MSB Messenger





Mr Ian Margetts Principal

24th May 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

Dear parents, families & friends of Mount St Bernard College.

Students at Mount St Bernard College are very fortunate to be provided with so many different activities and experiences and it is great to see students making the most of them. Two highlights over the last 2 weeks have been the Year 10 Expedition program and The Great Wheelbarrow Race.



The 10 Expedition Program last week saw the students hike and kayak over 4 days in the Danbulla and Tinaroo area. The expedition program helps nurture resilience, teamwork, initiative, problem solving and leadership qualities in students. The program is aimed at developing self-reliance and teamwork in a foreign environment. It is a great opportunity for the cohort to connect and continue to build positive relationships. Thank you to Mr Tolley, Mr Mawdsley and other staff that undertook this experience with the students.



The Great Wheelbarrow Race has become an annual event for Mount St Bernard College. The race challenges competitors to push an empty wheelbarrow along the 'Wheelbarrow Way' between Mareeba and Chillagoe over three days. In the lead up the team has raised funds for the Cathy Freeman foundation. Congratulations to all students involved and thank you to school staff, Julia Cazita-Mazeaud, Warren Part and Laura Hardess for their support and the guidance they provided to the students.

Next week we recognise Reconciliation Week (27 May – 3 June). At the heart of reconciliation is the relationship between the broader Australian community and Aboriginal and Torres Strait Islander peoples. Mount St Bernard College is proud of its multicultural

connections from the various communities from the local, Gulf, Cape, Torres Strait, Northern Territory and Papua New Guinean communities. Within our community we have a great opportunity to learn about each other's cultures. Through learning and respecting each other's cultures we can contribute to achieving reconciliation in Australia.



A Prayer for Peace Makers

Spirit of God, give us the openness, deep within us to recognise each day all people as made in your image and likeness. Help us to learn from others the ways of being fully alive, at peace with ourselves and with those around us.

Give us the courage to transform those parts of ourselves and our world that separate and create enmity.

Help us to take steps to stop the cycle of violence in our homes, in our neighbourhoods, in our country, in our world. May we be open to our deepest yearning for a world alive with your justice and truth, to dream of a society where all are treated with respect, and, with the power of your Spirit, to take steps to bring it about. Amen

Ian Margetts - Principal



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Visit to the Northern Territory

In week 4 Mr Ian Margetts, Mr Scott Whitters and I visited the Northern Territory communities of Ali Curung, Neutral Junction, Ti-Tree and Santa Teresa, where we had the opportunity to engage with families of existing students and also potential new students. Meeting with students, families and community members to talk about what our school offers, also how to prepare for boarding school and the support we provide to help with their transition. It was a successful trip which we all enjoyed especially because of the connections we made within community and I hope to visit again in the future.

Brenda Talty - Transition Support Officer





Mercy Traditions

BUILDING FUTURES

<u> Assistant Principal - Mission</u>

ROSIES Outreach at Mount St. Bernard College





Mr Matt de Jong

What is ROSIES?

The Rosie's Student Engagement Program is a program for Year 11 and 12 students at participating high schools, run in conjunction with Rosie's volunteer street teams. Students are given the opportunity to participate in street outreach with Rosie's volunteer teams as guest volunteers. Participation in the Student Engagement Program is intended to offer students an opportunity to gain some insight into the nature of homelessness, to broaden their understanding of the issues faced by people who are socially excluded, and to facilitate school participation in social justice activities.

Vision

Rosie's is a community of people sharing the Oblate spirit of daring. Inspired by the Gospel, Rosie's reaches out to those most abandoned, to be present with them, offering them experiences of community and belonging.

Mission

The Rosie's mission is to offer times of presence with others through street outreach, children's and drug court support, youth detention visitation, and prison outreach.

Our Guiding Principles

Through our presence, Rosie's seeks to foster people's self worth and dignity; to reach out to people where they are at, accepting them as they are and welcoming them into our community; to stand in solidarity with and offer hope to those who experience isolation, loneliness and alienation; and to model a more just, Christian, and humane society.

ROSIES at Mount St. Bernard College

Last Friday 17th May, MSB commenced its involvement with the ROSIES outreach program for 2019.

Several weeks ago year 12 students were asked if they would like to volunteer to be involved in ROSIES. Six students answered the call, Eliza Lyall, Shawntella Maiap, Sherrika Gilbert, Billie Lui, Alexa–Rose Ellis and Joy Beohm. Last Friday along with Mrs Wendy Rains and myself, Shawntella and Billie made the first journey to Cairns. We met the Rosie's team at 6:30 pm for preparation of the food and a 'pre-brief'. This briefing concluded with the Rosie's prayer. The Rosie's Prayer is said prior to every outreach as part of the pre-brief process.

O Jesus, Make our hearts so human that others may feel at home with us,

So like Yours, that others may feel at home with You,

So forgetful of self that we might simply become the place where You and they meet,

In the power of Your love, and the joy of Your friendship, Amen.

We then departed to a park adjacent to the City offices, set up chairs and tables and served the donated food and drinks to about 30 homeless people. Some nights there can be up to 90 people. We talked to these people and sat with them. After an hour we packed up, journeyed back to Rosie's headquarters in Centrecare. We had a debrief and then journey home. On Friday 14th June, Eliza, Alexa-Rose, Sherrika and Joy hopefully will make their ROSIES debut. It is a worthwhile cause that helps our students appreciate homelessness and how lucky we are here at M.S.B.

Natural Fertility Services

Next Monday 27th May and Tuesday 28th May, Natural Fertility Services (NFS) will be visiting MSB to speak to each of our year levels on various topics regarding sexuality, sex and other age appropriate related topics. More detail to come in the next newsletter.

NATURAL FERTILITY SERVICES

Assistant Principal - Student Wellbeing



We only operate well in the world when we feel safe. Behaviour - good or bad - has a reason.

What has happened to us in our lives - what we have seen and heard - can affect how safe we feel. Many young people have experienced trauma and difficult situations. This may have caused the wiring in their brains to get connected in the wrong places. This can affect how they react. **They often feel they are under attack even when they are not and they may lash out, misbehave or withdraw.**

As the caring adults in our students lives we can help them feel safe in many ways. These are some of the things students have said you can do to help them feel safe:

- Really see me for who I am not who you want me to be.
- Listen to me even if you feel differently about what I am saying. This is my reality.
- Understand that sometimes I need extra time to follow an instruction take up time.
- Appreciate that I sometimes need a space to be by myself.
- Give me plenty of warning (if possible) when things are going to change visitors, seating, rooms, caregiver arrangements.
- Recognise that I often see things and situations as threatening even when you don't.
- Know that when you raise your voice I feel scared.

When they don't feel safe the survival part of the student's brain is activated. For them to be able to learn in school and be contributing members of their families and communities they need to have calm brains.

What can you do today to help the people around you make the wiring in the calm parts of their brains stronger?

It has been great to see students accessing the Wellbeing Area at the College to get the support they need. Sometimes it is for a quiet space to process something that has happened or maybe to give them a chance to cool down and think about good choices when they are angry. Being a teenager is difficult. Being a teenager away from home and family is harder still.

Many students are to be congratulated for seeking adult help in situations that might be going badly. With our support we have helped individuals and groups resolve conflict and learn better strategies for coping with situations. Please don't hesitate to contact any of us for support or information.

Jenny Rossiter - Assistant Principal - Student Wellbeing

Woolworths Earn & Learn 2019

Woolworths Earn & Learn is back and Mount St Bernard College will again be taking part. This shopping campaign earns equipment for our College when Woolworths customers collect stickers

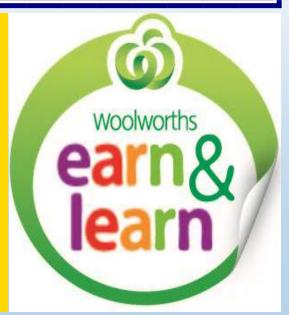
It's simple to participate.

From **Wednesday 1 May until Tuesday 25 June,** 2019 (or while stock lasts), shop at Woolworths and collect Woolworths Earn & Learn Stickers from the checkout operator, Woolworths team members at the self service checkout, or through an online order.

You will be given one Woolworths Earn & Learn Sticker for every \$10 you spend (*excluding liquor, tobacco, and gift cards*).

Place the stickers or a sticker sheet in the our College Collection Box at Atherton Woolworths.

You can also send stickers into school with your child.







Positive Behaviour Support 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.



Last week our PBS school focus was all about FRIENDSHIP.

Some Good Friend behaviours ...

Let your friends be friends with other people

- Jealousy and anger destroy friendships.
- Just because someone is friends with someone else doesn't mean they don't like you anymore.

Avoid insults and sensitive topics

- Don't mention things which make them feel uncomfortable or threatened.
- Don't tease even for a joke - they may not tell you how much it hurts them.

Show them understanding and empathy.

- Make supportive statements like, "I can see you're upset. Let's do something to take your mind off it."
- Tell them you will be there for them.

Read the story about the "TWO ELVES AND TWO WISHES" in this Newsletter, to get an understanding of what good friends do for each other.

Are you a BYSTANDER or an UPSTANDER?

This week our PBS school focus is all about understanding the difference between a BYSTANDER and an UPSTANDER.

A Bystander is ... When bullying is Describe what a bystander happening, there does and doesn't do. is no such thing involved. Did vou include: as an ... Just watches You can be · Walks away Doesn't get involved · Laughs with the bully Doesn't get help Pretends they don't see it

At some time, everyone becomes a **bystander** someone who witnesses bullying but doesn't get involved.

You can be an **upstander** instead this the person who knows what's happening is wrong and does something to make things right. It takes courage to speak up on someone's behalf.

An Upstander ...

Here are some things you can safely do:

- · Don't join in the bullying
- Support the victim in private—show your concern and offer kindness
- Stand with the victim and say something
- Mobilize others to join in and stand up to the bully
 Befriend the victim and reach out to him/her in friendship
- Alert an adult





By stopping and standing up for the victim, you are becoming a person of character and more importantly you are helping another in their time of need.

Remember Martin Luther King Jr.'s words: **"In the end we will not remember the words of our enemies, but the silence of our friends."**

Miss Doris Cuda Social & Emotional Teacher



Residential News Mr Scott Whitters Boarders Awards - Term 2 Weeks 1 - 4

Assistant Principal -Residential

Congratulations to Nelson Bob,

Heidi Luke & Keeghan Douglas



Heidi is always positive and makes positive choices. She is a great role model to her siblings and most of all her peers. She is always respectful and does the right thing.



Keegahn Douglas for his continued improvement and hard work.



Nelson Bob for his much improved attitude and respect towards the college and staff.

Indigenous Themed Dinner





Our boarders enjoyed a delicious 'Indigenous Themed Dinner' on Tuesday night. Some of the meals included Vermicelli Chicken, Coconut Rice, Coconut Curry Chicken, Sop Sop and Fried Scones. We also had a display of Indigenous Arts, Crafts and Books. Thank you to the catering staff for this great dinner.





Two Elves and Two Wishes



This story of FRIENDSHIP written by Pedro Pablo Sacristán illustrates that...

"Life is partly what we make it and partly what it is made by the friends we choose." Tennessee Williams

There were once - a long, long, very long time ago; so long ago that not even day and night existed, and upon the Earth there lived only strange and magic creatures – two little elves who dreamed of jumping so high that they could manage to capture the clouds.

One day, the Great Sky Fairy saw them jumping again and again, in what seemed to be some useless but amusing game. They were trying to capture a few light clouds that were passing by at great speed. Their game so amused the Sky Fairy that she decided to grant each of the elves a wish.

"What would you most like in life? Only one thing though, I can't give you more," she asked of the elf who seemed the most restless. The elf, excited at talking to one of the Great Fairies, and anxious to receive his wish, answered instantly.

"To jump! I want to be able to jump right over the mountains! Above the clouds and the wind, and beyond the sun!"

"Are you sure?" said the fairy "You don't want anything else?"

The little elf, impatient, spoke of the years he had spent dreaming of having such an ability, and he assured the fairy that nothing could make him happier. The fairy, convinced, blew onto the elf and the elf instantly jumped so high that within moments he had soared through the clouds. Then he continued on towards the sun and, finally, they lost sight of him as he made his way to the stars.

Then the fairy turned to the other elf.

"And you? What is it that you most want?" The second elf, who was a bit quieter than the first elf, went into deep thought. He scratched his chin, pulled at his ears, looked up at the sky, looked at the ground, looked again at the sky, rubbed his eyes, put a hand on his ear, looked again at the ground, put on a sad face, and finally answered:

"I want to be able to catch anything, above all so I can break my friend's fall. Otherwise he'll die when he comes plummeting back to Earth."

At that moment they began hearing a noise, like a far off little cry, and it was coming closer and closer, becoming louder and louder. Then they could clearly make out the horrified face of the first elf, who was fully expecting to soon experience the biggest crash-landing in history. But then the fairy blew on the second elf, and this elf managed to catch his friend and save his life.

With his heart almost beating out of his chest, and his eyes filled with tears, the first elf regretted having been so impulsive, and he warmly embraced his good friend who – having thought a while before choosing his wish – had spent it on the first elf. Grateful for his generosity, the first jumping elf offered to swap the wishes, leaving himself with the useless one of catching elves, and giving his friend the ability to jump above the clouds. However, the second elf, who knew how much his friend had wanted his wish, decided they could share it by taking turns.

And so, one would jump while the other caught, and then they would swap; and both would be equally happy.

The fairy, moved by the elves' friendship and companionship, presented each one with the most beautiful objects decorating the sky: the sun and the moon. From then on, the elf that was given the sun has jumped happily up every morning, his gift giving light to the World. And after a whole day he falls back to Earth, caught by his friend. And then the friend himself leaps up, and the night sky is filled with moonlight.

Tablelands Sexual Assault Services (TSAS) presentation and workshop with Year 8 students was a great success with students participating in the hands-on activities as well as asking great questions about a variety of situations. Thanks to Tracy for a very informative session. *By Ms Karen Rolfe - Middle Leader - Whole School Pastoral Care*

Here is some feedback from TSAS presenter, Tracy:

"They were a great bunch who were respectful and engaged throughout most of the session. I did offer for students to write down any questions related to protective behaviours... and they came up with some very strong questions."



MSB Year 10 Expedition 7-10 May 2019

MSB year 10 students recently completed a 4 day expedition at Lake Tinaroo and Danbulla National Park. The trek included three days of hiking, two canoeing legs and abseiling at Platypus Rock. The weather was superb for the whole journey and both groups were well organised and dealt with the challenges of carrying all their own food and equipment, summiting Black Mountain, paddling to Platypus Bush-camp and tackling their fear of height with a number of abseils. Students successfully cooked their own meals and the group hot pot stew was a hit. Congratulations to all students for completing this challenging expedition and a big thanks to the Teachers and Gap students who led and assisted with all the activities.

Mike Tolley—Expedition Co-Ordinator





















The Great Wheelbarrow Race

MSB Mountain Goats



What an incredible race this is!!! Congratulations to students Nathan Everett, Eliza Lyall, Joy Beohm, Timmothy Lyall, Ronin Spartalis, Zachary Christie, Ethan Burnett, Hamish Burnett & Mackenzie Smy that ran the wheelbarrow for Mount St Bernard College,

We're confident they'll be pretty sore for a while after pushing a wheelbarrow over the 140 klm. Setbacks were overcome with incredible resilience by our students over the long hard run, over dirt, dust and bitumen, amongst another 300 runners.

Mount St Bernard's name was well represented as an outstanding group of students, who came 6th overall out of over 47 teams. The students ran at a 16.9 klm per hour average. Nudgee College, won the overall, and one team alone, raised \$42000 as their contribution to their charity. We are continuing to fundraise for the Cathy Freeman Foundation throughout 2019.

All up, this entry by our students, raised respect for the name of our college, raised awareness of our students to the trials and tribulations of our pioneers, and sets us in the position of being one of the longest running school entries, since the race began.

All this could not have happened without our valuable sponsors, support from the school, commitment from our students and their parents, and an incredible few adults, especially, Warren Part and his wife, Julie, Laura Hardess, and Nicole and Heiko Burnett. Please search YouTube for some of the highlight films, produced by Calypso productions, a local film company.

Kind regards, Julia Cazita-Mazaeud Teacher in charge











Thanks to our valued sponsors

Koci Electricial Contractors, Emerson Bus Company, Norsafe, Chano Trentin's, Herberton Hardware, Woolworths Ltd TPC, Wondecla Roadhouse, Bunnings-Atherton Store, Nick's Restaurant, Tableland Meats, CaterCare, IGA Atherton, 5 Star Herberton, Sports Power Atherton, Ultimate Cleaning Products NQ, Amcal Pharmacy Atherton, Atherton Gas & Camping, Atherton Discount Drug Store, & Northern Supplies Pty Ltd.

PROUDLY SUPPORTING STOMP OUT THE GAP CATHY FREEMAN FOUNDATION.



The students were full of excitement, competitive spirit and participating to their full potential throughout the day. The oval was a sea of Flynn, Power and Rush colours cheering, supporting and encouraging their fellow house members.

It was cold and wet day though many students tried their best in those conditions. Points are awarded for all participants for each event. As the results indicate that Flynn house had more participants attempting events rather then sitting out not giving it a go. We encourage all students to be involved though sometimes its their choice. Well done to all students getting involved on the day and earning points for their houses.

The champion house in 1st place is FLYNN , 2nd RUSH then 3rd POWER.

A super effort achieved by all the students. Well done! Mr Mawdsley



Champion House					
FLYNN-	– 1st. 1365pts				
RUSH— 2nd. 861pts					
POWER- 3rd. 766pts					
MSB Age Champions					
12 yrs Girls	JERUSHA PURCHELL				
12 yrs Boys	TONY HARRY				
13 yrs Girls	KASMIN LOGAN				
13 yrs Boys	SAMUEL HAROLD				
14 yrs Girls	SIMONA HARRY				
14 yrs Boys	KELSTON MUDU				
15 yrs Girls	RANIETTA MAREKO				
15 yrs Boys	ETHAN BURNETT				
16 yrs Girls	ZOE DAVID-SABATINO				
16 yrs Boys	TIMMOTHY LYALL				
Open Girls	JOY BEOHM				
Open Boys	NATHAN EVERETT				



Athletics day fun!!









Cross Country 2019

On Thursday 21st March the whole school participated in the annual Cross Country event. It was a wet soaked afternoon that made the course a bit more challenging than last year. A sea of Flynn, Rush and Power colours flooded the top oval as the students were filled with enthusiasm and excitement before their race. It was great to see all students trying their best and running to their full potential towards the finishing line . A wet afternoon with plenty of laugher, smiles, sweaty armpits and exhausted



students till the end. Thank you to all the students for their involvement as well as the staff and parents who were an integral part in the overall success of the day. Mr Ryan Mawdsley—Middle Leader—HPE

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Mount St Bernard College Awards

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

Kevin Maitie - Awarded to a student for exercising resilience and persistence to overcome challenges

Samuel Harold – Awarded to a student for outstanding achievement in Science, supporting the teacher by peer teaching and sharing his knowledge and for showing diligence and always doing his best

Ms Winslett's 8A Food & Textile Design class – Awarded to a student for excellent work in the kitchen showing creativity in cooking healthy and tasty dishes incorporating vegetables and presenting their work for staff tastings

Ms Winslett's 9A Food & Textile Design class – Awarded to a student for showing enthusiasm and creativity in drawing and hand embroidering their totem animals

Tamara Kelly – Awarded to a student for showing self-confidence and initiative to ask when unsure and connect ideas from previous lessons in Maths

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

Ms Bakker's Year 10 SEL class - Awarded to a student for showing kindness and generosity towards the students of Holy Spirit Catholic School in Townsville by providing a care package for those affected

Sherrika Gilbert - Awarded to a student for always being cheerful and helpful towards staff and her peers, listening to others, responding kindly and bringing joy to our College

Tirika-Ann Bani – Awarded to a student for willingly giving her own time to support other students with their learning while working extremely well in class

Assistant Principal's "Growth Mindset" Award

Jessica Clauss - Awarded to a student for showing willingness to accept the challenge of attending expedition

Assistant Principal's "Wellbeing" Award

Tyleisha Gilbert - Awarded to a student for showing a good work ethic when completing class work and homework and for having a strong sense of understanding and empathy

Tori Dickenson – Awarded to a student for choosing to be actively involved in lessons and showing appreciation for learning opportunities by thanking her teachers

Millianna Whap – Awarded to a student for being a co-operative student who shows a positive attitude to getting her work done



Good Quick Tukka Workshop

On Friday the 17th of May 7C embraced the first session of the new Deadly Choices program "Good Quick Tukka" developed by Mulungu Health Services.

This program brings valuable life skills to the classroom and is especially beneficial for class 7C.

This class was the first to experience this brand new program and by all accounts, was most successful.

Kerry Mc Kay - 7C Teacher Aide



Upcoming Events Term 2 - 2019

Mon 27 - Fri 31 May - MSB Torres Strait Visit

Mon 27 May - Readers Cup Friendly Competition Malanda SHS

- Years 7A & 7B Geography Excursion Herberton
- Work Experience Orientation Sea Swift Cairns
- Natural Fertility Services Presentation Years 10, 11 & 12
- Tues 28 May BLA Careers Expo for Years 10,11 & 12 Cairns Showground
 - Natural Fertility Services Presentation Years 7, 8 & 9
- Wed 29 May Engineering & Rural Operations Rural Field Day Excursion
- Thurs 30 May First Aid Training Year 11 @ MSB
- Mon 3 Fri 7 June Sea Swift Work Experience Mon 3 June - Year 10 Sport & Recreation
- Bronze Star Training Atherton Pool
- Tues 4 June QCS Test preparations
- Fri 7 June MSB's Got Style 6pm 7.30pm Convent Courtyard
- Sat 8 Sun 9 June Boarders Leave Weekend
- Mon 10 June Year 10 Sport & Recreation
- Bronze Star Training Atherton Pool
- Tues 11 Wed 12 June Year 11 & 12 Biology Excursion Green Island & Cairns
- Wed 12 Fri 14 June Year 7 Camp Paterson Fri 14 June - Readers Cup Competition Cairns SHS

Wheelbarrow Race Trio

Congratulations to students Ben Trezise, Cody Ryan and past student Jack Trezise for completing the 2019 Great Wheelbarrow Race as a trio.





Well Women's Clinic

(These clinics are available to Medicare eligible clients)

Atherton Health Centre Wednesday 5th & 26th June Ph: 4091 0263 Malanda Health Centre Tuesday 11th June Ph: 4096 5339

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.

ELITE EMPORIUM INVITES YOU TO:

SCHOOL HOLIDAY WORKSHOP

\$175

LEARN HOW TO:

✓ SELECT AND MATCH COLOURS TO YOUR SKIN TONE ✓ FRAME AND SHAPE YOUR FACE USING CONTOURING TECHNIQUES ✓ APPLY DAY, EVENING AND GLAM MAKEUP LOOKS ✓ ANATOMICALLY SHAPE YOUR BROWS ✓ PASEU LAIP STATUME TECHNIQUES

BASIC HAIR STYLING TECHNIQUES

WHEN: WEDNESDAY 3RD JULY 2019, 9.00AM - 4.30PM WHERE: TABLELAND COMMUNITY LINK, 11 GROVE STREET, ATHERTON, QLD 4883, CONTACT: CASSANDRA BUCKLE 0409 890 108