Arts Extravaganza  August 31, 2005

The 2nd Annual Combined Arts Performance held on Wednesday evening was an outstanding success with a variety of work and performances selected to showcase the enthusiasm, skills and talents of Xavier College students of the Arts which includes the subject areas of Music, Media, Multi-media and Visual Art.

As parents and families arrived at the McCormack Gymnasium, they were met with a dazzlingly colourful display of art work, mingling with projected images of photography, web-design, animation and feature movies. To welcome the audience, warm cups of pumpkin soup prepared by Mr Gasser were offered as people walked in from the bleak weather outside.

A feature of the Arts Night this year was the contribution of former students who have continued to study at Tertiary level, or have maintained a passion and continue to produce work in their chosen area. Alyssa Fedele and Tara Evans (B. Visual Arts, TAFE), Alinah Alba (B. Visual Arts, UniSA), Lisa Stacey (B Ed. Primary Teaching, UniSA), Tracey Gajewski (B Architecture UniSA), Sasha Houthuysen (B Social Work), Jonathon Pogas, Renae Gibson, Ally Hill, Whitney Simounds, David Roberts (all 2004 graduates) all represented with projects in one of the Arts fields which made a very impressive body of work.

A special guest in the music program was a former student, Emily Pedler who is currently studying a Bachelor of Music at Adelaide University. She captivated the audience with her high degree of skill and expression and inspired other students present to strive to reach this excellent standard.

Current students in the music program at Xavier College also gave exciting performances with a variety of instruments from guitars and drums to a great presentation by the newly formed saxophone ensemble. There were also some fantastic vocal performances by Kim Parker, Chloe Russell and up and coming star Tara Behen, playing guitar and singing on crutches. The vocal group and guitar band also performed a set of items, excellent preparation for their up and coming debut performance at the Festival Theatre in the Catholic Schools Music Festival. Emily Warren-Smith also demonstrated her brilliant talent on the piano and will also perform in the Catholic Schools Music Festival.

All students who participated are to be thanked for their performances and plans have already begun to make next year’s Arts Extravaganza even better.

STUDENT ABSENTEEISM PHONE LINE:
8521 4537
Ring any time before 9am and leave a message
From the Principal
My recent inclusions have been closer to the 100 word limit I promised earlier in the year! I am sure many have appreciated my brevity, however the real reason has been because I am being squeezed out as there are so many important activities to report about in the Newsletter.

Last weekend a number of students participated in the Tournament of Minds, as part of the College ‘Gifted and Talented Extension’ program. Teachers involved have been generous with their time and have indicated that the enthusiasm and positive attitude of students makes it all worthwhile, I encourage you to read their report.

I would like to wish our Pedal Prix teams every success over this coming weekend. The Murray Bridge 24 hour event is the major one for the year and is the culmination of much preparation by staff and students.

Next weekend Xavier College students will feature in the Rock Eisteddfod finals and at the Catholic Music Festival. Again the commitment by staff and students has been extensive and it is an outstanding outcome to see them past auditions and through to finals. It is a strong commendation of their talents and dedication.

ROAD SAFETY - I continue to receive numerous phone calls from members of the public in regard to Xavier students taking unnecessary risks on the roads as both pedestrians and as drivers. We continue to run various road awareness and accident prevention programs at the College and bring our concerns to the attention of students. It is important however that I make parents aware that some students are not using the roads safely and I strongly encourage parents to reinforce with students the message of being sensible and careful.

Mr Lynn Martin
Principal

Flag Raisers
This year Stacey Noble and I have been putting up the flags in the mornings. Recently a third flag pole has been put up, enabling the school to display three of the four flags it possesses. These flags are the Xavier College flag, The South Australian flag, the Australian flag and the Aboriginal flag. Each flag has special meaning to the school and that is why each flag flies.

The Xavier College flag has the emblem of the school on it and we celebrate our school and being able to come here. The South Australian and Australian flags fly because we live in South Australia and the Aboriginal flag flies because this is their homeland and there are indigenous students at this school.

The Aboriginal flag is divided in half with a circle in the middle. The top is black which represents the Aboriginal people’s past, present and future. The bottom is red like the earth. The yellow circle is the sun, giver of life. This is one interpretation by Harold Thomas in 1971.

By Kateena Teusner, yr 10

Tournament of Minds
On Sunday 11th September, two teams from Xavier College competed in the Tournament of Minds (TOM) at Flinders University. TOM is a highly respected competition promoting teamwork and problem solving. This year, approximately 1500 students were involved in TOM, from around 80 different schools. It was certainly an amazing event to be part of – and the 14 students representing Xavier stood out to other teachers, students, and particularly the judges, as wonderful team players, receiving a host of compliments to this effect.

Jess Power, Lachlan Martin, Kate Drinkwater, Kieran Meaney, Mitchell Brimage, Keith Weatherley and Ashley Schmerl spent the 6 weeks prior to Tournament Day working on a Maths / Engineering problem which involved building a light weight bridge spanning 1.2m which could support a heavy load, and explaining why this bridge was required. TOM judges commented on the unique design and clever construction of their balsa wood bridge, which was quite possibly the lightest in the competition, weighing just 127 grams. The team also presented the story of their bridge dramatically in poetic form, telling the story of one man’s battle to overcome depression by building a bridge over the hard times he had faced. Completing final touches to their design only minutes before presentation, this team showed amazing perseverance and never gave up.

Kia Llewellyn, Peta Orchison, Jordy Pinnegar, Rebecca Ramsbotham, Bonita Tolcher, Luke Stockdale and Tyler Martin presented a creative and humorous solution to the Language / Literature challenge. The team had worked tirelessly to create a painted scene of the imaginary land, Nimbonia, and created wonderful costumes and characters that added immensely to their presentation. Shakespeare and Banjo Paterson have never looked so good! Telling their story in poem, this team had the theatre laughing with them, and received a rousing applause at the completion of their performance. The judges were all smiles as they congratulated the team on their outstanding teamwork – it was clear to all how much they enjoyed working together.

Both teams were also required to solve a spontaneous challenge. No preparation time was given for this challenge. Teams were escorted into a room under great secrecy – not even facilitating teachers were allowed to accompany them – and given a challenge to solve in 4 minutes. While nerve-racking, the spontaneous challenge is an opportunity for teams to display their teamwork skills, and their ability to think “outside the square” under time pressure. This years’ challenge involved an elephant – team members may be able to expand on this if you ask!

After a long day together, TOM concluded with a presentation ceremony. Despite their amazing efforts, Xavier did not win the day, but we all certainly had a fantastic time. Students involved are already excited about recruiting new team members for next year! A huge thank you is extended to the supportive parents of these students who spent their full Sunday at Flinders University cheering, drinking endless coffees, and keeping the students in good supply of French fries. Thank you also to Mr. Sterna and Mrs. Moore who have given up many of their lunchtimes and free lessons to supervise and encourage students in their TOM preparations.

We look forward to working with many of you again next year. Well done!

Tournament of Minds Team 2005
Helping kids to be optimistic

Optimists do better academically, socially and enjoy better health than pessimists. Helping a child to look on the bright side is a significant life skill to develop. When children think that they can succeed they are more likely to give things a try. In other words, if they think THEY CAN, THEY WILL.

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. Optimism means having a strong self-belief and confidence to deal with challenging situations.

According to the General Parenting tip sheet on this topic published by the Queensland Government there are five building blocks of optimism:

1. **Having a go**
2. **Practising**
3. **Coming to terms with success and failure**
4. **Planning for the future**
5. **Having the belief and confidence to try again**

Importantly, these building blocks link optimism with competence so when children experience success they are more likely to believe that they can achieve and have more success. Some children are natural optimists. They are born with optimistic temperaments and have natural dispositions to deal with challenges and problems. Others expect the worst and tend to see catastrophes where really small challenges exist.

Recent American research indicates that children learn their optimism from their experiences of success and through their interactions with parents, teachers and significant others in the first eight years of life.

So the way adults talk is significant in the way they shape a child’s belief about success or failure. The message is clear that adults need to be aware how they present the world to children as their explanatory style (the way they explain events) is on show.

Optimists explain adverse events in the following ways:

1. **Adverse events tend to be temporary rather than permanent:** “It takes time to find a friend” rather than “No one likes me.”
2. **Situations or causes are specific rather than general:** “I am not so good at soccer” rather than “I am hopeless at sport.”
3. **Blame is rationalised rather than personalised:** “I was grounded because I hurt my sister” rather than “I was grounded because I am a bad kid.”

Pessimists have a tendency to build mountains out of molehills and give up before trying. The trouble with pessimism is that it tends to be self-fulfilling prophecy. “I told you I wouldn’t get a kick in the game. What was the point of me even turning up?” is a typical pessimist’s approach. Such comments just reinforce pessimism and these feelings of hopelessness lead to helplessness.

To promote optimism in the children around you try the following four strategies:

1. **Model** positive thinking and optimism. Let children hear your positive self-talk.
2. **Challenge** children’s negative or unrealistic appraisals. For instance, “Everyone hates me. I have no friends” can be challenged with “Sometimes it feels like we have no friends but you spent all morning with Melanie yesterday.”
3. **Teach children to positively track.** They can look for the good things that happen in life, no matter how small and say them to themselves or out loud.
4. **Teach children to positively reframe.** When something unpleasant happens or failure occurs they can actively look on the bright side. E.g. “I pranged my bike but at least I came out unhurt” or “That activity didn’t work but I know what to do next time.”

The beauty about developing optimism is that it becomes a self-fulfilling prophecy, which makes it such a powerful success strategy.

Article by Michael Grose

Accredited professional speaker & author

---

Xavier College would like to invite you to their first performance at

**CATHOLIC SCHOOLS MUSIC FESTIVAL**

SEPTEMBER 24th, 2005

6.30PM—7.30PM

Festival Theatre Foyer, Coopers Bar

**Featuring:** Xavier College Choral Group, Guitar band, Saxophone group and Emily Warren-Smith on piano

---

Kentish Road, Gawler Belt

Phone: (08) 85 230088
Knights of the Southern Cross Sports Carnival

Last Friday was the Annual ‘Knights of the Southern Cross’ Sports Carnival for all Year 8 students from Xavier College, Thomas More College and St Columba College. The students were given a number of sporting choices and played in a round robin format throughout the day at one of the three Colleges. The shields on offer for the successful schools were in soccer, netball, basketball, football and table tennis. Xavier hosted the netball competition and girls’ soccer competition.

We are obviously very good on our home ground as we claimed the netball shield and girls soccer title convincingly. The boys’ soccer teams kept the momentum going with a hard fought victory, which enabled us to secure the overall soccer shield. Our basketball and table tennis teams played well but were not quite good enough to win their respective shields. The 3 boys’ football teams were in contention for much of the day but an unlucky 2-point loss to a Thomas More team just edged us out of the shield.

The sportsperson-ship with which the matches were played in was a credit to all Year 8 students. They were extremely welcoming to Thomas More and St Columba students who were at Xavier for the day and played with much enthusiasm, even as the weather became quite hot. The students fun and friendly attitude on the day was also due to the marvellous efforts of the Year 10 coaches and umpires. Their eagerness during the competitions was fantastic to witness and ensured great College spirit. I would like to thank David Schwerdt, Secretary of the ‘Knights of the Southern Cross’ Para Region branch for his continued support of the event, and also the staff who supported the event through scoring and organization. A great day was had by all.

Mr Dan Searle
Sports Administrator

---

Good Luck
Kieran McNally leaves this week for England to attend trial sessions with several English soccer clubs. This is a wonderful opportunity and we wish him every success in his endeavours.

---

Round 3: Australian International Pedal Prix (16-18 September)

Our Senior and Junior Pedal Prix teams are in top condition for the 24 hour endurance race at Murray Bridge this weekend.

Senior team members:
(Vehicle: XLR8 Number 188)
Mark Harris, Shane Farrelly, Eric Steeves, Leo Shackley, Adam Newton, Michael Roberts, Cameron Roberts & Jason Ryan.

Junior team members:
(Vehicle: CUL8R Number 187)
Matthew Fiebig, Thomas Harris, Scott Kondraciuk, Khye Nelson, Kieran Meaney, Chris Sheath & Troy Sorensen.

This year approximately 220 vehicles will be competing.

We hope to see you there for extra support. Look for PIT C number 55 & 56.

Venue: Sturt Reserve, Murray Bridge
($5.00 entry/person)
Racing starts at 12.00pm Saturday & finishes 12.00 noon Sunday.
Team Managers; Jim Roberts & Gregg Steele

“a school of the future in the present”