Congratulations members of the SBSC 1 Netball team, who were crowned the 2013 Best Junior Female sporting team at Tuesday evening’s Advocate Sports Awards Dinner in Burnie. The girls who contributed to the team’s success are: Sarah Crawford, Tullee Duggan, Shea Steven, Natalia Ayesu, Abbey McCormack, Georgia Richards, Hannah Males, Callie Smith, Keilee Lynd, Daniela Pizzirani-Rand, Eloise Galpin, Maddie Higgins Emma LeFevre, Zoe Wickham and Indea Pearce.

Other winners from the College, that I am aware of included Billy Meldrum and Liam Knott who were both part of the Devonport Strikers Under 16 side that was awarded the 2013 Best Junior Male sporting team after winning the Sydney International Cup earlier this year. Cameron Mace was a Service to Sport Winner.

I am aware of several others who were nominated in other categories. These include Ryan Powell (Individual Male Finalist for Cross Country Running), Caitlin Radford (Individual Female Finalist for her performances in Equestrian), Ben Williams (Male Team Finalist for the Ulverstone Surf Life Saving Club Under 15), Jordan Quaile (Male Team Finalist for the Ulverstone Under 17 Cricket Team) and Georgia O’Rourke (Individual Female Finalist for Cycling).

These fine young adults deserve our acknowledgement, as do their teachers and coaches who invest so much time and energy. For our Netball team, Mrs Jo Aherne deserves special mention, as does Mrs Josie Beyerle who accompanied the team to the awards dinner.

Dylan Cochrane will be crowned the 2013 State Champion in the U15 42kg category. He travels to Western Australia in April next year to compete in the U17 Australian titles. Dylan trains at Latrobe Boxing Club with former students Dylan Cooney, Nick Cooney and Luke Woods who all have been crowned as Australian Boxing Champions.
The following students have been successful in their application to fill the position of Prefect for 2014. At the Prefect Camp on December 9 and 10 the group will elect College Captains. Next year these Captains will travel to Melbourne to participate in a Student Leadership event facilitated by Edmund Rice Education Australia (EREA). We access this as an EREA Association school.

**2014 Prefects**

- Natalia Ayesu
- Ethan Barker
- Hasaranga Jinadasa
- Kade Lynd
- Beau Bradburn
- Amy Cawston
- Justin Lyons
- Sarah Crawford
- Luke Costello
- Eugenie Edillo
- Joe Fisher
- Lucy Costello
- Jacqueline Mercer
- Lachlan Pagett
- Duncan Robertson
- Henry Scott
- Brooke Wickham
- Elora Woods

Having been nominated for a National Excellence in Teaching Award (NEiTA), Mrs Margaret Shearer was selected as a State and Territory Awardee for Inspirational Educators. I have since been advised that of the 60 recipients Australia wide, Mrs Shearer has been one of 38 awardees, of which only 14 are in Secondary schools, whose nomination will progress to the National level. As the Aboriginal Student Support Teacher (ASST), Margaret has a passion for supporting Aboriginal and Torres Strait Islander students at the College, and has established good relationships with the local aboriginal community.

I received, on 13 November 2013, confirmation from the Australian Government Department of Education that our application for an Australian Government Capital Grant has been approved. The $300,000 grant will assist in the planned extension and refurbishment of the Northern end of St Brendan’s Block to accommodate Year 7 students from the commencement of the 2015 school Year. Visits to other schools have taken place to garner design ideas. This project will do much to re-develop part of the oldest area of the College.

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**News From Our Principal Continued…**

TEENS, GROG AND PARENTS

The long-term consequence of current binge-drinking, I predict, will be a higher degree of alcoholism in future adults than we currently see. This is based on the fact that the developing teen brain tends to hard-wire prominent behaviours they are engaged in, which is why teenagers and addiction go hand-in-hand.

Professionals in fields of mental health, education and psychology are now questioning the notion of parents introducing alcohol to teenagers at home below the age of sixteen.

This is at a time when increasingly parents are purchasing alcohol for young people to take to parties in the belief that they are going to drink anyway so if they buy it for them they are less likely to get smashed.

As Paul Stanley father of Matt, who died a violent death at a party in Queensland recently and member of that state’s government youth taskforce says: “The research is telling us that this (i.e. supplying young people with grog prevents them getting drunk) is rubbish. We want to see a situation where parents are not dropping their 15 year-olds off at parties with crates of beer. It is happening and it is irresponsible and it is wrong.”

A recent Federal Government report released this year showed 37 per cent of young people aged from 12 to 17 got their most recent drink from their parents. The supply of alcohol to young people is an easy option and one that needs to be moderated.

Another recent Australian study shows that parents believe it is safer to introduce their children to alcohol than to let them get it from other sources, usually their friends. This is a simplistic notion and somewhat flawed as an assumption.

Parents may be better off teaching children about the negative consequences of alcohol and not provide alcohol for them at home until they are very close to the legal drinking age. They should definitely not provide alcohol to young people when they are under age to take to parties, ‘schoolies week’ or wherever they will consume it. If recent proposals become law then parents will be prosecuted if caught doing so in the state of Queensland in the future. That is not such a bad thing.

We need to revolutionise our thinking in terms of young people and alcohol and the role that parents play in promoting responsible drinking. Indeed, maybe teenagers and responsible drinking is an oxymoron and we need to present ‘NO’ as an option, just as parents of past generations did.
The Sale or Supply of Alcohol to Youths (Police Offences Act 1935)
The Tasmanian Police have requested all schools to bring to their community’s attention the legislation regulating the sale and supply of alcohol to youths. We urge all parents who are either considering hosting a party or allowing their child to attend one to please take note of the information brochure in this week’s newsletter. The material is also available electronically from www.police.tas.gov.au and a new video explaining the legislation can be found on www.facebook.com/Tas.Police. Please note that the National Health and Medical Research Council still advise that there is no safe level of consumption of alcohol for anyone under 18 years.

As always we remind parents to contact the parents who are hosting the party in order to ascertain who is supervising the party, and whether there will be enough supervision. It is also important to ask whether the adults supervising are going to be consuming alcohol, because if they are then it would be considered that they are not supervising at all.

On the back page of this newsletter the article by Michael Grose (whose Parenting Ideas regularly appear on the back of our newsletter) was written in 2009 but is still quite helpful today:

“People in developing countries – and some within rich nations like Australia – are plagued by low incomes and limited access to basic services such as health, education, housing, water and sanitation. They confront food insecurity, natural disasters, and often war, violence or weak law and order.”

From the Australian Catholic Bishop’s Social Justice Statement 2013-2014: Lazarus at our Gate: A critical moment in the fight against world poverty.
Dylan Cochrane, Year 8, has been boxing for just over three and a half years. He is already a champion as the current Australian School Boys’ Under 15 Champion 2013. Dylan has also held the state title for boxing since 2010.

Dylan’s passion for and discipline in boxing can clearly be seen in his training regime of two hours a night, four days a week. His hard work takes place at the Latrobe Boxing Gym that boast other Australian champions from our College. Past St Brendan-Shaw College students include Dylan Cooney, Nick Cooney and Luke Woods who all have made it as Australian Boxing Champions.

Expert trainers, such as Don Abnett, National / Olympic trainer, have given Dylan much help in week long camps where Dylan has participated and grown in his skills. Dylan Cooney, Commonwealth Games participant and Australian Champion who was featured in our Year Book for 2011, gives Dylan much practice and advice.

Congratulations and well done Dylan for your fine efforts in becoming Australian School Boys’ Boxing Champion for 2013. It is great to see you carry on the tradition for SBSC so that we can boast once again that we have an Australian Boxing Champion in our midst.

Jump Rope for Heart:
On Tuesday the Year 7’s participated in Jump Rope for Heart. For period 1 and 2, all Year 7’s headed outside and under the guidance of the prospective 2014 Aussie Sports Leaders they warmed up with some minor activities and then the skipping began. There was individual, partner and team skipping, with teams presenting a routine at the end of the session. The aim of the morning was to raise awareness around cardio-vascular disease and heart health as well as raising valuable funds for the Heart Foundation. There are still sponsorship forms and money to be returned, so please return this to the HPE office in a sealed envelope, clearly marked with your name and core class. A big thanks to those who have already returned their money, so far we are just under $1500, so well done.

Basketball:
This weekend the College has 3 teams (Year 7/8 Girls and Boys & Year 9/10 Boys) participating in the State High School Basketball Championships in Burnie. We wish all those involved the very best of luck. Tournament draw for the weekend can be found by scanning the barcode.

Mr Steve Ryan
Head of Health & Physical Education

St. Brendan-Shaw College wins 'Best Junior Female Team' title
Representatives from the SBSC 1. Netball team attended the Advocate IGA Sports Awards on Tuesday evening in Burnie. The team were awarded the ‘Best Junior Female Team’ for 2013, a well-deserved recognition of the team’s dedication and success. Congratulations to team members (Names listed in Principals Address on first page of this newsletter)

The team’s success could not have occurred without the commitment and guidance of Coach Zoe Wickham and assistant coach Indea Pearce, who nominated the team for the award.

Thank you to Mrs Beyerle for the large amount of work that she does as the Netball coordinator at the College to provide these opportunities for our students. I would also like to acknowledge and thank each of the girl’s parents for their ongoing support of their daughter’s involvement in the sport of netball at the College.

Mrs Margaret Shearer
School Teacher
DELORAINE JUNIOR BASKETBALL CLUB CATERING COMMITTEE

*DJBC* is a local club which offers students from primary school up to Year 10 an opportunity to play basketball as a club sport. The club also gives students in Year 9 & 10 who play basketball with the club the chance to go away as a group to Canberra & Melbourne. This is a biennial event. To this end the Catering Committee offers a catering service to all members of the community. We cater for anything from birthday parties to conferences.

For enquiries, contact Simon Eyles (0408 317 739) or Anna Robertson (0459 240 371).

Ulverstone Soccer Club

Urgently requires 16 and over players interested in playing soccer, next year.

Pre-season training starting soon please contact Charlie 0417 307 781 for further information.

NOTICE IN REGARDS TO OUTSTANDING FEES

At the current time, there are many fee accounts overdue for payment. The College is reliant on up to date payment of fees and it would be appreciated if parents could attend to payment as soon as possible.

Uniform Shop

TUESDAYS & WEDNESDAYS 10AM — 4PM

**WEDNESDAY**

4th December
(Year 6 Orientation Day)
8.30am - 4.30pm

**TUESDAY**

10th December
10.00am - 4.00pm

**WEDNESDAY**

11th December
10.00am - 4.00pm

**MONDAY**

16th December
2.00pm - 8.00pm

LAST DAY FOR SALES

LAY BY NOW

PAY 2013

Devonport Choral Society’s

The Wizard of Oz Auditions

15, 16, 17, 22 & 23 November
Calling Singers, Dancers & Actors
Open to all ages

For more information go to: www.devonportchoral.org

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The NEW strict parent - is this you?
The definition of a strict parent has changed over the last decade. Do you fit the bill?

‘Your parents are so strict!’

Some parents in years gone by wore the label of ‘strict’ parent like a badge of honour. It signified parents who were willing to stand their ground with kids.

Strictness was reserved for parents who put boundaries in place and made sure they were adhered to, such as being home on time, or not watching too much TV.

There’s a now a NEW definition for a ‘strict’ parent.

A ‘strict’ parent today is now someone who makes children do things for themselves and insists they help at home. They insist their children put their dirty clothes in the laundry, and maybe even wash their own clothes. They insist kids make their own lunches in secondary school. They insist that their kids set the meal table without giving them a cent in return.

‘Strict’ now refers to getting kids to help rather than placing restrictions on them.

Many parents tell me that they get funny looks when their children help them with the supermarket shopping. When their kids walk a kilometre home from sports or a leisure activity they are made to feel like neglectful parents. How bizarre!

New normal

The new parenting normal is for parents to do a lot for your kids, rather than kids do things for themselves. Anyone who strays from this new normal and develops real independence in their children can be made to feel guilty ... because they are strict!

Nobody feels like doing chores, but tackling hard things such as doing chores when you don’t feel like it builds character. It develops a bit of grit that kids can draw on later when they will really have to push against adversity.

Do less, not more

The job of parents is to make themselves redundant for their kids – not in a relational sense, but in a managerial sense.

There is nothing revolutionary about this idea. It’s been the aim of parents since the dawn of time. That means we spend a lot of time teaching kids self-help skills (now known as life skills), which are the ordinary gist of life.

These include teaching young children to tie their shoelaces and helping primary-aged kids to ask for what they want from adults. They also include coaching teenagers to negotiate their way safely on public transport and to problem-solve relational issues they may have with teachers at school.

These are not the activities of ‘strict’ parents. Rather they are the activities of parents who understand that one of their key roles is to equip kids to stand on their own two feet in the world outside the family home.

The fact is that the best place to do this is within the family. And the best time to start developing independence is from a young age ... when kids are up for it developmentally.

Don’t wait until your children are 18 to develop self-help skills. If you introduce self-help then, my bet is they won’t think you are strict ... they’ll think you’ve been a soft touch all along and they’ll now battle you all the way!

But that’s a story for another day.

In the meantime, if the definition of ‘strict’ has changed then I urge you to be strict! Your kids will thank you ... later on, when you’ve equipped them with the problem-solving and independence skills needed to negotiate the wider world without you.

Want a list of age-appropriate jobs that your kids can do? Get a great ‘Kids’ Chores & Responsibilities Guide’ with practical tips about how to get kids to help when you subscribe to Happy Kids, my FREE email parenting guide, at www.parentingideas.com.au/Parentingideas-Newsletter