We Strive to:  
Do our Best  
Be Safe  
Welcome Diversity

News From Our Acting Principal

At our assembly on Tuesday, I took the opportunity to start a conversation with the school about what we do when things go wrong in our lives. In society today responses can vary from anger to avoidance to overuse of drugs and alcohol to self-harm. I suggest all of these responses are unhealthy as not only are they short term and don’t address the issue, but also because they don’t allow us to flourish as human beings. I am sure God’s plan for us does not involve us getting drunk to avoid issues in our lives.

Many other people have, to varying degrees, resilience, and ability to bounce back when things go wrong. These are the people who just seem to sail through life. Unfortunate things happen to these people as much as anyone else, but the way they deal with it allows them to live full and healthy lives.

So how do we build resilience? In answering that, I would ask how do we get better at a sport, or how do we become better in our studies? The simple answer is that we practice the skills required to get better. So it is with resilience. If we want to have a greater sense of resilience, we need to practice the skills which are related to it. What are those skills? You’ll have to wait for the next assembly…

Or if you can’t wait, check out the beyondblue website (www.beyondblue.org.au) for some great resources.

I would like to thank all parents for their assistance last Friday in the closure of the College which allowed many of our staff to attend the funeral of Mrs Jane Dutton. It was quite a large funeral with many of our students, both past and present, attending also. All students equipped themselves well in the difficult circumstances, with the Do It for Dutton cause managing to raise a large amount of money.

Unfortunately our Athletics Carnival had to be cancelled on Wednesday and today due to bad weather. We will look at running the days later in the year.

Congratulations to our sporting teams who continue to not only do the College proud with their participation but also have quite a large amount of success. In particular there were some outstanding results in the Head of the River rowing regatta on Saturday, while the Girls SATIS Tennis seconds won their final against Marist on Monday. A large group of students also participated well in the High School Surfing Championships on Monday down at Clifton Beach.

We often hear about the achievements of past students. Last year’s College Captain, Jacob Templeton, was recently selected as one of 29 swimmers chosen to represent Australia in the Para Pan Pacific Championships which will be held in California in August. Jacob is currently studying at the University of the Sunshine Coast.

As we enter into Holy Week this weekend with Sunday being Palm Sunday, we turn our hearts and minds toward God as we pray that His hands will help us carry the crosses in our lives and that our hands will help others to carry theirs.

Amen.

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed - Isaiah 53:5

Mr Richard Chapman
Acting Principal
The College will be closed on Thursday, 17th April for Staff Professional Development.
It will reopen on Monday, 28th April at 8:30am.

“In developing communities around the globe, some models of success are emerging that we can learn from. These build capacity for parents and teachers to include children with disabilities in school, improve access to basic services, and strengthen policy at the national level. Each in its own way is responding to Jesus’ call to invite those with a disability to the table.”

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

Parenting Ideas
Every week we place an article on the back of our newsletter from Parenting Ideas. They have just released their new magazine which can be accessed via http://www.parentingideas.com.au/Parent_Magazine.html. I highly recommend it to all parents of children young and old!

Car Safety
With many of our seniors having their licences and driving to and from school, it is a timely reminder about being safe on our roads. Some young people often like to experiment with their car in a way which is not safe to themselves or other members of the public. Along with this, being seen driving in an unsafe manner in school uniform can lead to complaints being brought to the school and the school given a bad reputation in this area. Being caught driving in an unsafe manner can also lead to police intervention and a loss of licence or having a car clamped which can cause inconvenience to other family members. A worst case scenario is injuries or deaths being the result of unsafe driving.

I would encourage parents of young drivers or up-and-coming drivers to remind their children of the importance of respecting their vehicle and respecting others on the road so that everyone in the community can have confidence on our roads. If you want to know more then I encourage you to access www.thelaw.tas.gov.au for the Police Offences Act 1935 to find out about what the current motor vehicle offences are.

Mr Richard Chapman
Deputy Principal—Pastoral Care

School-Wide Positive Behaviour Support
This week: in the library

At St Brendan-Shaw College we strive to:

Do our best - by respecting the resources, focussing on our tasks and keeping our noise level low.

Be safe - by following staff instructions and walking in the library area.

Welcome diversity - by respecting other’s interests and allowing others to use the library for quiet study.
On three days of last week and Monday this week, four of the six Year 8 Religious Studies classes went to the Ulverstone Surf Life Saving Club for their Reflection Days.

The students departed immediately after morning homeroom on each day and returned to the College just in time for afternoon homeroom. The days were full of enthusiasm, questioning, silent reflection and meditation, organised chaos, discussion and hands-on activities. Students explored the concept; of being thankful for that which we are blessed to have in our lives, that we are stewards of the earth upon which we live and what that means for us; appreciating the amazing creation that each of us are and that we are each uniquely gifted and talented.

All students participated wonderfully and enjoyed several activities throughout the days with the ever-popular ‘sticks’ game and the egg craft design (pictured below) among the most memorable parts of the day.

The Year 8 Religious Studies teachers that accompanied their students to the Reflection Days must be thanked. Also, I must thank Mr Richard Chapman, Miss Bridget Leary and Mr Paul McIver who all assisted in facilitating the days for the students.

There are two Year 8 classes that will have their Reflection Days next term.

Mr Kamil Douglas
Ministry and Religious Education Coordinator

PARLIAMENT IN CANBERRA EXPLAINED

On Tuesday 8 April students from Legal Studies and one Year 10 History class were fortunate enough to have Marissa Beard from the Parliamentary Education Office visit. Despite missing our time slot by being delayed in Melbourne on Monday, Marissa was kind enough to take time on Tuesday to speak with us.

Working in Canberra at Parliament House, Marissa was able to provide insight and detailed descriptions of the inner workings of Parliament House with specific attention to the two chambers - the House of Representatives and the Senate. We learned about the composition of members in both Houses and that all states have twelve members in the Senate even though Tasmania has a population of just over half a million compared to NSW with a population of over four million.

Some of us were able to participate in short demonstrations of the traditions and dress that those in Parliament would wear. We also received background information on how some of the Parliament proceedings began.

Everyone was able to take away new knowledge from Marissa’s visit and interesting facts that will be useful for future work. It is safe to say everyone is now keen to visit Parliament House in Canberra.

Sarah Howard
Student

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. We now have over 1000 likes and we encourage others to like us to stay up to date.
On Saturday 5th of April at the glorious Lake Barrington International Rowing Course, the 2014 Head of the River Rowing Regatta was held. Annually, this Regatta is the most prestigious schools rowing event of the season, attracting strong representation from all of the prominent Catholic and Independent schools in Tasmania. It was incredible to witness the dedication and endeavour of all rowers, a testimony to the endless hours of training involved for both rowers and coaches. It was also striking to see the pride of place given to rowing as a sport by all of the top schools, to realise what a privilege it is, in particular, for individual students to gain a place in the eights, and the extraordinary tradition and pageantry associated with the final eights races at the end of the regatta.

Against large and highly drilled rowing teams from the prominent schools such as Friends, Hutchins, Collegiate, Fahan, Scotch Oakburn and Launceston Church Grammar, as well as a range of other schools, St Brendan - Shaw College's small but determined team of only ten girls, valiantly threw down the gauntlet and once again 'punched well above their weight'.

On a glorious day and on glassy water, our girls all rowed brilliantly, achieving some remarkable results. Some outstanding results included: Madeline Greenhill and Gabriella Gretton who easily won their Division 1 Girls Under 15 Double Scull race, also coming first overall in the Doubles on times for their age group, Ashleigh Brookes who won her Division 1 Girls Under 14 Single Scull race by one and a half boat lengths, also coming a close second overall (by one second) in the Singles on times for her age group.

Strong performances also included:
- Second place to Ella Marshall and Ashleigh Brookes in the Girls Under 14 Double Sculls (Div 2)
- Third place to Dana Badcock, Charlotte Brinkman, Ashleigh Brookes and Ella Marshall, Ellie Rose (Cox) in the Girls Under 14 Quad Sculls (Div 1)
- Fourth place to Gabriella Gretton in the Girls Under 15 Single Sculls (Div 2)
- Fourth place to Dana Badcock, Charlotte Brinkman and Dana Badcock in the Girls Under 14 Double Sculls (Div 2)
- Fourth place to Ella Marshall in the Girls Under 14 Single Sculls (Div 2)
- Fourth place to Kate Hayward, Elloize Galpin, Gabriella Gretton and Madeline Greenhill and Ellie Rose (Cox) in the Girls Under 16 Quad Sculls (Div 1)
- Fourth place to Charlotte Brinkman and Dana Badcock in the Girls Under 14 Double Sculls (Div 2)


Graeme Brookes — Rowing Coordinator
Fifteen keen surfers woke before the chooks to head south to Clifton Beach for the annual Tasmanian High School Surfing Championships. Four hours on the bus failed to dull their enthusiasm as they greeted the first glimpse of the four foot swell with hoots and screams of delight and anticipation. Seven event sites saw the grommets spread out along the one kilometre event zone resulting in many trudged miles on the legs of all in attendance.

The swell was clean and solid but the banks were straight and supplied mostly monster close outs. Peeling waves were hard to find but those who did progressed to the next round with ease. Phoebe Buchwald, Amy Joseph, Ellie Rose, Nicola Murfett and Isabelle Sharman all took part in the soft board novice section and loved every minute. Georgia Joseph made a valiant attempt to surf with an injured wrist but big swell is no place for nursing injuries and she had to withdraw partway through the first heat. Anya Louw competed against the big girls in the open longboard and placed a very respectable fourth. Her highlights were a sneaky little switch foot move and her big trip over the falls. She was stoked just to be out there.

Shae Cadle, Robbie Green and James Watson flew the flag in the Division 1 U16 teams event and made the second round. Harry Williams and Sam Watson made it through to the second round of the division 2 individual section while Max Green and Tayte Duggan reached the semi final. Daniel Littler jagged the only trophy for the day finishing an excellent third in a field of nearly 40 surfers in the Division 2 U16s.

Wave of the day would have to go to Miss Kate Merry as she wobbled and teetered all the way on her first wave on a surfboard.

All in all the girls and boys were stoked with the sic lines, gnarly close outs and rad moves on show all day. Plenty of salt, sand and dreadies made it back home along with heaps of cool stories of monster wipe outs, gauging bottom turns, fin chops, re entries and lip smacks. Congratulations to all involved.

Mr Marcus Bellingham
Teacher
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.

**Uniform Shop**

**TUESDAYS & WEDNESDAYS**

10AM — 4PM

<table>
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<tr>
<td>Winter Skirts</td>
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<tr>
<td>White/blue long sleeve shirts</td>
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<tr>
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**UNIFORM SHOP CLOSED OVER THE HOLIDAYS**

**Student Exchange Open Day**

Are you a high school student? Curious about the world?
Interested in experiencing life in another country?
Are you interested in hosting an international student?

AFS has the perfect overseas experience for you! Come along to our upcoming Student Exchange Open Day Evening Session to discover the world of opportunities we can offer you.

*Where: Monday 12th May 2014, 7pm-8pm*
*Where: St Brendan Shaw College Library 127 James St Devonport*

AFS Open Days are interactive, fun and informative. You will learn about our programs, the countries you can go to, and how becoming an AFSer will change your life forever!

Bring your parents along to meet our Volunteers and have all of your questions answered.

For more information and to register your attendance contact Cath Clifford 04478998101 cathcliffordburntr16@hotmail.com or visit [www.afs.org.au/opendays](http://www.afs.org.au/opendays)

**GRASSROOTS COURSE**

**Saturdays 12th April**

**MEERCROFT PARK 1:30-4pm**

This 2:30-3:00 hour course provides the novice coach with the necessary tools to create a fun environment for the players, one in which they can learn to play with the ball and hopefully build a lifelong love of the game.

**Is your child at school or starting next year?**

**Would you like $500 to help pay for uniforms, books, excursions or a laptop?**

To be eligible you need to:

- have a Health Care or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

To find out more, phone or SMS your name and postcode to 1300 619 355, or email saverplus@bsi.org.au
THE DANCE COMPANY

Classes for Term 2
- Dance Play (2-4) Movement to Music (4-6),
- Intro to Dance (6+), Boys & Girls Hip Hop,
- Secondary Classes Include: Commercial Jazz, Contemporary & Hip Hop

After school classes in Ulverstone, Devonport & Penguin.

Please call 0409 242 521
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

**Robber # 1:**
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

*Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.*

**Robber # 2:**
Make their problem, your problem
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold.

*Resilience notion # 2: Make their problem, their problem.*

**Robber # 3:**
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

*Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.*

**Robber # 4:**
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

*Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.*

**Robber # 5:**
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting team half way through the season because the team is not winning or they are not enjoying it.

*Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.*

**Robber # 6:**
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

*Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.*

**Robber # 7:**
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

*Resilience notion # 7: Overcoming challenges enables kids to grow and improve.*

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.

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For more Ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
While you are there subscribe to Happy Kids, Michael’s hugely popular email newsletter.

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