News From Our Principal

Welcome back to all for the new Term. Last Term ended with a very positive Professional Development Day on what it means to be a Catholic School following in the footsteps of Blessed Edmund Rice. As a by-product, it contributed to the positive morale of staff. Just as children thrive in a family when relationships are positive, one cannot underestimate the power of positive morale on student contentment and achievement. I also take this opportunity to thank Mr Richard Chapman who acted as Principal during my absence, ably supported by Mr Kamil Douglas as Acting Deputy Principal (Pastoral Care), and the rest of the Leadership Team: Mr Gavin Hicks, Mr Ian Cruickshank and Mr Bob Farr. They need to be commended in their professional and compassionate response in dealing with the sadness of dealing with the death of our loved colleague, Jane Dutton. They were supported by many, but I especially wish to acknowledge, also, our Head Counsellor, Lynda Beavan.

Mr Bob Farr has needed to commence unexpected leave until early October. This week-end we will be advertising for a short term replacement, together with a short term contract for a part-time librarian. Mrs Maria Windsor has injured herself in an accident at home and has been receiving treatment on an injury, necessitating a later start to this Term.

During the break, our prefects ensured that we were represented in a variety of Anzac Day ceremonies throughout the region, with Elora and Anais Woods giving the Dawn service address, and continuing the College’s fine reputation in fulfilling this responsibility. I have also been advised that Our Parish Priest, Fr Mike Delaney, contributed to what was described to me as “one of the best Dawn Services”.

Laura Wood continued her journey in the Lions Youth of the Year public speaking contest, representing Tasmania in Tamworth on the last days of the Term break. As a National finalist, she travels to New Zealand as part of Lions Youth Development program in December, to be followed by being hosted by the Lions club in Western Australia, the State that provided the National winner.

Mr Kamil Douglas and his wife, Rachael, welcomed the birth of Rose, brother to Benjamin. Mr Douglas has taken a small period of Paternity Leave as his growing family settles into a new routine.

And this is a beautiful segue to this coming Mothers’ Day. This Sunday I wish every mother the love and blessings that you visit on to your children. You are a face of God.

Mr Frank Pisano
Principal

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. – 1 John 1:5
**Deputy Principal - Learning & Teaching**

**NAPLAN: Update**
On **Tuesday 13, Wednesday 14 and Thursday 15 May**, students in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy, or NAPLAN, as it is commonly known.

Skills that will be tested include: reading, writing, spelling, grammar and punctuation, and numeracy.

These tests are done here at school and are considered just another part of the curriculum. It is important for you and your child to know that NAPLAN is not a pass/fail test. It simply looks at what level students are achieving in literacy and numeracy against National Standards and compared with student peers throughout Australia.

NAPLAN cannot be studied for and students are not expected to do so. The best way you can help your child prepare for NAPLAN is to let them know that it is just a routine part of their school program, and to urge them to do the best they can on the day. All students in Years 3, 5, 7 and 9 are expected to participate in NAPLAN testing.

Later in the year we will send parents an individual student NAPLAN report that you can use to view and monitor how your child is progressing. More information is available on the NAP website.

If you have any concerns, please contact Mr Gavin Hicks, Deputy Principal Learning and Teaching.

**NAPLAN: SBSC Chosen for Equating Study**
St. Brendan-Shaw College has been selected to participate in the NAPLAN 2014 Equating Study by the Australian Curriculum, Assessment and Reporting Authority (ACARA).

Equating tests are administered so that the difficulty of the 2014 NAPLAN tests can be adjusted, if necessary, to the same level of difficulty as previous year’s NAPLAN tests. The process involves a sample of students from all states and territories and school sectors sitting the secure equating tests as well as the current year’s NAPLAN tests.

The classes selected are Year 7 students in Homerooms D2-D6 and Year 9 students in Homerooms D4-D7. The test they will sit will be the Language Conventions Test. Students selected will still sit the normal NAPLAN tests during NAPLAN week. This extra test will be held on Thursday May 8th.

The data collected will compare student’s performances on the Equating Study test and the corresponding NAPLAN test. Information regarding an individual student’s performance in the equating tests is strictly confidential.

Mr Gavin Hicks  
Deputy Principal—Learning & Teaching
Uniform
The College has made the transition into winter uniform (luckily, given the change in the weather). I am aware that some students are still awaiting the opportunity to purchase some items from the Uniform Shop, but we expect everyone to be in full winter uniform from next Monday. Some students decide to wear puffer jackets or other items during the winter months, but these are not part of the College uniform. Students will be asked to remove them and they may be confiscated for a period of time. Items of clothing for warmth should be worn underneath the uniform where they can’t be seen.

Privacy Awareness Week
Privacy Awareness Week 4-10th May (PAW) is held every year to promote awareness of privacy issues and the importance of the protection of personal information. The morning notices this week have included many hints and tips to make students aware of the many issues surrounding privacy in this day in age, while creating discussion in homeroom. Topics included Digital reputation, Cyber bullying, Cyber safety and Identity theft. Attached is some information for parents. Thanks must go to Mr Ross Hubble, House Head of Lyons, for sourcing and presenting the information that has gone out to students and parents.

Mr Richard Chapman
Deputy Principal—Pastoral Care

A guide for parents
Are your kids safe on the internet?

Social networking websites such as Facebook and Twitter and the ease of internet access through smartphones such as iPhones have changed the ways that young people communicate and interact with others. Kids now share many details of their lives online. While this is a part of their everyday lives, as a parent, you can help them behave in safe and smart ways to minimise the risks of their online activity.

To ensure that your kids are protected from online risks such as cyber bullying, unwanted attention or privacy breaches, you can:

- Remind them not to share their usernames and passwords with anyone
- Go through the privacy settings of social networking sites with them to make sure they are only sharing their personal information with their friends
- Educate them on the security risks associated for them and your family by exposing too much detail online
- Get them thinking about long term effects of their online behaviour such as how a potential employer may see them and how this may affect their future job prospects
- Encourage them to think about what they are posting online because once it’s out there, it’s there forever and they may have no control over it

For more information, visit our website www.ipc.nsw.gov.au or to make an enquiry call 1800 IPC NSW (1800 472 679)
**School-Wide Positive Behaviour Support**

This week: in the corridors and between classes

At St Brendan-Shaw College we strive to:

- **Do our best** - by moving promptly and directly to class and keeping areas clear.
- **Be safe** - by being respectful of others and keeping an eye out for those on crutches.
- **Welcome diversity** - by helping those who can’t find a classroom or are having trouble carrying their books.

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**SATIS Summer Sports Dinner**

On the last day of Term 1, almost 70 students attended the SATIS Summer Sports Dinner to recognise and acknowledge the fantastic efforts of our SATIS Swimming, Rowing, Basketball and Tennis teams.

The evening consisted of acknowledging and thanking all students for their participation in the SATIS Summer competitions, awards for our most valuable, consistent, and improved athletes as well as acknowledging the time and effort of our coaches, managers and umpires. Awards were presented followed by a light supper at Inn-Dulgence Cafe and a movie at Cmax Cinema.

The following students are to be congratulated on their achievements:

**Girls Tennis**
- Most Valuable Player – Laura Briant
- Most Consistent – Kristina Peduru-Arachchige
- Most Improved – Lucie Riley

**Boys Tennis**
- Most Valuable Player – Joab Littler
- Most Improved – Max Edwards
- Best Team Player – Max Green

**Girls Swimming**
- Swimmer of the Carnivals – Thea Crantock
- Team Commitment – Madeline Greenhill
- Team Commitment – Emma Taylor

**Boys Swimming**
- Most Valuable – Sam Curtis
- Most Consistent – Daniel Littler
- Team Player – Michael Ackroyd

**Girls Basketball**
- Most Valuable Player – Georgia Joseph
- Most Consistent – Chelsea Gleeson
- Red Hot Go – Brooke Jones

**Boys Basketball**
- Most Valuable Player – Connor Hind
- Most Consistent – Harry O’Neill
- Red Hot Go – Harry Barker

**Rowing**
- Outstanding Performance Double Scull – Gabriella Gretton
- Outstanding Performance Double Scull – Madeline Greenhill
- Outstanding Performance Single Scull – Ashleigh Brookes

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**National Child Oral Health Survey (NCOHS)**

Together with 56 other Tasmanian Schools, the College has been randomly selected to participate in the National Child Oral Health Survey being conducted around Australia.

Approximately 200 randomly selected students from Years 7, 8 and 9, will receive an A4 sealed envelope from the NCOHS today. A reminder letter from the NCOHS will also be sent home next Thursday.
Students at the Devonport Dawn Service

Students at the Deloraine Service

Prefects at the ANZAC service in Ulverstone

Students at the ANZAC service in Latrobe

Zachary Cox and Tom Maher—Wilesmith (both Year 10 students) represented their squadron 61 ACU at both the dawn & morning services at Latrobe this Anzac Day. The boys were chosen to participate as Cenotaph Guards alongside Air Force Cadets. Their dedication, commitment and their ability to stand absolutely still for long periods of time, in freezing conditions is a credit to them.

Both have expressed what an honour it was to be chosen and how privileged they felt. Well done boys!

Griffin House 2014 Fundraiser

UGLY SWEATER DAY

Wear your ‘ugly sweater’ for a cause on Friday May 16th, 2014.

Gold Coin donation

BBQ Lunch on the day

All funds raised go directly to the Beyond Blue Foundation.

Don’t have an ugly sweater? Get yourself to vinnies!
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.

When: Monday 12th May 2014, 7pm-9pm
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 0447408101 cath Clifford burch18@bigpond.com or visit www.afs.org.au/open-days

World Challenge Expedition 2015

The College is anticipating providing the opportunity for a group of students (this year’s Year 9 and 10) to take part in a month-long World Challenge Expedition in November/December 2015. The expedition gives students life changing experiences, including challenges, community project work and cultural immersion. Estimated cost is $6600. We are asking that parents of interested students email an expression of interest to either Miss Renee Sushames rsushames@sbsc.tas.edu.au or Mrs Emma McIver emcIver@sbsc.tas.edu.au by Friday May 16, 2014.

All students currently in Year 9 and 10 will be involved in the World Challenge Launch presentation early in Term Two. This presentation will give students more information about the destination and what it is like to take part in a World Challenge Expedition.

Uniform Shop

OPEN ON TUESDAYS & WEDNESDAYS
10AM — 4PM
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at...”? I know I have.

   Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

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... healthy ways for kids to manage their emotions ...

Deal with negative feelings

5 Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that’ll we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at Parentingideasclub.com.au

Michael Grose