Pedal Prix 2005

The weekend of September 16/17 saw the culmination of twenty weeks of training for the two Xavier Pedal Prix teams.

There was twenty hours of non-stop pedalling with over two hundred other teams all vying for the limited track space around the 2.1 km course on the banks of the Murray River at the beautiful Sturt Reserve, Murray Bridge.

The event commenced with the scrutineering of the vehicles. This process involved the checking of seventy two safety aspects of the vehicles.

Whilst many other teams endured rollovers our teams managed to skirt their way through the congested track with only one major collision throughout the two days and night of the gruelling race.

The junior team consisting of seven year 8 and 9 riders managed to achieve three hundred kilometres and come in ahead of a dozen other teams in their class of sixty teams.

The senior team consisting of year 10s and one year 11 rider completed five hundred and eighty kilometres coming in ahead of over thirty other teams in a class of sixty teams.

Special thanks to Mr Gasser for his wonderful catering which was appreciated immensely by all present. Thanks also to the parents who helped out with a myriad of supporting tasks.

Thank you to our sponsors: Hallett Concrete, Fairmont Homes, CDs Concrete Pumping, Insulation Solutions, Holco, Les Haldane Mechanical, Pura Milk, Gawler Cycles, Land SA.

Mr Roberts and Mr Steele

Continued on page 3
Rock Eisteddfod

Good Luck to all the students involved in the 2005 ‘Evolve’ Rock Eisteddfod Challenge at the Entertainment Centre on Friday the 23rd of September.


From the Principal

This week I have simply decided to add a short reflection taken from ‘Daily Prayer On Line’ with acknowledgements to Fr. Christopher Gleeson SJ.

No Life Without Community

In the middle of the last century we saw our planet Earth from space for the first time. One of the first to see Earth from space later wrote: “When you look at the Earth from space - there are no national boundaries visible - it’s a planet - all one place. All the beings on it are mutually dependent, like living on a lifeboat. Whatever the causes that divide us, the earth will be here a thousand - a million - years from now”.

Michael Jordan, the great basketball player, said once, “There are plenty of teams in every sport that have great players and never win titles. Most of the time, those players aren’t willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve - I’d rather have five guys with less talent who are willing to come together as a team than five guys who consider themselves stars and aren’t willing to sacrifice. Talent wins games, but teamwork and intelligence win championships.”

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:
Guitar band: Leo Shackley, Ryan Heinrich, Marc Oxley, Tara Behen, Danielle Alba, Angus Lemmon, Mark Harris, Martin Ryan, Michael Jones, James Kenny,
Saxophone group: Tom Menzies Harris, Luke Wedding, Robyn Williamson,
Piano: Emily Warren-Smith
Encouragement: a tool to get the best out of others

How do you get the best out of another person? How do you motivate children who just cruise along or even refuse to try at an activity?

This is a quandary that parents, teachers, managers, bosses and almost anyone who works with others faces.

Students in leadership positions frequently face the same quandaries. They may have to work with a group to organise an event and only half the group is motivated. They may be sports captains who need to get the best out of half-hearted teams. What can we teach them to use in everyday situations?

Teach students how to encourage each other. There is no better skill to use day in and day out to get others to perform than encouragement. Encouragement focuses on the process of what kids do rather than the results and can be given even when results or outcomes are poor. Students who appear unmotivated or even lazy often lack the confidence to try new areas as failure can reflect upon them. So these students just try a little bit or don’t try at all. The focus on the process of students’ activities rather than on the results releases the pressure on many students and subsequently helps performance.

One way to teach student leaders about encouragement is to help them develop their vocabulary. The language of encouragement focuses on five areas:

1. Shows confidence:
   “Come on, I know you can do it.”

2. Remarks on effort:
   “You are really trying hard.”

3. Tells about improvement:
   “Your kicking is heaps better. Well done.”

4. Points out contribution:
   “Your help is really valuable. We wouldn’t have got the job done without you.”

5. Focuses on fun and enjoyment:
   “You are really having fun. That’s great.”

The focus on enjoyment is a little light for students but it is a great focus for parents and teachers who struggle for a positive to focus on when they work with kids.

Then reinforce the following rules of encouragement:

1. Look for positives and strengths.
   Many kids are natural fault-finders because that is what they look for. As a rule of thumb teach kids to pay attention to the positives first rather than the deficiencies of others.

2. Be like a sandwich when you give feedback – positive, feedback, positive.
   The first and last thing students need to hear is a positive.

3. Persist with hard cases as some kids just aren’t used to encouragement.

Encouragement comes naturally to some students. They don’t need to be shown how to encourage. Students tend to be naturally drawn to them. But many need assistance. So it is useful to deconstruct encouragement in such a way for leaders so they have a tool they can use in all situations to help them work with and get the best out of others.

Michael Grose is the creator of the NEW Young Leaders Program, a leadership program that teachers can conduct with students. For enquiries phone 1800 004 484 or visit www.youngleadersprogram.com.au

Pedal Prix 2005 - from the Junior team

The Junior team got a grid position of 82 and I was lucky to start the race. After my stint Thomas took over and kept a fast pace around the track with Troy getting some much needed grid positions after Thomas. The list kept going until our night shifts of 4 riders on - 4 riders sleeping kicked in to place. At 11.30pm the first shift was tired and losing energy. Without our previous pace we dropped many positions and never regained them. The second shift, having slept, got our positions back and kept us in the top 100. In the morning we were all rested and we made a comeback with Scott finishing the race. This year our new riders proved themselves in our new car, which had no breakdowns or setbacks. In the end we finished 124 out of around 215+ cars in the whole series.

By Khye Nelson
‘Conflict by Games’ Winner
Shane Taylor-Hall recently won the state Warhammer Conflict Tournament for Painting held at the Burnside Ball Room on 28th August 2005. (Known as ‘The Conflict By Games Workshop, Adelaide’.)

Shane won all three categories age 14 - 19 years for his painting of figures, a single miniature figure, a large item or figure and for his whole army of ‘Lord of the Rings’. This will be displayed during the school holidays in the Toy Kingdom windows in Gawler and then in the Adelaide Games Workshop, Rundle Mall for the following month.

Congratulations Shane.

National History Challenge
Last week Naomi Tucker from Miss Louise Smith’s Year 8 History class received news that she was a state winner in this competition.

Naomi recently participated in interviews at Rostrevor College during which she explained her entry to a panel of judges. Naomi’s entry was a research essay about Sturt Street, Adelaide during the 1930’s. For her essay Naomi interviewed her grandfather and used a variety of photos and resources.

The school is very proud of Naomi’s achievement and congratulates her on winning 3 sections of this competition at the state level:
- Year 7-8 Section
- Primary Sources
- Year 5-8
- Australians All
- Years 5-12

We wish Naomi well for the national judging of her entry which will take place during the National History Teacher’s Conference next month.

GAWLER YOUNG ACHIEVERS AWARDS 2005
Are you active in your community or a budding small business operator?
Perhaps you excel in music, or are successful at sport?
Are you into the arts or passionate about the environment?
Perhaps you’re an excellent apprentice?
Are you aged between 12 and 25?
If you’re a Coach, Teacher, Friend, Relative, Co-worker, Boss, Community Member who knows a young person who should be encouraged and acknowledged for their achievements then NOMINATE THEM NOW!!

Pick up a nomination kit from the Gawler Council office in Murray St, Gawler Sport & Community Centre, Schools or the Gawler Library. You can download it from the Gawler Council website at www.gawler.sa.gov.au.
Or call the Youth Officer on (08) 8522 9205 for a pack to be sent out.
Packs are also available from the Council Chambers, Gawler Sport & Community Centre, Schools and the Library.

Nominations close 5pm on 30 September 2005

UNIFORM STORE OPENING HOURS
During term break the Uniform Store will be open on
Friday 14th October 2005 from 9am - 1pm

Well done Alana!
Alana Lepley (yr 12) has been chosen to represent South Australia at the National Catholic Schoolgirls Netball Championship to be held in Melbourne throughout next week. She flies out this Friday, hopefully bringing the national trophy back to SA.
Well done Alana and good luck in Melbourne.

“a school of the future in the present”