



Newsletter

● Issue 2

● 22nd February 2019

Prayer

God,

We pray for all Indigenous Australians who are in the army, navy or air force; that they may be safe and strong. We pray for those who have already died; that they may enjoy peace with God in Heaven.

Amen



AUSTRALIAN WAR MEMORIAL



Principal's Message

Week 3 is here and our students are settling into Xavier's positive learning environment. I hope you have noticed how clean and green our beautiful school is looking. This is because of the hard work of our groundsman - Tom, Sam and Canice. It is also wonderful walking around the school hearing so many happy hellos and "hi Andree, how are you?" Respect is a very strong message at Xavier and we do a lot of work with our young men and women so that they understand what respect looks like and feels like at school. We are lucky to have the Assistant Teachers (ATs) play such an important role in helping our students develop their behaviours so they are positive and can guide them successfully into adult life. A very big thanks to Angelo, Bertram, Dom, Brad, Edwina, Edmena and Jericka. This week on Assembly I talked about Dr Miriam Rose Baumann AM, an elder from Daly River community. Dr Baumann was the first Indigenous teacher in the NT; she was awarded an Order of Australia and has set up her own foundation, *The Miriam Rose Foundation* to empower Indigenous youth. I showed the students a YouTube clip called *Dadirri* in which Dr Baumann talks about the need for deep, inner listening. If we listen like this, she says, we can connect with ourselves, each other and with God. I gave the students the challenge of taking time this week to connect with their own 5 senses:

What are 5 things you can see?

... 4 things you can hear?

... 3 things that are going on in your body?

... 2 things that you can smell?

... 1 thing you can taste?



If we listen like this, life will be calmer, happier and easier to manage. Thank you for supporting Xavier and for working with us to strengthen the outcomes of our very precious young people.

Warmest blessings,

Andree

MESSAGES FROM THE LEADERSHIP TEAM

DEPUTY PRINCIPAL

Over the past two weeks we have been working very hard at the College to remind all students about the importance of our School Rules and what they mean.

STAY SAFE

RESPECT EVERYONE

LEARN EVERYDAY

STAY SAFE

The colour red for this rule is to alert all staff and students to the need that we must all feel safe at school. Some ways of keeping safe are:

- ✓ no play fighting
- ✓ dogs remaining at home so they don't hurt anyone
- ✓ not kicking bins or throwing rocks when angry, talk to a member of staff about what happened



RESPECT EVERYONE

The colour blue for this rule is to be calming. When we show respect towards each other we can build a strong school community that looks out for each other and looks after each other. Some ways of respecting everyone are:

- ✓ having good manners and saying hello before asking for something
- ✓ not swearing at each other
- ✓ listening to staff and not calling out in class

LEARN EVERYDAY

The colour green for this rule means 'GO FOR IT!' Just like a green traffic light. We feel safe and respect each other, we can then learn everyday and have the chance to achieve our dreams.

It has been great to see a number of parents and families coming into school to talk about how their child is going and what families can do to continue to support them outside of school. Please feel free to come into school at anytime if you have any concerns.

God Bless,

Deputy Principal: Liz Moodey



MESSAGES FROM THE LEADERSHIP TEAM

RELIGIOUS EDUCATION COORDINATOR

International Women's Day – Friday 8th March

This year a group of Xavier senior students are taking part in the planning and organisation of Bathurst Island's celebration of International Women's Day, along with other community representatives. Marietta Puautjimi, Ephrianna Tipungwuti, Hayley Tipiloura and Taluhla Turner visited the Catholic Care Centre last Thursday for the first meeting where they

talked about the strong, confident women and

listed their ideas for how to celebrate this important day, with both men and women. The next planning meeting is on Monday, 25th February, at 1.30pm, at the Catholic Care centre.



Tuesday, 19th February, was the 77th Anniversary of the bombing of Darwin by the Japanese air force during World War II. This week students visited the Tiwi museum to take part in workshops run by the Tiwi staff and Sister Anne to learn about what happened and the important part Tiwi people played during that time. Thank you to the Tiwi museum staff and members of the community for teaching the students about a very important part of the island's history.

Religious Education Coordinator: Pam Brown

CURRICULUM COORDINATOR

What a busy few weeks of learning Xavier students have had!

Students have been completing tests with their Maths and English teachers to see what they know and how Xavier teachers can help students grow. Well done to all students who have shined so far in their tests! Teachers will be chasing up any students who have missed tests next week.

Senior students have also been very lucky to have teachers come in from Darwin to help them with their school work. We would like to thank MaryAnn from NTSDE for helping Stage 1 students with their English. We would also like to thank Bruce and Jenni from Catholic Education NT for coming to deliver Construction and First Aid training to some of our Stage 1 and EP students.



Curriculum Coordinator: Justin Brennan

MESSAGES FROM TEACHERS



EMPLOYMENT PATHWAYS have an exciting term ahead. With the football grand final only a few weeks away, the students will be preparing food to sell on the day. Also the students are working towards going on work experience in Week 7. This is an opportunity for the EP students to demonstrate their talents and skills whilst representing Xavier Catholic College in a positive manner.

Teacher: Yolanda Lombardo



HEALTH & PHYSICAL EDUCATION students have been researching the mental and physical benefits of fitness. They have then used this knowledge in the practical sense by participating in class gym sessions to improve their strength and performance. It has been fantastic to see students helping each other out and learning together.

Teacher: Josh Leane

LITERACY The Employment Pathways students enjoyed making fudge. Using only cocoa, icing sugar, a little butter and some cream cheese - and a zip lock bag - students whipped up some delicious chocolate fudge. No pots, no pans and no oven so no clean up! Delicious activities happening in Literacy classes with Fiona!

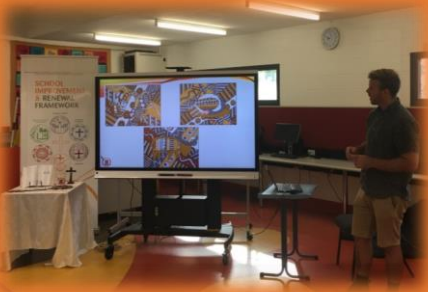
If you are interested in making this at home, here is the recipe:

FUDGE IN A BAG

- 100 g cream cheese
- 3 cups icing sugar
- 1/2 cup cocoa
- 2 tbs butter
- Place all ingredients in a resealable bag.
- Use your hands to mix the ingredients all together.

With the ball of fudge still in the bag, flatten out with your hand and then remove and cut into squares.

Teacher: Fiona Ruth



ART & DESIGN At the end of last year our Tiwi teachers held a meeting with the junior students, to rename our junior groups. Collaboratively they decided on three names, which were Yilinga, Mayimampi and Jarranga. During the first week of 2019, they were then asked to design artworks to represent each group. After seeing our students produce traditional yet individual designs, it was too hard to simply choose a single design. So I sorted through all of the designs, picking and choosing patterns from some and animal designs from others and these images (ABOVE/BELOW) were the result. We are all proud of the students' confidence to have a go and they should be proud of themselves in return.

Art Teacher: Ash Webb

MATHEMATICS Welcome back to Xavier 2019! Students are getting back into the swing of things now and as part of their maths program they have been using the online maths program Studyladder. This week at assembly we congratulated the students who have been working hard and have achieved 100 points in the program. Well done everyone.

Teacher: Gabs Lindsay

GOO Wednesday 20 February saw our GOO students farewell Therese Kersten who has been one of the lecturers from Charles Darwin University who has delivered some of the units the students have studied. Therese also organised the trip to East Timor with the students in April of 2017. We thank her for her support and expertise and wish her well on her adventures. We welcome Cris Edmonds-Wathen into the new role to deliver units of study and support our GOO students in preparation for their teaching prac. The GOO students will soon be preparing lessons to deliver into some classes in the primary school. It will be great to see the confidence and skills of our GOO students develop over the remainder of the term. Geoff Perry from Darwin Catholic Education also visited the GOO students, as well as Andree and Berkley to discuss different aspects of the program and where it is going.

GOO Coordinator: Leila-Jean Flannery

MESSAGE FROM THE SCHOOL PSYCHOLOGIST

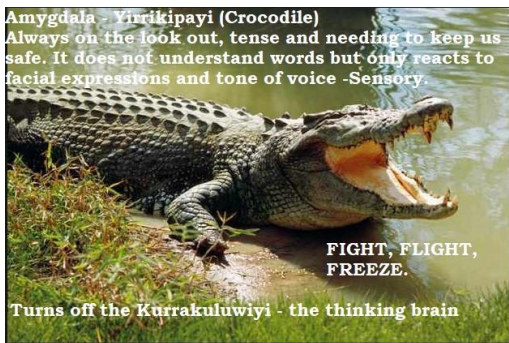
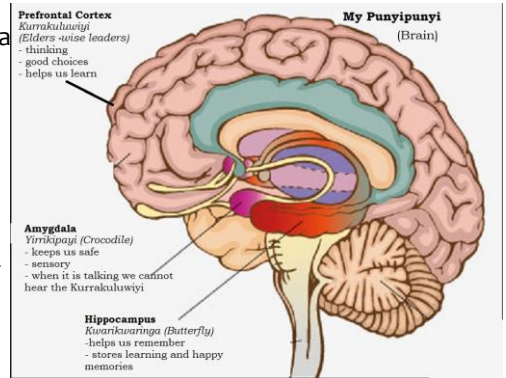
Hi all,

I just wanted to take the time to introduce myself. My name is Victoria and I am working with Xavier and MCPS this year. I was born on my parents land at their home in Noonamah outside of Darwin and I grew up in Humpty Doo. The last couple of years I worked with the CEO and visited Wurrumiyanga twice a term, but now I am living on the island with my family. I have two sons, Kourtney at XCC and Cyrus at MCPS. My husband is a chef and is working in the Primary School.



My role is as the School Psychologist. I work with people to help them understand more about their punyipunyi (brain). I LOVE to help kids get the best out of education and that's why I chose to work in schools! Knowing about our brains can help us to learn, grow, have good relationships, make good choices and be best able to manage ourselves so we can be strong leaders for our young ones.

This week in our newsletter I wanted to share with you three very important parts of our brains! The **Prefrontal Cortex** is the front of our brain, this is the thinking part – we can also call this our Kurrakuluwiyi – the wise elder section of our brain. Just like in community, the Kurrakuluwiyi helps us to make good choices and be respectful. The next part I want to tell you about is the **Amygdala**. We can call this the Yirrikipayi (Crocodile). It is always on the lookout. It is tense and needing to keep us safe. It *does not understand words* but only reacts to facial expression and tone of voice. The Yirrikipayi can SNAP and when it does it can turn off the Kurrakuluwiyi – it stops us listening to the elders. It causes what we call FIGHT FLIGHT FREEZE response. Lastly is the **Hippocampus** we can also call this the Kwarikwaringa (Butterfly). The kwarikwaringa has a special relationship with the Yirrikipayi (Crocodile) reminding it of memories associated with dangers, stress and anxiety. It helps us remember; stores our learning and our happy memories. But when we are stressed it tells the Amygdala – the Yirrikipayi to SNAP! To keep us safe. Sometimes our Amygdala SNAPS when it doesn't really need to – because sometimes our Kwarikwaringa makes mistakes about what is scary. But there are lots of things we can do to keep it in check and keep control of our Punyipunyi so we can learn and be good friends and strong leaders.



Help your kids learn about the three parts of the brain by putting these pictures on your fridge!

It has been a pleasure working with students and families over the past two weeks and I look forward to meeting more of you as we learn and grow our understandings of the brain together!



School Psychologist: Victoria Gottlieb

MESSAGES FROM OUR COMMUNITY



Hello everyone. I'm Robbie and I'm the current RSAS Co-ordinator. I have a team of 15 RSAS staff. You have probably seen us around as we wear very bright yellow shirts! Our job is to encourage kids to come to school. Each morning, we go around with the bus picking up students. You can help us by making sure your children are standing on the verandah so we can see them. If your children are not coming to school, we are there to try to support you and we will come over to have a chat with you to find out what is going on. Please make our staff feel welcome when you see them. Our job is a tough one but it is also rewarding. We can be contacted at the Yellow Shirt Office at Xavier.

Robbie Joran.

We had a fantastic presentation from the Australian Army Cadets last week to encourage Xavier students to join 76 Australian Army Cadet Unit. Cadets offers young men and women challenging and inspiring experiences such as making new friends, being part of a team, learning to take responsibility, gaining leadership skills and learning skills like safe firearms handling, military drill, orienteering and map reading. Uniforms and equipment are supplied to cadets and costs for holiday camps, occasional weekends and regular weekly training are covered by the Army. There are also opportunities to travel overseas and previous Xavier student Nomiki Pastrokos was fortunate enough to go to Singapore at the end of last year. We were delighted to hear Steele Munkanome speak as Steele a student at Xavier Catholic College and he is now part of Norforce. Steele shared how much confidence, skills and training he has received as part of being in Norforce. For more information please contact Debra Marshall at TITEB on 0400 720 081.

Andree Rice, Principal



MATHEMATICS AWARDS OF THE WEEK



PHOTOS OF THE WEEK

Yilinga making healthy burritos



PHOTOS OF THE WEEK

Employment Pathways Students



Steele Munkanome

