



Mr Ian Margetts
Principal

8th February 2019

Principal: Mr Ian Margetts

Deputy Principal - Curriculum/Administration: Mr Matthew Brauer **Assistant Principal - Mission:** Mr Matt de Jong

Assistant Principal - Student Wellbeing: Ms Jenny Rossiter **Assistant Principal - Residential:** Mr Scott Whitters

Business Manager: Mr Warren Thomson **Office Manager:** Mrs Sue Wegert

Welcome to the 2019 school year!

It is great to welcome back familiar faces as well as new students to the College. We are all privileged, whether it be as staff, students or family, to be a part of the Mount St Bernard College community, its Mercy traditions, cultural diversity and drive to attain optimal learning and wellbeing for each individual student.



We especially welcome sixty new students and twenty four new families along with new staff members, Mr Matthew Brauer, Deputy Principal - Curriculum & Administration, Ms Emily Kiss, Ms Julie Oswell, Mrs Mary Walz & Ms Sharna Fitzpatrick - Teachers, Ms Stefanie Henebery - College Nurse, Ms Liezel Joubert, Mr Brandon McKay and Mr Tohe Wanoa - International Gap Year Boarding Supervisors & Ms Tiarni Potts - Teacher in Practice.

With new staff, students and families combining with our existing community and at the beginning of an exciting new year we pray:

***Lord, open our eyes to the new challenges and exciting opportunities
that this new school year brings.***

***We ask that You open our hearts and minds to new positive
relationships in our community.***

***We ask that You gives us a generous spirit to be enthusiastic with our teaching
and our learning and the courage to accept new opportunities.***

***And we ask that You help us to be attentive to each other in our
community to experience Gods presence in each other this year***

Amen



Despite the rain and some interrupted travel plans the year has started very well. This week we celebrated our Commencement Mass. During the Mass we acknowledged that all are called to leadership by their actions but some also take on additional responsibility with recognised additional roles. We congratulate Eliza Lyall & Elizabeth Wong - College Captains and Alexa - Rose Ellis & Shawntella Maiap - College Vice Captains.



This coming Monday we will acknowledge our 2019 scholarship recipients. With the generous support of the Sisters of Mercy the college is awarding the following student scholarships.

- Mahalia Jones – Sr Pam Murray Performing Arts Scholarship***
- Jorgie Ward – Sr Mary McHugh General Excellence Scholarship***
- Darren Creek – Colleen & Frank Sims Bursary Scholarship***
- Ayla Edwards – Sr Mary Randle Year 7 Academic Scholarship***
- Bianca Price – Sr Anne Moule General Excellence Scholarship***

Congratulations to these students and we look forward to their positive contribution to College life.

Finally, we encourage families to be a greater part of our Mount St Bernard College community. Please do not hesitate to contact myself or staff at the College if you have any questions throughout the year.

Best wishes for the year ahead.

Ian Margetts - Principal

Assistant Principal - Mission

Welcome to 2019

Welcome to the 2019 school year at Mount St Bernard College. I extend a warm welcome to our new families and hope that your introduction to Mount St Bernard's has been a joyful one. To our returning families I wish you every peace and joy in the coming year.

Mount St Bernard College is a Catholic school in the Mercy Tradition. As part of the Australian wide network of Mercy schools following the charism of Catherine McAuley we offer an education based on our Touchstones:

A Gospel spirituality
A liberating education
An inclusive community
Justice and solidarity



Mr Matt de Jong

As a community with so many opportunities across so many different fields, ranging from camps to excursions to sport right through to the boarding activities and many sports such as rugby, it is important that we experience the unity of a community. In our whole College Masses, that celebrate key moments of the year, the first of which occurred on Monday 4th February we come together to share a key experience of our Catholic identity. In our annual commitment to Caritas we unite to raise money for good causes whilst enjoying the company of each other, which is such a vital part of our community & continues to offer moments when our students enjoy the company of each other and encounter the joy of being part of the community.

Friendships are at the heart of Mount St Bernard College. This is not surprising when we read that Jesus calls us all friends (John 15:15), and so invites us into the friendship of God. This most remarkable invitation to a personal friendship with the God who has lovingly given us all the gifts we enjoy is reflected in the invitation of our community, expressed in the Touchstones. Among all the busy-ness, bells and bustle of the year, we know we are on track when we are flourishing through our friendships. Through our friendships we are liberated, included and united to become the people that God's love knows us to be.

Welcome to 2019, have a great and blessed year ahead.

Opening of the School Year – College Mass

Monday 4th February 2019, students and teaching staff with staff from Catholic Education Services and some parents and guests gathered in the chapel to join in our College's celebration of the opening of the 2019 academic year. Fr. Michael Szymanski our new Parish Priest, assisted by Fr. Dariusz Osinski and Deacon Alban, presided over a joyful celebration to acknowledge our blessings as we commenced the year.

Mr Ian Margetts our Principal welcomed us all. Mrs Desley Mosquito, a Jirrabal elder, welcomed us to her country. Our new College Captain Eliza Lyall and two Vice Captains Alexa-Rose Ellis and Shawntella Maiap were commissioned. With backing music the choir led by Brendan Akers and Sarah Riber sang beautifully.

All three student leaders were blessed by Fr. Michael and were presented with their personalised leadership badges by College Principal, Mr. Ian Margetts and they recited their leadership pledges as one to the college community. Nine new staff were also blessed and commissioned as well.

Following the mass, morning tea was served to guests and parents who attended. A special thanks goes to Frs. Michael and Dariusz and Deacon Alban Hunt for leading us in our eucharist, along with the college choir under the direction of Mr Brendan Akers and Mrs Sarah Riber and to all of our newly minted year 12 leaders who read, prayed and led us.



Assistant Principal - Student Wellbeing

A new year ... A new start

Here at MSB we believe every day is a new day. It brings with it a fresh look at how we can all work together to be the best we can. The Wellbeing Team look forward to working with you and supporting everyone to achieve positive outcomes. They bring many and varied skills and understandings to the role of ensuring you all feel safe and flourish.



Ms Jenny Rossiter

Jenny Rossiter	Assistant Principal Student Wellbeing
Karen Rolfe	Middle Leader Pastoral Care Whole School
Kerri Hobson	College Counsellor
Tara Zaicz	Wellbeing Officer
Padaila Mudu	Indigenous Liaison Officer
Flo Cornish	MSB College Transition Officer
Lorraine Muckan	Residential Pastoral Care Officer
Stef Henebery	College Nurse
Leisha Tibbs	Health Centre Administration Officer

Our Positive Psychology approach and Restorative Processes inform everything we do. All staff, students, caregivers and community members involved with the College are encouraged to focus on supportive productive relationships and to live by the Mercy values of:

- **Community** – living and giving gracious hospitality in the spirit of family
- **Mercy** – acting justly with a compassionate heart
- **Respect** – valuing self, others, environment and the purpose of school
- **Excellence** – striving towards personal best
- **Wisdom** – gaining life enhancing knowledge and skills

Positive Psychology is a growth model of wellbeing where people are encouraged to add to what is already good in their lives. *Once you have so much good (positive), there is little room or time for bad (negative).*

This way of being occurs on three levels:

1. **Concentrating on *feeling good rather than being good.***
2. ***Working on the things that make a “good life”* – human strengths and virtues, future-mindedness, capacity for love, courage, perseverance, forgiveness, originality, wisdom, interpersonal skills and giftedness.**
3. ***Becoming part of the “community”* that we live in through social responsibility, tolerance and nurturing others.**

At Mount St Bernard College, we believe that students can be successful learners. They can behave appropriately in an environment characterised by clear expectations, with guidelines established regarding *Safety, Respect and Responsibility*. We consider positive behaviour support to be an opportunity for valuable social learning as well as a means of maximising the success of academic and social education programs.

We all make mistakes – let's use them as learning opportunities:

- ◆ *What went wrong?*
- ◆ *Who was affected?*
- ◆ *How can I fix it?*
- ◆ *How can I stop it happening again?*



Please contact one of our team if you have wellbeing concerns for your child.

We are looking forward to working closely with all families to educate your children in a positive partnership.

Jenny Rossiter – Assistant Principal Student Wellbeing

Residential News

Introducing our new International Gap Year Residential Supervisors

Mr Scott Whitters
Assistant Principal -
Residential



Kia ora koutou katoa! (Hello to all)

My name is Tohe Wanoa but you can call me Toe. I will be spending the next 6 months here at MSB as a Gappie from the beautiful country of New Zealand. I was born in a small town called Gisborne which is said to be the first city in the world to see the light, I then moved to Wellington when I was young, which happens to be the windiest city in the world!

Before I was here at MSB I was firstly a Squash coach, and then moved to become a trainer at a local gym in Wellington. I have a massive passion for health and fitness and also for all things sport! If you've heard of it, I've most likely played it. You can expect to see me running around on the field or court amongst you, you may have already noticed me playing touch with you guys. (Being from New Zealand you can tell I love my rugby). Another passion of mine is travel. My love of travel began a few years ago when I went on a family trip to America, since then I have travelled as much as I can including a lot of Europe, South-East Asia, and also a few Pacific Islands and of course Australia. I firmly believe that travelling and experiencing different cultures of the world opens up your mind and soul and you develop a much deeper appreciation of your own country once you travel. Also, you MUST try all the food other cultures provide.

The reason you can see me here wandering the school grounds of MSB is because of my passion for meeting and interacting with people from all walks of life and also witnessing people grow and develop into influencers. The number one goal for me while being here is to be a great role model for the students and to energise, help and support the students of MSB College so that they may have the most enjoyable and educational experience of their lives so that they may aspire to make a positive impact on this world. Being a squash coach and also a personal trainer, it made me extremely proud to see my clients and students grow both physically and mentally so it's only natural that I want to achieve the same outcome with the students of MSB.

Lastly, I would like to give a big thank you to the team here at MSB for allowing me to work alongside you and for creating such a warm and welcoming environment. I can already tell these next 6 months are going to be a blast.

So that is a snapshot of me!

Nga mihi,

Tohe (Toe)



Stepping out of your comfort zone and trying new things is the best way to grow.

Dear MSB.

To those that I have not met yet, I am Liezel Joubert all the way from South Africa. I live in a city called Bloemfontein. Bloemfontein is located in the Freestate, also known as the city of roses. I grew up on a farm where my daily routine included swimming in the river and running around barefoot. I will be one of the Gappies helping out in boarding for the next ten months.

I did not pick a gap year because I want to see the world. I chose a gap year because it forces me to get out of my comfort zone and to do something new, something unknown. My love for working with children also played a big role in my decision. To me working with children is seen as a privilege. By doing this year it gives me time to emotionally grow in myself.

Physically this year will determine my future. Before I came to Australia, I was struggling between two degrees, either teaching or a degree in consumers science. I know my time at MSB will show me the right option.

Lastly, I just want to thank MSB boarding for giving me the opportunity of a life time. I can promise you I will always give my best.

Totsiens.



My Family



Residential News

Introducing to our new International Gap Year Residential Supervisors

Mr Scott Whitters
Assistant Principal -
Residential



Good Day Ladies And Gentlemen

My name is Brandon McKay and my homeland country is South Africa.

I am half English and also half Afrikaans my hometown is Durban Amanzimtoti on the South Coast pretty close to the ocean.

The reason why I applied to schools in Australia was because I have never left South Africa in my life. Australia was my first choice having heard so many good things about the country and it's wildlife. I am also very intrigued with the indigenous culture and the instruments they play. Kids are also an interest of mine because looking after and spending time with them reminds me of my younger days.

My interests are sport, nature, art and treading in the unknown.

The sport I am most interested in is cricket and it is the only sport I have really put some serious hours into. Animals and myself have always been like one, I am very interested in their characteristics and behaviour, particularly reptiles. I have found great value in the lives of animals as I have gotten older to an extent that I will not kill an ant for no reason. In terms of doing everything by the book I disagree and find it rather boring. Obviously this is to a certain extent where rules and laws must be followed I believe. This year I am hoping to learn more about life and what is out there in the world. Hopefully I can try and stay in this country because even though I have not seen a lot of it I am already in love with it. I have also realised that staying in the same country or place for too long makes you just go through the motion of everyday life without change.

Lastly thanks for the opportunity MSB College.



Year 7 Orientation Program

This year sees for the first time a year 7 orientation program for all year 7 students starting at the college. The program aims to familiarise students with the general operations of the college and key staff members, help the students to get to know each other and build positive relationships with their peers and college staff. So far, the students have engaged in a number of activities such as going on a tour of the day school, competing in a scavenger hunt, taking part in sessions designed to build resilience and positive self awareness. The students have worked with a number of people, including college staff and guest presenters. This week the students have also begun undertaking a number of literacy and numeracy tests to allow them to demonstrate their capabilities and help to inform teachers for their teaching in the coming weeks. On Monday, students will be allocated into their class for 2019 and will begin working with their regular classroom teacher. This particular group of year 7's have already started to impress their teachers with the high standard of behaviour choices, level of enthusiasm and participation, as well as their ability to build positive working relationships with both their peers and teachers. It has been an absolute pleasure and we are really looking forward to all the year has to bring!

Jen Pope - Year 7 Coordinator and classroom teacher



Positive Behaviour Support - Week 2 Focus

"How to be at MSB"

Students will learn the importance of:

- ◆ Being a contributing part of the MSB community
- ◆ The importance of understanding school expectations
- ◆ Working together to follow the 4 guide posters



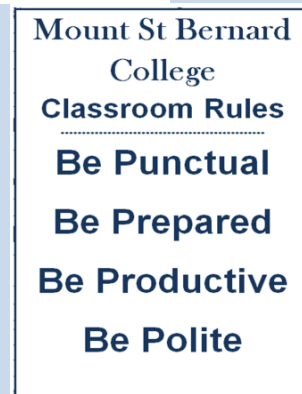
The Big Three
at MSB



Simple actions to ensure success.



Follow these and you are on track to be the best person you can be.



Know how to be successful in the classroom.

Positive Behaviour Support - Week 3 Focus

"Code Switching"

Being able to *Code Switch* means:

- ◆ Changing the way we talk and act in different situations and with different people.
- ◆ Knowing what is acceptable behaviour at different times.

Everybody *Code Switches*:

- ◆ You are a different person at home, at work, at school or out with friends.
- ◆ There is language we would use with our friends that we don't use in a formal situation.

Sometimes it is hard to *Code Switch* because:

- ◆ You are tired and *Code Switching* takes extra energy.
- ◆ You are not sure how to behave in the new situation.
- ◆ No-one has taught you that it is necessary to change your behaviour in different situations.

How do you learn to *Code Switch*?

- ◆ Watch and listen to others who seem to be getting it right and copy what they are doing.
- ◆ Remember what your family has taught you about how to behave in different places like church or at a relatives' house.
- ◆ If you don't know—ask someone.



AFL and NRL are different Football Codes and have different rules. When you change games (codes), you change rules.

You *Code Switch*.



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 Student Wellbeing Team:

Jenny Rossiter - Assistant Principal - jrossiter@cns.catholic.edu.au

Karen Rolfe— Middle Leader — krolfe@cns.catholic.edu.au

Tara Zaicz - Wellbeing Officer - tzaicz@cns.catholic.edu.au



Hello,

My name is Stef and I would like to take this opportunity to introduce myself to the Mount St Bernard College family and thank everyone for such a warm welcome. I am the new College Nurse and am looking forward to having a very positive, healthy productive school year.

Just a little bit about myself, I have recently moved back to the Tablelands after spending 4 years living and working at Thursday Island Hospital in the beautiful Torres Strait Islands. Thursday Island Hospital allowed me to expand my nursing knowledge on tropical infections and chronic diseases while working closely with Indigenous people. I have also worked at Atherton Hospital for a few years in the Emergency department, surgical ward and operating theatre.

My vision for the Health Centre at Mount St Bernard College is making it a positive, safe and welcoming environment for all the students. I look forward to meeting everyone throughout the term and working closely with the students, families and college staff.

Many thanks

Stef Henebery (RN)



NAIDOC Poster Competition

"Calling forward. Looking back"

By Tanisha Vincent - Year 11

'Calling forward. Looking back' is a mixed media self-portrait based on the NAIDOC theme 'Voice. Treaty. Truth'. I am an Indigenous woman from Tara Community in the Northern Territory. I am calling out to everyone, "Hear my voice". This cry and the vibrations of my ancestor's echo around my body. The ripples of the past, present and future. They symbolise the Indigenous languages I speak, the earthy desert colours (my home), the tracks (my ancestors) and the red, white and blue of colonisation.

The ships and shoe prints represent when the British first arrived on Australian shores (26th of January 1788). On my skirt you can see Aboriginal designs, these are meeting places and homes of my people. This represents when the first encounter occurred between Indigenous people and non-Indigenous people.

My artwork expresses a social issue which is still remembered to this day by all Indigenous people and will always be remembered for years to come. The emotions that I try to show in my artwork is more about the Voice, Truth and Treaty.

The goals for me as an artist are to show how my culture is at risk of slowly fading but is becoming stronger in voice and knowledge. I would like to leave behind the traces of the Kaytetye (my language and tribe) and how our culture was passed down from generation to generation. I wanted to demonstrate how the Indigenous people of Australia had met with the first arrivals. Then in later years when Indigenous people were given the opportunity to vote in 1967, to voice their thoughts.

Whilst doing extensive research into the Referendum and Indigenous rights, I discovered that a lot of information is hidden in paper work that our people would not know how to access. Even though I speak more than four different languages, English included, it is hard for us to go back and locate information in archives about our history, first contact and the prospect of a treaty.



NQ School Photography will be taking our school photographs on **Monday 25th February 2019**.

Order Online at www.nqsp.com.au using this shoot key **K862JZDP** or return the paper order form that your child will receive to our photographers on photo day.

Sibling order forms are available from the Student reception or can be ordered on our website. *NQSP Team*



NRL Roads to the Regions tour visited Mount St Bernard college yesterday and delivered a development clinic and State of Mind education session which was open to the community and local football clubs, Herberton Magpies and Ravenshoe Tigers.

What an exciting opportunity for Mount St Bernard students to rub shoulders with NRL stars Aiden Guerra, Newcastle Knights, Luke Capwell, Cronulla Sharks, Tahlulah Tillett, NRL female Indigenous All Star and David Shillington is an Australian former professional rugby league footballer who last played for the Gold Coast Titans in the National Rugby League. A Queensland State of Origin and Australian international representative prop forward, he previously played for the Sydney Roosters and Canberra Raiders.



Parent Portal Invitation

Parent Portals



Catholic Education
Diocese of Cairns
www.catholiceducation.qld.edu.au



Mount St Bernard College is excited to invite new and returning Parents and Carers to our Parent Portal.

Access is restricted to parents of students at our school and a logon is required. An account has been created for you with the email address you have provided to the school and the details are outlined below.

The Parent Portal will enable easy access to information about happenings in the school, forms that need to be returned, names and contact details for staff, policy information and much more.

There's also a special section to allow you to check the details we have recorded in our enrolment system about your children, and if necessary, advise us of any changes.

You can also check on information about your child's attendance, teachers, timetable, NAPLAN performance and Academic Report cards.

We will be making increasing use of the Parent Portal to provide a range of information to parents in the future.

The initial login requires you to verify your identity and setup a password. This document will run you through the process.

<https://extranet16cns.bne.catholic.edu.au/parent/msb/Pages/default.aspx>

1. Start the process by accessing the Parent Portal on the link above or the Parent Portal link on our School Website. You will be met with a login screen.

2. Select **Diocese of Cairns** and select **Forgotten Password/First-Time Login** button

3. Select the link under the **Parents** heading titled **choose your own password online**

4. Enter the personal email address that you have provided to the school and click **Next**

Parent Portal Invitation

Parent Portals




Catholic Education
Diocese of Cairns
Learning with Faith and Hope



5. Check your email account for a security code, enter the corresponding security code in the **Verify your Identity** screen that follows and click **Next**




 **Password Self-Service**

Verify Your Identity: Email Verification

Enter your security code below. A security code was sent to the email address registered with Cairns Catholic Education.

Security Code:

 **Password Self-Service**

Password Reset: Choose Your New Password

(Resetting password for smythec@gmail.com)

Enter a new password:

Re-enter the password:

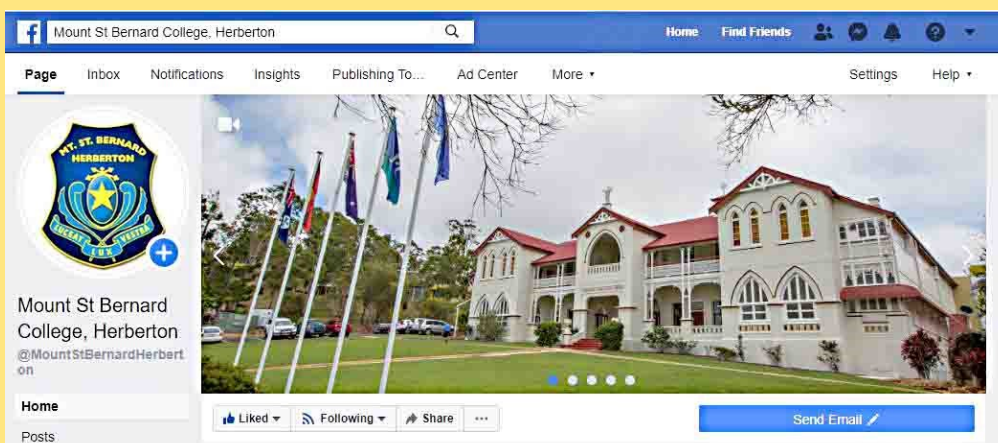
6. On the **Password Reset** form enter your desired password in both boxes before clicking **Next**



7. Now that you have set your password you can now login to the Parent Portal by following the link on our School website, or by following this link <https://extranet16cns.bne.catholic.edu.au/parent/msb/Pages/default.aspx>

KEEP CONNECTED VIA FACEBOOK

The college has a new facebook page in 2019. Please join our facebook community to receive stories and up to date information at the following link <https://www.facebook.com/MountStBernardHerberton/>



Upcoming Events 2019

Tues 12 Feb- *Year 11 Catholic Faith In Action Excursion - St Augustine's Cairns*

Wed 13 Feb - *District Sport Trials - Rugby Boys, Netball 12-19 Girls, Volleyball 12-19 Boys & Girls*

Fri 22 Feb - *Year 7 Food & Fibre Technology Centre - Mungalli Dairy & Malanda Dairy Centre*

Mon 25 Feb - *School Photo Day*

★ **DATE CHANGE** - Wed 27 Feb - *MSB Swimming Carnival - Atherton Pool* ★

Sat 2 - Sun 3 March - *Boarders Leave Weekend*

Wed 6 March - *Ash Wednesday*

Thurs 21 March - *MSB Cross Country - Commences 12.30pm*



**OUR FLOOD-AFFECTED
COMMUNITIES NEED
YOUR HELP**



Vinnies
good works

Donations to the **Vinnies North Queensland Flood Appeal** can
be made via credit card at the following link:

<https://www.vinnies.org.au/donate#!state=qld&appeal=185>

MOUNT ST BERNARD COLLEGE

MERCY TRADITIONS

SPIRITED LEARNING

BUILDING FUTURES