In History this term, we have been learning about Ancient Egypt. We had a project, where we had to make an ancient artifact from Egypt and write the procedures of how we made it. It had to look old, as if they had just been dug up. In the end, we had pyramids, treasure boxes, paintings and more. Everyone’s artifacts looked great and are now on show in the library.

Natalie Carypidis
Year 8
THE PUBLIC PARENT

Are you a better parent in public than you are in private?

“If our approach is the same whether at home or in public children avoid becoming confused about the lessons we try so hard to teach them.”

Private and public parenting require two different sets of skills and two different sets of breathing techniques to survive. Just as in childbirth, at times it requires breathing slowly and deeply and at other times breathing is fast and furious. The same technique in the workplace is often very helpful in de-stressing difficult situations!

Parenting in public requires mothers and fathers to have a barometer on managing their stress levels. This can assist them to diffuse situations. Pitch, tone, pace of voice, mannerisms and timing of responses generally are more controlled when we are in the public eye. We have all heard those words “Wait till we get home,” said under someone’s breath, and wonder what awaits a child. Does the tone of voice say it all?

Behind closed doors the manner in which many parents respond to children may not be as guarded as it is when they are in public. Being in your own home provides you and your children with a different set of rules and behaviours. Children learn very quickly that public behaviours wont work at home.

The feeling of being overwhelmed, tired, or angry are normal human emotions many parents feel and by expressing those emotions and feelings in private often provides greater license to release their frustrations. The same feeling in public may require the parent to add another layer of control to managing the situation.

In our work places, behaviour guidelines can provide us with a safety net which protects and supports us. Codes of behaviour are defined by the values of the organisations and people we work with. Communication works most effectively when we know what to expect from people and the way in which the interaction will be conducted. Some people in my training sessions say that it is often easier to come to work than to parent children. The workplace is often less physically exhausting, less messy and more productive than at home. Parents often resolve issues with their children more quickly in public than they do in private and with less stress and anger. Perhaps the fear of being embarrassed, being seen as an ineffective parent, or judged poorly may be the catalyst for managing more fruitfully.

One of the keys to successful communication with children is being consistent in the way we respond either at home or in public. If the approach is the same whether at home or in public children avoid becoming confused or fail to learn the message and lessons we try so hard to teach them.

Parenting in public make many people more conscious and aware of their habits and skills as parents. Parenting in private often requires greater control over the ability to manage emotions and feelings. Greater awareness, consistency and self-regulation are ways to assist you in challenging circumstances, and remember if all else fails, keep breathing!

Ricky Nowak
Author, professional speaker & consultant

Ricky Nowak is an author, professional speaker and consultant in communication, leadership and Presentation skills for many of Australia’s leading Companies.

Her business Confident Communication specialises in corporate training, conferences, presentations and executive coaching. She can be contacted on 03 9500 9886, ricky@confidentcomms.com.au or www.confidentcomms.com.au
Congratulations Year 9 Netballers

Xavier Team Players: Becky Couzner, Lisa Cocks, Madeleine Hallion, Elise Hillebrand, Jessica East, Caitlyn Ashby, Nicole Lenke, Cassie Bolland & Liesel Dunstan absent: Heidi Jehle, Jess Power

Congratulations to the Year 9 Xavier College girls who were successful in winning the first round of the A grade knockout netball competition against Trinity College on Wednesday, 8th June. All girls played extremely well and they displayed a terrific team spirit. The final score was 44-38. We look forward to the next round.

Ms K Brown and Miss L Skeer Coach and Assistant Coach

Knock Out Open Boys Badminton

The team consisted of: Shaun Wightman, Todd Wightman, Jamie Craven & Adam Turrell Round 1 Para Hills def. Xavier 89 - 74 Round 2 Xavier def. Smithfield 121 - 74 Well done to everyone in the team. They all played extremely well, especially considering that Para Hills had a State player!

Greg Steele Coach

Open Boys Football

Xavier College travelled down to Modbury High in less than ideal conditions and were eventual winners defeating Modbury by 21 points, Xavier College 8 - 5=53 to Modbury 4 – 8=32.

Xavier kicked with the aid of an extremely strong breeze in the first quarter and took advantage of this with the midfield of Smyth, Sankey and Harvey giving our forwards plenty of opportunities to score. Sankey was able to slip down forward booting 2 goals while Havelberg, with the aid of the breeze, launched a 50m bomb that sailed through goal post height. At quarter time Xavier led 4 –1 to Modbury 2-2.

The second quarter saw the heavens open up which made scoring extremely hard. Modbury, however, were able to take advantage of a strong breeze and managed to slip 2 goals through Xavier’s defence while Modbury defence worked tirelessly to hold Xavier scoreless. Half time score saw Modbury leading by 3 points, 4 –6 to 4-3. The third quarter is where games are won or lost and Xavier were able to set this game up scoring 3 goals to 0 in the third quarter. With conditions resembling a hurricane, Xavier handled the conditions better and took the game by the scruff of the neck. Jack Lambert and Bradley Dodman controlled the back line, Smyth continued to rack up possession and Sam Walton and Kieran Sankey ran all day and set up plenty of rebound footy. Xavier led 7-5 to Modbury 4-7.

The last quarter was a slog, but Xavier was able to out score Modbury again into what was a gale force wind, through Smyth receiving a 50m penalty and scoring from 15m directly in front. From here, Xavier played extremely smart footy and slowed the game down, playing the percentages and held onto to gutsy hard fought 21 point win.


Mark Hawking Coach

Charissa Cruz-Lees (yr 11 Polding) has won the Miss Ormoc Beauty Pageant and Fundraiser, organised by the local Filipino community.

Charissa raised $2500 dollars for an orphanage in Ormoc, a city in the Phillipines, and has won a trip to Ormoc to visit the orphanage in person.

Charissa will be awarded her prize at a presentation on June 25th and she wishes to thank everyone in the Xavier community who supported her fundraising efforts.

Jo Evanson Tutor Group Teacher
Mother Teresa... Her Story

She was a missionary, a Nobel Peace Prize winner, a symbol of goodwill and selflessness. A strong willed woman and shrewd diplomat, a charismatic figure and modern-day saint whose only mission in life was to show the love of Jesus to the poor, the sick and the forgotten.

Agnes Gonxha Bojaxhiu was born in Skopje in 1910. She grew up in the Balkans, the bloodiest site of European nationalism, and yet became an apostle of love beyond borders. In Calcutta, she taught in a convent school for two decades before founding the Missionaries of Charity. In her official dress consisting of a simple sari and sandals, she met with popes and heads of state, and in 1979 received the ultimate international honor for her life and work, the Nobel Peace Prize. Mother Teresa died in 1997 and was posthumously beatified. With the intense and relentless work of a lifetime she succeeded in helping so many with the simple words of a prayer.

“She was regarded as one of the most significant personalities of the 20th Century, although she never owned more than a white and blue sari. She influenced the decisions of the most powerful men on Earth, although she always stayed close to the poorest people of the world.”

For local cinema times and to book tickets call 1300 725 728 or visit www.condiosentertainment.com

NATIONAL HISTORY CHALLENGE

Xavier students are strongly encouraged to participate in this opportunity to research the lives of Australians. The details for the competition are on the website www.historychallenge.com.au The theme is “ Australians All”.

Students can enter individually, as pairs, or as groups and can present their information as a research paper, a three-dimensional museum display, using multimedia or as a performance.

This is great opportunity to find out more about the history of your family or local community. This is a chance to win cash prizes and an all expenses paid trip to Canberra. Sponsors include the Australian War Memorial, The History Channel and the National Museum of Australia.

The closing date for entries is July 29th, 2005.

Students can obtain assistance from their History teachers or meet Mrs Martin and Ms Smith during lunchtime on Mondays in E1 for help in preparing their entries.

Mrs Wendy Martin
Co-ordinator of Humanities

FUNDRAISER FOR YOUTH & VOCATIONAL PROJECTS
ROTARY CLUB OF GAWLER LIGHT
Friday 24th June 2005 at 8pm,
Gawler Cinemas. $13 inc coffee & cake!
TICKETS AVAILABLE from Patsy Johnson PLEASE PHONE
0417 892 878 or 8523 2270

INVITATION
25 in 2005
Celebrating 25 years of community, prayer and service

Please accept this as an invitation for you, your family, your organisation to attend the Aboriginal and Islander Sunday Mass and 25th Anniversary Celebrations of the Otherway Centreon Sunday July 3rd at St Francis Xavier Cathedral on the corner of Wakefield Street and Victoria Square Adelaide at 11am and afterwards in the Otherway Centre 185 Pirie Street Adelaide for a free Community Luncheon and the presentation of the Aboriginal Catholic Ministry Annual Community Service Awards

To enable us to cater for the luncheon we ask that you RSVP by Thursday June 30th by Telephone to 8232 1001
WE HOPE YOU WILL BE ABLE TO JOIN US

“a school of the future in the present”