



# BOARDING BUZZ TERM 2 2023

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From the AP Residential  
Wellbeing Activities

**ANZAC Day**

Themed Dinners

**Residence Reports**

Country Visits

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Year 12 Formal







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# FROM THE ASSISTANT PRINCIPAL - RESIDENTIAL

During my time at St Brendan's College, I have been constantly amazed by the commitment and care of the residential staff. The Heads of Residence, Assistant Heads of Residence and Supervisors, who work day in and day out alongside the boarders, consistently go above and beyond to create a nurturing environment that provides excellent support. So, what does this look like? Dr Tim Hawkes, former Headmaster of The King's School in Sydney, and the inaugural Chair of the Australian Boarding Schools Association, describes an excellent boarding environment as:

- Neither too formal, so that individuality is crushed, nor too informal, so that propriety is threatened.
- Embracing those intangibles that transform a place of residence into a home.
- A place where procedures are practised with an understanding of their necessity, and routines are celebrated for their capacity to achieve those ends not always obtained through natural inclination.
- A secure sanctuary - there is the joy of belonging, and a community that brings order to life and repair to those elements of character that nature and nurture might have conspired to neglect.
- Its culture being less about the carefully crafted rules but rather more in the unwritten habits that have been cemented into a community.
- One that is happy, and happiness is seldom arrived at through routines that deprive of dignity. Happiness requires warmth and empathy but does not require a saccharine existence of self-indulgence.
- One that will occasionally express its love in a compulsion to adhere to prescribed expectations.
- A place where individual rights are celebrated, but not at the expense of community rights.
- A place of balance between personal freedom, wherein is found the expression of creativity, and corporate duty, wherein is found the expression of proper citizenship.
- One whereby staff are chosen as much for their personal character as their professional skill. These skills must include an enjoyment of the young and

an appreciation of their proclivities and passions.

We would like to think that boarding at St Brendan's is reflected in the statements above. By no means are we perfect but parents and carers can rest assured that the residential staff strive to have their boys and the boarding community's best interests at heart. In an industry where it can be challenging to attract good staff, we are certainly blessed here at St Brendan's with the calibre of men and women who work with our boarders in the four residences. A special mention to Allan Ahmann, Sandi Worsley, Cameron Watson and John Bond for their leadership.

Term 2 has been another action-packed period. Public holidays, Year 12 formal, national boarding week, theme dinners, camps, Edmund Rice feast day, domestic violence walk, club sports, school rugby league trials and the myriad of weekly and weekend boarding activities have certainly provided plenty of activity for the boarders.

This term has also seen the establishment of the Boarding Parent Network Group. Thank you to the parents who joined the first meeting. We look forward to the continued growth of this avenue for parents to connect and contribute to the positive life of the boarding community.

We hope the mid-year holiday provides some valued family time for all. Please enjoy looking through the following pages of the Buzz, a small window into your son's boarding life at St Brendan's.

James Couper  
Assistant Principal – Residential





# STAFF GLIMPSE



MR BARNES



MR HILL



MR AHMANN



MR GREEN



MR BUTLER



MR CORRIE



MR MABO



MR HUGHES





MR OTTAWAY



MR PURDIE



MRS GREEN



MR WATSON



MRS GEARY



MR RAINEY

MR SCHELLEIN



MRS WHITE



# ACTIVITIES & WELLBEING

Another action-filled term has somehow slipped by, filled with wonderful cool weather and abundant keen attitudes! Throughout the term, we organised a variety of activities to keep the boys engaged and entertained. Some of the highlights include:

- Stoney Creek Day.
- Funzone and Rocky Shopping.
- Onsite Friday night movies in CPAC.
- Movie outings to Yeppoon Cinemas and BBC in Rockhampton.
- Hiking Mt Archer with Mr Couper.
- Mountain Biking at First Turkey with Mr Shukie.
- A visit to the Gracemere Pump Track.
- Kayaking at both Headlow Creek and Waterpark Creek.
- Onsite Scavenger Hunt organised by SBC.
- Attendance at the Yeppoon Show.
- Regular gym sessions.
- Touch footy and basketball games most nights and Friday running club.

Our Youth Leadership Team engaged in activities to promote leadership skills and personal development. This term we tried both indoor rock climbing and the vertical crate stack which promoted teamwork and personal growth.

As of this term the group formerly known as the Fishing Club have decided to rebrand and are now calling themselves the "SBC Lip Rippers Fishing Club." The last two months saw opportunities for the boys to learn and experience different fishing techniques, including: crabbing, sand worming, cast netting, dragnetting and yabby pumping.

Some boys chose to take part in a Boating Safety course with the Yeppoon Coast Guard, this will allow them to do some boating activities into the future. Well done Dusty, Mackenzie, Denzal and Nate for completing this.

Big Shout out to Shanon Doecke who's skills and focus have vastly improved this term, I personally watched him pull out some monster Bream at both the Causeway and Coorooman Creek.

The Young Men's Shed or YMS has offered a space for the boys to engage in practical activities and learn new skills. Some of these activities included: Box fit sessions with Mr Yore and some of the older boys decided to make some Soap for Mother's Day with the help of Mrs Barnes. Boys also enjoyed using the new pool table and playing around with some of the musical instruments, board games and books (ok they read the magazines! But they noticed the books).

Next term we hope to start a new Social Innovators Club

which should encourage creativity and social consciousness by engaging with community groups and events as well as creating a think tank to explore what we can do for our community and environment.

The Wellbeing Garden received some exciting updates and activities, including:

- Introduction of a new garden bed.
- Implementation of Aquaponics with two 1000L pods.
- Showcasing our Wheelbarrow at the show, resulting in Deegan, Mason, and Mackenzie winning 1st Prize!
- An Increase of our kitchen scraps recycling due to better composting, and the completion of our Black Fly Larvae Hatchery which will also reduce our spending on chook food and support a more nutritious diet for the chooks.
- We have introduced 3 new Brama Chickens thanks to the support Mrs Racheal Geary, with hopes of adding to the Ag Gene pool (once they start laying eggs).

Sunday BBQs are still proving a hit with the boys who are enjoying the chance to get some sun and nature.

Our new Slippery Dip was a success and proved to be both safe and more cost effective than the old version unfortunately we only got one afternoon of fun before the colder weather set in so we look forward to getting it out again later in the year.

We organized several social events and collaborations with other boarding schools, fostering a sense of community and camaraderie. Some of the notable events included:

- Beach day out (Labour Day) with Rocky Girls Grammar and St. Ursula's.
- Anzac Day March.
- Grade 7 Dance hosted by St. Ursula's, including RGGs.
- Grade 8 & 9 Dance hosted by RGGs, attended by SBC and St. Ursula's.
- Mabo Day Celebrations in Rockhampton, where our boys participated in dancing, singing, and socialising, representing the school with respect and pride.
- Touch Football Competition with St. Ursula's, hosted by St. Brendan's.
- Scavenger Hunt organized by St. Brendan's at Rockhampton Botanical Gardens and Zoo, with participation from St. Ursula's and RGGs.

We hope your young men have enjoyed a rewarding and relaxing term of boarding recreation.

Remember to use Bush Magic:

***"Listen with your eyes, follow your gut, and speak from the heart."***

Saul Barnes - Activities & Well-being Officer



# YOUNG MEN'S SHED





# YOUNG MEN'S SHED





# YOUNG MEN'S SHED





# YOUNG MEN'S SHED





# YOUNG MEN'S SHED





# FISHING CLUB

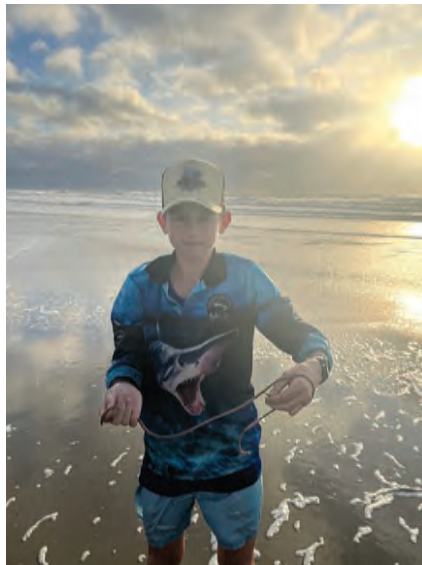
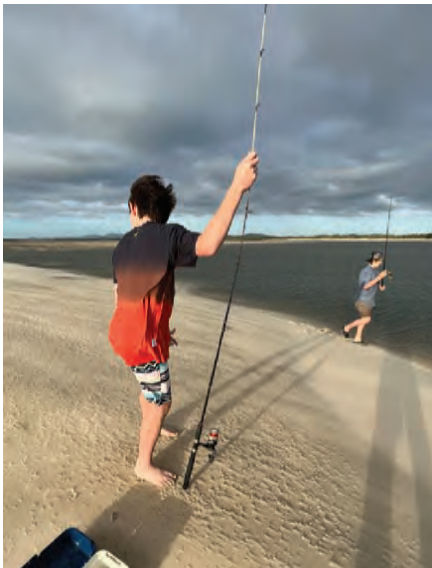
## FISHING CLUB REPORT

I'm Darcy Frankish and I'm a part of the SBC Boarding Lip-Rippers Fishing Club. What is the fishing club? Well, the Fishing club is where a keen group of the boys go fishing most Saturday mornings from about 7:30am until about 11am. Sometimes we get to go on a Friday night as well.

We go to many spots around the Capricorn Coast such as The Causeway Lake, Ross Creek, Rosslyn Harbour, Coorooman Creek, Haven Beach, Farnborough Beach and many more. Despite some staff calling us the fish feeders, we have had many decent sized catches such as Bream, Flathead, Cod, and Mangrove Jack just to name a few. Most of the fish we catch, we release.

The fishing club is great because it gets boys out of the dorm early in the morning doing something fun that they enjoy. We also learn from each other such things about bait, fishing gear, casting, tides and much more. A big thank you to Mr Purdie who takes us out most Saturdays.

Darcy Frankish (Year 9)





# FISHING CLUB





# MUSICAL UPDATE

This year's St Brendan's musical is a performance of "Joseph and the Amazing Technicolor Dreamcoat." There are many boarders participating in this year's event. In fact, both lead roles are filled by boarders.

Jacob Barr-Richards plays Jacob, Joseph's father, William Lees plays one of Joseph's brothers and will also sing the solo Canaan Days, Victor Comiskey is the main guard in Egypt, Riley Eyles plays Joseph on Saturdays, and I play Joseph on Fridays.

Whilst it is great to see boarders play a key role in the musical, of course there are not only the people on the stage, but also those behind the scenes working hard as well. For example, Tate Caffery will once again play the trumpet in the orchestra and many boarders will help on the night by being ushers or parking attendants.

The musical is a great experience to be involved in and we highly recommend it to boarding parents to come and watch. Tickets can be purchased online via the QR code below. We are also looking forward to many of the boarders coming to support us.

Declan Dunne (Year 10)



**BOOK NOW!**



Friday 14 July 2023 - 7.00pm  
Saturday 15 July 2023 - 1.30pm  
Friday 21 July 2023 - 7.00pm  
Saturday 22 July 2023 - 5.30pm

MUSIC BY  
**ANDREW LLOYD WEBBER**

LYRICS BY  
**TIM RICE**

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**ST BRENDAN'S COLLEGE**



**JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT**

**MORE THAN AN EDUCATION**

PROUDLY PRESENTED BY:





# ANZAC DAY





# ANZAC DAY





# THEMED DINNERS





# THEMED DINNERS





# WALLACE RESIDENCE

On return from the Easter holidays the boys were straight back into the routines of boarding and happily catching up with their Boarding brothers.

We began the term with two of our young men Declan Gretton and Denzal Summers leading the reading for our first Boarder's Mass with Father Matthew and the boys did a great job.

Other Wallace readers for Mass this term were Joe McKeering and Taiylen Goni, who also did an outstanding job.

Week 2, Mr Barnes started the Youth Leadership program with PCYC, and we had several of the boys in the program, these young men were James Cogill, Denzal Summers, Digby Sauer, Dusty Johnston, and MacKenzie Finall. The boys will continue this program throughout the year experiencing different activities to develop their leadership skills.

We have a Clontarf indigenous program at SBC, and we have several boys who are participants. These boys attend 6:15am training sessions on Tuesday and Friday mornings and other activities throughout the term. The boys participating are Joseph Mosby, Ryder Dempsey, Jehkiel Cobb, Akeelish Ballie, Jacquan (Jack) Ahmat, James Neville, Clint Kabai, Sonny Mosby, Denzal Summers, and Talon Ah Choo. They have all found the program very rewarding and fun.

This term also featured the U/12 rugby league club competition with Jack Morris and Macallister Old playing

for Yeppoon Seagulls. Both boys are keen to start playing international rules next season.

Now, we had a good number of boys again that enjoyed the weekend fishing at various locations along the coast including Kaleb Tierney, Bailey McDonald, Kobi Iker, James Cogill, Denzal Summers, MacKenzie Finall, Clint Kabai, and Tyler Tremmel. This term it is Jack Morris with a 17cm Brim that has bragging rights. Hopefully we can report something bigger next time.

With school football starting in Term 3, it was pleasing to see so many Wallace boys going to the trials. We will have about 80% of the boys representing the school, great to see.

Elroy Challenor, Jared Mahony and Angus Crawford were all selected in the U/13 All schools Touch side and will go away later in the year.

A special mention to Ryan Shannon for having a piece of his school artwork selected to enter the Yeppoon Show. Well done, Ryan.

Throughout this term the boys have participated in many activities with some notable mentions:

- The theme dinner Karaoke challenge with the boys coming in second.
- Year 7 Social with St Ursula and Rockhampton Girls Grammar (special mention to Sam Flood, Dusty Johnston, Mason Madigan, Clint Kabai for their dance moves).
- Celebrating National Boarding Week with fine dining.
- Finishing the term with the Interschool Scavenger Hunt at the Botanic Gardens.

Thank you to all families for your continued support and from the Wallace staff we wish you all a safe school holiday.

Allan Ahmann  
Head of Residence - Wallace





# WALLACE RESIDENCE





# EDMUND RICE RESIDENCE

The boys in Eddie Rice have had a busy term. Between sporting and recreation activities, cattle club, community dinners and the obligatory schoolwork, they have been on the go. As well as playing club footy locally, some boys have travelled to Mackay, Townsville, and Emerald. Most recently, Jake Symes, Nick Crawford, Harry Roebig and Noah Wright's team had a resounding win at the Dolphin's Challenge Cup in Emerald. Earlier in the term, Noah played at the Rugby League State Championships in Townsville. These boys never miss a beat with training. Ebaia Mossler-Galele, our sole soccer player this season, is also committed to his training and was incredibly happy when his team won their grand final with a penalty shoot-out. The annual Athletics Carnival got house spirits and rivalry going. Tyler Crook was crowned the 13 years age champion. To cap it off he's a Duhig man and Duhig reigned supreme this year.

Also impressive are the boys who front up to cattle club, attending shows and sleeping out in swags on these cold nights; Callum Gittens, Campbell Matthews, Darcy Frankish, Seth Kliese and Ty Gretton. Darcy, Ty and Campbell, along with Reade Brazier, Cooper Shoecraft, Shanon Doecke, Seth Young, Lachlan Bateman, Kobe Booth, Kannon Watkins, Nate Singleton and Ashton and Beau Upton, are also keen anglers. These boys rarely miss an opportunity for an early morning fish on weekends, regardless of the temperature. We are yet to have fish

for our Saturday night BBQ though! I'm sure our regular BBQ chef, Sol Hunt, would do as good a job of cooking fish as he does sausages and patties.

Several boys attended the Clontarf Year 9 camp and by all accounts had an awesome time. Although, Tommy Brown did have an encounter with a coral trout that he swears tried to bite him. William Lees and Victor Comiskey have been busy rehearsing for the musical, putting in hours of work even on weekends. They assure us it's a show worth seeing, so make sure to get your tickets.

The term ended with a Year 8 swap. 5 boys from Eddie Rice will finish the year in Wallace, while 5 boys from Wallace joined our ranks. We warmly welcome Kaleb Tierney, Charlie Wilton, Nick Haigh, Matthew Archinal and Fletcher Harms to Eddie Rice and hope they enjoy their time here.

We wish everyone a happy and safe mid-year break. See you all in July.

Sandi Worsley & Robert Ottaway  
Heads of Residence – Edmund Rice





# EDMUND RICE RESIDENCE





# MCKENNARIEY RESIDENCE

Term 2 has absolutely flown by for the boys in McKennariey, with only 5 full weeks of school thanks to all the public holidays, athletics carnival, DV walk and the Year 10 camp. It is amazing how much the boys manage to fit in to such a short period of time – I wish I still had their energy.

Saul Barnes and his Social Committee have kept the boys busy all term with a wide variety of events, most notably the socials with St Ursula's and RGGs, trips to the Yeppoon Show, Fishing Club, trips to the movies and Rocky Shopping. Trigga and Konrad were the stars of the dance party at RGGs, taking centre stage and showing the girls how it is done on the dance floor; while Nicho, Payton and Finn chose a more cautious approach, choosing to observe from the sidelines. The mixed touch comp proved a success with many McKennariey boys involved, including Nate, Labron and Will from the winning team.

Club footy is over and done with (finally), and the boys can now turn their attention to school footy next term. Teams have been selected, training has started, and it is now time to clean the dust and mould off the mouthguards and boots and start playing. Congratulations must go to the following boys for making the Club Grand Finals - Clifford, Nate, Labron, Slayter, Konrad, Cody, Owen, Terrell, and our very own "Bobby Boucher", Mack Baker. Special Mention to these boys, for winning their Grand Finals: Chris S, Blake, Stacey, Phillip, Jaxson, Cooper, Will, Johnathan, Ollie, Ethan HN, Chris P, and Carter. Phillip and Carter were also awarded the Man of the Match awards for their respective games.

Another group that had a successful club season were our Crocs Rugby Union team, who lost their Grand Final by a measly 2 points. Well done - Killian, Cooper, Johnathan and Will for their efforts this year. We also have boys playing school basketball this term, with Lincoln, Zavan and Evander all playing Grand Finals, and congrats to Dylan, playing in the Open soccer team who finished 3rd this season. The Dolphins Cup commenced in Week 7 and we are once again well represented, with Harvey and Carter making their First XIII debuts, and Jaxson, Connor, Narasi and Ollie all playing in the 10A's side.

Who could forget the busiest boys in dorm – the Cowboys and Cattle Club. Sam, Charley, Jesse, Hunter, Jhett, and Raj have been out most weekends competing on the

Rodeo circuit. Unfortunately, Charley's successful season has been nipped in the bud due to injury – hopefully he is back on deck soon and gets to compete in the States next term. Good Luck Chaz!! Hutcho, Blake, Rory and Mason have been busy attending shows throughout CQ with the SBC cattle club – the boys seem to really enjoy the whole experience and we must give a big thanks to Bill Oram who gives up his weekends to organise these opportunities for the boys.

Musical rehearsals are reaching a crescendo with performances scheduled for the start of next term. We wish our 2 superstars - Jacob and Declan – all the best as they sacrifice a lot of time for these productions, and I hope they enjoy the experience.

We have chosen a number of "Boarders of the Week" so far this term – congratulations to the following boys: Ryan, Lachlan Hutch, Owen, Cody, Phillip, Clifford, Justin, Stacey, Killian, Zavan, Frank and Keirron. These awards are decided by their peers, who take turns running our Rollcall meetings. This has been a fantastic innovation for McKennariey and the boys take the responsibility very seriously. The following students have all volunteered to stand up in front of 70 odd boys to help run our Rollcalls this term – Chris P, Johnathan Coyne, Will, Cody, Blake, Mason, Tyrell, Owen, Jacob, James, Isaac and Johnathan Coase.

Congratulations to the following boys who have celebrated birthdays this term: Finn, Keirron, Clifford, Jharod, Kabai, Slayter, Cody, Harvey, Nate, and Charlie.

Finally, I must thank our resident fire crew – Mason, Deegan and Tyrell – for all of their efforts in getting us a fire every Saturday night. The boys and I really appreciate your efforts as quite a few of the boys remark to me how much they enjoy sitting around the fire and yarning on Saturday night. Big thanks also to Jarred who is the King of the Firepit yarns!!

Cameron Watson  
Head of Residence - McKennariey



# MCKENNARIEY RESIDENCE





# FITZPATRICK RESIDENCE

What a wonderful and action-packed Term 2 we have all shared in Fitzpatrick.

We feel very blessed to have such an amazing group of young men in residence and it was a credit to each of them how they managed their academic, sporting and life commitments with confidence and excitement.

We started the term welcoming Ryan Brown and Jack Gibson into our home from McKennariey. Both boys have made a positive impact with their sense of humour, sporting achievements and musical talents.

The highlight of the term for the Year 12 young men was definitely the formal, the “jury is still out” as to who had more fun, the boys and partners or the parents. It was a night that the boys will cherish and remember forever.

The smell of liniment, the fridge full of ice packs and the first aid kits constantly out could only mean one thing, Rugby League, Rugby Union, AFL, Touch, basketball and Rodeo events were now a weekly event. Our boys achieved some incredible results with special mention to: Mataio Tapau-Bon & Izaiah Waters who represented Queensland in the Indigenous State of Origin side, playing in Townsville as a curtain raiser to the Cowboys; Jack Gibson & Mataio Tapau-Bon who were selected in the Queensland Schoolboys Rugby Union Squad; Tommy Green who was named Captain of St Brendan’s Rugby League 1st XIII; Jimmy McClelland for representing QLD in the PBR State of Origin; Oliver Rogers who played representative basketball and won multiple titles; Banjo Walker who represented Capricornia in Rugby League; and Flynn Cambell & Tommy Green who attended the QLD trials for Touch Football.

The St Brendan’s 1st XIII squad was announced, and we were thrilled that Banjo Walker, Izaiah Waters, Anasta Tamwoy, Sam Akiba, Tommy Green (C), Diezel Brunker, Jake Pierce, Jordan Wyvill, Mataio Tapau-Bon and Jake Oberhardt were chosen. We wish them all the best for the upcoming Confraternity carnival in Brisbane. Congratulations also goes to the other 36 boys from the residence who will represent the College next term.

Game 1 of State of Origin sent the residence into a cauldron of noise and hype, the boys returned from school to find that the NSW angels had decorated the

residence in a sea of blue. In hindsight it was not one of my better ideas as by 3.15pm I found myself being held hostage by 61 Queenslanders who were shouting abuse and had secured my legs and arms. By 10pm the 61 Qld boys were celebrating and cheering that they were not required to hand in their phones whilst Anasta Tamwoy, Jeshua Ahmat, Mrs B and I wept quietly.

The excitement around the St Brendan’s Rodeo event in September is building and this saw Jimmy McClelland, Dawson Foden, Mac Flood and Ryan Brown work hard to improve their skills. We were thrilled to watch them in action, their skills, bravery and commitment cannot be understated, well done lads.

Our resident workers Ty Lasker, Sam Akiba, Dawson Foden and Jack Hutchinson continued to balance their education with some weekly work in their respective school-based apprenticeships.

We celebrated our 21 Term 2 Birthday Boys in style with a VIP home cooked dinner and games night - The VIP guests included:

Lockwood Parsons (17), Ty Lasker (17), Rokoko Hunt (17), Kalob Morrison-Hansen (17), Finn Hall (17), Jack Hutchinson (17), Lachlan Dean (16), Liam Houlihan (16), Ranger Sullivan (17), Joshua Rolf (17), Jake Oberhardt (16), Reuben Jenkins (17), Anasta Tamwoy (17), Macauley Flood (16), Keripo Gela (16), Hugh Stiller (17), Harley Fitzpatrick (17), Oliver Rogers (17), Zac Ellem (17), Dawson Foden (17) and Blake Johnson (16).

Our Year 11’s enjoyed a social at Rockhampton Girls Grammar and impressed the girls with their talent on the dance floor. The sounds of Joseph and his amazing Technicolor Dreamcoat could also be heard daily as Riley Eyles prepares for his lead role as Joseph in the upcoming theatre production.

I didn’t realize how many wanna-be rock stars we have until this term when shower singing became St Brendan’s version of Australian Idol. It brought joy to our hearts and damage to our ears! Reiner Grams and Jorden Sypher led the way for Year 11’s whilst Petheru Toby, Ranger Sullivan and Hayden Shore led Year 12. The encouragement award and special mention must go to Tommy Green and Diezel Brunker for their duet of



# FITZPATRICK RESIDENCE

"Islands in the stream", not sure who was Dolly & who was Kenny.

On behalf of Chris, Bernie, Bayden, Cath, Maddie, Terri, Jade and myself we would like to send out a heartfelt thank you to all the boys for their efforts this term and as well as their families for the support you have shown us all.

We wish you a happy, healthy holiday period, safe travels and we can't wait to see you for more magical moments in Term 3.

John Bond  
Head of Residence - Fitzpatrick



Term 2 Birthday Dinner





# FITZPATRICK RESIDENCE



## GAME 1 STATE OF ORIGIN





# RUGBY LEAGUE UPDATE

## FROM THE BOARDING & 1st XIII CAPTAIN

It's that time of the year again! Footy season is back and kicking off. Over the last month, we have seen our Year 7 through to 12 boys trial and begin their training for the Term 3 RDSS schools competition.

It's also seen the start of our Dolphins Cup & Challenge seasons. The First XIII & 10A's have really worked hard and are leaving nothing to chance on the field. This is all credit to the passionate coaches who have put the boys through countless hours of training and gruelling fitness. The 10A's remain undefeated with winning 18-14 v Shalom, 40-0 v Emmaus and 40-0 v Marist Emerald. The First XIII had good wins against Shalom 26-4 & Rocky Grammar 38-4 but went down narrowly to Emmaus 20-18. The boys are certainly looking forward to turning this result around next term.

The Term 2 holidays are all about the Confraternity Carnival for the First XIII. This year has got that feeling about it, our boys are setting off to Brisbane soon to hopefully unshackle an eight-year drought. If you are interested in supporting the boys, all games can be viewed on the livestream. Go SBC!

You might be sitting at home reading this thinking what's the big fuss about school-boy footy. Well at SBC it's more than a game to us, it's imbedded in our DNA if you ask me. It's the brotherhood that these young men share that is reflected into everything they do here at the College. It's the never let your mate down attitude I see every time our boys take the field. You know that your mates are going to back you up no matter what. So, to all boys representing St Brendan's from the Yr. 7's to the Opens embrace this spirit and best of luck for a successful season to come.

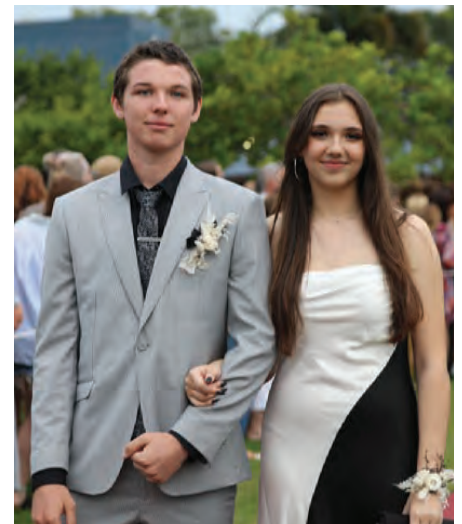
Rip in boys, we are all behind you!

Tommy Green (Year 12)



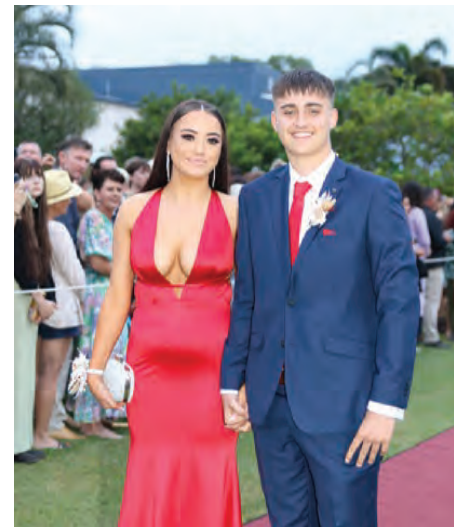
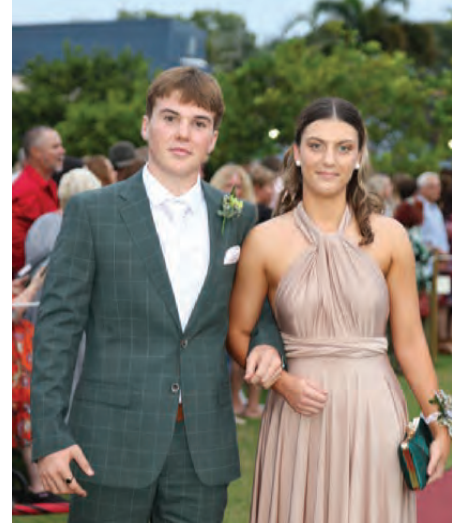


# SENIOR FORMAL





# SENIOR FORMAL



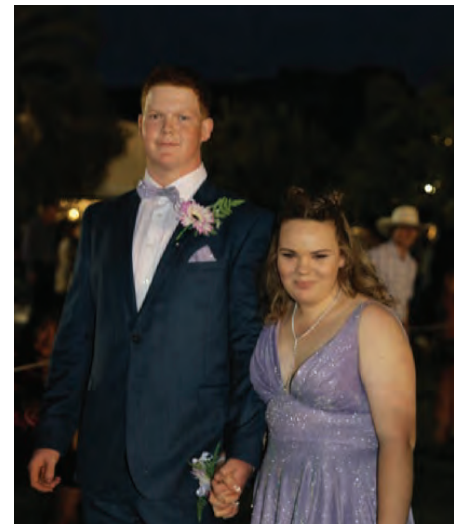


# SENIOR FORMAL



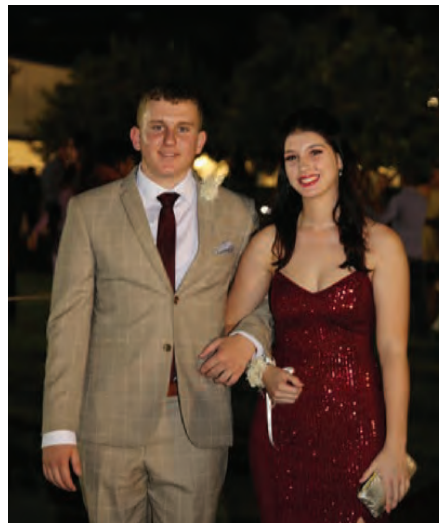


# SENIOR FORMAL





# SENIOR FORMAL





# REGIONAL VISITS





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# OUT AND ABOUT





# PARENT INFORMATION

Every issue we will introduce a new topic that correlates to our pastoral care teachings at the College. Some parents may be familiar with the resource SchoolTV and for others we encourage you to have a look at this exciting and helpful resource. SchoolTV provides topics with comprehensive videos from leading specialists and organisations around raising safe, happy and resilient young people. You will also find

fact sheets, suggested books, apps, websites and much more. Because SchoolTV is an independent organisation, it has content supplied by established organisations such as Beyond Blue, ReachOut, HeadSpace and others. The topics covered range from diet and nutrition to grief and loss, with all of the resources and information broken down into manageable articles and digestible pieces of information.

## THIS MONTH'S TOPIC:

### Why Teenage Sleep is so Important for Mental Health

*Teenagers can sometimes struggle to get out of bed in the morning, but ensuring they get enough sleep could be vital for health in later life*





It's late morning and the teenagers in the house are still fast asleep long after you've got up. Should you rush upstairs and pull them out of bed by their feet? It may be tempting, but the answer is probably no. The evidence is mounting that sleep in adolescence is important for current and future mental health.

It should come as no surprise that a serious lack of sleep, or seriously disturbed sleep, is one of the most common symptoms of depression among adolescents. After all, however tired you might feel, it's hard to drop off if you're wracked with doubts or worries. This is true for adults too, with 92% of people with depression complaining of sleep difficulties.

What is perhaps less intuitive is that, for some, problems with sleeping might start before the depression, raising the risk of mental health problems in the future. Does this mean that sleep in teenagers should be taken more seriously? And can it lower the risk of depression later?

In a study published in 2020, Faith Orchard, a psychologist at the University of Sussex, examined the data from a large group of teenagers followed from the age of 15 to 24. Those who reported sleeping badly at the age of 15, but didn't have depression or anxiety at the time, were more likely than their peers to be experiencing anxiety or depression when they reached 17, 21 or 24 years of age.

With adults too, sleep problems can be a predictor of future depression. A meta-analysis of 34 studies, which between them followed 150,000 people over a period of between three months and 34 years, found that if people had sleep problems, their relative risk of suffering depression later in life doubled. Of course, it doesn't follow that everyone with insomnia is going to develop depression later on. Most people won't. The last thing that people with insomnia need of course, is the worry about what might happen to them in the future.

But you can see why in some cases poor sleep might contribute to poor mental health. A deficit of sleep has well-established negative effects on us, including a tendency to withdraw from friends and family, a lack of motivation and increased irritability, all of which can affect the quality of a person's relationships, putting them at greater risk of depression. On top of that there are biological factors to consider. A lack of sleep can lead to increased inflammation in the body, which has been implicated in mental health difficulties.

Researchers are now examining the relationship between sleep disorders and other mental health conditions. The eminent Oxford University neuroscientist Russell Foster has found that this link doesn't only occur in depression. Disruption to circadian rhythms – the natural sleep-wake cycle – is not uncommon among people with bipolar disorder or schizophrenia. In some cases, the body clock can become so out of sync that people find themselves awake all night and asleep during the day.

### **Even when mental health problems precede disrupted sleep, the lack of sleep might exacerbate a person's difficulties.**

His colleague, the clinical psychologist Daniel Freeman, has called for sleep problems to be given a higher priority within mental health care. Because they are common across different diagnoses, they don't tend to be viewed as central to a particular condition. He feels they are sometimes neglected, when they could be tackled.

Even when mental health problems precede disrupted sleep, the lack of sleep might exacerbate a person's difficulties. After all, just one night of sleep deprivation has a well-established negative impact on mood and thinking.

The complex relationship between sleep and mental health is further reinforced by the finding that if you treat depression, the problems with sleep don't all disappear. It's easy to see how psychological treatments which help people reduce ruminating over negative thoughts could also result in them falling asleep more easily. But in 2020 Shirley Reynolds, a clinical psychologist at Reading University, and her team trialled three different psychological treatments for depression. They worked equally well in reducing depression, but only sorted out the sleep problems for half of the participants. For the other half, the insomnia persisted, suggesting it was independent of their depression and needed to be addressed separately.

That said, problems sleeping and mental health difficulties can stem from the same causes. Traumatic or negative events, for example. Or excessive rumination or various genetic factors. Genes involved in serotonin pathways and dopamine functioning have been shown to be factors in both poor sleep and depression, as have the genes which influence a person's circadian clock.



And, as we've already seen, it's likely that insomnia and mental health issues exacerbate each other, making both issues worse. You're distressed so you can't sleep; you can't sleep so you are more distressed – and so on, and so on, in an escalating cycle.

It's also possible that a lack of sleep is not so much a cause of later depression, but more of an early warning signal. The worrying that stops you dropping off can in some cases be a first symptom of more serious mental health issues to come.

### **So perhaps persistent issues with sleep need to be taken more seriously in teenagers and adults**

Foster is convinced that from a biological perspective, the best way to disentangle the web of correlation and causation is by studying the impact that disruption of circadian rhythms could be having on the brain. He says we need to look at the complex interactions between multiple genes, brain regions and neurotransmitters to understand what's happening.

So perhaps persistent issues with sleep need to be taken more seriously in teenagers and adults. Sleep interventions are straightforward, and in some cases successful. What is already clear, from a meta-analysis of 49 studies, is that tackling poor sleep among those with insomnia, who are already experiencing symptoms of depression, not only helps them sleep better but also reduces the depression.

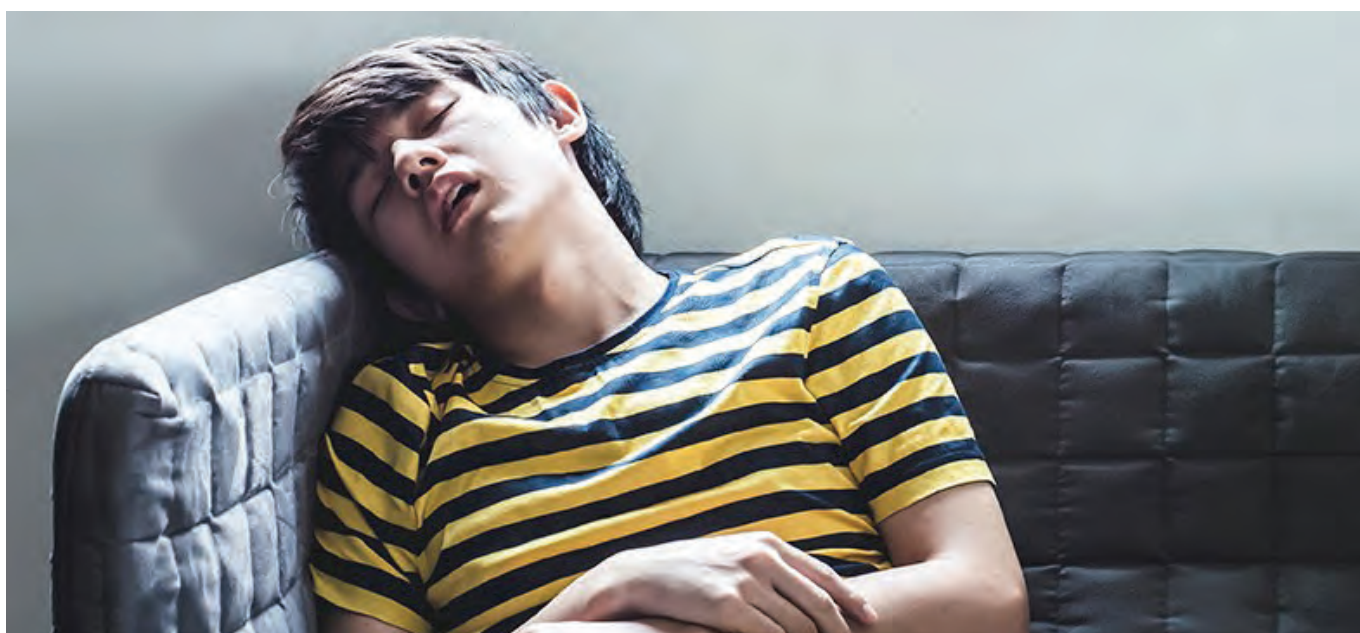
The large Oasis trial led by Daniel Freeman across 26 universities in the UK found that digital cognitive behavioural therapy for students with insomnia, not only helped them to sleep, but reduced the occurrence of hallucinations and paranoia, symptoms of psychosis.

The million-dollar question is whether sleep interventions could even prevent mental health problems down the line. To answer this, large-scale, long-term trials would be needed. One advantage of earlier and better interventions to prevent poor sleep – both for itself and to potentially reduce wider mental health problems – is that there is less stigma surrounding insomnia, so it might prove easier to persuade people to come forward for treatment.

### **Getting better sleep won't on its own solve the mental health crisis, of course**

In the meantime, anyone who has trouble sleeping can try the techniques shown to be most effective: ensuring you get enough light during the day (in the morning for most people); not napping for longer than 20 minutes; not eating or exercising or drinking caffeine late in the evening; avoid reading your emails or discussing stressful topics in bed; keeping the bedroom cool, quiet and dark; and trying to get up and go to bed at the same time each day.

Getting better sleep won't on its own solve the mental health crisis, of course. But could it make a difference in the long run? Even if it doesn't, as sleepy teenagers know, even for its own sake, there's nothing better a good night's sleep.





# COLLEGE PRAYER

*Loving God,*

GRANT ME THE COURAGE OF  
ST BRENDAN, TO JOURNEY  
BEYOND THE FAMILIAR AND  
INTO THE UNKNOWN.

THE CONVICTION OF  
BLESSED EDMUND TO  
LIBERATE THE MARGINALISED.

THE COMPASSION OF CHRIST  
TO GO FORTH WITH LOVE.

AND THE FAITH NOT TO DOUBT,  
THAT IT WILL BE GIVEN.

*Amen*

