Catholic Education Week Mass

Next Tuesday the 12th of August at 11am, St Brendan-Shaw College will be hosting the Catholic Education Week Mass for the North-West and West Coast Region of Tasmania.

His Grace Archbishop Julian Porteous will be the principal celebrant for the Mass to be held in the Nazareth Gym. We anticipate the arrival and participation of 9 other Catholic schools (over 400 other staff and students in total) for the Mass from across the region. The Year 7 students will represent the College at the Mass and a choir of mostly Year 7 students will lead the music.

You are very welcome to come and join our school community and the all of the North-West and West Coast Catholic school communities in this celebration.

Please let Mr Kamil Douglas know if you intend on attending the Mass by emailing to: kdouglas@sbsc.tas.edu.au or by contacting the College on 64247622.

Mr Kamil Douglas

"Then a cloud appeared and enveloped them, and a voice came from the cloud: ‘this is my son, whom I love. Listen to him!'" - Mark 9:7
This week’s newsletter submission by me is brief due to the IEU action called for today requiring my input in other areas. The College has endeavoured to take into consideration many factors in how today has been planned. In particular, we want students to be engaged in valuable learning experiences and we do not want to inconvenience their families.

Year 7 to 10 boys will participate in the Betterman Presentations; Year 8 to 10 Girls will receive input on Safety. Year 11 & 12 have normal classes and the final Elevate Education Examination Preparation session. All students participate in our Founders Day celebrations from lunch.

Congratulations to the students in Ms Watchman’s Year 9 and 10 Drama class, whose films all reached the finals. Well done to Kiara Digby who won with her individual entry “Broken Reflections”. Her efforts has seen the College win a voucher for the purchase of a camera.

Congratulations to Abby Sims who now travels to Hobart in September for the Tasmanian Training Award announcements of winning finalists. We wish her good luck.

Mr Frank Pisano
Principal

In the second week of school holidays, Joe Fisher, Tarsha Jago and myself traveled down to Hobart to partake in a government organised activity called Youth Parliament(YP). The program was aimed at year ten to twelve students. It was to meet many like minded people from all across the state who are passionate about current issues. As the name suggests YP was designed to simulate the official parliamentary system, with even going so far as to have the students debate inside the real house of assembly and legislative council.

Our bill was to amalgamate all forms of public transport under one government control system. But sadly our bill was one of the bills that did not pass. But many, including legalisation of Hemp, an education reform and a bill to make becoming a paramedic easier, all passed.

While the passed bills do not become law, they are given to the speaker of the house to look over. And it is evident that in the twenty seven years of Youth Parliament, the program has had quite an influence over passing future bills.

The official debating only consumed one third of the initial program. the other two thirds being taken up by recreational activities. These included a world leaders disco, making parodies to ABBA songs, The Parliamentary Olympics, a hilarious quiz and chatting with real politicians over mocktails. Other activities included appearances from guest speakers (including the Lieutenant Governor), and workshops on our topic “Not Just a statistic”

I am truly grateful that Tasha suggested the program to me, as i had the most amazing experience. Meeting people from all corners of the state, who I think will one day be our future leaders. But if there is one person who deserves recognition for her work, it’s Mrs Shearer who has constantly offered us support and guidance.

To any year nines who are considering the program. I strongly urge you to take part. It is something you won’t regret, and in the words of Tarsha Jago, “If you don’t like it, I’ll buy you a snickers bar,” although i’m pretty sure that was a dig at my allergy to nuts.

Margaret Shearer
2015 Subject Selection Process

This year we are changing the process for subject selection. It will involve completing subject selection choices online. I suggest all parents and students download the 2015 Subject Handbook via the College website. An email will be sent to all students with an access code and password for subject selection. This process opens on Thursday August 7. All subject selections must be completed by Thursday August 21. Students MUST print out the receipt of chosen subjects and return it to Mrs Saltmarsh with parents signature. If for any reason you are unable to complete the process online then please contact Mrs Saltmarsh at the college.

Some Helpful Points about Subject Selection:

THE ‘DO’S’ AND ‘DON’TS’ OF CHOOSING SUBJECTS

DO choose subjects:
• that you are good at,
• that are prerequisites for a course or career,
• that you enjoy or are interested in,
• that will help your career and employment goals,
• that you are willing to work hard in

DO some research:
• read each outline carefully,
• talk to the teachers for each subject,
• talk to students who are studying or have recently studied this subject,
• attend and ask questions at the Information Evening

DON’T choose subjects:
• that you have struggled with or disliked in the past,
• because you think they will be easy or a bludge (they’re not),
• because your friends are doing them,
• if you have not researched beyond the name of the subject, eg. choosing ICT because you like computers,
• because someone tells you to do it because you’re good at it (remember the DOs! It is your pathway NOT theirs!),
• because you like / dislike the teacher, or
• because they’ve been dressed up to ‘look good’ – look beyond the façade.
• Because of scaling, this changes every year

Mr. Gavin Hicks
Deputy Principal Learning & Teaching

Safety Alert

Please see the following safety alert from WorkSafe regarding USB chargers. The alert is in response to a fatality on the mainland earlier this year due to a non-compliant USB charger.


James Saltmarsh
H.E.L.P Film Festival Success for SBSC

The Year 9 and 10 Drama class participated in this year’s H.E.L.P. – “Homelessness End Loneliness and Poverty” Film Festival organised by Youth, Family and Community Connections. The class were successful in achieving six films in the final twelve finalists and each were a credit to the students talents, dedication and awareness of the issue of homelessness in Australia, but also youth homelessness in the North West of Tasmania.

This event, now in its third year, incorporated the theme for National Homeless Persons Week this year - “The Costs of Homelessness”. The final twelve films were presented at an event on Monday 4th August at CMAX and each was a moving and profound communication of the issue of homelessness and the deeper impacts and realities of homelessness.

It is with great pride that I announce that Kiara Digby won with her individual entry “Broken Reflections”. This was a deeply moving and emotive narrative of the serious consequences that homelessness and a lack of belonging. Bravo, Kiara, the College are incredibly proud of you. Well done to all of our Year 9 and 10 Drama class and we look forward to next year’s competition with excitement and enthusiasm.

Lara Watchman
Below are the results from this afternoon’s NSATIS games against Launceston Church Grammar School in Launceston for inclusion in All teams are making tremendous improvements.

Girls Firsts Hockey - SBSC def LCGS 3:0
Boys Firsts Hockey - LCGS def SBSC 8:0
Girls Firsts Soccer - LCGS def SBSC 10:2
Boys Firsts Soccer - SBSC dw SBSC 2:2
Girls Firsts Netball - LCGS def SBSC 47:63
Girls Seconds Netball - LCGS def SBSC 18:49

Next week’s NSATIS games (round 4)

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<tr>
<th>Team</th>
<th>Time</th>
<th>Opponent</th>
<th>Venue</th>
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<tr>
<td>Netball 1st &amp; 2nds</td>
<td>3.30/4.30 pm</td>
<td>Marist Regional College</td>
<td>MRC</td>
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<td>Boys 1st Soccer</td>
<td>3.30 pm</td>
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<tr>
<td>Boys 1&lt;sup&gt;st&lt;/sup&gt; Hockey</td>
<td>4.30 pm</td>
<td>Marist Regional College</td>
<td>McKenna Park</td>
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<tr>
<td>Girls 1&lt;sup&gt;st&lt;/sup&gt; Hockey</td>
<td>3.30 pm</td>
<td>Marist Regional College</td>
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<tr>
<td>Netball 1st &amp; 2nds</td>
<td>3.30/4.30 pm</td>
<td>Scotch Oakburn</td>
<td>SBSC Gym</td>
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<tr>
<td>Boys 1st Soccer</td>
<td>3.30 pm</td>
<td>Scotch Oakburn</td>
<td>Valley Road</td>
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<tr>
<td>Girls 1st Soccer</td>
<td>3.30 pm</td>
<td>Scotch Oakburn</td>
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<td>4.30 pm</td>
<td>Scotch Oakburn</td>
<td>Devonport Hockey Centre</td>
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<td>Scotch Oakburn</td>
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“We Australia has assumed some important responsibilities. As a nation elected onto the United Nations Security Council, we have a direct hand dealing with global security challenges and humanitarian crises. As host of the 2014 Group of Twenty (G-20) economic summit in Brisbane, we have an opportunity to promote the responsibility of the world’s leading economies towards the world’s poor.”

From the Australian Catholic Bishop’s Social Justice Statement 2013-2014: Lazarus at our Gate: A critical moment in the fight against world poverty.
On Friday 8 August the Caritas office will close at 3.15pm due to a college function.

Over the next 3 weeks 7D are taking care of 2 calves as part of the Cow's Create Careers program. This involves feeding, monitoring and cleaning the calves area daily. The students will be working through an educational program in their Science lessons. To care for the calves the students have been rostered in groups of 5 to be responsible for one day of the week.

Uniform Shop
Shop Hours are:
Tuesday/Wednesday 10am - 4pm.
Navy/ Grey Trousers $47.00
Navy/ Grey Socks $8.00 - $13.00
Ties $18.00
Blazers $183.00 - $195.00
Maroon / Navy Jumpers $78.00 $82.00
Blue/White Long Sleeve Shirts $24.00
Plaid/Navy Skirts $102.00
Ties $18.00
Navy Tights $8.50 a pair
Last Wednesday the 30th of July, the Year 12 cohort left the College premises behind for their Year 12 retreat at Camp Clayton (which is just outside of Ulverstone). The Year 12 retreat ran from Wednesday morning until after lunch on the afternoon of Friday the 1st of August. The three day and two night experience is one of reflection, bonding, enjoyment, eating and escape. For both the staff and students that attend, it is a highlight of the year and, we hope, also a highlight of the students’ time at St Brendan-Shaw College.

During the retreat, students reflect upon the road behind (what has led them here, what has shaped them to be the person they are today?), where they are now and what their hopes, aspirations and goals are for the future (importantly they consider the type of person they want to be as well as what they want to do). Highlights of the retreat included the affirmations, the all-in game of indoor soccer, trust activities, the awesome choir for the Mass and the creation of the Year 12 retreat banner!

Whilst I was on retreat, the Year 11 overnight leadership camp, commonly known as ‘Tir na nOg’, was scheduled to be held simultaneously at Riverbend Youth Centre in Smithton. Unfortunately, weather conditions caused a cancellation of that plan as well as the first day of the camp. However, the teachers leading the camp came together and (with some assistance from College’s leadership team and auxiliary staff) organised an abridged program (that included all the essential elements) at an alternative venue for Thursday the 31st of July during regular school hours. Despite further complications during the day caused by the weather, an outstanding time was had by all staff and students at the “camp”. The feedback provided to me from staff and students was overwhelmingly positive!

A huge thank you to all staff involved in both attending the retreat and camp, and to those covering and organising classes back at school to allow these experiences to occur. A special thank you to Ross Hubble and Emma McIver who led the Year 11 Camp!

Kamil Douglas
Ministry and Religious Education Coordinator
FREE LIVE ONLINE INFORMATION SESSION FOR
St Brendan-Shaw College STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2014

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

We would like to invite your students and families to our next FREE Live Online Session on Thursday, 14th August.

The LIVE Online session gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available.

FREE LIVE ONLINE INFORMATION SESSION
Hear from our experienced Program Manager, find out more about discounts and scholarships available and ask questions.

Thursday, 14 August
7.30pm (AEST)
Register now
Visit www.studentexchange.org.au or call 1300 135 331 for more information

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Soccer smart is a skills program designed to introduce and develop Football skills at an early age. Soccer Smart will deliver the basics skills that are required to enjoy Football. Soccer Smart targets the age group that will benefit from early coaching and give them a great platform to build on. Soccer Smart is run by DJSA Development Officers and F.A. qualified English coaches Cory Vickers & Callum Moore

Soccer Smart is a 6 weeks course designed to improve your child’s football (soccer) skills from an early age.

This will take place at the home for Devonport Junior Soccer

Where: Meercroft Park
When: Every Friday from 4:15pm till 5:15pm
Every Sunday 2:00pm till 3:00pm
Starting: Friday 8th August
Cost: $60 for 12 sessions

If you are interested please contact us to book limited places.

coryvick2@gmail.com
Phone: 6427 3937
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

What can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
SBSC is refurbishing the St Brendan Block especially for Year 7 students! This will be ready for the commencement of the 2015 school year!

The new building will make the delivery of the curriculum able to occur in a new and modern facility, while continuing our success in enabling an easy and gradual transition to secondary school.

All core subjects will be delivered in the area which will be named the "Westcourt Centre", celebrating our link to Edmund Rice Education. There are also collaborative learning spaces and breakout rooms to facilitate modern pedagogy, complimenting our pioneering work with the use of iPads.

Have a look at the schematics: