10 ways to help your children succeed

1. **Talk with your children - talk often**, provide them with information, feedback, a sympathetic ear, support rather than criticism. They will come to you throughout their lives for guidance if their experiences are positive.

2. **Set high but realistic expectations.** No-one knows better than you your children’s true abilities. Note their strengths and talents and gently encourage them. Identify where they need assistance and find help for them. Assist them in setting realistic self-expectations.

3. **Build your children’s sense of self worth.** As children grow and make choices they will make mistakes. Knowing they have your unconditional love and support whatever happens will help them pick themselves up and start again when things do go wrong.

4. **Keep your children healthy.** Children who do well at school come to class rested, well-fed and emotionally prepared. Children who are well-nourished in every respect have the foundation for success.

5. **Support learning at home.** Involvement in your child’s learning starts at home. Create the conditions for good learning - books, computer, quiet study area, library membership, time set aside for homework, interest in progress and reports.

6. **Communicate with school.** Teachers who never hear from parents often assume they are not interested. Attend meetings. Read notices and newsletters. Offer help: Send polite notes to your children’s teachers.

7. **Encourage a spirit of inquiry.** Show your children there’s plenty of free entertainment and exploration available. Curiosity about the world around them is the first step to children's thirst for knowledge.

8. **Build friendships.** Children want to fit in and feel they belong. Welcome their friends to your home. Show your children how to be good friends. Teach them the difference between true friendship and popularity.

9. **Keep your children safe.** Identify risks and hazards and show your children how to avoid them. Children develop a sense of security when they are taught what to do if they are in danger.

10. **Speak well of teachers and schools.** Children learn their attitudes from you and will like and respect their teachers if they see you do the same.
From the Principal

Adolescents are under pressure!

Our material and competitive world places young people under enormous pressure to adopt an ‘image’ and the Media reinforces the impression that ‘image’ is central to a person's being. Whether it is related to body shape, fashion, grooming or wealth, the constant underlying message is that an individual’s self-worth is dependent upon their ability to conform to the popular ‘image’. This of course diminishes an individual’s freedom and can seriously impact on their self-esteem and mental health.

Central to the Xavier College approach to pastoral care is our endeavour to create an environment where these pressures are removed from students, at least while they are at school. The College Uniform Policy is fundamental to achieving this environment. The requirement for all students to wear the College Uniform is to ensure that students are not under pressure to make fashion statements, or become embarrassed by not having or being able to afford the latest ‘in’ gear. The Uniform Policy also extends to the wearing of jewellery and personal grooming (haircuts, make up etc) for the same reasons.

In relation to grooming the policy stipulates, “The hair of all students must be clean, neat and kept out of the face ….. unusual cuts, colours or styles shall not be allowed.” It is amazing to see how quickly students are encouraged to copy a particular style if one student adopts something out of the ordinary. I have had to speak to a number of students recently about unusual tints being added to their hair. This is an obvious area where competition can quickly take hold and I am sure the costs associated with some of these procedures are an unnecessary burden on families.

I ask parents for their support in helping us to take the pressure off students by insisting that they comply with all aspects of the College Uniform Policy.

YEAR 8 2007

Have you submitted an Enrolment Application form?

Younger siblings of students currently enrolled at the College have priority access to a position at Xavier only if an enrolment application has been lodged!

Each year there are families who forget to complete an enrolment application and are shocked to discover that all the available places for Year 8 have been allocated and there is no longer a place available for their child. There are already many more applications for the 2007 Year 8 class then there are places available and applications close on the last day of Term 1, April 13.

Uniform Shop

Opening Times – Term 2 Holidays

Thursday 27/4/06 1pm – 5pm

Friday 28/4/06 9am – 1pm

If you have 3 hours to spare once a week, once a month or once a term, the school canteen would appreciate your help. Please telephone Karen on 8523 0088 or leave your details at the front office.
Laura Almeroth doesn’t fear the unknown.

In December 2005 and January this year the compassionate and strong willed 21-year-old traveled to Indonesia to fulfill an ambition of working with orphaned children.

So single-minded was Laura in her mission, that she was not daunted by the current instability in Indonesia or the risk of traveling alone in a foreign country. “I believe everything happens for a reason. It was not the safest time to travel but this was something I’ve had a passion for since a very young age,” Laura said. “I’d be lying if I said I wasn’t nervous and there was concern from within my family, but people who know me know how passionately I feel about this.”

Laura said she was inspired to make a difference in the lives of others after traveling to Bali on a school cultural tour. A visit to an orphanage filled Laura with compassion for the babies and young children without families or a loving home, much less access to health and education. “It really opened my eyes to a side of the world I had been sheltered from,” Laura said. “I knew then that if I had a chance in life this is what I wanted to do.

“I’ve always had a strong belief if I can do something to help people I will. Everyone has a talent or quality to offer and I believe mine is to help those less fortunate.”

Her humanitarian trip was the culmination of 12 months’ work contacting embassies, consulates and international aid agencies to establish a connection in Bandung, Indonesia. Taking two months off work, Laura traveled entirely unfunded and unsponsored, using her own savings to fund the charity mission.

With a warmth and affection for children, she attended to the daily needs of newborn babies to 10-year-olds at the Healthy Infant Orphan Home, located west of Java.

Not just content to volunteer her time, Laura collected hundreds of kilograms of donated baby items including clothing, nappies and baby formula. She also threw a baby shower before she left, with all gifts donated to the orphanage.

Unable to find a corporate company to subsidise the freight costs, Laura carried as much as she could and organised to ship the rest once she arrived in Indonesia. She also collected money with the hope of establishing a permanent bathroom or washroom, which she said would last far longer than disposable baby items.

“I strongly believe with passion, commitment and determination, nothing is impossible.”

Exert from an email Laura sent whilst overseas.

“Hi guys, Well as Christmas is approaching so is the half way mark of my travels. As joyful as it has been there a moments where I just wanna come back home. Past couple of days have been really hard. I knew that what I am doing at the orphanage would be difficult but I never truly realized how difficult it would be. Every time I go to the orphanage the first few hours are always the hardest. I hold back tears as the conditions that these children live in are...well...I would not know how to describe it. The orphanage name translates to be healthy orphan home, but the children are far from healthy. I have no medical qualification yet it is clear to me that many are sick with the common cold and flu. I am in a nursery where 11 newborn babies are. Most times where the ‘mother’ (the person who cares for them) is not there, toddlers as young as 6 are in the nursery to also care for the newborn babies. So its common to see babies caring for babies.

I have been avoiding talking about the orphanage because it is really quite hard to talk about. I think unless you can see it with your own eyes words will not do justice to what it is truly like.

I feel so hopeless that I can not do more for these children and new born babies. I have no medical degree to be able to attend to their health. I am not a nurse...just me...Laura. In one way it has made me want to educate myself more so that I can be more of a benefit for these children.

I have had snot, runny noses, sneezes, you name it, and I’ve had it thrown my way. I am doing things at the orphanage that I thought I would not be able to handle. I have never changed a nappy in my life, but I learnt fast how to. I never knew which cry was for hunger for milk, to a nappy change to a simple cuddle. I have never known or been shown the correct way to hold a newborn baby but it has been natural instincts that has shown me how to nurture for these babies I have surprised myself with the things that I am doing.

Too often the babies just cry because they are in need of a cuddle. To be held. To be loved. I walk from cradle to cradle and pick up each baby to cuddle and love them. You go to put the baby back down and he or she will cry. So you learn quite fast how to juggle 11 babies.”

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**Geography Competition**

**Students in National Geographic Channel Australian Geography Competition**

Students from Xavier College are taking part in the National Geographic Channel Australian Geography Competition this week for a chance to represent Australia in two international geography contests.

The competition is run by the Royal Geographical Society of Queensland and the Australian Geography Teachers’ Association and is proudly sponsored by National Geographic Channel.

The competition has reached a record number of entries again this year with over 90,000 students from all around Australia participating.

“Geography is an important subject in its own right, helping students understand how the world around them works, but it is also a great vehicle for improving literacy, numeracy and IT skills.”

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“a school of the future in the present”
Couples, when was the last time...

You felt really connected?

You wouldn’t expect a car to run for 5 or 10 years without a tune up. So, why do we expect our marriages to go on and on without some nurturing? A MARRIAGE ENCOUNTER WEEKEND might be just the thing to rebuild your close connection and bring more romance into your lives.

Weekend Dates: 7—9 April 2006
4—6 August 2006

For information and bookings:
Geraldine & Malachy O'Reilly
65 Beach Street, Grange SA 5022
Phone or SMS: 0437 388 513
What to expect? See our website
www.wwme.org.au

Science Competition - 2006

Welcome to the 2006 International Competitions and Assessments for Schools (ICAS), formerly known as the Australasian Schools Competitions. For over 20 years ICAS has taken place each year in schools throughout Australia, New Zealand, Singapore, Malaysia, Brunei, the Pacific region and South Africa. Your child is invited to participate in 2006.

The science competition is an initiative of Educational Assessment Australia (EAA) of the University of New South Wales (UNSW) and will be held on Wednesday, 3rd of May. ICAS provides an opportunity for all students to gain a measure of their own achievement in an external assessment situation. It provides the schools with reporting of results and also gives parents helpful information regarding their child’s performance.

All students receive a Certificate and an individual Student Report indicating which questions they answered correctly, as well as the average mark for the state/region. The Student Report is also useful for highlighting student strengths and weaknesses in various skills and processes of science.

The documents are suitable for inclusion in a portfolio. Certificates are awarded for each year level in each state/region as follows:

- High Distinction to the top 1% of entrants
- Distinction to the next 10% of entrants
- Credit to the next 20% of entrants
- Participation to all other participating students.

Medals will be awarded to the top student in each year level.

Each student that enters will automatically gain a House point, which is part of the inter-house competition and a point they can use towards an individual participation award.

The school has subsidized the entry fee and the cost is $4.50 per student. Please return the tear-off permission slip and entry fee to the bookroom by the 5th of April.

To assist students prepare for the science competition, past question booklets and practice questions are available from Mr Sharrad. These booklets provide a good indication of the types of questions used and their difficulty and give students experience in the ICAS format.

Yours sincerely
Nicholas Sharrad, Science Coordinator

Please return THIS section to the bookroom.

I would like _______________________________ to participate in the science competition

Student’s Name       House

Please find enclosed $________________ entry fee.

_________________________ Parent/Guardian