St Francis Xavier was an early Jesuit missionary who, in the 1500s, spent a lot of his adult life in what were then far-flung places like China and Japan. Because of his distance from his fellow Jesuits, they would constantly write to each other and when Xavier received letters from his friends he would carefully cut out their signatures and carry them around as if they were a great treasure. When we are a great distance from our friends or know that we will never see them again, we too carry around their names – not in the physical way that Xavier did, but in our hearts. So it is with our great friend and colleague, Mrs Jane Dutton, who died on Tuesday. Her name will always be carried around in the hearts of the staff and students of St Brendan-Shaw College who were fortunate enough to know her or have her as a teacher. We keep Jane’s husband, Peter, and daughter, Cate, in our prayers and thoughts at this time.

When Xavier realised he would never see his friends again because of his illness and the distance that separated them, he wrote to them:

“I have cut your names from the letters you have written to me with your own hands so that I may constantly carry them with me...I give thanks first of all to God our Lord...for the fact that God has so made you that I derive such consolation from bearing your names. And since we shall soon see each other in the next life with greater peace than we have in this, I say no more.”

Last night saw a successful Information Evening for students wishing to enrol into our College in 2015. If you know of anyone wishing to enrol next year but missed the evening, please encourage them to contact the College to request an enrolment package.

We congratulate Miss Jess Campbell who recently competed in the Grand National Saddle Horse Championships in Sydney, making the final round (top 14).

We welcome Michael Mauer From RTG, he will be working in the IT area for the next couple of weeks.
Yesterday, the NSATIS basketballers travelled to Launceston to take on Launceston Church Grammar School in the final round of the roster. The boys again played well, moving the ball quickly and getting good scoring opportunities. With everyone getting good court time, the boys ran out winners, 63 - 22. Conor Hind scored 21 pts while Harry O'Neill shot 3 3's in a good display of outside shooting.

The girls then took the court, aiming to finish on a winning note. In a tight game, scores were level with around 4 minutes to play. The girls stuck to the task, moved the ball quickly and capitalised on scoring opportunities, to run out winners, 42 - 33. Chelsea Gleeson led the way with 17 pts, in what was a great team performance.

Thanks to all involved in the basketball roster for 2014. Hopefully 2015 will see us back in the hunt for a finals birth. Thanks to Miss Kate Merry for accompanying the teams in her role as Manager.

Mr Steve Ryan
Head of Health & Physical Education

“Worldwide, 150 million children live with a disability and subsequently face reduced access to schools, health care, recreation and opportunities for work. One out of every three children not attending primary school has a disability and disabled women and girls are three times more likely to face discrimination than disabled men.”

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

Uniform
A reminder that in Terms 2 and 3 all students are required to wear the winter uniform. We encourage all families to start to organise this soon for a smooth transition into Term 2. Students can start wearing the winter uniform whenever they want.

Mr Richard Chapman
Deputy Principal—Pastoral Care

School-Wide Positive Behaviour Support

This week: at Recess and Lunch

At St Brendan-Shaw College we strive to:

Do our best - by using the time to eat and refresh, ready for our next class, and by putting our rubbish in the bin.

Be safe - by staying in supervised areas, looking out for each other and playing all games and sports safely.

Welcome diversity - by being inclusive by welcoming students into our groups.

NSATIS Basketball Report

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Thanks to all involved in the basketball roster for 2014. Hopefully 2015 will see us back in the hunt for a finals birth. Thanks to Miss Kate Merry for accompanying the teams in her role as Manager.
The National Schools Constitutional Convention

Many people ask, “What is the Constitution of Australia?” The simple answer to this is: Australia’s birth certificate. Signed in 1900 and effective in 1901, the Australian Constitution establishes the distribution of power within our country and sets out the rules of how Australia should be run. It is a long document with many sections defining the roles of Parliament, the Executive Government and the Judiciary. Most recently, the Constitution was the main source of law when determining whether the A.C.T’s laws on legalising same-sex marriage were legitimate.

To help re-engage interest in our Constitution, The National Schools Constitutional Convention (NSCC) was held in Canberra from the 12-14 of March. The program, now in its 19th year, aims at generating informed discussion amongst the youth of Australia regarding our Constitution and System of Government. Five students from Tasmania were chosen from the applications and I was lucky enough to be one of them.

The main focus of this year’s Convention was regarding reasons for and against the Federal Government assuming full powers over health and water. We got the chance to listen to three notable speakers, two of which were from the ANU. In addition to this we had multiple discussions in groups regarding the purpose of the Constitution and why the Federal Government currently has its specific powers.

Whilst at the Convention we visited both old and new Parliament House, the Australian National Archives and the High Court of Australia. On the final day, every participant voted in the mock referendum regarding water and health. The results concluded that health was to remain a state power and the Murray-Darling System should be allocated to the Federal Government to legislate on. Overall, I had a great time at the Conference and learnt a lot about our Constitution. If you want to know more about our system of government, the subject Legal Studies is the one for you.

Vinnies Button Day

On Friday the 28th of March, the St Brendan-Shaw College St Vincent de Paul Youth Conference (Vinnies Group for short) left school during recess to head down to the Devonport CBD to assist the local St Vincent de Paul Society raise funds on their major fundraising day.

Nine members of the St Brendan-Shaw College Vinnies Group spread themselves amongst the three stations and welcomed donations into their containers. The students would then offer those members of the public that donated a Vinnies sticker.

The students returned to the College during lunch after their two hour stint, happy to have contributed to the raising of valuable funds for the local Vinnies and to have lent a hand to making a difference in the community.

From Left: Tarsha Jago, Laura Wood and Rebecca McCall
MERSEY LEVEN CATHOLIC PARISH
HOLY WEEK & EASTER CEREMONIES 2014

DEVONPORT: Our Lady of Lourdes Church
Good Friday: Commemoration of the Passion 3.00pm
Holy Saturday: Easter Vigil 7.00pm

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

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

SHEFFIELD: Holy Cross Church
Good Friday Stations of the Cross 11.00am
Easter Sunday Easter Mass 11.30am

ULVERSTONE: Sacred Heart Church
Holy Thursday Mass of the Lord’s Supper 7.30pm
(Adoration till 9pm followed by Evening Prayer of the Church)
Good Friday Commemoration of the Passion 3.00pm
Easter Sunday Easter Mass 10.00am

PENGUIN: St Mary’s Church
Good Friday Stations of the Cross 11.00am
Easter Sunday Easter Mass 8.30am

Latrobe Basketball Association Inc.
President: Rosemary Muir
Secretary: Annette Parker
ABN 79 616 829 590

SCHOOL HOLIDAY CLINICS
with
Latrobe Senior Men’s Import
Marquis Navarre

Wednesday 30th April
9am - 12 noon – U/12 & U/14 Girls
Noon -3pm - U/16 & U/18 Girls

Thursday 1st May
9am -12 noon – U/12 & U/14 Boys
Noon -3pm - U/16 & U/18 Boys

Cost will be $25 for first child of family $20 for 2nd and $15 for a third or more.

Registration is essential please e-mail: latrobe.secretary@gmail.com
or phone: 0407 278 977

Children will need to bring a ball with their name on it and a drink.

Celebrating World Circus Day!
DATE: 12 April 2014
PLACE: ANZAC Park, Ulverstone
TIME: 11am - 3pm
FREE EVENT:

Slipstream Circus is an independently funded, not for profit youth circus school and we’re based in the sport & recreation centre in Ulverstone.

11.30pm: FREE workshops
2-2.30pm: circus performances
Open stage 11am - 2pm
BBQ, hot & cold drinks
Circus equipment for sale

Office@slipstreamcircus.org.au | 0458028352 | Facebook.com/slipstreamcircus

Wet weather: U/6 sport & recreation centre, Flora street (next to Leven river & Show grounds)
Girls Winter Uniform - 2nd Term

Plaid / Navy Skirts $102.00
Blue / White Shirts $24.00
Maroon/ Navy Jumpers $72 - $82
Ties $18.00
Tights $8.50 a pair.

Please note the Uniform Shop is not open over the holidays.

Palm Sunday Pilgrimage 2014

You are invited to join with people of all ages and from right around the state for the fifth Archdiocesan Palm Sunday Pilgrimage! Starting at Kangaroo Bay, Bellerive there will be the 8km pilgrimage walk around the waterfront, across the Tasman Bridge into Hobart.

If you don’t think you can make 8km walk, join us at the Concert & Family Fun Day to take part in the last leg – one big, police escorted, street procession through Hobart to St. Mary’s Cathedral for Mass. This day celebrates World Youth Day 2014, Palm Sunday and the Tasmanian Church! It is a day full of energy, fun, witness, faith and celebration! We need everyone from around the state there to make it the greatest celebration yet – students, staff, families, friends…EVERYONE!

Buses will be available from all around the state. Special guests Sam Clear and James Edwards will be joining us. All your information is available on the website: www.cymtas.org.au.

REGISTER & WIN! We appreciate early registration for Palm Sunday Pilgrimage to assist in planning, plus, when you register you are automatically entered into the draw to win a number of prizes, including accommodation, restaurant and store vouchers! Go to: www.cymtas.org.au to register (or contact Rachelle: rachelle.smith@aohtas.org.au or 0400 045 368.

Buses will depart:
5:30am: Burnie Yacht Club, Burnie
6:00am: Our Lady of Lexiades, Devonport
7:00am: Church of the Apostles, Launceston
9:45am: St. Mary’s Cathedral, Hobart

If you are from Hobart, or decided to make a weekend of it and driven yourself from the North of the state, park your car at St. Mary’s Cathedral and get the bus from the Cathedral to Bellerive. Your car will then be waiting for you at the end of the day.

You just book a seat on a bus by no later than 4th April.

Tickets $15 pp return or $50 family ticket. You can book and pay for your bus ticket when you register online.

Featuring Special Guests

Sam Clear
Sam is the ultimate pilgrim, having walked 15,000km across the world (on foot) on a mission for Christian Unity. With nothing but his backpack and the hospitality of those he came across as he spread his mission from Brazil to Spain. He knows a thing or two about pilgrimage and is a great person to help lead us in pilgrimage on the day. Sam is Tasmanian, having grown up in the North of our state, but is currently based in Sydney as he visits schools around the country sharing his story, mission and experience! We are excited to have Sam as part of our celebration and pilgrimage.

James Edwards
James is a Catholic singer/songwriter from Victoria. He has recently released his debut album, ‘Empowered’. James also wrote the theme song for the Australian Catholic Youth Festival, and along with his band, he inspired all at the Youth Festival to celebrate, dance, pray and reflect through his music. James and his band will play at Princes Wharf 1 and lead us in music on our procession through Hobart.

Register & Win!
Register for this awesome event and you will automatically be entered into the draw to win a number of prizes including accommodation, restaurant and store vouchers. Register at www.cymtas.org.au. We appreciate early registration to assist us with planning!

Uniform Shop

Tuesdays & Wednesdays
10AM — 4PM

Girls Winter Uniform - 2nd Term
Plaid / Navy Skirts $102.00
Blue / White Shirts $24.00
Maroon/ Navy Jumpers $72 - $82
Ties $18.00
Tights $8.50 a pair.

We are young!

Catholic Church Insurance Platinum Sponsor for Palm Sunday Pilgrimage

Please note the Uniform Shop is not open over the holidays.
An opportunity to travel overseas to play netball (girls) and soccer (boys)

The College is investigating the possibility of providing students who are currently in year 9, year 10 and year 11 the opportunity to travel overseas to participate in a netball and soccer (boys) tournament and to experience culture of the host country in April 2015.

The estimated cost is $4000. Further information regarding the selection process of participants and the destination will be provided once the level of interest is determined. Parents of any interested students are asked to express their interest via email to Mrs Jo Aherne jaherne@sbsc.tas.edu.au by 11 April 2014.
Parenting teenage daredevils

Managing teenagers who have a little too much zest for life, diving head first into situations without thinking them through requires an understanding of both their inner and outer worlds, writes Lakshmi Singh.

If you were constantly holding your breath or administering first aid as your child was growing up, you probably were raising one of those thrill-seeking, adrenalin-charged, daredevils who loved to experiment and take risks in order to entertain themselves.

As they approached their teenage years, these risks might have evolved to being more sophisticated than just jumping off the top of a tree or the “look mum, no hands” type of stunts. From binge drinking to irresponsible driving to train surfing, your teenager may be indulging in risky behaviours that may ultimately change the entire family’s life.

The teenage years are some of the most valuable years of a person’s life and can also be the most vulnerable, therefore it is highly important that parents and carers understand what is driving this behaviour and know how to manage these tendencies of their daredevil child.

HORMONES

Andrew Fuller, author of the book Tricky Kids (Finch Publishing, $26.95) highlights four hormones that influence a teenager’s ‘mood’. Adrenaline – responsible for generating the feelings of being ‘revved up’ and on a ‘red cordial high’, cortisol – the stress hormone contributing to defensive, exaggerated actions, dopamine – which can create the ‘switched-on, pumped-up state’ and serotonin – the “most powerful antidepressant known to humankind.”

The former two chemicals are what you want the least of when raising teenagers, says Fuller. “Once a tricky kid gets an adrenaline rush, trying to change her behaviour is a complete waste of time,” he says. Stress from family life, school or peers can also increase cortisol, so it is important for families to provide low levels of stimulation and develop routines to lessen the strain and make their children feel safe from violence, ridicule or humiliation, he adds.

In contrast, dopamine and serotonin are what you want to see more of, says Fuller. Children low in dopamine display tired and lethargic behaviour, which is why they seek out excitement through risky stunts to lift their mood and achieve that ‘pumped-up high,’ explains Fuller.

BOYS vs. GIRLS

The different goals of each gender within their social groups also influence teenagers’ actions, says Parenting Ideas’ own Michael Grose. The focus for girls at this age is often on achieving social success and they may engage in risky behaviour such as alcohol consumption and unprotected sex. He refers to the book Queen Bees & Wannabees (Random House, $24.99), where the author Rosalind Wiseman describes girls and their social hierarchies to include a ‘Queen Bee’ and her group of ‘Wannabes’. Most girls are ‘Wannabes’ says Wiseman and are trying to be accepted by the ‘Queen Bee’. This may involve doing all the dirty work just to “please the person who’s standing above her on the social totem pole.”

In comparison, Grose says that boys don’t want to be seen amongst their peers as being foolish. “Boys will look at each other and do what the group does,” he says. This may mean taking risks and pushing boundaries to prove that they are a worthy member of the group.
Furthermore, Grose explains that the Amygdala, commonly known as the reptilian brain - responsible for fostering curiosity and entertaining aggression, is 16% bigger in boys than in girls.

**BRAIN NOT MATURE UNTIL MID-TwentIES**

Regardless of the gender, however, Dr. Fiona Martin, principal psychologist at Sydney Child Psychology Centre points out that, the part of the brain that is responsible for impulse control isn’t fully mature until about age 25.

“Risk taking behaviour is quite normal for teenagers. It is one way they learn about themselves. But, there is a whole spectrum of risks – from learning new tricks on the skateboard to stealing a car and being involved in a high speed car chase with police following you.”

It is therefore important for parents to help them understand the impact of their actions by setting appropriate ground rules, keeping lines of communication open and discussing the behaviour of good role models, she says.

**LINK TO PSYCHOLOGICAL CONDITIONS**

The extent and severity of risk taking behaviour could also reveal something about a teenager’s mental health, says Fuller. “The longer tricky kids stay in one emotional state, the more familiar it becomes to them,” he says. “Middle adolescence (15-17 years) is a peak time for developing depression, and young women are at least twice as likely as young men to develop it.”

If teenagers start displaying strange behaviour like sleeping in odd places, being more generous than usual in giving away personal items or not washing regularly, it is important to step in and seek professional help, says Fuller.

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**Experts’ tips for managing your daredevil teenager:**

- Involve teenagers in repetitive movements like table tennis or swimming to naturally increase the level of dopamine and serotonin.
- To avoid heated arguments and theatrical displays of teenagers storming out of the room, give kids some space and talk to them when sitting down or shoulder-to-shoulder in a car, rather than face-to-face to remove some of the pressure.
- Redirect your teenagers’ built up desire for experimentation by involving them in adrenalin-charged sports like rock climbing, martial arts or mountain biking to release pent up energy.
- Develop the art of forward planning – an important skill that daredevils and teenagers in general lack, by participating in games that require the formation of plans and strategies – like card or board games.
- Encouraging real life social situations and promoting them as being more valuable could help reduce the risks teenagers take through social media. For example, volunteering at community events, taking classes or enrolling in competitions where they can display their talent are all good alternatives to excessive social media usage.