Acting Principal’s Report

On Thursday 15th November 2018 the College hosted a ‘Mass of Thanksgiving’ to acknowledge the work of the Sisters of Mercy - well over 100 years in the Herberton area. This has included 98 years on the present site of Mount St Bernard College.

Without the sisters residing at the College now, the lay staff and the broader community must ensure we keep the story of Mercy that was founded by Catherine McAuley alive. The prayer for the Mercy International Association provides direction as to how this can be approached:

God of the immense universe,
God of each human heart,
We thank You and we praise You.
We are people from many parts of the world,
Diverse of tongue, talent and place who pray together as friends of mercy and friends for mercy.
We are united by a spirit and a story born in a house in Dublin,
now spread to the outer reaches of the earth and the inner recesses of the heart.
As friends in mercy, united in that spirit and story,
we commit ourselves to preserving the best of the past,
fostering the best of the present,
and shaping the best for the future.
We pray in the name of Jesus,
with the help of Our Lady of Mercy,
and inspired by the life of Catherine McAuley.
Amen. https://www.mercyworld.org/spirituality/

As a College, we are friends of Mercy and friends for Mercy; we are united in Spirit and story; we are committed to the past, present and future; and we are inspired by Catherine McAuley.

The Mercy values will continue to pervade Mount St Bernard College, the College will continue to share the story and help all within it to live out the vision of Catherine McAuley as an expression of the call of Jesus Christ.

We give thanks for the College we have today and for the work of all the Sisters to make this happen. We look forward to continuing the journey that the Sisters of

Ian Margetts - Acting Principal
Assistant Principal - Mission

Last week, Wednesday 31st October till Friday 2nd November our Year 11 students participated in their leadership retreat at Gennazano on Lake Tinaroo. This year we asked the wonderful Semara from Deadly Inspiring Youth Doing Good (DIYDG) to facilitate our retreat. She engaged the students enthusiastically and very professionally in identifying and reflecting on their potential leadership skills. Thanks to Semara for providing our students with a rich experience they should remember forever. Chris Mitchell from Lighthouse Leadership was also there to assist. Next year in February, Chris will facilitate their year 12 retreat at Seville Mercy Conference Centre in Cairns.

Chris used this time to meet the students, see what Semara was doing and work towards providing a program that transitions into the students exploring Christian leadership. Thank you Chris.

A big thanks goes to Mr Dave Schefe, and Mrs Tina Schefe for organising the logistics and Mrs Hillary O’Brien back here at the college for all the associated paperwork. Mrs Nicola Pett accompanied me as well as Melanie Maron and Mareli Marais, our two young gap students for being with our year 11’s throughout. Thanks to these three ladies.

A big thank you to the staff at Genazzano who did a wonderful job with our accommodation and meals. Lastly, a thank you to the year 11’s, who participated throughout the whole retreat willingly and enthusiastically. Altogether, it turned out to be a very positive experience for all involved.

Matt de Jong - Assistant Principal - Mission
Dear Families and Friends of MSB,

This year has seen a significant increase in students taking up smoking at MSB. Beyond the obvious safety risks this presents to our College, the health ramifications can be devastating. The average age that young people in Australia start smoking is around 16 years. Smoking is an addiction that causes or contributes to a wide range of diseases including cancers, heart disease and emphysema. The best protection against smoking-related illnesses is never to smoke in the first place.

As we all know, children entering their teenage years are experimental, curious and vulnerable to peer pressure. Whether your child chooses to smoke regularly or not is influenced by a range of factors. It is not always possible for parents to prevent their child from trying cigarettes, but the use of various strategies can reduce the likelihood of a child wanting to smoke and doing so regularly.

Some of the reasons why your child may try smoking cigarettes include:

- peer bonding and the desire to fit in with friends
- copying parents or older brothers or sisters who smoke
- the wish to assert their growing independence
- the desire to appear more grown up
- to imitate actors or models

If you don’t want your child to smoke, it is important to set a good example by not smoking yourself. Research shows that children are less likely to smoke if their primary role models do not smoke.

If you have found quitting difficult and still smoke, share your experiences with your child. For example, tell them how demoralising it feels to be hooked on smoking when you don’t want to be, or how much money you wish you hadn’t wasted on cigarettes over the years. Let them see they can learn a valuable lesson from your mistake. Ask your children for their support during your next quit attempt. If your child can witness how tough quitting cigarettes can be, they may want to steer clear of smoking completely.

Symptoms of many smoking-related illnesses tend to develop in middle or later life. Trying to explain the long-term risks of smoking to a child or teenager may not have much of an impact, as 20 or 30 years or more into the future is an unimaginable time to them. Mention these long-term risks, but try to emphasise the immediate risks to their health and wellbeing.

Suggestions of immediate risks include:

- reduced fitness levels
- nasty smelling breath
- stained teeth and fingers
- being unattractive to non-smoking peers
- wasting money that could be used for clothes, music or other items
- the difficulty of stopping smoking once symptoms of addiction to nicotine appear

Many young people develop symptoms of addiction even if they don’t smoke every day, and for some, symptoms can develop within days to weeks of starting to smoke. If your child is already smoking, or if you suspect they may be, try to avoid angry confrontations. Threats and bullying rarely work. Instead, attempt a reasonable “adult-to-adult” conversational tone. Find out what they find appealing about cigarettes. For example, peer pressure is important. Don’t try to force your child to stop seeing their friends who smoke.

You could try expressing your disapproval about smoking, while allowing your child to indulge in other conformist behaviours such as buying the same style of clothes as their friends. Alternatively, help your child to question the value of always following the crowd. Use this as an opportunity to encourage your child to think and act independently.

If your child wants to stop smoking, but is finding it hard, help is available. Quitline Specialists know how to talk about smoking with young people and support them to quit. Children aged 12 to 17 years may use a nicotine replacement therapy product to help them quit, but they should speak to their doctor about it first. It is strongly recommended that children in this age group discuss quitting with a trained health advisor if they want to use a nicotine replacement therapy product, so they can benefit from it.

Visit the following sites for support:

https://smokefree.gov/
Another year of schooling is rapidly coming to an end for all MSB boarders. The long Christmas holidays are just around the corner! For some of you this will be the most exciting news you’ve had all year! For others, this news will be received with mixed feelings. Fourteen of our treasured year 12 boarding students will be saying goodbye to MSB for the final time. For a special eight; Matty, Keane, Tyson, Meku, Barry, Simone, Romatu and Tori, this will be the end of 5 years of very close community living and sharing with friends and staff in boarding. As year 8’s back in 2014, these eight brand new boarding students packed their bags with nervous excitement to travel to MSB for the first time to attend high school. They are now packing their bags again with nervous excitement as they prepare for the next chapter of their story. Residential staff, who have guided and nurtured these students over the last 5 years, are reflecting on their amazing growth and are very proud of the mature young adults they have all become. As the Residential staff prepare for end of year celebrations, we wish our Graduating year 12’s safety and the very best that life can offer them. God Bless you all, we will miss you.
Acting Assistant Principal’s “Academic” Awards

Joscelyn Naawi and Tori Wilson - Awarded to these students in recognition of completing a Certificate III in Education Support through great effort and determination.

Renee Edwards and Stacey Edwards - Awarded to these students in recognition for being a finalist in the 2018 CSIRO Indigenous Maths Awards.

Shawntella Maiap - Secondary Merit Award for Student Success Award for Legal Studies. Awarded to a student in recognition of academic effort by Brisbane School of Distance Education.

Assistant Principal’s “Positive Behaviour” Awards

Jahana Anthony - Awarded to a student for being focussed on her work, being a good learner and being a great role model in demonstrating the MSB Three College expectations: Be Safe, Be Respectful, Be Responsible.

Aaron Bosuen - Awarded to a student for improved work ethics and assisting other students with their work.

Assistant Principal’s “Mercy” Awards

Tia Dewley-Crane - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for helping her peers in class.

Blossom Turner - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for consistently kind and considerate behaviour to fellow students, teachers and support staff.

Tanisha Vincent - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for consistently being polite, supportive to younger students in class and always showing compassion.

Shenelle Roughsey - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for being a kind, involved, considerate member of class.

Eliza Lyall - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for assisting with MSB’s Compliments initiative by collating all our beautiful compliments.

Ethan Burnett - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for a positive attitude and compassion in demonstrating a high level of care and support for his peers.

Teafo Lui - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for showing care and support by helping students around her keep up with their learning in Maths and Humanities.

Jessica Clauss - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for always willingly offering her assistance with students and adults in need around her.

Yilonda-Brie Harris - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for showing compassion and humility in contributing to the MSB community with respect and tolerance towards everyone in the school.

Sinevah Mari - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for showing care and support of staff and students by offering help to all who may need it.
WEX 2018

Year 11 students, **Billie Lui** and **Eliza Lyall** were selected for the WEX program in Canberra at the end of Term 3.

Selection to WEX (Work Exposure in Government) is highly competitive with only 70 senior high-achieving Aboriginal and Torres Strait Islander students across the nation invited to attend. WEX provides hands-on experiences and information about job opportunities and career pathways in the Australian government along with mentoring and network-building. **In a packed week**, Billie and Eliza took part in a myriad of tours and activities designed to inform them about the Australian Public Service, legislative processes, Parliament and potential jobs. The girls built aspirations, maturity, team skills and confidence.

Billie and Eliza met government ministers for breakfast, lunched with departmental managers, listened to the stories of indigenous and non-indigenous workers and found out about pathways, representation and agency. They chatted with Senator for the Northern Territory and Minister of Indigenous Affairs, **Nigel Scullion** (above) His resounding message? Amidst all the opportunities, “**You’ve got to turn up**”.

With Mrs Weedon the girls visited the Tent Embassy, Museum of Australian Democracy at Old Parliament House, Royal Military College - Duntroon and Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS). We attended a huge Careers Expo, spent an afternoon at the Australian Federal Police headquarters, listened to an address about the significance of Aboriginal and Torres Strait Islander servicemen and women at the Australian War Memorial. While there WEX students joined with other visitors from across the world in the **Last Post ceremony**. Leaving this national monument on sunset after experiencing the poignant stories of service, suffering and the indomitable human spirit was a truly memorable experience.

A huge **thank you** to **Duane Vickery** & his staff at ETM Perspectives, WEX coordinators, **Benny Hodges**, The Dept of the Prime Minister and Cabinet, indigenous mentors such as **Anthony Dewis**, and the Australian Indigenous Education Foundation (AIEF) for this remarkable experience for our students. **by C Weedon**
WEX’s relevance to our students’ lives, its emphasis upon overcoming barriers and recruiting First Nations’ youth into government was outstanding.

Billie warms up for the obstacle course at the Royal Military College
Two years of English and one eats cake

Last week Year 12 students, Janae, Rion, Georgia, Marcus and David celebrated their very last Senior English lesson after a gruelling two-year course.

An end to the homework, grammar & punctuation worksheets, spelling, reading, comprehension, essays-in exam–conditions, monologues, short stories, Aussie film, poetry, Shakespeare, creative writing, assessment due dates, crushing feedback and, occasionally, falling asleep in class. The class ‘celebrated’ with a small party and pretend champagne. Seeing cake and wearing her usual makeup, Ms Gower felt obliged to join in.

A pass in English is a requirement in most tertiary courses and signifies a level of English proficiency that employers seek. It means students can communicate and express themselves effectively in Standard Australian English. At MSB this mandates that our graduates use their skill and voice to speak up for others less fortunate, disempowered or marginalised in the world.

The 2010 English syllabus ‘enjoyed’ by this class will be implemented for the last time in 2019 as the new syllabus and QCE system is introduced for year 11 students.

Well done, noble magnificoes. It has been a privilege to learn with you over these funny, exciting and exhausting two years. As you let your light shine remember,

"How far that little candle throws his beams! So shines a good deed in a weary world" (The Merchant of Venice, 5.1. 5).

C Weedon
Year 12 Tertiary Tour

An eager group of Year 12 students travelled to Cairns in Week 4 on a fact-finding mission. Their singing brightened the journey but why were they so happy?

James Cook University, Central Queensland University, TAFE and the Cairns Lodge provided essential information about courses, costs, applications, scholarships, managing money, personal safety, and accommodation.

Students commented on the flexibility of tertiary learning and the many programs designed to help them succeed. Independence, fun and the support available were key elements in students’ decision-making about studying in the future.

Euwana: “JCU’s indigenous support staff introduced me to what I could do after ACPA, that I could become a dance teacher, for example.”

Janae: “I’m still keen on nursing and liked the paramedic facilities at CQU.”

Jessie: “There is so much flexibility. I can work on-line, take time off and pick up again.”

Yilonda: “I was surprised at the differences amongst the institutions. Some courses could be completed quicker at a different RTO. There are ways into learning even without the prerequisites or an OP. I was surprised you can travel overseas to study. I know I don’t want to work in retail forever.”

Georgia: When I saw the art space at TAFE, I wondered how I would manage my passion for making art and my career goals. Aaargh!”

Marcus: “It provided a general overview of what you needed to know. It certainly cemented my plan to pursue further study at JCU.”

Tori: “I learned that going to university makes you more skilled and employable. It makes you better than what you are in High school. It would be hard in the first couple of weeks with all the dates and changes and expectations. Doing things for yourself and managing money will be tricky.”

The art courses at TAFE are available in the Torres Strait and I saw people I know working. I believe there are many opportunities for young Torres Strait Islanders.”

David: “University is not for me at the moment. I’m keen on getting an apprenticeship to become an electrician.”

Shauna: “There’s a lot of help at JCU. TAFE is more hands-on which I prefer to studying out of books. The TAFE nursing course looked practical but I’m still keen to work on the land in the beef industry.”

Don’t be daunted. There’s really no barrier to studying after school. If you want to get ahead in life, you need to take the initiative, research your options and contact people for help if you need.

It needn’t cost heaps with HCs – HELP, Abstudy, Austudy, textbook grants, Cert III guarantees and fee-free courses. And there’s support for living away from home.

Big thanks to the Dining Room for a delicious lunch, Mr Fahey and Mrs Weedon for an ordinary dinner. Our heartfelt appreciation to Cameron Murphy, Hamish Allardyce, Daniel Geia and Paige Morris for their time and enthusiasm in speaking to our students, outlining the processes of tertiary study, support available and for the guided tours of their facilities.

All the very best to our Year 12s as they head into the next phase of their lives. Yes, it will involve education, learning new skills and managing time. By C Weedon
SNAP EXHIBITION Of TABLE LANDS
"secondary student artwork"
Atherton Post Office Gallery
November 6, 2018 through to January 11, 2019.
Launch Friday Evening
November 9, from 6.00pm
Light Refreshments Available.

Images clockwise from top right
1. Traylea Sexton - Art Teacher, Nichola Smy - MSB P & F Secretary & Georgia Smy - College Captain
2. Romatu Naawi & Tayiesha Warria
3. Georgia Smy 4. Linda Whap

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Malanda State High School
Herberton SS P 10
Mount St Bernard College
St Stephen's Catholic College
Atherton State High School
Ravenshoe State School P-12
Northern Queensland Primary Health Network (NQPHN) is committed to improving the health and wellbeing of Aboriginal and Torres Strait Islander peoples within our region.

In 2018, the NQPHN Board of Directors decided to implement the inaugural NQPHN Indigenous Youth Art Competition, a new initiative to recognise young, talented Indigenous artists across North Queensland.

The Board launched the competition during NAIDOC Week in July 2018 as part of the organisation’s commitment to support Indigenous youth, and a meaningful pathway towards inclusion of our Aboriginal and Torres Strait Islander communities.

The competition — based on the theme of ‘health care and wellbeing in our communities’ — saw some inspirational artwork submitted by young and upcoming local Aboriginal and/or Torres Strait Islander artists between the ages of 13–21 years.

The two categories available were… Aboriginal artwork… and Torres Strait Islander artwork.

There were a range of incredible submissions from gifted young artists, resulting in seven artists being recognised, including three first-place winners, two second-place prizes, and two third-place prizes.

The winning artworks will be displayed in NQPHN’s offices, showcased in the NQPHN Annual Report, and used in other potential NQPHN resources.

You can read more about the winning artists and see their artwork on the NQPHN website at www.nqphn.com.au

Congratulations to all the winners, and everyone who submitted artwork.

Danae Maltby | Executive Assistant to Executive Director, Cairns, Cape & Torres - Northern Queensland PHN

Northern Queensland Primary Health Network acknowledges
the Traditional Custodians of the lands and seas on which we live and work, and pay our respects to Elders past and present.

Euwanae Mairu with his winning artwork— Won $500 Oxlades Art Supplies
Upcoming Events 2018

Term 4

Sat 17th Nov
Year 12 Formal
Pullman Cairns International Hotel

Tues 27th - Wed 28th Nov
Year 11 Exam Block

Thurs 29th Nov
Whole School Community Day at Sugarworld Cairns
End of Term at 3pm

Fri 30th Nov
Boarders Travel home
School Holidays commence

Fri 7th Dec
MSB Office closes

Well Women’s Clinics
(These clinics are available to Medicare eligible clients)
Service includes Cervical Screening Tests (Pap Smears), Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Bowel Health, Domestic Violence, etc.
All services are provided by a specially trained Women’s Health Nurse.

Atherton Health Centre
Monday 19th November
Ph: 4091 0263

Millaa Millaa Health Centre
Tuesday 20th November
Ph: 4097 2223

BreastScreen Queensland
Cairns Service

Our Mobile Service is coming to
Atherton
Showgrounds via Robert St

26 Nov 2018 – Feb 2019
If you’re a woman aged 50-74 years
phone 13 20 50
or visit www.breastscreen.qld.gov.au to book your free breast screen
Women in their 40s and over 75 can also access this free service
No doctor’s referral is necessary

Free susu (breast) screens for all women over 40
26 Nov 2018 – end Feb 2019
Atherton Showgrounds (Robert St)
Your appointment will be one-on-one with a female health worker

Phone 13 20 50
to book your susu screen
or see your Health Worker for more information

Susu Screening saves lives!