We become good at what we practise. We may not become brilliant, but we will gradually become better and better. So if we practice a sport or a musical instrument or concepts in Maths or writing essays, we will become better at it. The same can be said about our behaviour and the way we treat each other. If we want to be someone who is trusted and respected then we need to practise trusting and respecting others, we need to practise being people of integrity. If we want our children to be honest and trustworthy and able to deal with conflict in healthy ways, we need to show them how it is done so they can practise it. You can’t practise something you’ve never seen. We are constantly being called, as members of a Catholic College community, to show our students healthy and mature ways of living their life so they can practise it and pass it on to their children. So I encourage all parents this week to take some time out with their children and show them or talk to them about a life skill that they can practise—whether it be something big like solving conflicts in healthy ways or something small like making their own lunch, it all adds up to building trustworthy and responsible adults.

Connections Day
Ms Sally Aitken, the House Heads, the College counsellors and the Year 7 teachers prepared and delivered a Connections Day for our Year 7s yesterday. The aim of the day was for students to build connections with other students in Year 7 as they prepare to transition into Year 8. By all accounts a great day was had by all.

School-Wide Positive Behaviour Support
St Brendan-Shaw College once again hosted schools from the region today for a Professional Development day for SWPBS. The College has benefited greatly from the SWPBS concepts and we will continue to use it to build responsible and trustworthy young adults within the school context.

NSATIS Athletics Carnival and the Hawks Cup
Next Tuesday our College will take over 90 students to Launceston to compete in the NSATIS Athletics Carnival. I thank all of the staff and students who have committed to the day—a huge undertaking at this time of the year! And congratulations to the Year 9 and 10 netball team who won the Hawks Cup on Tuesday in Launceston.

Archbishop Julian Porteus
The Catholic community of Tasmania welcomes Archbishop Julian Porteus who was installed as Archbishop of Hobart during a mass on Tuesday evening at St Mary’s Cathedral, Hobart. We look forward to greeting him in person at our College later this year.

In our prayers...
We continue to pray for Mr Frank Pisano as he recuperates from surgery. We also pray for all of those in our College community who are suffering illness or whose friends or family are. Amid their mental and physical suffering may they find consolation in God’s healing presence.

Mr Richard Chapman
Acting Principal

Praise the Lord who lifts up the poor
- Psalm 113:1
“Australia needs to consider the fundamental needs of all families to ensure the stable future of our nation. Healthy families enable a healthy society. Their resilience is something we should nurture and support. Our task as a nation is to have the humility to listen and respond to the most vulnerable, for they show us what needs to change in our society.”

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

Got a problem? Give us a ring!
If your child is having an issue at school and you are not sure who to contact, here is a basic rule of thumb:

1. If the issue is a learning issue, it is best to contact the teacher of the subject first to discuss it.
2. If the issue is of a pastoral nature, we encourage you to contact a member of the Pastoral Care Team. The House Head of your child is a good first point of call.

If you are unsure who to speak to, feel free to speak to the office staff who take your call. They are sure to point you in the right direction. We will always do our best to resolve any issue so that all students can feel safe and comfortable in a good learning environment. However, be prepared that sometimes it takes time to work through an issue and sometimes the solution is for the student to take some action themselves in order for them to grow in responsibility and learn healthy ways of dealing with problems.

Mr Richard Chapman
Deputy Principal—Pastoral Care

SCHOOL-WIDE POSITIVE BEHAVIOUR SUPPORT

This week: At the Talent Quest

At St Brendan-Shaw College we strive to:

Do our best - which means we support each of the acts, we are mindful of others in the audience and their needs and we follow usual school rules.

Be safe - which means we follow the directions of the Teachers and Prefects in charge of the evening.

Welcome diversity - which means we show our appreciation for each of the acts and offer encouragement for those participating.

Annual SBSC Talent Quest

When: Thursday, 26th September 2013
Where: SBSC Genesis Centre
Time: 7:00 pm for 7:30 pm start
Cost: $5 entry or $20 for a family

Drinks and snacks available for purchase on the night.
All proceeds to be donated to charity. All Welcome.
Past Talent Quests have been a great success- they are always a fantastic night.
URGENT NOTE TO PARENTS
2013 SCHOOL IMMUNISATION PROGRAM

Recently the Devonport City Council completed the final visits to all high schools within the Devonport Municipality to conclude the state wide 2013 School Immunisation Program.

It is highly recommended that any student who did not complete the immunisation program finish it, as these vaccinations are only available free of charge for a limited time. There are several options available for students who did not receive the missed immunisation free of charge:

a) Through your local GP, or
b) Through the Devonport City Council’s free monthly immunisation clinics.

The next monthly clinics will be held at the East Devonport Recreation Centre between 3pm – 4pm on:

1st October  12th November  10th December

To keep your child’s records current Devonport City Council is requesting all parents of children who decide to attend a GP to contact the Devonport City Council’s Health Department on 6424 0576 to let them know of your decision.

If you wish to discuss any issues to do with the immunisation program please contact Devonport City Council’s Health Department and NOT the school.

Pyjama Day & Fashion Parade

Last Friday, the St. Vincent de Paul group along with the Justice group held a Pyjama Day. A gold coin donation was donated in exchange for the fun of wearing PJ's for the day. We had a few staff who also participated! The day also included a Fashion Parade at lunch, with many staff and students volunteering their poise, time and humour!

Michael Vaughan was the ultimate escort for Mrs Hicks in her ball gown! Mr Doubleday wore a futuristic headpiece made up of metal. Many students wore clothes of their choice borrowed from the local Vinnies outlet. Mr Douglas exhibited his soccer trimmed legs in a mini skirt!

The day wasn't complete until the winner of the Lollie Jar was announced. Only 2 pieces off, the winner was Sarah Miller! Well done!

Many, many people to thank, from set up, to participation and clean up! Thank you for helping with a fun day for a very worthy cause! All money raised was donated to the St Vincent de Paul Society.

Mrs Patty Barratt
Teacher
OVERTIME was needed to decide the result of this year's Tassie Hawks Netball Shield, with Devonport's St Brendan-Shaw College downing a determined Sacred Heart College, from Hobart, 37-36 at Launceston's Silverdome yesterday.

Scores were level 9-9 at the first break and play continued to be tight in the second term with the Southern team trailing by a goal at half-time.

After the break, attacking duo Hollie Moore and Lauren Norton got things going for Sacred Heart and gave it a six-goal lead at the final change.

But thanks to the defensive work of St Brendan-Shaw's Hannah Males and Tullee Duggan, goal shooter Natalia Ayesu was able to capitalise with five goals for the quarter to bring her team back into it.

Goal attack Georgia Richards scored with 13 seconds to go, locking the game up at 30-30 and sending the match into extra time.

St Brendan-Shaw outscored Sacred Heart 7-5 over five minutes at either end of the court to take the shield.

Georgia O'Rourke recently competed, representing Tasmania, in the Junior National Road Cycling Championships at Wagga Wagga on the 7th -9th September.

Georgia competed in the U/15 Women's Time Trial, U/15 Women's Road Race and U/15 Women's Criterium. She finished 8th in the Criterium, 5th in the Road Race and 2nd in the Time Trial earning her a silver medal.

Well-done Georgia!
Science Summer School for Year 9 & 10 Students in 2014!

The ConocoPhillips Science experience is a three day hands on Science activities program being conducted in 32 universities and tertiary institutions around Australia. In Tasmania, the program is being offered at UTAS Hobart (Jan 14-16) and Launceston (Jan 28-30).

These programs are designed for students in years 9 & 10 and are designed to engage and inform students about science and technology as well as heightening their interest in a wide range of Science disciplines. We are lucky enough to have sponsorship support from the Rotary Club of Devonport North for the three day sessions.

Details of the program can be found at www.scienceexperience.com.au or from Mrs Hicks in the Science Faculty office.

Mrs Kelly Hicks
Science Faculty Head

Devonport Basketball Roster (Junior)

Devonport Basketball junior spring rosters will commence the week following school holidays. Games will be played on Wednesday nights from 4.00pm for U14 (2000/2001), U16 (1998/1999), U18 (1996/1997) and Friday nights from 3.45pm for U10 (2004/2005) and U12 (2002/2003).

Players are required to register on line and this can be done at www.devonportwarriors.com.au (click on membership - join now). Online registration will remain open until 30th September 2013.

For further information please contact the DBC Office on 6424 2440 between 10 – 2 weekdays.

Mrs Steve Ryan
Head of Health and Physical Education

Last weekend the College entered two teams in the 2013 College Basketball Championships which were held at Kingston. Both teams played well over the weekend, with the girls winning their first match and the boys going down by 1 in a tight encounter with Hobart. Having only 7 girls and 6 boys was a tough ask, especially when 3 of the boys fouled off against GYC. It's tough playing 3 on 5 but the boys never gave up. Early on Sunday some tired bodies slowly appeared ready to go again. The girls played well going down to GYC while the boys put in there best team performance, convincingly beating Don College.

Thanks to Mr Aherne for organising the weekend and for all the parents who travelled to support the teams. Thanks to the following players for a great weekend: Girls - Jasmine Squibb, Georgia Buchwald, Georgia Joseph, Kayla Freshney, Hannah Best, Ameen Freeman, Rebecca Hyland and Amy Joseph (Thanks for filling in). Boys: Ryan Cook, Tyler Kelly, Connor Hind, Casey Little, Rhys Ford and Mas Robertson.
Uniform Shop

Tuesday and Wednesday 10:00 am—4:00 pm

Summer Uniforms $68
Blue Socks $70
Girls White Shirt S/S $35
White Socks $12
Blazers $181 - $193

Year 12 Hoodies need to be ordered & paid by Thursday 15th September Cost $87.00

LOST PROPERTY
Please check the lost property box as it is full. If they are not claimed by the end of Term they will be off to Vinnies.

UNIFORM SHOP CLOSED OVER THE HOLIDAY BREAK

White Butterfly

Memorial Service for Remembrance of Pregnancy & Child Loss.

Special Guest: Helen O'Neill
Midwife and Founder of Sands Tasmania

Saturday October 19, 2-4pm
The Don Centre
100 Don Ave, Devonport
All family members welcome.
Refreshments available.

Ph: 03 6424 1636
gatewayhealthy.com.au

Come 'n' Try Track Cycling

Come along to Devonport Oval
Clarendon 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

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
Flyers are available at CARITAS Office for upcoming camps. Alternatively you can find information and forms on the website at www.riverbend.org.au. Click on the menu item “Kids Camps”.

The play *Revolution: The Work of Frederic Ozanam*, which GYC students have written and produced with their teacher, Patricia Kemper, is on at the Ulverstone Civic Centre (2.00pm, 22nd Sept). Frederic Ozanam started the St Vincent de Paul Society in Paris. The setting is like Dickens' England so a bit of fun as well as history!
Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more!

We develop greater independence in our kids one job at a time.

Recently I gave my 22 year old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

We easily take on children’s responsibilities

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

And as I discovered, it is easy to still do the basics of life for adult-aged children.

TIP NO. 1 for developing independence:

Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there is extenuating circumstances such as illness.

A mother I met recently is very clear on who does what in her home. It is her job to wash the clothes of her early teenage children but it is their job to place them in the washing basket. She doesn’t check bedrooms as it is not her job to place kids’ clothes in the washing basket.

Okay, I can hear your thought processes. Sounds good but what happens if kids don’t give a toss and they don’t mind being dirty.

Good point. In this case, this mum has a son who is, to say the least, fairly slack in the area of hygiene. But she didn’t become overly fussed about that.

She certainly didn’t get fussed when he played a game of football in the wet, muddy jumper that lay in his sports bag for a week. And she happily showed him how to work the washing machine when he wanted his favourite shirt (that he forgot to put in the washing basket) to be washed for a special night out.

TIP NO. 2 for developing independence:

Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

The school holidays provides a good opportunity to reflect on the whole notion of job-sharing. It’s also a good time for kids to increase their job load when they are not burdened with schoolwork and extra-curricular activities.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.

Published by Michael Grose
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