

Dear Parents, Guardians and Friends of Xavier College,

We are all too familiar with the terms, “*world food shortage*” and “*soaring food prices*”. However, when these terms are illustrated by numbers, the facts are these: More than 850 000 000 people around the world suffer from chronic hunger; 400 000 000 are children whose lives will be affected by lack of nutrition in the first months of life. Given that 70% of brain development occurs in the first two years of our lives, malnutrition in early childhood can have a devastating effect. Poor nutrition in the womb and in infancy, causes one-third of children’s deaths in developing countries.

One in eight of our fellow human beings is short of food each day. Almost one-third of the world’s population suffers from malnutrition – **nearly as many over-eat as under-eat**. We know from personal experience that when we are really hungry, we don’t feel like doing work until our hunger has been addressed and we feel more energised. But, what if you have no food: “*Hunger and poverty are ugly siblings. You cannot get rid of either unless you tackle the other as well. Hunger, after all, is both a source and a consequence of extreme poverty. A hungry person cannot think beyond the next meal and this has devastating consequences for the economic and social development of society as a whole.*” Kofi Annan.

The United Nations Food Programme has admitted it might have to ration food in response to rocketing food prices that have soared by more than 75%, jumping by more than one-fifth last year alone and prompting riots in some countries. It is estimated that consumers in “developed countries” are big culprits when it comes to food wastage, throwing away almost one-third of what they buy. Imagine, three bags of food shopping on the kitchen table and one bag being thrown out! It has been suggested that if the world was vegetarian, then, the food problem would be close to being solved, because one-third of wheat grown globally is fed to livestock destined to end up on our dinner table.

So, what can we, consumers in a developed country, do to enable all people to live a full life, free of the agony of not knowing where the next meal will come from and free from the fear of constant illness and early death?

Well, we can:

Buy less if we observe that we do not eat all of what we regularly buy. Part of the savings we make, could be donated to an Association that deals directly with the poor and has low overheads.

Use our imagination with leftovers: can I create a tasty soup, stew, curry, risotto, pasta sauce?

Don’t allow vegetables to rot in the bottom of our fridge: once again soups, casseroles, curries.

Use common sense rather than use-by-dates when deciding what to throw out.

Whiz up older fruit into a smoothie or bake it into a cake or pudding.

Sponsor a child through Catholic Missions, St Vincent de Paul or a like group.

Each of us has a responsibility to do something active that will make a difference.

As always we ‘want’ the best for your son and daughter as members of our learning community. Here are just a few examples from the past week where we have focussed upon the best:

- We have introduced a new Student Management Policy with a focus on the rights and responsibilities associated with learning and achieving success.
- We have introduced a new Anti-Bullying Policy designed to ensure that all students are safe in an environment where we follow a ‘zero’ tolerance in any area of anti-social behaviour.
- As parents **YOU** spend a considerable amount of your money on the College uniform – we are ensuring that ALL students wear the uniform correctly. I thank the many parents who have telephoned the College with words of support and encouragement as WE ensure the uniform is worn correctly.
- On Saturday, I attended the 79th Annual Picton Show to observe four of our students win First Place in the ‘*Alpaca Schools’ Competition*’. This was a wonderful day supported by parents and students. These young men and women competitors are a credit to both the College and their families. The organisers of the competition made comments about the attitude, the dress and the commitment demonstrated by Xavier students. I was extremely proud to be part of this great day.
- On Thursday we the Induction Ceremony of the SRC for 2015-2016 – These young men and women are truly a reflection of our motto ‘*for the greater good*’
- It was my great pleasure to induct our Year 12 class of 2016 as the new leaders of our College. They will continue the great tradition of Year 12 students who set the standard of learning at the College. My challenge to each of Year 12 is to ‘*exceed your own expectations in your learning and commitment to study*’.
- It was most encouraging to read the very positive comments, see many excellent results from our Year 11 students as they complete the Preliminary HSC Course. As a parent of a Year 11 student, please be assured that we will continue to focus upon the learning and encourage your son or daughter to improve their results during their HSC study.

Year 12 students commenced their HSC examinations this week. As a community we are praying for both the students and parents during this time. Our Year 12 teachers are available at the College should your son or daughter need additional support, direction or clarification.

The United Nations Children’s Fund put out a statement recently that contained the following: “*There’s nothing wrong in wanting the best for our children, it would be unnatural to wish otherwise. But next time you upgrade your child’s laptop or book those extra tuition sessions, spare a thought for the millions of children whose fingers will never touch a keyboard. They will be lucky if they ever learn to read or write or do basic Arithmetic.*”

Lord, empower us with Your Spirit to share with people born into poverty, who live in poverty, who die in poverty. Amen.

For the greater good.

Mr Michael Pate

From the Assistant Principal

Welcome to Term 4!

As we arrive at the beginning of the final term for 2015 it is reassuring to note the overwhelming support our school community continually receives from students and parents. The partnership that exists between home and school is crucial in achieving the common goals which are primarily focused around maximising the learning experiences for each and every student.

Please let us know if you have a question or concern regarding the education of your child. If we are made aware of issues early it gives us the opportunity to plan ahead for the best possible solution.

Police Talks

Senior Constable Ben Gillan is our School Liaison Police Officer at Xavier College. Ben works with us to educate our students through a range of school intervention strategies, educational programs and local relationships which model respect and responsibility.

School Liaison Police Officers are responsible for forging and maintaining links with all high schools throughout NSW. These officers develop and present programs in conjunction with teaching staff and act as a central point of contact on police, community and school issues.

School Liaison Police Officers may provide information, support and guidance on security, intervention strategies and child protection matters relating to the school as well as other issues relating to safety and community responsibility.

Ben will be conducting talks with Years 7-10 during this term. The topics covered during the talks are listed below:

Year 7 Bullying and Cyber-bullying

Year 8 Gangs and Groups

Year 9 Cybercrime, Alcohol and Drugs

Year 10 Public Order and Safe Parties

Xavier Day: Friday 4th December

Details regarding Xavier Day will be posted on our website in Week 4. I will provide a brief summary below just in case our community would like this information in advance.

We will begin the day with a Xavier Mass commencing at 9.00am,. All parents are invited to come along and share this Mass with us.

Following the Mass students will attend a carnival held on the College grounds. All costs associated with the carnival are covered by the College. A hot dog and a drink will also be provided to each student. As with any school day students can bring their own lunch or purchase food from our canteen.

For the College Mass, all students are to wear school uniform and change into appropriate mufti wear for the remainder of the day. Please note that only students who attend the Xavier College Mass will be permitted to participate in the carnival activities.

Some Important Reminders...

- If your child does not feel well at school please encourage them to go to the front office and speak to the office staff. The office staff will make contact with you if required.
- Please be aware that if you come to the front office to pick up your child without notice there will be a delay. This practice should only occur in an emergency.
- Thank you for ensuring that your child arrives at school by 8.30.
- If you have a question or a concern regarding the education of your child please make contact with their homegroup teacher. It is always better to ask rather than wait.



A Prayer for Teachers

God of Love -

Thank you for every teacher who notices a child's special gift.

Thank you for teachers who are listeners and gentle guides.

Thank you for teachers who expect much and love enough to demand more.

Thank you for the special teacher each one of us remembers.

God of Mercy -

Sustain teachers who give everything they have and feel abandoned when society expects too much.

Strengthen teachers who assume the blame for so many problems beyond their control. Help exhausted teachers rest.

God of Strength -

Encourage teachers to care and inspire them to nourish.

Motivate teachers to keep on learning for the fun of it and to make learning fun for children.

God of Justice -

help our nation find a way to steward our vast wealth to support teachers in their special calling, wherever they teach and whatever the race or religion or gender or wealth of the children.

We pray these things in the name of our great teacher, Jesus Christ.

Amen

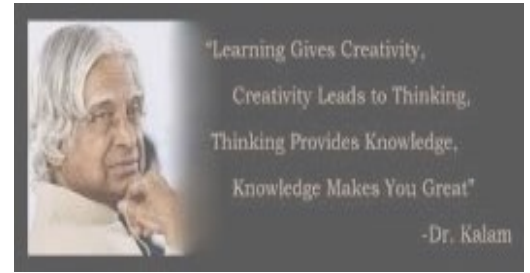
Thank you for your continued support,

Patrick Finnerty

From the Director of Learning and Pedagogy

*If you fail, never give up because
F.A.I.L means "First Attempt in Learning"
End is not the end, in fact
E.N.D. means "Effort Never Dies"
If you get No as an answer, remember
N.O. means "Next Opportunity"*

Dr Abdul Kalam



I came across this issue's quote on my Facebook feed. It is a profound way of thinking and one that is most relevant in a world of change and complexity where often "failure is not an option". The profundity of the message made me curious about the man who wrote it, Dr Abdul Kalam.

Dr Kalam was the 11th President of India. Born into a once wealthy lineage, his family were poor. As a young boy he had to sell newspapers to supplement his family's income. As a student he had average grades but was described as "bright and hardworking with a strong desire to learn"¹. He had a passion for teaching and education, and, as can be inferred by the focus quote, was a man of perseverance and commitment. Before becoming President, Kalam was a renowned scientist in the area of aeronautics and space research, and was intimately involved in India's civilian space program and military missile development. He was also the co-developer of a low cost coronary stent known as the "Kalam-Raju Stent". Dr Abdul died in July this year. At the anniversary of his 84th birthday, the current Prime Minister of India paid tribute to a man, he said, "believed that a nation is strengthened by its people", "who didn't look for opportunities but challenges" and "truly ignited young minds with the power to think and innovate."²

The powerful messages and life testament of Dr Kalam are particularly relevant as the Year 11 cohort commence their HSC journey. Some of them have known failure in the past and have been told "no", and many of them will feel like they want the journey to end before they reach the HSC examinations. However, if they always strive to exceed their own expectations, apply the messages in the focus quote and remember they do not journey alone, they will find reward and success in the coming year. The skills they learn during this journey, particularly the skills that create diligence, organisation, perseverance, determination, and the capacity to push through the mental and emotional barriers they will face, will last a lifetime. This year may well be the most intense year of learning in their lifetime, but it will be worth it and we are here to support, guide and challenge each of them along the way.

God bless,
Alyssa Roach

1 [https://en.wikipedia.org/wiki/A. P. J. Abdul Kalam#Early life and education](https://en.wikipedia.org/wiki/A._P._J._Abdul_Kalam#Early_life_and_education)

2 <http://timesofindia.indiatimes.com/india/PM-Modi-pays-tribute-to-former-President-Kalam-on-his-84th-birth-anniversary/articleshow/49372028.cms>

Xavier College Uniform Update

Summer Uniform Dress Code 2015/2016

DRESS CODE FOR BOYS

- Boys are required to wear long College trousers or shorts. The XC logo at the bottom of shorts needs to be visible to ensure that students are in correct uniform. Shorts are a uniform option and are not compulsory.
- School shirt—short sleeved, with College crest.
- Boys must wear a plain black – no fashion buckles are permitted on the belt.
- Grey school socks must be worn and must be visible above the shoes.

DRESS CODE FOR GIRLS

- Girls wear a short-sleeved College blouse.
- The girls must wear the kilt/skirt at knee length (should be able to touch the knee cap). Students will be asked to adjust the hem if necessary to ensure the kilt/skirt is maintained at the required length. Deliberately “rolled” skirts, at any time of the day, fall into the infringement category.
- White socks, covering the ankle, are to be worn with the girl’s kilt/skirt in summer terms.
- Girls may wear simple hair accessories in school colours of black or red only.

Acceptable skirt length



Unacceptable skirt length



GENERAL UNIFORM.

- The only acceptable hat is the College cap.
- While the blazer is compulsory in winter, it does not need to be worn in summer. If a student is cold, they can wear the school jumper without the blazer.
- No other garments are to be worn with the uniform. This includes coloured undergarments or accessories.
- Hard leather lace-up black school shoes (as shown in the following illustrations) are to be worn.

The following shoes **ARE** permitted:



The following shoes are **NOT** permitted:



- Facial piercings are not acceptable.
- Year 7—10 students are to use the College backpack.
- Hair colour/styles and jewellery requirements are listed in the diary.
- Only clear nail polish is allowed.

Thank you for your assistance in ensuring that your child adheres to our summer uniform. Please note that the Uniform Shop will be operating extended trading hours at the end of this term and during the January school holidays. The dates and times follow:

Uniform Shop—Extended Trading Hours

2015

November

Saturday 14th 9.15am-12.00pm

December

Tuesday 8th 8.00am-4.00pm

Thursday 10th 8.00am-7.30pm

Tuesday 15th 8.00am-4.00pm

Thursday 17th 8.00am-7.30pm

2016

January

Monday 18th 9.00am-3.30pm

Tuesday 19th 9.00am-3.30pm

Wednesday 20th 9.00am-3.30pm

Thursday 21st 9.00am-7.30pm

Monday 25th CLOSED

Tuesday 26th CLOSED

Wednesday 27th 8.00am-3.30pm

Thursday 28th 8.00am-4.00pm

From the College Administration Team

With the end of the school year fast approaching, parents are reminded of the following:

2015 School Fees

Thank you to those families who have already finalised their 2015 school fees accounts. If you have not yet finalised your fees account, please do so before the end of the year.

Should you be experiencing difficulties in meeting your fees commitment, please contact Mr Steve Hackett, School Fees Officer at Xavier College, on 02 4777 0924 or by email at shackett@parra.catholic.edu.au to discuss alternative payment arrangements.

Please note that all discussions are held in the strictest confidence.



Students Leaving Xavier College in 2015

If your child will not be returning to Xavier College for study in 2016, please advise the College, in writing, as soon as possible. Your letter should include the following information:

- Your child's name and year group.
- The reason they will be leaving the College (e.g. transferring schools, employment, TAFE, etc.).
- Their anticipated last day of attendance at Xavier College.

Thank you for your assistance in this matter.

Dawn Hackett

Director of Finance and Office Administration

From the Student Counsellor

October 2015 is Mental Health Month, with World Mental Health Day recognised on October 10th .

Mental Health Month is celebrated each year to raise awareness around mental health and wellbeing. This year the theme is ‘**Value Your Mind**’.



The main message of this campaign is to encourage people to prioritise caring for their mental health, just as they would prioritise caring for their family, their work and their physical health. When we make our mental health a priority, we are practising self-care, which is important for ensuring the maintenance of a balanced wellbeing.

Stress Less Day is also recognised as part of Mental Health Month and will be held on 26th October. Below are this year’s tips to Stress Less. Which ones do you need to focus on?



Maggie Trevena
School Counsellor / Psychologist

News from The Agriculture Shed...

Picton Show Team—Alpaca Competition

Boy what a day! The Picton Show had everything from horse competitions to cow competitions, then to our special competition, the alpaca competition. For the first time ever, Xavier College entered a team into the Picton Show. Our maiden entry, was one we had never done before - Alpacas. The team (Rebecca Walton, Brittany Pedersen and Bradley Sultana) practised and practised to the very best of their ability at school and on show day. They were very nervous at first when handling these intelligent and maybe dangerous animals (well at least when they spit), until they got into it and had a go. Event components included manoeuvring the Alpaca through the courses, answering questions such as how many toes do alpaca's have (the answer is 8 in total) and talking to the judge. Our team received a well-earned first place. "We came first?" said Rebecca. We had a little celebration and had a happy two hours home.

The team and the agriculture department would really like to thank the Walton family for their knowledge and for lending us their Alpacas. Rebecca Walton was not only a key team member but coached, trained and guided us throughout the whole process. We would also like to thank Mr Pate and the parents who came and supported us on the day.

By *Bradley Sultana* (8 Yellow)

Picton Show Day was a very committed day for myself and the people who I attended the show with. Early starts pay off for a long day of fun and achievement. Today, I devoted my time and hard work to an ex-student of Xavier College, Alysse, and her Castlereagh Limousine Show Team. Also, our Xavier Show Team, which has shown alpaca's for the first time, had a very successful day, coming first over all. We all went for fun and to have an opportunity to learn about livestock.

Overall, I have personally learnt so much at these out of school occasions which are practical and give you the chance to learn for the future about the agriculture industry.

By *Brittany Pederson* (8 Blue)



Sports Report

Important events for Term 4 2015

<i>Monday, 2nd November</i>	NSWCCC u/15 boys Cricket Selections Blacktown NSWCCC u/19 boys Cricket Selections
<i>Monday, 16th November</i>	PDSSSC Presentation Evening OLMC Parramatta
<i>Monday, 30th November</i>	PDSSSC Softball Trials NSWCCC Berg and Downie knockout competitions

NSWCCC Athletics

On Friday, 11th September 2015, thirteen students from Xavier College represented the PDSSSC at the annual NSWCCC Athletics Carnival. All of these students had qualified to represent at this carnival by either winning or placing second in their age category at the PDSSSC Athletics Carnival earlier in the term. To represent at NSWCCC is a huge achievement and demonstrates excellence in their chosen sport as well as a dedication to training and performance. All students are to be congratulated on their individual efforts and success on the day.

The results from the day are below:

12 girls	<i>Laura Carpenter</i>	3 rd long jump
	<i>Bryleeh Henry</i>	4 th 400m
14 girls	<i>Sundance Fuller</i>	4 th 200m, 11 th 100m,
15 girls	<i>Georgia Dengate</i>	7 th discus
16 girls	<i>Olivia Broadhead</i>	1 st shot put
18 girls	<i>Sienna Grady</i>	8 th 200m,
13 boys	<i>Lachlan Beecroft</i>	1 st 1500m walk
14 boys AWD	<i>Lachlan Ryan</i>	2 nd 200m, 1 st 800m, 2 nd 100m, 6 th shot put, 1 st long jump,
14 boys	<i>Ky Gibbs</i>	5 th long jump, 13 th triple jump
15 boys	<i>Harrison Smith</i>	4 th high jump
15 boys	<i>Josh West</i>	20 th 200m, 7 th javelin, 4 th discus
16 boys	<i>Hayden Currie</i>	4 th javelin, 1 st shot put, 2 nd discus
16 boys	<i>Liam McCann</i>	4 th 200m, 6 th 100m

Tara Interschool's Equestrian Competition

On the 19th and 20th September 2015 several students represented Xavier College at the Tara Interschool's Equestrian Competition. Equestrian has not run at Xavier College for over six years and its reintroduction has seen much accomplishment from many students at different events this year. Congratulations to all who competed. The results from the day are listed below:

Year 8	<i>Kimberly Brocktoff</i>	7 th sporting, 11 th bounce pony, 11 th mug race, 5 th sack race
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Around the Grounds – Sports Woman

Bryleeh Henry is Xavier College’s youngest sporting star. She has already achieved the titles of Swimming, Cross Country and Athletics Champion for 2015 in her age group. She has broken more than five records, been selected in more than three PDSSSC or NSWCCC representative teams and is a genuine sporting all-rounder. Bryleeh’s success however, does not stop when she gets home from school ... Over the last 12 months, out of school, Bryleeh has also achieved:

- 2014-15 Regional and Zone Athletics representative
- Feb 14-2015 2nd Overall Club Champion Athletics and 2nd Age Champion
- Feb 2015 Gold medal NSW Oztag State Junior Champions—Nepean Junior Oztag
- Feb 2015 Selected for NSW Oztag Under 12 State of Origin team
- Feb 2015 Gold medal—NSW State of Origin U/12 Champions
- Feb-Mar Division 1 Girls Under 13 Club Champions Oztag
- Feb-Mar Division 1 Under 13 Mixed runners up
- Sept 2015 Selected NSW Metropolitan West Soccer Team
- Sept 2015 NSW Metropolitan West Under 12 State Soccer Team, Undefeated State Champions
- Sept 2015 NSW State Futsal Championships, Magic Mountain Futsal Team
- 2015 Soccer Premier 1 League Position with Blacktown Spartans

Bryleeh has demonstrated how extra curricular endeavours can successfully compliment academic success and we wish her all the best at her upcoming tournaments and competitions and look forward to being a part of her success in the future.

Elissa Kitchin
Sports Coordinator





Important Dates for 2015

Term 4

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

<i>Monday, 12th October — Wednesday, 4th November</i>	<i>HSC Examinations</i>
<i>Monday, 19th October</i>	<i>Year 7 vaccinations Year 10 RE Incursion</i>
<i>Monday, 19th October— Wednesday 21st October</i>	<i>SRC Leadership Camp</i>
<i>Friday, 30th October</i>	<i>Years 9 and 10 History Incursion World Teachers' Day</i>
<i>Tuesday, 3rd November</i>	<i>P & F Meeting, 7.00-8.30pm</i>
<i>Friday, 6th November</i>	<i>Year 11 Society & Culture Incursion</i>
<i>Wednesday, 11th November</i>	<i>Year 12 2015 Formal</i>
<i>Thursday, 12th November</i>	<i>Year 7 2016 Information Night</i>
<i>Friday, 13th November</i>	<i>Year 7 2016 Orientation Day</i>
<i>Saturday, 14th November</i>	<i>Year 7 2016 Assessment Day</i>

**XAVIER UNIFORM SHOP
AND
SECOND HAND SHOP**

**OPENING HOURS
THURSDAYS ONLY
8.00am - 4.00pm**

REMINDER TO PARENTS

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

Phone: 4777 0900



Community News...

Post-Separation Recovery Program

A series of seven workshops which help you begin to

- deal with intense emotions
- face & accept your changed life-situation,
- attend to your grief,
- learn lessons from the past
- redefine yourself
- forgive and let go
- set new goals & rebuild on a strong foundation

The Program

Each Session led by trained Facilitators follows a set agenda including
Video Input,
Personal Reflection,
Journaling,
Large & Small Group Sharing,

Non Exploitative

Non Directive

Non Judgemental

Venue: Diocesan Assembly Centre
1-5 Marion St
Blacktown

Time: 7.30pm – 9.45 pm

Dates: Seven Wednesdays
21st Oct- 2nd Dec, 2015

Fee: \$80.00



Bookings essential.

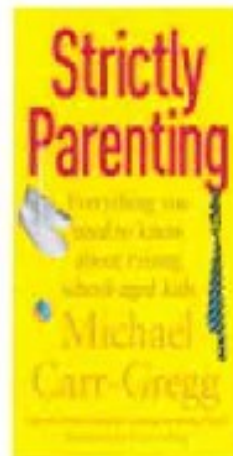
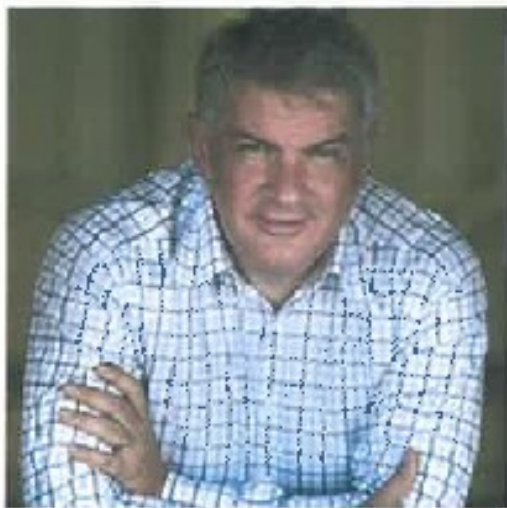
Solo Parent Services
Ph. 02 9933 0205
soloparentservices@ccss.org.au



Special Parent Presentation

Hosted by
Parents Representative Council,
Parramatta Diocese (PRC)

Be at the heart of your child's learning. |



Saturday 17 October 2015,
2pm to 5pm

St Andrew the Apostle Parish Centre,
40 Breakfast Road, Marayong

RSVP Thursday 15 October 2015 to
prcparraevents@hotmail.com



This is a FREE presentation for the benefit of
catholic school parents, friends and educators

Friday 30 October 2015 100%

An Apple for the teacher!

World Teachers' Day

To enter the competition, take a selfie with your teacher and tell us in 25 words or less how your teacher inspires you! You can enter the competition at www.parra.catholic.edu.au
Terms and conditions apply.

WIN A \$200 ITUNES VOUCHER FOR YOU AND AN APPLE MINI IPAD FOR YOUR TEACHER!

Follow @CatholicEdParra on Facebook to see if your selfie is featured as a finalist

#selfieforworldteachersday @CatholicEdParra catholicedparra

Catholic Education Diocese of Parramatta

ENTRIES CLOSE 29 OCTOBER 2015