College Events

22 May  Elevate Education—Parent Session @ 6:30pm
24 May  College Ball
26 May  Y7 (2015) Interviews
27 & 29 May Y7 Reflection Days
28 May  Cross Country
29 May  Y7 (2015) Interviews
9 June  Public Holiday

Contents

Page 1
* News from our Principal
* College Events

Page 2
* Caritas Office Closed Times
* Deputy Principal—Pastoral Care
* School Wide Positive Behaviour

Page 3
* MUNA Report 2014
* Student Exchange Report

Page 4
* Rostrum Voice of Youth
* Health & Physical Education

Page 5
* Vet Online Course Report
* New Face Around the School

Page 6
* Ugly Sweater Photos
* Volunteer Host Families Needed
* National Youth Science Forum
* Congratulations – Sarah Miller
* Uniform Shop
* Enrolment Interviews (Y7 2015)

Page 7
* Navy Cadets Information
* Move Strong Gym Flyer
* World Challenge Information
* Mathematics Competition

Page 8
* Insights Poster

We Strive to:

Do our Best  Be Safe  Welcome Diversity

---

News From Our Principal

This evening, commencing at 6:30pm, Elevate Education will be presenting a session for parents to support the work they will have done with students and staff. Thanks to those parents who have provided an RSVP. Based upon this, the venue will be classrooms in the lower level of the Tenison Woods Block. This will be familiar as it is the location of Parent Teacher interviews. Following their 1 hour session, I will speak for just 15 minutes to provide some information on the following:

- Requirements to receive The Tasmanian Certificate of Education (TCE);
- Tertiary Entrance Scores and ATARs: How to achieve one and what they mean;
- Considerations for Subject Selections

If you have not responded, but wish to come, you are welcome. We will print some additional copies just in case.

Congratulations to: Ella Marshall (8G6); Laura Wood (12M4); and Joy Pfleger (12G1) who all competed in the Rostrum Voice Of Youth Regional Finals last Friday evening. All three were outstanding representatives of our College. Both Laura and Joy have won through to the State Finals to be held in Launceston in mid-June.

I would like to acknowledge the work of Mrs Lynne Bennett who has been the College representative on the Tasmanian Catholic Schools Parents Council for the last two years since the new Council was formed. Lynne has stepped down as her term expires and I wish to thank Mrs Karen Claridge-Robins who will fill this role for the next two years. Mrs Claridge-Robins is also a member of the College Board’s Finance subcommittee.

The Senior College Ball will be held this Saturday night. This event is always a highlight of the Year 11 and 12 calendar, and the Student Ball Committee has been working well to organise the evening. As one would expect, many staff work behind the scenes to facilitate the evening. I would like to acknowledge three, in particular. Mrs Kelly Hicks provides dance practice lessons in the weeks leading up to the ball. These progressive dances are what makes the night so enjoyable. Mrs Sue Weslake works with students from her Food & Catering classes to cater, providing both quality cuisine and real world learning. Finally, Miss Bridget Leary coordinates the whole event, no small feat, and does so with calm competence. I look forward to the evening, and seeing our students presented as the quality young adults that they are.

Year 7 (2015) interviews continue, and it has been a joy to meet the future of our school. Vacancies remain, so I encourage anyone who may be considering entering into the life of our school to contact the College.

From next week we expect the builders to establish their site office ready for the commencement of the redevelopment of St Brendan’s Block. It has been proposed that the area be known as “The Westcourt Year 7 Centre”. “Westcourt” is an appropriate name. Blessed Edmund Rice, founder of the Christian Brothers, was born on 1 June 1762 to Robert Rice and Margaret Rice (née Tierney) on the farming property of “Westcourt”, in Callan, County Kilkenny, Ireland. St Brendan’s Block was the first buildings erected by the Christian Brothers when they founded St Brendan’s College here in 1960.

Mr Frank Pisano
Principal

---

Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them” —Psalm 126:2
The Caritas office will be closed tomorrow (23 May 2014) from 3:15 pm and will reopen on Monday at 8:00 am.

“We have been saddened to see part of our international aid budget diverted to funding for asylum seekers being processed in our community. These are men and women who richly deserve our support, but not at the expense of others in desperate need. Any reduction or diversion of international aid funds remains a concern, particularly where those funds are directed at addressing many of the problems that cause people to flee their homelands.”

*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 - Pastoral Care

Redline Code of Behaviour for Students
Each year the College signs a Code of Behaviour Agreement with Redline Coaches. Please find below details of expectations for students using this service.

<table>
<thead>
<tr>
<th>CODE OF BEHAVIOUR - STUDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Student(s):</td>
</tr>
</tbody>
</table>

In the interest of safety, we agree to the following Code of Behaviour whilst travelling on buses:-

<table>
<thead>
<tr>
<th>STUDENTS: Will:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Board and leave the bus in an orderly manner.</td>
<td>✓ If directed by the driver, occupy a particular seat.</td>
</tr>
<tr>
<td>✓ Sit properly on the seat and wear set belt if fitted.</td>
<td>✓ Accept the driver is in charge and obey his or her instructions.</td>
</tr>
<tr>
<td>✓ Respect bus property and the property of others by not marking or damaging it.</td>
<td>✓ Place my bag(s) under the seat or in the storage areas provided.</td>
</tr>
<tr>
<td>✓ Behave safely at all times.</td>
<td>✓ Try to have the correct fare when purchasing tickets.</td>
</tr>
<tr>
<td>✓ Wait until the bus has moved off before I attempt to cross the road.</td>
<td></td>
</tr>
</tbody>
</table>

Will not:

- Physically or verbally harass other passengers, or the driver.
- Create unnecessary noise.
- Move about whilst the bus is in motion.
- Extend any part of my body out of the windows.
- Throw any object either inside, or outside the bus.
- Smoke whilst on the bus.
- Eat or drink whilst on the bus without the permission of the driver.
- Distract the bus driver from his or her duties.
- Carry illegal, oversize and/or dangerous objects.
- Obstruct the aisle, doors or emergency exits.
- Stand on, or put feet on the seat.
- Cross the road in front of the bus.

School-Wide Positive Behaviour Support

This week: at Assemblies

At St Brendan-Shaw College we strive to:

Do our best - by wearing our blazers, sitting with our Homerooms and following protocols.

Be safe - by entering and leaving in an orderly fashion, following our teacher’s directions.

Welcome diversity - by showing appreciation for all who present and showing active listening during the assembly.
On the 17th & 18th of May, the United Nations saw France declare nuclear war on North Korea, Russia deny any involvement in the Ukraine crisis and Japan inform everyone that culling endangered animals helps with overpopulation. As you can probably gather, this wasn’t the real United Nations.

The event was MUNA - Model United Nations Assembly, an annual event held in Deloraine which is organised by Rotary. The event saw 24 teams of Year 10 students from all over Tasmania, including two teams from SBSC, debate on global matters as the United Nations would, each team representing a different country. The students from SBSC were Zeke Gaffney and Matthew Falconer who represented Russia, and Chloe Hancock and Emma Hicks who represented China.

Over the weekend, the teams debated very strongly; the girls renowned for realistically representing their country and the boys were noticeably tense with the Ukraine representatives. Saturday was a full day of debating and at night the social proved to be a hit with everyone. Sunday saw the last debates and the winners announced.

Zeke and Matthew did very well in their first public speaking competition and preformed extremely well, and Chloe and I were proud to get Honourable Mentions. Without a doubt, it was the highlight for us and something that will never be forgotten. Thanks must go to the Rotary club of Devonport North for their sponsorship, the Rotarians who gave their time to make it such a worthwhile experience, and for Laura Wood, Mrs Shearer and Joe Fisher and Declan Filler for their mentoring.

Emma Hicks
Student (10 M4)

Emma LeFevre and Grace Tenaglia are currently on AFS six month exchange. Emma is in Japan and Grace is in Italy. Here are some pictures and reflections of Emma's experience so far.

'Meeting your host family for the first time is possibly the most nerve racking thing you'll ever do. These are the people that will be taking care of you for the next few months. Lucky for me my host family is absolutely incredible and I wouldn't change them for the world! Communicating is quite difficult as I know next to no Japanese, (note from Mrs Bramich- Emma knows more than she's letting on!) but with a mixture of Japanese and English we get by. I also have two host sister both under the age of seven who obviously don't speak any English aside from 'hello', so it's safe to say I never have any idea what they are saying.'
It is often suggested that people are more afraid of public speaking than they are of death itself. Standing up in front of an audience, palms sweating and heart racing, can send the most confident people into a state of panic. How is it so that the act of talking, which all of us do on a daily basis, be so terrifying? The truth is that public speaking doesn’t have to be scary so as long as you’re well prepared.

When the opportunity arose for students to partake in the annual Rostrum public speaking competition, five students from St. Brendan - Shaw College decided to tackle this trepidation. Ella Marshall (8, G6) participated in the junior division and Patrick O’Shea (10, L3), Tarsha Jago (11, D2), Joy Pfleger (11, G1) and myself participated in the senior division. Students needed to prepare a speech from one of the five given topics for 6-8 minutes. There was also a 3 minute impromptu speech that was allocated 15 minutes preparation from one of the three topics.

Due to a large interest by senior students, a Rostrum school round was held on the 8th of May. SBSC hosted the competition in the Founder’s Theatre with the four older students versing one another. Oddly enough, everyone had chosen different prepared speech topics, giving variety to the presentations. Everyone spoke well. Two students were chosen by the Rostrum adjudicators to represent the school at the regional round and they were Joy Pfleger and I.

Ella, Joy and I travelled to Stella Marist in Burnie on the night of Friday the 16th. We competed against other students from the North-West. For her prepared speech, Ella chose the topic, “Climb Every Mountain” which drew upon the act of public speaking as a ‘mountain’ in her life. Joy spoke on: “Still Waters Run Deep”, highlighting the numerous phenomens existing within our world that is rarely contemplated. I selected, ‘Freedom or Licence?’ and discussed how gaining my driver’s licence gave me the freedom to escape. We all braved the impromptu to excel.

Two students were chosen from each division to progress to the state final in Launceston on June the 14th. Joy and I managed to be selected from the senior section and now have to each write another prepared speech with new topics. We look forward to versing the four other senior finalists from around the state. Congratulations to all contestants from SBSC as you overcame the fear of speaking and succeeded in delivering your messages! I encourage other students to step up in front of the crowd to discover the true reward of speaking in public.

Laura Wood
Student (12 M4)

Two weeks into the Active Globe activity and 8A have already made it to Hobart, covering the distance in 9 days. A new goal has been set with the aim of going from Melbourne to Sydney by June 6.

Many students have received certificates for passing the 10km mark while 1 student has passed the 25km mark. If you would like to find out more about Active Globe, visit http://m.youtube.com/watch?v=u2NlKsv2MhQ.

Mr Steve Ryan
Head of Health & Physical Education
Ashley Eekelschet and Meg Streeter, Year 12 are 2 of the 4 pioneers along on St Brendan-Shaw’s brand new program which allows students the unique opportunity to do a course on Early Childhood Education and Care next to the usual required academic subjects.

Do you wonder how? Did we catch your interest and would this open doors for you that have been closed until now?

Let’s elaborate this a bit more for you! In 2014 St Brendan-Shaw College started a Nationally Accredited Online Course VET program. Students can now also choose as their extra subject an online course which isn’t offered at our college. This can be a course from a college in Sydney for example. This way St Brendan-Shaw College opens the door to more opportunities for students.

Maybe you haven’t been able to choose between an academic direction or a VET direction or maybe you would like to try both to see what you want? To be fair, a lot of students don’t know what they want to do at age 16. St Brendan-Shaw College offers the best resources for the students to be able to complete the course. The school allocates time for the students to study their course online as well as giving them access to a laptop and the internet. The students are also given some time off school for their practical part.

Are you wondering how this actually works? Let us tell you!

The online course for Early Childhood Education Care is a 18 month course but also offers the opportunity to complete it in 12 months. The course is split in a theoretical and practical part. The theoretical part is where you get your information to study online which you can access with your personal username. You get assignments during the year which you complete and submit online. The teachers from institution that offers the online course will assess them. The practical part consists of a 3 week work experience, where students follow a professional during their normal work week. This gives the students the opportunity to see and learn if the industry is where they want to be.

Meg and Ashley were the pioneers and they did an outstanding job in this course. They both received outstanding reports for their practical component so far. They have already completed 2 weeks of their practical and have 1 week to go and both of them speak very highly of the course.

Meg: “The online VET course is a great opportunity because now I have the option to continue on with studying at university and work at a child care centre after I finish high school. I can even go abroad and work in child care for a year and enrol in a university next year.”

Ashley: “It was great to be able to do this online VET course combined with college as this way I could do both at the same time instead of adding an extra study year after finishing high school.”

St Brendan-Shaw College dares you to join us into the future of education!

Who are you? I am Kaori Suto
Where are you from? I am from Sendai in Japan but live in Preston now.
How long have you been in Tasmania? I came here 5 years ago

Why SBSC? I wanted to go to a school in the North West and I heard that SBSC had a great Japanese teacher I could learn from

Which was your favourite subject? English...!
What do you study? In Japan I finished a bachelor in Japanese Linguistic and this year I started my UTAS Master of Teaching student degree.

Fun fact about yourself: I enjoy organic farming!
Lost coming here: Real Japanese ramen noodles
Gained coming here: A liking for Vegemite!

Want to come and say hi? Come to the organic farmers market in Ulverstone on Sunday morning!
**Uniform Shop**

OPEN ON TUESDAYS & WEDNESDAYS

10AM — 4PM

Blue/White L/S Shirts $24.00
Grey/Navy Trousers $47.00
Grey/Navy Socks $13.00
Maroon/Navy Jumpers $78.00 - $82.00
Ties (loop ties now in stock) $18.00

**Enrolment Interviews**

Year 7 (2015)

Monday 26 May and Thursday 29 May

Application form required prior to the Interview

For more information contact: (03) 6424 7622

---

**Volunteer Host Families Needed**

Overseas high school students will be arriving in July 2014 and require loving host families, just like yours!

Students arrive into Australia on July 18th and stay for 8 weeks. We still need families to host 10 French, 9 German and 3 Italian students.

Through hosting your will gain friendships that can last a lifetime. There is not typical "AFS family", so whether you have cattle, a poodle, six children or none, you have the perfect family!

For more information please call your local volunteer Debbie Brumby on 0408446517 or emailing debbie.brumby@vols.afs.org or visit www.afs.org.au/host to make an inquiry today!

---

**NATIONAL YOUTH SCIENCE FORUM**

NYSF is unique in Australia - Students during year 11 are selected to attend the NYSF the following year. They learn how to make informed decisions about courses and careers in the sciences and gain a professional skill set to help them realise their potential.

**2015 Session Dates**

- **Session A Canberra**
  Monday 5 – Saturday 17 January 2015
- **Session B Perth**
  Monday 12 – Saturday 24 January 2015
- **Session C Canberra**
  Monday 19 – Saturday 31 January 2015

Applications close on the 31st of May – see Mrs Hicks for more info

How to apply for the NYSF 2015 (www.nysf.edu.au)
1. Find a Rotary Club
2. Register on-line
3. Submit your application

---

**Congratulations**

Congratulations to Sarah Miller who has been chosen to participate in "My Vision".

This is a new digital publication by The Advocate made by Tasmanian youth for Tasmanian youth. A small team of Tasmanian students have been selected to work on the publication and Sarah is one of them.

We wish Sarah all the best while she works on this project, consisting of six weekly workshops.

---

**Enrolment Interviews**

Year 7 (2015)

Monday 26 May and Thursday 29 May

Application form required prior to the Interview

For more information contact: (03) 6424 7622
Move Strong Gym

“We’re excited to announce that Move Strong Gym has now opened up specialised strength and conditioning classes for kids and teens. Our classes aim to teach kids and teens constantly varied, functional movements in a group setting, while also preparing them to become well-rounded athletes. Best of all, our Move Strong Kids & Teens classes are FUN, involving engaging and kid/teen friendly work-outs that will help them build self-confidence, as well as a love for strength and fitness. We’re confident that your kids will love our Move Strong Kids/Teens classes – so get them involved today!

Move Strong Kids & Teens classes will run on a term-by-term basis. We may also run holiday classes, so stay tuned.

Mid-Term 2 classes will begin Tuesday 27 May and will end Thursday 3 July. Classes will be held at the following times:*

- **Tuesday, 1545 – Move Strong Kids** (6–11 Yrs)
- **Thursday, 1545 – Move Strong Teens** (12–17 Yrs)

*Please note: these times/days may change in Term 3, depending on the feedback about the timetable. So let us know if you think a different day or time would suit your child better.

All classes are 40 minutes in duration. Cost for Mid-Term 2 classes - $60 ($10 for 1 session per week for six-weeks)"

The Australian Mathematics Competition

All students are invited to participate in the 2014 Australian Mathematics Competition. The emphasis of the competition is problem solving and aims to be accessible to all students. There are three separate papers, Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). The time allowed to complete the paper is 75 minutes. Each student will receive a Certificate and a detailed report showing how they performed on each problem. Prizes are also given to students receiving outstanding results.

The Australian Mathematics Competition will be held on **Thursday 7th August. The Mathematics faculty will pay the entry fee for any student who would like to enter.** Students who wish to enter need to complete the section below and return to Mrs S.Keightley via Caritas by **Friday 30th May.**

To access sample questions or to find out more about the competition, please visit the website, www.amt.edu.au. If you have any questions please contact the Head of Mathematics, Mrs Shelley Keightley. (skightley@sbsc.tas.edu.au).

**Please return to Mrs Shelley Keightley via Caritas by Friday 30th May**

I wish to enter the Australian Mathematics Competition.

Name: ________________________ Grade: _______ Homeroom: _______
Helping shrinking violets to bloom

Self-consciousness is normal in girlworld, but you can help your daughter grow out of it

Article contributed by Dannielle Miller

Intense self-consciousness is a part of life in girlworld. Even an extroverted girl can have moments when she feels as if a spotlight is shining just on her and the whole world is staring at (what she perceives as) her flaws.

In my diary when I was 14, I lamented the fact that a plastic surgeon had told me he couldn’t fix the scars I have on my neck and down one arm as the result of third-degree burns I received as a little girl... I wasn’t self-conscious about those scars ... until I hit puberty. Then I wore long sleeves no matter how hot it was. I believed those scars meant I would never be loved.

Melodramatic? Sure, but that fear was painfully real at the time.

When a girl says she’s going to “die” because she has to give a five-minute talk in class, it sounds like a total overreaction – but that may be how she truly feels. Some self-conscious girls blush. Some clam up to the point of seeming rude. Others underachieve so that they don’t outshine their friends. They might apologise, or even get angry, when they receive a compliment. Binge drinking and other risky behaviour can also be misguided ways of handling social stress. This is all puzzling to adults – unless we remind ourselves what it was like to be a teenager, simultaneously wanting to stand out and fit in.

With all that we have learned and experienced as adults, there is much we can do to help shrinking violets bloom.

1. **Know the power of your words.** A friend of mine heard a teenage girl at a party wishing that she would stop growing as she didn’t want to be “too tall”. No adults spoke up to give her some perspective. In fact, one woman said, “Oh yes, you want to be able to wear high heels.” The subtext: if you grow too tall, you’ll tower over any potential date and will be doomed to a sad, lonely, high-heel-less spinsterhood. To that girl, I say: whether you’re short or tall or somewhere in between, you are beautiful and you will be loved. To grow-ups, I say: we all have to be careful with our words.

2. **Help her tackle shyness in small steps.** You can eat something as big as an elephant if you take small enough bites. If your daughter finds social situations challenging, suggest she works on one thing, such as talking to new people. Next time she’s in a social situation, she could try saying hello to just one person she hasn’t met before. The more often she does it, the easier it will become.

3. **Create opportunities to socialise.** Provide your shrinking violet a non-stressful environment in which to get to know other girls and develop social skills. You might organise one-on-one opportunities for her to hang out with another girl at your place. Girl Guides and community groups are other great ways to gently introduce girls to social situations.

4. **Help her be prepared.** For girls who become anxious about public occasions, being fully prepared can be a real confidence booster, especially when giving a talk in class. For social events, some self-conscious girls find it helpful to visualise how they’d like the event to go and the kind of things they’d like to say and do.

5. **Be a role model.** Strong, confident role models can inspire girls to come out of their shell. Parents are the most important role models of all, so as well as encouraging her to find role models outside the home, it’s important for you to look inwards, too. How do you respond when someone gives you a compliment? Do you sometimes struggle to find your voice to express your beliefs and feelings?

6. **Encourage her to find her inner Amazon.** I recommend that girls spend some quiet time visualising their inner Amazon, who is strong and powerful. Girls can then summon up their inner Amazon whenever their confidence gets wobbly. At the end of my book, The Butterfly Effect, I give a visualisation exercise that girls in our workshops find really empowering.

7. **Celebrate difference.** Our aim should be to support girls and help them develop the confidence to be themselves, not to force everyone to be outgoing. Some people are naturally quieter than others. If a girl is especially shy and quiet in class or is really struggling in the playground, then of course we need to help her develop the skills to contribute in class and in social groups – while always respecting individual differences.

Dannielle Miller – Parentingideas recognised expert

Dannielle Miller is a leader in the area of raising girls. She is the author of The Butterfly Effect and CEO of Enlighten Education. Dannielle is currently working on her second book, aimed at adolescent girls. She is a popular speaker at youth and education conferences and forums. Find out more at www.daniellemiller.com