We continue to support Mr Pisano and his family and keep him in our prayers as he recuperates from surgery. Mr Chapman will be Acting Principal until the end of term.

Congratulations to all the participants in the Eisteddfods last week. You were great ambassadors for the College. Congratulations also to the Chess Club who represented the College at the local championships gaining several placings. Patrick O’Shea, Emma Hicks and Patrick Taylor, all in Year 9, attended the PICSE Science Competition at UTAS Burnie last Thursday and all received prizes. Unfortunately, they could not go to the presentation as they attended the Social.

The Social was a great success. I think the mathletes (or nerds) may have outnumbered the athletes!

Congratulations to Caitlin Radford for winning the Equestrian Tasmania 2013 SuperSchools Show Horse Rider of the Year.

Senior Secondary students have just four weeks of classes left before they begin exams so please support them during this stressful time. Many have folios due in that time and are reminded that due dates are not negotiable except for emergency situations or illness.

Dr Helen Williams
Deputy Principal—Learning & Teaching

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**RE-ENROLMENT & SUBJECT SELECTION FORMS OVERDUE**

The re-enrolment & subject selection forms are now overdue.

*If your child requires a new copy please send them to the Caritas office for a new one.*

*Please return signed forms to the Caritas office asap.*

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I will rise and go to my father.  
- Psalm 51:3
"The love of God cannot be contained and calls us to seek out and serve those who are most in need. This is the challenge for all families: how can we be a source of God’s love wherever family relationships are under pressure or at risk?"

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.

**School-Wide Positive Behaviour Support**

This week: Everywhere!

At St Brendan-Shaw College we strive to:

**Do our best** - which means we wear our uniform correctly, we use appropriate language and respect personal space.

**Be safe** - which means we stay in supervised areas, know the emergency procedures and make sure our play with others is respectful.

**Welcome diversity** - which means we accept people of different talents, we include people in groups and we encourage each other.

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**Another Year of Eisteddfod Success for SBSC**

The 2013 City of Devonport Eisteddfods were held last week for the drama section and SBSC have again performed admirably. Due to an IT systems issue our students were only able to participate in the TimeWarp Section yet achieved great success.

Our performers produced polished, comic pieces which exhibited excellent characterisation, interchange of scenes, comic timing and stage use. This year also saw some of the groups include an “indefinite” prop which changed its use between scenes, such as a walking stick which became a staph, a fishing rod, a stick and a military baton. The students were, as always, highly engaging performers whose professionalism, talent and enthusiasm shone on stage.

The students were awarded 1st, 2nd, 3rd and Honourable Mention and then followed this with 5th and 6th! A great result, of which the students can be proud, but sadly we missed out on bringing the Katie Becker Memorial Trophy home by 1 point.

As the students said “bring on next year!”.

To the students;

Nick Heerey, Sam Indge, Timothy Sheehan, Tiannah Vernhan, Charlotte Hillier, Reilly Sullivan, Thomas Lamprey, Joe Fisher, Ryan Smith, Clancy Leary, Sam Simpson, Max Edwards, Alex Bouma, Thomas Dahya, Ezra Shelverton, Lauchie Hansen, Jessica Blair, Kaitlyn Wood, Neve Strachan-Roberts, Victoria Saunders, , Emily Eastley, Emma Taylor, Chloe Hancock, Chloe Jane Bonney and Cameron Hingston

Congratulations on your well-deserved rankings but more importantly the respect and integrity you displayed as an audience for other schools, as ambassadors for the College community and as part of our Drama Club. A special thank you to Mrs DeBruyn who assisted the students during drama lessons in the lead up to the event.

*Ms Lara Watchman*
*Drama Teacher*
Jump Rope for Heart
The College will again be participating in the Jump Rope for Heart program in 2013. The Year 7 students will be involved in the Jump off on Tuesday 12th November. In preparation for this the year 7’s were treated to a performance by the Illawarra Jumping Jacks. The Jumping Jacks are a team of Year 5 and 6 students from Illawarra Primary School who go into schools, demonstrating their skills and promoting Heart awareness. As we approach the jump off date, students will be given more information.

Basketball
This weekend the College has 2 teams heading to Hobart to participate in the College Basketball Championships. Thanks to those students who are playing and we look forward to hearing about your weekend.

The following weekend sees the action return to the Coast with the North West High School Championships. This year we have 9 teams entered. The event is being hosted by the Ulverstone Basketball association, with games being played at varying venues in the area. If you can assist in any capacity over this weekend, please contact Mr Aherne.

Following the High School Championships, the action returns to our home court for the 2013 SATIS Boys basketball final. The game is scheduled to be played on Thursday 26th of September at a yet to be decided time. We wish these boys and all teams the best of luck over the next three weeks.

HPE Uniform
Please be aware that the HPE uniform is not to be worn to and from school. There are an increasing number of students who think that this does not apply to them.

There are many reasons why we expect students to get changed, namely personal hygiene. Students are encouraged to use the shower facilities to ensure that their personal hygiene is appropriate. Students must take responsibility for this and ensure that they get changed at the conclusion of HPE lessons.

Hydration
Keeping Hydrated throughout the day is important to assist students to optimise their learning. Being well hydrated helps young people concentrate for extended periods of time and can improve both academic and sporting performance. I encourage students to drink water throughout the day to keep fluid levels at appropriate levels. Recommendations are 8 glasses of water a day.

Do you know what you child is consuming?
While talking Hydration, we must also be aware of the use of Energy Drinks, and how they impact upon the body. A recent episode of Catalyst (http://www.abc.net.au/catalyst/stories/3826162.htm) highlighted the impact that these drinks can have and is certainly worth a look.

The following are some simple facts about Energy Drinks extracted from The Department of Education and Child Development in South Australia.

- ‘Energy’ drinks contain very high levels of sugar (similar to soft drinks) plus high levels of caffeine or guarana (which contains caffeine) and may also contain other additives such as B vitamins, taurine, ephedrine and ginseng.
- These drinks should not be confused with ‘Sports drinks’ which contain carbohydrates, electrolytes and other supplements, but do not tend to contain caffeine.
- As with all soft drinks, ‘energy’ drinks, because of the high KJ content, can lead to problems with excessive weight gain.
- The major health concern regarding ‘energy’ drinks is their high caffeine content.
- Common ‘energy’ drinks contain around 160 - 300mg caffeine per 500ml serve.

What’s the problem with caffeine?
Adverse effects of caffeine, in the quantities present in most ‘energy' drinks may include:
- Difficulty concentrating
- Difficulty sleeping
- Insomnia
- Nervousness
- Headache
- Tachycardia (rapid heart rate)
- Hypertension
- Anxiety
- Physiological dependence to caffeine.

Regular intake of moderate to high levels of caffeine can lead to increased tolerance levels. This means more caffeine will be required to give the same effects. In addition, withdrawal symptoms such as headaches, tiredness, anxiety and irritability are likely to occur with a reduction in caffeine intake.

Mrs Steve Ryan
Head of Health and Physical Education
STUDENTS PERFORM WELL IN THE DEVON SCHOOLGIRLS NETBALL WINTER ROSTER

This year St. Brendan-Shaw College entered seven teams into the 2013 Secondary Schoolgirls Winter Roster. All teams participated to a high standard throughout the season displaying skills of sportsmanship, athleticism and enthusiasm. Congratulations to all seven school teams on making finals and to the three teams that made it through to Grand final in their respective division. SBSC 1 took out division 1 defeating Reece High School 72-23. They will now travel to Launceston in the coming weeks to participate in the Hawks Cup against winning schools in the North and South of the state. SBSC 5 weren’t as lucky going down to Latrobe High School 33-21 in the division 3 grand final. Similarly, SBSC 6 was defeated by Devonport High School 30-10 in their Division 5 Grand Final. The end of season results reflected on the amount of time and effort coaches and players put into each game. Along with our outstanding results in the final games, SBSC 1 player, Sarah Crawford, was named Runner up Best and Fairest in division 1 with 23 votes. However, SBSC 3 player Elloize Galpin was awarded for her exceptional performance throughout the season, taking out the Best and Fairest for division 1 with 26 votes. Congratulations to both award winners!

The following St. Brendan-Shaw College players were rewarded for the commitment to the netball association by volunteering to help with canteen, umpiring and coaching. The following received So Silver Incentive Awards: Matilda Lutwyche, Brianna Tobin, Elloize Galpin, Phoebe Grant, Ashlee Rose, Abbey McCormack, Daniela Pizzirani-Rand, Lauryn Fallon and Olivia Snell.

We would like to thank Mrs. Josie Beyerle, Netball Coordinator, for her organisation throughout the season; things wouldn’t have run smoothly without her. St Brendan-Shaw College coaches, Zoe Wickham, Indea Pearce, Jo-Anne Aherne, Dayna Compagne, Mrs Jan McCormack, Abbey McCormack, Daniela Pizzirani-Rand and Emily Eekleschot are commended for their commitment in undertaking coaching roles and improving the skills of developing netballers. Yet overall we’d like to thank our parents and friends for supporting our love to play netball, we wouldn’t be able to play the sport if it weren’t for them.

Sarah Crawford and Tullee Duggan (Co-Captains of SBSC 1)
Your Say On Health

Tasmania Medicare Local is seeking information on the local health condition and identification of future needs to enable the provision of priority health services that keep you well and out of hospital.

The completion of a ten-minute Health and Wellbeing Community Survey will assist with this process. Information collected by this survey is anonymous and will only be used by Tasmania Medicare Local to help plan their services.


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OPEN DAY

Saturday, 14 September 2013
10.00am-1.00pm

TasTAFE is Tasmania’s new public provider for vocational education and training, and offers a wide range of courses to both individuals and business clients.

Join us for our first Open Day to find out what types of courses and qualifications are on offer, and what TasTAFE can do for your business.

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South
- Campbell Street Campus
- 75 Campbell Street
- Hobart

North
- Launceston Campus
- 10-16 Wellington Street
- Launceston
- (Drysdale and Health areas)
- Ascotville Campus
- 54A Albert Street
- Newnham
- (A Block)

North West
- Devonport Campus
- Drysdale – 20-36 Valley Road
- Devonport
- Burnie Campus
- 41-43 Mooreville Road
- Burnie

Inveresk
- Invermay Road, Invermay

For more information, please call 1300 655 307.

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Come 'n' Try Track Cycling

Come along to Devonport Oval
(Clement’s Street entrance)
Saturday October 5th
Between 8:30am and 10:30am

Sessions each Saturday until November 2nd

No cost… just bring an approved safety helmet and sneakers.
We have bikes to suit everyone from 7 years up

Contact: Detail: inverstev@gmail.com or visit www.edcycleg.com.au

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THE DANCE COMPANY

ENROLMENTS OPEN FOR TERM 4

8 Week Classes in:
- Movement to Music (ages 4-6)
- Introduction to Dance (range of classes for different ages)
- Mixed Dance Levels
- Boys Hip Hop (Beginner + Intermediate)
- Girls Hip Hop (Beginner + Intermediate)
- Secondary School Specific Workshops
- NEW: One Direction Workshop (8 week course)

Classes run from DEVONPORT, ULVERSTONE & PENGUIN (Classes run after school from 3:15pm through to 6:30pm)

Please contact Leticia on 0409 242 521 for details or check out all the classes and class times on our Website: http://dancecompanytas.com OR Facebook Page: https://www.facebook.com/pages/The-DANCE-Company/469249909774491...
Don’t be daft about Minecraft

Minecraft may be the best trend to hit boy world in years. Writer Jason Fox explains the attraction and outlines the benefits for kids.

If you have a young child or teenager, chances are you’ve heard about Minecraft. It’s a video game that’s kind of like digital LEGO, except that you’re in an ever-evolving world with seemingly limitless possibilities. It’s a game that inspires deep exploration, collaboration and creativity. It has been the subject of international conventions. Some schools and universities have even incorporated Minecraft into their curriculum, where students learn about city planning, environmental issues, getting things done, and even how to plan for the future, as well as things like maths and problem solving.

The open sandbox nature of Minecraft makes it one of the most exciting games on the market – and not because of its flash graphics or blood and gore (there are none of those). The gameplay experience design just works. And on top of all that, it’s rated one of the safest video games for kids ever.

But parents are worried.

And rightfully so, to a degree. Too much of a good thing can be a bad thing.

But some parents are freaking out about the amount of time their kids are investing in the game, and are imposing blanket bans of it without first understanding its magic.

So, let’s have a look at what makes Minecraft so engaging, why blanket bans aren’t a good idea, and how to manage your child’s play.

Minecraft is an infinite, non-winnable game

Unlike a book, a game of chess, or a football match, a Minecraft game doesn’t end. There’s always more that can be explored, and more that can be done. The projects you undertake in Minecraft are self-initiated: no one is telling you what to do. And the process of making progress within Minecraft is completely autonomous – no one is telling you how to execute your projects and achieve your goals. It’s self-regulated learning at its finest.

So, when a parent bans Minecraft it’s a lot different to banning other games. You’re not simply cutting your child out from a source of entertainment. You’re preventing them from accessing a world where it’s safe to fail, learn, explore, build and share. In essence: it can be pretty devastating – particularly when we put things back into the context of the future of work.

Why? Because your child’s ability to participate in and contribute to unprecedented, self-driven creative and collaborative work is going to be one of the key employable talents in the future. Your child could already be building a digital portfolio of project work, without you even knowing it.

But being able to ‘unplug’ and manage time and energy are essential skills your child needs to learn too. So, here are three ways you can help them manage Minecraft in your house:

1. Show genuine interest (this should be your first step)

If your child plays Minecraft, ask them to take you on a tour. Show an interest in their passion, and ask them questions like: what are you trying to build? What are your goals? What are the steps you need to take? What’s the coolest thing you’ve found? Set aside at least an hour for this. It’s highly likely they’d love the chance to share this with you, which will help you to open up a new level of connection with them.

2. Encourage interactivity correctly

Minecraft’s multiplayer mode allows your child to play and build in the same online world as their friends.
But remember: there are a lot of idiots on the internet, so do the following two things:

a) Create your own server or ‘whitelist’ – it’s like having an invite-only friend list.

b) Use a family-friendly server – you can Google these to find the right one to play in.

3. Don’t ban – bracket
Banning something like Minecraft should be the very last resort, as it usually only serves to enhance the craving for it. Instead, make it part of their daily ‘free time’. Try not to have this at the end of the day or make it contingent on homework being completed, as this may only create angst, rushed homework and late nights. After school is best, especially if it’s bracketed by dinner time (where all phones and computers are turned off).

My true hope is that you give option #1 a very good go first. And if #1, #2, #3 don’t work, I’m hoping you’ve found them an even better game to play.

Here’s a few resources for you:

Check out the Minecraft review at *The Parent’s Guide to Video Games*:

And this wonderful article from Penny Flanagan of *Kidspot*:

And finally, check out the brilliant work of Dean Groom and Massively Minecraft (a place for both kids and parents to play):
http://massively.jokaydia.com/

Dr Jason Fox keeps savvy people up to date with the latest in motivation design.

Learn more at www.drjasonfox.com