I don’t enjoy much talkback radio (except Saturday morning on ABC Local). It is overly weighted to negativity. Everyone has an opinion on how someone did something wrong. As a consequence, I prefer to listen to podcasts of Conversations with Richard Fidler instead. Some recent episodes have caused me, again, to reflect upon the complexity of the lives of everyday people, and the impact that this has on their daily interactions. As one Salvation Army Officer described it in a documentary once: “Behind every behaviour there is a story; and behind every story there is a person”. This is something that we try to be conscious of in our College community. One philosophy that I try to emphasise is best remembered as a ratio: 17:1. This was a misquote from a text I consulted on Promoting Positive Classroom Behaviour. (The actual ratio was 12:1, although it could be as high as 19:1). What is this about? The authors referred to research that indicated that, just to get through a day, for every negative comment received by an individual, 17 (or 12 or 19) positive affirmations were needed to achieve a balance. How much more beautiful talk-back radio would be if participants subscribed to this philosophy. All that is required is to have a “default setting” that looks at people’s actions from a positive perspective … and to look for reasons to provide an affirmation.

This week I have included an Insight article titled: “Increase Good Feelings at Home”. It compliments this philosophy.

Last night we had a small, but enthusiastic, group of parents who met to consider re-building the SBSC P&F. In the following weeks, the P&F may provide more feedback to parents via the newsletter. It has been suggested that this publication includes a P&F section on a regular basis, where the P&F can communicate directly with parents. Without wanting to pre-empt any of their communications, they have set a timeline for the time up until the end of Term 1 next year, with a goal to elect an Executive during Term 2.
Women’s Cricket:  
The Devonport Cricket Club has set up a women’s team and they are looking for players. If you would like to play, here are the details:  
Season Commences on the 18th November. Trainings are currently Monday and Wednesday 6-7pm at Devonport Cricket Club (Outside or in depending upon the weather). The format of the competition will be 20/20, with 8 games for the season being played Sunday Afternoons, on turf where possible. If you would like to find out more, please contact is John Sales - 0420 440 994. No experience is required and the club will provide equipment.

High School Cricket:  
Boys wishing to play in the High School roster over the cricket season should have signed up at the HPE office last week. Anyone who wants to play but has yet to sign up should do so as soon as possible. This week students will be receiving a letter and registration form regarding the roster. Games will be played on a Wednesday evening. If you require further information, please contact Mr Ryan at the College.

The Winter has passed:  
With the cooler months behind us, we must now again become conscious of our responsibility to keep ourselves safe while out in the sun. Whilst teenagers often feel invincible, the damage that over exposure to harmful UV rays causes, can and does alter livelihoods. Possibly not tomorrow or next week, but as damage continues over the years you will pay the price. The following information has been extracted from the Cancer Council’s web site (www.cancer.org.au). Please take the time to read it and discuss with your child.
The majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight.

Sunburn
- Sunburn causes 95% of melanomas, the most deadly form of skin cancer.
- In Australia, almost 14% of adults, 24% of teenagers and 8% of children are sunburnt on an average summer weekend. Many people get sunburnt when they are taking part in water sports and activities at the beach or a pool, as well gardening or having a barbeque.
- Sunburn is also common on cooler or overcast days as many people mistakenly believe UV radiation is not as strong. This is untrue – you can still be sunburnt when the temperature is cool.
- Sun exposure that doesn't result in burning can still cause damage to skin cells and increase your risk of developing skin cancer. Evidence suggests that regular exposure to UV radiation year after year can also lead to skin cancer.

Tanning
- A tan is not a sign of good health or wellbeing, despite many Australians referring to a ‘healthy tan’. Almost half of Australian adults still hold the misguided belief that a tan looks healthy.
- Tanning is a sign that you have been exposed to enough UV radiation (from the sun or solarium) to damage your skin. This will eventually cause loss of elasticity (wrinkles), sagging, yellowish discolouration and even brown patches to appear on your skin. Worst of all, it increases your risk of skin cancer.
- A tan will offer limited protection from sunburn, but usually no more than SPF4, depending on your skin type. It does not protect from DNA damage, which can lead to skin cancer. (http://www.cancer.org.au/preventing-cancer/sun-protection/about-skin-cancer.html)
On Monday the 1st of October, a group of talented girls from Years 9 and 10 attended the Girls Football Gala Day, hosted by Devonport Football Club, at Byard Park. The day consisted of 3 football games, with 2 20 minute halves. The team was pitted against rivals from Reece High School, Latrobe High School and Devonport High School, with Sheffield High School also attending but unable to play the St Brendan-Shaw College Team.

As we arrived at the grounds our first sight was those that we would face. Putting the tension in the air aside, the girls grouped together strongly and began to warm up. Our first game was up against Reece, many of us were nervous as it was our first game as a team but overall excitement made our first game a comfortable win. Reece were only able to score 1 goal and a few points whereas the St Brendan-Shaw girls put through many healthy goals boosting our confidence phenomenally. Ready ing us for the next game against the Latrobe High girls, who we had heard we quite a task to beat.

After talking tactics and resting we were ready to go once again, against what we thought were going to be our hardest task. The Latrobe team were quite intimidating but we were just as bad coming off of a win against Reece. Once again, though, excitement and adrenaline fuelled our desire to win. After half time it became clear to us that we were going to win unless we stood there and watched, and by the end it was obvious that we defeated Latrobe as they couldn’t score 1 point against us.

The girls were on even more of a high this time so after a quick break and talking tactics we ran out onto the field like champions not even noticing Devonport were there. The game began and once again with a combination of our tactics, defence and powerful centre and forward line we were the victors. It was like déjà vu as Devonport couldn’t score a point against us either and our score outcome was even greater.

It was a smoothly run day with total success and domination by the St Brendan-Shaw College girls beating all 3 teams that we played, with some unable to score just 1 point against us. The girls sportsmanship was unmatched and teamwork unrivalled. The team would like to thank our Coach, Mrs Windsor and assisting Coach, Mr Hubble. We would also like to thank our umpires, runner and water boy. Without all of your help this day may not have been possible or such a success.

Last weekend, the College was represented by two teams in the Tasmanian College Basketball Championships at the Devonport Recreation Centre. The Boys who participated were Ryan Cook, Ethan Hind, Tyler Kelly, Brayden Lewtas, Angus Morgan, Jakeb Morrison, Hayden Reid, Damian Thorne, Matt Zerna and they participated in Division 1 of the tournament. The Girls participated in Division 2 and were represented by Belinda Anderson, Phoebe Crack, Meg Graham, Rebecca Hyland, Bryony Mufet, Taylah Orders, Claire Steven and Lucy Wells.

Both teams represented the College in an outstanding fashion and were a credit to themselves, their family and the College. The Girls team finished the tournament with two wins and two losses finishing in 3rd place overall in Division 2. The Boys after winning two of their Pool matches and losing one made it to the Semi-finals. In the Semi-Final the boys’ effort was nothing short of tremendous against a very strong team from Launceston College going down in a close game by 6 points. Launceston College were the eventual winners of the tournament convincingly beating Guilford Young College in the Grand Final. The boys then proceeded to win their play-off for third and fourth.

Thank-you is to be extended to Mr Kevin Hyland (Girls) and Mr Wayne Hills (Boys) who acted as coaches throughout the tournament. Thanks to Mrs Christine Hyland (Girls) and Mrs Gina Hills (boys) who managed the respective teams. Also to all the parents and friends who supported either team your contribution has added to the success of the weekend. Without the expertise and support of the aforementioned people such activities would not be viable. It would also be neglectful not to mention that this will be the last time some members of either team will represent the College in Basketball and perhaps any other sport.

Thank you to those of you for the way you have you represented the school in not only this tournament but past ones as well- the College is proud!
The Evatt Trophy Competition is an event run in every state and territory around the country each year. Recently in Tasmania, Evatt Trophy was held on the 30th of September in Hobart at the Friends school. Many schools participated in the Tasmanian round including St. Brendan – Shaw College, represented by Owen Zolati and I. It was an action-packed day where, in teams of two, students represented a Member State of the United Nations (UN) Security Council.

What is the UN Security Council? The Security Council is made up of a significant group of countries who, for example, have the ability to establish states, send in UN forces and put sanctions on other nations. You may think the UN Security Council is the same as the Model United Nations Assembly (MUNA), however; this council has only a few select members - 5 who are permanent and 10 who are not.

The 5 permanent members on the council were the major victors of WWII. These are Russia, China, United Kingdom, America and France which all have the power to veto a resolution. We were lucky enough to get China and so when we used our veto power, a resolution was scrapped after debate!

The rest of the council is made up of 10 rotating member states and this is what Australia aims to be a part of for the years of 2013-2014. You may have seen it discussed in the news recently. Australia is competing against Finland and Luxembourg for the position. Hopefully Australia can get a seat on the Security Council as they last were a member in 1986!

Luckily for students in grades 9-12 like us, we got to see what it would be like to be a part of the UN Security Council through Evatt Trophy. The whole event was run by UN Youth Australia (UNYA) which is made up of young adults under the age of 25.

Everyone was seated at a long table and it was there that we debated issues like the situation in Cyprus, the sovereignty of Nagorno-Karabakh, the Question of Transnational Terrorism, Extraordinary Rendition & Extrajudicial Executions and UN reform. All of these topics sounded quite overwhelming when given to us just a week before the event but UNYA prepped all participants with notes beforehand and so only a small amount of research was needed to be done.

Unfortunately, we weren’t one of the teams chosen to go to the National Final held in Brisbane this year. Nevertheless, we got a lot out of it. We developed our interest in international relations, public speaking and made heaps of friends on the day. Owen and I strongly encourage all students who want to participate to have a go next year as it really is a fun opportunity!
Edmund Rice Camps
SBSC students Kelsey Johnston and Josh Hicks attended an Edmund Rice Camp over the September holidays. They joined about 30 other young leaders who offered themselves as "buddies" on a 4 day holiday camp for youngsters from Deloraine and other parts of the North at Hagley Farm School. The camps, which operate across Tasmania, Australia and in other countries, are named after Blessed Edmund Rice, the Founder of the Christian Brothers. Leaders are needed for January Camps, including one to be held at Fulton Park in Forth from the 13th-17th Jan 2013. Students in Years 10, 11 or 12 who are interested can find information, and download application forms at www.ertas.org.au.

Founders’ Day
On the last day of Term 2, SBSC held our annual Founders’ Day where we acknowledge the founding people and traditions of the College. Guests at the Founders’ Day Assembly included Christian Brothers Sean McManus and Daniel Lyimo. Br Daniel comes from Tanzania in East Africa where he is in charge of young men training to be Christian Brothers. St Brendan - Shaw College makes a donation each year to help educate a number of students at the Edmund Rice Sinon Secondary School in Arusha, Tanzania which is run by the Christian Brothers. Br Sean taught there for several years and is now working with the Edmund Rice Network in Tasmania. Picture: Brothers Sean McManus and Daniel Lyimo present a new portrait of Edmund Rice to SBSC Principal Frank Pisano.

Year 10 Reflection Days
The beginning of this term saw the Year 10 cohort become the last to have their Reflection Days this year. The Reflection Days were held at the Devonport City Soccer Club and were led by Br Sean McManus, Sam Vinson & Kyle Robinson of the Edmund Rice Retreat Team Tasmania (ERRTT). The theme was around ‘social justice’ and the three leaders have had extensive involvement and experience with social justice. The days provided an excellent opportunity for reflection, particularly on how fortunate we are in our lives and what we can do to help those that are less fortunate than ourselves. On the first of the two Reflection Days the students were addressed by guest speaker Donna Mulhearn. The students listened intently and respectfully as Donna shared her wisdom on the topic and her worldly experiences (which include being a peace shield in Iraq) of where she saw social injustice. A huge thank you must be given to the ERRTT, especially Br Sean McManus, for organising the days and making them engaging and enjoyable for all.

Slipstream Circus Students
The students pictured below were a part of the Alice production by Slipstream Circus in September this year. Pictured from Left: Ezra Shelverton (8 M3 ), Joe Fisher (9 G3), Mallory Priest (12 M7) & Tom Dahya (8 G1)

Uniform Shop
Tuesdays/Wednesdays
10.00 am — 4.00 pm
Cash Cheque Layby Eftpos
Blazers $178.00
Grey/Navy Shorts $27.00 - $30.00
Blue/White S/S Shirts 20.00
Grey/Navy Socks $8.00 - $13.00

Mrs Sue Arrowsmith
Uniform Shop Manageress
OLOL School Fair

Sunday, 18th November 2012

- White Elephant
- Jumping Castle
- Party Planners (Tupperware, Lorraine Lea Linen etc)
- Food & Drinks
- Cake Stall
- And much more

SBSC MUSIC TUITION 2012

The College will be offering students the opportunity to receive private music tuition during school time. It is our belief that instrumental proficiency can be greatly developed by supplementary, individual music lessons and that these enhance learning in the music classroom.

Specialist music teachers will be available to offer private lessons to students on a weekly basis. These lessons will be conducted during school hours and remuneration will be arranged between the teacher and the parent/student. The recommended rate for a registered itinerant teacher is approximately $25 to $30 per half hour. Students usually come out of class for a 30 minute lesson once a week. Any student may participate, whether they are studying music as a subject or not, although if there is an overwhelming response, students who have chosen music as a subject, will be given first preference.

If you are interested in your child receiving specialist music tuition at the school, please complete the attached form and return to the Music Department, via the College office. It would be appreciated if forms could be returned by next Friday, October 19th, so that the programme can get underway promptly.

Some of the instruments that we are offering tuition for are:
Voice, Guitar, Bass Guitar, Drums, Flute, Clarinet, Saxophone, Trumpet, Trombone, Euphonium/Baritone and Piano

Mr Peters and Mrs Austin
(Music Department)

(Please return this form to the Caritas office)

I am interested in my child participating in the Itinerant Music Programme.

Name/s: ___________________________
Year Level: ___________________ Homeroom: ________________
Telephone Number: ____________________________
Instrument: ____________________________
Parent/Guardian’s Signature: ________________ Date: ________________

Is your child at school or starting next year? Would you like $500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:
- have a Health Care or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

To find out more, phone or SMS your name and postcode to 1300 610 355, or email saverplus@bsi.org.au
Keys to Ps

Keys to Ps is a fun and informative session for learner drivers and their parents

Aims of the information session

- Make learning to drive a positive experience
- Develop a range of learning strategies
- Identify hazards and minimise risks
- Become a safe and responsible driver in all weather conditions

Some topics covered

- How to get your Ls and Ps
- Hints on planning your driving sessions
- Why young drivers are at risk
- How to be an effective supervisor of your learner driver
- Preparing your son or daughter for a safe driving future

Venue: St Brendan - Shaw College
Date: Wednesday, 24th October 2012
Time: 7:00 pm
RSVP: Email or Call the College

MORE INFORMATION TO COME IN NEXT WEEK’S NEWSLETTER
Increase good feelings at home

Family harmony is linked to good will and positive emotions. Here’s how to increase good feelings in your family and make your home a happy place.

Strong families thrive on good feelings.

They are not devoid of conflict or criticism, but generally strong families are pleasant environments to be part of.

One way to increase good feelings in your family is to increase the number of compliments.

As a general rule, the ratio of compliments to criticism should be around five to one. That is, there should be five times more positive, affirmative comments than negative comments.

In unhealthy families this ratio is reversed. When the ratio gets to around five negative comments for every one positive comment, families can be quite toxic.

How does your family rate on this scale?

If you use children only as a measure I suspect that the compliment to criticism ratio will be a little scary.

Some siblings can be unkind to each other, and find it hard to say a pleasant word. This skews the ratio a lot and can make family life awful for everyone. BUT this can change over time.

Here are five ideas to help you alter the compliments to criticisms ratio:

1. Increase your own number of affirmations, compliments, affectionate phrases and kind remarks in order to skew the ratio a bit. Aim for a seven to one ratio. Not only is this good modelling for your kids, but it will make family-life more harmonious.

2. Keep a check on your use of good feeling (and self-esteem) killers. Eradicate comments such as: “Typical boy!” “If I’ve told you once I’ve told you a thousand times, don’t…” “What a stupid thing to say to your brother/sister!” Bite your tongue rather than say what you may be thinking.

3. Make kids aware of their language and the potential harm to self-esteem, not to mention family harmony, that constant criticism can cause. Use "I" statements to let kids know the impact of their negative talk on you. “When you talk so aggressively I feel quite scared about what you are going to do next.” It’s impossible for kids to disagree with "I" statements.

4. Develop the habit of following up a negative with a positive. When I was teaching I always tried to follow up the disciplining of a student with a compliment or some positive feedback so that we could maintain a good relationship. Do the same in your family. Follow up discipline, a rebuke or a negative comment with a positive act or comment. TEACH YOUR KIDS TO DO THE SAME!

5. Let the bad feelings out. Sometimes there can be such a build-up of ill-will between siblings that you need to let the bad feelings out. One way to do this is let a child vent to you about their sibling. You may not like what you hear but a clearing of the air can work wonders in terms of improving the family atmosphere.

All these suggestions start with you.

Like everything in family life, whatever you want from your kids, you must do first. So to increase good feelings in your home aim to keep to the compliment to criticism ratio at five to one or more!