A year can be a long time a school for a student, and sometimes we reach a point where we have lost track of the goals we have set ourselves or what the purpose of them were, anyway.

At the end of assembly on Tuesday I gathered the Year 10s and expressed my desire that all of them were on track and doing the right things in class. I gave the example of a job ad in Saturday’s newspaper which was looking for apprentices who not only showed interest in the work but also showed:

- sound results in Maths, English and Science or Technology.
- had completed a minimum of Year 10.
- could show copies of their most recent school reports.

I suggested that students who were not participating in class or were not submitting work were unlikely to get much of a look in for this job, or many others, as their school reports would reflect the sense of ambition the employers were looking for.

Similarly, those looking to go onto Year 11 and 12 were also challenged to build good study habits, as this was the key factor in a student succeeding in these years. In all of my years of educational experience I can only remember ever seeing one student who didn’t have good study habits in Year 10 and went on to do well in Year 11 and 12. I suggested that it was important that the students continue to work hard, do their best and put themselves in a good position for next year.

Mr Richard Chapman
Deputy Principal

"Therefor keep watch, because you do not know the day or the hour." - Matthew 25:13
Congratulations to Lucy Wooton (10G7) on her selection in the U17 Australian Hockey Team. Lucy is just one of two Tasmanian representatives in this team who will travel to Germany next May to compete in International Championships.

The Athletics Carnival takes place next Tuesday and Wednesday. Students are aware that this is a compulsory day of attendance as any other school day is. These days provide a great opportunity to build school spirit and encourage healthy activity.

The College is revising our fee policy. The circular that is included in this week’s publication is part of this process. The policy, once complete, will be available on our website. The College currently has the lowest fees (inclusive of levies) of any school of our type in our region (and possibly in the State). This is testament of sound financial management coupled with cost efficiencies.

Mr Frank Pisano
Principal

SBSC’s Chess Team won the Interschool Chess Tournament on Friday 22nd August. We are now clearly in the State Finals. Well done team for a fantastic win!!!
At assembly on Tuesday 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 future, that is we want a sense of hope for the future that motivates us to set goals and make plans to achieve them.
- That there is always hope, and we shouldn’t spend too long looking at the doors which have closed in our face, but instead look at the windows of opportunities which have been opened for us.
- We finished off by reminding students that just because things maybe stormy at the moment, it doesn’t mean we are not headed for sunshine in our lives.

**HOW YOU CAN HELP AT HOME:** Over the next two weeks, perhaps discuss the goals which keep you motivated. It might be a dream of a holiday, a desire to grow your own vegetables, or a hope that Carlton will one day win the Grand Final.

Find out more from [www.beyondblue.org.au](http://www.beyondblue.org.au).

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

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**Mr Richard Chapman**

*Deputy Principal (Pastoral Care)*

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“Prompted and inspired by the Holy Spirit, we seek with Christ to bridge the chasms between rich and poor. Like the chasm that separated the rich man and Lazarus in the parable Jesus told (Luke 16:26), the sin of global poverty leaves many members of our human family weak and estranged, outside the gates of warmth, hospitality and love. When we reach out from our place of comfort and open our gates, we open the way to a new solidarity as human beings. This solidarity reconciles our differences and enables us to participate in our real life which is in God and of God’s fashioning.”

*From the Australian Catholic Bishop’s Social Justice Statement 2013-2014: Lazarus at our Gate: A critical moment in the fight against world poverty.*
We had a fantastic week last week during the Year 9 Pathways Week. Day one started with an inspiring talk from Sydney based International speaker Sebastian Terry. Students worked together to not only share their goals, but to help each other achieve goals. Reflection Days and Hollybank Treetops Adventures encouraged team work and The Amazing Race was a great Challenge for many students. The whole week saw many students work with other students whom they had not worked with before. We are extremely grateful for the many volunteer helpers who were a part of the week.

Thank you to Melissa Reeves, Philip Nelson, Rosanne Brown, Jill Minehan, Peter Thompson, Debbie Clarke, Craig Jones, Meryn Yeates, Francesca Gray, Lynda Twamley, Jasmin Thorpe, Trudi Jones, Denis O’Leary and Kerri Nichols. We appreciate your time and energy and thank you for sharing your time with us.

Thank you to all of the Year 9 students. I personally hope you found the week helpful and I found it a pleasure to work with you all. This week would not have been possible without the support of the staff here at SBSC. I love working with such a supportive team of people.

Tanya Rataj

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As a part of last week’s Year 9 Pathways week, each Year 9 student participated in their annual reflection day on either Tuesday the 19th of August or Wednesday the 20th of August. Two venues were used on both days to run the reflection days; the Ulverstone Rowing Club and the Devonport Surf Life Saving Club. Pathways is about exploring what students want to do with their lives and setting goals to achieve whatever that is. However, these reflection days were no so much focused on what they want to do but who the students want to be. The focus of the day was on ‘values’ and sorting out what is most important to them and the type of person they want to be. This included writing a letter to themselves that they will receive in three years’ time on their Year 12 Retreat. The weather was beautiful, the days were thoroughly enjoyed and feedback about the reflection days and the pathways week in general has been outstanding – well done to all involved!

On a side note, I would like to thank Mr Richard Chapman and Mr Frank Pisano who facilitated the reflection days at the Devonport Surf Life Saving Club.

Kamil Douglas
Ministry and Religious Education Coordinator
The College’s prefect-led Justice Group are offering breakfast in shape of toast, juice, milo and, if you are fast, muffins for students on Friday morning’s for the remainder of the term.

On Friday the 15th of August, the College’s prefect-led Justice Group held the first of these weekly breakfasts. Experts tell us that breakfast is the most important meal of the day and statistics tell us that there are a number of young people that arrive at schools that haven’t had a satisfactory breakfast. In hope of meeting this need, the prefects and Justice Group are offering this breakfast from 8.15am until the beginning of homeroom. Below are some pictures of last Thursday’s (Friday was a student-free day) breakfast. Well done to the Eugenie Edillo (student leader) and the Justice Group on this fantastic initiative.

On Tuesday the 12th of August, St Brendan-Shaw College hosted over 400 staff and students from the nine other Catholics schools in the North-West Region, as well as special guests, for the Catholic Education Week Mass. Students travelled from as close as Our Lady of Lourdes in Devonport and as far as St Joseph’s in Queenstown. The Mass marked the first Catholic Education Week celebration with our current Archbishop of Hobart, Julian Porteous. The College Choir beautifully led the gathering through the music and the College was represented by our College Captains, House Councillors and Year 7s at the Mass. It was a wonderful occasion which finished with a BBQ lunch for the staff and students involved. I won’t name specific people (as there are too many to name) but I would like to thank everyone involved that helped make it a spectacular way to celebrate the gift and role of Catholic Education in our lives!

A few days earlier on Saturday the 9th of August, two St Brendan-Shaw College students were invited be the readers for the evening Mass at the Our Lady of Lourdes Church in Devonport to mark the beginning of Catholic Education Week. Caitlin Hendrey and Eugenie Edillo were the readers and both represented the College superbly!

Kamil Douglas
Ministry and Religious Education Coordinator
Japanese cuisine consists of a variety of interesting foods besides what the western world has been exposed to. Seafood is very common in Japan, as well as rice. Rice is a must for traditional Japanese meals and is so central to the culture that the Japanese word for rice ‘Gohan’ is used in the Japanese words for breakfast, lunch and dinner (Asagohan, Hirugohan and Bangohan). Fermented rice is also used to make sake. Sake is an alcoholic beverage, and similar to gohan, sake is used as a general term for alcohol in Japan.

Seafood in Japan is most often eaten as sashimi. Sashimi is raw food prepared as thin slices and is not limited to just seafood. The main difference between sashimi and sushi is that sushi requires vinegared rice.

Before and after meals, the Japanese say the words ‘Itadakimasu’ and ‘gochisousamadeshita’ respectively. Itadakimasu can be translated to ‘Thank you for the food’ and is kind of the equivalent of saying grace or the phrase ‘bon appétit, while ‘gochisousamadeshita’ is used to give thanks to the host of the meal.

The Japanese diet is also thought to bring longevity. Japan has the highest life expectancy in the world with an average of 82.5 years, and with a diet consisting of lots of fresh fish and vegetables and soy products.

Thomas Lamprey
Student

Fee Payment Circular

Please be advised that over the next couple of weeks the College will be contacting any parent who has an overdue account by phone and/or letter to follow up on payment of their outstanding account. We are confident that all parents of our students appreciate the necessity of maintaining a healthy cash flow for the College, as it is our students who benefit.

Any parents who feel they are unable to finalise payment of outstanding fees before the end of the term please contact the school to discuss a payment arrangement.

The College would also like to thank parents for their past and future commitments to and involvement in the life and smooth running of St Brendan-Shaw College.

Uniform Shop

Shop Hours are: Tuesday/Wednesday 10am - 4pm.

<table>
<thead>
<tr>
<th>Uniforms</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Navy/ Grey Trousers</td>
<td>$47.00</td>
</tr>
<tr>
<td>Navy/ Grey Socks</td>
<td>$8.00 - 13.00</td>
</tr>
<tr>
<td>Ties</td>
<td>$18.00</td>
</tr>
<tr>
<td>Blazers</td>
<td>$183.00 - 195.00</td>
</tr>
<tr>
<td>Maroon / Navy Jumpers</td>
<td>$78.00 - 82.00</td>
</tr>
<tr>
<td>Blue/White Long Sleeve Shirts</td>
<td>$24.00</td>
</tr>
<tr>
<td>Plaid/Navy Skirts</td>
<td>$102.00</td>
</tr>
<tr>
<td>Ties</td>
<td>$18.00</td>
</tr>
<tr>
<td>Navy Tights</td>
<td>$8.50 a pair</td>
</tr>
</tbody>
</table>
Round 5 - On Wednesday 20th August
SBSC played St. Patrick’s College in Launceston.

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Firsts Hockey</td>
<td>SBSC dw SPC 2:2</td>
</tr>
<tr>
<td>Boys Firsts Hockey</td>
<td>SPC def SBSC 2:0</td>
</tr>
<tr>
<td>Girls Firsts Netball</td>
<td>SPC def SBSC 48:19</td>
</tr>
<tr>
<td>Girls Seconds Netball</td>
<td>SPC def SBSC 55:13</td>
</tr>
<tr>
<td>Girls Firsts Soccer</td>
<td>SPC def SBSC 21:0</td>
</tr>
<tr>
<td>Boys Firsts Soccer</td>
<td>SPC def SBSC 12:0</td>
</tr>
</tbody>
</table>

Next Week’s NSATIS Games (final round)

<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>Marist Regional College</td>
<td>SBSC Gym</td>
</tr>
<tr>
<td>Boys 1st Soccer</td>
<td>3.30 pm</td>
<td>Marist Regional College</td>
<td>Valley Road</td>
</tr>
<tr>
<td>Girls 1st Soccer</td>
<td>3.30 pm</td>
<td>Marist Regional College</td>
<td>Valley Road</td>
</tr>
<tr>
<td>Boys 1st Hockey</td>
<td>4.30 pm</td>
<td>Marist Regional College</td>
<td>Devonport Hockey Centre</td>
</tr>
<tr>
<td>Girls 1st Hockey</td>
<td>3.30 pm</td>
<td>Marist Regional College</td>
<td>Devonport Hockey Centre</td>
</tr>
</tbody>
</table>

Round 6 - On Wednesday 27th August
SBSC played Launceston Church Grammar in Devonport.

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Firsts Hockey</td>
<td>SBSC dw LCGS 0:0</td>
</tr>
<tr>
<td>Boys Firsts Hockey</td>
<td>LCGS def SBSC 11:0</td>
</tr>
<tr>
<td>Girls Firsts Netball</td>
<td>LCGS def SBSC 51:29</td>
</tr>
<tr>
<td>Girls Seconds Netball</td>
<td>LCGS def SBSC 30:15</td>
</tr>
<tr>
<td>Girls Firsts Soccer</td>
<td>SBSC def LCGS 3:2</td>
</tr>
<tr>
<td>Boys Firsts Soccer</td>
<td>LCGS def SBSC 3:2</td>
</tr>
</tbody>
</table>

Schoolgirls Netball
Congratulations and good luck to the SBSC 2, SBSC 3, SBSC 4 and SBSC 5 netball teams who play in the Winter Roster Grand finals on Saturday 30th August at the' Marj Kerslake' Netball Centre in Spreyton. All games will be played at 9am and presentations at 10.15am.

Athletics
On Tuesday 2nd and Wednesday 3rd of September, the SBSC Athletics Carnival will be re-run after being postponed due to poor weather in Term 1. The carnival will run over two full days and all students are expected to attend and encouraged to participate to the best of their ability.

After the carnival, the SBSC NSATIS Athletics Team will be selected and students will be notified in the coming days. NSATIS Team training will commence on Tuesday 9th September and continue every Tuesday and Thursday until the carnival. Training will be at the College from 3:30 – 4:30pm. This year we are also offering two training sessions at the new Penguin Athletics Track. More information will be provided once the team is selected.

On Tuesday 23rd September, SBSC are hosting the NSATIS Athletics at the Penguin Athletics Track. I am still looking for volunteers who may be able to assist. If you have experience with athletics or have NBAAT qualifications please contact me at the College on 6424 7622 or via e-mail at rsushames@sbsc.tas.edu.au

Miss Renee Sushames
Head of Sport
Senior students Bailey Webb, Aaron Brown and their 'off road trikes'

SBSC Senior Automotive Studies

Industrial Wheels, bearings & student built axle

Chain Drive to rear wheels

Pocket Bike 2 stroke engine

Twist grip throttle stop switch and brake

BMX Front End

Student built Steel sub frame

Example Water Rocket

Nozzle Trimmed Off Half-Bottle
Ball for Nose Mass
Top Half-Bottle
Clear Package Tape Splice
Hot Glue Attachment
Foam Sheet Fins

CM
CP

Reaction Arm
Top Fin

We still need 2L soft drink bottles to get everyone into space

My name is Emmet. Some of the guys and I have come over to give the students a hand.

Building Water rockets
SEARCH FOR A SEVENS STAR!

CALLING ALL ATHLETES U16-U20 BOYS AND GIRLS!

FIT?  
COMPETITIVE?  
GOOD HAND-EYE?  
WANT TO WIN GOLD?

The Australian Rugby Union will be holding a Youth Talent Identification night in both Hobart and Devonport at the start of September.

No matter what sport you currently play, you might like to try out Sevens rugby.

You don’t need to know anything about rugby to attend!

VENUES

<table>
<thead>
<tr>
<th>HOBART</th>
<th>DEVONPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6pm, Mon 1st September</td>
<td>6pm, Wed 3rd September</td>
</tr>
<tr>
<td>Rugby Park, Selfs Point Rd, New Town Bay</td>
<td>Don Recreation Ground, Richardson Dr, Don</td>
</tr>
</tbody>
</table>
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. **Model good mental health habits**: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well. Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Provide a space of their own**: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know and, even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. **Talk about their troubles**: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his