



Lighthouse

Volume 36 Number 9

6 November 2020

Dear Members of the SFX Community

STUDENT LEADERS 2021

Since the commencement of this term, I have been overwhelmed by the volume and quality of students in our College who have been willing to offer themselves to the service of leadership. Following two days of leadership activities at the College, along with compelling speeches and rigorous interviews, I am delighted to acknowledge the following students who have been appointed to specific leadership positions.

Captains:	Ava Gidley and Jayden Wright
Vice Captains:	Taylah Gray and Michael Walker
Solidarity Leaders:	Jewelin Jijo and Ewan Ball
Champagnat House Leader:	Emily Vidler
Dominic House Leader:	Michelle Tapera
McAuley House Leader:	Maya Lowe
Mackillop House Leader:	Angus O'Connor

In recognising these students, I would also like to acclaim the exceptional students who whilst not carrying a specific title next year, have clearly stamped themselves as leaders of our College through the people they are and the actions they undertake. It is such a wonderful privilege to witness such impressive attributes in our students.

HSC UPDATE

As we pass the midpoint of the examinations, it has been pleasing to note that there have been few unexpected events or issues that have arisen thus far. While it has been a logistic nightmare with the tightened regulations concerning rooming and other protocols, our Presiding Officer has done a wonderful job in maintaining a sense of equilibrium and calm for the students in unusual circumstances. However, I would remind any student who has concerns regarding an examination to notify the supervisors in the first instance, before ensuring that they follow this up with the College. Keep going Year 12 – almost there

YEAR 12 MAJOR AWARDS

We have been advised that after the last HSC examination there will be some easing of regulations around us hosting a major award ceremony for Year 12 students.

As such we have provided information regarding such an event to the families of award recipients. While we still have limitations on numbers and tight controls dictated by a Covid Safety Plan, we are certainly looking forward to acknowledging the contributions and achievements of these young women and men in person on the morning of Friday November 13.

YEAR 11 REPORTS

Year 11 reports were released via Compass last week and contain important feedback as students commence their HSC year. Please review the information as a family and contact staff if there is a need. We are currently attempting to organise Parent/Teacher Interviews in some format, but we must await further information regarding expected regulations after the HSC is finished before we can put anything into place with any certainty. We will provide more information as it becomes available.

YEAR 10-11 TRANSITION INTERVIEWS

Just over 500 'Zoom' interviews with prospective Year 11 students for 2021 have been completed by staff over the last few weeks. While the format does not quite replicate meeting people in person, it was great to be able to 'meet' so many students excited to join us next year.

May God bless.

Greg Ptolemy
Principal

Year 11 Leadership Workshop



Congratulations to **Emily Holford** who was recently successful in gaining a place at the National Youth Science Forum, 2021. This involved a rigorous application and competitive interview process.

The National Youth Science Forum gives students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and encourages continued studies in these fields. The structure of the Forum will be a little different this year, but Emily will still have some amazing opportunities to see the wide variety of engaging, rewarding and inspiring study and career options available in STEM fields.

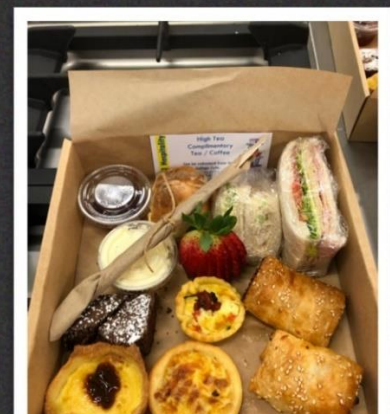


What's Cooking? Year 11

The end of Term 3 was a hive of activity in the kitchens.

Year 11 Students participated in an Assessment Competency Task for the units Prepare and Present Simple Dishes & Sandwiches. This involved preparing a High Tea Menu and presenting the items as individual serves in take-away display boxes. Four sessions were run on separate days and catered for 50-60 orders each session. Staff pre-ordered their boxes in advance and collected them from the Café at 12:30pm. Students started at 9:00 am and worked in teams of 12, following a workflow/run sheet which allocated tasks throughout the service period.

The High Tea boxes were given rave reviews and all the students were proud of their achievements and appreciated the time and effort in catering on a large scale in a limited time, as per industry practices.



What's Cooking? Year 12

For Year 12 farewell celebrations, Year 11 Hospitality and Food Tech classes baked 500 cupcakes in Week 10. These were served in Tutor Groups for morning tea on the last day before the final farewell assembly. The cupcakes were decorated with buttercream icing in one of the four House Colours and then placed on large boards, built purposely to size by teacher Jonathan Hall, one for each Tutor Group laid out in their Tutor Group number.





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

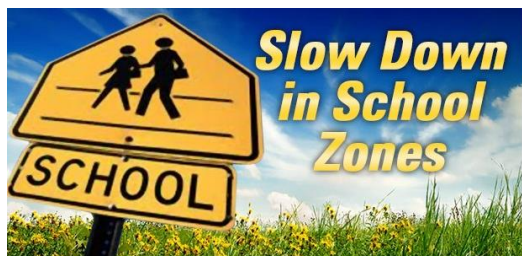
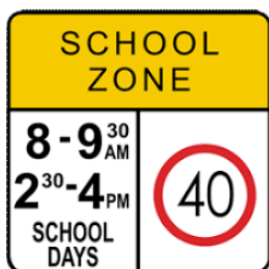
STUDY PERIODS

Term 4 in the library has been a busy time with lots of “new Year 12s” settling into their Study periods. At the time of writing, over 360 students have two or more Study periods on their timetables, equating to over 1,300 students per week in the library during class time. Students have attended an information session to ensure they understand the procedures and expectations around Study periods, as well as all the options for how they can spend the time. In short, Study periods are to be spent in productive activities that benefit either the student’s academic program or their personal wellbeing. At no time should students be scrolling social media (e.g. Instagram, Tiktok), playing video games, watching horse races, etc. The majority of students are making good use of their time and are also being courteous to the HSC students doing exams at the other end of the library. We look forward to supporting these students throughout their HSC year.



PRINTING IN THE LIBRARY

The library can be a busy place on the morning an assessment is due. While the library staff members are always happy to help with printing woes, we remind students that we can’t guarantee your assessment will be printed on time. Our resources do not provide capacity for all students to print within limited time frames, and as such any issues with printing in the library are not considered adequate reasons for late submission. We encourage students to print assessments the day before they are due.



SPORTING SPOTLIGHT



Ellie Lambkin
Surfing

Surfing as a sport is broadly divided according to the size and type of the board used. The longboard is around nine feet (2.7m) in length and more buoyant than the shortboard, which first appeared around 1970 and is approximately six feet (1.8m) in length. The shortboard has a pointed tip which aids turning, is quicker to manoeuvre and tends to be receptive to more dynamic techniques. It is estimated that there are between 17 million and 35 million people involved in surfing worldwide. Ellie Lambkin is one of those individuals.

Ellie's love of sport was fostered from a very young age. She participated in a range of sports including Soccer, Touch Football, Oztag, Futsal, Tae Kwon Do, Swimming and Surf Lifesaving. She even tried AFL and Rugby 7s. She also holds a black belt in Tae Kwon Do. Ellie and her family always loved going to the beach and when she was about 7, she first learnt to surf whilst on holidays on the South Coast – this ignited a spark and she just fell in love with surfing. At 11, Ellie was given a foam surfboard - definitely not 'state of the art' but good enough for her to decide to spend more time in the surf. After school and during holidays she would hop on her bike with surfboard in tow and peddle to the beach. She has her P plate licence, but Ellie still rides her bike to the beach. The turning point for Ellie and her foray into focusing on just surfing was when she was given her first fibre glass surfboard at 12. This present switched on a light. She gave up Premier League Soccer at 14 so she could spend more time in the surf and enter more surfing competitions. The best rides of her life to date only come along once in a while. While Ellie agrees that surfing provides many physical health benefits including cardiovascular fitness, shoulder and back strength and leg and core strength she says the addiction to surfing goes beyond this. She is addicted to surfing because:



- **Every day is different.** It is very likely that you will wait in the water for a long period of time without surfing a single wave. When a wave does come along you must be in perfect position or you won't catch it. But when you do catch a good one, surfing teaches you that it **pays to be patient!**
- There are always **new things** to learn and you can always **work on improving**. As you progress, you are compelled to surf better each day. There will always be new challenges and surprises as there are no two waves alike. Even if you are the best surfer in the world you can try new things and improve.
- It is also really cool that everyone surfs differently and has their **own unique style**.
- Surfing just makes you a better person, it makes you happier and less stressed. Riding waves releases a shot of dopamine. You could be having the worst day and you get one good wave and you forget all about what was causing you stress. This spurs me onto wanting to try again, searching for more difficult and faster waves. Therefore, it is safe to say that surfing is a **strong mood enhancer for me**.
- With surfing, I get to not only connect with other like-minded people who share my passion (and addiction) but I can also **connect with the ocean and mother nature**.
- Surfing has **allowed me travel** all around Australia competing, meeting new people and making heaps of new friends.

Ellie's involvement in competitive surfing has allowed her to surf at some of the most breathtaking beaches Australia. Below is a list of Ellie's achievement to date – very, very impressive!

National Competitions

- ✓ 1st in Surfest Wildcard trials 2019
- ✓ 2nd in Youth Slash and Bash 2019
- ✓ 4th in South Australian Ripcurl Gromsearch 2019
- ✓ Equal 5th in Victoria Ripcurl Gromsearch 2019
- ✓ Top 10 in U16 Girls in Australia meaning I qualified for the Ripcurl National final (Wollongong) 2019
- ✓ 4th in Open Women's at Mattara Surf Classic 2020
- ✓ 4th in Open Women's two years in a row at King of The Box 2018 and 2019

NSW State Competitions

- ✓ Equal 5th in State 2019
- ✓ Equal 5th in Schools State 2020

Regional / Local

- ✓ 3rd in Regionals 2018 & 2019
- ✓ 1st in Open Women Boardriders October 2019
- ✓ 1st in Open Women Boardriders September 2020



Success in the above competitions involves commitment and dedication. To be at the top of her game Ellie surfs 6-8 hours (sometimes more if its good) each day on weekends and 2-4 hours each school day. She also undertakes strength and conditioning training twice a week with Adam Trypas alongside many of the local professional surfers including Jackson Baker (former SFX student), Ryan Callinan and Philippa Anderson as well as some skateboarders who are training for the 2021 Olympic qualifications. In a 'normal' year she has a surf competition on most weekends. You would think Ellie would have no time for anything else but that is far from the truth. She has 4 jobs, cleaning bricks at the TAFE a few afternoons afterschool, teaching others to surf at the Philippa Anderson Surf School some afternoons and weekends, working at the Farmers Markets on Sunday mornings, and also at Slimes Surf shop (who also sponsors Ellie). All jobs are very flexible, which allow Ellie to commit to her training and surfing competitions. Ellie's social life revolves around those people who are involved in surfing. Yes, she does schoolwork – and manages to complete her homework and assignments at night so she can surf and do everything else while it is still light.

Ellie's family have been extremely supportive of her surfing as they were with all her other sports. She is pretty sure they prefer sitting on the beach rather than at a hot soccer or touch footy field. Her mum and dad, Daniella and Paul take turns driving her to all the competitions around Australia. Her younger sister, Jasmine plays rugby union so they tag team between the two of them to enable them to compete in their respective sports on the weekends.

COVID-19, like most sports impacted on surfing in 2020. All of the pro junior events and world series qualifying events were cancelled as well as the interstate competitions. Other than the local board riders competitions Ellie has only competed in 5-6 events this year. Other disappointments included not being able to attend the Surfing Australia High Performance centre at Casuarina for a development camp (for girls aged 16 years and under) with world surfing champion Carissa Moore. Selection to this camp was decided on a video of nominees surfing and a written essay on how you spread love for surfing and help out within your community. Ellie was 1 of 8 girls selected from around Australia. Ellie also missed out on attending the Urban Surf wave pool in Melbourne (the wave pool that has only opened this year). However, COVID-19 has allowed Ellie to reset and spend more time on developing her skills and reigniting her passion for surfing. The good thing about surfing is you do not need a gym/field to practise. Surfing only requires a beach and board - and there many fantastic surfing spots within travelling distance of Newcastle.

Like all elite athletes Ellie would love to win a few professional events and earn the points needed to qualify for the World Championship tour (WCT) which is the top 34 men and top 17 women in the world who all compete for a world title each year. To qualify for the WCT you need to be in the top 6 in the world on the Qualifying series. Surfing has been included at the Tokyo Olympics (2021) and Ellie is hoping that surfing will continue to be part of future Olympics so that she can add this to one of her aspirations i.e. to represent Australia at an Olympics.

We look forward to seeing where surfing takes Ellie.

CAREER NEWS

*Julie McLoughlin
Ashley Phillips*

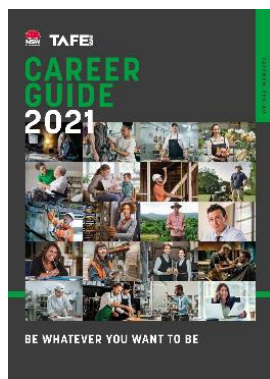
Careers Coordinators

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

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

Free UCAT Webinar for Year 11 Students

UCAT is often used as the only screening tool for Medicine offers. Given its importance, this free 2½ hour webinar will focus on the question "When is the best time to start UCAT prep?". Students will also learn key features of effective prep and be taught how to solve UCAT Qs correctly via live teaching. Register now: <https://bit.ly/36L1mIV>



TAFE NSW

2021 Career Course Guide

With over 25,000 employer connections, affordable courses, flexible study options, and direct pathways to further study and university.

<https://www.tafensw.edu.au/documents/60140/197799/TAFE-NSW-CAREER-GUIDE-2020-WEB.pdf>

Total College, Agricultural Traineeships

Total College delivers Fee Free traineeships in Certificate III & IV in Agriculture for eligible people who gain farm based employment. Trainees attend Total for six one week training blocks per year. Units include: Livestock Husbandry and Nutrition, Precision Farming, Tractors, Quads, Fencing, Pastures, Dairy, Chemicals, Beef and Sheep.

Contact Jill Clayton Traineeship Coordinator 0448 354 911.

The USA Application Workshop

Are you aiming to study in the USA? Learn from former Ivy League Admissions Officer and MIT graduate Ben Schwartz, to learn to create a strong profile for the U.S University Application to outshine the competition and make a memorable impression on Admission Officers. Register here: <https://bit.ly/3jRaX4M>

Basair Aviation College Annual Open Day

Basair Aviation College is hosting an Annual Open Day. Students seeking a career will be able to go on a trial flight & take over the controls, try drone & aircraft simulators, meet students & alumni and find out how to become a Commercial Pilot in less than a year! Tickets:

<https://www.eventbrite.com/e/basair-annual-open-day-sydney-0811-brisbane-1511-tickets-122165122169?aff=CAANL>



Newcastle University

InspirationED HSC Kickstart Seminars for new HSC students and parents

In an effort to support Year 11 students who are transitioning to new Year 12 students this term, University of Newcastle has partnered with InspirationED to deliver a series of free HSC Kickstart Seminars.

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 gain advice on how to prepare effectively in their respective subjects and will be provided with an overview of the skills and strategies proven for success.

The series commences on **Monday 26 October at 7:30pm** with a '[Setting Up your HSC](#)' session, followed by a Parents session the following evening. The [parent session](#) aims to provide advice on how best to support their young person through the HSC. <https://www.newcastle.edu.au/study/hsc-subject-support-sessions>

NUPrep Plus – Your University Preparation Program (UPP)

UPP has been designed to help ensure a successful transition to university, and to support students through their studies. This free program runs for three weeks before Semester 1 starts, allowing a customisable timetable of bridging courses and access to academic mentors.

A promotional graphic for the 'Transition to Uni with UPP' program. The background shows a group of diverse university students walking and studying in a modern, well-lit indoor space. Overlaid on the left is a dark rectangular box containing white and blue text. The main title 'TRANSITION TO UNI WITH UPP' is in large, bold, white capital letters, with 'UPP' highlighted in blue. Below this, smaller white text describes the program's purpose. Further down, more white text explains that the program is free and provides academic support. At the bottom of the box is a white button with a blue play icon and the text 'Register your interest at NEWCASTLE.EDU.AU/UPP' in blue.

**TRANSITION TO
UNI WITH UPP**

Give yourself the best start at uni. The University Preparation Program (UPP) has been designed to help you make a successful transition to university and to support you through your studies.

UPP is a FREE program providing you with academic knowledge and confidence in the weeks leading up to your new degree. The program provides you with an introduction to degree content and skills.

Register your interest at [NEWCASTLE.EDU.AU/UPP](https://www.newcastle.edu.au/UPP)

Newcastle University – Psychology

The faculty of Psychology would like to invite you to a webinar to discuss Careers and Pathways for undertaking a degree in Psychology.

This is aimed at students who would like more information to assist them in their future career decisions

Day/Date **Tuesday 10 November 2020**

Time **5:30 pm-7:00 pm**

Direct link to register: https://uonewcastle.zoom.us/webinar/register/WN_Ix99P8S5Qlih80iEV2zjiQ

Master Painters Australia –Bootcamp

Master Painters Group Training Company (MPGTC) run a three Day Bootcamp at our specifically designed training facility – this is a wonderful opportunity for those wanting to become an Apprentice Painter & Decorator.

Call: 02 9758 8877. **Email:** matthew@masterpainters.com.au

<https://www.masterpainters.com.au/Default.aspx?PageID=11945639&A=SearchResult&SearchID=164086662&ObjectID=11945639&ObjectType=1>

Master Builders Pre-Apprenticeship Program

Monday 23 November 2020

Master Builders have created a program with a holistic approach to preparing students to become the best quality first year Carpentry Apprentice.

As this training is subsidised by the NSW Government, there is no cost to you.

Selection Criteria:

- Commitment attending full 2 weeks, 7:30am to 3:30pm, Monday to Friday.
- Must have previously completed a Certificate II in Construction, Construction Pathways or TVET.
- A copy of your Certificate when you enrol.
- Must be signed out of school and be a minimum of 17 years old.
- Have a valid driver's or riders' licence and own transport – apply if you are close to getting your licence!
- A desire to commence and complete an apprenticeship or traineeship within building and construction.

<https://www.mbansw.asn.au/pre-apprenticeship-program>



Traineeships Open to 2020 school leavers!

Applications close 16 November



Obtain your Certificate III in Individual Support (Disability), Individual Support (Ageing) or Business Administration while gaining on-the-job experience! Located throughout regional NSW, LiveBetter provides a diverse range of services to the elderly, people with disabilities and their families, carers, and children & families. For more information and to apply, go to: <https://livebetter.org.au/school-leaver-traineeships/>

Nutritionist vs Dietitian vs Sports Dietitian

What the differences are between nutritionists, dietitians, and sports dietitians.

<https://www.myhealthcareer.com.au/dietetics/difference-between-a-nutritionist-dietitian-sports-dietitian-by-aidan-muir/>



Tocal Fulltime Agricultural Course Applications Remain Open

Applications for next year remain welcome and can be made via link below.

Interviews are part of the application process & can be in person, video or phone. For more info on Ag or Performance Horse fulltime courses, or Ag or Dairy Traineeships, please contact James Hooke, Deputy, on 0427540226. <https://www.tocal.nsw.edu.au/students/future-students>

NECA Electrical Apprenticeships Apply Now

Currently NECA are recruiting for over 100 Electrical Apprentices for the 2021 new year.

They welcome all HSC Students after their exams.

<https://www.necatrainning.com.au/electrical-apprentices/expression-of-interest/>

Training at My Freight Career



My Freight Career is a leading provider of International Freight Forwarding and Logistics training in Australia. Built on over 20 years of industry experience. Our online courses provide training you can trust with the convenience of flexible, affordable, on-demand delivery.

<https://myfreightcareer.com.au/traineeship/>

Online training <https://myfreightcareer.com.au/freight-logistics-online-training-courses/>

International Freight & Logistics Career Opportunities

The international freight and logistics industry in Australia is seeking interest from students leaving in Years 10-12, who may be interested in the global freight and logistics industry. There are two year traineeships available through the RTO called My Freight Career, who is aligned with the industry association.

For more information: <https://www.mymv.org/>

Do you love horses?



Applications are now open for the February intake of the 2021 Explorer Program allowing students to learn about and experience the world-leading Australian Thoroughbred Industry over 12 months and get paid while they are doing it.

This is the opportunity of a lifetime!

For more information go to - <https://tbindustrycareers.com.au/overview/>

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



Become a Foster Carer

Become a foster carer and help a child to heal.

CatholicCare are looking for people interested in providing a loving, supportive and predictable home for children.

Through no fault of their own, many children are not able to live with their birth families. Our carers are crucial to providing children with the stability and nurturing when they need it most.

There are various types of care you could provide that would make a difference:

- ▶ **Short term:** such as providing regular weekend care.
- ▶ **Medium term:** typically, six to twelve months while families work to have their children restored to them.
- ▶ **Longer term:** typically, two to five years or longer.

Artwork on front
and back by:

Seretta

Can you commit to helping a child?

Please call Di Walters on (02) 4944 0711 for further information or visit www.bit.ly/CCfoster.



**Social Services
Hunter-Manning**
DIOCESE OF MAITLAND-NEWCASTLE



www.catholiccare.org.au



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