The Year 10 House Leaders from Xavier College had the privilege of attending the Year 6/7 Assembly at St. Brigid’s Primary School on Friday, 27 May.

The Xavier College Junior House Leaders addressed the Year 6/7 classes on many aspects of secondary school life. Adelle Cockayne and Leanne Gajewski spoke about the House System that operates at Xavier, showed the students examples of our diaries, provided information on the timetable and went the Junior House Leader selection process.

Jackson Dare informed the St. Brigid’s students on the Music programme, the Hospitality programmes that we offer, the Year 8 Camp and the Canteen facility. Reece Woods spoke about Technology Studies, Art and the Religious Education programmes at Xavier College. He also explained what the Year 8 SMART Programme entailed.

Kieran McNally and David King spoke enthusiastically about the many opportunities for students to participate in sport at our school. They explained what happens on Sports Day, informed the Year 6/7’s about our exciting Be Active programme, House Sport and Knockout Sport. They also recalled fond memories of their experiences with the Knights of the Southern Cross day. They were very complimentary of all sports facilities on offer at Xavier College.

These students should be congratulated on the way they represented Xavier College. I have received many compliments from St. Brigid’s staff regarding how well our Year 10 House Leaders addressed their students, how confidently they approached the task of public speaking and also, how wonderful these young people are as role models for the younger students. I would like to thank our Year 10 House Leaders for their efforts and also Mr Gareth Watson, our REC, for assisting me on the day.

Ms Michelle Rawady
Director of Students

“a school of the future in the present”
From the Principal

Feedback on Feature Articles
I am pleased to report I have received positive feedback about the article ‘Creating resilient families’, written by psychologist Andrew Fuller, which was included in the newsletter last week. It is my intention to include similar articles in future additions of Xavier News that also focus on families and parenting. Most of these articles I will access from the Michael Grose Parenting Report, a publication which the College subscribes to and which is accessible by all families online from www.parentingideas.com.au using the College password of pr2005. I am also pleased because the feedback confirms that some families are reading the newsletter! This week I will be interested to see whether there are any student readers, as the article included in this edition is targeted at students and is written by a young psychology student who has some interesting advice. I will be interested in any feedback.

Enrolment Information
Over the course of the next few weeks I will be conducting interviews for places in Year 8 for 2006. I am delighted to say that there is once again very strong interest by families keen to join the Xavier community. There are over 250 applicants for the available places which is positive affirmation of the education provided at the College.

Development Plan
By now all families should have received a letter inviting you to contribute to the preparation of the strategic plan that will guide the College Administration for the next five years. I urge you to record your thoughts, ideas and solutions on the response sheet included with the letter and return it to the College office by Friday, June 10.

Feast of Mary Help of Christians
On the front page of the newsletter last week was a feature on the life of Irene McCormack, after whom McCormack House was named. I believe there is great value in celebrating the lives of inspiring people and reminding ourselves of what one individual can achieve. In a similar vein it should be remembered that the feast of Mary, Help of Christians, patroness of Australia and also of the Salesians of Don Bosco, was celebrated on 24th May 24.

Mr Lynn Martin
Principal

PARENT TAMING
How to speak to your parents so they will listen.

Traditionally, the relationship between parents and their children has been one of ‘parents know best’. As children grow into teenagers this relationship is often challenged by constant arguments and disagreements, as we want more and more independence. But it is a game that parents and teenagers play. We want independence and they are not convinced that we should have it.

Adults often have the advantage in this game as not only do they make the rules up, but also they know how to get their way around us. They have years of experience. But getting your parents to cooperate is easy if you know how. You just have to pick the time you talk with them, keep your moods in check and use the right type of language.

Watch your timing
When you ask your parents’ permission to go to a party that you know they will disapprove of your timing has to be perfect. Check your parents’ moods! Make sure they are in an upbeat mood before you approach them with a request to go out. You need to ensure that they listen to you when you tell them there will be parents supervising the party and that alcohol will, of course, be limited. Do not approach your parents the minute they walk in the door after a hard day at work. They will be tired and grumpy, so their answer will probably be no. Give them time to relax and settle in for the night before approaching them. Sit them both down and make sure you have their full attention. It won’t hurt if they come home to find the washing folded and the table set. You need to show them you are responsible and a bit of ‘sucking up’ never hurt anybody!!! Be ready to compromise and listen to them. A little give and take always works wonders. They need to feel that they are in control.

Control those moods
Make sure your own mood is positive and you are open-minded. If you are able to remain in a calm, compromising mood they will be more willing to listen to you. Your argument will go straight out the window the minute you start to whine or yell. They will not take you seriously if you demand rather than ask. This approach is usually a winner: ‘Mum, is it alright with you if I go to Dave’s party on Friday night?’ Don’t try this approach: ‘Mum, I am going to Dave’s party on Friday night.’ With some parents this is like waving a red rag to a bull. They will shut down, as they like to think they are in charge. Don’t approach your parents if you feel tense or agitated. Take some deep breaths and wait until you are feeling strong.

Use the right language
You want your parents to feel you are mature and responsible enough to go out, right? Well, make sure you use mature, positive language. They will see that you are trustworthy and more willing to compromise. For example, if you want to be picked up at midnight but your parents think that is too late, compromise and let them pick you up a bit earlier but ask them to drop you there earlier. This ensures you have plenty of time with your friends and helps your parents realise that you can be trusted. If they can see this then they will be more willing to listen and compromise in the future. Some do’s and don’t to keep in mind when getting cooperation from your parents:

DO NOT:
• Use a whiny voice.
• Yell! Raising your voice will not get your message across any quicker.
• Times have changed so do not try to use as the old “but mum, you did it when you were younger” argument. Beside, she probably can’t remember back that far anyway!
• Try to compare your situation with that of your best friend. “Cathy’s mum is letting her go” is not a strong argument. Each family is different and different rules apply to

www.xavier.sa.edu.au  email address: secretary@xavier.sa.edu.au
THE SOUTHERN CROSS

The June 2005 edition of the Southern Cross has been distributed to all families this week. All students would have received a copy and should have delivered it home. I encourage you to read the Catholic newspaper, some of the articles in this edition include:

- What’s Up? Column – students across Adelaide are being asked to connect with this new monthly column for advice on the dramas faced inside and outside the classroom. There is a helpful tip box for teachers and parents on how to address some of the problems raised. Whilst the column is aimed at students, parents and teachers can also write about student issues as well.
- Cabra old scholar Justine and husband John have revealed in the challenge of setting up the restaurant ‘The Greedy Goose’ to compete in My Restaurant Rules. (John’s father was at Xavier a couple of weeks ago preparing to organise a Road Awareness Program to be presented to all year 11 students last year on behalf of the MFS).
- World Youth Day preparations, registration deadline on June 30.

Continued from page 2

different household.
• Storm off and slam your bedroom door when it is your parent’s turn to voice their opinion.

DO:
• Compromise
• Sit parents down
• Act as if you are mature and responsible
• Make sure you have a clear strategy before you sit down • Always appear calm and collected even if you are secretly furious.

Remember…
The most important thing to remember (which is something we often forget) is that they are our parents and they just want the best for us. Getting them to listen is often very hard, as they don’t want to believe that their little baby is growing up and becoming independent. Getting them to listen is not a process that will happen overnight. You need to give them time to adjust to this new stage of your life. Stick to these three principles and you will find that your parents learn to listen to and value what you have to say. It just may take a little while, so be persistent.

Lucy has just finished her secondary schooling and has spent many years honing her parent-taming skills. She is about to start her psychology degree so she can add some theoretical background to her practical knowledge.

Lucy M
Student, Parent Buster

YEAR 8 AND 10 INDONESIAN PERFORMANCE

On the 6th of June ORISHA, a performing Arts company will be performing a wayang kulit show to all Year 8’s. The wayang kulit is a traditional puppet performance that is performed all over Indonesia depicting tales of the Ramayana. The Year 10’s will also be given the opportunity to learn a traditional Indonesian dance and practice their language skills. It is a good opportunity for students of Indonesian to be exposed to the language and culture.

Indonesian Teacher
Ms Kirsty Hatch

SPORT AND FITNESS

Last Friday the State Cross Country day was held at Victoria Park Racecourse. With approximately 1000 school students competing, 36 students represented Xavier College. A few showers during the day turned the course into a more interesting cross-country test. Standouts during the day included Katie Thackray, who placed 5th in the Under 14 Girls event, Royce Lively, who placed 10th in the Under 13 Boys race and Daniel Wilson, who placed 9th in the Under 17 Boys event. These students have been asked to join in state team trainings in preparation for the national championships. Everyone who came down for the day enjoyed themselves and competed strongly, hopefully next year can be even more successful.

The Xavier College Open Boys Basketball team steamrolled Elizabeth-Fremont High School on Tuesday at home. The 92-12 thumping was executed mercilessly with fierce man-on-man played for the whole game. Jarred “Dr J” Woods hit 24 points with his blinding cuts to the basket, while Michael Krawczyk rained down 17 points, 9 from outside the 3-point arc. The boys out-muscled, out-rebounded, and out-played a valiant, but inexperienced, Elizabeth-Fremont team. Standout moments were two rejections in the same play from Joey Warren –Smith and some massive rebounds and tip-ins from Brett Maksimovic and Ryan Mills. Get behind your team Xavier, because these guys are the goods.

Mr Dan Searle
Sports Administrator

The Open Girls Basketball team played out an admirable loss to Smithfield Plains this week, 36-17. Considering the few late withdrawals and the fact it was their first game together, they played with determination and endurance. Shaylee Rogers, Cassie Holness and Sam Duffield starred with 5, 4 and 4 points respectively. The defensive pressure from the girls was fantastic with some outstanding rebounding from the likes of Amy Moss, Jessica Barons and Sara Carlino. We should look forward to a very tight knit Open Girls team in future knock-out competitions.

Mr Lawrence Pascale
Coach

Congratulations to the Open Boys Rugby team. Despite only having 8 players, which means no subs, and playing 5 hard games they came through to place 2nd.

Mr Peter Thornton
Coach

Kentish Road, Gawler Belt
Telephone: (08) 85 230088
A Day at Parliament

On the 11th of May, we went to Parliament House in Adelaide for a Leadership Seminar for young men. When we arrived, we were introduced to Penny Cavanagh who is the Education Officer and she presented herself in the Lower House, or People’s House.

Then Ms Cavanagh introduced David Bridges who is the Clerk. Mr. Bridges told us about his life, experiences in politics and leadership. Following David Bridges, we listened to Mr Nick Xenophon who had some humorous stories to tell about his job. Mr Xenophon had once walked a cow up Parliament House steps to protest against Pokies. The protest was to prove how the Government is making money from Pokies and corrupting families financially.

Following Mr Xenophon was Jack Snelling who at 32 years old, is the youngest member of parliament in South Australia. Jack became a politician at the age of 17, making him the youngest ever to join politics in South Australia and still is today. Mr Ian Evans was the next to Speak to us. He told us about his life and how he was president of a country cricket club when he was only 19.

He did not know at the time that his team was going to be in the grand final. He also did not know that his team’s fielders were using a rag with “special chemicals” to make the ball harder and slippery in the cold rainy weather. He had to front for his team and was held responsible for it. He says “at the time it was a bad incident but it was good that he got through it as it gave him leadership experience at an early age”.

After the speakers finished there was a time for answering questions about leadership and to hear their views on certain issues.

Overall it was a good experience and it was very educational to sit in Parliament House and learn about leadership, politics and life experiences. The best advice we received from the four speakers was that you can achieve more and learn more from community experiences than from all your school years. To work amongst people in society, learn teamwork and help others make you a leader and you can lead in life no matter what your job is.

Michael Krawczyk and David McInerney
Year 11 Legal Studies Students

Xavier College 2004 Yearbook

A special 10th Anniversary Edition of the College Magazine features the highlights of the 2004 school year, as well photographs and articles that delve back into the history of the College. We reflect on the life and great vision of Fr Dennis Handley, founding Principal of Xavier College.

All the major events of the year are covered, including Sports Day, Year 8 Camp, Xavier Day, Year 12 formal, retreat and graduation, Pedal Prix, Gymkhana, Rock Challenge, just to name a few!

There will only be one 10th Anniversary, make sure you have a copy of this special edition yearbook.

If you wish to purchase a copy please pay at the bookroom by THURSDAY 16th JUNE. No late orders can be accepted. The cost is $36, which includes over 100 pages of photos and articles. (including 12 great colour pages!) Estimated arrival date before the end of June. If you have previously ordered and paid for a magazine last year you will automatically receive one.

I would like to thank everyone for their patience in waiting for the magazine. It is a time consuming activity, but the end result makes it all worthwhile. This will be the last opportunity to place an order. Don’t miss out!

Mrs. Duregon
Editor

NAME:........................................................................ TUTOR GROUP: ..............

I would like to order 1 copy of the 2004 Xavier College Magazine. I have enclosed my payment of $36. (Payable at the Bookroom)

“a school of the future in the present”