Mr Frank Pisano  
Principal  

St Brendan-Shaw College  
Newsletter  
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News From Our Principal

As you may be aware I have been given the privilege of being appointed as the acting principal for the day filling in for Mr Pisano. The program I am participating in is called Student Principal for a Day. This program was made to teach students all around Australia what it’s like to be a principal and for the students to ‘step into the shoes’ of the principal of their school. I will be working with Mr Pisano to learn what his job is like and will do a number of things around the school that he would do on a normal day at work. One of the many things I was able to do was invite the principals from nearby catholic primary schools on a tour of the school, mainly showing them the sporting areas and equipment that we have at our school. Having SBSC and the catholic primary schools involved with one another in a sporting way would be beneficial to both the primary schools and SBSC. For example if the Aussie Sports Leaders ran sporting activities at the school for the younger kids it would give the ASL’s the chance to continue with their leadership skills and for the younger kids it might make high school a little bit easier as the would have met some of the older students and would feel more comfortable coming and asking questions.

Our cross country was held on Wednesday. Congratulations to the following people U/13 Oscar Hampshire and Inighion Quinn, U/14 Max Green and Amy Joseph, U/15 Bowen Wagenknecht and Maddie Higgins, U/16 Ryan Powell and Nikki Burton and Open Jacob Templeton and Brooke Wickham. For the people whose names weren’t just mentioned, I have a quote for you to think about: ‘Champions aren’t made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision’. Muhammad Ali

Let’s think about what this quote means. Your dream might have been to break a record for the cross country or it might have been to complete the whole race without stopping. Winning might not be beating every other person on that track, it might be doing something you’ve worked hard for and trained for. Maybe you have a maths test coming up and you didn’t do as well as you hoped to in the last two tests so you study hard and go to tutoring and do extra questions so you make sure you do better. Don’t let your future become something where you think to yourself ‘I wish I ran that cross country’ or ‘I wish I had studied harder so I could find the job of my dreams’. Congratulations to everyone who ran the cross country and good luck to the people selected to go to the SATIS carnival.

Nominations have opened up for the annual ASG National Excellence in Teaching Awards (NEiTA). This is a chance for parents and students to get the teachers they think are inspirational to their own and others learning. If you have a teacher who you think has made you want to come to school and learn, go to www.neita.com.au to vote online or download a form. You can also receive a form by calling the NEiTA Secretariat on 1800 624 487.

Next week will return to normal with this piece being written by Mr Pisano.

Mr Michael Ackroyd  
Student Principal for a Day  

Mr Ben Milbourne has tendered his resignation to pursue an alternative career path. Ms Elle Brown has been appointed to take his classes.

Mrs Rachelle Littler begins some Long Service Leave next week until the end of the Term. Ms Lyndell King will take her classes while she is on leave.

Mr Frank Pisano  
Principal  

Jesus said to her, ‘Your brother will rise again’.

- John 11:23
School-Wide Positive Behaviour Support

This week: Outside School Events

At St Brendan-Shaw College we strive to:

Do our best - which means we wear appropriate uniform, we use sporting behaviour and we always remember we are representing the College.

Be safe - which means we follow the instructions of the person in charge, we play by the rules and we be in the right places at the right time.

Welcome diversity - which means we accept differences in the community and show compassion where it is needed.

“To families enduring financial or personal hardships that threaten the bonds of marriage and family life, we wish to say that we recognise your strength and determination. We pray that your efforts to find agreement and reconciliation will come to strengthen family life. For those who have experienced separation and divorce, particularly where domestic violence and abuse, addictions and neglect have caused family breakdown, we pray that you will find healing and that trust will be restored. And for those who experience loneliness or loss as a result of the pressures of the modern world, we hope that you will reach out for the support of others and receive the gifts that the family has to offer.”

From the Australian Catholic Bishop’s Social Justice Statement 2012-2013: The Gift of Family in Difficult Times - The social and economic challenges facing families today.
Thursday 30th May… *Lattitude*, an organisation which offers students the chance to spend a GAP year volunteering in a developing country, present to the Year 11s and 12s.

Friday 31st May… Year 7 Reflection Days end. Griffin Chapel is held. *Fast 5s* lunchtime netball tournament continues.

Monday 3rd June… Prefect meeting. Prefect meetings are held every fortnight and deal with various business such as House fundraisers and whole school events.

Tuesday 4th June… Representatives from the Australian Defence Force Academy hold an information session for Year 10-12 students.

Wednesday 5th June… the College Cross Country Carnival is held. Year 7s have a guest speaker talking about wind power.
Yesterday's Cross Country Carnival was held in low temperatures but with high rates of participation. The girls and junior boys completed a 4km track from the Don Rugby Club, along the Don Reserve Sawdust Track and back to the College, while the senior boys completed an extra loop for a total of 6km.

All students tried their best and contributed valuable points towards the house shield. Final results saw MACKILLOP house take victory followed closely by Griffin, Lyons and Dillon.

FIRST MacKillop 706 points
SECOND Griffin 607 points
THIRD Lyons 554 points
FOURTH Dillon 549 points

There were a number of excellent individual performances. The following students won their respective age group and were announced cross country champions.

Under 13 Oscar Hampshire & Inighion Quinn
Under 14 Max Green & Amy Joseph
Under 15 Bowen Wagenknecht & Maddie Higgins
Under 16 Ryan Powell & Nikki Burton
Open Jacob Templeton & Brooke Wickham

The top 6 students for each age group were selected in the SATIS Cross Country Team and will compete at the All Schools Cross Country Championships at Symmons Plains on July 2nd.

Thank you to all staff and students who assisted on the day and to the PE Department and Brad Tolson who put in a lot of work behind the scenes. Congratulations to everyone who participated.

On Thursday 29 May a group of eight enthusiastic students headed to Devonport High School to participate in the regional chess championships. These students were Josh Duff, Cameron Hingston, Ben Ivory, Nicolas Ivory, Tyler Jones, Pave McKenna, Toby Martin and Patrick O'Shea.

The competition saw students compete against players from Devonport High, Latrobe High, Ulverstone High and Don College. Each student played seven games with some high quality moves.

The first three rounds saw the team sitting in fifth place, then after some strong performances the team crept up the ladder to eventually come second to Latrobe High. Congratulations go to Nicolas Ivory who was named the SBSC Chess Captain, Ben Ivory who received 3rd overall and the most improved by 62 points, as well as Tyler Jones who was awarded equal second most improved by 39 points.

The team is to be congratulated on their peer support and encouragement which was outstanding.
If you are in Grade 9 up to 25 years of age, it's time to get excited as we make history with the first ever Australian Catholic Youth Festival THIS DECEMBER in Melbourne. Thousands of Young Australians will gather for three days of encounter, sharing faith, engaging speakers, powerful prayer and celebrating the vitality of our Australian Church! If you are at all interested you need to be at the launch and information session on Saturday 8th June, 2.30pm - 5.00pm at Sacred Heart Church, Newstead. Launch includes all your info; special guest Sam Clear; fun; prayer and your chance to WIN FREE REGISTRATION!

Please be aware that all correspondence regarding Japan Trip is mailed to your home address. You will be receiving a letter shortly with information about an important meeting Monday 1st July 6:00pm in the school library. Please ensure your postal details are up to date at Caritas.
Dear Parent,

RE: Internet safety parent presentation July 3, 7pm at Nazareth Centre

Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online, St Brendan-Shaw College is hosting a Cybersmart Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

The Cybersmart Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

The presentation is conducted by an ACMA Cybersmart trainer and is free of charge. SBSC is committed to helping students develop appropriate behaviours when using digital technologies, both at school and home. Our program of internet safety initiatives includes:

- Student User Agreement form
- Specific and explicit teaching of correct email and internet etiquette
- Sexting presentation

The Cybersmart Outreach—Internet Safety Awareness presentation will be held on July 3, 2013 with a session during the afternoon in periods 5/6 for students and in the evening, at 7pm, for parents.

To register your attendance, please contact the College as soon as possible. Enrolments will also be accepted on the night.

Regards,

Sally Aitken
SBSC Transition Coordinator
P. & F. Committee.
welcomes
everyone to our very first news letter.

P. & F. Logo Challenge:
We invite all parents to encourage their children to design the future LOGO of the P. & F. Committee.

Consider:

The schools core values
The school community – Family
Fellowship/Friendship
Submit your entry in a sealed envelope to the Caratas office or the email contacts below

The P. & F. Committee formed during 2012 for like-minded parents of the school, to have a “voice”; to raise concerns, and discuss future school changes within school life. Last year we had several discussions about: Ipad vs. Android netbooks, School uniform and the positive behaviour program.

This year we had a Facebook information night – security settings, what settings you should use, what to look for and how these settings will impact on your page (who and what people see).

We are aiming to hold two P & F meetings per term (subject to calendar availability) and the committee are after ideas for future information nights or Guest speaker nights to be promoted by the P & F for parents and the wider community.

Next Meeting: Tuesday 25th June @ 7.30pm

Be part of the school community, the - P & F Community.
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1:

**Fight all their battles for them**

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

▶ **Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

**Make their problem, your problem**

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

▶ **Resilience notion # 2:** Make their problem, their problem.

Robber # 3:

**Give kids too much voice**

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

▶ **Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

Robber # 4:

**Put unrealistic or relentless pressure on kids to perform**

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

▶ **Resilience notion # 4:** Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5:

**Let kids give in too easily**

Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

▶ **Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6:

**Neglect to develop independence**

Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

▶ **Resilience notion # 6:** Don’t routinely do for kids what they can do for themselves.

Robber # 7:

**Rescue kids from challenging or stretch situations**

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

▶ **Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.