



# Xavier Catholic College Newsletter

30 August 2019  
Issue 10

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.*



## Upcoming Events:

### Week 6

Cathy Freeman Camp in Sydney (Sunday—Friday)  
NT Tennis Camp in Darwin (Thursday—Sunday)

### Week 7

EP Students' Construction Certificate  
Stage 1 Workplace Practice Work Experience  
Stage 2 Completers Camp

### Week 8

Girls' Michael Long Leadership Camp in Darwin

### Week 9

EP Students' Work Experience

### Week 10

EP Students' Construction Certificate  
MCPS School Fete (20 Sept)

- Mondays: Study Club/Book Club
- Thursdays: Cultural Program
- Wednesdays/Fridays: Afternoon Activities Program

## Prayer for Community

We pray for all people who are sick, hurt or grieving.

Please heal their hearts, minds and bodies with your comfort and hope.

Help us to reach out to people around us so that we may show them your love.

Amen





## Principal

A small group of Xavier teachers attended the **Festival of Teaching** in Darwin last weekend. These kinds of opportunities are very important in our development as professionals. Teaching is a very demanding and ever changing career and teachers have to continually search for ways to stay on top of our game. Just as we tell our students, “Learn everyday!” this has to apply to us also.

I believe that teaching is one of the most noble of professions and HPE Co-ordinator, Josh Leane, shared on assembly this week that he became a teacher not to “help” young people, but to walk side by side with them, supporting them in their learning journey and their growth into being the best version of themselves possible.

We also shared stories of who our favourite teachers were and why we remembered them. What we remembered was how they made us feel not what they taught. The best teachers listened to us, really heard us and cared for us as individuals! They liked the quirky parts of our personalities!

My hope is that family know you are always welcome at school to talk through any worries about your child. Do not be shy to talk with us. Together, we can work out the best way forward. We have very good return to school support plans if students have not been at school for a while. No child at Xavier will ever be judged for not coming to school.

We have made a commitment as a Catholic Education NT (CENT) school that the safety, wellbeing and empowerment of all our children is our most important priority.

I am proud of the calibre and dedication of the Xavier teachers and assistant teachers who work tirelessly every day to open doors into your children’s very bright futures.

My God bless your family this week and be with the community of Wurrumiyanga.

Andree



“They may forget what you said, but they will never forget how you made them feel.”

-Carol Buchner

Education is the key to unlock the golden door of freedom.

*George Washington Carver*

[www.thequotes.in](http://www.thequotes.in)



## Deputy Principal

Life can be hard...

As we move into the second half of our term many of us are carrying sadness in our hearts from pain caused by others in the past. I invite you to take some time to read the following story and reflect on its relevance for your life.

### The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from 200g to 2kg.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."



As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

God Bless,  
Liz

## Fire Drill

We recently undertook a practice fire drill. All of our students moved promptly and calmly to the stands. The goal was to evacuate all buildings within 3 minutes and we are pleased to say that we achieved this time.

Thank you to all of the students who took part in this drill and listened to and followed instructions.

Thank you also to my fellow fire warden, Iman, standing beside me in our safety wear.



## Curriculum Coordinator

Learning happens everywhere, not just inside the classroom. Sometimes these learning opportunities can be scary to take - but you don't know what you don't know, so you may as well say yes!

Perhaps one of the biggest learning opportunities that happened this term was 'Discover CDU', the open day for Charles Darwin University (CDU). Senior students and staff were up very early on a Sunday morning to catch a plane into Darwin for the day to look at all the courses and opportunities that are available at CDU. The day helped everyone to dream big and get focused on what needs to be done at school. The future is looking bright for Xavier students!



There are big learning opportunities coming up for senior students in particular in the coming weeks, including construction training for EP, work experience for Stage 1 and EP students, as well as the completers camp in Darwin for Stage 2 students. It's busy, it's sometimes scary, but it's always worth it in the end....so just say yes!



**Justin Brennan**  
Curriculum Coordinator

## Religious Education

This term we are studying the life and teachings of Saint Mary Mackillop. Students have been identifying how we as a community try to follow her teachings in everything we do.

*Find happiness in making others happy*

*Make room in your heart for all*

*We must teach more by example than by word*



**Pam Brown**  
Religious Education Coordinator



## Employment Pathways

### Visit to Yapilika Forestry Centre on Melville Island

On Wednesday 14 August 2019, 6 Employment Pathway students visited the Yapilika Forestry Centre with Leila and John. The purpose of our visit was to see the potential job opportunities that are available in the organisation. Sarah Ryan, the Sustainability Manager, met us at Paru to start our tour. We travelled to the pine harvest site, where we saw a large area of forestry after the trees had been cut and collected. We watched the machines that cut the trees in action, and those that collect the logs and move them into piles. We had lunch at the Yapilika Forestry Centre where we spoke with the Fire Crew Manager, and discussed the various jobs that link to the workshop.



We then went to Port Melville where we saw the logs ready to be boarded onto a ship, as well as the mounds of woodchip ready to go. The students were spoken to by the Quality Control Department.



A couple of the students ended the day, wanting to become more involved in this organisation. They will apply to complete work experience there. The day was fun, interesting and informative. We hope to be able to do this again next year.



### Cafe

The Employment Pathway students run the Café for two lessons on a Monday or Friday. We have been able to provide coffees, milkshakes and snacks to tourists and locals who are in need of a nice refreshment.

Our students are learning how to make coffees (thanks to Cynthia, Emily and Alex), take orders, serve customers, and clean up at the end. I have watched some of these students work incredibly hard when we have been busy. I am very proud of them.



**Leila Flannery**  
Employment Pathways Teacher

# Employment Pathways

## Recycling

Employment Pathway students are starting to recycle soft drink bottles and cans to help us earn money to pay for some of our ventures in 2019 and 2020. We collected soft drink bottles and cans in town, and would **LOVE** the Community to support us in this venture.

**Leila Flannery**  
Employment Pathways Teacher



### How can you support us?

Bring in clean soft drink bottles and empty cans (not squashed). You can put them into a paper bag, garbage bag etc. Every bottle is worth 10 cents to us. It will add up! Sea Swift is supporting us by taking the recycling back to Darwin at no cost. This is a great help to us, as without them, we would not be able to continue with the recycling.





## Tiwis United in Sport



Bathurst Island's first combined Catholic schools sports carnival caused such excitement that it certainly won't be the last. Early Term Three saw Murrupurtiyanuwu Catholic Primary School (MCPS) and Xavier Catholic College (XCC) combine for this inaugural sporting event, spread over two days.

The carnival strengthened the partnership between MCPS and XCC, giving an opportunity for younger and older students to compete together in house groups, and to participate in track and field events alongside one another. The primary school students were wide-eyed as they looked upon their older brothers, sisters and friends as role models; combined events like these encourage secondary school retention after their MCPS graduation.

The sports carnival reached out to parents and families through our schools' social media platforms and posters throughout town. Plenty turned up to witness their child's physical abilities in multiple track and field events.

The Yellow Shirts' (Remote Schools Attendance Strategy) Community Liaison Team were heavily involved in getting the students, parents and friends to the two days—who would dare risk turning up late to a sports carnival if it meant missing out on a delicious Yellow Shirts cooked breakfast?



Enthusiastic staff members from both schools united to help the 4-to-18 year-olds engage in a range of activities. Staff from the two adjacent campuses found themselves measuring discus throws and officiating the all-important egg and spoon race!

Girls and boys, young and old participated in the Sports Carnival events with enthusiasm, skill, energy, passion and pride. The Australian Sports Commission (ASC) recognises the significant issue of discontinuation of sports in adolescents aged 13 to 17 years, noting that disengaged and physically inactive students are most likely to be female and from culturally and linguistically diverse backgrounds. We were, therefore, incredibly proud of the attitude of our adolescents during the carnival as they did not hold back from having a go!

I would like to thank Josh Leane, HPE Coordinator at XCC for his work. Together, we made an awesome team! We look forward to making it bigger and even better next year.

**Emma Grant, Sports Coordinator**  
Murrupurtiyanuwu Catholic Primary School (MCPS)











