News From Our Principal

I have really enjoyed my “classroom walkthroughs”. It is energising to be able to interact with students and to participate in their learning.

The College Board’s Finance Committee is seeking appropriately qualified people to nominate to join this group. The Finance Committee on behalf of the Board oversees the financial management of the College and meets approximately 7 times per year, on the third Tuesday of each month during term at 8:00am. If you seek more information, are able to assist, or know of someone who we could approach please contact Mrs Dawn Banham at the College.

The presentations made to our Year 10 to 12 students on study skills were judged to be a very worthwhile activity according to feedback sheets filled in by the students. My conversations with them reinforce this. Two more sessions will be held for seniors later this year, as well as a session for parents of students in Years 10 to 12. More information will be provided closer to the time.

Congratulations to:

- Laura Wood (12 M4) who is one of 120 Year 11 and 12 students selected to investigate Australian Federalism, States’ Rights and National Priorities, at the 19th National Schools’ Constitutional Convention, being held at Old Parliament House in Canberra from 12 – 14 March. Laura was selected from around 4,000 students from government, independent and Catholic schools.

- Georgia Joseph (12 M3) who is representing Tasmania in the U20 State Basketball Team at the National titles in Western Australia this week.

- Ryan Powell who builds on his athletic success last year to be chosen to represent Tasmania as part of the State team in the National titles in Sydney from 12 – 16 March. While Ryan has qualified for both the U18 3000m and U20 5000 metre events, he has chosen to focus on the 3000m race.

- Natalia Ayesu (11M1) who has been selected as a member of the U17 State Netball team to compete in the National Championships from 7 – 11 April.

- Since the last newsletter I have been made aware that, in addition to those named last week, both Maggie Leary and Sam Watson also represented Tasmania in the State U15 Lifesaving competition in Hobart in January.

Next Tuesday sees the return of the College Interhouse swimming carnival after a year’s break due to the re-development of the Devonport Aquatic Centre last year. This is a great opportunity to build school spirit, kicked off with the “Pep Rally” on Monday. Strong school spirit leads to greater identity with the College which links directly into better engagement with learning and, hence, high academic achievement. I urge parents to support us in ensuring that students attend and participate.

Continued on next page.

Do not let the sun go down while you are still angry - Eshesians 4:26
News From Our Principal Continued...

Next Wednesday afternoon, commencing at 5:15pm, parents of year 7 students are invited to meet the teachers. The time has been chosen to allow parents to drop in on their way home, and allow the Year 7 students to be home for an early evening mid-week. I look forward to meeting many of you again.

Having visited the camp, the Year 7s are having a great experience. The Aussie Sport Leaders and Prefects have been an invaluable support and have really enjoyed themselves as a happy by-product. As Elora Woods exclaimed: “I’ve had so much fun: I’m coming back tomorrow after work!”

It is with sadness that I share the news of the untimely death of Emma Stott, past student and daughter of our colleague, Ian Trimper. “Trimp” as he is affectionately known by all of us is highly regarded. Many of us will be attending Emma’s funeral on Friday morning, but others will need to stay to ensure that the College operates as normal.

During teacher briefing on Wednesday morning, the fire alarm sounded due to a technical fault. It was a good opportunity to test our evacuation processes which were found to be robust.

This year we have transferred to a Voice Over Internet Protocol (VOIP) telephone system. There should be no difference for parents or the public, however, in the transition period there may be some issues. Most of these are internal and seem to be resolved. The rationale was to save on costs. The fee increase for this College for this year has been one of the lowest in the sector. We have sought cost saving efficiencies in order to achieve this. The VOIP system also has additional advantages which include better responses to a Code Blue (intruder alert).

Mr Frank Pisano
Principal

“Developing countries are disproportionately affected by natural disasters. Research over the past decade reveals that on average, a disaster will claim the lives of 1052 people in the poorest countries compared with 23 people in the developed world. This is likely to continue as the poor of the world are exposed to more weather-related disasters, and conflict and political and economic crises in fragile states continue to disrupt effective management of infrastructure and natural resources.”

From the Australian Catholic Bishop’s Social Justice Statement 2013-2014: Lazarus at our Gate: A critical moment in the fight against world poverty.

Deputy Principal

It has been a great start to the year with students settling in well to the routine of school.

I have spoken to all Year 7-10 students over the past two weeks to reinforce the College expectations. The two things I placed greatest emphasis on were learning and bullying.

The message given about learning was for students to concentrate on their learning and allow others to do the same. In wandering around classrooms it is good to see students taking this message on board.

The key message about bullying was for students to report problems as soon as they crop up, not months down the track. Telling a teacher about things lets perpetraors know that they are doing the wrong thing. Failure to report issues is bad not only for the person being bullied as the bullying may continue, but it is also bad for others who may be a target. If you have any concerns about your child being bullied, teased or put-down at school, please ring the College and ask to speak to myself or one of the House Heads.

Connections

One of the ways to prevent mental health problems among young people is to assist them in building connections. Connections to friends, to family, to sporting clubs, to school—all of these aid students in their mental health. One of the reasons we like to see people coming along and participating in our College carnivals, like next week’s swimming carnival, is that it is another way for students to build connections. I encourage all students to attend and participate in some way.

Absences and Lateness

A reminder to parents that if your child is absent from school, the College requires contact from parents with a reason for the absence.

If contact has not been made by about 10:00am, the College will send out an SMS to parents asking for a response. The College also asks that if a student is signing in late they do so with a note or are signed in by their parents. Some students have got into the habit of arriving at school late without a note and, as a school, we are unaware if their parents know they are late or not. We are hoping to rectify this situation in the coming weeks, if not days, by organising an SMS to be sent out to parents when a student signs in late without a note. In this way, the College and parents can work together to encourage good habits amongst all of our students.

Uniform

I have now started checking students uniform in the morning. If your child is out of uniform could you please supply a note as to why. Students who are out of uniform without a note three or more times may be asked to do a job for me during their lunch time.

I have yet to enforce blazers being worn home from school, but parents and students can expect an announcement about this in the coming weeks and, as per usual, I would encourage parents to support us in this area.

Give me a call!

Schools work well when there is two-way communication between parents and staff. Please feel free to give me a call anytime during the school day if you have any concerns or questions about the wellbeing or behaviour of your child. If I am teaching at the time of your call, please leave a message. Unless I am out of the College I will usually be able to get back to you within 24 hours.

Mr Richard Chapman
Deputy Principal—Pastoral Care
**Br Sean McManus' presentation to the Dillon House Prefects**

After school on Wednesday the 19th of February, Br Sean McManus of the Christian Brothers gathered with the six College prefects in Dillon house (pictured below).

Dillon house is named after the Br Patrick Dillon, a Christian Brother, who was the first Principal of Brendan’s College for Boys (which later amalgamated with Shaw College for girls to form the school we know today).

So, Dillon house is the house group through which the school acknowledges the founding role of Christian Brothers in establishing St Brendan-Shaw College and actively keeps alive the Edmund Rice (who founded the Christian Brothers) charism, story and tradition. Dillon house and prefects keep this connection alive in a variety of ways including fundraising for Eddie Rice Camps and attending the annual Edmund Rice Mass in Hobart.

Br Sean, who has a long affiliation with the College, came to teach and enlighten the Dillon prefects about Edmund Rice, the Christian Brothers and their direct involvement with St Brendan-Shaw College. Br Sean gave an engaging presentation that included the prefects performing a short skit retelling an important part of the Edmund Rice story.

The prefects plan to share what they have learnt with the rest of Dillon house and St Brendan-Shaw College throughout 2014. A big thank you to Br Sean McManus for sharing his wisdom with the Dillon prefects and to Mr Gerry Peters for organising for the gathering to happen.

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**Elevate Education Presentation**

In order to better prepare our students for senior school and their endeavours post-school, this year the College has introduced a new program with the assistance of Elevate Education. Throughout the course of the year senior students (including an introductory session for Year 10) will be attending various workshops around the areas of goal setting, study skills, time management and exam preparation. Tuesday this week saw our students from years 10-12 undertake the first of these workshops with Year 10’s attending “Student Elevation” and Year 11/12’s attending “Study Sensei” (further information about these sessions can be found at www.elevateeducation.com).

All students were required to complete an evaluation form at the end of their session with 97.42% of over 300 students saying the seminars were time well spent.

To quote the students:

“I would rate this 100% because it was helpful and relevant to us at this stage of our lives.”

“The program was very interesting and informative. 10 out of 10.”

“Mint. I learnt new ways of thinking, new ways to study.”

“Overall the program was a good experience and I know that it will help me further on in my studies and help me for preparation with exams. I highly rate this program.”

“This seminar is one of the best I’ve even been to. The information was useful and I felt as if I could take it in because it wasn’t boring.”

Later in the year we will be hosting a parent session to better help parents support their student with their study and exam preparation.

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**EDMUND RICE CAMP VOLUNTEERS**

Former St Brendan-Shaw College students volunteered as leaders on the recent Edmund Rice Camps which gave youngsters a week to remember.

Pictured are Marcus Johnston and Joshua Hicks (2013 Graduates) at the camp at The Lea south of Hobart. Kelsey Johnson (2012 Graduate) also was a leader on another ER Camp held at Dysart.

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**Are you on Facebook?**

If you are, like us, St Brendan-Shaw College, on Facebook and stay up-to-date with all of the latest happenings around the College as well as any messages and reminders for students and parents.
Devonport Forum: Constitutional Recognition of Indigenous Australians

Many people may not know that Australia’s most important legal document, the Constitution, still contains some of the 19th century racist attitudes. Equality between non-Indigenous Australians and Aboriginal and Torres Strait Islander (ATSI) peoples is improving, yet at last night’s Forum in Devonport, we realised that the 1967 referendum did not fix it all and there is still a way to go.

The forum was opened by the Devonport Mayor Steve Martin and a welcome to country was given by Uncle Paul Docking. Before the discussion Dewayne Everett-Smith performed his own song in a Tasmanian Aboriginal language.

The main speaker was Professor George Williams originally from Devonport but now a recognised expert on constitutional law at the University of New South Wales. He gave a background to the negative, racist attitudes at the time of writing the Constitution and how it needed to be addressed.

The main discussion was centred on proposed constitutional changes to remove the racist discrimination. An expert panel made five recommendations for Constitutional change. They wish to remove section 25 and 51 which declare that states can ban people from voting based on their race and to create special laws for any ethnic group. Furthermore, add three new sections to recognise ATSI peoples by allowing the government to pass beneficial laws for them, ban racial discrimination by the government and recognise ATSI people’s languages.

This is an ongoing debate over the next year where Australians must decide their opinion on this important matter in readiness for a referendum. More events will take place in Devonport over the coming months. Both of us really enjoyed the experience and found it worthwhile to attend.

Pictured from Left: Professor George Williams, Laura Wood (12 M4), Dewayne Everett-Smith, Renee Latham (11 M3), Uncle Paul Docking, Sarah Howard (12 L5), Mayor Steve Martin & Mrs Margaret Shearer.

Mrs Margaret Shearer
Aboriginal Student Support Teacher

Correction from last weeks newsletter

Apologies to Lachlin Hansen who was incorrectly named in last weeks newsletter.

Griffin House Councillors

From Left: Zoe Lowry, Amina Ibragimova, Zoe Allen, Daniel Littler, Abbey Jones & Lachlin Hansen

MERSEY LEVEN
CATHOLIC PARISH
The Catholic Communities of Devonport, Latrobe, Penguin, Port Sorell, Sheffield & Ulverstone

SACRAMENTAL PROGRAM
Families with children in Grade 3 or above are invited to participate in our family-centred, parish-based and school-supported Sacramental Program to prepare to celebrate the sacraments of RECONCILIATION, CONFIRMATION AND EUCHARIST in April and June 2014.

Information Sessions to explain the preparation program will be held on:

Monday 24th February 7.00pm
at Our Lady of Lourdes Church, Stewart Street, Devonport or
Tuesday 25th February 7.00pm
at Sacred Heart Church, Alexandra Road, Ulverstone

For further information, please contact the Parish Office (6424 2783) or mictathparish-dsl@keypoint.com.au
Round 2 of NSATIS basketball saw the first home games of the 2014 season. Scotch Oakburn College made the trip and the girls took to the court first. Johanne Aaquist, our exchange student from Denmark, made her debut, but unfortunately the team couldn’t secure the points. Despite a great defensive game from Georgia Davenport, the inability to finish off hurt the team, going down 41-33 (Chelsea Gleeson 12, Jasmine Squibb 9).

The boys came out of the blocks slowly, before getting organised and playing some good basketball, but were still down by 7 at Quarter time. At this deficit increased by 1 at the half and meant it was going to take patience and determination to get back in the game. Some powerful work by Kobe Banham and Casey Little kept the Saints in touch before a great last quarter saw the game tighten up. Casey scored and went to the foul line, converted the free throw and put the boys 1 up with 20 sec to go. Some great team defence saw SOC fail to get a shot off, thus giving us a 1 pt win, with final scores being SBSC 55 Def SOC 54 (Kobe Banham 19, Casey Little 12, Connor Hind 12) Both teams have the bye next week and are then back in action on the 3rd March.

Mr Steve Ryan
Head of Health & Physical Education

Australian Army Cadets—Recruits

Provides some fun, exciting and challenging opportunities for cadets from the ages of 13 to 20. This will enhance leadership skills, self confidence, initiative and organisational skills which will benefit in the future.

To contact us with any questions or queries please call CDTSGT Stewart Holmes (0488 920 118, CUO Rubijane De Angelis (0437 850 098) or LT (AAC) Clark on 0400 563 634.

SBSC MUSIC TUITION 2014

The College will be offering students the opportunity to receive private music tuition during school time. It is our belief that instrumental proficiency can be greatly developed by supplementary individual music lessons and that these enhance learning in the music classroom.

Specialist music teachers will be available to offer private lessons to students on a weekly basis. These lessons will be conducted during school hours and remuneration will be arranged between the teacher and the parent/student. The recommended rate for a registered itinerant teacher is approximately $25 to $30 per half hour. Students usually come out of class for a 30 minute lesson once a week. Any student may participate, whether they are studying music as a subject or not, although if there is an overwhelming response, students who have chosen music as a subject, will be given first preference.

The Instruments we are hoping to offer are:

<table>
<thead>
<tr>
<th>Instrument</th>
<th>Guitar</th>
<th>Drums</th>
<th>Piano</th>
<th>Flute</th>
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<tr>
<td>Saxophone</td>
<td></td>
<td>Clarinet</td>
<td></td>
<td>Euphonium/tuba</td>
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<tr>
<td>Violin</td>
<td>Cello</td>
<td>Trumpet</td>
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If you are interested in your child receiving specialist music tuition at the school, please complete the attached form and return to the Music Department, via the College office. It would be appreciated if forms could be returned by Friday the 28th February, 2014, so that the programme can get underway promptly.

Please return this form to the Cavitas office.

I am interested in my child participating in the Itinerant Music Programme.

Name: ________________________________ Instrument: ________________________________

Year Level: ___________________________ Homeroom: ________________________________

Telephone Number: ____________________ Email _________________________________

Parent/Guardian’s Signature: ________________________________
**Hawks Community Camp Fun Day**

The Devonport St Vincent de Paul Society (Vinnies) are hosting a ‘Hawks Community Camp Fun Day’. Three Tassie Hawks players will be at the Bluff Picnic Grounds in Devonport this Sunday the 23rd of February from 10am - 11am after which will be a sausage sizzle. Come along and meet the players, kick the footy or grab an autograph and have your photo taken with them. If you are interested in coming down and meeting a few of the 2013 premiers, just let Devonport Vinnies know by calling 6427 7100. No costs involved. Please note that this is not a College event and no supervision will be provided by staff of the College.

**Deloraine Junior Basketball Club**

REMINDER Registrations are now being taken for the 2014 Basketball roster. Please register on-line via [www.DJBC.sportingpulse.net](http://www.DJBC.sportingpulse.net) before 1st MARCH 2014. Late registrations will not be accepted. Any queries to Kellie 0428 467 721 or Jan 0438 879 652 after 4pm.

**Uniform Shop**

TUESDAYS & WEDNESDAYS

10AM — 4PM

Polo Tops $43.00
Rugby Tops $78.00 - $83.00
PE Shorts $25.00
Track Pants $42.00
White Socks 3pk $12.00

**Event Schedule**

<table>
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<tr>
<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Registration close date</th>
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<tbody>
<tr>
<td>New Norfolk</td>
<td>Sunday</td>
<td>February 23rd</td>
<td>February 19th</td>
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<tr>
<td>Lauderdale</td>
<td>Sunday</td>
<td>March 2nd</td>
<td>February 26th</td>
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<tr>
<td>Blackman’s Bay Beach</td>
<td>Sunday</td>
<td>March 16th</td>
<td>March 12th</td>
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<tr>
<td>Ulverstone</td>
<td>Saturday</td>
<td>March 22nd</td>
<td>March 19th</td>
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<tr>
<td>Launceston</td>
<td>Sunday</td>
<td>March 23rd</td>
<td>March 19th</td>
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**Bupa KIDFIT TRIATHLON**

**ENTER THE BUPA KIDFIT TRIATHLON AND GO INTO A DRAW TO WIN FANTASTIC PRIZES!**

The Bupa KidFit Triathlon Series gives children across Tasmania the chance to have fun and be active in a friendly and supportive environment. The KidFit Triathlon will test you against the only other person who matters – YOU!

**ENTER NOW**

at [www.kidfitseries.com.au](http://www.kidfitseries.com.au) to ensure that you have the chance to get out there and have fun with your friends at one of the most popular events in the state.

Once you have registered, you'll automatically be entered into a draw to win some fantastic prizes!

Remember, it costs **nothing** to enter the KidFit Triathlon – it's completely free!

**Visit kidfitseries.com.au**

**Register today at kidfitseries.com.au**

or for further information call 1300 73 83 63

**Life. Be in it.”**

Once you have registered, check out our **Bupa Get Ready Training Program** for some great tips on how to be completely ready for your Triathlon!

Remember – the Bupa KidFit Triathlon is all about participation, confidence and most importantly **having fun**! Thanks to our fabulous partners, everyone has the chance to win!
Teen time: dispelling the myth that teenagers don’t need parents

Teenagers need their parents more than at any other stage, yet too often they are left to their own devices.

‘The younger the child, the more they need their parents’ has been traditional wisdom for some time.

Many parents respond to this mantra by spending as much time as they can with babies and toddlers, then ramping up their careers as their kids move into school age. The older the children, the less time is put aside for them appears to be the current practice.

The twists and turns of development

This notion assumes that child development and children’s independence is a linear process where parents can increasingly step back as kids get older.

BUT this is wrong!

A child’s development is full of twists, turns and reversals so that a 10-year-old who is beginning to experience the confusion that can come with early adolescence has far a greater need of her parents than she did at eight.

While toddlers are very adaptable and can be satisfied with attention from caring adults, teenagers are far more in need of the special care and supervision that their parents provide.

The age between 10 and 14 is a particularly needy time. Friendships become complex and the challenges of school can overwhelm children at this stage. They benefit a lot from late afternoon and evening chats with a parent. Mornings are too rushed for the types of conversations they need.

The myth of ‘I don’t need you’

Ken and Margaret Mellor, in their wonderful book Teen Stages, dispel the myth that teenagers don’t need their parents. The authors state that teenagers need their parents, but they won’t let on.
My experience raising three teenagers supports the fact that teenagers want their parents to succeed in managing, guiding, nurturing and supporting them. Adolescence is too hard for them to go through on their own. They benefit from the close physical presence of a parent – not in a smothering way – but someone who is monitoring their wellbeing and supervising their behaviour. This can’t be done by mobile phone.

Yet most teens won’t show their gratitude if you provide the close parenting they need. It’s not until they reach their early to mid twenties that they come clean and deliver a sort of belated apology to their parents. In the meantime, you need to hang in there.

**Parenting teens is tiring**

While parenting toddlers can be physically tiring, responding to the mental and emotional demands of teenage children is equally if not more exhausting. If you come home totally fried by the demands of work, the last thing you want to engage in is mind games with a tricky but needy teenager.

You’ve got to be fit and focused (on them) to parent teens well!

**Minimise being home alone**

Late afternoon is a recognised danger zone for adolescence. Toddlers stay in long daycare and primary-aged kids use after-school care or are happy to be picked up by others. However, for teenagers who are testing their independence this is tricky time.

Teens who are left to their own devices are more prone to engage in risk-taking behaviours, lose themselves online or in some cases become addicted to computer games. The world is trickier than when we grew up. Cyberbullying, self-harm and depression are now part of the adolescent landscape.

Teenagers still need supervision, whether it’s through structured activities such as sports training or after-school or holiday programs. They also need parents who check up on them, make sure homework is completed and ensure that they have fulfilled their family obligations including completing their chore list.

**Turn conventional wisdom on its head**

It’s time to turn conventional wisdom on its head and start dedicating more rather than less time to raising teens. That way we’ll go a long way to giving them what they need, that is, parental guidance, management, nurturance and support to help them safely negotiate the twists and turns of the developmental journey from childhood into adulthood.

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*Parenting ideas just got better! Parenting ideas Club has just been launched and has all the answers you need. There are 100’s of articles, videos, guides, how to’s, book reviews and more available for members. Become a member today at parentingideasclub.com.au.*