Today we see the last day of formal classes for our Year 12 students and it is always an emotional time for us. As I looked around the room at this morning’s breakfast for our graduands and their families, I recalled snippets of the individual stories that we have shared over these past years and it is as if we have, together, woven a living tapestry. This tapestry stretches back to all of those students who have graduated before them and who now make their way in the world.

Today and tomorrow are opportunities for us to celebrate their years at St Brendan-Shaw College, and to mark the Year 12s’ passage from formal schooling to lifelong learning. Next week, Swot Vac leads into the TQA examinations. Elevate Education has offered the seniors strategies for maximising performance in exams and I hope that many have adopted some of these in exam planning. Some advice that is particularly relevant to Swot Vac and home study includes, studying as you will sit exams. Thus, do not listen to music. During Swot Vac, the exam rooms will be available for students to work quietly in. Studying in the same physical setting as where they will sit an exam is an advantage. For this same reason, coming to school in uniform during Swot Vac connects study to the way that you learned and will sit the exams. One variation, however, is that when practicing using past papers, do so with your notes/texts at hand and pause and look up what you are not sure about.

Finally, all Year 11 and 12 students are to sign in and out at the Caritas Office so that, in the event of an emergency, we can account for them. The one exception is when they sit exams. In this case, go directly to the exam rooms (T6 T7 T8 and T9).

In closing, I ask all to join me in praying that our seniors are inspired by the Holy Spirit and calmed by our loving Father to perform to their best ability in their exams.

Mr Frank Pisano
Principal

"And so we know and rely on the love God has for us. God is love.” 1 John 4:16
Aerosol sprays and Asthma

SBSC has a number of students with Asthma. Some students are experiencing increasing sensitivity to aerosol sprays and Asthma attacks are resulting. Please be aware that asthma can be fatal! This is why we decided to make the following new rule.

—> NO aerosol sprays are to be used at the College, on buses to and from school or at College events. (Roll-on deodorants are an alternative) If staff see these, they have been instructed to confiscate them. Parents can collect these at their convenience at the Caritas office.

Justice

There is no justice quote today as the Year 12’s are keeping Mr. Richard Chapman busy... fighting off super soakers...

- to be continued-

 Lyons House Fundraiser

LYONS HOUSE FUNDRAISER held last Friday

CanTeen National Bandanna Day! Every year, another 23,000 young people have to deal with the challenge of cancer - whether it’s their own diagnosis or that of their parent, brother or sister.

At CanTeen, they believe that no young person should face cancer alone. That’s why we got involved with National Bandanna Day this October.

Funds raised by National Bandanna Day pay for specialist hospital care, counselling and individual assistance as well as information and peer support programs for 12-24 year olds affected by cancer.

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

Very Important Notice

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Year 10 Reflection Days were held last week at the Devonport City Soccer Club and the Ulverstone Rowing Club. The Reflection Days were held over three days for the six classes with two classes going on each day. The theme of the Reflection Days was around ‘Social Justice’ and the College was very fortunate to have the days expertly led by Br Sean McManus (a Christian Brother who represents Edmund Rice Network Tasmania). On the days, students explored; the concept of social justice, contemporary social justice issues and what action students can take moving forward.

Highlights of the days included listening to, asking questions about and quietly reflecting upon the moving stories of four asylum seekers (some of whom were present each day), playing ‘Ninja Destruction’ and exploring social justice ideas through range of activities.

Br Sean was assisted by some energetic and passionate young adults – part of the Edmund Rice Network through Eddie Rice Camps - in delivering the program each day. All of the students and staff involved thank Br Sean and his team for running such an eye-opening, enjoyable and engaging program.

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Amnesty Fundraiser

The staff held a morning tea on Friday the 24th for Amnesty International - the organisation for human rights. The fundraiser was called AmnesTEA and was hosted by Miss Imelda Saunders, a member like me from the NW Tasmania Amnesty group.

In addition to the amount raised by AmnesTea, I managed to raise $92.50 from my workplace at the Beach Hut Coffee cafe in Ulverstone!

Laura Wood
Year 12

Their last day starts off with a breakfast:

Athletics BBQ
Round 1 of the High School Touch Football Competition commenced this Thursday. The Year 9/10 Girls started well with a win against Latrobe High School.

The drum clinic
As an old student from class of ‘87 it was amazing to play music again after all these years. Mr Muir was the music teacher back then and I was privileged to participate in the "Let it be music marathon" approximately 17.5 hours. Big Thank You to All.

Fastest teenager on water with 168km/h
Devonport power boat racer Georgia Palmer is officially the youngest person in Australia to claim the prestigious 100-mile-per-hour badge. www.theadvocate.com.au
Oh, so serious!

When Malcolm Dix found himself taking life too quickly and too seriously, he decided to take a dose of his own medicine.

Everywhere I go I hear from parents that they are too busy, too stressed, and have too much to do and not enough time. Many social observers say parents seeing themselves as ‘time poor’ is at epidemic levels, a belief that is only compounded by technology that enables us to be connected 24/7.

At one point I personally had to take some time to stop and honestly reflect upon my own life and that of my family. It didn’t take long for me to see that I too had become caught up in the ‘busyness’ of life.

I knew that for the sake of my kids and my family, I had to make a change but it requires a day-in day-out conscious level of commitment – a commitment to practise joy, fun, patience, forgiveness, stillness, and dancing and reflection.

Currently I’m doing seven things to calm my life down and that of my family while trying to create more space for my children to simply enjoy their childhood. (Some of the following I’m sure you already do but it’s taken me a while to figure them out.

My strategies to slow down and not be so busy are as follows:

1. Eat together as a family at the table at least four nights a week.

There has been more and more written about the importance of families eating together and the positive effect it has on children and adults alike. I have to say I’m enjoying it.

2. Avoid watching the nightly news.

I’ve stopped watching the news and to my surprise the sky never collapsed as I had feared. I’ve much happier man not watching the oh-so-depressing news.

3. Turn off the TV and sit around an open fire.

I’ve constructed a simple fire pit in our inner-city backyard and every second weekend my partner, the kids, and I toast marshmallows, listen to funny songs, talk, and look up at the stars. Who needs to go camping to enjoy the outdoors? My eldest boy (13 years old) is also learning to set a fire and his younger brothers are learning a lot about flames, hot coals and what happens to marshmallows when they are left in the fire for too long. Meanwhile my 16-year-old daughter will stare at the flames for an hour thinking about who knows what but for me this is better than seeing her staring at social media or watching mindless television.

4. Dance together.

I’ve made the conscious decision to start dancing in the kitchen with my kids at least three times a week. I can’t dance to save myself, however I have three boys and if they are ever going to learn to dance and be comfortable with moving their bodies, I suddenly realised I have to lead the way. This parenting caper sure can be humiliating at times, but we wouldn’t have it any other way.

5. Exercise together.

I exercise with my kids at least four times a week, usually at the local park kicking the footy, throwing a frisbee, running with our dog and so on. I have realised that the best way to get them all moving is by moving myself too.

6. Explore nature together.

I’ve started spending more time in nature with my kids by taking them to the river, the hills, lakes, nature parks. I keep it local, with the occasional longer drive on weekends. I contacted my local council and found so many fun things to do as a family in my local area that I never knew existed … who would have thunk it?

7. Limit your own social networking.

I have severely reduced my time spent on social media such as Facebook, Twitter etc. My personality type could disappear into social media and never come back so I knew I had to significantly change my ways and, once again, it’s all about positive role modelling for my kids.

So there you have it, my strategies for simplifying and calming my family life. As a result I’m happier, less stressed and far more ‘present’ for everyone which, in turn, is having a positive effect on my kids.

Malcolm Dix