

22nd March 2019



Mr Ian Margetts  
Principal

*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*



## Principal's Report

Last week we received the sad news of the passing of Sr Barty. Sr Barty concluded her work at Mount St Bernard College towards the end of last year after 69 years' service to the College and Herberton community.

Sr Barty's witness and support of staff, students and the wider community will be fondly remembered by so many. This Friday we will formally farewell Sr Barty at the Our Lady Help of Christians Church at Earlville.

We continue to pray for Sr Barty, her family, and the Mercy community during this time.

*Eternal rest grant unto Barty, O Lord,  
and let perpetual light shine upon her.  
May the souls of the faithful departed,  
through the mercy of God, rest in peace.*

*Amen.*

Last week Assistant Principal, Scott Whitters – Head of Boarding and I travelled to Brisbane for Boarding Australia's Indigenous Education & Boarding Symposium. This was Boarding Australia's second symposium with more than 100 boarding, education and research professionals responded to the themes of 'on-boarding', 'engaging' and 'staying connected'. These themes were expanded upon through keynote addresses and then action groups were formed to recommend strategies and best practice.

For rural and remote Indigenous secondary students, a boarding school education remains the only possibility for secondary education. Travelling far from home and going to boarding school supports these young people in academic achievement, personal growth and future opportunities with the skills to walk in both worlds.

Whilst at the symposium, Boarding Australia announced that it will now be known as Indigenous Education & Boarding Australia. Anthony Bennett, Chair, stated that the vision of the organisation is 'that all Indigenous students attain educational outcomes that enable them to be successful in their future choices'.

As advised last newsletter, Mount St Bernard College was a finalist in the area of 'Excellence in the Provision of Indigenous Student Health & Wellbeing'. Whilst we did not win the award, the College was recognised for its efforts on the evening.

Mount St Bernard College has worked hard this term to support 'on-boarding' for all students, both day and boarding. The Year 7 Day School Transition program has helped the Year 7 cohort understand together what it means to be at Mount St Bernard College. During this time students were engaging with learning about the College, its traditions and the expectations around being 'safe', 'responsible' and 'respectful' while a member of the College. Staff also used this time to learn more about the students with a handful of diagnostic tests and work samples amongst the activities.



INDIGENOUS  
EDUCATION  
& BOARDING  
AUSTRALIA



**Ian Margetts - Principal**

## Deputy Principal - Admin & Curriculum

Students, staff and community members, the opening term of 2019 at MSB has been full of challenges, triumphs and new learning. Students across the college have been immersed in learning over the past 8 weeks, with a major emphasis around building student agency. This involves a focus around Personalised Learning Behaviours, which allow the individual to access and engage in the many opportunities for new learning offered here at the college. Students are encouraged to take ownership over their own progress, through setting goals, developing learning strategies, asking questions and evaluating their experiences. Students are challenged to find problems, as opposed to avoid them, then attack them head-on. They are then supported by teachers to use critical and creative thinking to solve problems and if at first they don't succeed, then to try, try and try again. This is achieved through applying the principles of G.R.I.T; Guts, Resilience, Initiative and Tenacity.

Staff and students at MSB welcome and embrace new challenges, using the GRIT principle to support us on our learning journey. Across the duration of the year, we aim to nurture and grow these essential skills in an attempt to not only increase student engagement and academic outcomes, but develop 'lifelong learners' who are well-equipped for the challenges of the 21st Century.

**Matt Brauer - Deputy Principal - Admin & Curriculum**



Ms Matt Brauer

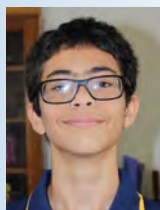


Mr Scott Whitters  
Assistant Principal -  
Residential

# Residential News

## Boarders of the Week

### **Congratulations to Griffin Johns and Margaret Chong**



Griffin Johns is a role model to the boys and staff due to his overall good attitude and respect for other students.



Margaret is a role model to the girls and staff. She is a great support person to students in need. She is approachable, talks and laugh with her peers and staff.

Dear Parents and Friends of MSB,

As we are approaching the end of term it is important for students to remain focussed and achieve to the best of their ability. We are constantly telling the students that the most crucial aspect of a day at school is effort. When students apply themselves fully and give their best effort, then they can be proud of themselves.

In order for students to be able to give their best effort they must eat well, participate in physical activity and sleep well. Please encourage your children to avoid foods saturated with sugar. Fresh fruit is provided several times a day in the Dining room and in Bernard's and Morrissey. Catercare provide nutritional meals 5 times a day with an amazing array of healthy foods. Many students are choosing to skip meals and eat junk food purchased from local stores. Please assist us by encouraging your child to make healthy choices with regards to food and drinks. Sugary drinks can affect the health and performance of your child. Filtered water is always available at MSB.

Teenagers require between 9 and 11 hours sleep per night due to the fact they are growing and their brains are storing information. Many students attempt to stay awake and watch movies or interact with others on social media. Please discourage this behaviour and provide sleep to ensure your child is functioning at their peak the next day.

Please continue to make regular contact with your child and discuss their progress at school. I am pleased to see so many of our young people succeeding in their studies and growing on a social & emotional level.

May I ask that all families continually remind their children that MSB is a place where opportunities are gained by respectful, safe and responsible interaction with others.

Many students are experiencing enormous success in many areas at MSB. Please continue to support your children through to the end of term and ensure you make contact with our staff if you have any concerns.

Kind regards,

SCOTT WHITTERS | Assistant Principal – Boarding



# Assistant Principal - Student Wellbeing

## How to fight Catastrophic Thinking

We all sometimes find ourselves in that spiral of negative thoughts. Inside our heads, situations seem larger and much worse than they are in reality. Here are some strategies that we can use with our students (and ourselves) when we have this **catastrophic thinking**.

To help them to act calmly when they are having difficulties:

1. **Accidents happen** - not every action or situation is "out to get us". Sometimes people didn't mean it in a harmful manner or didn't understand the impact what they say or do has on another person.
2. **Everyone has challenges** - while it is not OK what that person has said or done they may have things going on for them that have influenced their thoughts or actions. Understanding this helps us to not take things personally.
3. **This may not be terrible and may even be good** - even when someone has done something to hurt us on purpose we can use this as a chance to practise our skills. It gives us a chance to redirect our thinking.

These thoughts can be used after a difficult situation has occurred and practised at any time before what they anticipate might be difficult situations.

This is not to say that any harmful behaviour by others is OK. It just helps us to not make the situation worse by our reaction to their actions.

**What we practice we become.**

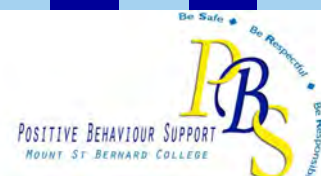
*Jenny Rossiter - Assistant Principal - Student Wellbeing*



Ms Jenny Rossiter

## 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.

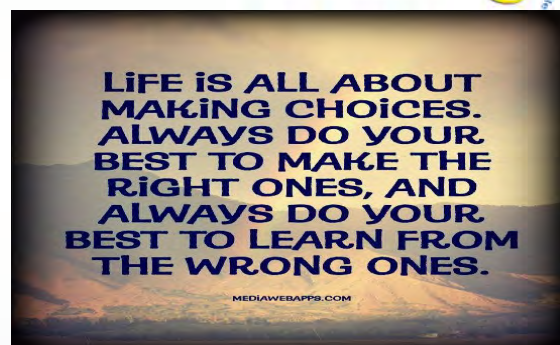


### GRIT & Safe Choices



Leading up to the holidays our PBS lessons will focus on building GRIT to make positive safe choices.

Sometimes it can be difficult to follow what we know are positive choices; hopefully we will all learn some valuable skills to keep us safe.



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

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)

### 2019 Safeguarding Children Conference

This year Catholic Education Services is excited to announce that their annual Safeguarding Children Conference theme is **Stronger Communities, Safer Children**

We hope that you are able to join us on Saturday, 27<sup>th</sup> April, 2019 at the Pullman Cairns International.

Please note that there is no registration cost but places are limited.

Conference information and registration details can be accessed from the 28<sup>th</sup> February 2019 via the conference website:

[www.2019safeguardingchildren.com.au](http://www.2019safeguardingchildren.com.au)

If you have any further inquiries, please contact Professional Standards:

Michelle Langtree

[mlangtree@cns.catholic.edu.au](mailto:mlangtree@cns.catholic.edu.au)

## Assistant Principal - Mission

# ASH WEDNESDAY & LENT – A REFLECTION

Through liturgy and service we have entered the Season of Lent.

Wednesday 6th March, Ash Wednesday, we gathered in the chapel as a college community to listen to the Gospel and receive the ashes on our foreheads. In the Gospel we heard the call to pray, fast and do good works in this Season, but do them for the right reasons. These powerful habits should not be on display so as to win the approval or high opinion of others, but rather, they should be done to convert us in the depths and stillness of our hearts. Lent is a time when we take the great risk of changing our way of lives according to a 'higher way of success'. It cannot be denied that we already lead successful lives, that we do good things and love those around us. If we were not already doing these things, then life at Mount St. Bernard College and in our families would be very different from what it is now. No, we have much that we can call good. But the Lenten question remains, "Is it the highest good that we are capable of?"

The ashes we receive are a symbol of the desire to live according to the highest good. The ancient ritual of sacrifice involves taking something from this world and giving it completely to a divine being. In the time of the Temple, Jesus would have seen animals burnt as an offering to God. The burning ensures that the animal could not be used for human purposes, but could only be 'used by God'. This tradition was transformed by Jesus, so that we ourselves become the sacrifice offered to God. We do not need to offer animals as burnt offering, but instead our sacrifice are the acts of kindness and generosity that spring from a loving heart. In the Season of Lent, we are reminded that our loving God finds contrite hearts and loving actions as the path to the highest good: the perfect love of God.

Project Compassion has also started, with students invited to 'go without' some small luxury and donate the money saved to others who have so much less. Caritas Australia is an important partner for Mount St Bernard College.

A special thanks goes to Fr. Dariusz Osinski who presided in the liturgy and to Mr Brendan Akers, Mrs Sarah Riber who led our choir in the hymns as well as our student leaders Eliza Lyall, Shawntella Maiap and Alexa-Rose Ellis who read for us and Billie Lui who was also involved.

May this Season of Lent be a time of transformation and unity for us all.

**Matt de Jong - Assistant Principal - Mission**



Mr Matt de Jong



3.1415926535  
897932384626  
43383279502884

*world pi day*

197169399375105820974  
94459230781640628620899  
862803482542170679824808653282  
3066470938445095505822317253591082648174

## Mathematics - Pi Day

On 3.14 (14th March) it was world Pi Day. Year 9 classes worked on measuring and calculating Pi using cups, strainers, Milo cans and even hot pizza to understand the correlation between the diameter and the circumference of a circle. A lot of serious fun and learning was undertaken in the classrooms. Many facts and ideas surrounding Pi were also discussed and written about—for example did you know that one of world's most important mathematicians, Albert Einstein, was born on Pi Day in 1887.

By Ray Pearson—Teacher



# MOUNT ST BERNARD COLLEGE

MERCY TRADITIONS

SPIRITED LEARNING

BUILDING FUTURES



**Mathematics** students in 9B have been working on the Number Line showing positive & negative numbers, development into the X & Y axes and plotting co-ordinates, understanding how decimals can be rounded up or down (as in decimal currency) and that fractions, decimals and percentages can all be measured & operated in a similar fashion. The class is moving on during the term to more



detailed workings including Financial Mathematics such as measuring simple interest. This is important understanding as students would possibly one day be looking to borrow money and having a thorough grasp of what is happening when taking out a loan is of vital importance. By **Mr Ray Pearson - 9B Teacher**



## Let Your Light Shine



**Science** students in 9B for Term One have been working on Physics starting with electricity. The class were using the lab to conduct experiments in making series & parallel circuits while seeing which materials were good at insulating and conducting. This section was assessed and the class moved on to the study of light and sound waves. Using prisms and lens, students broke up white light into its respective colours. A coloured-circular disc was also made by students to spin rapidly to make "white light". This was an interesting exercise and many were surprised at the result. By **Mr Ray Pearson - 9B Teacher**



Year 9 Classes recently visited the Herberton Historic Village to witness some of the important machinery that was invented, developed and used during the Industrial Revolution period from 1750's to 1914.

These incredible inventions & machines included steam engines used in mining, telephones for communication and plows for agriculture.



MSB students could see how the children of Herberton in the tin-mining days attended school with in-situ classrooms and use of slate boards.



Most of the appliances we have today came about as a direct development of early inventions like the seed drill and textile looms dating back to mid-18th Century. Overall, it was a very worthwhile excursion which complemented the Year 9 studies.

**Mr Ray Pearson - 9B Teacher**



# Live Theatre comes to the Neighbour HOOD

Students across the College enjoyed the experience of **live theatre** in an outstanding performance by Queensland Music Festival's Youth Touring Program. With gritty themes, a fast pace and Slam - like dialogue, *Hoods*, by Angela Betzien, enthralled the audience. After the performance, actors **Aurora and Sean** answered a barrage of questions about plot, themes, the three endings, characters, energy levels and requirements of professional work in this mesmerising creative art form.

**Chris Weedon** - Teacher in charge Library



## ***STAY CONNECTED WITH MSB - PARENT PORTAL - FACEBOOK - NEWSLETTERS - WEBSITE***

Parent Portal can be accessed by all Parents. Login using your email address registered with the college. Mobile view available now. Check it out, lots of great features eg: Report an absence, Newsletters, etc. Click on the link <https://extranet16cns.bne.catholic.edu.au/parent/msb/Pages/default.aspx>

Facebook can be accessed by all family members. Another way MSB is helping families keep connected. Click on the link <https://www.facebook.com/MountStBernardHerberton/>



Providing diverse pathways to meet the wide ranging needs of the students we serve



**Website** - Enrolment Information, Newsletters, Links to Parent Portal and Student Emails and so much more! Click on the link <http://www.msb.qld.edu.au/index.html>







On Saturday the 16<sup>th</sup> March, 20 MSB students were treated to an exclusive Performance Arts workshop opportunity with Bangarra Dance Theatre at the new Cairns Performing Arts Centre. The students who participated were: Eliza Lyall, Shawntella Maiap, Elizabeth Richardson-Eveleigh, Sinevah Mari, Tayeisha Warria, Angelina Williams, Billie Lui, Tony Harry, Tyra Rainbow, Patricia Lui, Simona Harry, Fransica Bob, Tamika Neade, Tanisha Vincent, Petersen Naawi, Leandra Baira, Nelson Bob, Tamara Kelly, and Doriah Tamu.



Bangarra performed their last show of the Bennelong Regional Tour, in Cairns. Originally, the workshop was planned to be in a rehearsal room at the Cairns Performing Arts Centre. When we arrived, Dan, the Rehearsal Director for Bangarra, surprised us by hosting the workshop on the main stage.



First, the students were given a tour backstage, where five Bangarra dancers were waiting for us. A circle was formed to introduce who we were and where we were all from. During the workshop, each Bangarra dancer provided a different element of focus. The participants learnt how to do a totem animal dance and learnt some choreography from the Bennelong show. This was an amazing, inspiring and unforgettable experience; an opportunity to attend a first class workshop and connect with the Bangarra experience.

Students delighted in seeing the stage come to life that evening as they enjoyed the performance by the Bangarra dancers. All staff and students enjoyed the powerful, emotive show of Bennelong.

Parents & Carers, if you would like more information with regards to future pathway opportunities for your child with Bangarra or NAISDA, Australia's premier Indigenous Training college producing the next generation of Aboriginal and Torres Strait Islander performers, please contact Miss Andrea Gower on 40 961 444. Thank you to Residential Staff Sonya, Scott, Jo, Brent and Mel.

Andrea Gower ~ School Officer for the Arts.





## Upcoming Events 2019

### Term 1

**Thurs 4 April** - MSB Athletics Carnival  
- End of Term 1 @ 3pm  
**Fri 5 April** - Boarders Travel Day  
- School Holidays commence  
**Fri 19 April** - Good Friday  
**Sat 20 April** - Easter Saturday  
**Sun 21 April** - Easter Sunday  
**Mon 22 April** - Easter Monday

### Term 2

**Tues 23 April** - Boarders Travel Day  
**Wed 24 April** - All classes commence Term 2  
**Thurs 25 April** - Anzac Day Public Holiday  
**Tues 30 April** - Parent Teacher Interviews  
3.30pm - 6pm Mercy Classrooms  
**Sat 4 - Mon 6 May** - Boarders Leave Weekend  
**Mon 6 May** - Labour Day Public Holiday  
**Tues 7 - Fri 10 May** - Year 10 Expedition  
Tinaroo/Danbulla National Park



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>

## Homework Club 2018

Homework Club runs each Wednesday from 3.15 to 4.15 pm. at 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 asked 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**



Queensland  
Government

## 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.

### Malanda Health Centre

Wednesday 3<sup>rd</sup> April  
Ph: 4096 5339

### Atherton Health Centre

Wednesday 17<sup>th</sup> April  
Ph: 4091 0263

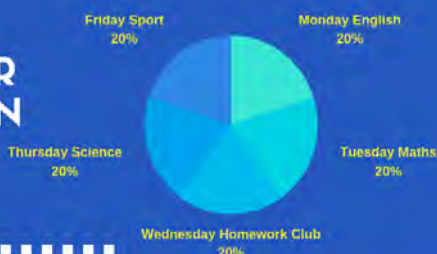
## HOMEWORK CLUB

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

## ASSIGNMENT ASSISTANCE



**SEE MR  
FAHEY FOR  
PERMISSION  
FORM**



*In the Mercy Tradition*