Principal News

We begin the last Term with our prayers being with our senior secondary students who begin Swot Vac in the first week in November prior to TQA exams held from 10 – 21 November.

I wish our SATIS Athletics team a relaxing journey to Hobart tomorrow and the weather in Hobart is looking promising for an enjoyable Carnival on Saturday.

The Tasmanian Catholic Schools’ Parent Council (TCSPC) provides the forum for Parents who have children educated by the Catholic Network of schools. The Annual General Meeting and Conference takes place on Sunday 26th October at St Finn Barr’s Catholic School 247 Invermay Road, Launceston. Keynote addresses will be provided by Archbishop Julian Porteous who will outline a vision for Tasmanian Catholic Schools, Parishes, Clergy and families, and Mr Francis Sullivan from the Truth and Healing Council who will talk on why the Council has been put in place and recommendations for moving forward.

Registration can be made through the following links: http://www.trybooking.com/FNNAor http://www.trybooking.com/97006
Registrations are essential for catering and the $10 cost can be paid on arrival. The full program can be found at the TCSPC website at: http://www.tcspc.org.au/

The TCSPC is associated with the Australian Council of Parents who are hosting International education futurist, David Price OBE, to present a workshop in Launceston (at St Patrick’s College) from 6:30 to 8:30pm on 6 November. In his bestselling book "Open", David explores our fast changing world and the impacts on how we will live, learn and earn. In the workshop David Price OBE will explore 'what is an education worth having?' and how can we enhance learning opportunities for young people.

Mr Frank Pisano
Principal

“Wounds from a friend can be trusted, but an enemy multiplies kisses” - Proverbs 27:6
**Deputy Principal Notices**

**Immunisations**

Whilst it is another month until our next round of immunisations, some students may have missed out on being immunised earlier this year. The next chance to catch up on any missed immunisations will be on Tuesday 28th October at the East Devonport Child and Family Centre (40 Drew St) from 3pm to 4pm. If you have any queries regarding the immunisations, please contact the Devonport City Council on 6424 0511.

**Advanced Notice**

Friday 31st October will see our final Year 12 Assembly. This begins at 10:00am. On this day, all students are expected to be in full school uniform with their blazers. No student should be in PE uniform for any excuse. No student should be without a blazer. If students feel they will have difficulties meeting these expectations for that date, they must see myself in the days leading up to Friday 31st October and I will help them meet the requirements.

Mr Richard Chapman  
Deputy Principal—Pastoral Care

**Justice**

We like to think that sport reflects the best in us, but if it does, we have to admit that it can also reflect the worst in us. It can be like a crown of thorns. Sometimes it shows things that make us ashamed. As Pope John Paul II said in an address to athletes in 2000:

*It can be a vehicle of high human and spiritual ideals when it is practised with full respect for its rules; but it can also fail in its true aim when it leaves room for other interests that ignore the centrality of the human person.*


**Uniform Shop**

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

- Navy/ Grey Trousers $47.00
- Navy 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
**Community**

**Junior Softball**

Come and try Tee Ball or Softball on Saturday mornings from 10.30am at the Ulverstone Show Ground, Flora Street West Ulverstone. All equipment is provided (gloves, bats, balls, helmets etc.) all you need is your sandshoes and a drink and make sure you bring along all your friends. This will be a weekly timeslot for all children (boys and girls) aged from 4-16 years; Teeball (4-9yrs), Batter up softball (10-13yrs) and U/17 Softball (14-16yrs). For more information please contact Kelly Atkinson 0400 068 463, kelg77@bigpond.com or Matthew Knowles 0439 351 047.

The world of bowls awaits

Do you want to represent your state or country or go to the Commonwealth Games? If so, then have you ever tried bowls? The Devonport Bowls Club will be running an orientation day on Wednesday 12th November, from 4 - 6 pm with a BBQ tea provided. This will continue to run on the 19th and 26th November. While it might look easy, bowls is a true test of skill and patience. If you would like to give this a go, please call in to the HPE office for some further details.

**High School Cricket:**

The College is currently seeking interest from students in Year 7 - 9 who would like to play in a proposed High School cricket roster. Any interested student needs to have signed up at the HPE office by the end of school on Friday 17th November. Once we know numbers, we can then make further arrangements with regards to cricket.

Mr Steven Ryan  
Head of Health and Physical Education

**Picking your Pathway**

The event is next Monday afternoon. It is only suitable for School leavers who have completed at least Year 10. The session will include information from major agricultural producers in the region regarding immediate short term seasonal jobs and longer term career opportunities available in the agricultural industry.

Job Seekers will have the opportunity to talk to potential employers and participate in a Q & A session about the types of work available, the rewards and employer expectations. The session will be held at CMAX Cinemas, 5/7 Best Street Devonport, from 4 pm - 5 pm on Monday the 20th October 2014.

It would be a good way for student to earn an income during the summer break prior to further study.

Alderman, Steve Martin  
Mayor, City of Devonport
Term 3 Social Photo's
Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn’t really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

**When does fun flip into addiction?**

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives; teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

**Signs that your child may be developing a gaming addiction include:**

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry
- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

**What does this mean for parents?**

Have you had yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is. Many parents feel alone in regards to their child’s problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.
You can start to help your child by implementing some simple steps:

Set time limits – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

Limit content – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

Keep gaming out of the bedroom – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

Gaming is a privilege, not a right – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming? Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

Video games are not a babysitter – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

Search for a therapist – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – it’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According to [www.video-game-addiction.org](http://www.video-game-addiction.org), “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Catherine Gerhardt

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

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