Congratulations to our Parliamentary Shield debating teams who competed in Launceston last weekend. The 'B' Team (Tarsha Jago, Patrick O'Shea, Emily Eastley, and Joe Fisher) performed well and won 1 of their 3 debates, while the 'A' Team (Joy Pfleger, Alex McCall and Laura Wood) won two of their three debates to progress to the finals. Here they presented a solid performance to win the competition, the first time the College has won this event in its 35 years of existence. Well done! Mrs Littler (the Coach) is justifiably proud.

The Governing Council has endorsed the following officers of the College Board. Chair: Mr Alister McCrae; Deputy Chair: Mr Marcus Todman; Treasurer and Chair of the Finance sub-committee: Mrs Karen Claridge-Robins.

We currently have a vacancy for a member of the Board who is nominated by a parent. If you know of someone who you believe would be a valuable member, please contact the College for a nomination form. The Nominee need not be a parent but should have a connection to the College. The proposer and seconder, however, do need to be parents.

The Parenting Ideas article this week is a good opportunity for parents to raise awareness of the reality of the world that our youth inhabit. Statistics indicate a significant proportion of young people indulge in drug use, and parties provide an environment where peer pressure can increase the risks. Perhaps the article will provide an opportunity to open dialogue with your son or daughter.

Mr Frank Pisano—Principal

O God, let all the nations praise you! - Psalm 67
Parliamentary Shield

Last weekend saw a historic victory for St Brendan Shaw College in the Parliamentary Shield held at Grammar. Putting up a solid argument, we were successful in winning the Parliamentary Shield for 2014 which is the first time SBSC has ever won!

The team travelled down Friday and participated in debates that went well into the night. They made the final against Grammar and debated in a style that the head adjudicator described as 'an articulate meeting of minds'.

I would like to congratulate Laura Wood, Joy Pfleger and Alex McCall on their well deserved and most exciting victory. Mention must also go to our developing B team who had a positive and educational experience competing on the weekend. This team consists Tarsha Jago, Emily Eastley, Patrick O'Shea and Joe Fisher.

The competition has been running since 1979 and in that time, SBSC has only ever made it to the A grand final twice. Once in 1994 against St. Patrick's College and again in 2008 against Launceston Church Grammar. SBSC was unsuccessful in both of these years. This victory showcases the willingness of SBSC debaters to do their best, as per our school motto.

None of which, would have been possible if it had not been for the support of Mrs Littler, our debating coach for the past 3 years. She has been excellent in driving us to and from Launceston and her relentless support regardless of whether we win or lose. In an upcoming assembly we will speak about our achievements and present Mr Pisano with the Shield.

Laura Wood—Student & Rachelle Littler—Debating Coordinator

Vocational Education & Training (VET) Courses 2015

Vocational Education and Training (VET) refers to education and training that focuses on delivering skills and knowledge required for specific industries. It is a learning option for students in Years 11 and 12. It is a vocationally oriented program designed to meet the needs of industry. Students can gain National Qualifications and develop new skills whilst still studying for their TCE. Upon successful completion of the program, students are awarded a Nationally Accredited Vocational Training Certificate or Statement of Attainment. VET qualifications may articulate directly into further education and training at TAFE or can lead into a full time apprenticeship.

In 2015 we will be offering Certificate II in Construction Pathways, Certificate II in Hospitality and Certificate II in Hairdressing. All these courses will contain a great deal of practical components including work placement. All VET students will participate in a First Aid Course with Construction students also completing the White Card. Hospitality students will participate in the Responsible Serving of Alcohol and a Barista Course.

We recommend that when choosing a VET Course for the first time, students also choose an English and Maths at the appropriate level along with Work Readiness.

Should students or parents require further information please contact me at the College.

VET can open up so many new and exciting opportunities for students. Give it a go, you will thoroughly enjoy it!

Diane Saltmarsh—VET Coordinator
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

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UTAS Open Day

OPEN DAY
31 AUGUST 2014  10am – 3pm
HOBART | LAUNCESTON | CRADLE COAST

Open to ideas, open to you.
Join us on Open Day to discover a world of exciting opportunities. Explore our campuses, chat with staff and students, learn about courses and research, ask questions and find answers.
With activities, tours and presentations at 11 sites across three regions, there’s so much to see and do for the whole family! For details, visit www.utas.edu.au/openday and download the Open Day program.
SBSC are currently hosting many exchange students from all across the globe. We currently have 8 visiting students from Japan, who are engaged in an intensive English language program facilitated by Mr Patrick Gleeson. The Year 11 Japanese class have completed some investigations into Japanese culture and over the next month would like to share these with the SBSC community. This week's article is written by Nikki Burton.

Mrs Kaoru Bramich—Japanese Teacher

“You can be a tourist, or you can be a pilgrim.” – Mr Chapman

Listed as one of Japan’s most scenic sites, Miyajima Island is located off the coastline of the Hiroshima prefecture; a short ferry ride from Miyajimaguchi Station. On the fourth of October, 2013, the Japan trip students travelled to the Island and experienced a unique side to Japanese culture in a breath taking environment.

With matcha (green tea) ice creams to beat the heat, we spent the day wandering through sprawling laneways of huddled souvenir shops, and explored several of the island’s nature walks and climbing paths. Wild deer roam across the island, and from above views of the lush greenery and sparkling ocean from all directions complete a beautiful scene.

Popular attractions on the island include the ropeway car ride up Mt Misen (which reaches four-hundred and thirty metres above sea level), Miyajima aquarium, Itsukushima Shrine and its grand O-torii Gate. The Itsukushima Shrine is dedicated to the three Munkata goddesses, who are worshipped as gods of sea, traffic safety, fortune and accomplishment. The O-torii Gate and shrine building’s vermillion colour is considered to ward off evil spirits, while the lacquer also protects the structures from corrosion.

The harmonious blend of attractive natural scenery, diverse attractions and the relaxed local atmosphere made Miyajima a highlight for many, including myself. I am very eager to return to the island in the near future.

Check out the #japaz13 hash tag on Instagram, for more images from Miyajima and the 2013 Japan Trip.
**NSATIS Results & Roster**

**Round 4** (against Marist Regional College)

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Firsts Hockey</td>
<td>MRC def SBSC 3:0</td>
</tr>
<tr>
<td>Boys Firsts Hockey</td>
<td>MRC def SBSC 5:0</td>
</tr>
<tr>
<td>Girls Firsts Soccer</td>
<td>MRC def SBSC 7:1</td>
</tr>
<tr>
<td>Boys Firsts Soccer</td>
<td>MRC def SBSC 17:0</td>
</tr>
<tr>
<td>Girls Firsts Netball</td>
<td>SBSC forfeit to MRC</td>
</tr>
<tr>
<td>Girls Seconds Netball</td>
<td>MRC forfeit to SBSC</td>
</tr>
</tbody>
</table>

**Round 5** (against Scotch Oakburn College)

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Firsts Hockey</td>
<td>SOC def SBSC 10:1</td>
</tr>
<tr>
<td>Boys Firsts Hockey</td>
<td>SOC def SBSC 6:0</td>
</tr>
<tr>
<td>Girls Firsts Soccer</td>
<td>SOC def SBSC 4:1</td>
</tr>
<tr>
<td>Boys Firsts Soccer</td>
<td>SOC def SBSC 6:1</td>
</tr>
<tr>
<td>Girls Firsts Netball</td>
<td>SOC def SBSC 43:27</td>
</tr>
<tr>
<td>Girls Seconds Netball</td>
<td>SOC def SBSC 45:20</td>
</tr>
</tbody>
</table>

Next week’s NSATIS games

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Opponent</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Netball 1st &amp; 2nds</td>
<td>3.30/4.30 pm</td>
<td>St Patricks College</td>
<td>SPC</td>
</tr>
<tr>
<td>Boys 1st Soccer</td>
<td>3.30 pm</td>
<td>St Patricks College</td>
<td>SPC</td>
</tr>
<tr>
<td>Girls 1st Soccer</td>
<td>3.30 pm</td>
<td>St Patricks College</td>
<td>SPC</td>
</tr>
<tr>
<td>Boys 1st Hockey</td>
<td>3.00 pm</td>
<td>St Patricks College</td>
<td>St Leonards</td>
</tr>
<tr>
<td>Girls 1st Hockey</td>
<td>3.00 pm</td>
<td>St Patricks College</td>
<td>St Leonards</td>
</tr>
</tbody>
</table>

Students who would like to represent the College in the North West Regional Basketball Championships need to indicate their interest by completing a google form. The Tournament will be held on Saturday 25 October and Sunday 26 October in Devonport. Entries for the tournament are due to BTAS by Friday 29th August. Therefore players need to indicate their interest by Wednesday 27th August. The cost for the Regional Championships will be $30 per team member plus an extra $10 if the player is not registered with BTAS (for insurance purposes).

Details for payment for the Tournament will be given via a letter closer to the tournament date. The link to the form is available through the College website [http://sbsc.tas.edu.au/sports](http://sbsc.tas.edu.au/sports). If you have any difficulties or questions contact Mr Aherne.
On Monday the 4th of August Donna Evans, a local farmer, kindly donated 2 of her Jersey calves for our class 7D to look after for 3 weeks as part of the Cow’s Create Careers program. This program endeavours to teach high school students about the opportunities in the dairy industry as well as give them some experience in caring for calves.

When dropping the calves off Donna also gave us some helpful information on how to look after the calves. Together as a class we named the two four week old calves Steak and Swiss. Steak is the taller one and Swiss the shorter one. The class was separated into five groups, each group responsible for a day of the week. Each morning and afternoon a group of 7D students are responsible for feeding and monitoring the health of the calves in our care.

We first make the milk mixture and place it in the feeders. After feeding them we are responsible for cleaning their area and refreshing their water and grain stores. As well as caring for the calves we also had a guest from Utas and Dairy Tasmania who explained the Dairy industry in Tasmania.

**Student’s thoughts....**

‘We have learnt a lot so far about the dairy industry and I think having a career in the dairy industry would be interesting’

‘We enjoy the cows company and they are fun to be around’

Mr Hector Lenton
Last Thursday Sam Loy from the Betterman Foundation spoke to our Year 7 and 8 boys and then our Year 9 and 10 boys.

The Betterman Foundation seeks to empower young men to make positive choices in life, as well as using strategies to prevent violence and suicide by young men.

Sam challenged the boys to think about the messages they get from society and the media about what a man is supposed to be. He then challenged them to think about men in their life who they respected and admired and to describe their qualities. What the boys found was that the qualities of these men they admired (loving, respectful, men who make sacrifices for their family) were not the same qualities that society and the media were pushing.

Sam’s aim was to open a conversation with the boys about the issues facing young men today, and he certainly did that while encouraging the boys to continue the conversation with each other and the men in their lives.

Mr Richard Chapman—Deputy Principal (Pastoral Care)
“We, the Catholic bishops of Australia, call on our government to exercise these responsibilities not merely in our country’s narrow interests, but in the spirit of the common good of all humanity. Australia cannot claim these roles in world leadership if it has not shown that we are willing to act in the interests of the poorest and most marginalised within our shores, in our region and worldwide.

The consistent calls for justice for members of our own First Nations and for people who come to our shores seeking protection from violence and danger are two immediate challenges Australia must meet.”

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

Sarah Howard has volunteered to give an address at the Vietnam Veteran’s Day Service. The service will be held at the Vietnam Veteran’s Memorial Wall, Bluff Road, Devonport at 11am on Monday 18th August 2014.

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**AFS Tasmania Partial Scholarship worth $2000**

Now Open!

AFS student exchange is all about excitement. New countries, new cultures, new friends. There are heaps of countries to choose from.

If you want to experience something new, take the leap and join the hundreds of young Aussies who head overseas with AFS every year. You won’t be a tourist. You’ll live like a local, and get a genuine taste for local life. You’ll be treated as one of the family and you’ll get great support from us. Our loving volunteer host families are waiting to make you a new member of their family.

AFS have a partial scholarship now open for applicants living in Tasmania worth $2000.

The scholarship is now open for applicants wanting to spend a year program abroad departing early 2015.

Applications are open and close on September 5

For more information and to start your application, head to www.afs.org.au/local
The Drugs kids are actually using

Talking to young people about drugs has a significant impact, but you need to get the facts about the current drugs available.

The sex talk is one of the most confronting conversations parents have with their children but there is another topic of conversation that is of equal importance and it often gets overlooked. Drug use is something that parents need to talk about with their children. Australian website, the Other Talk focuses on helping families speak openly about drugs with their children. But to be able to start the conversation early parents need to know what drugs kids are being introduced to today.

Geoff Munro from the Australian Drug Foundation says parents should focus on the drugs that pose the biggest risk to young people and they are not necessarily the ones that first come to mind.

Munro said, “I think it’s really important that parents understand that the drugs kids are faced with today are the traditional ones, alcohol and tobacco and pharmaceutical drugs to a certain degree.”

“Cannabis is also certainly available in the community so alcohol tobacco and cannabis are the ones we really think parents should focus on,” said the National Policy Manager.

In particular, parents should direct their attention to alcohol and its effects as it is the most accessible.

However, parents need to know the facts and consequences of drug and alcohol use before they can educate their children against it. Here is what you need to know before you have the conversation.

ALCOHOL

In 2011 the Australian secondary school students’ surveys revealed around “three out of four Australian secondary students ages between 12 and 17 had tried alcohol.

According to the Drug Info website drinking:

- Increases risk of injury and self-harm - poor decision making, violence, using illicit drugs.
- Effects mental health - young people who drink to cope with problems are more likely to suffer from depression.
- Effects brain development - memory, ability to learn, problem solving skills can all be affected.
- Contributes to the three leading causes of death amongst adolescents - unintentional injuries, homicide and suicide.

TOBACCO

Munro says, “Tobacco is still a substance that young people are often tempted to try but only about 17 - 18% of young people smoke tobacco.”

Tobacco is a stimulant drug which speeds up the messages travelling between the brain and the body. While there are more than 4000 chemicals in tobacco smoke, the three main ones are:

- Nicotine – is what smokers become dependent on.
- Tar – is released when a cigarette burns and coats the lungs and can cause lung and throat cancer.
- Carbon Monoxide - a toxic gas that reduces the amount of oxygen available to the muscles, brain and blood.

There is no safe level of tobacco use. Long-term effects include a higher risk of heart disease, hardening of the arteries and other circulatory problems.

CANNABIS

LA spokesperson for the Drug and Alcohol Coordination Unit with the Police Department has said, “Generally speaking it’s [cannabis] the one that’s most available and most accessible.”

Cannabis is a depressant drug, which means unlike cigarettes its use slows down the messages travelling between your brain and body.

Long-term effects may eventually cause memory loss, learning difficulties, mood swings, decreased sex drive and regular colds.

Those with a family history of mental illness are more likely to also experience anxiety, depression and psychotic symptoms after using cannabis.

But other than alcohol, tobacco, and cannabis, what other drugs should parents be aware of when starting the conversation with school-aged children?

more on page 2

INHALANTS
Inhalants are something that some kids experiment with but it is usually a passing faze. People who inhale products like paint, cleaning fluid and glue to get high may experience an initial rush, confusion, disorientation or drowsiness, but the comedown can last several days.

Side effects from inhalants include: headaches, nausea and dizziness and can also cause permanent damage. Chemicals from the products can build up in your system, irritate the stomach and worst case, cause organ damage.

Synthetics or new psychoactive substances (NPS)
In the past, kids were experimenting with synthetic drugs but that may have been because they were legal.

Also referred to as herbal highs, party pills or bath salts, synthetics come in the form of powders, pills and dried herbs that have been soaked in chemicals and designed to mimic the illicit drugs; banned drugs are replaced with new ones.

Even though these drugs might be legal, this does not mean they are safe. The ever-changing ingredients mean it is difficult to know the effects.

For more information on synthetic drugs visit the Drug Info website.

When it comes to keeping your children away from drugs and alcohol, Geoff Munro says most parents don’t realise how influential they are.

“The research shows that it parents make it clear to their children that they don’t want them drinking or smoking, their children are less likely to do that.”

Livia Gamble

This article first appeared in Essential Kids on 16th June 2014 and is reproduced with permission.