



Mr Ian Margetts
Principal

5th April 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

Principal's Report

One of the most important aspects of being successful in school is resilience. Resilience is one's ability to cope with tough times by applying inner strength and engaging support networks. Resilience can not only enable a person to face difficult situations, but often provides an opportunity to further develop coping skills (<https://www.healthdirect.gov.au/resilience>).

There have been many times this term that students have struggled with things like their school work, friendships or even just being away from home and yet they have shown the ability to cope with difficult times and 'bounce back' from adversity. With lots of support the students have achieved some fantastic goals and I look forward to seeing their continual growth.

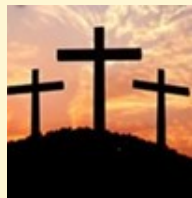
Thank you to both residential and day staff for supporting students so well this term. Staff have not only worked on curriculum but the coping strategies that support strong engagement in learning.

Thank you also to the families who work in partnership with us to support the students. Whether it be visits from our day parents or families travelling down and staying in Transition house, your support is greatly appreciated.

College staff will be engaging in several community visits in Terms 2 and 3. These will include Doomadgee, the Torres Strait, Croydon, Cape York and Central Australia. We look forward to engaging with families in their local context about their children's education.

Finally, I'd like to wish all the Mount St Bernard College community a safe and rejuvenating holiday break and a blessed and joy filled Easter. We look forward to working with all students and families in Term 2.

Ian Margetts - Principal



Easter Reflection

Blest are you, Lord Jesus who came to us a little child
one of us, flesh and blood to share in our humanity

Blest are you, Lord Jesus who came to us as carpenter
and yet in whose creative hands a world was fashioned

Blest are you, Lord Jesus who came to us as fisherman
and yet pointed to a harvest that was yet to come

Blest are you, Lord Jesus who came to us as teacher
and opened eyes to truths that only the poor could understand

Blest are you, Lord Jesus who came to us as healer
and opened hearts to the reality of wholeness

Blest are you, Lord Jesus who came to us as prophet, priest and king
and yet humbled himself to take our place upon the cross

Blest are you, Lord Jesus who came to us as servant
and revealed to us the extent of his Father's love for human kind

Blest are you, Lord Jesus, who rose from the ignominy of a sinner's death
to the triumph of a Saviour's resurrection

God so loved the world that he gave his only Son
for the sake of us all

Amen

Adapted from http://www.faithandworship.com/prayers_Easter.htm#ixzz5jq625gVz



Assistant Principal - Mission



Easter Greetings

Easter is the certain promise of new birth.

I really do like how most local newsagencies still sell Easter greeting cards. Similar to at Christmas time though, a lot of the cards do their best to ignore the fact it is a religious holiday. A bunny rabbit offers us a colourful egg (how very strange when you think about it). And yet even the fluffy bunny still greets us with the mystery at the heart of Easter; that this is a season of hope and new birth.



Mr Matt de Jong

Hope even in the face of death. Now as much as fond memories can try and bridge the gap, death tears us apart from those we love. The anguish of death is something we all share. Easter holds out for us the hope that death won't be the final word. Jesus, ready to share in the depths of our darkness, even to his own death on the Cross, has defeated death and held out for us the certain hope of the resurrection. Life is the final word.

Easter brings us hope too in the face of evil and suffering. On the Cross we see a man in agony. It is not a pretty sight. It never has been and never will be. And yet we confess it is a beautiful sight, because on the Cross we see a manifestation of love enduring through and therefore transforming suffering. Out of love Jesus was ready to face rejection. Even as people taunted and teased him, he stretched his arms out on the Cross to embrace the whole world. That embrace was for everyone; even those wishing his death. What appeared to be a terrible and despairing end on the Cross therefore became for all of humanity a sign of hope. He was ready to suffer out of love and so his suffering was not futile. He won for us a share in God's life and grace. Our suffering too, through his Cross, can therefore become a source of life and grace for those around us.

And finally, Easter brings new birth where sin has shackled us. In small ways and perhaps great, we have all at times made decisions that have hurt ourselves or others. We have all at times chosen what is selfish over what is good; what we want over what God wants for us. In other words, we have all sinned. In small ways and great, we have sinned. Now we know from experience that when we hurt someone a block appears in our relationship that needs to be cleared, a wound that cries out for healing. We also know that even after we have recognised our fault, shame or fear often holds us back from seeking that healing. How can I face my loved one again? Will they, can they, forgive me?

Christ's arms stretched on the Cross teach us that shame and fear of rejection have no place in our relationship with God. The Father sent his Son out of love for the world. The Cross is the guarantee of that love. But more than that, it is also the sign of our healing and forgiveness. Just as the Cross defeated death; so too did it defeat sin. Just as life has the victory over death, so grace and mercy has the victory over sin. Perhaps there is a block in our relationship with God, perhaps a wound that cries out for healing. In this year of mercy, let us be encouraged by Pope Francis to seek God's forgiveness and healing in the sacrament of confession and to encounter there the warm embrace of the Father's love for us.

Wishing all our Mount St. Bernard College community a happy and holy Easter and our students and staff a restful and relaxing term holiday. See you all back in Herberton at the start of term two.

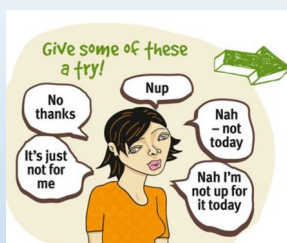
Matt de Jong - Assistant Principal - Mission

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.

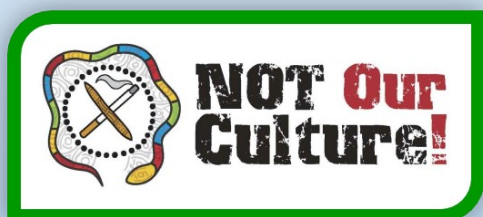


Safe holiday choices ...



If other people are encouraging you to do something you are not sure is a good idea...
what can you do to help you make good choices?

Some positive choices...



Food

- Eat healthy snacks and stay away from too much sugar.
- Cook at home instead of eating take away.
- Share a meal with family and friends.

Activities

- Make sure you have inside and outside time.
- Limit screen time to allow your eyes and mind to get some rest.
- Do something active each day.

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:

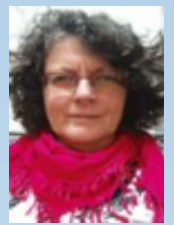
Jenny Rossiter - Assistant Principal - jrossiter@cns.catholic.edu.au

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

Assistant Principal - Student Wellbeing

High Fives All Around

Congratulations to all of our students in showing GRIT
and a Positive Mindset this term.



Ms Jenny Rossiter

Sometimes, the last push in any activity is hard going. In the Wellbeing Area we have seen some great examples of students struggling ... taking a deep breath ... sometimes a bit of time out ... and then going back and getting down to work again.

We have been so impressed with the Restorative Chats that have occurred. People have made mistakes ... hurt others ... owned their part in it ... and made things right in a meaningful way.

We would also like families to give themselves a **High Five** - we couldn't do it without your ongoing support. Thank you to those of you who have been able to come for support visits, made time in your schedules to meet with us and been on the end of the phone when your student needed that bit of extra encouragement to make good choices.

- ◆ Please take the time this holidays to talk with your child about their term.
- ◆ Celebrate the victories - no matter how small.
- ◆ Discuss different strategies to use when things go wrong.
- ◆ Make some short and long term goals.
- ◆ Have fun!



Jenny Rossiter - Assistant Principal - Student Wellbeing



COMMUNITY VISIT

MSB COMING TO DOOMADGEE

MSB STAFF, Althea Collins - Enrolment Officer and Noelene Lep - Teacher, will visit Doomadgee
on Wed 1st and Thursday 2nd May 2019.

All current and new parents please come and say hello at the

"Getting Ready for Boarding"

session in Save the Children hall in Doomadgee.

Please call Althea Collins on MOB: 0467 172 952 for further information or let
Haley or Beth at Doomadgee State School know you'll be joining us.

We look forward to seeing our current families and meeting new ones soon.



Mr Scott Whitters
Assistant Principal -
Residential

Residential News

Boarders of the Week

**Congratulations to Charlie Naawi,
River Nelson & Tilona Bani.**



Charlie Naawi is a role model to the boys and staff due to his great behaviour & respect of the boarding house requirements . and supervisors.



River Nelson is a role model to the boys and staff due to his continued respect to staff, students and the boarding house.



Tilona Bani is a role model to the girls and staff.

She is very respectful, always in correct uniform, doesn't engage in other students problems & completes her chores without any prompting.

GOLD AWARDS

In boarding we have an awards program where students are awarded for good behaviour, chores completed, etc.....

At the end of each term students who have complied throughout the term get rewarded with a trip to Cairns and a MacDonald's voucher as a thank you for a great term.

At the end of term one we had fifty students travel to Cairns for a great day out.

It is wonderful to see so many students doing the right thing and taking pride not only in themselves but also in their College.

Thank you to those Gold Award students.

BOOT CAMP



Winter means COLD



Although winter is not quite here yet, it is starting to get cooler, especially during the evenings.

Please ensure you child has adequate warm clothing to bring back to the boarding house for term two.

They will need jackets, track pants and warm PJ's.

Dear Parents and Friends of MSB

I wish all families and friends of MSB a safe and relaxing holiday period with their children. It has been a long term with much success and growth for our students. I want to stress the importance of supporting all children to remain safe over the holiday period. As many of our students have access to technology and social media, please ensure you are talking to your child about eSafety.

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them. If your child is experiencing cyberbullying:

Listen, think, stay calm — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.

Collect evidence — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.

Block and manage contact with others — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.

Report to site or service — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

Report to eSafety — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.

Get help and support — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.

Please visit the following websites to learn more about supporting your child to remain safe online.

<https://www.esafety.gov.au/parents/online-safety-guide>

<https://www.esafety.gov.au/education-resources/classroom-resources/be-deadly-online>

<https://kidshelpline.com.au/>

Please watch the following clip with your children and promote the Respect Circle in all we do.

<https://player.vimeo.com/video/116716209?title=0&byline=0&portrait=0>

Kind regards,

SCOTT WHITTERS | Assistant Principal – Boarding



Competitions Galore

Bedroom Decoration Competition and the winner is..

The girls boarding house are holding a competition for the best dressed bed room.

Students are encouraged to decorate any way they like, take pride in their area and make it look amazing.

This is room was created by Rosie Douglas. Well done Rosie.



Easter Colouring Competition

Students have done some amazing colouring in for our Easter Competition. Winners are;

Morrissey 1

1st - Billie Lui

2nd - Rhonda Bonner

3rd - Teafo Lui

Morrissey 2

1st - Shania O'Brien

2nd - Tori Dickenson

3rd - Jahana Anthony

Let Your Light Shine

Deputy Principal's "Spirited Learner" Award for displaying exemplary learning behaviours in the classroom: Questioning, Thinking, Creating Meaning, Reflecting and Showing Determination and Self-awareness.

Raedon Spartalis - Awarded to a student for using class and after school time to complete assignments and for showing courage to ask questions in class.

Tijuana Josiah - Awarded to a student for being on time, ready to engage in every lesson, completing her work, sharing her knowledge and understanding as well as supporting others in group work. Even when the classroom is challenging, she continues to work and maintain a calm learning environment.

Rosie Douglas – Awarded to a student for completing her assessment work ahead of schedule, actively seeking feedback and contributing to English class discussions.

Emily Pedler & Timara Douglas - Awarded to a student for working consistently and applying herself to successfully complete a Maths Assignment.

Heidi Luke – Awarded to a student for consistent effort in completing assessment tasks on time, and continually making efforts both during class and in her own time to study for her upcoming Maths test.

Assistant Principal's "Mercy" Award for proudly demonstrating the values of Mercy: Faith, Service, Care and Support

Toshianna Josiah, Shania O'Brien, Samuel Harold and Keegahn Douglas Thimble - Awarded to a student for outstanding effort in Art and Business, showing respect and kindness to teachers and classmates, consistently using manners and always working hard.

Freya Mathews - Awarded to a student for providing calm and helpful assistance and support to a student in need.

Billy Mac Donald - Awarded to a student for being kind and respectful to health clinic staff.

Graydie Streeter - Awarded to a student for showing care and comfort to another student on a school excursion.

Kevin Maitie - Awarded to a student for willingly sharing and being positive towards other students.

Shawntella Maiap - Awarded to a student for helping other students make appropriate choices and finish tasks on time with humour and graciousness.

Assistant Principal's Positive Behaviour Support Award

Mahalia Jones - Awarded to a student for showing GRIT after her injury in returning to school the next day.

My Artist Statement by Sherrika Gilbert

My artwork is based on an Indigenous Australian pop singer called, Jessica Mauboy. She is my favourite singer since I was a small child. Therefore as my role model it seemed fitting to choose such an inspirational woman as my Archibald Prize Portrait.

The concept was 'sense of self', through this I developed ideas about who Jessica Mauboy is as a person, her identity and how I personally relate to her. I am an Aboriginal girl from Kowanyama and my favourite colour is pink. These are two things that we have in common. This painting is entitled 'Jessi' which is short for Jessica.

After trial & error I decided to use the third design out of my visual diary to mark-up onto my canvas. I spray painted my background pink and painted Jessica's face and hair with acrylic paint. Painting the face required a lot of time and thought. I needed to consider every element of design in my painting techniques to capture Jessica's energy. My colour palette of skin tones varied each day as I built up my layers. My final stage was to make the look three dimensional by adding shadows to her face and hair.



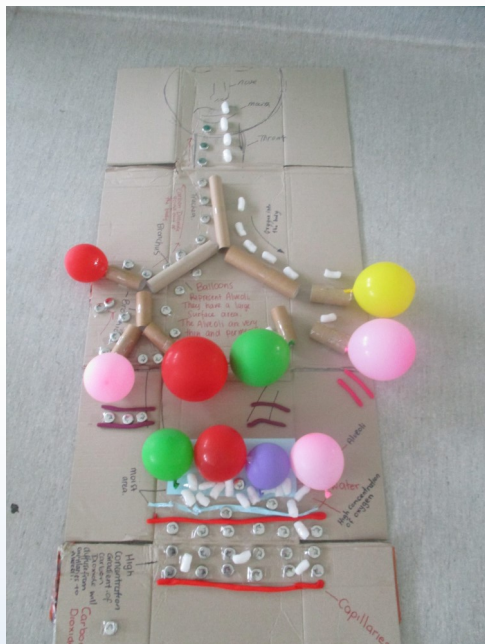
Year 11 Biology



We experimented with algae balls to see how different factors affected the products produced by the algae cells. We found that when the algae balls had sunlight they used photosynthesis to create energy but when they couldn't access sunlight they used cellular respiration.



Students have created models of the cell membrane and the cell organelles to demonstrate their understanding of cells and how they transport materials across the membrane.



Timothy cut a fantastic cross section from a red onion. To put under the microscope. Through this section we were able to identify the cell walls and how different types of salty solutions changed the shape of the cells.



We have started our new unit and have been looking at how oxygen and carbon dioxide are exchanged in the body. The Year 11's made this fantastic model where they labelled key structures and identified key characteristics which enable gas exchange to occur quickly throughout the body.

Kieren Waugh—Biology Teacher



CSIRO Indigenous STEM Awards

Last Friday we celebrated the CSIRO STEM Awards in Mercy Chapel.

The CSIRO Indigenous STEM Awards recognise, reward and celebrate the achievements of Aboriginal and Torres Strait Islander students and scientists who are studying and working in the science, technology, engineering and mathematics (STEM) field, as well as the integral role schools, teachers and mentors have in supporting Aboriginal and Torres Strait Islander students in pursuing STEM education and careers. The awards also recognise the immense value of connecting Aboriginal and Torres Strait Islander students with inspirational STEM role models, both Indigenous and non-Indigenous.

Part of these awards was the Aboriginal and Torres Strait Islander Student Maths Award. This award recognises students who have shown a passion, engagement and improvement in mathematics as well as demonstrating how they have used mathematics to solve a real-life problem.

The winners of this award in 2019 were Renee and Stacey Edwards.

The students were presented with a medallion by Ms Georgina Brewer from the Tableland Regional Council, certificates by Dr Sally Towns from the Catholic Education Office and cheques for \$625 by Mr Torres Webb from the CSIRO.

The students were joined by their family to celebrate this great achievement. We are blessed to have so many talented students in our school.

The photo shows Renee and Stacey with their grandparents George and Marjorie Edwards.

Malcolm Fahey - Middle Leader Science & Mathematics



Leather Shoes in the Science Lab

Safety is Everyone's Business.

The college rules state the all students are to wear **black leather shoes** to school. Our Science Lab rules states the same expectation.

Unfortunately, some students have had to be removed from the Science Lab as they have not worn the correct shoes. Parents are requested to reinforce this rule as Science teachers are directed to not allow students to complete Science experiments or demonstrations if they do not have the correct footwear.

Please help us to keep your child safe.

Malcolm Fahey - Middle Leader Science & Mathematics



Upcoming Events 2019

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



Parent-Teacher interviews will be held for all years from **3.30pm - 6pm on Tuesday 30th April 2019.**

Interviews will be of **10 minutes duration.**

For these interviews we are again using the booking system called Parent Teacher On-Line (PTO). It will