



Mr Ian Margetts  
Principal

22nd 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*

## Congratulations again to Shawana Nelson - 2018 QATSIF Creative Arts winner.

Shawana's art is being used on Queensland Aboriginal and Torres Strait Islander Foundations (QATSIF) coffee mugs as gifts for presenters. Below is her artist statement.

### Unpa Ngaba – Waterhole 'Don't make History a Mystery'

*My artwork is entitled Unpa Ngaba which means waterhole in Warlpiri language.*

*This is a story from my home community Ali-Curung in Central Northern Territory. It has been passed down from my Grandmother.*

*This is a traditional Aboriginal dot painting. It has an ochre colour background using the sponge technique of warm colours orange, yellow and red. The black circles represent big waterholes and lots of little waterholes. There are persons sitting around the waterholes which are the white dots. The black lines show the journey across the hills to get to the waterholes.*





## Principal's Report

Dear Parents, extended families and friends of Mount St Bernard College.

It's hard to believe that we have nearly hit the halfway mark of the term! I have been really impressed with how the students have displayed resilience in adapting to the changes that the new school year has brought. The student's ability to cope with tough times by applying inner strength and engaging support networks is a credit to them. The staff, day and boarding, must also be recognised for the fantastic support networks they have provided.

The support networks extend to family and community support. Whether local or remote, it is pleasing to have such positive interactions with our families. The Australian Council for Educational Research (ACER) state that 'highly effective schools have high levels of parent and community engagement' so we strongly encourage families and the community to continue to be in contact with staff at the College. Support 'beyond the school gates' is an essential part of preparing learners for the twenty-first century' (<https://research.acer.edu.au>).

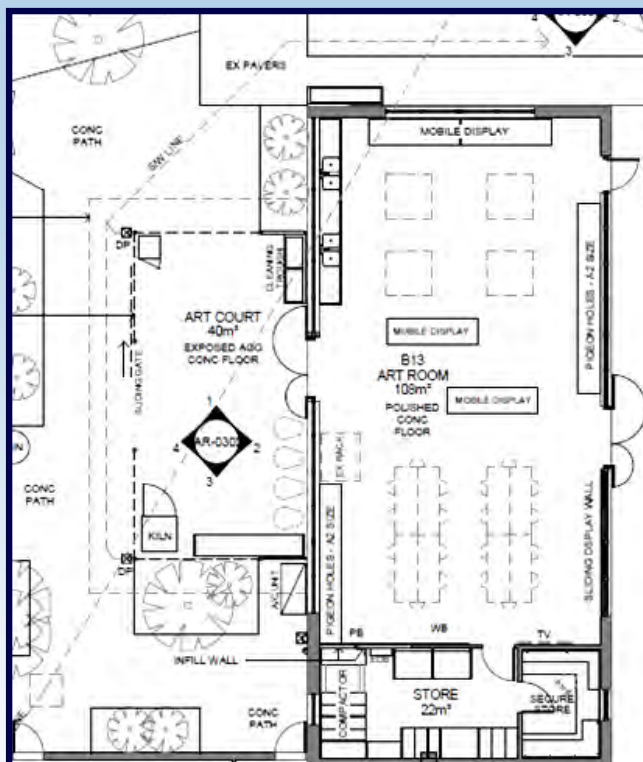
Striving for this multidimensional community goes to our core as a Catholic school also. Pope Francis recently reflected that networking within and out into the broader community 'means uniting fields of study, creating spaces for cultural encounter and dialogue, and making schools "educating communities"' and that parents and teachers must collaborate openly and constructively to form children with core values which enable them to face modern challenges. ([www.catholicnewsagency.com.au](http://www.catholicnewsagency.com.au)).

Having state of the art facilities is also important to preparing learners for the twenty-first century. I am pleased to announce that during the middle of last year, the College applied for a Federal Government grant to refurbish our Art and Music areas and replace the kitchen for our cooking students. We received advice late last year that we were successful in gaining over \$880,000 to complete the three elements of this project. This project that will commence in the second half of this year has continued the College's commitment to providing a contemporary and engaging learning environment. These facilities will compliment the refurbishment of two classrooms in 'F Block' as well as the construction of the Health Centre that has occurred over the last 6 months. All building works should be complete by the end of this year ready for the 2020 school year.

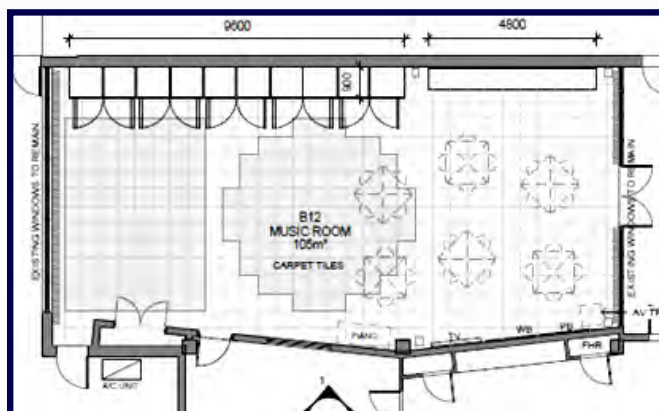
**Ian Margetts - Principal**



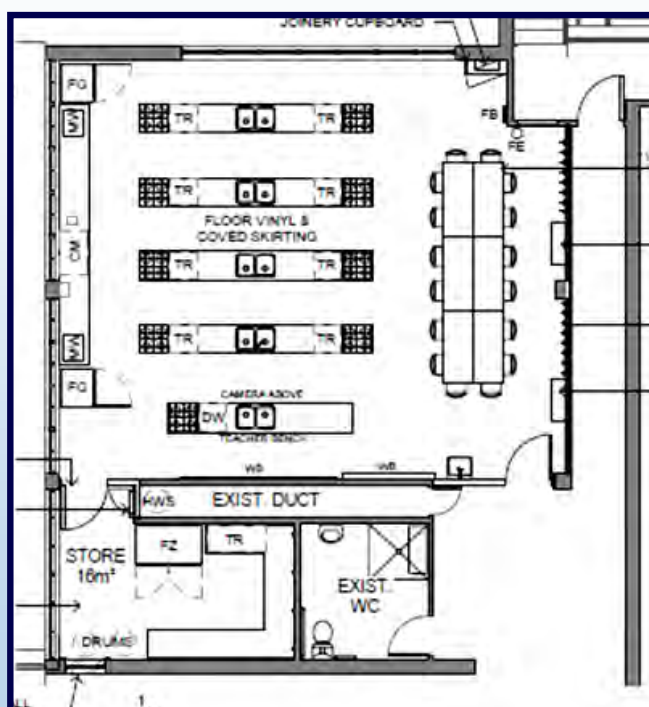
*Refurbished F Block Classroom*



*Refurbished Art Room and New Art Courtyard (including Kiln and outdoor area)*



*Refurbished Music area with ample storage*



*New Kitchen with additional workspaces and modern appliances*

## Assistant Principal - Mission

### Year 12 Retreat at Seville Cairns—2019.

Last Wednesday 6th February our year 12 cohort, accompanied by Mrs Karen Rolfe, our five gap students: Melanie Maron, Mareli Marais, Brandon McKay, Lizel Joubert, Tahe Wanoa and yours truly travelled to the Seville Mercy Conference Centre for the annual M.S.B. year 12 retreat. Under the facilitation of Mr. Chris Mitchell from Lighthouse Leadership the students, over the course of the three days, participated in many team building activities, and sessions exploring and discovering their leadership potential. Chris was able to bring out from all students a realisation that they all have untapped potential, and he gave them some skills so they could start to realise this potential. On the Thursday evening we participated in a Eucharistic celebration led by Fr. Robert Greenup and Deacons Ralph and Alban.



Mr Matt de Jong

The accommodation provided by Seville was excellent, comfortable and secure. The catering left no one hungry or unsatisfied and the program led by Chris Mitchell was challenging, yet rewarding for our students.

We commenced the program with a session where we were asked about our hope and concerns for the three days. All of the sessions commenced with games, enjoyed by all, and also contained team building activities tied to the theme of the session. Other sessions were entitled "My Potential & Your Potential", "Facing my Illusions", "Identity—Leaders remind others of their true Identity", "Value & Worth—Leaders call out the true value and worth in others", "Purpose & Destiny—Leaders call others into their true purpose and destiny", "What kind of Leaders do you want to be?", "Reflection Walk" and "Evaluation". All sessions involved a presentation by Chris, games, team building challenges and small group discussions. DIYDG—Youth Empowering Youth also sent two leaders who worked with Chris. DIYDG will facilitate our year 11 retreat in term 4.

I would like to thank the staff who attended. They are listed above, Seville Mercy Conference Centre and Kaye, Mr. Chris Mitchell of Lighthouse Leadership for facilitating the retreat and our year 12 students who participated willingly and enthusiastically and who grew somewhat over the course of the three days.

*Matt de Jong - Assistant Principal - Mission*



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LEADERSHIP COACH, LIFE COACH,  
TEACHER, & TRAINER  
[www.lighthouseleadership.com.au](http://www.lighthouseleadership.com.au)  
[www.facebook.com/lighthouselead](https://www.facebook.com/lighthouselead)





# Assistant Principal - Student Wellbeing



Ms Jenny Rossiter

## Build a new you ...

In 1949 Donald Hebb made a landmark discovery with "neurons that fire together wire together". Since then the amazing world of brain science has gone on to be used in all fields to show that the **more we think, feel and act in a certain way the more we develop those neural pathways**. It has shown us how we can:

- ◆ Change habits
- ◆ Increase happiness
- ◆ Improve health
- ◆ Develop skills
- ◆ and maybe even change our genetics!

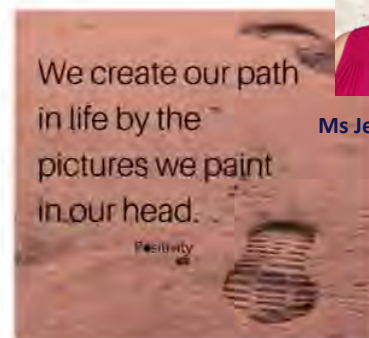
Neural plasticity is the ability to strengthen and develop the areas of the brain that you focus on and weaken the areas of the brain you neglect. If ***"you focus on happiness with your thoughts and feelings, you strengthen happiness pathways. If you focus on stress with your thoughts and feelings, you strengthen stress pathways. Every thought you think and feeling you feel, strengthens the circuitry in your brain known as your neural pathways."***<sup>1</sup>

This week on Assembly students and staff watched a simple, yet powerful video titled "What do you practice?" see below 2

In this clip a young boy says some of the wisest advice we have heard in a while:

- ◆ If you practice joy you will get joy.
- ◆ If you practice complaining you will get good at complaining.
- ◆ Practise what you want in your life and you will get it.

1. <http://www.authenticityassociates.com/neural-plasticity-4-steps-to-change-your-brain/>
2. <https://www.youtube.com/watch?v=kMML1jkBePQ>



## Wellbeing Central ...



It has been a busy couple of weeks in the Wellbeing Area. Many students have come for that extra bit of support to help them adjust to life back at school after the long break. We have provided a safe place to "take 5", unload something that has been bothering them, work through an issue with another student and contact home when needed.

Please continue to encourage your young people to come to an adult to help with issues. In a school environment it is not always possible to sort these things out yourself.

**The sooner that students approach a caring adult for assistance the sooner the problem can be solved. Just like a small hole in something, - the sooner it is repaired, the less chance there is of it getting bigger.**

We look forward to hearing from you all. Please call us anytime to discuss any concerns you have or just to say hello. If you are having trouble with times to talk to your child we can help arrange for them to be there when you call.

Jenny Rossiter—AP Student Wellbeing (Acting)

**Uniforms — Parents and caregivers please ensure your child has the correct uniform EVERY DAY.**

### Day school students arrival times and duty of care:

Parents and caregivers are reminded that staff yard supervision does not commence until 8:20 am. In the interests of safety and duty of care, students are asked to not arrive at the College prior to this time. If you have any concerns regarding this please contact the College.

### The College is a Phone Free Zone during schools hours:

- ⇒ Day students are asked to leave their phones at home or to hand them in to Student Reception upon arrival and pick them up before they leave.
- ⇒ Residential students are to leave their phones in the dormitory/with house parents.
- ⇒ If students need to contact anyone during school hours this can be arranged through Student Reception or the Wellbeing Area.



## Positive Behaviour Support - Fortnightly Focus

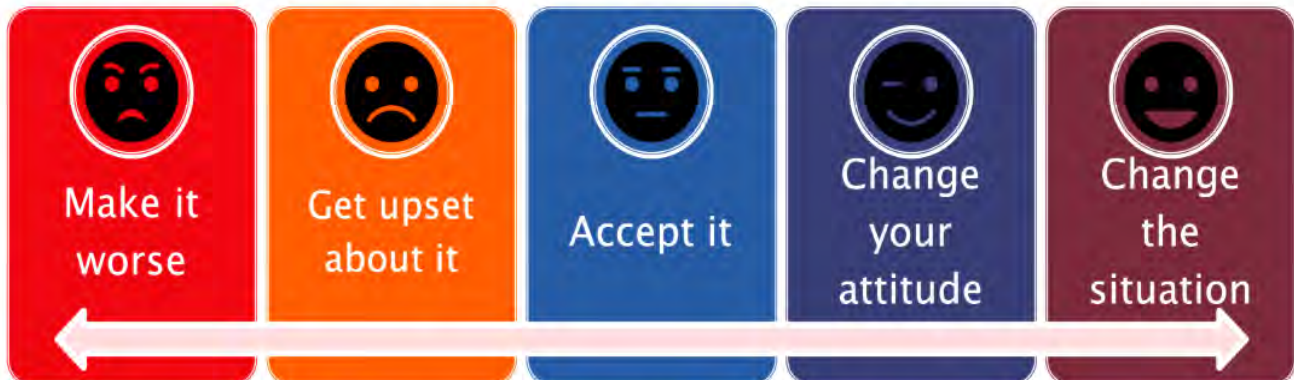
Each week a Positive Behaviour Support topic is covered in Home Form classes. It is through all of us talking about and learning behaviour skills that we can begin to develop a positive, safe and supportive College Environment.



### "When Things Go Wrong"

Life has its ups and downs. We can't change that.

We can change how we react when things go wrong.



Next time life throws you a difficult situation—STOP—Take a minute to think what choice you have.

It is always better to choose a positive result.

If you need help with making the choice go and talk to someone.

Even as adults we sometimes need someone else to help us see things differently and make positive choices.

Think ...



DO I ....

Do I play the blame game?

OR

You are always responsible for how you act, no matter how you feel. Remember, that.

Reflect on my part in the situation?

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:

Jenny Rossiter - Assistant Principal - [jrossiter@cns.catholic.edu.au](mailto:jrossiter@cns.catholic.edu.au)

Karen Rolfe— Middle Leader — [krolfe@cns.catholic.edu.au](mailto:krolfe@cns.catholic.edu.au)

Tara Zaicz - Wellbeing Officer - [tzaicz@cns.catholic.edu.au](mailto:tzaicz@cns.catholic.edu.au)



# Year 7A Maths

Year 7 maths have had their first few maths lessons of the term, after an exciting 2 weeks of orientation activities and settling in.

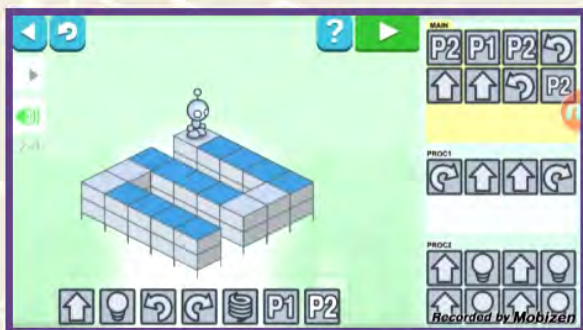
In maths 7A, students will engage in maths through a variety of learning activities;

- **Yumi Deadly** program,
- **ReSolve** inquiry based learning
- online math programs,
- **Pearson** maths text and activities
- investigations
- Fieldwork based assignments and
- exams.

Students have recently been learning about whole numbers, indices, squared and cubed numbers. We recalled and built on previous knowledge from primary school years.

In Digital Tech lessons we have been using Lightbot—a coding program that links with math and helps students develop their reasoning and computational thinking.

Mrs Belkessa-Wood.





# 2019 Scholarship Presentation





# Residential News

## NETBALL NEWS



**Mr Scott Whitters**  
Assistant Principal -  
Residential

### Tableland District School Netball Trials Cluster Day

Students attending the Tableland District Cluster Day at Davies Park, Mareeba on Wednesday 20th February.

Although it was very hot, the students had a great day playing Netball.

Congratulations to **Zoe Kopp** who was selected as shadow player for Under 19's District team.

Well done Zoe and all students who attended.



### Confraternity Netball 2019

Confraternity Netball is on in the July school holidays and our girls are off to a great start to their training sessions.

The girls will play Thursday nights in our local Netball competition including training for the Queensland Independent Secondary School Netball Carnival (QISSN) (Confraternity).

Last year our MSB netball team came away with an award for courage, initiative, respect and teamwork in Townsville. 2019 will be played in Bundaberg against other Queensland Secondary schools.

Coach Sonya Frost and Assistant Coach Mareli Marais are super excited about this years competition. The girls are also excited about the year ahead for their Netball.





# Mount St Bernard College Awards

## Deputy Principal's "Academic" Award

**Angelina Williams** - Awarded to a student in recognition of academic diligence in staying on task and being clearly focussed to achieve a personal best in Certificate III in Education Support.

## Deputy Principal's "Spirited Learner" Merit Award

**Jazelle Ned and Tori Dickenson** - Awarded to these students who have displayed exemplary learning behaviours in the classroom: Questioning, Thinking, Creating Meaning, Reflecting and Showing Determination and Self-awareness with an excellent attitude to learning.

**Elva Glenn** - Awarded to a student who has displayed exemplary learning behaviours in the classroom: Questioning, Thinking, Creating Meaning, Reflecting and Showing Determination and Self-awareness with a high standard of work and always following directions in class.

**Nelson Bob** - Awarded to a student who has displayed exemplary learning behaviours in the classroom: Questioning, Thinking, Creating Meaning, Reflecting and Showing Determination and Self-awareness by consistently working hard, displaying confidence in asking questions and demonstrating a passion for learning.

**Luke Toohey and Mahalia Jones** - Awarded to these students who have displayed exemplary learning behaviours in the classroom: Questioning, Thinking, Creating Meaning, Reflecting and Showing Determination and Self-awareness

## Assistant Principal's "Positive Behaviour" Awards

**Tyra Rainbow** - Awarded to a student for following the MSB Three R's positive behaviours: Being in the Right Place at the Right Time doing the Right Thing

## Assistant Principal's "Mercy" Awards

**Eliza Lyall and Shawntella Maiap** - Awarded to these students who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for helping new boarding students settle in and providing extra support to students when needed

**Ethan Burnett** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for helping other students in Digital Technology class, including new students

**Mischa Price and Emmy Riber** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for volunteering at Herberton Girl Guides and helping younger girls with activities and events

**Tanisha Vincent** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for dedication and hard work on the NAIDOC poster competition outside of school hours.

**Patricia Lui and Chloe Claude** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for being very supportive of students in class and showing kindness towards others

**Ayla Edwards** - Awarded to a student who proudly demonstrates the values of Mercy: Faith, Service, Care and Support for being helpful by cleaning up all the rubbish from the school bus stop.





## MSB students shine at Multiple Summer School Camps

On the last week of the school holidays nine of our students had the opportunity to go to the University of Queensland, University of New South Wales or the University of Adelaide to attend Summer Schools related to Mathematics, Science, Engineering, Business and Health Science.

The students flew to Brisbane, Sydney or Adelaide where they were collected by Student Ambassadors and taken to various residential colleges. Each group took part in experiments, industry visits and networked with key personnel from many of Australia's largest companies. Every student had an absolutely enthralling time and is looking forward to continuing their studies in 2019. Additionally every student wants to return to the Summer schools and pursue their chosen career path.



Mount St Bernard College had nine students out of a population of one hundred and sixty-five students selected to attend Summer Schools. A great achievement for a small school.

Mr Malcolm Fahey—Middle Leader—Science and Mathematics

## Homework Club 2018

Homework Club runs each Wednesday from 3.15 to 4.15 pm in the College Library. This is a great opportunity for students to consolidate the learning from the classroom or obtain assistance in completing assignments. If your child would like to attend please ask them to obtain a permission letter from Mr Fahey. Students attending homework club may have afternoon tea at the kitchen (free of charge). All students are encouraged to complete homework on a regular basis to consolidate what they have learnt. Please encourage your child to attend.

Mr Malcolm Fahey—Middle Leader—Science and Mathematics

### HOMEWORK CLUB

WEDNESDAY'S  
IN THE  
LIBRARY FROM  
3:15PM - 4:15PM

SEE MR  
FAHEY FOR  
PERMISSION  
FORM

### ASSIGNMENT ASSISTANCE



Friday Sport  
20%

Monday English  
20%

Thursday Science  
20%

Tuesday Maths  
20%



Wednesday Homework Club  
20%

EVERYONE'S WELCOME!

# PARENTS & FRIENDS MEETING

Date: THURSDAY 7TH MARCH Time: 5PM Location: BOARDROOM





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

Order Online at [www.nqsp.com.au](http://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**



## AN INVITATION



### MADONNA KING

#### PARENT EVENING

What do our girls think about their fathers?  
And what are fathers struggling with when it comes to their relationship with their teenage daughters?

The bestselling author of 'BEING 14' now tackles the complicated father/daughter relationship.

**ALL PARENTS ARE WARMLY INVITED TO ATTEND THIS FREE EVENT WITH WELL KNOWN JOURNALIST & AUTHOR**

at St Monica's College  
177 Abbott St Cairns

(entry only via main gate due to ongoing building works)

**TUESDAY 12 MARCH 6.30-8PM**

6.30pm Madonna King  
7.30pm Light refreshments,  
book purchase and signing

TO REGISTER:

<http://www.cvent.com/d/16q9pxs>

HOSTED BY THE CAIRNS DIOCESAN P&F COUNCIL



Catholic School Parents  
Queensland

EMAIL: [info@pandf.org.au](mailto:info@pandf.org.au)  
WEB: [www.cspq.catholic.edu.au](http://www.cspq.catholic.edu.au)  
PH: 07 3336 9242



Malanda Theatre  
Company presents

Louis Nowra's

# COSI

Comic Madness - and you  
would be mad to miss it!

Director Jean Newman

Performances: March 22,23,29,30 @ 7.30PM

Matinees: March 24,31 @ 3.30PM.

Tickets: \$25 or \$20 for groups 10 plus

Available online at [malandatheatre.org](http://malandatheatre.org),

Tableland Books Atherton, Elders Malanda or ECHO

**NOTE: ADULT THEMES**



## 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.

<b>Millaa Millaa Health Centre</b>	Tuesday 5 <sup>th</sup> March	Ph: 4097 2223
<b>Atherton Health Centre</b>	Wednesday 6 <sup>th</sup> March	Ph: 4091 0263



## Upcoming Events 2019

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*

Tues 12 March - *Year 7 Vaccinations*

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**

**SPIRITED LEARNING**

**MERCY TRADITIONS**

**BUILDING FUTURES**