



**Mr Ian Margetts**  
Principal

**7th June 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

### Parents and Friends Association

It is well known in research and practice that when families and schools work together, children are more likely to build good relationships and do better at school. It is also our Catholic calling that "there must be the closest cooperation between parents and the teachers to whom they entrust their children to be educated and teachers are to collaborate closely with parents and willingly listen to them". (Code of Canon Law, Canon 796.)

We are very fortunate to have a small number of volunteers that come together each term in service of the College. The school Parents & Friends (P&F) Association represents the general interests of the whole school community.

Constitutionally the membership of the Association may consist of:

- the parent/s and or carer/s of each child enrolled at the school (called ordinary members);
- Principal or their nominees who shall be called ex-officio members;

Thank you to the following people who have committed to fulfill this important role as parent representatives: Chris Cornish, Selena Nelson, Rhiannon Edwards, Jon Smy, Nicky Smy (President), Hillary O'Brien (Secretary) & Flo Cornish (Treasurer).

The P&F Association is separately constituted and therefore is responsible for its own decisions. In all its actions, whether they are regarding the expenditure of money or other decisions, the P&F Association acts always for the benefit of the school and school community. The P&F collects funds through a small levy each term. The P&F can choose to spend money on any need the school experiences. The way the funds are used is entirely up to your school community.

This year the P&F has invited proposals from the day and boarding staff for consideration of financial support and have ratified at a meeting most recently the following requests:

- Learning Support – Acquisition of one Soundfield Amplification Equipment to support hearing impaired students.
- Boarding – \$1000 to support attendance at Qld Independent Secondary Schools Confraternity Netball Carnival.
- Year 12 Cohort – P&F agreed to support fundraising for the Year 12 formal by matching \$ for \$ (capped at \$1,000).
- Staff Appreciation – agreed to support by way of morning teas for staff; World Teachers' Day, Teacher Aide Day, Administration Professionals Day and National Boarding Week.
- NAIDOC Day celebration choreography costs – agreed to support to a maximum of \$1,000.
- Construction of Giant Chess Board Set, Art/Manual Arts Activity. Project will encourage outdoor play and interaction. P&F agreed to support the cost of \$740.
- Health Body - Healthy Mind filming equipment to provide learning experience for students making video.

This support greatly 'value adds' to the great school and resources we already have at Mount St Bernard College. If you would like to be involved in the P&F Association, please contact Hillary O'Brien at the College.

### Mobile Phone

Reminder please, that the College policy is that Boarding students leave mobile phones in the dorms and day students are required to hand phones into reception at the beginning of the day and collect at the end of the day. There should be no use of mobile phones between 8.35am and 3.00pm.

### Driving to school

Reminder that if a student has attained their 'P' license and wishes to drive to school, parents need to advise permission of this. Each day when a student drives to school they are then required to hand their keys to Student Reception.

Any parent who wishes their son or daughter to be a passenger in a vehicle of a student of the College must also provide this in writing to the College. Please direct all permissions and questions to Ms. Jenny Rossiter, Assistant Principal – Wellbeing.



**Ian Margetts - Principal**

## Assistant Principal - Student Wellbeing Report

# Positive Parenting and Caregiver Tips



Ms Jenny Rossiter

Being a parent/caregiver is one of the most important roles we do in our lives.

Because of this we may constantly be asking ourselves:

“Am I giving my child the best chance of success as a good person?”

“Can I keep them safe?”

“Am I making good choices?”

The reality is most parents/caregivers are doing the best job that they know how and when they know better they do better. We as parents/caregivers are deeply connected to our children - when they are not happy we are not happy. Glen Gerreyn from [thehopefullinstitute.com](http://thehopefullinstitute.com) has shared five of his key parenting/caregiver focuses to help us add to our tool kits.



Our main job as parents/caregivers is to **highlight their strengths** not to point out our children's errors. Identify and grow their individual emotional, character and physical traits to help unlock the future for them. Expose them to lots of different life enhancing experiences to help them see what **engages their heart** and gives them something to aim for.



We often find it easier to encourage and love our children when they are little but struggle during the teen years. **Praise the slightest hint of the behaviours you want to see** in your teen. In this social media driven world where they feel judged all the time it is good for them to have a secure base to work from. The best encouragement **praises the action** not the person, celebrates the small things and recognises sacrifices made.



**Be connected to them when they are talking to you.** Take time away from the TV, phone, laptop or any distraction and give them your full attention. Daily presence and connection is important for maintaining open lines of communication. **Your teen needs to feel that you listen to them and what they say is important.**



**Forgive yourself for your mistakes. Forgive your child for theirs.** Share some of your failure stories with them and show them how you have grown through this experience. Let them know they are strong enough to overcome obstacles and that you will be there with them every step of the way. It's not about protecting them from life's troubles and mistakes. It is about **showing them that failure is not fatal.**



As much as possible home/residential needs to be a **safe haven and refuge**. Our children ought to understand that we will give them mercy and forgiveness even when they make mistakes and do dumb things. There may be consequences for their actions. The goal is for them to be healed and restored so that **together we can go out and face the world.**

**Lastly - you are all doing a great job. You are truly the most important person in their life and we congratulate you.**

*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.**



# Residential News



Mr Scott Whitters  
Assistant Principal -  
Residential

## Boarders Awards - Term 2 Weeks 5 - 6

**Congratulations to Tamika Neade, Troy Nelson, Lahsade Sailor - Mosby & Nanukala (Grace) Frank-Burarrwanga**



Houseparents are delighted with Tamika. She always follows instructions, is in correct uniform and respectful to the staff and her peers. She is a delight to have in Boarding. A role model who other students look up to. Thank you.



Troy Nelson for continued great behaviour and respect for students and staff.

I would like to nominate Grace for Boarder of the Week. As a new student Grace has settled in really well and willing to help, is actively involved in extracurricular activities (e.g. Netball and Army Cadets). She is a great role model for other students, eg. respectful, punctual and considerate.



Lahsade Sailor Mosby due to his much improved behaviour in the dorm.



## Notes from Boarding

**Study / Homework**—During the school week, all boarders undertake study from 6:15pm until 7:00pm. This designated time allows students to complete homework and assignments. Students who are not set homework are encouraged to study for tests, exams or read. All study sessions are supervised by houseparent's and GAP staff. Students are not allowed to have their phones with them during study or access social media. Consequences are put in place for any student not utilising study time appropriately. Please encourage your student to abide by the regulations of study and refrain from calling them during this time where possible.

**Weekend Leave**—I need to reinforce the expectation that weekend leave forms are received by 4pm each Wednesday. We support and promote students visiting with family on weekends, however, students must return on Sunday evening in order to be prepared for school on Monday morning. I ask that all families ensure visitor lists are up to date with current contact numbers.

**Mobile Phones**—As all families are aware, mobile phones are not permitted in the day school. Many students are not abiding by this expectation. Students are asked to hand in phones each evening and they are given back to the student when they return to boarding after school. Many students have more than one phone and often hand in a fake phone. I have a major concern with students having a phone overnight. Often students will use their phone all night and not sleep, along with being vulnerable to cyberbullying. Please encourage your student to hand in their phone and to use it responsibly.

**Communication** - I continue to encourage all families to speak with their student as often as possible. Thank you to those families who consistently call their student and encourage positive attitudes and positive behaviour. Students who have consistent family support and encouragement are more likely to be successful at school and remain at school through to the completion of year 12.



## Peninsula Sports Success

Eliza Lyall was successful in selection for the Peninsula Rugby League Team, 16-18 years, representing MSB at the State Championships during July in Carina, Brisbane. Eliza is a star rugby player and enjoys playing. Congratulations Eliza.

Congratulations also goes to Billie Lui who was selected as a shadow player for the 16-18 years and Daliah Pearson as shadow player in the 14-15 years age group.



## NQ Rugby Championships

Matraima Faud was selected to represent the NQ Country Rugby Team in the NQ Rugby Championships in Townsville 7-9 June. Matraima is also a star rugby player and is looking forward to her trip to Townsville. Congratulations Matraima.



## Flu Season has Arrived

With the change in weather and season the nasty flu is back again! Early symptoms and signs of a flu includes fatigue, a cough, sore throat, body aches, a fever and chills.

We can all do our part to keep ourselves healthy and protected from catching a seriously bad case of the flu this year.

- \* **Wash your hands**—after sneezing, coughing and before eating
- \* **Eat a well balanced diet**—green vegetables, kiwi fruit, oranges and plenty of water
- \* **Throw away your used and dirty tissues** - remove your germs from where others are (wash your hands every time you touch them)
- \* **Keep your body warm**—wear the school winter uniform and jumper to keep your chest and body protected from the cold
- \* **Rest**—your body needs time to fight the flu so allow your body to rest and stay home

It is time to stock up on lemons, honey and ginger! Look after yourself this flu season.

*Nurse Stef*



## Student Medication

Students are not permitted to have medication on them at school including pain killers.

- Day students are reminded to hand any medication they have to Student Reception.
- Students are asked not to give medication to other students.
- A medication register is kept at Student Reception, the Health Centre and Residential.

In order for us to support everyone and keep them safe, it is important that staff know who is taking medication.

Please do not hesitate to contact the school if you have any queries.

*Jenny Rossiter - Assistant Principal - Student Wellbeing*

# 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

Li Dewley-Vokes – Awarded to a student for showing a high level of determination in English and Maths to apply himself, completing all work to a high standard and consistently making good learning choices

Nahema Nelson - Awarded to a student for showing confidence, resilience and determination in making an exceptional start to her learning journey

Angelina Williams - Awarded to a student for showing confidence and initiative to ask for assistance, for applying real world understanding with new information and concepts leading to successful problem solving and analysis and for exercising resilience and persistence in Maths. For encouraging her peers to keep working towards their goals and offering peer assistance and for showing initiative and aptitude when working as a support teacher in 7C as part of her Certificate III in Education Support course

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

Billie Lui – Awarded to a student for participating passionately and enthusiastically in the Rosies Friends of the Street Outreach Program

Shawntella Maiap - Awarded to a student for participating passionately and enthusiastically in the Rosies Friends of the Street Outreach Program

Sinevah Mari - Awarded to a student for volunteering to be a scribe for a student who injured his hand

Brogan Streeter - Awarded to a student for unselfishly sharing her expertise and learning in using computer programs with her peers

Millianna Whap - Awarded to a student for willingly helping her classmates and others in need

## Assistant Principal's "Positive Behaviour Support" Award

Petersen Naawi – Awarded to a student for having a strong sense of understanding and empathy towards other students and helping students in a socially friendly way

Pele Lui - Awarded to a student for making a positive choice by seeking assistance from the Wellbeing Team in order to avoid conflict

Jimmy Billy – "Upstander/Bystander" Award awarded to a student for demonstrating upstanding behaviours and role modelling positive behaviours

Timothy Lyall - "Upstander/Bystander" Award awarded to a student for supporting friends and peers

Christian Ellis – "Smart Social Media Usage" Award awarded to a student for checking the classification rating of his on-line game to see if it was suitable for his age group

Janasie Bani - "Smart Social Media Usage" Award awarded to a student for showing responsibility in using her laptop in class



*Aaron and Cleon working as a pair on a core strength activity. Written by Glen Hussey –Well being Officer*

**Morning bootcamps** have commenced in term 2, with a strong showing from the boys to date. The focus of these sessions are fun based team games, building cardio capacity and core strength. Utilising the competitive nature of all, to push oneself, and team atmosphere to build accountability .

I have owned and operated a personal training business for over 20 years, including throughout remote communities in the Torres Straits, Cape York and Northern Territory. Sports has shown a proven success for me, when it comes to building relationships with community members, across all regions

Lunch time activities in the main hall, have also been a great success, especially with the drizzling rain of late. Volleyball, touch football and basketball have been the common games. Numbers have risen, and the behaviours shown by all has been impeccable, with very limited staff supervision. The original focus was to alleviate the games of tiggly through the halls, and to build relationships with students I had not yet had the pleasure to meet, through the wellbeing service delivery.



# VET and Career Matters



## Careers Get Ready for Work

Year 10 Careers classes have been learning about work and work roles, preparing resumes and gaining understanding of subject and pathways to work. These are helpful for them to begin developing career plans and be ready for SET planning for their remaining time at school.

The padlets are still available on the student portal. One is for Careers which walks through exploring, planning, tertiary study, VET study and preparing for work.

The other is on Employment where current job opportunities, work experience and information on applying for work is housed. Parents can access the padlets through the student portal.

## Target my pathway



Career Bullseye posters can help young people choose their school subjects based on what jobs they can lead to. The Bullseye posters reflect possible career options and training requirements for 33 subjects <https://docs.education.gov.au/node/33659>

JOB OUTLOOK <http://joboutlook.gov.au/> Explore Careers

MYSKILLS <https://www.myskills.gov.au/> website connects individuals and employers with training organisations that best suit their needs.

Online Resume Builder <https://www.resume.com/>

Tying to decide what and where to study post 2020? Get the info you need here. Search courses, browse institutions, investigate course costs and more.

Tertiary prerequisites, assumed knowledge and recommended <https://www.qtac.edu.au/atar-my-path/my-path>

## Student Career and VET Activities Term 2

Year 10, 11, and 12 students have been out on different excursions to see different industries and education organisations to experience job roles and study options.

They visited the BLA Youth and Career Expo on the 28th May in Cairns and visited representatives from the Defence Force, Skills360, TAFE and different Universities. The students participated in activities such as Sumo Wrestling and surfing.

All students returned to the school carrying bags of pamphlets to look through.

Another activity was the Rotary Field Day on the 29th May in Mareeba. All students from Engineering Pathways, Agriculture and Rural Operations attended. They walked around the agricultural exhibits and noted contemporary machinery and technologies in growing produce in Australia.

In April the Defence force recruitment team visited Mount St Bernard's Year 10 career class and met with Year 11 and 12 students. The students were all very interested in the opportunities in differing sectors of, Navy, Army and Air Force.

Year 11 students have undertaken a day's training to achieve their First Aid Certificates.

## Free or low cost online short courses

The following are links to websites where people can try different industry areas, university subjects or training and low or no cost. Students are encouraged to try these to identify their passion in different programs.

<https://www.futurelearn.com/using-futurelearn> - Future Learn

<https://www.open.edu/openlearn/free-courses/full-catalogue>— Open Learning Institute

<http://www.hia.edu.au/> - Hospitality Institute of Australia

<https://www.universalclass.com/catalog/index.htm> Universal Class

**Achievements—Work Experience:** Four students have successfully applied and been accepted for work experience, Yarus Blanket, Nathan Everett, and Trevor Mudu will be at Sea Swift Pty Ltd during the week 3-7 June, working in diesel and marine fitting and boilermaking

Ronin Spartalis will be going to Galliopi Barracks in Brisbane for his work experience in Physical Training.

*Congratulations everyone*







## Re-Fuel

What a fantastic experience, the opportunity to attend workshops at St Andrews Catholic College, Redlynch. Billie, Margaret, Timara, Sherrika and Tanisha all participated. Students were able to pick one art medium; sculpture, printmaking, painting or time –based media.



*Billie Lui with MSB Art Teacher, Ms Traylea Sexton*



*Sherrika Gilbert & Margaret Chong*



*\ Margaret Chong*



*Tanisha Vincent & Timara Douglas*

QUEENSLAND  
**CATHOLIC**  
EDUCATION WEEK  
28 JULY – 3 AUGUST 2019



*Many Voices.  
One Spirit.*



## 2019 Children's Book Council of Australia (Qld) Readers Cup Year 7 & 8



Congratulations to **Griffin Johns, Jerusha Purcell, Ella Christie and Ali Sebasio** for participating in this year's **Year 7/8 Readers Cup Challenge**.



All keen readers, the students have been studying six books this term in the lead up to the **Regional Final at Cairns State High School on 14 June**.

At our recent '**Friendly**' with Malanda High School the team enjoyed afternoon tea with their fellow combatants before tackling the questions. This year the 7/8 competition involves 32 other schools from Weipa, Mossman through to Innisfail and the Atherton Tablelands. One team will go on to Brisbane for the State Final.

Numbers indicate that the CBCA Readers' Cup is valued by schools as a way of promoting the love of reading in our young people. It rewards those who continue to read as teenagers. Big thanks to **Griffin, Ella, Jerusha and Ali** for representing MSB with perseverance and enthusiasm, and to their families for encouraging and supporting reading.

MSB plans to enter a **Year 9 & 10 Readers Cup team** this year in a regional trial. Reading commences this week. If you are keen to participate see Mrs Weedon in the Library.

**C Weedon - Teacher/Librarian**





# Body Systems in Science

Year 9B have been studying Body Systems in Science. Two students partnered up to dissect a porcine heart and lung. This is a challenging exercise as some students are not familiar with using implements like scalpels and indeed cutting up parts of an animal. Once an early resistance was overcome, the students did very well and learnt a lot about the chambers and valves and arteries and veins of the heart and lung. The heart is cardiac muscle so it is very strong and can pump one's blood for a lifetime.

Practical experiments like this assist the students to understand the function of the body organs and how to look after their own physical well-being.

Overall, it was a challenging but valuable learning experience. Well done to the class!

Mr Ray Pearson—Teacher





# District Athletics

The District Athletics Interschool Carnival for the first time covered the whole district for ages 10-19 year old's held at Mareeba, St Stephens Catholic College on the 23rd and 24th May.

After qualifying in our own school carnival by coming 1st and 2nd in both sprint and field events, 55 students were nominated to go to the District Athletics Trials, some of which were **nominated in up to seven disciplines!**

These two days were beautiful, the event well organised and the overall atmosphere, participation and sportsmanship outstanding!

In the 13-19 years, Mount St Bernard College came 6th in the combined team score, 5th in the per capita score.

It was great to see all students trying their best in all events during the day. We are proud of each students efforts, sportsmanship and behaviour throughout the carnival.

Well done all!



The individual rankings of age champion showed a few MSB students up the top end of their age;

12 Girls—8th Jerusha Purcell

—14th Tilona Bani

14 Girls—14th Tamika Neade

14 Boys—15th Kelston Mudu

15 Boys—16th Nelson Bob

16 Girls—11th Ashley Wasiu

—14th Zoe David-Sabatino

16 Boys—8th Timmothy Lyall

17 Boys—9th Nathan Everett

—13th Yarus Blanket

18/19 Girls—3rd Joy Beohm

Students who finished 1st to 3rd in any of the disciplines at District Trials were nominated for Peninsula trials.

More information to come with students nominated for Regional Peninsula Athletics Carnival which will held at Barlow Park in Cairns on Sunday, 16th and Monday, 17th June.

**Mr Ryan Mawdsley - Middle Leader - HPE**



# Track and Field talent at MSB





## Upcoming Events Term 2 - 2019


- 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  
- Year 11 English ESL Exam
- Tues 11 June** - Year 11 & 12 Work Readiness Program
- Tues 11 - Wed 12 June** - Year 11 & 12 Biology Excursion  
Green Island & Cairns
- Wed 12 - Fri 14 June** - Year 7 Camp Paterson Mareeba
- Fri 14 June** - Readers Cup Competition Cairns SHS
- Mon 17 June** - Year 10 Sport & Recreation  
Bronze Star Training - Atherton Pool
- Thurs 20 June** - QCS Test Preparations
- Fri 21 June** - Headspace Wellbeing Program Years 7 & 10
- Mon 24 - Wed 26 June** - Year 11 & 12 Exam Block
- Wed 26 June** - QCS Test Preparations  
- Theatre Production @ MSB  
"A Bright Light in the Darkness"
- Thurs 27 June** - Term 2 ends @ 3pm
- Fri 28 June** - Boarders Travel home day  
- MSB Office closes for Winter School Break
- Fri 28 June - Mon 22 July** - MSB Winter School Holidays
- Sun 30 June - Fri 5 July** - MSB Netball Team @  
Confraternity Netball Carnival Bundaberg
- Tues 9 July** - Atherton Show Holiday

## Upcoming Events Term 3 - 2019

- Mon 15 July** - MSB Office reopens  
- Staff Week commences
- Fri 19 July** - Cairns Show Holiday
- Mon 22 July** - Boarder Travel Day to school
- Tues 23 July** - All classes commence Term 3
- Wed 24 - Fri 26 July** - Year 8 Camp - Echo Creek

QUEENSLAND  
**CATHOLIC**  
EDUCATION WEEK  
28 JULY - 3 AUGUST 2019

Many Voices.  
One Spirit.



## South Passage

*adventure under sail*

### Cairns School Holiday Voyage

2nd to 5th July 2019

Students: \$519.50  
(Min Age 13 yrs)

Price includes:  
nutritious meals  
training  
accommodation  
certificate  
reef tax  
(\$19.50pp)

Satisfies Practice and  
Qualifying Bronze AJ for  
Duke of Edinburgh Award

SAIL ON A MODERN 30M GAFF-RIGGED SCHOONER AND RELIVE THE CHALLENGE  
AND ADVENTURE OF TRADITIONAL SAILING. TAKE 4 DAYS TO EXPLORE THE  
TROPICAL WATERS OF FAR NORTH QLD AND THE GREAT BARRIER REEF.

DEPARTS 9:00AM AND RETURNS 4:00PM  
HALF MOON BAY MARINA, 25-29 BUCKLEY ST, YORKEYS KNOB  
FOR BOOKINGS GO TO [WWW.SOUTHPASSAGE.ORG.AU](http://WWW.SOUTHPASSAGE.ORG.AU)  
OR RING (07) 3893 3777

## Student Environmental Photography Competition 2019

Inviting students from all over Australia to share with us, through photography, how their environments and communities are responding to climate change and today's environmental challenges. We want images that are compelling and beautiful and that tell stories that will inspire all of us to live a more sustainable life. This competition is open to all primary and secondary students as long as you are studying in Australia. The competition will culminate in an end of year exhibition where visitors can view the winning and shortlisted entries and learn about the environment and the challenges of climate change.



**ENTRIES CLOSE SEPTEMBER 15TH 2019**  
**Great Prizes To Be Won - Entry Is Free**

visit [www.studentenvironmentalphotographycompetition.com](http://www.studentenvironmentalphotographycompetition.com)  
to find out how you can enter.



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