We have known for some time that Archbishop Doyle is retiring and we will miss his gentle, kind prayerful support. We welcome warmly Archbishop Julian Porteous from Sydney who will take up the role of Archbishop of the Archdiocese of Hobart, which covers all of Tasmania, in September. We pray that the Holy Spirit will continue to guide these gentlemen as they enter the next chapter of their lives.

Congratulations and thank you to the following gentlemen who have accepted positions on the College Board. Alister McCrae will continue as Chair, Marcus Todman as Deputy and Gerry Callander will be Treasurer.

On the last day of last term, I was honoured to attend the Year 7 Assembly. Several students were acknowledged for academic and general merit awards. Representatives from each class presented some of the work studied recently.

The College is delighted that Miss Angela Henry will return to teaching at the beginning of next month. Although she has given excellent service as laboratory technician, she has been missed in the classroom where her integrity, positive relationships, well-organised planning and excellent delivery have produced outstanding results in her former students. She will teach the classes currently taught by Miss Elle Brown. Miss Brown has specialist qualifications in senior Biology and Science so will take the classes of Mrs Rochelle Taylor. Mrs Taylor and her husband will become first-time parents shortly. We wish them every joy and love in such a rewarding role (and an early sleep-through!).

Details on the Information Night on Monday are available elsewhere in this newsletter.

Thank you to all the cast and crew of Beauty and the Beast Jr for giving up holiday time to prepare for what looks like being superb family entertainment and lots of fun.

We are enjoying hearing the stories from the World Challenge Groups and from those who went on the Ski Trip.

Congratulations to the five wonderful ambassadors who took part in Youth parliament during the break. Congratulations also to Nikki Burton (10 M5) who has been selected in the Tasmanian Cross Country Team and will compete in the Australian Championships U18 women’s 4km event in August.

Parent – Teacher Night for Years 7—10 students is this evening and interviews will be held in the Tenison Woods Block.

Next Wednesday Year 12 will begin Retreat and Year 11 Tir na nOg. We pray that they have a wonderful time bonding with each other and enjoy the time to reflect on their spirituality and aspirations. Friday is a home study day for Year 11 students.

Dr Helen Williams
Principal (Acting)
INFORMATION NIGHT 2014

Current students in Years 8 - 11 and their families are invited to take the opportunity to discuss subject selections for next year with teachers from 7:30pm until 8:30pm on Monday July 29 in the Brendan Block.

Current Year 10 students

From 7:00pm until 7:30pm, information will be given in the Genesis Centre on Vocational Education (VET) courses, the Tasmanian Certificate of Education (TCE), Tertiary Entrance Scores (TE scores) and the Australian Tertiary Admission Rank (ATAR).

Current Year 12 students

There is a UTAS Information Session for current Year 12 students about UTAS courses for 2014 from 7:30pm in B3 on Monday 29 July for about twenty minutes and will then be available for questions or assistance in enrolling for next year (enrolment opens 1 August).

Mrs Helen Williams
Deputy Principal—Learning and Teaching
“It is time to build a genuine social security and wages system that guarantees social Inclusion. We need a renewed assessment of the true costs of living for parents and children. This should be the benchmark for setting and adjusting minimum wages and income support payments. Parents should be able to choose whether they enter the labour market or not. No parent should be penalised for choosing one way or the other. Our concern is to ensure a decent life for all parents with family responsibilities and all children whether they live with one, both or neither of their parents.”

From the Australian Catholic Bishop’s Social Justice Statement 2012-2013: The Gift of Family in Difficult Times -

**Deputy Principal**

**Attendance and Punctuality**
A reminder that if your child is not at school then to please contact the College as soon as possible during the day with a reason. As a school we are required to keep track of attendance and be aware of any reasons for absences so that we can report to the Government. If your child was absent for more than 6 days last term without a reason provided, a letter will be sent home making you aware of that and encouraging you to contact the College in the future.

We also remind families that school begins at 8:35am when the first bell goes and students move to Homeroom to hear notices and get ready for the day. Coming in late on a regular basis can mean missing some important information or not being prepared for the day ahead, so we encourage all students to be here by 8:35am.

**Term 3 Social**
Due to the busy start to Term 3, our next Social has been postponed from August 8th to September 5th.

Mr Richard Chapman
Deputy Principal—Pastoral Care

**School-Wide Positive Behaviour Support**

This week: Moving between classes

At St Brendan-Shaw College we strive to:

**Do our best** - which means we move promptly to class and make space so others can move to where they are going.

**Be safe** - which means we are respectful of one another’s space and are mindful of those on crutches or in wheelchairs.

**Welcome diversity** - which means we accept others may not be able to move as quickly as us so we say

UTAS Open Day is an important step to opening up a world of exciting opportunities for you and finding out about courses UTAS has on offer, and where it can lead.

**WHEN:** Sunday 25 August, 10am - 3pm
**WHERE:** Hobart, Launceston and Cradle Coast campuses

For further information call **13U TAS**
Or visit www.utas.edu.au/openday
Or see Mrs Rataj
On Tuesday July 2nd, St Brendan-Shaw College sent a team of 60 odd students to contest the All Schools Cross Country. This event included students from all schools throughout the state, with many of the age groups having in excess of 100 competitors. Despite the wet and wild conditions, our students presented and competed extremely well. They were a credit to themselves and the school. Congratulations to all who took part. The following students all placed in the top ten for their age group.

Jacob Templeton (u/20) - 7th, Ryan Powell (u/17) - 2nd, Max Green (u/15) - 7th, Oscar Hampshire (u/14) - 8th, Joy Pfieger (u/20) - 10th, Nikki Burton (u/17) - 7th, Amy Joseph (u/15) - 6th, Isabelle Sharman (u/15) - 9th, Inighion Quinn (u/14) - 3rd.

Special congratulations to Ryan Powell and Inighion Quinn who gained automatic selection to the State Cross Country team.

As a result of the wonderful performances of our students, we managed to win the Gold medal in the U/15 Women's section and win Silver in the U/20 and U/17 men's sections. Congratulations to the members of these teams.

Mr Daman Peters, Miss Sally Aitken and Mr Bradley Tolson
Team Managers

On Friday 12th of July, a touring party of 42 boarded the Spirit of Tasmania, bound for Mt Hotham. With the Saturday spent in Melbourne exploring the shops and going to the football, we were all excited by the 5.15am departure time on Sunday morning. By 12.45pm we had arrived at our lodge and were ready to get our skis and boards. Unfortunately, so were 20 other schools, so after 2 hours we were fitted out and ready to go. With 5 lessons over 5 days, all students tasted success, conquering the 3 runs that were open. The snow was limited, but everyone enjoyed the experience, with some already planning their next adventure to the snow. The 33 Year 12 students were a pleasure to take away and must be thanked for the way they interacted with our families. Thanks must go to Mr and Mrs Aherne and Miss Doherty for accompanying the group.

Ski Trip Report

On Friday 12th of July, a touring party of 42 boarded the Spirit of Tasmania, bound for Mt Hotham. With the Saturday spent in Melbourne exploring the shops and going to the football, we were all excited by the 5.15am departure time on Sunday morning. By 12.45pm we had arrived at our lodge and were ready to get our skis and boards. Unfortunately, so were 20 other schools, so after 2 hours we were fitted out and ready to go. With 5 lessons over 5 days, all students tasted success, conquering the 3 runs that were open. The snow was limited, but everyone enjoyed the experience, with some already planning their next adventure to the snow. The 33 Year 12 students were a pleasure to take away and must be thanked for the way they interacted with our families. Thanks must go to Mr and Mrs Aherne and Miss Doherty for accompanying the group.

Information Night

Monday July 29, 2013
Brendan Block
7:30—8:30pm

Current students in Years 8—11 and their families are invited to take the opportunity to discuss subject selections for next year with teachers from 7:30pm until 8:30pm.

We are very fortunate this year to be having a special presentation from UTAS at 7:30pm. The purpose of this session is to provide tips and information on the application process for attending the University of Tasmania. This session would be most beneficial to those students who are in Year 12.

A UTAS representative will be available for questions after the presentation for those students and parents who have questions which are not related to the application process.

Jemma Hutchins from UTAS will return to The College on Wednesday 28th August to help individual Year 12 students submit their applications to UTAS. For information on this event please see Mrs Rawaj
On the 10th of July, I along with 19 other young people aged 15 -19 set off on the journey of a life time. The Rotary club of Hobart and the Windward Bound trust had come together once again and organized a special leadership development program. This was designed to test our ability as young leaders. We as a group would be joining Captain Sarah Parry alongside her dedicated crew to sail the tall ship, Windward Bound. There were six mentors, including myself. The mentors had been chosen because of their leadership potential. The other youths where refugees from a range of different countries including, Africa, the Congo and Nepal. The trip was an 8 day sail with everyday bringing new challenges and lessons to be learnt.

Departure day had finally arrived and with very warm welcomes by the crew we soon settled into what was going to be our home for the next 8 days, the tall ship, Windward Bound. While some of us were nervous we couldn’t help but feel excited as we were about to embark on an experience of a life time.

With no time to waste, we left the Elizabeth Pier, Hobart and we soon set sail. We were divided into three watch groups and were eager to learn the skills required to sail and to get to know each other. With the first few days being a bit of a struggle as seasickness and homesickness got the better of us.

Spending nearly all day and night with my watch I soon became very close with some of the people. Sharing stories and memories with everyone made me realize how lucky I am to have a family and I how much I take for granted.

One of the boys from my watch was from South Africa and he told me that when he was little he was running from war and from a very young age he had seen people get shot and murdered. He told me how all he wants to do is become a doctor so he can one day return to his home country to help the people in need and save lives. For me this really hit home, I couldn’t start to imagine what he had been through, yet he still sat there with a smile on his face and determination to change things. To me he was an inspiration. As the voyage continued we all learnt more and more about each other and we learnt how to work as a team and pull together when we really needed too.

By the end of the 8 days we weren’t just a crew anymore, we were family. Having spent time at sea with the most amazing people the thought of saying good bye was by far the most difficult challenge we had yet to face. I was leaving the ship with the most amazing memories of a voyage that was so special to each and every one of us. Having made friends for life we walked away knowing more about ourselves and what we had learnt went far beyond seamanship and navigation.

I would like to say a massive thank you to Rotary Devonport North for their sponsorship and for giving me this opportunity to take part in what was one of the best experiences of my life. For that I am very grateful.

Emily Sutton
Student
On Tuesday 2nd of July, two Year 9/10 classes went to see Art Rage, an exhibition which features the examiners’ choice of the best Tasmanian student artwork from the previous year’s students. They also saw the Maker’s Workshop, in Burnie, and later had lunch at the local McDonald’s.

We all thoroughly enjoyed the excursion, during which we saw wide variations of artwork, and the different techniques the local students used to create their art. We also enjoyed meeting various Tasmanian artists at the Maker’s Workshop, and seeing the kind of art Tasmania excels in making. We thank Mrs Smialek, Mr Brougham and Mrs Winkler who accompanied us.

Niamh Schofield — Student

If you are in grade 9 in 2013 up to 25 years of age you can now sign up for the first ever Australian Catholic Youth Festival! The CYM state-wide group is now open for registration, but spaces are limited and early bird rego closes 1st September.

Grab your info and application form from the back of the Church or at www.cymtas.org.au/youthfestival.

St Brendan-Shaw College proudly presents

Disney

BEAUTY AND THE BEAST

Thursday 15th Aug 7:30pm
Friday 16th Aug 7:30pm
Saturday 17th Aug 2:00pm & 7:30pm
Tickets available now from the Devonport Entertainment & Convention Centre.
Book online or in person.
Ph. 6420900.

The brainy and beautiful Belle yearns to escape her provincial life...and her brute of a suitor, Gaston. However, Belle gets more adventurous than she wanted when she becomes a captive in the Beast's enchanted castle! Featuring popular musical numbers including Be Our Guest, Human Again and Beauty and The Beast. Dancing flatware, menacing wolves, and singing furniture will fill the stage with thrills in this beloved fairy tale about very different people finding strength in one another and learning how to love.

Open Tuesday and Wednesday
10 am—4 pm

Australian Catholic Youth Festival (ACYF)
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.


Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” Strategy: containing thinking Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.


When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing
   Good for: kids who make mistakes, let others down or experience personal disappointment

   One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish, it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance
   Good for: kids who worry about exams or performing poorly in any endeavour, pessimists.

   If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world” Strategy: maintaining perspective
   Good for: kids who catastrophise or blow things out of proportion.

   While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about …” Strategy: flexible thinking
   Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

   Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?” Strategy: taking action
   Good for: kids who moan; who experience disappointment; who feel inadequate.

   Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whines from you in your vogue, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

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Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year: Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au

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