News From Our Principal

Mr Frank Pisano
Principal

This week I had the pleasurable opportunity to spend an afternoon with our NSATIS swimming team competing in Launceston. It is times like this that I get to share quality time with students. I am particularly proud of the way our students interacted with each other, across the year levels. The vertical homeroom structure lays a solid foundation for fostering such relationships. It is also good to see the easy, yet respectful relationship between the students and their coaches, Mr Hector Lenton and Mrs Kaoru Bramich, together with the Sports Coordinator, Miss Renee Sushames. I also note that several swimmers swam a very full program due to injury and other factors. This is evidence of their loyalty to the College. The students who invest the time into committing to these representative opportunities reap a high dividend on their investment. I know that the teachers believe this, which makes me so proud of their willingness to commit so much time to the students. I look forward to seeing our team compete at next week’s SATIS swimming carnival in Hobart. I thank them, in advance, for not letting their teammates down by late withdrawals.

It may appear that I am beating the same drum, but I cannot overemphasise the importance of committing to school activities. The impact that it has on school spirit and pride is palpable, and this transfers, directly, to improved learning. While attendance at the College’s interhouse swimming carnival was improved, the absentee rate was still inordinately high. I am seeking parental support to ensure that the College’s Athletics carnival, on 9 and 10 April, has the same attendance as any other school day.

At today’s assembly, the student representation was completed with Year 7 House Councillors presented with their badges of office in front of the School community. They are pictured below.

Pictured from Left: Maggie O’Leary (L4), Ben Ackroyd (L4), Thomas Greenhill (G4), Sam Marshall (G2), Nikki Jones (M3), Morgan Dickson (M5), Morgan Clifford (D2), Rhea Littler (D3)

We Strive to: Do our Best Be Safe Welcome Diversity

If today you hear his voice, harden not your hearts. - Psalm 95
In developing countries, 90 per cent of children living with disabilities do not go to school. As few as one per cent of disabled adults in such societies can read and write. Disabilities are both a cause and consequence of poverty. People living with a disability make up around 15 per cent of the world’s population and about 20 per cent of the very poorest in the world. In both developed and developing societies, disabled people experience stigma, prejudice and discrimination.

*From the Australian Catholic Bishop’s Social Justice Statement 2013-2014: Lazarus at our Gate: A critical moment in the fight against world poverty.*
DEFENCE FORCE VISIT
On Tuesday 18th March we were very fortunate to hear from Leading Seaman Shaun Ware and Bombardier Matthew Wynn from the Australian Defence Forces.

The attending students were excited to hear from these very experienced men and the students bombarded them with many questions (luckily we had a Bombardier in attendance). We thank both men for their time.

Mrs Tanya Rataj
Careers and Pathways Coordinator

NSATIS SWIMMING PHOTO'S

MERSEY LEVEN CATHOLIC PARISH
HOLY WEEK & EASTER CEREMONIES 2014

DEVONPORT: Our Lady of Lourdes Church
Good Friday: Commemoration of the Passion
Holy Saturday: Easter Vigil
7.00pm
9.00am

PORT SORELL: St Joseph’s Mass Centre
Good Friday: Stations of the Cross
Easter Sunday: Easter Mass
10.00am
8.30am

LATROBE: St Patrick’s Church
Good Friday: Stations of the Cross
Easter Sunday: Easter Mass
11.00am
10.00am

SHEFFIELD: Holy Cross Church
Good Friday: Stations of the Cross
Easter Sunday: Easter Mass
11.00am
11.00am

ULVERSTONE: Sacred Heart Church
Holy Thursday Mass of the Lord’s Supper
(Adoration till 9pm followed by Evening Prayer of the Church)
7.30pm
3.00pm

Good Friday: Commemoration of the Passion
Easter Sunday: Easter Mass
10.00am
11.00am

PENGUM: St Mary’s Church
Good Friday: Stations of the Cross
Easter Sunday: Easter Mass
11.00am
8.30am
Devon Schoolgirls Netball Season starts on Saturday

The Schoolgirls roster for year 7 – 10 girls commences this Saturday with games at 8.45am and 10am at the Spreyton Courts.

A reminder to all players and parents:
- All St. Brendan-Shaw College players are to be in the College Netball Uniform (skirt and top available from the uniform shop). No variations are to be worn.
- Devon will be running coaching and umpiring courses soon. If you are interested please ring the Devon Office between 9.30am – 4pm on Wednesday and Thursdays, call into the Devon office on Saturday morning or email jaherne@sbsc.tas.edu.au
- Umpiring/ Canteen / Match Manager Duties: all players will be allocated duties throughout the roster. If you are unable to fulfil this duty you must find a replacement to do so.
- Jewellery – Official Netball Australia rules state that NO piercings are allowed. Piercings cannot be taped.
- Registration must be paid within the first two weeks of the roster at the Devon Netball Office. If a player requires a payment plan please contact the Devon Office.
- Score sheets will be printed with players names on them. Each team must make sure that player positions are filled out for each quarter. **If they are not filled in correctly then points will be deducted.**
- The Devon Netball Association now has a Netball Notification Number. Parents and players can enter the following no. 0198089488 in to their mobile (they will charged the cost of a standard text message) and will receive all Devon Netball Notifications for FREE (weekly rosters, cancellations etc.).

Mrs Dianne Fallon has volunteered to be the College contact at the Devon Netball Centre on Saturday mornings. Any issues or concerns that a SBSC player or parent may have can be addressed to Dianne in the Devon Office or emailed to Mrs Jo-Anne Aherne jaherne@sbsc.tas.edu.au

Mrs Jo-Anne Aherne
Netball Coordinator

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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 difference 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, iTunes 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 Period 1, Friday 23rd May 2014. 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 Currians office)

I wish to enter the ASI Big Science competition.

Name: ___________________________ Grade: _________ Homeroom: ____________
**Deloraine Junior Basketball Club**

A Skills Session to start our 2014 season will be held on the following dates with the coaches.

Monday 24th March Primary School Girls 5-6pm & Primary School Boys 6-7pm

Wednesday 26th March High School Girls 6-7 & High School Boys 7-8.

The 2014 Basketball Roster will be given out to all players at this session so it is important to attend.

The Roster commences Monday 31st March & Wednesday April 2nd.

Any queries contact Jan 0438 879 652.

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**Traffic Management**

The pedestrian pathway on the western side of the student pick up and drop off area has been extended (thank you to Mr Bellchambers / Mr Hayes and VET Construction students).

Parents are encouraged to move to the western side (near the vicinity of the new pathway) when dropping off/picking up students. This allows other vehicles to use the full extent of the turning circle.

Mr James Saltmarsh
HR Coordinator

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**Uniform Shop**

TUESDAYS & WEDNESDAYS
10AM — 4PM

Netball Tops $45.00
Netball Skirts $45.00

Football/Soccer Tops $53.00
Football/Soccer Shorts $25.00
Football/Soccer Socks $8.50 a pair.
Numbers $2.50 each

Second Hand items also available.

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**National Day of Action against Bullying and Violence**

Join CYFE at the Bluff in Devonport from 3pm till 6pm for a free BBQ, free stuff and fun.

For more info please phone: 0400364517

Friday 21 March 2014
www.bullyingnoway.gov.au

Supported by the Commonwealth Government

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**Do you want to be one of the first people in Australia to see the new Captain America movie?**

Do you want to do something great for the needy in our community?

Grans’s Van, a voluntary organisation based in the Devonport area who take food, clothing and blankets to the needy 3 to 4 times a week, are holding an advanced screening of:

**CAPTAIN AMERICA: THE WINTER SOLDIER**

On April 3rd at 6:45pm

To raise much needed funds to buy warm clothing, wet weather gear and sleeping bags for those most in need.

Tickets are $16 (cash only)

Grans’s Van would like to acknowledge the kind support of:

CMAX DEVONPORT
THE DEVONPORT BOOK STORE (BUY TICKETS HERE)
MISSION AUSTRALIA (BUY TICKETS HERE)
SEA FM
7AD
A sporting chance

Far from frivolous, a child’s participation in team sports is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine.

There may be no ‘I’ in team but children who play team sports stand to gain so much more than the ability to bat, bowl, pitch, catch, kick and tackle – they’re also honing their skills in the game of life.

Amid the development of fine and gross motor skills during sport, what is also going on is something far more powerful than a cultivation of mere sporting prowess, according to psychologists.

“Social learning is one of the most potent factors in a child’s development and participating in team sports really encourages and enhances that,” says Tracey Veivers, a registered sport and exercise psychologist based in Brisbane.

“As human beings, we learn by observation – not only in skill development but also social development. What’s happening on the sporting field is a development of self-efficacy – that is, a child’s sense of belonging and their ability to participate among peers.

And what that feeds into is self-esteem, which is just crucial throughout life.”

As Tracey points out, team sport has a powerful effect on helping to develop the all-important quality of resilience. “When you give children a different experience within a team environment it really can help them to gain a different sense of understanding around how relationships work beyond their small world at home,” she says.

Indeed, experiencing the highs and lows of winning and losing can help to develop certain types of resilience that will support them in their education.

“Sticking towards something, practising it, and being prepared for those pressure environments are the all the life skills of a resilient adult. Kids will use them when they have to do a presentation or a show and tell, in dealing with the pressures around how they feel at exam times, in dealing with how they feel when they get a result they weren’t expecting, in team management and in developing the ability to juggle multiple tasks,” she says.

Not only that, playing sport can help children develop citizenship qualities they will retain throughout their lives, according to a 2011 study from Queen’s University in Canada. The researchers found that kids who play team sports are more likely to show initiative and

non-ball or water sports – skateboarding or even martial arts, for example. It’s about being willing to put in the effort to help your child experiment and find their niche.”

If a child is completely non-sporty then that’s okay, too, says Tracey – there are pursuits such as art, music, chess and debating “but what I really do encourage is helping children work towards things like a concert if they’re in an orchestra, because that way they will experience being part of a group working towards a goal and how to manage their emotions”.

“This is where we are potentially falling short as parents,” she says. “We are not teaching our kids how to manage and self-regulate emotions – that working towards something that offers a little bit of pressure is not something to be avoided, particularly if they’re working with their peers. We need to prepare them for success but also disappointment and how to navigate any emotional consequences and still bounce back from that.”

What if your child isn’t sporty and shies away from participating in a team? Joey Toutounji, co-author of Please Mum Don’t Supervise Me and presenter/producer of Foxtel’s Feet Good TV, offers five alternatives that foster their development in a similar way.

1. **Dancing** is a great way in which children can keep active and fit as well as express their creativity and learn skills. Dancing is a great way for children to socialise with other children who are part of the studio. Dancing can also include on-stage performances which is an excellent way for children to build their self-esteem and confidence.

2. **Indoor rock climbing** teaches children about problem solving. It is also a good activity to learn to work with others as they partner up with the person who is holding the rope at the bottom and helps guide them up to the top of the wall. It is great for building confidence and strength.

3. **Beach body boarding** is an individual fun activity and a great introduction to water sports such as surfing, and it involves children in being active, helping them improve fitness, strength and balance whilst also learning about safety awareness in the water and ocean.

4. **Scouts and Girl Guides** teach leadership, teamwork and confidence, and incorporate fun outdoor activities such as bushwalking and camping. They are also great ways for children to meet new friends, socialise with others and learn about community.

5. **Drama classes and performances** build children’s confidence and self-esteem. They promote movement in performances, creativity and socialisation with peers in their class. There may be drama activities that involve teamwork, working with others and cooperating in a group to brainstorm ideas for performances.