Tonight I hope to be back from Hobart in time to join the audience as part of the Arts night being presented by the Performing Arts faculty. I hope many others can support these students and their teachers.

Next week our Year 9 students will take part in a week of activities as part of their Pathways program. An initiative this year was to remove regularly timetabled lessons and, instead, deal with Pathways in two, one-week blocks. This has had the effect of a net increase in lessons available for the core curriculum, while having pathways have a greater, real-life learning impact. A by-product is the way these blocks break up the school year which we hope will further add to better learning. Much planning has gone in to preparing for these days and I thank the staff for their involvement. Particular acknowledgement is due to a core group consisting of Mr Richard Chapman, Mr Steven Ryan, Miss Bridget Leary, Miss Anita Doherty, Mr Kamil Douglas, Mrs Helen Williams, Mr David Bennett and Mrs Tanya Rataj.

Congratulations to our Chess team who travelled to Launceston to compete, coming third in the competition. There is an article elsewhere in this newsletter, and I thank Mrs Cheryl Sheehan for coordinating this excursion.

I commend participation in the Devonport Eisteddfod by members of the College.

In this newsletter there is an invitation to be part of the Junction arts festival being held in Launceston from the middle of next week. I am aware of one student, Laura Briant (10 L2) , who will be performing as part of the Stompin’s Youth Choreographic Project.

As an initiative of the College’s Vinnies Youth Conference, a contingent of students spent an afternoon at Meercroft aged care facility. They performed for the residents, and then joined them in conversation. It was a rewarding experience for all, and we have received many positive comments on how they presented themselves. Thanks to Ms Patty Barratt and Mr Kamil Douglas for coordinating this opportunity.

In this week’s publication I have included an article on Bullying. I commend the College’s Pastoral Care Team for the work that they do in dealing with this issue. They have conducted surveys, and these are very encouraging. They have, however, highlighted an area for attention. This is the negative way that students can speak to each other. Parents can work with the College by discussing the unacceptable nature of name-calling and the like, and help build empathy. Also, please report bullying incidents to the College through the House Head.

Mr Frank Pisano
Principal

Please note that the Student Free Day is not tomorrow, it is next Friday, 24th August 2012.

Student Free Day
Students and staff can now access a new collection of recreational ebooks via the College library catalogue.

Ebook titles are available to be loaded to almost all personal reading devices such as laptops, iPads, iPodtouch, iPhones, and other android reading devices from home, or anywhere else but not within the school wireless network. Note: You must have access to the internet on your device to use the service.

Currently the college has a collection of over 80 titles available for loan, some for younger teens, some for seniors, and some adult titles.

What do you need to start borrowing eBooks?

Have a valid College library card or student username and password, and Internet access (Note: Once the ebook is downloaded you can read offline anywhere).

After selecting your title, click on the electronic file hyperlink. This will take you to our College ebook portal. From the “Login to borrow this title” link you will be redirected to a login or registration page. Once your registration has been confirmed, normally within 24 hours, you will be contacted by email, and can login to borrow ebooks. Follow the prompts to Create a College ebook account and an Adobe digital editions account. You will also need to load software required for your individual device. Check the College Wheelers ebook portal for help, or come to the library staff if you need to.

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Ebooks have arrived at St Brendan Shaw College!

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UTAS OPEN DAY

Sunday 26 August 2012 10AM – 3PM.
Bring along your family and friends and explore the Hobart, Launceston and Cradle Coast campuses.
At Open Day you will discover what life at UTAS is really like and find out information on the many of courses we offer, listen to inspiring presentations, take tours of the facilities and enjoy free entertainment and hands-on activities throughout the day.
For more details contact the Uni Info Centre on 13U-TAS or visit www.utas.edu.au/openday

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Uniform Shop

Tuesdays/Wednesdays
10.00 am — 4.00 pm
Cash Cheque Layby Eftpos
POLO TOPS $42.00
RUGBY TOPS $77.00 $82.00
TRACK PANTS $42.00

Mrs Sue Arrowsmith
Uniform Shop Manageress

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POLO TOPS
$42.00
RUGBY TOPS
$77.00 $82.00
TRACK PANTS
$42.00
On the 12th of June 2012 Jessica Applebee and Tim Sheehan travelled to the national convention centre in Canberra for the 2012 Cyber Safety Summit. There were people from different schools from across the country and even a couple of students from Christmas Island.

The opening of the summit was led by Project Rockit who were going to lead the whole summit. They introduced some people from parliament, then there was a performance by team rocket which is a dance crew that showed us some moves.

After we had recess we went into their first workshop with Ruby Rose. She told us her story and how she was bullied as a kid and that she wasn’t one of those kids to back down. She told us that she would say “is that all you got” so people would keep hitting her. She came out on top of it though because she is now the host of MTV and an ambassador for Headspace.

The next workshop was with the Australian Federal Police representatives that came in. They talked about rules and safer options when using the internet and on social network sites. They referred back to Facebook and told to us always to be aware and to have privacy settings on private and not public.

After the workshops there was a break for lunch, then we moved into a room for the last part of the summit which was a panel with all the special guests sitting on a panel. Anyone could ask them questions to do with the internet.

This opportunity was part of the World Performance course and the development of our show Cyberworx which will occur in November for our 2013 Year 7 students.

### Ten Top Tips for TEENS

- Use a strong password, a combination of upper/lower case letters, numbers and symbols
- Don't believe everything you read - make sure you know it's coming from a reliable source
- Don't give out any private information over the Internet or mobile phone and think about what is revealing in a photo
- Think before you share! Once it's on the Internet you can't take it back.
- Don't hide behind a computer screen, if you wouldn't say it to their face, don't say it at all!
- Don't post inappropriate or illegal content anywhere on the Internet
- Make sure your social networking profile is set to private or friends only
- Only accept friend requests from people you know and trust - even if it's a friend of a friend it's not a good idea to add them unless you actually know them
- Tell your friends to ask for permission before uploading/tagging a photo of you and do the same for them
- Don't click on any links that are embedded in emails - type the URL into the browser and go from there

### Tips for PARENTS

- Talk to your child about cyberbullying before it happens. Work out strategies that you are both comfortable with.
- Establish one or two other trusted adults your child is comfortable to approach about their concerns.
- Be aware of what your child is doing online and explore it with them.
- Keep the lines of communication open so your child will be comfortable to talk to you. Help your child to develop the skills they need to interact safely and respectfully online.
- Locate computer in a shared or visible place.
- Discuss the kinds of sites that are okay to explore and those that are not, and have clear rules about online activities.
- Help your child block anyone who sends offensive content.

**CYBERBULLYING won't STOP if it's ignored** - you can help by listening to your child and working with them to take control of the situation.

- Notify the police immediately
- Save evidence
- If you need to involve child's school to assist in achieving a positive outcome.

Information from the Australian Communications and Media Authority

For more information go to [www.cybersmart.gov.au](http://www.cybersmart.gov.au)
Detection of Scoliosis in Schoolgirls
An Important Preventative Health Measure

We draw your attention to the National Self-Detection Program for Scoliosis which can be found at www.scoliosis-australis.org. It is recommended that the Self-Detection Brochure be downloaded and distributed to girls aged 11 and 13 years (Year 7 and 9 in most states and territories) in July/August this year. Scoliosis (spinal Curvature) is an important health problem for adolescent girls and 2.5 per cent are at risk of developing a significant curve. Because in the early stages the condition is most often asymptomatic, screening girls in the age range 11-13 years is a sound preventative health measure. Early detection and treatment, where indicated, result in better long-term outcomes.

Riverbend Youth Centre Camps

There are two upcoming camps for the September holidays.

**Camp 1:** Sunday 9th September to Friday 14th September.
(Grades 3, 4 and 5)

**Camp 2:** Sunday 16th September to Friday 21st September.
(Grades 5, 6 and 7)

Due to the large number of children wishing to come to camp it is Highly recommended you get your Application in at least 2 weeks prior to camp starting for the chance to secure a place.

**Camp fee:** $100 per person. (Fees must be paid with application)

Camp forms and more information are available via the internet at www.riverbend.org.au.

World Youth Day 2013: Registrations Open!

Registrations are now open to join the Tasmanian Pilgrimage to World Youth Day 2013 in Rio de Janeiro! Join us for an incredible, faith-filled adventure, including an immersion experience in Santiago, Chile, Iguazu Falls, Jesuit Mission visit and other areas of Brazil. You can find all your information and download a registration pack at: www.wydtas.org.au or contact Rachelle on rachelle.smith@aohtas.org.au or 0400 045 368.

“Since WYD, part of me has come alive in a way I never thought possible” Tas WYD11 Pilgrim

“I took ownership of my faith and developed a confidence in myself I would not have had without WYD” Tas WYD02 Pilgrim

N.B. Pilgrimage open to Tasmanians aged 18 – 35 as at our date of departure in July 2013.

The St Brendan-Shaw College

‘Arts Faculty’ presents…

*A collection of works from Drama, Dance, Music and Art*

To be performed….

When: Thursday the 16th August

Where: Genesis Centre

Time: 7:00pm Gallery

7:30pm Performances

Cost: Gold coin donation

Please come and support ‘The Arts’ as they showcase work from throughout Term 2.
On Monday, August 13th, the St. Vincent de Paul group went to Meercroft Retirement Village to visit with some of the residents.

During the planning stage of this excursion, members suggested to include Glee and then the Vocal Ensemble, as Vinnies members are also in these groups. The visit soon turned into a lovely combination of singing, readings and even a short skit. The residents were singing along, clapping and seemingly having a very good time as our young students performed. Mr Douglas played his guitar and sang and Mrs Keightley sang with her Vocal Ensemble group.

Afterwards the students mingled and visited with the residents who frequently asked them to please 'come back'! Well done students and a thank you to Miss Connolly for a last minute rescue to be the pianist.

Ms Patty Barratt

The Mackillop Day of Beauty is this Friday (tomorrow)!

There will be a BBQ lunch with soft drink and chocolates available. The canteen will be closed for lunch this day. Please note that this is not a casual clothes day.

In the Hairdressing centre there will be nail painting for $1 and nail art for $2 (transfers, diamante etc). At this stage we have some feathers available, these are the real ones and will be $6 to have put in (this is half the price you'd pay in the salon). We have some synthetic ones ordered and they will be here next week. They will be $3 and we will let you know when they arrive.

Please come along and support the Starlight Foundation!
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as ‘tattling’. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.