News From Our Deputy Principal

Dr John Falzon, of St Vincent de Paul Society, tells us that we can’t build people up by knocking them down. Dr Falzon refers to the poor and disadvantaged in society when he says this, but the same applies for our young people as well. If we constantly knock our young people down, telling them what they have done wrong and berating them for it, it makes it very hard for us to build them up. That’s not to say that we should “sweep issues under the carpet,” but rather in our dealing with issues we should treat our young people as the people we would like them to become. If we would like them to become fully functioning and compassionate adults in society, we are better off treating them as such rather than as students of a primary school age. You won’t learn how to become an adult by being treated like a child.

There have been young people in history who have achieved far more than we adults. I recently read of a 13 year-old who, in the 1800s, was in the British Navy and, during a skirmish, took control of an enemy ship and sailed it back to England. When I was 13 I was sitting in a classroom learning geometry and how to spell words I cannot remember.

Yesterday our College community gathered for our Ash Wednesday Liturgy which was led by Mr Kamil Douglas and the Senior Ministry Class. It was a wonderful occasion of prayer with all students involving themselves respectfully. The occasion also marked the beginning of our Project Compassion fundraiser which will run throughout Lent. Mr Douglas tells us that if every student brought $1 per week between now and the end of term we would easily surpass the previous amounts we have raised.

We continually hear of great things our students are doing outside of the College and, if you would like to have something mentioned in our newsletter, please feel free to contact us.

This week we mention:

- Georgia Palmer who won the non-qualifier’s final of the John Palmer Memorial Cock of the Mersey at the Devonport Regatta.
- Morgan Gillon who won a silver medal in the U/17 Scratch Race (30 laps) at the National Cycling Championships.
- Laura Briant who has been selected to participate in the Stompin’ Dance Company’s latest performance, My Heart is a Hall.

Of course we also send our best wishes to Miss Kaoru Sherriff who will return to school on Tuesday as Mrs Bramich. Miss Sherriff's wedding will occur on the weekend and we wish for her joy and happiness on her special day.

You will see in our newsletter today the first of our School-Wide Positive Behaviour Support reminders of what our 3 expectations look like in various parts of the College. We encourage you to have a read and discuss it with your child/ren.

Have a happy week and during the season of Lent may you have time for prayer and reflection that brings you closer to God.

Mr Richard Chapman
Deputy Principal—Pastoral Care

For it is not knowing much, but realising things interiorly, that contents and satisfies the soul—St Ignatius, Spiritual Exercises
“Despite our high standard of living, many Aboriginal and Torres Strait Islander people live in poverty, and they experience systematic neglect and denial of their rights to land, cultural identity, self-determination and resources. Indigenous Australian males have a life expectancy 11.5 years lower than other Australians and Indigenous females 9.7 years lower. Aboriginal and Torres Strait Islander people suffer from higher rates of heart disease, diabetes and respiratory disease than the rest of the population. Indigenous children aged under five years are twice as likely to die during infancy compared with the rest of the Australian population.”

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

**School-Wide Positive Behaviour Support**

This week: in the Classroom

At St Brendan-Shaw College we strive to:

**Do our best** - by having the materials we need for class, having a go at all tasks and letting those around us learn to the best of their ability.

**Be safe** - by moving around the classroom sensibly and by following directions of our teacher.

**Welcome diversity** - by welcoming new students, listening to different points of view and accepting different talents.

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**Tennis Report**

The SBSC Tennis team completed its third roster match on Monday, competing against Marist at the Burnie Tennis Centre. In the Boys first team the competition was of a high standard with both teams undefeated going into the contest. The more senior team from Marist, consisting of Year 12 players, proved to be too strong for our young Year 9 team, winning 5 Rubbers to 1.

Robbie Green from Year 7 came away with our only win, winning his singles 9-2.

The SBSC boy’s second team proved to be too strong for the Marist team winning in convincing fashion 6 rubbers to 0, with good performances by all.

The girl’s second team also continued on their winning way winning 6 rubbers to 0. The match against Marist signified a special day for two of our players with the twins, Daniel and Joab Littler celebrating their birthdays, which involved cake and singing after the games were completed.

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**Basketball Report**

NSATIS basketball action returned to SBSC yesterday with LCGS making the trip down. Games were split one all, with the boys scoring a convincing win while the girls fought hard, only to go down by 5 points. Final scores: Boys SBSC 76 def LCGS 28, Girls LCGS 37 def SBSC 32.

Last Monday, the action was in Burnie, with MRC hosting SBSC. Despite our best efforts, both teams were outclassed by their opponents, with MRC getting two wins on the board.

Next home game will be here at SBSC on the 12th March V SPC.

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Mr Hector Lenton
Tennis Coordinator

Mr Steve Ryan
Head of Health & Physical Education
St Brendan—Shaw College had a significant presence at the North West Schools Rowing Regatta held last weekend 1 & 2 March. The St Brendan—Shaw College team comprised of 11 participants of varied ages. Given the size of the team and the fact that St Brendan—Shaw College was competing against all of the State’s leading schools the results were exceptional. All rowers performed well and there were a number of standout performances. These included:

- An easy win to Jack Streeter in his division of the Boys U16 Single Skulls
- A 1st place to Ella Marshall in her division of the U14 Single Skulls
- A 1st place to Ashleigh Brookes in her division of the U14 Single Skulls
- A dominant win to Madeline Greenhill and Gabi Gretton in the Girls U15 Double Skulls
- A 1st place for Ashleigh Brookes & Ella Marshall in the Girls U14 Double Skulls
- A brilliant win to Madeline Greenhill in the Girls U15 Single Skulls

It should also be noted that the following students gained 2nd places in various events:

- Composite Girls U16 Double skulls comprising Madeline Greenhill & Madeline Tippett (Devonport HS)
- Girls U16 Double Skulls comprising Elloize Galpin & Kate Hayward
- Composite Quad Girls U16 comprising Madeline Greenhill, Elloize Galpin, Kate Hayward & Madeline Tippett (Devonport High School)

It needs to be emphasised that in the U14 Girls Single Skulls, out of 78 individual competitors from all of the top schools in Tasmania, the Mersey Rowing Club achieved 4 out of the top 5 best times with Ashleigh Brookes at No. 3.

In addition, in the U16 girls composite Double Sculls, Madeline Greenhill and Madeline Tippett rowed the second fastest time and in the U15 Girls Double Sculls, Madeline Greenhill and Gabi Gretton also rowed the second fastest time.

All in all it was a highly successful regatta for the St Brendan - Shaw College Team at Lake Barrington. The Regatta was held in beautiful weather with light winds producing slightly challenging conditions on the afternoon of Day 1. Our Team will next be competing at the Launceston Henley on the Tamar River on the weekend of 15-16 March followed by The Head of the River at Lake Barrington on 5&6 April.

The St Brendan—Shaw College Rowing Team for 2014 includes:

We gratefully acknowledge the invaluable contributions of the coaching staff and the volunteers of both the Mersey & Ulverstone Rowing Clubs.

Well done to all St Brendan—Shaw College rowers!

Mr Graeme Brookes
Rowing Coordinator

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**Uniform Shop**

TUESDAYS & WEDNESDAYS
10AM — 4PM

New Rowing Suits now in stock $65.00
Football / Soccer Tops $53.00
Football / Soccer Shorts $25.00
Football / Soccer Socks $ 8.50
Numbers $ 2.50 each
Second Hand Boots $15.00 - $25.00
In 2014, the Science Department will provide an opportunity for science students to challenge themselves by taking part in the national ‘Big Science competition’.

The Big Science Competition, sponsored by Rio Tinto: This one-hour competition is open to students of all abilities at three different levels: Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). Questions (developed by Australia’s leading test developer: the Australian Council for Education Research) are aligned to the Australian Curriculum - Science and test students' critical thinking and problem-solving skills as well their science knowledge.

Each student will receive a Certificate as well as detailed feedback on their performance in the competition. Each participating student also goes into the draw to win prizes including iPod Touch’s, iTune vouchers and Movie vouchers. Our school will receive a comprehensive report for each paper level showing how each student performed on each question, the percentage of students in the cohort who answered correctly, and a comparison with the national results. Each participating school also goes into the draw to win interactive science tools for the classroom.

The Big Science Competition will be held during the week of May 21-28, with a specific date yet to be confirmed. Entries need to be in by Monday 14th April (see below for the entry form). We will trial the on-line version this year.

The Science faculty will pay the entry fee for any students who would like to enter. To access sample questions or to find out more about the competitions, please visit their website: www.asi.edu.au. If you have any questions please feel free to contact the Head of Science, Mrs Kelly Hicks (khicks@sbsc.tas.edu.au).

Please return to Mrs Kelly Hicks via the Caritas office.

I wish to enter the ASI Big Science competition.

Name: ___________________________  Grade: ________  Homeroom: __________

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:

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<th>Instrument</th>
<th>Guitar</th>
<th>Drums</th>
<th>Piano</th>
<th>Flute</th>
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<td>Saxophone</td>
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<td>Violin</td>
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<td>Clarinet</td>
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<td>trump</td>
<td>Euphonium/tuba</td>
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<td>Trumpet</td>
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<td>Trombone</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 Caritas 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: ___________________________
SOCCER REGISTRATION

SBSC will be entering teams into the 2014 school soccer competition.

We are looking for players to register for Under 14 boys, Under 16 boys and Under 16 girls.

Under 14 boys & Under 16 girls will play on a Wednesday and Under 16 boys will play on Mondays.

Download a registration form from the school website, it can be found under the student tab OR collect a registration form from the PE Office.

Bring your completed registration form & fee along to the Fitness Room in the Gym on WEDNESDAY 12/03/2013 at lunchtime.

Not sure or need more information - School Soccer rep is Teresa...phone on 0407 270 848 (after 5pm)

Cost:

<table>
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<tr>
<th>School Soccer ONLY</th>
<th>$50 + $10* per player</th>
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<tr>
<td>Supplementary Registration (already registered with Devonport Strikers)</td>
<td>$10 + $10* per player</td>
</tr>
<tr>
<td>Supplementary Registration (already registered with another club - you must register with your club first)</td>
<td>$20 + $10* per player</td>
</tr>
</tbody>
</table>

*Please note that the College charges an additional $10 to be paid directly to SBSC to take part in Football, Soccer and Netball rosters. This extra cost is used to update team balls, training kits and to provide a first aid kit to each team. This money is also used for presentation evenings at the end of each season to provide food, drinks and player awards.

Leadership Opportunities Available!

Would you like to get involved, extend your leadership skills & get paid?

Devonport Junior Soccer Association are looking for some Referees in the upcoming season starting from Saturday 12.4.14.

Matches are for age groups Under 5’s through to Under 12’s.

Referee courses will be conducted before the season commences and support is provided.

Contact Teresa on 0407 270848 after 5pm if you are interested.

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Tasmania

Spreyton Primary School
1 Harpur Pl, Spreyton, Tas 7316
Ph (03) 64127873 Fax (03) 64728200
Email spreytonprimary@edutel.edu.au

26 February, 2014

Are you interested in Busking for the Spreyton Primary School Apple Festival on 13th April

If you have a talent and would like to busk for a small fee of $5, please fill in the form below and return with payment to Spreyton Primary School front office by Friday 29th March. Indicate below your preferred time and we will let you know your allocated 30 minute slot and where you will need to set up. Please bring everything you need.

Name:

Age: ___________ Contact Phone: ___________

Brief Description of Talent: ____________________________________________________________

Preferred Time between 10.30 and 1pm: _____________________________________________

Postal Address: ________________________________________________________________

I, ______________, Parent / Carer, give permission for my child ___________________ to busk at the Spreyton Primary School Apple Festival on 13th April 2014.

The cost involved is $5

Signed __________________________

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FACULTY OF HEALTH RURAL CLINICAL SCHOOL
CAREERS IN HEALTH

Are you interested in a career in health?

The Faculty of Health is holding information sessions about health degrees offered at the University of Tasmania and would like to invite prospective Mid-Coast Year 11/12 students, parents and return age individuals to join us.

The session will include course and career information on:
- Medicine
- Medical Research
- Paramedics
- Human and Health Sciences
- Pharmacy
- Nursing and Midwifery
- Psychology
- Other health science related career paths.

WHEN AND WHERE?

Wednesday 13th March 2014 6.30pm - 7.30pm
Rural Clinical School, University of Tasmania, Mersey Campus, Bridport Road, Burnie (lunch provided)

Thursday 15th March 2014 6.30pm - 7.30pm
Rural Clinical School, University of Tasmania, Mersey Campus, Leven St, Mersey Community Hospital, Leven (lunch provided)

INTERESTED?

Register your interest online:
www.utas.edu.au/rural-clinical-school

CONTACT US
RURAL CLINICAL SCHOOL
Phone 0361808400
Email: health.rural@utas.edu.au
Web: www.utas.edu.au/rural-clinical-school
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.

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 bed-time 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.

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.