Dear Parents,

You would all be aware of the tragic events that occurred at St Patrick’s last week. As a school, we have sent messages of sympathy to the families and school community, as well as a message of support to Dr Carroll. Whenever these events occur, there is much emotion and confusion. It is sometimes very difficult to make sense of what has happened. Included with this Bulletin, is an article from Mrs Sally Dwyer (School Counselor) about Helping Teens with Grief. For a balanced view on recent events to do with knives in schools, please read the article by Moira Rayner on eureka@eurekastreet.com.au.

Last Saturday, Padua College played some of its cricket at St Edmund’s at Ipswich. On this occasion, some teams were left short of players and a team had to forfeit. Padua College does not offer an extensive and expensive sport and co-curricular program, simply for the sake of the particular activity. We offer these opportunities to develop talents and skills, to develop team or group skills and to reinforce or develop the value of commitment. In our busy lives, commitment can easily be overlooked in favour of convenience. But what does that teach the young men at Padua? Sometimes, commitment is hard work and inconvenient, but the gain is a young man who knows his responsibilities; is considerate of others; and can prioritise appropriately. I am looking forward to the boys representing Padua in their selected co-curricular activities giving of their best with commitment.

Tomorrow sees the completion of the first Interhouse sporting competition. Last week, the Eastern Campus cheered their way through the swimming events with Odoric House being victorious. I know that all students will be loud and proud in their support of their House. It should be a fun day!

Next week, the College officially acknowledges the beginning of the school year with our Inaugural Eucharist. We are privileged to have Bishop Brian Finnegan celebrating the Mass with us. It will definitely be a special occasion.

It is difficult to believe that we are half way through the term. Your sons should be well settled into their study routines. Exams are not far away for students in Years 8-12. Best wishes for the next fortnight.
It has been another eventful fortnight in Pastoral Care at Padua. The week began with the commencement of the 'Get To Know You Camp' for the Year 8s. A one night / two day trip to Amaroo allowed the boys to discuss issues of: Bully Busting at Padua, the development of House spirit and the concept of spiritual reflection. Most importantly, the boys spent a large part of the camp focusing on getting to know the other boys in their House. While most enjoyed different aspects of the camp, without doubt the highlights were the day spent at Noosa Beach and the dusk Mass with Father John.

On Friday the Year 9s made a visit to our neighbours, Mt. Alvernia. The ladies were fantastic hosts, providing a barbecue lunch and then entertaining with competition in basketball, swimming and volleyball. The afternoon was a great success and one that I am sure will be repeated in the future. Thank you to Mr Paul Garufi and Ms Amanda Bopf (Mt Alvernia) for their organisation of this event.

This Friday is the House swimming carnival and anticipation is already high. War cries can be heard ringing from the corridors at lunchtimes and the four House colours are appearing all over the school. Could I please remind all parents and students that the boys are to wear their school uniform to and from school and to change during PC time. Students may wear College sports clothing or appropriate supporter attire. Any student deemed to be dressed inappropriately will be asked to change. Also, there is to be no body paint or body zinc.

Good luck to all four houses and don’t forget the sunscreen!!

Ben Lowrie
Vice Rector Pastoral Care

Beirne House Update

From the Beirne House Guardian

This year the Beirne House promises to be filled with enthusiasm & success. Jack Kelly our Captain and Elesio Rossi have new war cries, new banners and a renewed energy that has filtered through to all the boys, especially the Year 8 boys at their camp. Our fine seniors have been a great support to Jack and Elesio. They enjoy the spontaneous war cry huddle at morning tea. This year our focus is for the boys of Beirne to feel valued for their talents & participation no matter how small. The excitement will peak this week at the House swimming carnival which will see the boys enjoy the light hearted events as well as the championship races.

I wish all the houses a good carnival but beware that ‘Beirne is Hot to Go!’

Paul Garufi
Last week I was with the year 8 boys on their “Getting to know you” camp. It was a very enjoyable experience. With each of the four House groups I joined them in the celebration of the Eucharist, including two Ash Wednesday liturgies. At the end of one of these, one of the boys asked me what all this “Ash Wednesday business is about?”

The query reminded me of the title of a book written by a Catholic educationalist William J. O’Malley S.J. “Converting the Baptized”. So many of the boys these days come from families where church attendance is minimal, and their sons’ understanding of Christianity is rudimentary. This is a challenge for all those who teach in Catholic schools. It is not that the boys are hostile to the faith, but many are uninformed, and a number show mild indifference; add to which their parents have not grown to be adult Catholics, nor have they raised their children with any affinity to their local Catholic parish and its community rituals.

For all of that, it is refreshing to see the positive response of so many of the Year 12 seniors at their recent “Men Alive” when they were exposed to a muscular dimension of male Christian spirituality. Then too the attendance at Friday lunch-time Mass, held at the beginning of the boys’ lunch time. Last week some 55 boys in attendance, and a third of them Senior students!

So if we are to convince the boys to live even good human lives- much less good Christian lives- we must approach them first on the level of reason, not on the level of fearful obedience to God, or mindless conformity to the Church they wrongly believe as irrelevant.

I was heartened this morning to be in a Year 5 class speaking to them about the Eucharist (in preparation for the College Mass on 5th March) and to discover so many had a good knowledge of Jesus, the Last Supper, and the Crucifixion.

If you would like to upgrade your understanding of our faith, I recommend Lawrence S. Cunningham’s "An Introduction to Catholicism“(Cambridge University Press, 2009).

Fr John

SCHOLARSHIPS – STUDENTS IN YEARS 7 AND 10 - 2010
If you wish your son to sit for a scholarship at Padua College, you can apply on the Padua website –
http://www.padua.qld.edu.au/enrolments/scholarships
Please note: Tuckshop Convenor Dianne Wilson will be on long service leave Term 1. Robyn Layton will act in her position. Please contact Robyn if necessary ph 3359 5000

FROM OUR SPORTS MASTER

AIC Rugby Trials;

13yrs - Wed 3rd, 10th and 17th March. 6.45-7.45am on College Oval
25 players will be selected for Rugby Camp 22-24th March Sunshine Coast

14yrs - Tues 2nd, 9th, 16th March 6.45-7.45am on College Oval

All players must wear boots, rugby jersey, mouthguard, head gear if you usually wear one and bring water bottle.

Trial match v SPLC Sat 27th March at Banyo.

AIC SPORT

Whats up and coming....

Friday 26th Feb - House Swimming Carnival Valley Pool
Sat 27th Feb AIC RD 4 V IONA COLLEGE
Fri 5th March AIC/CIC Swim Meet v SPC
Sat 6th March AIC RD 5 V VILLA
Tues 9th March 1ST XV Trial v Siena
Thurs 11th March AIC SWIM CHAMPS
Sat 13th March AIC RD 6 V SPLC

SCOTT MAGUIRE
Head of Sport

FROM ENROLMENTS

We are now accepting enrolments for Year 5 2015 and Year 8 2017. We appreciate applications once your son enters Prep or Year 1. Even if you have a son at Padua, you will still need to enroll early to get a place for other boys in the family. Don’t be disappointed.
Surfers Helping Surfers
Last Sunday (21 February) 15 boys and three staff members (Mark Taylor, Claire Clapham and myself) travelled to Flat Rock Beach, Currumbin to work as volunteers for the Disabled Surfers Association (DSA). It was great morning working with dozens of other volunteers helping people with disability have some fun in the surf. Teams of volunteers would work together around one surfboard to provide a short wave ride for the participant. The next morning will be Sunday 21 March at the same location. Thank you Michael Batty (Yr 12) and his dad for promoting the idea here at school. Mr Batty and his family have been involved in the DSA for more than 20 years. Volunteers are now asked to register their interest. The school mini-bus will be available on the day. See Mr O'Brien if you are interested.

Little Kings Collection
The enthusiasm for helping out with this year’s collection has been incredible. I feel a new collection total coming on! Thank you to all those students (and their parents) who have taken a kit and collected. Five dollars is five dollars that Little Kings didn't have before! This organization does not receive government funding so every dollar raised is valuable to them. To the serious side of things EVERY KIT must be returned and accounted for. This is a legal requirement. I urge all outstanding kits to be returned asap.

Year 10 Spirit Days
The Yr 10 Spirit Days are due to be held on 2 & 3 March. Thank you for returning the Permission Slips. The boys will be divided in their Houses and attend one day at Padua and the other day at the former Marist Rosalie College which is now called La Valla Conference Centre. National Evangelisation Team (NET) and Peer Power will be the presenters for these days.

2010 Inaugural Eucharist
Next Friday 5 March the school year will be officially, and liturgically, opened with a celebration of the Eucharist. This year’s celebration will be led by Bishop Brian Finnigan, Auxiliary Bishop of Brisbane and concelebrated by Fr Paul Smith, Minister Provincial of the Franciscan Friars and Fr John Boyd-Boland, our college chaplain.

2010 Franciscan Appeal
The launch of this year’s Franciscan Appeal in support of St Francis of Assisi School in Timor-Leste will be held at next Thursday's Whole School Assembly. This appeal is tied to the college's two cross country events for which students are asked to seek sponsorship for their participation. In 2009 we raised a staggering $35 000! In the next couple of months Mr Taylor, myself and two Paduan students will be visiting the school in Timor and seeing for ourselves the progress of last year’s project – the building of a fence around the perimeter of the school grounds.
SECOND HAND CLOTHING

Second hand clothing submitted for sale must be in good condition – clean and wearable order. Blazers are to be dry cleaned and on hangers with tags attached.

Name and address should be on tags with all garments.

Clothing is kept for 12 months only and is then automatically given to the Missions.

Second hand clothing is only acceptable for sale once, and cannot be resold. Only Blazers are accepted for resale.

Items brought for resale will be given to the Missions and not sold via the Uniform Shop.

Track pants & spray jackets are no longer accepted for sale as second hand.

Cheryl Cacciola
Uniform Shop

PADUA

PHOTO GALLERY

Red Cross Blood Donations

Disabled Surfers Volunteers

Beirne Leaders Jack Keily & Eliesio Rossi

YEAR 8 CAMP

Rosies St Van Volunteers
ODORIC RULE THE POOL

Odoric House dominated the House Swimming Carnival at the Albany Creek Leisure Centre last Friday, winning with the commanding lead. The narrow 2009 win by just 2 points over Mitchell House was backed up in 2010 with an 87 point victory over Beirne House.

Mr Sean Graham had the boys well drilled for the Pool Noodle Relay and the 120 points gained with a clean sweep to Beirne’s 70 points, secured the victory.

BEIRNE VALIANT SECOND

Beirne House last won the swimming carnival in 2000 and early in the day they were battling for the lead. A victory was always possible until late in the day. With Beirne’s U10’s looking strong, the future looks good for a possible win in coming years.

MITCHELL SLIP A POSITION

After narrowly losing the 2009 title by just 2 points the mighty Mitchell House may have been hoping to go one better in 2010. House leader, Karl Garufi had the boys inspired with a magnificent banner he had arranged a friend to create and donate, but Mitchell always looked like placing 3rd.

GRIGG’S DECADE OF DOMINANCE ENDS

Grigg House has dominated swimming in the last ten years, winning the carnival seven times, but they were always struggling and never looked in the event.

TEACHER’S REMAIN UNDEFEATED

The students put up their best team to take on the teachers, Mr Graham, Mr Casey, Mr Willey, Mr Ritchie, Mr Moxon and Miss Mahoney in an across the pool freestyle relay, but once again proved unable to match the might of the teachers!

CONGRATULATIONS TO THE ELITE

Selected swimmers from the CIC Squad were chosen to compete in each of the form strokes and all the boys did very well. Those below had most success.

U10 - Jackson Bull, Dominic Cotter & Tye McAlpine
U11 - Lachlan McGrory, Sam Jewell & Owen McCarron
U12 - Lachlan Caldwell, Rhys Kelly & Julian Lavrencic
U13 - Fabio Cavallo, Lawrence Garufi & Tim Lancaster

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David Wren
CONFIDENT KIDS® & TEENS PROGRAM

Helping your child with success skills!

Confident Kids® and Teens is an evidence-based resiliency program designed to assist kids and teens aged 5-15yrs develop life skills to boost confidence, resilience, social and emotional wellbeing. Max of 6 children per group. Run by experienced Psychologists. Medicare and private Health Fund rebates apply. Enrol now for Term 2. To find out more call 3368 1307, email larne@positivefamilies.com.au or visit www.confidentkidsandteens.com.au.

Positive Families is the exclusive provider of the Confident Kids® program.

ST GERARD MAJELLA. CHERMSIDE WEST PARISH

146 MAUNDRELL TERRACE, CHERMSIDE WEST

JUMBO 2010 Jumble Sale

Saturday 20 March, 2010  6am to 2pm.

Donations of stock can be left at the church from Monday 8 March onwards.

Remember: Stock must be in GOOD SALEABLE CONDITION (that means good working order). No computers, Encyclopaedias, Magazines or Mattresses please.

We will be looking for Books, Clothing, Shoes and Bags, Paintings and Jewellery, Kitchenware, Caneware, Homewares, Manchester, bric-a-brac, DVD’s, Toys, Electrical Goods, China and Glassware, Furniture, Tools, Sporting Goods and Gardening Equipment. Large items can be collected by arrangement with the Parish Office.

ALL PROCEEDS TO THE BUILDING FUND.

ENQUIRIES PHONE KATE 3359 0088 OFFICE HOURS
Friday 26 February
6.00pm – 10.00pm
La Cordelle
(Padua Secondary Campus)

Tables of Ten
BYO Nibbles/Food
and Wine Glasses

Great prizes to be won!
Bar Facilities

$100 per table of ten. Bookings can be made through Robyn on 3857 9907 (provide your team name, your own or Business sponsor) or by mailing the tear off slip below and money to:-

Trivia Night c/- Padua College, 80 Turner Road, Kedron 4031.

Payments must be made by Friday 19 February (Cash, Cheque or Credit Card)

Table booking ($100)

Team Name: ______________________
(Be creative or have a Business Sponsor your Team)

Credit Card Details: ______________________ Card Expiry Date: ________________
Everyone knows that raising kids is just about the hardest job you’ll ever do. Kids don’t come with a manual or set of instructions.

And parenting is not something you want to learn by chance. You definitely don’t want to practise your parenting on your kids.

Parenting is a challenging task, and it’s easier when you get the right advice and don’t feel you are parenting alone. Leading parenting educator, Michael Grose has an enviable track record of helping parents and professionals raise and teach today’s kids. He is the author of seven parenting books, an in-demand parenting presenter and, the current Body & Soul Parenting columnist reaching 6 million Australians every Sunday.

Michael says “parenting has changed fundamentally and dramatically in recent years. Most kids are highly connected to each other, growing up at the speed of light and are ill-prepared for a future where relationship skills and resilience will be the new essentials. And their parents feel confused, emotionally needy and fried by the busyness of their lives. That’s why I created a wide range of practical parenting education resources. I want to make sure you get the very best information and ideas available to help you raise kids with confidence, character and resilience.”

So if you would like to check out the easy-to-use, great value at home parenting strategies and tactics that Michael has developed, email Sally Dwyer, Student Counsellor Padua, (sdwyer@padua.qld.edu.au) to receive fortnightly electronic tips. He guarantees to remove the trial and error from your parenting, and help you bring out the very best in your kids.

They deserve nothing less!
The University of Queensland’s Child and Family Psychology Clinic provides clinical services to families of children and adolescents who are experiencing behavioural and emotional problems, or to parents who are wanting to feel more confident and competent in their parenting role. Referrals are accepted for a range of common issues, including tantrums, non-compliance, hurting others, anxiety and mood problems. Specialised programs are offered for families of children with hyperactivity and attention problems, intellectual disabilities or developmental delay, autistic spectrum disorders and health related problems such as recurrent abdominal pain. Assessments for learning difficulties are also available. The Clinic offers both individual and group programs using the internationally recognised Triple P – the Positive Parenting Program. This group program is usually delivered over 8 weekly sessions.

As a self-funded agency, the Triple P Clinic charges fees for its services. Individual sessions with a psychologist are charged at a rate of $45 per one-hour session, or $100 per one-hour session for a private practice psychologist. The 8 week group program costs $290 per family.

Triple P Programs on offer this year;

**Full day standard Triple P:**
- Sat 29 May
- Sat 4 September

**8 week standard Triple P:**
- Wed 21 April
- Tues 20 July

**8 week Teen Triple P:**
- Wed 26 May

Note: the standard Triple P programs are suitable for parents with child aged between 1-12 years of age, whilst Teen Triple P is suitable for families with a teen aged 12 years and above.

For more information about the Clinic and availability of services, or to make an appointment contact:

**Child and Family Psychology Clinic**
Parenting and Family Support Centre
School of Psychology
The University of Queensland
Brisbane Qld 4072

Phone: 3365 7290
Email: 3365 6724
Website: [www.pfsc.uq.edu.au](http://www.pfsc.uq.edu.au)
HELPING TEENS WITH GRIEF

Being a kid, especially a teen, can be naturally difficult. Teens are no longer children, but no yet adults. With the exception of infancy, there is no other period of development so filled with change. As boys grow older, they naturally begin distancing themselves from family as a way to develop their own independence and identity. This can be interpreted as not needing or wanting support, yet during times of grief, boys need to be surrounded by caring and understanding people to help them begin the healing process.

While it’s natural for boys to seek support from their peers, many of their friends may be inexperienced with this issue and won’t have the ability to be supportive in the most helpful manner. Young people often receive mixed messages regarding grief. They are told to be strong, to carry on, and even sometimes told “now you’re the man of the family”. These expectations may prevent them from expressing their own feelings of loss and seeking comfort from others.

Commonly boys think of themselves as immortal and immune to danger or harm. When death occurs it may push boys to test this belief by experimenting with high risk behaviors. Each person is unique. Responses to grief will vary from boy to boy. The important element is to have a caring adult to support them in this difficult time.

HOW TEENS GRIEVE

- Reactions such as stomachaches, headaches, sleep disturbance, nightmares and the inability to concentrate or focus are physical ways the body responds to death.
- A lack of questions or showing of emotions does not mean the teen is not grieving. Numbness serves as an opportunity for their emotions to catch up with what their mind is being told.
- Even if your young person did not have a close relationship with the person who died, death can often trigger feelings from other losses. These feelings can be just as strong and need to be supported.
- Young people are protective of those they care about and feel responsible for causing their emotions. Explaining to them that they are not the cause of that emotion is important.
- Expression of emotions, especially anger is very common in teens. Providing safe opportunities for them to express feelings without being judged or punished is important.
- It is common for young people to re-grieve a death when they reach a new stage of development. Anniversaries and significant events in their life may cause their grief to resurface.

DEALING WITH TRAUMA

- Trauma alters the sense of safety and predictability that young people need to feel secure in the world. This increases the need to discuss their safety concerns and re-establish a sense of normalcy.
- Trauma can occur even when there is not a personal connection to those directly involved in the situation.
- It is most helpful to have the opportunity to process the experience and feelings as soon as possible after the event.
- The trauma must be addressed before the healing process may begin.
- If the trauma incident is highly covered in the media, it is important that boys have the opportunity to discuss their thoughts, feelings and interpretations.
- Boys often turn to each other for support and cling together in time of grief. This is normal but it does not preclude the need for adult supervision to ensure that they make healthy choices about how to handle their strong emotions.
A CARING ADULTS ROLE

• Adults need to be aware of their own feelings and ways of coping with grief. Those able to confront, explore and learn from their own experiences are then able to help young people develop healthy attitudes as well.

• Teens need to be surrounded by loving, supportive and accepting adults who will listen to them and encourage them to express their questions, thoughts and feelings. This will take extra time. Be ready for a vast range of possible grief reactions. Let your teen know it is alright to be upset or react differently to others. There is no “set style” of grieving. It you label tears as “weak”, nightmares as “childish” or anger as “bad behaviour” your teen may have no outlet for expressing how he feels. The only solution may be to withdraw and keep these feelings suppressed which could lead to depression.

• Be aware of your own sense of helplessness when it comes to observing your teen in grief. Perhaps you have already realized that you can’t kiss it better this time. But don’t overestimate how much a hug can mean, even to your otherwise “grown up” teen. A smile or a gesture of encouragement and acceptance can have the same positive effect.

• Answer with empathy rather than advice. Empathic responses don’t claim to have answers, nor do they solve the problem. Their value lies in showing that you understand and accept the feelings you have just heard. This encourages further conversation and promotes open communication.

• Trying to shield a teen from the pain of grief may exclude him from what may be a healing experience. Allow them to make choices about how they might be included in rituals. Prepare young people for what they might experience.

• Try to provide as much consistency and routine as possible. Teens may test the limits and need to see that the same rules and consequences are enforced. This provides a sense of security that is important.

• Help teens find avenues to express their grief. Some people like to journal, others prefer art, dance, music, or physical activity to release stress. It’s important that each person be allowed to find what works for him or her.

• If you have specific concerns about your teen, or need help finding additional resources, contact the Padua Student Counsellor (sdwyer@padua.qld.edu.au) or ph: 3857 9972.

• Remember, you are their model. How adults respond when someone dies has a major effect on the way young people react.