I shared with teachers recently something I had picked up from watching 15 minutes of a documentary on SBS recently. In recent years, the number of deaths that have occurred in surgery have been cut by about a third worldwide due to one simple thing—a checklist! The one page checklist suggests what should happen before an anaesthetic is given, before any incision is made, and after the surgery is complete. Looking at it, some of it is quite straightforward and we might be surprised a checklist is needed (one of the early checks is making sure you have the right patient and you are going to perform the correct procedure!) but, when we think about it, it is often the basics that we overlook in the busyness of our lives. If we had a checklist for the basics of our workplace, or our home life, I wonder what it would look like?

NSATIS Athletics

A very long Athletics carnival was held in Launceston for the northern Catholic and Independent schools on Tuesday. It was great to see the friendly participation of all the students who went along. There were some disappointments from students who, having previously committed, did not attend on the day and offered no explanation as to why. But I would prefer to dwell on the successes of the group. Thank you to Miss Sushames, Mr Daman Peters, Mr Tolson, Mrs Sheehan and Miss Brown for their contributions to the day.

High School Basketball Championships

St Brendan-Shaw College once again performed well in these championships, with teams seemingly involved in most finals. It was great to see the staff participation as coaches, managers or supporters over the weekend. A big thank you to Mr Aherne for his organization of the College teams.

Talent Quest

As one of the last major events for their year, the Prefects have organised the annual Talent Quest for tonight. I would encourage as many parents and families as possible to come out and support the evening and check out the talent the school has to offer!

NAPLAN

Our College has recently received the NAPLAN results for our Years 7 and 9 students. Parents are due to receive their child’s results early next term. An initial glance at the results suggests that the College has performed strongly in all areas, consistently above the Tasmanian and Australian averages. NAPLAN data only provides so much information, and I for one have never thought of it as something that can rank one school against another. A bigger and more important challenge for our College, and any school, is to use the data provided to improve the teaching and learning of our students.

Social Justice Sunday

This Sunday 29th September is Social Justice Sunday. The Australian Catholic Bishops launch a statement each year to mark the occasion, with this year’s being titled Lazarus at our Gate: A Critical Moment in the Fight Against World Poverty. It can be accessed at www.socialjustice.catholic.org.au. I encourage everyone to have a look, or read the newsletter in the coming year for weekly snippets of it!

In our prayers...

We pray for all people affected by the violence in Nairobi, Kenya, and for all who are affected by violence throughout the world. Lord we pray for Your mercy and compassion, We live in troubled times, and the answers to our problems are not simple or easy. Send Your Spirit upon us to strengthen our resolve to root out the violence, hate, and fear in our lives. Replace it with Your forbearance and love. Create in us hearts of courage, grace us with the ability to stand against the violence of our day: the violence in ourselves, our homes, streets and communities. In Your name we pray, Amen.

Mr Richard Chapman
Acting Principal

Yes I will rejoice in the Lord, I will be joyful in God my Saviour – Psalm 1:3

St Brendan-Shaw College
Newsletter
26 September 2013   Issue 30

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We Strive to:
Do our Best   Be Safe   Welcome Diversity
Let us acknowledge the precious gift of family life and the fundamental contribution of families to the life of our nation. As a community of Faith we pray for the wellbeing of all families and each family member.

*Keep your family safe, O Lord, with unfailing care, that relying solely on the hope of heavenly grace, they may be defended always by your protection.*

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,

one God, for ever and ever.

Amen.

*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.*

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**Deputy Principals**

**Uniform**

From the beginning of Term 4, students have the option of wearing either the summer or winter school uniform. Before deciding which to wear, a couple of friendly reminders:

1. No matter which uniform is chosen, the College will still not allow extra items of visible clothing to be worn in addition to the uniform (hoodies, puffer jackets, etc).
2. Blazer still should be worn to and from school and for College assemblies (tomorrow will be an exception due to Footy Colours Day).
3. Summer uniform socks are blue for 7-10 girls, white for 11-12 girls, grey for 7-10 boys and navy for 11-12 boys. There should be no other colours.
4. Please check the length of summer dresses for the girls before moving into summer uniform. Many of the girls have grown taller over the winter and their dresses will be far too short.

*Mr Richard Chapman*

**Deputy Principal—Pastoral Care**

**NAPLAN**

The College has received the school summary report (see below) and individual question by question reports. Other summary sheets are yet to arrive. The ACER (Australian Council for Educational Research) has had problems with printing parent reports and other issues and apologies for the delay.

As we receive the reports we will forward them to parents, probably early in Term Four.

**NAPLAN SUMMARY 2013**

**Year 7** Percentage of Students At or Above Benchmark compared with other schools

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<thead>
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<th></th>
<th>Reading</th>
<th>Persuasive Writing</th>
<th>Spelling</th>
<th>Grammar and Punctuation</th>
<th>Numeracy</th>
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<tbody>
<tr>
<td>SBSC</td>
<td>97</td>
<td>93</td>
<td>95</td>
<td>93</td>
<td>100</td>
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<tr>
<td>Similar School</td>
<td>97</td>
<td>91</td>
<td>94</td>
<td>92</td>
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<tr>
<td>Tasmania</td>
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<td>87</td>
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<tr>
<td>Australia</td>
<td>94</td>
<td>89</td>
<td>94</td>
<td>91</td>
<td>95</td>
</tr>
</tbody>
</table>

**Year 9** Percentage of Students At or Above Benchmark Compared with Other Schools

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<th>Reading</th>
<th>Persuasive Writing</th>
<th>Spelling</th>
<th>Grammar and Punctuation</th>
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<tr>
<td>SBSC</td>
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<td>Australia</td>
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**Subject Selections**

Students who will be in Years 11 and 12 in 2014 have been given a draft of the subjects they will be studying next year. They have been advised that there are a couple of subjects where numbers are very small and discussion is continuing on whether they will run. Students are asked to check their school emails regularly for updates. Lists will be finalised before booklists are distributed.

*Dr Helen Williams*

**Deputy Principal—Learning & Teaching**
The Evatt Trophy Competition

Picture a long table with pairs of students sitting around it, representing a variety of countries. This is what the Evatt Trophy Competition (Evatt) looks like. Evatt is a mock version of the UN Security Council, featuring 15 countries debating, amending, and voting on a prepared resolution from the perspective of their assigned nation. It is run by the organisation UN Youth Australia (UNYA), Tasmania.

On the 7th of September, the northern round of Evatt was held. Six students participated in this round from SBSC including: Tarsha Jago & Amy Boultbee representing South Korea, Niamh Schofield and Chloe Hancock representing Russia and Joe Fisher and I representing Pakistan. We discussed two resolutions, the first on Israel and Palestine, the second (an impromptu one) on ecocide.

Pakistan was selected to attend the state final but could not go. South Korea was offered the opportunity and gladly accepted. Chloe and Niamh researched the first resolution on the International Criminal Court (ICC) and the second on Sub-Saharan Africa as delegates from Russia. They travelled down together on the bus with Mrs Shearer to Parliament House in Hobart for the state final on the 21st September.

The girls being the youngest competitors there were up against some fierce competition and experience. Towards the end of the day the impromptu resolution appeared regarding Syria. Niamh and Chloe worked well together and provided some good arguments. Though they didn’t win, the experience has broadened their eyes and both of them wish to do it again.

Congratulations to the efforts of all students who participated from SBSC and we would love to see more Year 9-12 students participating next year!

Legacy Junior Public Speaking Competition

On Friday the 20th of October, Emma Hicks (9, M4) and Niamh Schofield (9, L3) recently travelled to the Launceston Legacy House with Mr Douglas, Chloe Hancock (9, D4) and myself (11, M4). The girls had taken up the challenge to participate in the Legacy Junior Public Speaking Competition, of which has been running nationally since 1995.

Prior to speaking, the girls had to write and practise a five minute speech on topics associated with the charity Legacy, which provides services to Australian families suffering financially and socially after a loved one’s injury or death during their defence force service. Emma chose to inform others on mateship and how important it is in everyone’s life. Niamh wanted to express her views on war, persuading the audience how war can never be acceptable.

Upon arriving, they met the other ten contestants ranging from 12 to 15 years. Both Niamh and Emma spoke very well, providing many insights for the audience. Next was the impromptu round. The topic given to all contestants was ‘What are the advantages and disadvantages of smartphone technology?’. Each student had five minutes to prepare and a maximum of two minutes to speak. Both girls put up some sound arguments as to why smartphones are beneficial. Although they did not receive a place, Emma and Niamh represented the school admirably and they should be congratulated on their wonderful efforts.

Congratulations Ryan.

Participants with an introduction to the Olympic movement, which was an educational awareness program, providing Pierre de Coubertin Academy day last week in Launceston. Ryan Powell was the SBSC recipient. Ryan attended the Pierre de Coubertin Academy day last week in Launceston, which was an educational awareness program, providing participants with an introduction to the Olympic movement. Congratulations Ryan.

Pierre de Coubertin Award:
In August, some Year 10 students were invited to submit a piece of written work to be considered for the Colleges' recipient of the 2013 Pierre de Coubertin Award. This award is named after the founder of the modern Olympics, Baron Pierre de Coubertin and aims to recognise students who demonstrate attributes consistent with the fundamentals aims of the Olympic movement through participation in sporting endeavours. Thanks must go to the Year 10’s who submitted pieces for consideration, being Aaron Brown, Nikki Burton, Tyler Gavralas and Ryan Powell. All entries showed a real understanding of the ideals behind the Olympic movement. From this group, Ryan Powell was the SBSC recipient. Ryan attended the Pierre de Coubertin Academy day last week in Launceston, which was an educational awareness program, providing participants with an introduction to the Olympic movement. Congratulations Ryan.

SATIS Basketball Final:
Tomorrow the SATIS Basketball final will be held at the College, with an 11am tip off. The boys will be playing GYC in what should be a good game. Any parents wishing to come and support the team are more than welcome to do so. We wish the boys all the very best for the game.

HPE Uniform:
Parents please keep an eye on what your son / daughter is wearing to and from school. The HPE uniform is not a uniform for transit. Students are required to bring it with them and change into and out of at the appropriate times. A big thankyou goes out to the majority of students who do this exceptionally well, displaying an understanding of personal hygiene and a sense of responsibility.

Mr Steve Ryan
Head of Health and Physical Education

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NSATIS ATHLETICS REPORT

On Tuesday 24th September, 70 students travelled to Launceston to compete at the NSATIS Athletics Carnival. In mostly sunny conditions all students participated to the best of their ability and were a credit to the College. We had a number of excellent performances, including:

<table>
<thead>
<tr>
<th>Event</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Girls 3000m</td>
<td>Inighion Quinn</td>
<td>Jacob Templeton</td>
<td>Open Boys 1500m</td>
</tr>
<tr>
<td>Under 13 4x100m Relay</td>
<td>Under 14 Boys 100m</td>
<td>Lachlan Ford</td>
<td>Under 16 Boys Discus</td>
</tr>
<tr>
<td>Under 14 Girls 100m</td>
<td>Brooke Jones</td>
<td>Kobe Banham</td>
<td>Under 14 Boys High Jump</td>
</tr>
<tr>
<td>Under 14 Girls 200m</td>
<td>Brooke Jones</td>
<td>Kobe Banham</td>
<td>Under 14 Boys Long Jump</td>
</tr>
<tr>
<td>Under 14 Girls 400m</td>
<td>Brooke Jones</td>
<td>Kobe Banham</td>
<td>Under 14 Boys High Jump</td>
</tr>
<tr>
<td>Open Boys Long Jump</td>
<td>Jake Gleeson</td>
<td>Cody Peppin</td>
<td>Under 14 Boys Shot Put</td>
</tr>
<tr>
<td>Open Boys 100m</td>
<td>Braden Van Buuren</td>
<td>Open Boys 800m</td>
<td></td>
</tr>
<tr>
<td>Under 14 Boys 200m</td>
<td>Max Green</td>
<td>Open Boys 1500m</td>
<td></td>
</tr>
<tr>
<td>Under 14 Boys 400m</td>
<td>Max Green</td>
<td>Nikki Burton</td>
<td>Under 14 Boys Discus</td>
</tr>
<tr>
<td>Under 14 Girls 800m</td>
<td>Max Green</td>
<td>Megan Burton</td>
<td>Under 14 Boys Long Jump</td>
</tr>
<tr>
<td>Under 14 Boys 1500m</td>
<td>Nikki Burton</td>
<td>Nicola Murfet</td>
<td>Under 14 Girls 800m</td>
</tr>
<tr>
<td>Under 16 Girls 1500m</td>
<td>Renae Bussey</td>
<td>Holly Ross</td>
<td>Under 15 Girls 100m</td>
</tr>
<tr>
<td>Under 16 Girls Discus</td>
<td>Renae Bussey</td>
<td>Olivia Moore</td>
<td>Under 16 Girls Long Jump</td>
</tr>
<tr>
<td>Under 16 Girls Javelin</td>
<td>Megan Burton</td>
<td>Bre’arne Cole</td>
<td>Under 16 Girls Discus</td>
</tr>
<tr>
<td>Under 15 Girls 200m</td>
<td>Olivia Moore</td>
<td>Jacob Templeton</td>
<td>Under 16 Girls Shot Put</td>
</tr>
<tr>
<td>Under 13 Girls 100m</td>
<td>Inighion Quinn</td>
<td>Jake Gleeson</td>
<td>Open Boys 3000m</td>
</tr>
<tr>
<td>Under 13 Girls 1500m</td>
<td>Jake Gleeson</td>
<td>Aaron Brown</td>
<td>Open Boys Triple Jump</td>
</tr>
<tr>
<td>Open Boys 400m</td>
<td>Jacob Templeton</td>
<td>Lachlan Ford</td>
<td>Under 16 Boys Shot Put</td>
</tr>
<tr>
<td>Open Boys 800m</td>
<td>Jacob Templeton</td>
<td>Open Boys 1500m</td>
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</tbody>
</table>

Thank you to Mr Richard Chapman and Mrs Cheryl Sheehan for supervising the team and to Mr Daman Peters, Miss Elle Brown and Mr Brad Tolson for officiating at an event on the day. Congratulations to all who participated.

Our next event is the SATIS Athletics Carnival, which is set for Saturday 19th October at St. Leonards Athletics Track. The SATIS Athletics Team is currently being finalised and students will be informed by the end of term. Athletics training will re-commence in the first week of Term 4 on Tuesday and Thursday (3:15pm-4:15pm).

Parent Help Wanted
We are looking for volunteers to assist at the SATIS Athletics Carnival on Saturday 19th October at the St. Leonards Athletics Track. Volunteers will be officiating at the long/triple jump. Any assistance would be greatly appreciated. If you think you may be able to help could you please contact Miss Sushames rsushames@sbsc.tas.edu.au.

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Health & Physical Education

Parent Help Wanted
We are looking for volunteers to assist at the SATIS Athletics Carnival on Saturday 19th October at the St. Leonards Athletics Track. Volunteers will be officiating at the long/triple jump. Any assistance would be greatly appreciated. If you think you may be able to help could you please contact Miss Sushames rsushames@sbsc.tas.edu.au.

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Parent Help Wanted
We are looking for volunteers to assist at the SATIS Athletics Carnival on Saturday 19th October at the St. Leonards Athletics Track. Volunteers will be officiating at the long/triple jump. Any assistance would be greatly appreciated. If you think you may be able to help could you please contact Miss Sushames rsushames@sbsc.tas.edu.au.
The NW High School Basketball Championships hosted by the Ulverstone Basketball Association were held last weekend (Saturday September 20th and Sunday September 21st) at the following venues; Ulverstone Recreation Centre, Penguin Recreation Centre and Devonport Recreation Centre. St Brendan-Shaw College entered total of nine teams in the tournament, catering for 76 of our students.

The tournament provided a wonderful opportunity for a diverse range of students to enjoy the benefits of participating in a team environment and competing against other teams from across the North West Coast. We had teams that consisted largely of North West Coast Representatives to teams that had players participating in the sport of basketball for the first time. Of the nine teams that entered the tournament seven played-off in semi-finals and five of those made it to the Grand Final.

The Grand Final Results for SBSC teams are as follows:

Junior Girls DivA: SBSC 75 def Marist 24
Junior Boys DivA: Marist 54 def SBSC 38
Senior Boys DivA: Marist 72 def SBSC 48
Junior Girls DivB: MHS 45 def SBSC1 24
Junior Boys DivB: Wynyard 45 def SBSC 29

The Junior Girls DivA team were impressive throughout the tournament winning all games by approximately 50-60 points and taking out their division comprehensively. The DivA Junior Girls along with the DivA Senior and Junior Boys will now represent the College at the Tasmanian High School Championships in Burnie on the 16th and 17th November. We all wish them the best of luck where I’m sure they’ll equip themselves well. All of our teams competed and represented the College in an exemplary manner displaying fair play and sportspersonship. Regardless of win/loss records and/or Grand Final victories it was a pleasure to witness both new and old relationships between students from our school develop and/or become further strengthened. This can only enhance our community.

There were a significant number of people who contributed to the success of the weekend and without their efforts our participation would not be viable. The coaches and managers:

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Manager</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/8 Div 1</td>
<td>Mrs Steven Ryan (staff)</td>
<td>Mrs Trudi Jones (parent)</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7/8 Div 2</td>
<td>Mrs Nadine Banham (parent)</td>
<td>Miss Kate Merry (staff)</td>
</tr>
<tr>
<td>Girls SBSC</td>
<td></td>
<td>Mrs Vonette Mead (parent)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mrs Melinda Ross (parent)</td>
</tr>
<tr>
<td>7/8 Div 2</td>
<td>Miss Samantha Clements</td>
<td>Mrs Andrea Williams (parent)</td>
</tr>
<tr>
<td>Girls SBSC</td>
<td>(student)</td>
<td></td>
</tr>
<tr>
<td>7/8 Div 1</td>
<td>Mr Nic Porter (former student)</td>
<td>Mr Gary Hugen (parent)</td>
</tr>
<tr>
<td>Boys</td>
<td></td>
<td>Miss Bridget Leary (staff)</td>
</tr>
<tr>
<td>7/8 Div 2</td>
<td>Mr Adam Aherne (staff)</td>
<td>Mrs Kathleen Robertson (parent)</td>
</tr>
<tr>
<td>Boys</td>
<td></td>
<td>Mrs Wendy Squibb (parent)</td>
</tr>
<tr>
<td>9/10 Div 1</td>
<td>Miss Georgia Buchwald</td>
<td>Mrs Janine Richards (parent)</td>
</tr>
<tr>
<td>Girls</td>
<td>(student)</td>
<td></td>
</tr>
<tr>
<td>9/10 Div 2</td>
<td>Mrs Jo-Anne Aherne (staff)</td>
<td></td>
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<tr>
<td>Girls</td>
<td></td>
<td></td>
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<tr>
<td>9/10 Div 1</td>
<td>Mr Marcus Bellchambers (staff)</td>
<td>Mrs Cheryl Sheehan (staff/ parent)</td>
</tr>
<tr>
<td>Boys</td>
<td></td>
<td></td>
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<tr>
<td>9/10 Div 2</td>
<td>Mr Rod Lyons (parent)</td>
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</table>

I know the players are extremely grateful for the time that was enthusiastically given and your efforts and expertise are a tremendous asset to the College. Also significant contributions were made by a range of other people, who fulfilled bench duty required for each game, this and was shared by many parents throughout the tournament. The umpires: Mr Paul Richards (parent), Mr Stuart Jones (parent), Mr Shayne Scott (parent), Mr Phil Thomas (volunteer), Mr Paul Richards (parent), Mr Ethan Hind (former student), Conor Hind (student), Mrs Penny Smith (parent), Mr Ethan Hind (former student) your contributions were considerable and critical. Another thank you is extended to all parents who transported and supported players throughout the weekend. It would also be remiss of me not to mention the efforts of Mr Bradley Tolson (Gym Trainee) who put in countless hours assisting me and organising equipment and registrations – Thanks Bradley!

On behalf of the College I extend a sincere thanks to all and look forward to your continued support in the future.

The Junior Girls DivA team with their Championship medals

**Back:** Mr Steven Ryan, Nicky Best, Kiara Bellinger, Amy Joseph

**Front:** Bre’arne Cole, Brooke Jones, Keilee Lynd, Erin Hingston, Georgia Davenport

Mr Steven Ryan plotting the downfall of another opposition team during a timeout.

**Mr Adam Aherne**
**Basketball Coordinator**
Science Summer School for Year 9 & 10 Students
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

Japan Trip Photo
Pictured below are the students and teachers at the airport ready to depart for their Japan Trip. They depart today and will return on Monday, 7th October.

We wish them all a safe and enjoyable trip.

Annual SBSC Talent Quest
When: Thursday, 26th September
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.

Devonport Basketball Roster (Junior)
Devonport Basketball junior spring rosters will commence the week following school holidays.
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 Sept 2013.
For further information please contact the DBC Office on 6424 2440 between 10 – 2 weekdays.
Makeup Artist visits Hair & Beauty Students

Last Friday Shannon Walker, professional makeup artist from Napoleon Perdis/NP set, came to run a workshop with hair and beauty students. This was organised by BJ's pharmacy.

RIVERBEND YOUTH CENTRE

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”.

SHEFFIELD SKATEBOARDING DAY
SAT 27TH JULY
Sheffield Skatepark, High Street, Sheffield.

Session and learn some new tricks with Jimmy’s rider Hayden Baker, and Scott Atkins. Boards and helmets provided. Give-aways from Jimmy’s on the day!

Session 1: 11am - 1pm
Session 2: 2pm - 4pm

No cost, all free. If it is raining heavily at 9am, event postponed to Sunday 28th.

Registrations taken on day, you will need a parent/guardian signature. Alternatively, you can download the rego form from sba.org.au (click Hubs) and bring it signed.

LATROBE COUNCIL AND KENTISH COUNCIL PRESENT.....

Sept/Oct 2013 School Holiday Program
For 8-16 years

For more information and for activities available go to:

Attention Beginner Golfers...

Devonport Golf Club Junior Tournament
10 a.m. Monday 30th September, $5 Entry, Fun beginner section, Equipment supplied (request when booking), BBQ and prizes. To register call 6427 2068.

Target Golf @ Forth
School Holiday Special, $10 for 1 hour unlimited play, Weekdays only. Equipment supplied. For more information call Peter on 0408 695 330.
Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don’t function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result, a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. Regular bed-times. Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3. An established bedtime routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.

4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.

5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.

2. Help your young person schedule their after school activities to free up more time for rest.

3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.

4. Afternoon naps are good ways to recharge their batteries.

5. Make sure they go to bed early each Sunday night to prepare for the coming week.

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