



Xavier Catholic College Newsletter

20 March 2020
Issue 17

Strong in Faith • Strong in Culture • Strong in Learning

Xavier Catholic College is committed to the safety, wellbeing and empowerment of all children, young people and vulnerable adults. Drawing on Tiwi traditions and the teachings of Jesus Christ and Bishop Gsell, we recognise and uphold the sacredness of our young people and the need to protect all children from abuse and exploitation.

Prayer for Community

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.



International Women's Day

Upcoming Events:

Week 8

Stage 2 NTSDE Study Camp (CANCELLED)
Essendon Training Day (CANCELLED)
National Close the Gap Day (Thursday)

Week 9

EP & Stage 1 Construction (CANCELLED)
Forestry Training (CANCELLED)
NT Swimming (CANCELLED)

Week 10

Passion/Palm Sunday
NT Swimming (CANCELLED)

Week 11

Holy Week
World Health Day (Tuesday)
Last Day of Term 1 (Thursday)
Good Friday
Easter Sunday

- Mondays: Study Club/Book Club
- Tuesday: Assembly/Activities
- Wednesdays: Pastoral Care
- Thursdays: Cultural Program





Principal

Understandably, there is a lot of worry in our community about coronavirus and we have been preparing our students and staff so that everyone feels calm and okay. The message from the Government right now is that schools are the safest places for children to be. They have soap here and are made to wash their hands, they are in clean classrooms and they have good, healthy food to eat! All these things will help beat the virus!

Dr Justin from the clinic spoke to Xavier this week and he told us the things we can do to help the virus slow down its spread. He also told us that at the moment there are NO CASES of coronavirus here and the Tiwi Islands are one of the safest places in Australia to be!

Dr Justin said that it is really important to remember that there will be a first person to get the virus here and that person should not be blamed or feel bad. It will not be their fault, just bad luck. We have to keep being a community that cares for each other and works together in hard times.

For now, we have to remember to say hello with words, not hands! We have to sneeze into tissues and throw them into bins, and practise coughing into our elbows. The most important thing we have to do is to WASH HANDS WITH SOAP. All Xavier students are now washing their hands FOUR times a day and they are teaching their families too.

The Pope put out a lovely poem of HOPE this week and I would like to share it with you today:

"Tonight before falling asleep
think about when we will return to the street.

When we hug again
when all the shopping together will seem like a party.

Let's think about when the coffees will return to the bar, the
small talk, the photos close to each other.

We think about when it will be all a memory but normalcy
will seem an unexpected and beautiful gift.

We will love everything that has so far seemed futile to us.

Every second will be precious
Swims at the sea, the sun until late, sunsets, toasts, laughter.

We will go back to laughing together.
Strength and courage."



Until next time, please be safe, wash your hands, look after your families and come in and talk to us if you have any worries. We are here to support you so that you can support your children and get them to school. School is a safe place to be.

Andree Rice
Principal

STATEMENT TO STAFF/ PARENTS/ CAREGIVERS

Dear Parents/ Carers

I am aware that there may be some concern amongst our school community at the moment regarding the COVID-19 virus and the health of students.

Please let me reassure you that the safety and wellbeing of every one of our students is our highest priority.

We are working closely with CENT support staff and following the advice of the Department of Health in dealing with risks posed by COVID-19. Our school is taking all reasonable measures to prevent the spread of the virus at the school.

It is important to acknowledge that it can be normal to feel worried or anxious about this situation, parents and children alike. If your children are worried about this virus, you can help them by providing reassurance and perspective – it is unlikely that they will get sick, but if they do, they will go to the doctor. Most children have mild symptoms and feel well again soon. Also remember that speaking with them about increased handwashing, covering their mouth when coughing, sneezing into their elbow and general good hygiene practices will help them feel empowered in this time.

Please keep in mind that we all have an important part to play in promoting good hygiene and public health messages that will help contain the spread of this virus and protect those in the community who are at the greatest risk.

As a Catholic community, we can extend our prayer for all those impacted in Australia and abroad, and show care and support for all members of our community. Much like the flu that affects many people each year, it is not out of the question that people we know may be ill with symptoms caused by COVID-9 and if so, it is important that we offer them our support, while we follow advice from health authorities.

If you would like to talk to your children about the virus, here are some useful resources:

How to talk to your kids about coronavirus:

<https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>

This is the comic for children explaining the coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

A 4 minute animated clip for children on coronavirus

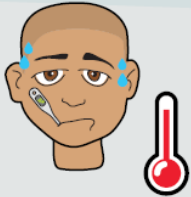

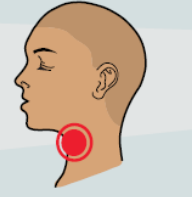
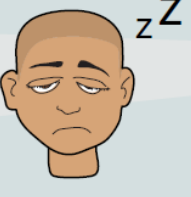
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

For updates from Health NT
health.nt.gov.au




Andree Rice
Principal, Xavier Catholic College

Most people have mild cold/flu like symptoms

What are the symptoms?

 <p>Fever (sweats)</p>	 <p>Cough or shortness of breath</p>	 <p>Sore throat</p>	 <p>Tiredness</p>
--	--	--	---





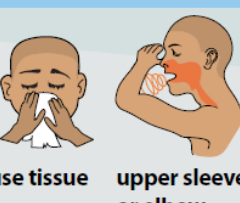


What treatment is needed?

 <p>Medication (Paracetamol)</p>	 <p>Drink fluids (water)</p>	 <p>Rest (sleep)</p>
--	--	--

Coronavirus can spread through close contact and droplets

 <p>Touching people or surfaces</p>	 <p>Door handles Phones</p>	 <p>Coughs and sneezes</p>
---	--	--

How can I reduce the spread of Coronavirus?

<p>How to stay well</p>  <p>Stay home (rest)</p>	<p>Wash hands with soap</p>  <p>before food</p>  <p>after coughing or sneezing</p> 	<p>Cover coughs and sneezes</p>  <p>use tissue upper sleeve or elbow</p> <p>Wash hands with soap</p> 	<p>Bin used tissues</p>  <p>Wash hands with soap</p>
---	---	--	---

IF YOU ARE UNWELL VISIT CLINIC

<p>Keep away</p>  <p>at least 1m from people, more if sick</p>	<p>NO SMOKING</p>  <p>do not smoke do not share smokes</p>	<p>Take medications</p>  <p>use regular medication and puffers</p> <p>Get the INFLUENZA vaccine</p>
---	--	--

SEE YOUR DOCTOR IF YOU ARE UNWELL

Visit your doctor or clinic if you have difficulty breathing, eating or drinking.
Especially if you have chronic heart, lung, kidney or diabetes or weak immune system

Curriculum

Xavier graduates are continuing to make waves wherever they go, and over the past few weeks we have had some exciting news from one of our 2019 students.

Rosemary (EP class of 2019) was accepted into the University Preparatory Program at the University of Adelaide. Rosemary will be living at one of the University's colleges, studying full time and learning all the skills she needs to be a successful university student. A big congratulations to Rosemary! We are looking forward to following her journey down in Adelaide.



Just like when we lift weights or go for a run and our muscles get stronger, the more we use our brain, the stronger it gets. So every two weeks, at the school assembly, students and staff alike are challenged to stretch their brains with a riddle. Some of our students are very quick with these now - why don't you test yourself and your family every fortnight and make your brains grow! The answer will be published in the next newsletter, along with a new riddle to make you think all over again.

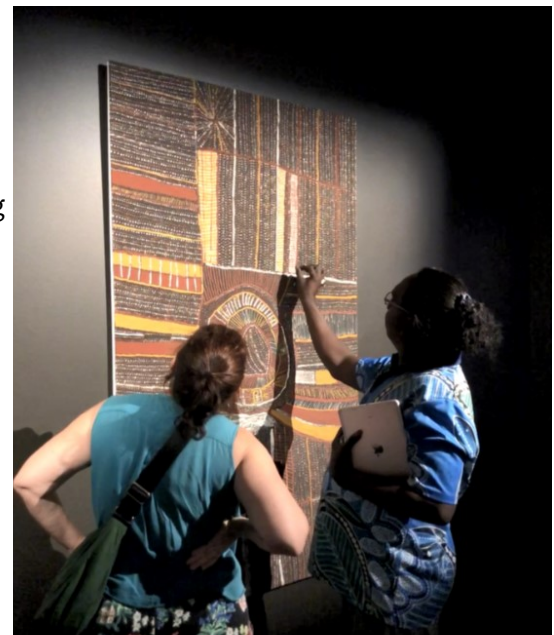
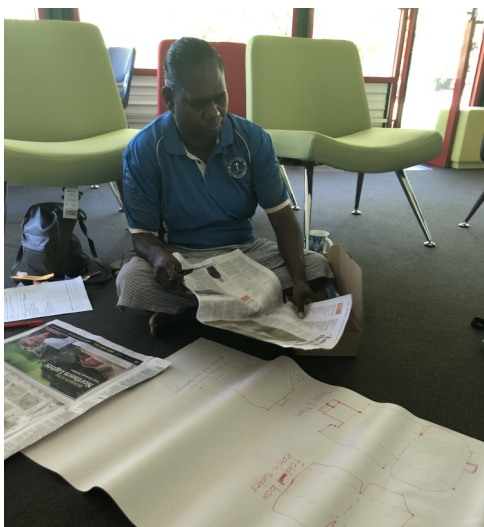
Justin Brennan
Curriculum Coordinator

Riddle of the Week

What word in the dictionary is always spelt wrong?

Religious Education

The Pre-Service Teachers, Edwina Portaminni, Bertram Tipungwuti, Rachel Puantulura spent the week at Charles Darwin University studying Science, Technology, Engineering and Mathematics. These studies are part of the final year of their Primary Education Degree. During the week they investigated how solar ovens work, made their own models then tested them before evaluating how they could make improvements.



They also visited the museum and studied the displays and art work in the exhibition about the Earth, Moon and Stars in preparation for a teaching resource they will be creating for teachers and students back at Wurrumiyanga.

Pam Brown
Religious Education Coordinator

Stage 2 Child Studies



The Year 12 students have created children's books as part of their learning in Stage 2 Child Studies. As part of this, all three students were challenged to include a Tiwi cultural element to share with the children at the Pwakayini Preschool.

Marietta chose to create a tactile (touch) book about an Yirrikipayi making friends with other Tiwi named animals, Tenisha created a counting book about elements of Tiwi culture, and James re-created the creation story of Mundungkala. The children at the preschool were so excited to read the books with the Year 12s and to receive the books as donations.

We are very proud of the students' work and look forward to them sharing their stories with the wider community.

Emily Peacock
Stage 2 Teacher



International Women's Day

On Tuesday, 10 August we celebrated International Women's Day. There were some special guests invited to the assembly: the ladies from the Museum and Op-Shop, Cathy Freeman Foundation, Yellow Shirts and the MCPS Year 5 and 6 girls and teachers. We held a short assembly, with Rayma and Chloe introducing the speakers. Matt and Cosi spoke about inspirational women in their lives. One of the women who inspires Cosi is Fiona and it's great that Fiona was able to hear about the difference she has made in Cosi's life. At the end of the assembly some of the Xavier teachers sang a song called I am Woman to the assistant teachers. The song is about women being strong and supporting each other.

After the assembly we all had lunch together. Then we went into different groups to do activities, students could choose between getting their nails or hair done, decorating cookies, playing basketball or getting a henna design. There was lots of laughing and big smiles. We hope that next year the celebrations are even bigger and we are so pleased that we could take some time to recognise the amazing women in our families, communities and around the world.



Cynthia Pereira
Teacher



