Principal News

Tonight’s social is a good way to bring the term to a close. The break is a good time to relax and renew energy levels. It is also a time to reflect upon how the year has panned out so far, and to renew commitments to achieving your goals. For seniors, study timetables and exam planners could be prepared as suggested by the Elevate Education study sessions.

Last Friday we farewelled Mr James Ryan who was appointed to replace Mr Anton Bezemer who was on leave. Mr Bezemer returns at the beginning of next term.

Mrs Kelly Hicks begins a period of Long Service Leave at the beginning of next term. Much of her teaching load will be taken up by Mrs Rochelle Taylor who returns from Leave. Mrs Taylor will also be the Acting Head of Science.

Mrs Jackie Riley returns from leave next Term and we will farewell Mrs Jodie Todman who has been acting in her role at Caritas Reception.

Mrs Dawn Johnson will commence in the Library from next Term. Mrs Bronnie Doolan will continue in a reduced role for the remainder of the year to ensure that the transition to the new Library Management System continues to proceed without disruption.

Today’s stop work meeting has impacted upon some classes. The majority of classes ran with only minimal disruption. We took the opportunity to run Cyber-safety sessions for Year 7 and 8 students. Industrial action is always accompanied by heightened emotions, but we have been able to model professional conduct to our students. It is important that they see that we, too, strive to do our best, be safe and welcome diversity.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 14:27

127 James Street, Devonport 7310 | PO Box 436 Devonport 7310 | www.sbsc.tas.edu.au
Phone 03 6424 7622 | Fax: 03 6423 1271 | Email admin@sbsc.tas.edu.au
CSYMA

Last Wednesday the 25th of June, the CSYMA (Catholic Schools Youth Ministry Australia) Team came to St Brendan-Shaw College to work with students from Year 8 to Year 10. Three classes from each year level attended the sessions. The Year 10s in the morning, the Year 9s in the middle of the day and the Year 8s at the end of the day.

The CSYMA Team consisted of four young adults; Huw, Lucy, Jarryd and Kieran. They spoke to the students about ‘The Call’ – the idea that we are each called to and created by God for a specific purpose or reason, and that we each have the ability to make a difference in our world.

The sessions included icebreakers, charades, videos, reflections, dramas, talks and personal sharings. They were very well received by the SBSC students who had fun but also listened intently as the Team spoke about their own personal journeys in faith and life.

Kamil Douglas

Ice Bath

Year 9/10 Human Performance – Generic

Miss Sushames’ Year 9/10 Human Performance class have been working hard this term and learning about a number of factors that affect sporting performance. In particular we have been focussing on Nutrition and what makes for a suitable diet for an elite athlete, and recovery and rehabilitation strategies to ensure athletes stay in peak condition.

Last week, students participated in a practical experiment using ice baths (cold therapy) as a form of recovery. The general theory behind this is that the exposure to cold helps to combat the micro-trauma (small tears) in muscle fibres and resultant soreness caused by intense or repetitive exercise.

Students immersed themselves in ice water to constrict their blood vessels, flush the waste products and reduce any swelling and tissue breakdown. As the tissue warms and the increased blood flow speeds circulation, the healing process is jump-started, thus improving recovery.

All students enjoyed the experience!

Miss Renee Sushames
Head of Sport

Term dates 2015

| Term 1 2015 | From: Tuesday 3 February (Years 7, 11 and 12) or Wednesday 4 February (Years 8, 9 and 10) | To: Thursday 2 April 2015 |
| Term 2 2015 | From: Monday 20 April | To: Friday 3 July |
| Term 3 2015 | From: Monday 20 July | To: Friday 25 September |
| Term 4 2015 | From: Monday 12 October | For Years 11 and 12: Friday 27 November (TQA Exams on from 16 to 27 November) For Year 10: Thursday 26 November For Years 7, 8 and 9: Wednesday 9 December. |
Cross Country

All Schools Cross Country Championships (SATIS)
On Tuesday July 1st, 44 students travelled to Symmons Plains to participate in the 2014 All Schools Cross Country Championships. All students did their best and completed the track in near perfect (albeit muddy) conditions. There were a number of outstanding performances including:

Ryan Powell 1st Under 18 Men
Max Green 5th Under 16 Men
Eddie Bidwell 9th Under 15 Men
Isabelle Sharman 4th Under 16 Women
Inighion Quinn 5th Under 15 Women
Nikki Burton 6th Under 18 Women
Lotta O'Rourke 7th Under 14 Women

Congratulations, also, to this year's NSATIS Cross Country team captains Abby Rees and Ryan Powell.

Miss Renee Sushames
Head of Sport

Sport

NSATIS Winter Sports Rosters
On Wednesday 23rd of July (first week of term three) the NSATIS winter sports rosters begin. This year we have entered 6 teams: girls firsts and seconds netball, girls and boys firsts soccer and girls and boys firsts hockey. A big thank you to the following people who have volunteered to coach our teams:

Girls firsts & seconds netball: Mrs Jo-Anne Aherne
Girls firsts hockey: Mr Daman Peters
Girls firsts soccer: Mr Paul Briant
Boys firsts hockey: Mrs Lucy Withers
Boys firsts soccer: Mr David Meldrum (to be confirmed)

NSATIS Athletics
Next term on Tuesday 23rd of September, St. Brendan-Shaw College will be hosting the NSATIS Athletics Carnival at the Penguin Athletics Track. We are calling for experienced volunteers (parents & friends) to assist us with the running of the carnival, in particular field events. If you think you may be able to assist please contact Miss Sushames via email (rsushames@sbsc.tas.edu.au).

Legal Advice

Just a reminder that there is FREE legal advice at the Junction on Wednesday 9th of July from 2:00pm until 3:00pm and every second Wednesday thereafter.

If anyone requires legal advice they can simply drop into the Junction (64 Stewart Street) during this time, or call to make an appointment on 6424 7353 (the Junction) or 6423 6635 (Oldaker Street office).

Rebecca Smith BA
Youth Alcohol and other Drug Health Promotion and Community Education Worker/ Counsellor

Youth Family and Community Connections
THE JUNCTION
64 Stewart St, Devonport, 7310
Ph 03 6424 7353 | Fax 03 6423 6642
Futsal

North West Futsal Titles
Well done to all students who participated in the Futsal Titles at Ulverstone yesterday. All students are to be congratulated on the way they did their best, worked as a team, encouraged each other and demonstrated fantastic sportsmanship.

Congratulations to the following teams who won their grand finals and were selected to represent their school and state in the Futsal Nationals in Bendigo in September:

Year 9/10 Boys: Finn Leary, Daniel Littler, Joab Littler, Robbie Green, Thomas Mace, & Bowen Wagenknecht.


Year 7/8 Boys: Harrison Tait, Heath Davies, Addison Tu, Lachlan Ford, Zachary Guilbert, Kaleb Barden & Jack McKenna.

Miss Renee Sushames, Head of Sport

ASX Sharemarket

ASX Sharemarket Game

The Business, Enterprise and Technology class participated in the 2014 ASX Sharemarket Game.

They had $50,000 virtual money to buy and sell shares in this online game and they did very well.

Justice

“In his Encyclical Caritas in Veritate, Pope Benedict spoke of a world in which there is a ‘scandal of glaring inequalities’ between rich and poor. ‘Corruption and illegality are unfortunately evident in the conduct of the economic and political class in rich countries, both old and new, as well as in poor ones’. He said that ‘malfunction and dramatic problems’ in the economic system must be addressed.”

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

The State Development Program (SDP) and Future Development Program (FDP) are ‘selective’ programs and aim to develop the best boys and girls each region of our state. The SDP athletes are between the ages of 14 and 17 and the FDP athletes are between the ages of 10 and 13. The programs provide a weekly training session in their region as well as a series of camps throughout the year.

Trials for the next 12 month program starting in August 2014 will be conducted in the July school holidays.

State Development Program Trials - North West - Wednesday 16 July 2014
10am - 11.30am Boys — 12noon - 1.30pm Girls
Location: Devonport Basketball Stadium

State Development Program Trials - North - Thursday 17 July 2014
4pm - 5.30pm Girls — 5.30pm - 7pm Boys
Location: Elphin Sports Centre

State Development Program Trials - South - Friday 18 July 2014
4.15pm - 5.45pm Girls — 5.45pm - 7.15pm Boys
Location: Warrane Basketball Stadium

Future Development Program Trials - North West - Tuesday 15 July
10am - 11.30am Boys — 12noon - 1.30pm Girls
Location: Devonport Basketball Stadium

Future Development Program Trials – North - Tuesday 15 July
3pm - 4.30pm Boys — 4.30pm - 6pm Girls
Location - Elphin Sports Centre, Launceston

Future Development Program Trials - South - Tuesday 15 July
12noon - 1.30pm Boys — 2pm - 3.30pm Girls
Location - Warrane Basketball Stadium, Hobart

Further details on the SDP and FDP can be found on the BTAS website – www.tas.basketball.net.au / Development

Under 18 Basketball Challenge

Deloraine vs Japara

Friday July 18th
Girls game 6pm and Boys 7pm
at the Deloraine Community Complex

Come & support your local players!!

WEDNESDAY 16 JULY
U16-U18 SHOOTING CAMP
AT LEAST 1-2 YEAR’S EXPERIENCE,
& MOTIVATION TO IMPROVE REQUIRED

THURSDAY 17 JULY,
U12 U14 SHOOTING CAMP
AT LEAST 1-2 YEAR’S EXPERIENCE,
& MOTIVATION TO IMPROVE REQUIRED

FRIDAY 18 JULY
U10 DEVELOPMENT DAY
OPEN TO ALL LEVELS
FUN AND FUNDAMENTALS.

ALL PARTICIPANTS MUST REGISTER ONLINE
www.tas.basketball.net.au.
CLOSING DATE FOR REGISTRATION IS WEDNESDAY 9 JULY.
NUMBERS ARE LIMITED DUE TO COURT SPACE SO REGISTER NOW!

SCHOOL HOLIDAY CAMPS

VENUE: ELPHIN SPORTS CENTRE. LAUNCESTON.
TIMES: 10AM TO 4PM.

GREAT COACHING LINE UP
INCLUDING BEN RUSH & A SERIES OF EXPERIENCED GUEST COACHES

THE SHOOTING CAMPS WILL WORK ON YOUR TECHNIQUE, FOOTWORK, GAME SHOOTING, FINISHING, FREE THROWS & MUCH MORE

THE U10 DEVELOPMENT DAY IS OPEN TO ALL LEVELS FROM 7 YEARS & UP.
IT WILL CATER FOR ALL STANDARDS & FOCUS ON FUN & FUNDAMENTALS.

BRING YOUR OWN LUNCH AND BALL

COST: $50 PER PERSON

ENQUIRIES: ENQUIRY@BASKETBALLTAS.COM.AU OR PHONE (03) 6244 2483
St Brendan Shaw College students...

4 WEEK JAPANESE STUDENT EXCHANGE HALF SCHOLARSHIP
NOW OPEN!

Spend 4 weeks in Japan improving your Japanese language skills and experiencing the Japanese culture first hand on a half scholarship thanks to the Ministry of Education, culture, sports, science and technology - Japan and AFS Intercultural Programs

There’s 6 spots available for St Brendan Shaw College Students!

For more information and to start your application head to www.afs.org.au/mext

The opportunity of a lifetime is waiting for you!

You’ll spend 4 weeks living with a carefully selected host family, attend a local Japanese high school and experience the Japanese culture first hand. You’ll live as a local and improve your language skills. The best thing is, it’s a scholarship that covers half the price!

Are you a student in years 9-12 and interested in Japan? If so, read on...

Applications are now open for the 2014 MEXT half scholarship on the AFS Short School Program to Japan from October 1st to November 2nd.

The AFS MEXT Program sees a group of Australian students departing to Japan to improve their language skills, live with a host family and live the Japanese way of life for 4 weeks.

The scholarship covers half the program fee of $6400. The program fee for participants is therefore $3200.

The scholarship and program fee covers:
- Return travel from Australia right to the door of your host family
- Orientation and enrichment activities before, during and after your stay
- Medical costs incurred during the visit, except for pre-existing conditions, dental and eye care
- 24/7 AFS Support Network

Applications close on August 1 2014
For more information on the program and eligibility criteria or to start your online application head to www.afs.org.au/mext
Half Scholarships Available for Short Exchange to Japan

The Ministry of Education, culture, sports, science and technology - Japan in conjunction with AFS Intercultural Programs are offering an opportunity for Australian students to visit Japan as part of the MEXT program.

AFS is delighted to announce that 6 Partial Scholarships are now open to students of St Brendan Shaw College learning Japanese to spend 4 weeks in Japan departing in October 2014.

The MEXT program is open to students of Japanese language and gives you the opportunity to improve your language skills and learn about Japanese culture while living in a Japanese host family.

Successful applicants will embark on the experience of a lifetime by living with a host family in Japan and attending a local high school. This program is a school based program, therefore independent travel is not permitted.

Program dates:
October 1 2014 - November 2 2014

The MEXT program experience is valued at $6,400 and includes:

- Domestic and international travel
- Placement in a Japanese Host Family for duration of program
- Local support in host community from experienced AFS volunteers
- Full orientation prior to departure
- 24/7 emergency support
- Medical insurance

What is the cost?
There is a participation fee of $3,200 per participant and the remainder of the program is fully covered by the generous scholarship provided by the Japanese government.

Eligibility criteria:

To be considered for this scholarship students must:

- Be currently attending an Australian High School
- Aged between 15 and 18 on date of departure
- Currently be studying Japanese
- Pay the initial $500 deposit upon completion of the full scholarship application. This deposit is refunded to you if you are not a scholarship recipient.

Ready to start your application?
Head to www.afs.org.au/myafs to get your application started.

When do Applications Close?
Ensure your full AFS application is submitted no later than 5pm August 1 2014!
Teen Friendships

“Adolescents need friends, and parents need to encourage these relationships”

Having a supportive group of friends is important for an adolescent. Peer groups help teenagers learn to negotiate relationships and make the journey from childhood, where they are reliant on parents, to adulthood, where they need to stand on their own two feet.

Peers give young people a sense of belonging, and an increased sense of self-confidence. They also provide young people with testing grounds for attitudes and values outside their family at a time when young people are trying to define their identity. Most modern teenagers are incredibly supportive of each other; however, they can be judgmental and the cause of heartache when conflict or alienation occurs.

Resisting peer pressure

Teenagers need to learn to deal with peer pressure. We all experience some degree of pressure to conform to the behaviours and norms of our social groups, yet this pressure is heightened in adolescence, when wanting to fit in and belong is paramount. Ostracism is unthinkable, which makes teenagers susceptible to being overly influenced by their peers, who don’t always make wise choices.

Parents can help young people deal with peer pressure by being open and frank about the subject. Let them know that while much of the influence of their friends is positive, some of it is not in their best interests.

Help young people resist peer pressure by giving them strategies to say no, while saving face. For instance, saying ‘No, not now’ is a simple face-saving strategy that all young people can learn when they are pressured by peers to engage in behaviours that aren’t in their best interests.

Help young people who are heavily reliant on the approval of others in particular familiar peer pressure. In adolescence, adult approval is often replaced by peer approval. Help young people become self-sufficient and not dependent on others for their self-esteem.

Where do parents fit in?

Get to know your children’s friends and take an interest in their lives. Make them welcome in your home. Enquire about their well-being, their learning and their relationships without being too nosy. Provide space and privacy for your teenager and friends in your home. Set some house rules regarding what’s acceptable in your house, but don’t be too heavy-handed as you want your home to be a welcoming place for young people.

Keep some food available and encourage them to make their own snacks and clean up their own mess. Be firm about your views about acceptable videos, alcohol use and sexual activities at home.

Negative Influences

It is common for parents to disapprove of their young person’s choice of friends, because of behaviour, poor reputation or the adverse influence they have on their teenager. Young people take criticism of their friends personally so you need to be careful how you handle these issues. If you have worries about your child’s choice of friends, check that your concerns are real. Try to get to know the friends you’re worried about. Discuss your concerns with your young person, but talk about the behaviours that worry you, rather than the character of their friends. Discuss the immediate and long-term consequences of their behaviours that may concern you. It also helps to promote diversity of friendships as kids do best when they belong to more than one friendship group.

It is important for parents to understand the value of peer groups for young people and also remember that peers can be positive influences.

Published by Michael Grose
Presentations.
All rights reserved. For more Ideas, support and advice for all your parenting challenges visit:
www.parentingideas.com.au
"The first of the Year 9 Pathways Weeks is quickly approaching and we need your help. If you would like to help out with any of our activities please fill in the form in this newsletter.

All help will be greatly appreciated and we promise the week will be full of fun and personal development for both the adults and the students."

Dear Parents,

Year 9 Pathways needs your help. We are looking for parents or friends of the College who may be able to help us give our Year 9s a great experience during their first Pathways week in August.

In particular, we are looking for about 15-20 adult volunteers who would be available for about 3 hours in the morning of Thursday 21st August. During this time the students will be participating in an Amazing Race style activity in Devonport where they will be split into small groups. Because of the nature of the activity we would like an adult to be with each group. The activity will involve an amount of walking.

There may also be an opportunity to help out in separate activities on either Tuesday 19th or Wednesday 20th August. On these two days our students are travelling to Hollybank Forest Reserve to participate in the high wires course there. We would be able to take 3 – 4 adult volunteers on these days for full-day activities. However, you would need to be prepared to participate in the high wires course yourself!

So if you would like to get to know some Year 9s a bit better and help our Year 9s build better bonds with the community, we would love to have your help.

If you’re interested, please fill out the slip below and return it to the College. If you would like more information, please do not hesitate to contact me here at school.

Yours sincerely,
Tanya Rataj
Careers and Pathways Coordinator

I would be willing to volunteer to help on the following days (please tick):

- [ ] Tuesday 19th August (Hollybank)
- [ ] Wednesday 20th August (Hollybank)
- [ ] Thursday 21st August (Amazing Race - Devonport)

Name: _____________________________________
Connection to the school: (e.g. My son, Fred, is in Year 8):
_________________________________________________________________________
Contact phone number: _____________________________