July 2020 at Catholic Schools Office Newcastle

Tuesday 28 July 2020 at Catholic Schools Office Newcastle

Tuesday 4 August 2020 at Catholic Schools Office Newcastle

Tuesday 11 August 2020 at Catholic Schools Office Newcastle

Thursday 20 August 2020 at Catholic Schools Office Newcastle

Thursday 3 September 2020 at Catholic Schools Office Newcastle

Thursday 17 September 2020 at Catholic Schools Office Newcastle

**WEEKEND Rehearsal: 10.00 am – 4.00 pm**

Saturday 19 September 2020

**PERFORMANCE DAY 10.00 am – 8.00 pm**

Wednesday 23 September 2020 (*Performance at 6.30pm*)

**Senior Theatre Makers is open to all students in Years 9-11**

Course Cost: \$150 (scholarships are available for those in financial need).

To reserve your place please complete a booking form online at the ASPIRE website <http://aspire.mn.catholic.edu.au> or call Anne Atkins on 02 4979 1331 or 0404 003 601 for more information. Closing date for registration is **Wednesday 27 May 2020**



# 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](mailto: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](mailto:admin@hamilton.catholic.edu.au)  
Web Site: [www.hamilton.catholic.edu.au](http://www.hamilton.catholic.edu.au)

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#### Switch/Reception

Hours: 8:00 am until 3:30 pm

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#### Finance Office

Hours: 8:30 am to 3:00 pm  
Email: [hml-finance@mn.catholic.edu.au](mailto:hml-finance@mn.catholic.edu.au)

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#### Student Services

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

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#### Uniform Shop

Telephone: (02) 4962 4423  
Email: [stfrancisxaviers@alinta.com.au](mailto: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](http://www.alintaapparel.com.au)