Term 3 has been an exceptionally busy term filled with many opportunities to learn and share new experiences. The students should be congratulated on what has been a term filled with many highlights. The staff must also be recognized for their continual efforts to engage students and provide varying and vast learning opportunities. The list to the side provides just a snap-shot of some of the opportunities students have had this term alone.

The learning is not just restricted to the academic needs of the students. Many hours are placed into delivering Social Emotional Learning (SEL) as well as Positive Behaviour Support (PBS) lessons. Mrs Doris Cuda looks after the SEL curriculum with Year 7-10 having a single lesson timetabled each week. A PBS focus for each week is also provided and resourced by Mrs Jenny Rossiter. It is then presented at Monday morning assembly and then students work through activities in Home form each day.

Focuses this term have included;
- Being Organised
- Size of a Problem
- Following Reasonable Requests
- Shame
- Cyber Health Check
- Blame
- Making an Apology
- RUOK
- Safe Holiday Plans

I wish all the staff, students and families a safe and refreshing holiday and look forward to Term 4.

We thank you Lord, for this term.
For the challenges, the successes, and the mistakes from which we have learnt from.
Be with us as we spend our time with family and friends.
Give us strength and courage to do what is right: to be witnesses of our faith.
Help us to be a practical Christian these holidays, to appreciate what others do for us, to give time and effort to help others.
To be peacemakers in our family.
Keep us safe in our activities; give us good rest and good fun.
Bring us back refreshed and ready for a new term.
We thank you for our classmates, teachers, parents
And a community that cares for us.
May we always be conscious of you in our lives.
Amen

Many, many opportunities provided to students...
- Year 7 Food Technology excursion
- Year 7 Maths in the Environment excursion
- Year 8C Geography Landforms and Landscapes Excursion (Cobolt Gorge)
- Senior Hospitality Chocolate course
- Trinity Bay Writers Festival
- Year 10 expedition
- CQU resilience study
- Work experience placements
- Year 11 RYDA Road Safety Day
- English & Maths ICAS testing
- Japanese visitors to the College
- Year 10 Love Bites presentation
- NFS talks - all year levels
- Arts Queensland project - Artist in Residence
- NET team visit - all year levels
- Visiting writer
- PISA testing
- ‘Write a book in a day’ activity
- Naidoc day celebrations
- Science ‘Deadly Australians’ presentation
- QCS testing
- WEX Federal Government Work experience program, Canberra
- Geothermic investigation excursion

Year 10B Geography excursion
...And much, much more!
Report Cards

Report cards for term 3 will be sent home this week. All parents are requested to review your child’s report card. It is important for children to believe that parents care about their education. If you have any concerns about the progress of your child please make sure to book a parent teacher interview which will take place in term 4 on Tuesday 23rd October.

NAPLAN test Results

The results for the NAPAN test conducted in May were released this week. All parents of year 7 and year 9 students will receive a copy of the results by mail. Again, please take the time to review your child’s results with them and contact your child’s teacher if you wish to discuss the results.

Aboriginal Summer School for Excellence in Science and Technology. (ASSETS)

We were recently advised that two of our year 10 students, Rosie Douglas and Chelsea Petersen were selected for the ASSETS Summer School based in Adelaide. These students were successful in applying for participation in the medical section of this program. This is a terrific career opportunity for these students and we wish them well.

Every Day Learning Practices

Over the years many parents have asked what they can do to help their children to learn. Here are a few tips:

- Read every day for at least 20 minutes.
- Do basic calculations using your head not a calculator.
- Look at signs and posters and work out their meaning.
- Spend time learning a new skill on a computer.
- Speak to an adult about a specific topic.
- Write a story or an account of what you have achieved for the day, then edit it.

Have a safe and happy holiday

Malcolm Fahey - Acting Assistant Principal - Curriculum & Admin

Acting Assistant Principal’s “Academic” Awards

**Rion Shailer** - Awarded to a student in recognition of his maturity in his studies and his willingness to learn new concepts, quicken his work rate and ask challenging questions

**Marcus Brown** - Awarded to a student in recognition of an improved focus in class and the quality of answers in English and QCS Practice

**Maggie Bob, Rhonda Bonner, Lala Lui & Angelina Williams** – Awarded to a student for going beyond your comfort zone when doing work experience at St Joseph’s Parish School

**Rion Shailer, Janae Chan, Georgia Smy, Marcus Brown & David Cassels** - Awarded to a student in recognition of persistence, effort, following procedures and resilience under fire whilst completing the 2018 Queensland Core Skills Test

**Elizabeth Wong** - Awarded to a student in recognition of commitment and academic focus by successfully completing a Nursing and Healthcare on-line course with Open2Study

**Yarus Blanket** - Awarded to a student in recognition of academic diligence in English; working hard to complete assessment tasks and being the first to deliver his oral presentation in English
In an era not so long ago it was a polite and friendly compliment to refer to a man as a “gentleman and a scholar”. As with all such idioms, there is no clear origin, however I would like to offer one interpretation.

Firstly, a **gentleman** is a man who is respectful and courteous to **every** person they are dealing with. Further back in history it was a reference to a social hierarchy, but that is not what I am referring to here. Rather, it is the recognition of someone who acknowledges the dignity of **every** person they meet. Secondly, a **scholar** is someone who thinks critically about society and human culture and is able to suggest solutions to real problems. They are often experts in one particular field and can bring the insights of their learning into the public debate in creative and healing ways.

Therefore, a “gentleman and a scholar” is a man who combines courtesy and great learning with humility and a sense of public service. I think this remains quite the compliment.

Gentlemen always treat women with respect. They never use violence, they don’t use foul language in any circumstance and they use social media responsibly. It is sad that some of the boys here at MSB are struggling to grow into gentlemen. Some who have made bad choices are no longer with us. We here at MSB do everything in our power to help our boys grow into gentlemen.

The family remains the most important ‘school’ in which to learn how to be a great man. Whether as a father, son or brother, it is the invitation to treat others with love and respect and to accept joyfully and courageously the responsibilities of being in a family. There is no more important and significant duty on the path to becoming a great man. As we have prayed:

> That fathers everywhere will flourish in their vocation to care and serve their families - and that they will be renewed in love.

> That the community of Mount St. Bernard College will take up the Cross to offer a vision of manhood in the world.

St Joseph. Pray for us.

I wish the year 11 and 12 students good luck for their exams this week. On Thursday 20th, Fr. Elio Capra SDB will be celebrating an end of term mass in the chapel at 2:00pm. He will be facilitating our staff Catholic Identity in-service on Friday 21st.

Finally, I would like to wish all our students and staff a restful and relaxing holiday. May we all return in term four relaxed and ready to finish off the year well.

**Assistant Principal’s “Mercy” Awards**

**Billie Lui** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for taking the time and effort to make another student feel a part of the MSB community

**Elizabeth Bob** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for taking the time and effort to make another student feel a part of the MSB community

**Denison Hilla, Jacqueline Williams and Emmy Riber** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for their service at the Trinity Bay Writer’s Festival by helping clean up after the workshops with a positive attitude

**Tamuri Namai** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for offering his help to a member of the public who’s shopping trolley had tipped over

**Noah Zieth** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for helping others who were struggling in English class

**Serina Garrawurru** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for determination to succeed and having a positive attitude in class

**Doriah Tamu** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for always trying her best, being calm and composed and showing kindness and compassion towards her peers and teachers
Family conflict
It is important to recognise that conflict is a normal process through which people resolve differences. When people live together in the same residence, disagreements and arguments are bound to happen, especially as personalities clash and everyone wants to be heard. Teenagers have an innate desire to be heard. This is because they are trying to find their place in society and build a sense of identity.

Conflict in families increases during adolescence, as it’s normal for teenagers to seek independence and separation from their parents. Other causes of family fighting can be differences in opinions, poor communication, changes in the family (such as a new baby or divorce), sibling rivalry or discipline issues.

As your child moves through their teenage years, remember that they’re still learning the life skills required to become an adult. Dealing with conflict effectively is likely to be something that they’re inexperienced in, and as a parent you can play an important role in helping them develop this essential skill.

How family conflict can influence your child
Conflict in families can impact children in many ways. Children can be affected psychologically if they’re exposed to long-term conflict. It can even become a normal part of a child’s life and result in poor habits and patterns of aggressive behaviour.

Children can be influenced by family conflict in numerous ways.
- Some children and adolescents may act out by showing increased aggression, defiance and behavioural problems.
- Your child may experience depressive symptoms, such as feeling lonely or sad, or isolating themselves in their bedroom for long periods.
- Children exposed to parental conflict may experience feelings of anxiety or feel pressure to divide their loyalty between parents.

When conflict becomes aggression
All families need to recognise that anger and conflict are a normal part of family life, and often very prevalent in teenagers who are going through puberty and emotional changes. However, when conflict turns into aggression or violence, it may be time to get help. Young people that are exposed to violence or abuse in the family home, or other parts of their life, are more likely to become violent themselves. If you’re concerned about your own safety, or the safety of other family members, then contact 1800RESPECT, a national domestic family violence counselling service.

Assistant Principal’s “Positive Behaviour” Awards

Djerome Mooka-Salam - Awarded to a student for exceptional work ethics in Industrial Technology & Design Metalwork classes and for assisting other students with their work

Zoe David-Sabatino - Awarded to a student for exhibiting outstanding leadership skills

Rebecca Bonner - Awarded to a student for vastly improved attitude and application

Tommy Johnson - Awarded to a student for outstanding engagement in the Love Bites Program with his enthusiasm, engagement and encouragement towards his peers

Delisha Malthouse, Elizabeth Richardson-Eveleigh, Renee Edwards, Stacey Edwards, Samson Lowatta & Bryce Whap - Awarded to a student for demonstrating resilience and respect in Art

Millianna Whap - Awarded to a student for supporting others to make good choices

Keane Ryan - Awarded to a student for providing mentoring and support to other students

Aaron Bosuen - Awarded to a student for completing all tasks with a positive attitude to learning

Tyra Rainbow & Tyleisha Gilbert - Awarded to a student for always showing the tenacity and willingness to give something a go

Mychael-Lei Sibley - Awarded to a student for exceptional behaviour and willingness to work in Prevocational Maths
Solid Screen Events showcase and celebrate unique and valuable contributions to screen culture worldwide. Monday, 27th August, Solid Screen festival director Jenny Fraser shared the documentary Solid Sisters with the senior girls in boarding. The documentary featured Queensland and International Indigenous practitioners from artforms such as animation, performance art, theatre and digital storytelling backgrounds. The Solid Sisters program included screen festivals, solid sister yarning circles and honoured past recipients of Solid Awards.

Solid Awards for Indigenous women in screen honours those women who contributed to screen arts and also emerging talents. One emerging talent is Joy Boehm. Joy has been working on an animated film for her digital studies. The “Solid Youth Screen Culture” Award is given to young women who are using digital storytelling in a positive way. Jenny also presented Joy with this award during her visit.

Netball Grand Final 2018

This has been a great year for Netball at MSB!

We had the Confraternity Netball in the July school holidays. Part of the training in preparation for Confraternity was to also participate in the local netball association as a team and play in local carnivals.

The “MSB Sisters” finished third on the ladder. We played the Semi Finals and won with flying colours. Then the preliminary finals. These were a little tougher as they were against the team who finished second on the ladder just above us.

To our surprise and with much pride, we won this match too! You could have guessed that we had won the Grand Final when we won this game! The girls (and Coach) were so excited and so happy. Lots of cheering and yelling were heard.

The Grand Final was against the “Sparks” who finished top of the ladder and have dominated the past five seasons. It was a very friendly match. MSB Sisters played their absolute best but unfortunately Sparks came away as winners with MSB Sisters as Runners Up for the 2018 season.

The girls should be congratulated for the year they have had. They have shown great commitment and their sportsmanship has been commendable throughout the entire year in different competitions. Considering these girls have never played together until this year, they did an amazing job to make it to the Grand Final.

Congratulations also to the following players for their awards:

Zoe Kopp – Most Valuable Player
Janae Chan – Umpires Choice for best player
Maddison Raymond – Encouragement Award

If any of our MSB Sisters are from your community, please congratulate them on their AWESOME year of netball.

Proud Coach,

Sonya Frost - Residential Administration Officer
“HOLIDAY PLANS”

Holidays are a great time to reconnect with:

♦ Family and Friends
♦ Nature
♦ Ourselves

We all make plans for our holidays and have expectations around these plans. Sometimes our plan is to just do nothing!

How do we turn our expectations into reality?

♦ What might be some of the obstacles (problems) that stop us from achieving our plans?
♦ What can we do to try to make sure we do what we want for our holiday?

“MAKING AN APOLOGY”

We all make mistakes - the important things are:

♦ Accept responsibility
♦ Apologise
♦ Move on

Sometimes it is hard to say sorry. Reasons why this might be difficult include:

♦ We feel embarrassed.
♦ We are not ready because we are still angry.
♦ We feel it makes us seem weak.

When we say sorry and truly mean it, relationships are repaired and the other person can begin to trust us again.

How do you use shadows to find the height of very tall objects?

Thales first worked this out using the shadows of the pyramids. 9.2 Maths did it with the poles in the tennis court.

Don’t forget we are only a phone call away. If you have any issues or concerns you wish to discuss please don’t hesitate to call or email a member of the Pastoral Care Team:

Scott Whitters - Assistant Principal - swhitters@cns.catholic.edu.au
Jenny Rossiter — Middle Leader — jrossiter@cns.catholic.edu.au
Tara Zaicz - Wellbeing Officer - tzaicz@cns.catholic.edu.au

Similar Triangles - Shadow Reckoning
Year 11 had an informative day in Mareeba where they joined Mareeba High in learning how to be safer drivers. Thank you to Mareeba Rotary and Qld Police.

Check out the graph - as soon as they get their P Plates - their risk increases!
To the great presenters from TSAS, QLD Health and Qld Police, thank you from Year 10 and staff for a full day of information about how to have safe respectful relationships.
A group of lucky students had the opportunity this term to take part in two exciting excursions in one. We spent two days at the Trinity Bay Writers Festival, doing writing and illustration workshops with famous Australian authors, and spent the night at the Aquarium, ‘sleeping with the sharks’, right inside the tunnel under the main reef tank. We all learnt a lot about the eco systems of the reef and rainforest from the knowledgeable guides and fell asleep with giant stingrays swimming above our heads.

Sarah Riber - Middle Leader
Young artists from schools across the region united to share their creative energy and insights in this year’s Energy art exhibition. On the opening night, Tank 4 was bursting with innovative, high-quality works that were engaging, thought-provoking and inspiring.

ENERGY presents the best young and emerging artists of our region, and a level of professionalism and maturity well beyond their years.

A must-see exhibition, ENERGY opens a window into the astonishing talent of this region’s up-and-coming artists.

OPEN: 9.00am – 4.30pm weekdays, 10am – 2.30pm weekends
INFO: info@tanksartscentre.com or jwill343@eq.edu.au

Georgia Smy, Euwanae Mairu and Mathew Ederer were selected to exhibit at Energy. Euwanae picked up a Cell Art Space Award. This means his painting will now go to another art exhibition at Cell Art Space, Cairns. It was a fantastic night with 10 students coming along to support MSB’s budding young artists. Energy will run for a month and 10,000 people are predicted to pass through the gates to view the 120 student works. Well done, super proud! - Miss Traylea Sexton
Year 9 Eye Dissection

From light comes sight… part of year 9’s Physics studies is the science of light, and how the human eye uses light. To cement our studies, Years 9B, 9P and selected 9S students dissected a bull’s eye. Together, we located important anatomy and discussed the physiology of the eye. Many thanks to Mrs Kieran Waugh for guiding us!

Mrs Wareing, Classroom Teacher, 9B
As Year 12 Chemistry students were anxiously preparing for their exam, some of the Year 11 students investigated the concentration of Vitamin C in fruit juice, trialling orange juice, apple juice and even mashing strawberries in the name of science. Alexa, Elizabeth and Eliza were intent on exploring all possibilities, so they even tried the test on orange peel. Please feel free to discuss their findings with these dedicated Chemistry students.