Welcome to a new look, which is edited by Arlette Bruggeman, our marketing and promotions officer. This publication may undergo a number of iterations as we transition to an alternative way of distributing it.

Shortly, we will be emailing parents on the email addresses that have been provided to our office and are stored in the College’s database.

In the meantime:
• If you have not provided us with an email address; or
• Your email address has changed;

Could you contact the College with the address and we will include it. This email is, together with Facebook and SMS messages, adds to our capacity to communicate information in a more timely manner, another way that we can contact parents with.

At today’s assembly we will farewell two exchange students. Francisco Barros has had just a short stay in his gap year between finishing school and commencing his tertiary studies. He returns to Brazil. Johanne Aaquist has had a much longer stay, joining us from Denmark 12 months ago. While the benefits to them, of having lived in a foreign country where the native tongue is not their first Language, is clear, the benefits that our students receive are as valuable.

Next Thursday, the Independent Education Union (IEU) have called members to a 4 hour stop-work meeting. This means that, from 8:30am to 12:30pm, IEU members may choose to attend the meeting rather than be onsite at the College. The College will be open, with supervision and duty-of-care responsibilities covered. We are ensuring that disruption to parents is minimised. Please be aware that some classes may not run as per the timetable.

"The angel of the Lord will rescue those who fear him."  - Psalm 34
Resilience Update

At assembly today I continued a conversation with the students about building their resilience. The two main messages were:

- That another of the senses we need to have is a sense of purpose or meaning, that is we want to focus on things in life where we find success and enjoyment.
- That we shouldn’t focus too much on the meaning of life, but look for meaning in life. Ask ourselves what brings our life meaning and purpose.

We finished off by reminding students that we are purpose-built. But we are also in control of the car - we have to drive ourselves towards those areas where we find success and enjoyment.

HOW YOU CAN HELP AT HOME: Over the next two weeks, perhaps discuss at home where you as parents find purpose and meaning in your life, and share that with your children.

⇒ Find out more from www.beyondblue.org.au

Here are some positive thoughts about belonging we can all work with...

Mr Richard Chapman—Deputy Principal (Pastoral Care)

School Wide Positive Behaviour

This week: at Socials

At St Brendan-Shaw College we strive to...

Do our best • by respecting staff and other students, getting to the Social on time and getting involved in the evening.

Be safe • by following teacher’s directions, getting signed in and drinking plenty of water during the evening.

Welcome diversity • by welcoming others into our groups, dancing inclusively and allowing others to wear what they want without judgment.

Justice

“Greed and indifference divide the world. The chasms fixed between rich and poor were made by us and we can unmake them.

When we see these people – the marginalised, the hungry and those in flight from violence or disaster – we cannot avoid the question: Why does this poverty still exist? What are the structures that perpetuate it? Can we really say that so many are hungry or dying from preventable disease simply through bad luck?”

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

Thursday July 3rd is our first school Social for the year. As parents, here is a checklist you might want to go through if you are signing your own child or another parent’s child into the Social:

1. **Do I know where my child will be in the time leading up to the Social? If they are not with me, are they with a responsible adult who I know?** – Most issues at our previous Socials have centred around students who have gathered as a group before the Social without a responsible adult present.

2. **Am I and is my child fully aware that normal school rules apply at our school socials?** – That means we treat each member of our College Community who is at the Social with dignity and respect. Students who fail to do so will have their parents called to come and collect them.

3. **Do I know what my child will be wearing to the Social?** – The College reserves the right to exclude any student from the Social who arrives in inappropriate dress or who changes into inappropriate dress during the evening. If in doubt, ask beforehand to avoid embarrassing situations during the evening.

4. **Have I organised how my child will be getting to and from the Social?** – The Social begins at 7:00pm and ends at 9:30pm. Students should be picked up from the Genesis Centre at 9:30pm.

5. **Am I and is my child aware of other things about the Social?** – Water and lollies are available for sale at the Social. Upon arrival, any bag must be placed in the allocated space. Security will be present during the evening. Students need to stay in the Genesis Centre between 7:00pm and 9:30pm.

As stated in the letter attached to this newsletter, no student will be allowed into the Social without a parent signing them in. If a student is being signed in by a friend’s parent, it is expected that the friend’s parent has permission to do this from the other parents.

Mr Richard Chapman

Vinnies Food

The pledge by Mr Chapman has seemed to have sparked an increase in students bringing non-perishable food for the Vinnies Drive. In these past two weeks since his announcement, SBSC has raised a further 257 cans!

On Thursday the 3rd of July, if St. Brendan – Shaw College has raised over 800 food items, our assistant principal will, indeed, front up in his favourite onesie for the day. With Mr Pisano becoming actively involved in the CEO Sleepout, Mr Chapman also wanted to show his support for assisting those less fortunate in our society and challenge’s SBSC students to give what food they can.

As it stands, we need only 97 more food items to make it over the target of 800. This is quite achievable and we hope to encourage those students who have not yet brought in anything. The picture shows the current food tally, using food products itself!

Griffin is in the lead with 365 items,
Mackillop coming second with 230,
Lyons closely following by 196 and
Dillon raising 80 items.

Can we do it? Yes we can!

By Laura Wood (Vinnies Secretary)
Tertiary Institutions

The Mainland Tertiary Institutions Visit will take place on July 1st. The expo will feature the following institutions and will be a fantastic opportunity for all Senior Secondary Students:
- Australian Catholic University
- University of Adelaide
- Australian National University
- Bond University
- Deakin University
- Defence Force Recruiting
- International College of Hotel Management
- Longerenong Agricultural College
- Monash University
- University of Melbourne
- University of Tasmania
- Victoria University
- Blue Mountains Hotel Management School

The afternoon will begin in the Multi Purpose Centre at 1:30pm. Could all interested students please contact the Caritas Centre to register to attend. For any further information

New face around

In new faces around school this week
A who, what, when, why & where on:
Who are you? Richard Cowlard
Where are you from? Durban, South Africa
When did you move here? 2 years ago
Where do you live now? In Devonport

What do you do? 2nd year Bachelor of Education
Which subjects you teach? Physical and outdoor
Which favourite subject in school? History and English

Fact about yourself: Love playing cricket and coaching so I joined the Devonport Orion's.

Lost: Going to the beach in nice hot weather
Gained: City & mountains so close by.

I also enjoy the history and stories several places in Tassie bring with them.

Pathways

We are getting closer to our first Year 9 Pathways block which will take place from August 18th to 21st.

Passports

We have also given each of our Year 9s a passport which they have to get signatures in—15 by the first Pathways block and 25 by the second.

These can be obtained for contributing to College life in all sorts of ways—participation in College carnivals, going to the school Socials, picking up rubbish, even moving chairs at the end of assembly! We would hope that most of our students are half-way to collecting the required 15 signatures by the first Pathways block.

Money

We have asked all of our Year 9s to save $50 for the Pathways experience this year. From the time this was announced, this worked out to be $2 a week.

The first Pathways block is 10 weeks away so by now students have hopefully saved $30.

Volunteers

A letter was sent home inviting parents to volunteer some time to help our Year 9 Pathways program become a success. Take some time to read it and we would encourage people to help out where they can.
**Chess Team**

**Congratulations to our ‘A’ Chess team**

Toby Martin, Tyler Jones, Lenard Lange, Ben Ivory and Patrick O ‘Shea

who have won through to the State final!

The B team also did very well and were placed 4th.

Thanks to Cheryl Sheehan, who coordinates our chess team!

Mr Frank Pisano, Principal

---

**CEO Sleepout**

My Sleepout last week supporting St Vinnies was ‘interesting’.

The cold concrete floor (3 pieces of cardboard sheeting helped) and cup of soup was a glimpse. But I was safe and knew that my experience was timebound, with a safe, happy, secure life to return to, with lots of networks for support.

The message from those who have been helped was unanimous in that, the most powerful help came from someone who ‘cared’ and took an interest and provided guidance … something that most of us take for granted.

Donations can still be made via: www.ceosleepout.org.au.

Mr Frank Pisano, Principal

---

**Year 7 Futsal Clinic**

On Wednesday 25th of June, 24 Year 7 students participated in a futsal session run by former student, Keenan Douce. Keenan graduated from SBSC in 2012 and is currently studying in Texas, USA on a soccer scholarship.

The class participated in a number of drills and modified activities and finished with a round robin futsal tournament. On behalf of the College, I would like to thank Keenan for coming in and sharing his talents with the Year 7 students.

Miss Renee Sushames, Teacher
**Kids at Sea**

Our Lady of Lourdes Catholic School presents: 'Kids At Sea'

Thursday 7 & Friday 8 August @ 7:00pm

For all bookings enquiries contact the Devonport Entertainment and Convention Centre on (03) 6420 2900

**Slipstream Circus**

Where in the world?

Leven Theatre, Ulverstone Civic Centre

Tickets available at www.trybooking.com/96 annon

**SHOW TIMES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Show Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jul 3</td>
<td>7:30pm</td>
</tr>
<tr>
<td>Fri, Jul 4</td>
<td>7:30pm</td>
</tr>
<tr>
<td>Sat, Jul 5</td>
<td>12:30pm, 7:30pm</td>
</tr>
<tr>
<td>Sun, Jul 6</td>
<td>12:30pm</td>
</tr>
</tbody>
</table>

**Uniform Shop**

Open Tuesday & Wednesday 10am - 4pm

Blazers $183 - $195
Blue/White L/S Shirts $24
Maroon/Navy Jumper $78 - $82

The Shop will be closed over the School Holidays

⇒ Please check our Lost Property Box

Uniforms need to be named

---

**Arts**

**Tasmanian Performing Arts Centre (Devonport)**

Are opening up new classes for TERM 2 2014 for ALL AGES
Magic – Theatre Skills – Music – Film, Audio/Lighting Production
Vocal Groups – Intro Class for 3-7years – Musical Theatre

Looking towards working towards a 10th Anniversary Production next year.

Limited Private Lessons for Basic Beginner Piano, Modern Singing, Clarinet, Saxophone & Music Theory also available.

Email your expression of interest through to deb@performingcentre.com
To receive the class choice list available to view.

JULY SCHOOL HOLIDAY WORKSHOPS will be available for all ages soon.

Deb Morcom – B.Ed; BPA (Music); ADPA (Theatre)
Artistic Director
Ph: 6424 7768 / 0417 133 223
FACE BOOK PAGE: Tasmanian Performing Arts Centre.

---

**Congratulations to Abbey Sims (12 G7) who has reached the Finals of the Tasmanian Training Awards to be held later this year.**

Abbey, pictured left at her weekly work placement is completing a School based Traineeship in Business.
Latrobe Holiday Program

Yoga for Teens >>> FRI 18 JULY 10.30am until 11.30am
Join the flow at the beach and participate in this traditional, flow and partner style yoga class. Learn how to center, stand, and flow in your body and mind. Be prepared for some challenging poses. Please wear comfy clothes and bring your own mat and towel. If you don’t have one, you can borrow one from us.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Sound Relaxation Experience >>> EVERYDAY 10.00AM OR 12.00PM
Experience the power of sound and vibrations to heal, relax and rest.
Venue: Latrobe Council and Kentish Council present...
Cost: $50 per person (accompanied by an adult)
Bookings required: 5494-2787

Amazing Taissia >>> FROM 7-15 JULY 10.00AM – 4.00PM
Get lost in this crazy maze and use the rectangular model village of Getaway Country. Venue: 1100 St Greville Road, Flinders
Child: $15 for 2-12 years old
Senior (60 years or over): $10
Bookings requested: 0408 475 222

Wooly Woofs >>> FROM 1-5 JULY, 10.00AM – 1.00PM
Meet and play with the children’s dog show as you play in the Western Parklands of Flinders. Venue: Flinders Park
Cost: $5 per child (accompanied by an adult)
Bookings essential: 0408 225 716

Lantern Making Workshop >>> SATURDAY 20 JULY 10.00AM – 1.00PM
Create a simple lantern to light the way to celebrate the summer solstice! Registration will be required. For more information, please visit: www.lantern-making-workshop.com
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per participant
Booking essential: 0408 993 259

HAPPENING MOST DAYS

Kart Magic >>> EVERYDAY 10.00AM – 5.00PM
Experience the fun, games and challenges of kart racing at our kart circuit. Challenge your friends or family to a race, or take on the kart circuit by yourself.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $30 per adult or free entry for children
Booking essential: 0408 225 716

3D Cards >>> WEDNESDAY, 16 JULY 10.00AM UNTIL 12.00PM OR 2.00PM UNTIL 5.00PM
Learn the basics and skills of making 3D cards and create your own masterpiece. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $5 per person (accompanied by an adult)
Booking essential: 0408 225 716

Geocaching >>> ANY TIME
It’s all about finding hidden treasures that can be found all around you. Once you find them, you can go on to find more. Visit: www.geocaching.com
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: Free
Booking essential: 0408 225 716

Siamese Smelting >>> MONDAY, 7 JULY 10.00AM – 12.00PM
An introduction to creating your own unique smelting workshop or experience through traditional techniques such as smelting, hammering, and shaping. All materials supplied.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Pom Pom Creations >>> THURSDAY, 10 JULY 10.00AM – 12.00PM
Create your own pom pom creations as you learn to make your own pom pom creations using traditional techniques.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Glass Casting >>> TUESDAY, 15 JULY 10.00AM UNTIL 12.00PM
Make your own glass art from a selection of materials provided.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Splat Fairies >>> THURSDAY, 8 JULY 10.00AM – 12.00PM
Create your own splat fairy using a variety of materials provided.
Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Scrapbooking >>> WEDNESDAY, 15 JULY 10.00AM – 12.00PM OR 2.00PM – 5.00PM
Create a special scrapbook with instructions and tips on how to make your own scrapbook. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Patchwork Quilting >>> SATURDAY, 17 JULY 10.00AM – 12.00PM
Learn the basics of patchwork quilting and create your own masterpiece. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Shadow Puppet Making >>> MONDAY, 18 JULY FROM 10.00AM TO 11.00PM
Create your very own shadow puppet and learn how to make your own puppet theatre. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: Free
Booking essential: 0408 225 716

Fridge Magnets >>> FRIDAY, 22 JULY 10.00AM – 12.00PM
Design and create your own fridge magnet using glass and pearl. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $35 per person
Booking essential: 0408 225 716

Toekwondo/Self-Defence for Females >>> THURSDAY, 17 JULY 10.00AM – 12.00PM
An introduction to Toekwondo/Self-Defence for females. Venue: Australian Automobile Hall of Fame, Bellarine, Latrobe
Cost: $5 per person
Booking essential: 0408 225 716

IMPORTANT INFORMATION
Age limitations may apply for some activities due to the process or level involved. All materials and equipment are included unless stated otherwise. All prices are GST inclusive, unless stated otherwise. Bookings and enquiries should be directed to the provider as listed. Parents should ensure they are comfortable with their child’s ability to participate in the activity or provide supervised care to ensure their child’s success. Latrobe and Kentish Councils expressly disclaim all and any liability and responsibility for injuries or detriment in respect of the consequences of anything done or omitted to be done by such person in reliance, wholly or partially, upon this program.

*For 10-16 year olds
Why praise can be a double-edged sword

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quiet sullenness and loud arguments, telling us, “I just don’t care”.

The problem appeared to lie with her maths. She had previously found maths quite easy, and had got good enough marks to be put up into the higher level with the ‘smart’ kids. The result: a very unhappy daughter and a significant slump (aka tailspin) in her performance.

Putting on our best parental hats, we tried to work out what was going on. Our daughter’s response to our gentle probing was “I should never have been put into the smart kids’ class because I’m dumb” and “My teacher just thinks I’m not ‘trying’”.

Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone.

The problem with this is that it potentially damages the confidence and self-belief of some children around their abilities.

As parents it is natural to want to see our children do well. When we see our kids reaching those first milestones, we marvel and celebrate their brilliance. It turns out those words we use in praising our kids at the age of one to three years will determine the mindset and desire for challenge that shows itself five years later, when they start school. This can even affect the way we think about ourselves right into adulthood.

When we praise intelligence – “You are so smart”, “Aren’t you clever!” – we are using language that suggests that these are the traits that we value the most, and that make our children different from others.

In contrast, when we praise effort – “I can see you tried hard with that”, “Well done for doing all that work” – we are rewarding progress and intrinsic motivation. That promotes a ‘growth’ or ‘possibility’ mindset.

Unfortunately for our daughter, somewhere along the line she had come to believe that she was only doing well if she consistently got ‘A’. Being put in a class designed to stretch her capability resulted in the opposite occurring as she was no longer achieving those high scores. She now felt a failure and, not liking to be made to feel stupid, had decided it wasn’t worth giving the harder work a try.

What she needed was more of a growth mindset. Helping our children to develop a ‘growth’ versus ‘fixed’ mindset is what makes the biggest difference in determining our their level of self-confidence, resilience and motivation. Professor Carol Dweck, in her book Mindset, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Our mindset is not something we are born with, it is formed and shaped through experience, and who we hang out with. We used to think that intelligence was innate, a ‘fixed’ quality, and we now know that is simply not true.

Tips for encouraging a growth mindset:

1. Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.

2. When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.

more on page 2

When things go wrong, ask, “What could you do differently next time to get a better result?” Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.

Use the power of ‘Yet’. If your child tells you, “I’m no good at...” or “I can’t do that”, your response could be, “You’re just not there... yet”. This implies that it is work in progress and success may come through perseverance. It’s not about false hope but encouragement.

Other research is now uncovering additional benefits from adopting a growth mindset. It can:

- encourage a student to want to stay at school longer
- facilitate transition to university
- diminish bullying or aggressive behaviour
- develop resilience in the face of adversity
- help see challenge as opportunity
- develop tenacity in persevering to overcome obstacles
- help see effort as the route to mastery
- build the ability to use criticism as something to learn from
- promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.

Dr. Jenny Brockis is a brain health specialist. Her focus is on promoting optimal health and function for all brains. She is also an author and speaker, and mum to two young adults. www.drjennybrockis.com

Jenny Brockis
Dear parents

As we come closer to our first Social for the year on Thursday 3rd July I take this opportunity to tell you about the way we conduct our Socials and what has brought this about.

On Thursday July 3rd all students from Years 7-10 attending the Social will be required to have a parent to sign them in at the beginning of the evening. This will involve the parent either coming into the Genesis foyer and saying which students they are signing in, or providing the appropriate staff with a form that has already been filled in beforehand as they drop off their students. We realise, however, that some students who live outside of Devonport will stay with friends for the evening. Therefore, the parent who signs the students in does not have to be the parent of that student, but may be the parent of one of the friends. This is permissible.

When you as a parent are signing the student in you are informing us as a school that:

• the students you are signing in have been with you in the time leading up to the Social and that during that time they have not been involved in any unsafe behaviour
• that you believe that what they are wearing is appropriate (although the school reserves the right to make the final judgement in these cases)
• that if the student you are signing in is not your own child, the parents of that child are aware that they have been under your care for the time leading up to the Social.

Because of what you are informing us as a school, we will not allow any student into the Social who does not have a parent to sign them in. Please note that verbal permission will not be accepted, nor will an older brother or sister signing them in be accepted. These students will be asked to leave the school property and parents will be contacted where necessary.

Why this way?

In the past we, as a school, have had no knowledge of whether parents have given permission for their children to be at the Social. Parents signing students in helps us to overcome that issue. Secondly, some students in the past have arrived at our Socials after engaging in unsafe behaviours beforehand, unbeknownst to their parents. The signing-in process also helps us to overcome this issue. It allows us to support parents.

We realise that, on the evening, this can provide some extra logistical issues as students cannot just be “dropped off,” but a letter will be sent to all parents in the coming week to help the process run smoothly. All we request is that parents are patient on the evening as we get all students inside the Genesis Centre. But I’m sure all parents can appreciate that we take these measures for the good of all students who attend our Socials and this is far more important than any small traffic hassles on the evening.

There is another notice regarding the Social in this newsletter and we encourage all parents to read that as well.

We have found that our signing-in process brought about some overall positive results on the evening and we hope again that all students who attend will have a good evening.

Should you have any questions about the process I have outlined above, please do not hesitate to contact us here at school.

Thank you in anticipation for your support with this matter.

Yours sincerely

Mr Richard Chapman
Deputy Principal – Pastoral Care