



Newsletter

● Issue 3

● 11th March 2019

Prayer

Do You Want to Fast This Lent?

Fast from hurting words
and say kind words,
Fast from sadness
and be filled with gratitude,
Fast from pessimism
and be filled with hope,
Fast from worries
and trust in God,
Fast from pressures
and be prayerful,
Fast from bitterness
and fill your heart with joy,
Fast from selfishness
and be compassionate to others,
Fast from grudges
and be reconciled,
Fast from words and be silent, so you can listen.

MichelleDeRusha.com

--Pope Francis

Principal's Message

Friday 8 March is a very important day across the world because it is International Women's Day (IWD). Due to a funeral this Friday, Xavier is going to celebrate IWD next Tuesday, 12 March. On this day, we will celebrate the strength, bravery and intelligence of girls and women. We will reflect on the significant role that women play in keeping families, communities and society together. The Strong Women, Female ATs and Female Yellow Shirts connected to our schools help keep our school communities strong, connected and safe.

On IWD, we remember and thank every mother, grandmother, auntie, sister, niece, cousin and staff member who helps our students be the best young people they can be. At Xavier, we are also lucky to have fantastic male staff who are supporting our girls every step of the way so we thank them too, on this special day.

The other important thing about IWD is that it makes us think about the areas we still need to improve in for girls and women. One of these is violence against girls and women. A national survey found Aboriginal and Torres Strait Islander women report experiencing violence at 3 times the rate of non-indigenous women. Xavier is committed to educating our young men about the right way to treat young women and we teach our young women to speak up for themselves and to ask for any support and help they need.

Our IWD assembly will be held on **Tuesday 12 March in the library from 12.30 pm to 1.00 pm** followed by a BBQ lunch and cake! If you would like to attend, please let Shona Strong (admin.xcec@nt.catholic.edu.au) know for catering reasons.



As we move into Lent this week, I would like to leave you with the challenge that Pam Brown REC gave Xavier when she asked us to think about ways we can become better people over these 40 days:

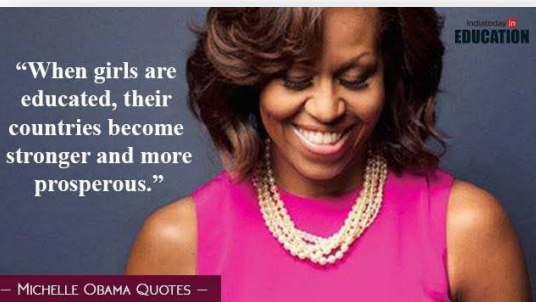
What can I do to be kind?

What can I do to help other people?

How can I be a better person?

Let's all try to give Lent 100% this year!

Warm blessings, Andree





International Women's Day

YOU ARE WELCOME

ASSEMBLY

Tuesday 12 March in the library

12.30 pm to 1.00 pm

followed by a BBQ lunch and cake!

If you would like to attend, email

Shona Strong

(admin.xcec@nt.catholic.edu.au)



MESSAGES FROM THE LEADERSHIP TEAM

RELIGIOUS EDUCATION COORDINATOR Pumutinga - Ash Wednesday

On Wednesday we celebrated the beginning of Lent with a joint Ash Wednesday Mass at MCPS. It was well attended by students, community members and visitors to the island. The Strong Women led with beautiful singing as we received the healing ashes.

Father Pat told us the Gospel story of the temptation of Jesus in which He spent 40 days and nights praying in the desert and being tempted. 40 is a special number used to show journey and change. Lent is the 40 days which leads to Easter, and are a journey on which we walk towards our remembrance of the death and resurrection of Jesus.



During our first week of Lent we are reminded of the significance of the Purunjiti, Message stick in Tiwi culture. Purunjiti were used by Tiwi people for requests to fellow tribesmen, invitations to groups to perform ceremonies and linked to “Pukamani”. Purunjiti designs referred more to the road to follow, than the actual message. This is why at school we use the message stick for Lent – because the road begins with Ash Wednesday and takes us through to the greatest “Pukamani” ceremony of all – the death of Jesus on Good Friday.

Religious Education Coordinator: Pam Brown

CURRICULUM COORDINATOR This week instead of a classroom report, I would like to share a story that was told at assembly this week....

One day a farmer’s donkey fell into a well.

The animal cried for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn’t worth retrieving the donkey.

He invited all his neighbours to come over & help him. They all began to shovel dirt into the well.

At first, the donkey didn’t realise what was happening and cried horribly. Then, to everyone’s amazement he quietened down. A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing.

As the farmer’s neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well & happily trotted off!!!

When we are trying to learn, we can just want to give up like the donkey and was in a bad place and could have given up. Or we can use what life throws at us, just like the donkey did, to take steps up and up and up! Be stubborn like the donkey and don't give up - LEARN EVERY DAY!



Curriculum Coordinator: Justin Brennan

MESSAGE FROM THE SCHOOL PSYCHOLOGIST

Hello again!

I have had another great couple of weeks getting to know our students and showing teachers and students the Tiwi Brain! I have been shown such kindness by our students, school staff and community as my family and I settle in to life on Tiwi. Kind acts by others make us feel welcomed and give us a sense of belonging – so this week I wanted to share with you some information on how Kindness can help us all!



Why be kinder?

Being kind is an enjoyable experience. It makes you feel good and useful and alive and it validates you as a human being. When you are kind it triggers a number of beneficial physical and psychological responses. The most obvious response is the feel good sensation, which has been officially titled the "helper's high".

When you do something good, your body rewards you by releasing endorphins. These endorphins create the feel good experience and also have the capacity to reduce or even block pain signals to the brain.

The person who receives a kind act experiences the 'feel good' response, too! It's a nice experience when someone smiles at you or thanks you, or compliments you, or helps you in some way. It creates a bonding and in that moment there is a greater sense of worth about yourself and people in general.

It has been scientifically shown that regular, small acts of kindness have a positive effect on your physical and mental wellbeing, but also on your longevity. Kindness is not only a feel good experience, it is also beneficial for your health.

This Week's Challenge – 3 of 3s!

Express 3 gratitudes; these can be private. Simply think of three things you are thankful for.

Do something kind for another person. This could be as simple as paying someone a compliment... Try to do three kind things each day.

Notice kindness in others – try to notice another person being kind three times throughout the day.



School Psychologist: Victoria Gottliebsen

MESSAGES FROM TEACHERS



ENGLISH DEPARTMENT *The more we read, the more we know. The more we know, the more we grow.*

Over the last several weeks in English we have been focusing on developing our students' independent reading skills. This is a fundamental element within the English curriculum as it forms a basis of language from which our students can extend their knowledge and grow. In beginning this journey, the students in Jarranga have been independently reading our shared novel, 'Because of Winn-Dixie', while also selecting their own novel to read and summarise later to the class.



The English department would also like to applaud the initiative of Tenisha Tipungwuti (Stage 1) who has requested to take a novel from the school library home to read after hours. We are really excited to see the learning happening through reading moving forward!



MICHAEL LONG CAMP

Michael Long Camp 24/2/19 – 1/3/19

Last Sunday a group of 10 Xavier students participated in the Michael Long Camp at the MLLLC. While the program was education based, the boys were also able to spend time bonding as a group during leisure activities.



The theme for Monday was Leadership and the boys discussed what it meant to be a leader. They talked about who were the leaders in their community and the traits they possessed. After lunch the students visited Parliament House, spending time in chambers and learning about how the government system worked.



Tuesday was based on Healthy Eating and the boys displayed brilliant behaviour when learning about the different food groups and what foods are part of a balanced diet. The boys were then able to put their new ideas into action as they worked in pairs to create healthy pizzas. In the evening the group went down to the wharf for dinner and had a walk around the bay.

On Wednesday we discussed what it meant to Play Fair. This could be in the sporting arena or in other areas of life. The boys were visited by the Motor Accident Commission where they learned the importance of wearing seatbelts in the car – Click Clack Front and Back. Just before school had finished, the group went on a visit to Haileybury Boarding School. After a long hot day the group spent time going down the slides and playing in the pool at the Leanyer Waterpark.



MICHAEL LONG CAMP

Thursday was our last full day of camp and the most action packed. The daily topic was 'Working as a Team'. With visits from No More Violence and St Johns First Aid, the boys were able to put their learning into practice and demonstrated good understanding of the concepts. Once all the lessons had finished the boys were driven out to St Johns Boarding School where they participated in a drama lesson with Tiwi children who attend this school. The afternoon consisted of shopping at Casuarina, eating dinner as a group then bowling and Laser Skirmish at KingPin.



After a big week behind us, Friday involved a quick wrap up where the boys were presented with certificates for completing the camp. Once all the rooms and bags were packed up, the group boarded the Michael Long Bus and headed back to Cullen Bay where the ferry awaited. It appeared most boys had a busy week as they slept most of the journey home.



List of the certificate winners

Leadership – Marcus Portaminni
Eating Healthy – Robbie Munkara
Play Fair – Max Kerinaiaua
Work as a Team – Francis Juan Orsto
Help Others – Damon Daniels

A big thanks goes to the Michael Long centre for hosting the group. All the boys had a great time and have returned to school with a greater level of maturity and confidence. Also a big thank you to Assistant Teacher Dominic Tipiloura for all his tireless work while on camp.



Josh Leane, HPE Coordinator

YEAR 7 STUDENTS ADDRESSING ASSEMBLY



FAMILY OPEN DAY



**CATHY
FREEMAN
FOUNDATION**
EDUCATION CHANGES LIVES



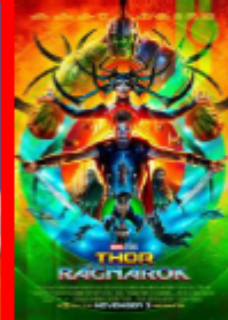
FAMILY OPEN DAY

Families are invited down to MCPS an Xavier for a Family Open Day with the Cathy Freeman Foundation!

Talk to the teachers, join the students in class, hear about wellbeing and family support and join in the fun activities! And get a photo of your family to take home!

DATE: WEDNESDAY 20th MARCH

WHERE: MCPS and XAVIER



Activities:

9am-12pm – Open Classrooms, meet the teachers

12-1pm – BBQ Lunch

1 -2:30pm – Activities: face painting, sports competition, movies and more!

All day – Family Photos, printed to take home with photo frame

XAVIER CC HIGHLIGHTS



Xavier is very proud of Helen and Kayne Fernando for helping a very sick person last week in the main street. Bec from the Clinic came to Assembly to tell us the story of two Xavier students who saw a very sick person lying on the ground near the shops. They rolled her into the recovery position, told her that she would be ok and called 000 to contact the Clinic. Because they were brave and intelligent, this lady was able to get the medical attention she needed that afternoon. Helen and Kayne might have even saved her life!

We are so proud of you both and you are Xavier's heroes this week!



Xavier and MCPS staff have been updating their First Aid CPR skills.



We are so pleased to see Peter Apuatimi who is currently studying in the Employment Pathways program working hard assisting the groundsmen each week. He is gaining quality skills to help him get ready for employment. Well done Peter, you are doing a fantastic job with your great work ethic.

COMMUNITY NOTICES

The Hearing Services Outreach Team will be visiting **Wurrumiyanga on 11-15th March** to conduct an **Audiology/Teleotology outreach**. If your child has an appointment they will need to attend the appointment with a **parent or guardian**.

