House Cross Country took place on Thursday 18th May and this year was extended out and around the College grounds. We were fortunate to have a glorious morning greet the participants with Under 13’s first to the start line. Each age group then went off in 5 minute splits. The leaders were finishing the course in around 11 minutes. This then gave them a chance to congratulate those completing and have a chat to teachers about their run (some were looking decidedly worse for wear at the finish line!) Students who finished in the top 5 of their age group will compete in the State Cross Country in a few weeks time. A big thanks to all staff who helped on the day. The winning House was Bosco, 2nd – Polding, 3rd – McCormack, 4th – MacKillop.

Mr Dan Searle (Sports Administrator)

**Weekly Celebration of the Eucharist**

Every Tuesday morning at 8.10am Fr. Germano Baiguini will say a morning Mass in the Xavier Chapel. Students and staff are invited to join the thousands of Catholics around the world who begin their day by spending some time in prayer and celebrating the Eucharist together before they go off to school, work... etc.

**House Cross Country 2006**
From the Principal

Backpacks Versus Trolley Bags
Some parents have expressed concern about the school backpack. One suggestion to the College Board was that we should consider introducing a trolley bag as an alternative to the current backpack. I thought that parents would be interested in some research to do with this matter.

The Chiropractors Association of Australia has made the following observations:

- Children wheeling bags on uneven or paved surfaces can cause twisting and jarring of the shoulders and spine which in turn may cause significant damage.
- Wheel bags are unsuitable for going up and down stairs and getting on and off buses and for children riding bikes to school.
- Wheel bags generally are only as good as their user allows and there would be a realistic concern that some children may not be compliant in the correct use of wheel bags thereby exposing them to spinal damage.

Using a correctly fitted backpack can reduce back pain by 23%. Statistics show that 68.6% of students using hand held school bags and 53.7% of students using shoulder bags are experiencing back pain.

We also have to consider storage. Trolley bags would be hard to fit into lockers. They could easily become an OHSW hazard if left in classrooms or corridors as well as being far more vulnerable to damage and theft.

Some backpacks are better than others and we have taken advice before choosing the type used for the Xavier College backpack. We have chosen a backpack that;

- Can be fitted easily and comfortably
- Has shoulder straps that are broad, well padded, adjustable and ergonomically shaped
- Has straps attached to the top of the pack at separate points
- Has a waist strap to keep the load in place when moving
- Has separate compartments to allow heavy items to be packed close to the body
- Is padded where it touches your back and is made of firm material to prevent the load sagging backwards.

More importantly than anything else, however, is the manner in which students wear their backpack. The following advice is offered.

Pack Smart
- Lighten your load - only carry essential items
- Plan ahead - don’t carry all equipment at the same time (i.e. - sports gear, musical instruments etc)
- Choose only those books necessary for homework - books are heavy items
- Pack the heaviest items closest to the body

Carry Smart
- When packed, make sure your pack doesn’t sag or pull backwards
- Use both shoulder straps when you wear your backpack
- Use your pack’s waist strap to keep the load in place when walking or cycling
- Don’t carry your pack for too long

Priesthood is about
♦ listening to God
♦ supporting them in their struggles
♦ bringing them God’s Word as hope

Priesthood is an invitation to share life with others.

For a confidential chat phone Fr Dean Marin on 8210 8244 (Tuesdays) or Cathedral Parish 8232 8688.

E. vocations@adelaide.catholic.org.au

SACE Semester 1 Examinations
Term 2, Week 8

Year 11 Students: 19 - 23/6/2006
Year 12 Students: 19 and 20/6/2006
(Mathematical Applications, Business Studies and English Communications ONLY)

Examination timetables will be distributed to Year 11 and 12 students this week.
SACE students must wear correct winter school uniform to all examinations.

Rebecca Donnon, , SACE Coordinator

R.I.P.
Our deepest sympathy is extended to Katrina Pedler (Year 12) on the recent loss of her Grandfather. Our thoughts and prayers are with the Pedler family.

Mr Lynn Martin, Principal
St Brigid’s Visit – Junior House Leaders

On Friday, 12th May, the Junior House Leaders visited St Brigid’s Primary School to talk to the students about Xavier College. We arrived at St Brigid’s at 9:30am and were met by Ms. Rehn, who showed us around the school. We met with the Year 6 and 7 students and had the opportunity to meet them now.

On our way to the school, we were greeted by the Year 7’s and Year 6’s who we had met before. We were very excited to see them again.

When we arrived at the school, we were welcomed by the Year 6 and 7 students and they all seemed excited to see us. We spoke of the various physical education programs and activities Xavier has to offer. Towards the end, the students asked us any questions or worries they had about what will happen next year.

The students got a chance to ask us some questions and play around with us. Cameron and Michael talked about the lockers, diaries and timetables. Sam and Lachlan talked about Year 8 camp, the canteen and House groups.

Myself and Ms. Rawady were introduced to the inter-sectorial School Care Youth Council and told how they can become involved in many related youth issues and have a voice in their local community. We then played a game to get to know some people. We were put into groups to discuss the issues of an unsafe school and the solutions to solving them. We reported back and then Mia thanked us. I enjoyed meeting new people and coming up with new ideas.

Shamika Moore – Year 10 House Leader, Polding

On Friday, 12th May, the Year 10 House Leaders made their way over to St Brigid’s primary school accompanied by Ms Rawady and Mr Watson. We gave the Year 6/7 students an insight of what Xavier College is like. The year 6/7’s were very excited by what Ms. Rawady and us had to say. After the talk, the Year 6/7’s were able to look at some of the work done at Xavier College and had the chance to try and break the confusing lock’s on the lockers! All the students seemed very excited to come to Xavier even more after the talk and we look forward to seeing them next year.

Sam Hamett – Year 10 House Leader, MacKillop

National Safe Schools Week – 15-21 May

This week provided opportunities for schools to celebrate the many innovative and effective programmes and activities that are in place to help students feel valued and supported, and in an environment where they can achieve their potential. Bullying, harassment, violence and child abuse are issues of great concern to all school communities. Four of our Year 8 students, Jack Mercer, Lucy Hamett, James Cobbledick and Melissa Botchen, attended one of the Student Roundtable discussions that were held across the State last week. They were invited, together with 50 other students from the Northern area, to attend this formal discussion at Trinity College to identify issues and solutions around safer schools. They were also introduced to the inter-sectorial School Care Youth Council and told how they can become involved in many related youth issues and have a voice in their local community.

Lucy Hamett – Year 8 Bosco House

On Tuesday 16th May, I went to Trinity College with Jack, James, Melissa and Ms Rawady. We discussed, with many other people from schools around the area, the issues of bullying, harassment and other being safe at school. It was a great day and I enjoyed listening to other students’ point of views and solutions to make people aware of these problems to and put a stop to them.

James Cobbledick – Year 8 Polding House

On Tuesday 16th May, Jack Mercer, Lucy Hamett, James Cobbledick and Melissa Botchen went to Trinity College for National Safe Schools Week. At the Starplex, we started the day by getting to know new people by playing some games. It was a good way to meet some new people that we didn't know before. Then we got into 12 small groups and discussed the issues in our own school. We all got a say in what we thought our school was like. We all got back together to talk what we had discussed. One person from each group got up and talked about what we said. After the break we got back in to our groups and we came up with solutions of how we could stop bullying and harassment in school. We got to perform a skit about what we thought people should do if they were being bullied or harassed. Overall we had a good day and enjoyed this experience.

Jack Mercer – Year 8 MacKillop House
Year 9 Knockout Football
Tuesday 23rd May 2006 vs Balaklava

A great game of footy was played on the Xavier oval last Tuesday in the first round of the year 9 knockout footy competition between Xavier and Balaklava. Challenged by a determined Balaklava side, the Xavier Year 9 footy team rose to the occasion to finish with a great tally of 6 goals.

In the third quarter, with Tyson Whitelaw now dominating at centre half forward, the floodgates opened and Xavier took control of the came. Peter Mylonopoulos played an even four quarters, with his swift, effective handball and with some telling marks in the in the second half.

With Tom McCarthy, Con Mylonopoulos and Royce Lively rebounding fearlessly and setting up attack with intelligent passing from the backline, the dominance of Xavier soon became evident.

It was a real team effort. Luke Shanahan produced a lion hearted effort in the ruck and provided support for the smaller players. The classy Peters (Wharton and Seccafien) played stellar roles and brought other players into the game.

The talking was good and the encouragement of team mates, excellent. It was an outstanding effort from a group of mates who had not played together before. There is no doubt that as the game unfolded, our boys gained confidence in and understanding of each other's games. We believe we can improve significantly and look forward to the next round.

Sam McKinnon was best on ground with his relentless attack on the ball for the entire four quarters. An outstanding captain's game, repeatedly going in fearlessly and running hard all day. We look forward to the next challenge.

(Noel Tiver & Andrew Footner)

Scores: Xavier: 19goals 11 behinds (125 points) defeated Balaklava 6 goals 1 behind (37 points)

Best: Xavier: Sam McKinnon, Tyson Whitelaw, Michael Hollis, Peter Seccafien, Luke Shanahan, Peter Wharton, Peter Mylonopoulos, Con Mylonopoulos, Royce Lively, Tom McCarthy.


Open Boys Knockout Basketball
Game 1: Xavier 60 – Faith 51

On Thursday week 3 the open boys basketball team competed in their first round matches of this year's knockout competition. The team of Jozef Warren-Smith, Ryan Mills, Miachael Krawczyk, Daniel Mifsud, Sam Harnett, Ian Wharton, Jake Holness and Aaron Parsloe took on a highly fancied Faith team in game 1. We sprang out of the blocks in the first quarter and were never headed in a high scoring, free flowing game. Fantastic shooting from Jake and Michael kept the pressure on Faith all through the game. In the second half strong driving from Ryan and Daniel gave us a good feeling about the second game later in the day against Tyndale.

Game 2: Xavier 31 – Tyndale 32

In one of the games of the year Xavier was just pipped at the post by a desperate Tyndale team. The game was a real scrap as both teams struggled to find the back of the net. It was the talls that did the damage in this one with Jozef top scoring for Xavier and Tyndale’s centre hurting us in offence. This was a game of defences in which both teams excelled. Tyndale, who had just come off their win against a very tired Faith team, played exceptionally well for a team nearly running on empty. The last five minutes were as tense as any grand final with the two teams tied on 30, until a foul on Tyndale’s centre resulted in a free throw that ended our time in this year’s competition. It was a great game from the whole team and lots to look forward to in the coming years of Senior Basketball at Xavier.

House Sport
House Sport has begun this term with year 8’s involved in soccer and netball. MacKillop have already got off to a flying start with wins in the year 8 netball and soccer. Year 9’s have begun their sports this week. House Sport takes place on Tuesday and Thursday lunchtimes and is a great way to increase House spirit and meet other students in your House. It also allows older students the opportunity to develop their leadership skills by coaching or umpiring. Other sports to be included throughout the year are football, volleyball, table-tennis and badminton.

Mr Dan Searle (Sports Administrator)