Earlier this week, Pope Francis celebrated Mass for the young people in Brazil on Copacabana Beach. Three million! That is about 4000 times the number of people here in this College on a beach. Amazing! In his homily, Pope Francis stated that “the world's rich must do much more to wipe out vast inequalities between the haves and the have-nots.” Next Friday we celebrate Founders Day and, while it is an opportunity to have fun, it is also an opportunity to support the prefects in their fundraising for those less fortunate.

On Monday and Tuesday students created chalk drawings of the WYD logo around the College.

It was great to see the large number of students, with their families, who availed themselves of the opportunity to speak with teachers about next year’s subject selections on Monday evening at the Information Night. Subject Selection Sheets 2014 will be available next week.

Congratulations to Meg Wootton and Isabelle Sharman who have been selected in the State Under 15 Hockey Team.

At the assembly on Monday, which was the Feast Day of Sts Martha and Mary, I spoke of the need to forget about the busyness of life sometimes and just spend time together listening. You will all know the story. Lazarus, Mary and Martha were good friends of Jesus and when he visited them Martha would jump up and be the hospitable one while Mary would just sit down and listen to what Jesus was saying. Martha became upset with Mary. Why didn’t she help! But Jesus always put an interesting twist to his stories. He told Martha that she needed to sit down and listen — not be so caught up in the busyness of life. Yesterday, Year 11 students left to spend a couple of days at Tir na nOg, an Irish name for having some rest and recreation and a time to think. The Year 12 students are on Retreat. Again a time to reflect and dream! So I urged them, for a few days anyway, to be like Mary not Martha. The rest of us can spend more time listening too — being good friends, good sons and daughters, good parents, having a laugh together, taking some time to spend together!

Dr Helen Williams
Principal (Acting)
“For a family, homelessness can have many effects beyond simply a lack of security and shelter. People who are homeless have more health problems than the general population. Being homeless makes it far more difficult to nurture friendships and relationships with extended family. For children, it can disrupt education and relationships, and is often a traumatic experience that can give rise to emotional and behavioural problems. This increases the likelihood that a person will have difficulty finding a place in society later in life. Being homeless makes it harder for parents to find and keep employment, which makes the cycle of poverty worse.”

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.

Deputy Principal—Pastoral Care

URGENT NOTE TO PARENTS
2013 SCHOOL IMMUNISATION PROGRAMME

The school immunisation programme will be taking place at St Brendan-Shaw College NEXT WEEK, Tuesday 6th August.

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.

Students will receive their Combined Adult Diphtheria, Tetanus and Pertussis immunisation.

As we have a lot of students who will receive this, it is important that everyone is ready to have their immunisation. Because of this, we are asking any female student who is due to be immunised on the day to wear their PE uniform. This is because it is easier to roll up the sleeves of the PE uniform than it is the girl’s winter uniform.

We also ask for students to have something for breakfast on the day as having something in their stomachs will help prevent issues with reactions. We thank you for your co-operation.

Mr Richard Chapman
Deputy Principal—Pastoral Care

SCHOOL-WIDE POSITIVE BEHAVIOUR SUPPORT
This week: At Jubilee Chapel

At St Brendan-Shaw College we strive to:

Do our best - which means we are on time, we turn our technology off and we are respectful.

Be safe - which means we leave in an orderly fashion and we make sure we let our Homeroom teacher know we are here so we can be marked off.

Welcome diversity - which means we are respectful towards other people’s beliefs and point of view and, in this context, especially towards Catholic beliefs.
Chocolate Winterfest—Poetry Writing Competition

‘Chocolates in Rhyme’ is an annual poetry writing competition within Chocolate Winterfest at Latrobe - a wickedly delicious festival in July celebrating all things chocolate. It is open to students from Kindergarten through to Year 12 inviting contestants to put into verse how they feel about chocolate. A group of 9/10 English Writing students decided to take on this challenge. Congratulations must go to Emily Eastley in Year 9 who was awarded a Highly Commended Award for her entry in the Junior Secondary section – well done Emily!

Chocolate Pleasure

I love the taste of chocolate
As it melts upon my tongue
It dribbles all through my mouth
And squishes against my gums

I seal my eyes for a moment
As my senses are quite aware
Of the delicious wondrous flavour
Of chocolate lasting there

There are so many chocolate flavours
From dark to medium too
Chocolate is clearly scrumptious
Just perfect, my friend, for you

So whenever you need something sweet
You must try this great treasure
Just pop a morsel into your mouth
And enjoy some chocolate pleasure!

Emily Eastley (Year 9)

World Youth Day

Over the past week, millions of young Catholics from around the globe have gathered in Rio De Janeiro, Brazil for World Youth Day.

The week-long celebration culminated with three-million pilgrims gathering for Mass with Pope Francis on Copacabana beach.

To raise awareness for this event, and everything that it represents, Catholic Youth Ministry Tasmania challenged Catholic schools around the state to create a chalk-art version of the Tasmanian WYD 2013 logo.

So, this Tuesday the 30th of July, some students in the Senior Secondary Youth Ministry class attempted the challenge – with wonderful results!

Australian Catholic Youth Festival (ACYF)

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.
Youth Parliament 2013

Five students from St. Brendan – Shaw College travelled down to Hobart in their holidays to spend a week participating in Youth Parliament (YP). This is a program run for grade ten to twelve students, interested in current state issues that matter to them. It is a chance to meet other like-minded people from right across Tasmania. The program aims to simulate parliament with students assigned to either government or opposition and debate occurring in the real House of Assembly.

Prior to meeting, each team had to write a bill. This is a drafted document to be presented in parliament with the aim of changing or creating particular laws within society. The two bills SBSC submitted were a ‘Healthy Fats Regulation’ which involved an act to decrease the saturated and trans fats from food businesses within Tasmania in order to create a healthier state. The second, a ‘Novice Driver’s Licence Reform’ involving a new driver’s licence system for learners/provisional drivers so that the process could be less costly and more supportive (with subsidised lessons) and also alter the current speed restriction of 80km/hr for a gradual change to 110km/hr, ensuring safer driving on the roads.

Some of the other bill topics debated, included: Abortion, compulsory second language, gambling reform, Religion to be compulsory in all schools, Marijuana decriminalisation and many more, all of which passed. Unfortunately, the bills do not become law but are, however; given to politicians to look over. These bills are known to be quite influential, with the lowering of age for donation of blood suggested by Youth Parliamentarians in the past.

Whilst debate over bills occupied half of the program, the rest of the time was spent playing social games, going out into Hobart, listening to guest speakers, discoing, mingling at the mocktail with real politicians, advocating issues, making hilarious ‘youth’tube videos and getting to know other students. We greatly appreciated all donations received for sponsorship from local politicians and the momentous support given by Mrs Shearer. Lastly if any Year 9 students or above are wondering whether to participate next year, we can assure you that it is both a fun and amazing experience!

By Laura Wood
Student

Vocational Education & Training

VET Hospitality
Students in Years 11 and 12 in 2014 who wish to select VET Hospitality as a subject, an Open Day will be held at the Cradle Coast Trade Training Centre, Marist Regional College, Burnie between 10.00 am – 7.00 pm. Students will be able to look around the facility and speak to staff.

For further information on this or any VET Course please see Mrs Saltmarsh at the Admin Office.

Mrs Diane Saltmarsh
VET Coordinator
NATIONAL TREE PLANTING DAY

On Friday Mrs Arthur's 7C assisted Roque Martinez planting trees for National Tree Planting Days. The seedlings an kits were supplied by Gowans Toyota.

From Left: Mr Martinez, Joshua Simpson & Caileigh Broos

From Left: Jackson Coker-Gough, Jarrod Scott, Coby Cook, Lachlan Taylor, Mr Martinez & Joshua Simpson

Letter to the Catholic People of Tasmania

The announcement of the Holy See that Pope Francis has appointed me as the new Archbishop of Hobart occurs while I am attending World Youth Day in Rio de Janeiro. I regret that I cannot be in Australia at this time.

I receive the news of my appointment as the eleventh bishop of Hobart with joy and expectation.

My years as priest and bishop have been within the Archdiocese of Sydney. I look at my appointment to Tasmania with the intention of making this beautiful island my home and its people my people.

As Archbishop I embrace the call of Blessed John Paul II at the turn of the millennium to "start afresh from Christ". I invite you to join me in the time ahead to seek a deeper relationship with Christ that he may shape our thoughts, words and actions. Christ is our sure foundation and the hope that inspires us to embrace and live our Catholic faith to the full. In and through Christ the Catholic faith is our treasure and our joy.

The great mission of the Church in our time is the New Evangelisation. All Catholics are called to discover our task in the world of enabling individuals and cultures to be transformed by the power of the Gospel. I want to make the New Evangelisation the pastoral strategy to my service among you.

I look forward to formally taking up my role as Archbishop. I look forward to meeting you all that we might grow in mutual love and serve the needs of all in Tasmania.

May we grow together, united in our faith in Christ. May he be the inspiration of all we do together. May he be glorified in our lives and in the Church in Tasmania.

May the blessing of God be upon you all.

Yours in Christ,

Bishop Julian Porteous.

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. 64202900.

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.
Taster Days are back in 2013!
Pharmacy, Nursing and Medicine Taster Days are on again in 2013 and applications are now open!

Taster Day offers high school and college students the chance to ‘taste’ a health science degree and gather more information on the career opportunities that health science careers can offer them. Teaching staff and current university students will host the day, giving attendees plenty of opportunities to ask questions and find out as much information about the courses on offer.

When?
- Medicine Taster Day
  2 August 2013 for Years 9 & 10 students
- Pharmacy Taster Day
  4 September 2013 for Years 9, 10, 11 & 12 students
- Nursing Taster Day
  6 September 2013 for Years 11 & 12 students
  22 October 2013 for Years 9 & 10 students

For more information on the health science taster days or to register to attend, please visit
www.utas.edu.au/health-science/taster-day
UTAS Application Assistance

UTAS applications opened on 1st August. We are very fortunate to be receiving one on one help from UTAS this year for any Year 12 student wanting assistance with their UTAS application. On Wednesday 28th August from 11:50am-1pm we will have a UTAS representative at the school to assist. For any further information please see Mrs Rataj.

Details on how to apply are outlined at www.utas.edu.au/apply and applications for study in 2014 open on Thursday 1 August 2013.

For information about the UTAS Scholarship Program visit: www.scholarships.utas.edu.au

And to find out about the range of student accommodation options visit: www.futurestudents.utas.edu.au/accommodation

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
What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

“If I don’t do well in this test my whole year will be messed up!”

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.

Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!

They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

They won’t just fall over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say.

They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child’s age.

Under fives generally don’t overly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise. Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”

Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yes, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?”

One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

“What does this fit on the disaster meter?”

Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”

Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”

5. Replace extreme words for feelings with more moderate descriptors. Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gorge’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it.” Sounds minor but by changing kids’ language you change how they think about events and more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.