Recent events in Pakistan, where an attempt was made to assassinate a 14 year old student because she advocated education sends a strong message. It emphasises the power of education; and it is a reminder for us to value education, and to not take it for granted. I pray that the world has the courage to work to the provision of quality education for all.

A small group of parents met last week to begin the revitalising of the College’s P&F Association. We could not ratify the draft, nor elect an executive, but have planned to build the association to a point when this can occur in Term 2 of 2013. A second meeting is planned for later this year, as well as a presentation to our 2013 Year 7 parents. Details of this, and plans for Term 1 2013, will follow in later newsletters. This weekend, in addition to the SATIS Athletics Carnival, I will attend the TCSPFF AGM with Lynne Bennett, the College’s nominee for the new TCSPC (which is expected to be constituted on Saturday).

On Friday, our boys Basketball team, already NSATIS premiers, will compete in the SATIS finals in Launceston. We wish them every success.

Our best wishes also travel with Joshua Callagari who will travel to Wollongong this week-end as part of the Van Diemen Devils Wheelchair Basketball Team to compete in the Slam Downunder Tournament.

The NSATIS Athletics team represented the College well last Friday, and this Saturday a small but loyal squad travel to Launceston to compete in the SATIS Athletics carnival. Thanks to the staff that have devoted time to train the team, and for accompanying them to these events.

I am out of the Office today, accompanying the Year 7s on excursion. I am very much looking forward to spending time with them.

I have included another article from the Parenting Ideas organisation that we subscribe to. I hope that you find these interesting.
NOTE TO PARENTS
2012 SCHOOL IMMUNISATION PROGRAMME

The school immunisation programme for Year 7s will be continuing at St Brendan-Shaw College NEXT WEEK on Friday 26th October.

If you have returned a consent form for your child, he/she will be vaccinated as requested, unless you have been otherwise notified by the Health Department.

IMPORTANT: If your child has received vaccinations elsewhere since completing the consent form, is unwell or has commenced taking some form of medication – YOU MUST advise the Devonport City Council Health Department immediately on 6424 0576.

Please DO NOT expect school staff to pass on this information. Parents are responsible for ensuring the accuracy of information provided on the consent forms, and for any necessary alterations to that information being passed on to the Health Department.

Mr Richard Chapman
Deputy Principal—Pastoral Care

Athlete Development:
As part of the Athlete Development course, students are required to take a training session for their chosen sport, to show the other class members what is involved in their sport. Last week, Josh Callegari organised and conducted a session on Wheelchair Basketball. Josh organised 5 chairs for the afternoon to allow the group to participate in his training session. It was certainly a different experience and showed the exceptional skills and fitness that wheelchair athletes need.

Josh has been building up to this weekend where he travels to Wollongong, as a member of the Van Diemen Devils to participate in the Slam Down Under Tournament in Wollongong. We wish Josh and his team all the best and look forward to hearing about the tournament.

Basketball Championships:
This weekend the High School Basketball Championships are on in Burnie. The College has 9 teams entered in the weekend, which is a record number of entries from the College. We wish the teams all the best for the weekend and would like to thank all officials for giving up their time to assist this weekend.

U16/U18 Basketball:
Due to lack of numbers and little response, the 3 on 3, the U16 / U18 roster will not commence this Wednesday 17th October. If you are interested in playing please contact the DBC office on 64242440 or office@devonportwarriors.com.au by Friday 19th October.

Mr Steven Ryan
Head of Health and Physical Education
Mrs Margaret Shearer
Aboriginal Students Support Teacher

Tjupurr who originates from the Djabera Djabera Tribe in the Kimberlies in Western Australia came to entertain students with the didgeribone! This is a combination of the didgeridoo and the trombone.

Tjupurr showed how traditional Aboriginal culture has been incorporated into the 21st century. His performing different music styles and showing how he did it gave all of us a great and interesting time.

Many students commented ‘He was awesome!’

Mrs Margaret Shearer
Aboriginal Students Support Teacher

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

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: ________________
‘Finding A Way—Text Book’

The Religious Education Faculty are looking to create a class set (or two) of the ‘Finding A Way’ RE text book using second hand books. They will be used predominately with the Year 9 & 10 students.

The ‘Finding A Way’ text book is no longer a required text for each student. If you have a ‘Finding A Way’ text book gathering dust at home—please consider bringing it into the College. The College will pay $5 for each text book.

Mr Kamil Douglas
Ministry and Religious Education Coordinator

FOR SALE COMPUTERS

We have just replaced our CAD Lab Computers with the latest models so we now have for sale the following equipment:

30 only Dell Desktop Computers with the general specification of - Intel Core2 Duo processor E8400 3.0GHZ with 2GB of RAM, Video Card,160GB Hard Drive, Keyboard, Mouse plus 19" LCD Monitor**

Note 1 - ** The above specifications are the general standard; however, some of the PC’s Components and Monitors may vary in type, size, brand and style.

Note 2 - Equipment is sold "As Is" and we are unable to offer any after sales support.

Note 3 - Computers do not come with any preloaded software or operating system.

Cost is $40 per Unit (Unit = Computer box, Monitor, Keyboard & Mouse)

Please respond by email to pkennedy@sbsc.tas.edu.au if you wish to make a purchase, sales will be on a first come basis.
Overcoming teen girl anxiety

Anxiety disorders are the most common mental health problems for young Australians – and one of the biggest risk factors is simply being a girl, writes Karen Fontaine

Article contributed by Karen Fontaine

Afflicting around 12 per cent of Australian women and seven per cent of men, anxiety disorders generally take root during early to late adolescence. Research studies report rates of up to 15.4 per cent in children aged seven to 11, and rates of up to 17.7 per cent in those aged 12 to 18.

“Girls are in a crisis of rage and despair,” says respected therapist and author Martha B. Straus – and it would appear that, by virtue solely of their gender, girls experience heightened anxiety due to the pressure they place upon themselves.

According to the Dolly Youth Monitor of 2011 (which interviewed boys and girls in the 14-17 age group), teenage girls put themselves under much greater all-round pressure than boys do.

Sixty four per cent of girls want better grades (versus 59 per cent for boys); 57 per cent want to be more confident (41 per cent for boys) and 52 per cent want to be less stressed (29 per cent for boys).

Girls cite school – and the pressure to succeed academically – as major stressors. And, interestingly, they say they experience more pressure from teachers than from their parents.

“Girls can hardly miss the messages from the people around them, school and popular culture about what it takes to be an ideal girl or an ideal woman,” says Dannielle Miller, presenter of self-esteem workshops for girls and author of The Girl With The Butterfly Tattoo: A Girl’s Guide To Claiming Her Power (Bantam, 2012).

“Unable to match the ideal no matter how hard they try, many girls begin to loathe themselves for falling short. Many women continue this self-loathing into their adult lives.”

According to Youth BeyondBlue, “a certain amount of anxiety is good for us, as it gets us hyped up to perform at our best”.

It becomes problematic, however, when that feeling remains long after the stressful situation has passed. For a girl with anxiety disorder, it pervades her whole life and continues for weeks, months or longer, says Ms Miller. The anxious feelings tend to be more intense and overwhelming. The anxiety may interfere with her daily life, as she avoids situations that are likely to trigger her anxiety.

As parenting author Steve Biddulph pointed out in a 2007 article in The Age: “It's the more deliberate marketing assault on girls, carefully tapping their vulnerabilities as to attractiveness and belonging, which is doubly toxic, because it comes in an era of diminishing love and care offered to girls by the adult world in general. The bulwarks of parental time and patience, extended family and community connections (age-old supports for the journey through adolescence) have never been weaker.”

All of which paints a bleak picture of what it feels like to be a teenage girl in 21st-century Australia. Ms Miller, whose work
as CEO of Enlighten Education brings her into contact with some 20,000 young women annually, says she feels deeply for today’s girls.

“Girls juggle schoolwork, complex teen-girl friendships and boys – all while feeling pressured to be beautiful and thin, cool and sophisticated,” she says. “No wonder so many girls report feeling stressed, depressed and anxious.”

For parents who believe that their daughter may be suffering from anxiety, the first step is to speak to her about her feelings, says Ms Miller.

“Yes, you might meet resistance or even anger,” she warns. “Embarrassed by the thoughts that are going through her head, a girl may try to suffer in silence. Or she may have trouble finding the words to describe the feeling of dread that’s hanging over her.”

Ms Miller offers these pointers to get the conversation started and keep it going (adapted from Youth Beyondblue’s advice for parents and caregivers):

- Try to stay calm and relaxed
- Set aside a good time to chat quietly without distractions, and give her all of your attention
- Ask open-ended questions that can’t be answered with a simple “yes” or “no”
- Resist the urge to jump in with advice straightaway. Instead, focus on acknowledging her feelings
- Avoid making judgments or saying things like “Snap out of it!” or “That’s silly,” as this only shames and doesn’t help solve the problem
- Try not to take it personally if she can’t fully open up to you about her anxious feelings, as some girls find it easier to talk with a neutral professional.

**How to spot an anxiety disorder**

Everyone experiences a certain amount of anxiety surrounding stressful events, but if a girl shows the following signs, and they are impacting upon her everyday life and activities, she may have an anxiety disorder:

- fast heartbeat
- pain or a tight feeling in the chest
- shortness of breath or hyperventilation
- tingling sensation or pins and needles
- feeling light-headed or dizzy
- trembling, shaking or being easily startled
- sweating
- nausea
- insomnia and tiredness
- constant worrying, about big or small concerns
- fear or avoidance of certain places, situations or things
- compulsive actions such as hand washing

**A mother’s love**

“A 13-year-old girl is often more needy than an eight-year-old,” wrote Steve Biddulph in The Age. “A 14-year-old is experiencing such combative levels of hormones that they need an extra circle of support around their immediate family, to be both cared for and contained by. Other cultures provided this, and 50 years ago so did we, but today’s family often does its parenting in isolation.”

As Steve points out, a “successful and happy adolescence entails hundreds of conversations about what matters, who you are and what you stand for”.

“Yet many teenage girls are basically abandoned by distracted parents and the impersonal melee of large secondary schools,” he wrote. “The rise of themed peer groups like emos and goths, the hazards of queen-bee-style bullying and exclusion are a consequence of this adult abandonment. Kids band together for comfort that the adult world is not providing. The mother’s love is still essential for a teenage girl. A girl not close to her mother looks for substitute mothering from her peers, who carry a dual jeopardy – they are lost themselves, and they are also in competition.

“The girl who comes through adolescence best has caring parents but also other adult women, relatives or friends who love her. It also helps if a girl belongs to different reference groups through sport or church, which buffer her from rejection crises at school.”

Karen Fontaine is a Sydney-based journalist.