



Mr Ian Margetts
Principal

2nd August 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



Welcome to Term 3!

I hope that all families enjoyed some quality time together over the break. Both staff and students have certainly 'hit the ground running' on their return.

The term started for staff with a week of professional development and planning time. Teaching staff spent two of the days undertaking the Mental Health First Aid course. Each year 1 in 5 Australians will experience a mental illness. This course-built knowledge and confidence for staff to be able to support and offer assistance. This compliments and supports the work of our Wellbeing Team in this space.

Last week saw Year 8 students travel to Echo Creek Adventure Centre. Students undertook a number of adventure based activities. All reports suggest both staff and students had a fantastic time. Special thanks to staff, Mike Tolley, Doris Cuda, Noelene Lep, Teresa Waring, Wendell Majer and Glen Hussey as activities like these can not take place without staff support and attendance.

This week we have celebrated Catholic Education Week. Catholic Education Week is celebrated across Queensland from 28 July – 3 August 2019. This annual event is held to promote the special ethos of Catholic schools and to highlight the great things that take place in Catholic schools every day. The theme for this year's celebrations is: Many Voices. One Spirit.

Catholic education:

- Is a faith-based education which places the values of Jesus at its centre
- Is a high quality, holistic education for 1 in 5 young Queenslanders, educating them to be well-informed, highly skilled and constructive members of the community
- Values diversity and treats each student with dignity enabling them in turn to promote and respect the dignity of all
- Nurtures in students a commitment to social justice and a critical social consciousness
- Prepares students for global responsibilities through stewardship of the earth's resources
- Is an integral part of the local and universal Church
- Occurs in welcoming, inclusive, and connected communities.



Catholic education strives to make a difference in the lives of those in our schools and in the wider community by challenging young people to live out the message of Jesus and to reach their full potential as compassionate, contributing, life-giving members of society.

Mount St Bernard College celebrated Catholic Education Week with a number of activities having occurred this week. This has included hosting the Western Deanery Catholic Education Week Mass and participating in the Creative Arts Collective that highlights the amazing and creative artwork by students at Catholic primary and secondary schools in the Cairns Diocese. We also recognised amongst staff the Catholic Education Award nomination of Maths/Science Middle Leader and teacher, Malcolm Fahey. Malcolm has a passion for supporting and promoting academic learning. Malcolm regularly supports homework groups after school and in boarding as well as supporting students to undertake university summer/winter school opportunities.

Catholic Education Week Prayer

Loving God,

Your Spirit is present in the many voices in our Queensland Catholic schools.

*May your Holy Spirit unite us in faith,
hope and love during Catholic Education week and promote and
uphold the distinctive mission of Catholic schooling.*

We ask this through Christ our Lord.

All: Amen.

Best wishes for the term ahead!

Ian Margetts - Principal

Peninsula State Rugby League Championships

Eliza Lyall competed with the Peninsula team at the State Championships for Rugby League (16-18yrs age group) in Brisbane on Friday 26th July to Sunday 28th July.

The team played 3 games over the weekend. The results from each game were: 10-10 (draw), won the second game 44-0 and the third game was a loss 0-24.

Congratulations to Eliza for receiving "Player of the Match" in her third game.

Overall the Peninsula team placed 6th out of the 10 teams in her age group.

Ms Joanne Bull - Sports Co-Ordinator/Lead Supervisor



Deputy Principal - Curriculum & Administration Report



Mr Matt Brauer

Term 3 brings about a variety of college curricular events, including Subject selection for 2020. Next Tuesday the 6th of August, the college will host a Subject Exhibition for all Year 8 - 12 students and their families. The event offers students an opportunity to reflect on their interests, aspirations and desired pathways and with the support of both college staff and industry experts, make informed decisions around their subject choices to come. This marks a significant time for these students, as the choices they make now have the potential to shape their future direction.

The event will host a series of sessions held in our Mercy Hall, targeted at the needs of each student group. Students will have opportunities to gather information, immerse in meaningful discussion and strategically map their pathway for 2020. We encourage all parents and family members to attend this event and support students in their decision moving forward. Subject Handbooks for 2020 will be provided to students at this event, outlining the various subject and course options on offer. We invite parents to review these with students on Tuesday to help inform their Subject selection conducted over the following days.

If you have any queries regarding subject selection please contact myself at the college to discuss.

Sincerely,
Matthew Brauer

Discover Mount St Bernard College

2019 Subject Expo

✓ Curriculum for Life...

- An opportunity for students to meet, discuss and obtain information from a range of sources.
- An extensive list of External Providers have been invited. JCU, CQU, TAFE, Defence Force, MEGT, Connect'n'Grow.
- MSB Curriculum Leaders and other staff will be available promoting various curriculum offerings.

- Years 8 - 12
- Tuesday 6th August
- Mercy Hall - MSB

QUEENSLAND

www.msb.qld.edu.au
Ph 4096 1444
www.facebook.com/MountStBernardHerberton
CRICOS Provider Code 00637G

Mercy traditions • Spirited learning • Bounding Aspirations

MSB

MOUNT ST BERNARD COLLEGE

Assistant Principal - Student Wellbeing Report

What is First Aid?



Ms Jenny Rossiter

Most of us know the answer to this question. Many people have done First Aid courses through our schools and work places.

Having a lot of our wider community trained to give assistance when people have been in accident or crisis situations has meant quicker recovery times for the injured and even meant lives have been saved.

This is great for our Physical Health but what about our Mental Health?

At MSB we take a wholistic approach to Student Health and Wellbeing. Our Health Centre staff work well along side families and other professionals to ensure our students keep physically healthy. Additionally, our Wellbeing Team support students and families in keeping mentally healthy.

In order to reinforce this, during the recent Staff Week all Wellbeing Team members and teaching staff took part in a two day Youth Mental Health First Aid course. Just like in physical first aid, mental health first aid is given until appropriate professional help is received or the crisis settles. This accredited training was provided by psychologists Hannah Chapman and Mia Lumley through Cairns Catholic Education Services.



Staff learnt:

- ♦ about adolescent development including neuro (brain) science
- ♦ the signs and symptoms of the common and disabling mental health problems in young people
- ♦ how to assist adolescents who are developing a mental health problem
- ♦ where and how to get help when a young person is developing a mental illness
- ♦ what sort of help has been shown by research to be effective
- ♦ how to provide first aid in a crisis situation.



Looking forward into 2020 MSB is planning to offer one day training in Teen Mental Health First Aid to selected year levels. This course was developed in response to research indicating that young people have a preference for sharing problems with peers. The course curriculum is based on a study undertaken to determine the best actions a young person can do to support a peer with a mental health problem.

Jenny Rossiter - Assistant Principal - Student Wellbeing



Assistant Principal - Mission



Mr Matt de Jong

Welcome to Term Three and all the challenges and opportunities we shall offer each other.

The Gospel for last Sunday was the account of Jesus in the house of Martha and Mary.

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:38-42)

Whilst there is much to consider in this short passage, we are also left wondering about what has been left out. What was the reaction of Martha to Jesus' answer? Did Mary help her sister after all? Does Jesus mean that we should put aside the duties of hospitality and responsibility to pursue only spiritual values? Could Jesus enjoy the food that Martha was preparing after such a comment? What exactly is the 'one thing' needed that Jesus refers to? Some early manuscripts have Jesus saying that 'few' things are needed. Does that make a difference?

Perhaps Jesus is calling us to a distilled wisdom that orders our busy lives – the wisdom that gives us a sense of timing. At times we must choose to work hard to get everyday jobs completed, especially if others are relying on us. Sometimes we must drop everything simply to abide in the presence of someone who needs us to be fully present. Jesus' conclusion emphasises the fact that Mary has made a choice in that moment, and it was the right one. We cannot diminish our responsibility to be aware of everything going on, to understand the needs and wants of others in the full reality of the moment, to wisely judge what is the right choice, and to have the courage to live out that choice, regardless of 'practical' impacts. Every new moment needs another wise choice, and we cannot hide behind old routines as a way of ignoring new challenges. A school is a perfect place to grow in such wisdom. There is the balance we seek between study and relaxation, between week-days and weekends, between the fun of friendship and the attentiveness of class, between holding firm in a stance and being willing to grow into a new horizon. The one constant is that love is the highest wisdom that we can choose. To love is to choose what is better, and that will not be taken away from us. May we all grow this term in the wisdom that springs from the choice of love.

This week is Catholic Education Week in Queensland. On Wednesday 31st July we celebrated the Western Deanery Mass with representatives of the Diocese clergy and western deanery schools. A longer report will come in the next newsletter.

Matt de Jong - Assistant Principal - Mission



Residential News

College Uniform & Grooming Policy and Procedure

Dear Families, Carers and Friends of MSB,

A friendly reminder of the college's uniform expectations. Please make yourself familiar with this policy.

Mr Scott Whitters



Mr Scott Whitters
Assistant Principal -
Residential

Policy & Procedure													
Approval date:	CLT, 2019												
Previous review dates:	2017, 2018												
Next review date:	2022												
Author:	AP Wellbeing												
Student Uniform & Grooming													
Introduction													
Students are expected to wear the College Uniform and College Formal uniform with pride – they are symbolic of the Mount St Bernard College community and signify pride in our College, respect for self, and respect for others.													
Application													
The uniform has been chosen by the College community to be practical, attractive and enhance the dignity of each student. Importantly, the correct wearing of the College uniform is a sign that a student is a member of the Mount St Bernard College community. This guideline has been developed to assist members of the community to understand the expectation of students regarding uniform.													
Guideline													
The College has two uniforms that students must wear on specified occasions.													
COLLEGE UNIFORM: The College Uniform may now be worn every day except for designated days which require formal uniform to be worn.													
<table border="1"> <thead> <tr> <th colspan="2">College Uniform: Daily – Boys & Girls</th></tr> </thead> <tbody> <tr> <td>College Jumper: Blue College jumper</td><td>Shoes: Black, leather, lace up.</td></tr> <tr> <td>College Shirt: College polo shirt</td><td>Socks: Navy socks worn above the ankle (no logo)</td></tr> <tr> <td>College Sport Shorts: Navy blue shorts or navy-blue track pants may be worn as an alternative to shorts.</td><td>College Hat: Navy blue hat with College logo</td></tr> </tbody> </table>		College Uniform: Daily – Boys & Girls		College Jumper: Blue College jumper	Shoes: Black, leather, lace up.	College Shirt: College polo shirt	Socks: Navy socks worn above the ankle (no logo)	College Sport Shorts: Navy blue shorts or navy-blue track pants may be worn as an alternative to shorts.	College Hat: Navy blue hat with College logo				
College Uniform: Daily – Boys & Girls													
College Jumper: Blue College jumper	Shoes: Black, leather, lace up.												
College Shirt: College polo shirt	Socks: Navy socks worn above the ankle (no logo)												
College Sport Shorts: Navy blue shorts or navy-blue track pants may be worn as an alternative to shorts.	College Hat: Navy blue hat with College logo												
FORMAL UNIFORM: The College Formal uniform is worn on designated days. Parents and Carers will be given notification the of days this shall occur.													
<table border="1"> <thead> <tr> <th>College Uniform: Formal uniform - GIRLS</th><th>College Uniform: Formal uniform - BOYS</th></tr> </thead> <tbody> <tr> <td>College Hat: navy blue hat with College logo</td><td>College Hat: navy blue hat with College logo</td></tr> <tr> <td>College Blouse – white tailored cut; includes small tartan tie.</td><td>College Shirt: blue, College tailored, striped, with College emblem</td></tr> <tr> <td>College Skirt: blue/tartan – below knee length or College Dress Trousers: navy blue</td><td>College Formal Shorts: navy blue formal shorts or College Dress trousers: navy blue (both items worn with black belt only)</td></tr> <tr> <td>College Jumper: blue College jumper</td><td>College Jumper: blue College jumper</td></tr> <tr> <td>College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth</td><td>College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth</td></tr> </tbody> </table>	College Uniform: Formal uniform - GIRLS	College Uniform: Formal uniform - BOYS	College Hat: navy blue hat with College logo	College Hat: navy blue hat with College logo	College Blouse – white tailored cut; includes small tartan tie.	College Shirt: blue, College tailored, striped, with College emblem	College Skirt: blue/tartan – below knee length or College Dress Trousers: navy blue	College Formal Shorts: navy blue formal shorts or College Dress trousers: navy blue (both items worn with black belt only)	College Jumper: blue College jumper	College Jumper: blue College jumper	College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth	College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth	
College Uniform: Formal uniform - GIRLS	College Uniform: Formal uniform - BOYS												
College Hat: navy blue hat with College logo	College Hat: navy blue hat with College logo												
College Blouse – white tailored cut; includes small tartan tie.	College Shirt: blue, College tailored, striped, with College emblem												
College Skirt: blue/tartan – below knee length or College Dress Trousers: navy blue	College Formal Shorts: navy blue formal shorts or College Dress trousers: navy blue (both items worn with black belt only)												
College Jumper: blue College jumper	College Jumper: blue College jumper												
College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth	College Wet weather jacket: not compulsory. Optional for wet weather and/or warmth												

Residential News

Shoes: black, leather, lace up.

Shoes: black, leather, lace up.

Socks: College navy socks, worn above the ankle.

Socks: Navy blue socks worn above the ankle.

ADDITIONAL INFORMATION

Hair: Students are expected have hair of a natural colour. Hair is always to be neat and tidy and worn off the face. Long hair is to be tied back with ties which are blue, black or white and these are to be simple and minimalistic

Jewellery: All students may wear - a watch; one small plain signet or small plain ring; one plain, fine metal neck chain with a Christian religious medal or crucifix attached, tucked into shirt/blouse; a medic alert; one small plain sleeper or stud less than 5mm in diameter in each ear; no other visible studs allowed. Facial piercings are not permitted

Boys and Girls Ties: A College-issued tie is only worn when required for formal activities and functions. The tie will be lent to students and collected by the College after the event. The tie is worn with the shirt tucked in.

Optional items: (additional to those outlined above) Girls – navy or skin coloured stockings with skirt. Girls and boys – prescribed navy-blue track pants may be worn as an alternative to the sports shorts (purchase from College only).

Sun Safe: Students are encouraged to be responsible for their own sun safe practices. This includes wearing the College hat when out in the sun, applying sunscreen and utilising shade areas throughout the College. Students are made aware of the designated undercover areas. Students are expected to wear a hat for class lessons involving outdoor activities eg. Physical Education as this is part of our Sun Safety requirements.

Optional items: (additional to those outlined above) Girls – navy or skin coloured stockings with skirt.

Year 12 specific items: As part of their final year of secondary education, Year 12 students are offered the chance to wear specific uniform items (jacket, shirt). It is expected that the Year 12 Senior shirt be worn only on the designated day with either the formal shorts or trouser or College sports shorts.

Makeup & nail polish: No visible make up and/or nail polish is to be worn.

Year 11 & 12 Senior Students studying VET with prescribed attire: These students may wear their work uniforms on the designated day if directed by the trainer.

PROCEDURE FOR INCORRECT UNIFORM

Students are expected to have a written note explaining any incorrect uniform item.

A pink *"Notice of Incorrect Uniform"* slip is issued to students with incorrect uniform and no note.

This slip is:

- Taken home
- Signed by parents/guardians and returned to the Home Room teacher the following school day showing that the parent/guardian is aware, and that the problem has been/is being fixed.
- Failure to return a pink slip will result in a detention.
- Two pink slips in a week will result in a detention.

Ongoing uniform issues will be addressed by a member of the College Leadership team or their delegate and can lead to suspension or withdrawal from recess times and/or school activities.

Please note: Financial concessions are available should the cost of uniforms be prohibitive.

It is expected that students wear their uniform with pride, displaying respect for self and others. Parents/guardians are encouraged to discuss any uniform concerns with College staff.

Enquiries

Assistant Principal Wellbeing

Principal

Residential News



Ms Sonya Frost
Admin Officer
Residential



Confraternity Netball



Another successful year of Confraternity Netball for MSB

Congratulations to the eight girls who traveled by bus 16 hours down to Bundaberg to compete in the 2019 Queensland Independent Secondary School Netball Carnival. (QISSN)

We set off early Saturday morning, 29th June, and travelled two days stopping at Mackay on Saturday night to break up the long drive. Sunday we arrived in the afternoon in time for the opening ceremony at Bundaberg Multiplex Centre. The QISSN carnival was hosted by Shalom College Bundaberg. This was a big event as the QISSR (Rugby) boys teams were also at the opening. 64 netball teams and approx. 35 rugby teams took up the entire centre.

We stayed just out of Bundaberg at a place called 'Bucca Retreat'. It was a mini farm with a dam to swim in, canoe's and a big winding water slide. The girls enjoyed the country scenery with a goat and a miniature pony to keep them company.

Monday 1st July was the start of our games with the last game on Friday 5th July. We won some, we lost some but most importantly we had fun. We met other teams from other schools, made some new connections with teams and rehashed some old friendships from last years QISSN Netball Carnival.

We explored Bundaberg when we weren't playing and travelled to Harvey Bay one afternoon to explore.

Overall the 2019 MSB Confraternity Netball team came 5th in our Division which is something to be very proud of. Each and every single player put their heart and soul into each game.

Special mention to Heidi Luke who came away with MSB's 'Most Valuable Player' of the Carnival. Congratulations Heidi, you played every game to your fullest. There were so many comments throughout the carnival about Heidi and what an amazing Goal Defence she is.

We are so lucky to have so many talented and great sportswomen at MSB.

Ms Sonya (Coach) and Ms Judy (Manager) are very proud in the way the girls played and also in their attitude and sportsmanship throughout the entire event. **By Ms Sonya Frost**

Residential News

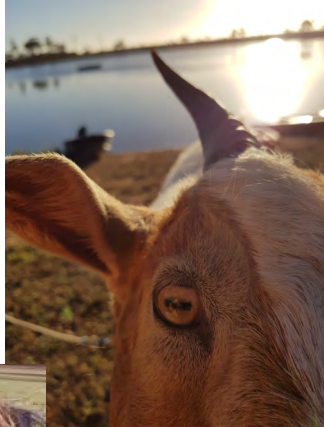
2019 MSB QISSN
Team

With Vicky Wilson
(Australian Netball
Icon)

& Tracey Bruce
(Former Qld Firebird
WA)



Heidi Luke
MSB's
Most Valuable
Player



The Wellbeing Corner- Mind, Body and Soul

With Mr Glen Hussey - Student Wellbeing Officer

The Wellbeing Corner- Mind, Body and Soul



Term 2 rolls into Term 3

Towards the end of Term 2, I felt my feet finally starting to hit the ground, find a purpose, find a direction, see a need, deliver, deliver, deliver. I have always been a sporting guy. The attributes one learns from sport, can never be questioned. It is for this reason that I use sports/fitness as a conduit to build relationships, something I pride myself on, with results speaking for themselves in Term 2.

I initiated student bootcamps, two mornings a week, prior to school time. Numbers rapidly increased, including staff participation. Daily lunch time activities in the Main hall have helped address some focus points for the school, been beneficial for the students, and assisted me in building many new relationships with students that often do not visit the wellbeing room.

All of this will all continue in Term 3 and then some. With the assistance of funding secured through an application to the Australian Sports Commission, new programs for rugby sevens and netball will be delivered by development officers with my support. Stay tuned for times and days for those sessions.

Additionally, fun/fitness sessions for the staff have started after school. Their wellbeing is also paramount to me, after all - one must help oneself to be able to help others. ***Signing out from the corner-Glen Hussey***



Fun games, 6kg medicine tunnel ball.



Students and staff involved in a warm-up game.

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

Charlie Naawi - Awarded to a student for showing a renewed sense of interest in his learning, resilience and determination.

Shennelle Roughsey - Awarded to a student for showing a positive attitude to her class work.

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

Alexa Ellis - for supporting other students and showing compassion to those who may need a friend at times

Tia Dewley-Vokes - for her kindness and care in making our visiting Japanese students feel welcome and comfortable during their visit

April Mooka - for her kindness and care in making our visiting Japanese students feel welcome and comfortable during their visit

Assistant Principal's "Positive Behaviour Support" Award

Pele Lui - showing a positive attitude to her class work.

Rose Mene - for adapting well to the MSB Community & helping other students feel comfortable



In the Mercy tradition



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

GUILT versus SHAME

This week's PBS investigated the concept of SHAME. Shame can be expressed as 'GUILT' and 'SHAME'.

'GUILT' can be healthy; while 'SHAME' is unhealthy.



Are there different types of shame?

Yes. It can be helpful to think of them as two different ways of thinking.

Good (healthy) shame
which we can call Guilt
"I have done something that goes against my values and beliefs, and I feel badly about that."



Bad (unhealthy) shame
"There is something wrong with me and therefore I am unworthy of love and belonging."

Lets unpack these ...

So how can Guilt be healthy?

Guilt is a natural feeling and can be a great teacher.

It is a signal that we have done or said something that is against our values, and could harm others or ourselves.

Guilt is important because it helps us think about the consequences of our words and actions.

You can still feel good about who you are. This emotion can, and often does lead to positive behaviour change.

Why is Shame unhealthy?

Shame can have negative consequences such as feeling trapped, isolated or powerless.

"Bad behaviour" is not separated from "bad self". We lose self respect and start to think we ARE that bad person.

With shame we focus on our failures. Our thoughts become filled with judgement that we will never be good enough.

We find it hard to stay connected to family and friends. We are unsure how to fix our broken relationships with others.

COPING WITH SHAME

What to do when you are feeling shame ...

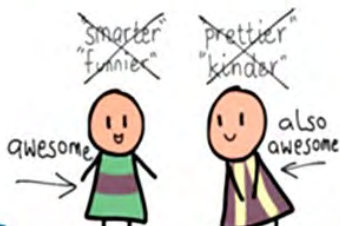
Ask yourself - Did I do or say the thing which caused the harm?

If the answer is "No", don't continue to be hard on yourself. Sometimes it is just someone else's opinion and opinions are not facts.

If the answer is "Yes", separate yourself from the words or actions. Negative actions, thoughts and words are just that. They are not YOU.

Remember that you ARE NOT your behaviours or what others think of you. You are whoever you choose to be. Choose positive, resilient self-talk.

I am worthy of love and joy.



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

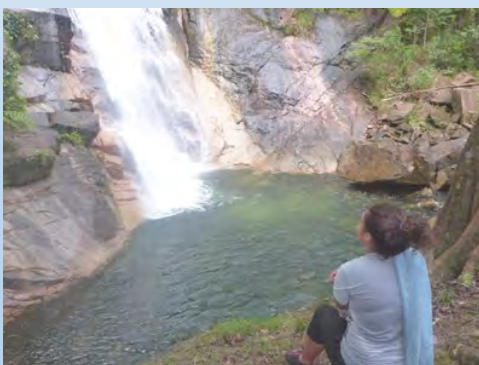
Glen Hussey—Student Wellbeing Officer—ghussey@cns.catholic.edu.au

Year 8 Camp – Echo Creek Camp - Wednesday 24th July – Friday 26th July

Last week, the year 8 students travelled to Tully to camp at the Echo Creek Adventure Centre. The students experienced a range of challenging, yet enjoyable activities. These included rock wall climbing, abseiling, swimming, laser tag, obstacle course, damper making, night spotting & a trek through the rainforest up to the stunning Echo Creek Falls. The photos show how well the students participated and faced each challenge with a smile!

The Echo Creek staff did a great job of teaching us about the nearby rainforest and its traditional use by local indigenous groups. The group leaders were happy to share their outdoor skills and made us feel safe, particularly on the climbing tower. The photos below show how confident and successful the students were when using the climbing and abseiling equipment. The staff also did an excellent job of feeding us and making sure we had the energy to do three days of outdoor activities.

Overall, the year 8 camp was highly successful for getting us out of our comfort zones, both physically and socially. The students are to be commended for their excellent behaviour and willingness to have a go. By **Mrs Noelene Lep - Teacher**



Japanese students visit MSB

On Monday the 29th of July, a group of 42 students from Nodai High School in Tokyo visited MSB as part of their international study trip. The students joined in our school's assemblies, classes and meal times in the dining room.

Students from Year 7 through to 12 hosted the Year 9 Japanese students in their classes, talking about themselves and participating in activities. Before lunch, we hosted a Nodai vs. MSB soccer game with MSB emerging victorious with a 4-2 victory.

The day finished with a presentation of our Torres Strait Islander students dancing for our guests; the Japanese students followed up with a dance of their own.

Everyone was happy with the visit and our guests left hoping some of our students could visit their school in the future.

Mr Brendan Akers -Teacher in Charge



Three groups attended a Year Assembly and presented a Japanese folk dance which was appreciated by our students. Each student received a small boomerang. Following this, 11 students visited 9B class where various activities occurred such as Kanji writing, origami (paper crane making) and chatter box. Overall, it was a wonderful experience.

Mr Ray Pearson—9B Teacher



Mount St Bernard College

NAIDOC DAY



Friday 23rd August 2019

VOICE
TREATY
TRUTH

Mount St Bernard
College invites you to
celebrate with us the
history, culture and
achievements of
Aboriginal & Torres
Strait Islander People

From 10am — 3pm

Free bus from Cairns

Limited seats

To secure a seat please
pre-book by Fri 9th Aug

All enquiries to

Padaila Mudu

Indigenous Liaison Officer

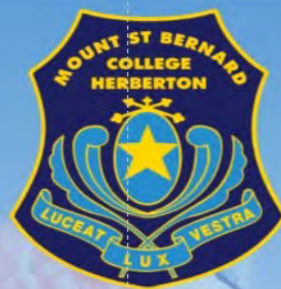
PH: 0417 127 088

EM: pmudu@cns.catholic.edu.au

Artwork by student Tanisha Vincent

MSB Naidoc Day

Is coming Friday 23rd August



**Enrolment discussions
and tours of the
college are available
for prospective
families on request**

**Naidoc Day is fast approaching.
The College will provide a Bus Service from
Cairns on the morning of
Friday 23rd August and return to
Cairns in the afternoon.**

**This will coincide with the
Boarders free weekend.**

**Bus Pick up points are , 1st, Gordonvale,
Picconne's Supermarket Edmonton,
Stockland Earlville, Cairns Central,
Smithfield Shopping Centre &
Mareeba Information Centre.**

**These will be central pick up points not
residential addresses.**

**Please advise college if you will require
this bus service asap.**

**The Naidoc Program will be running
all day from 10am—3pm.**

**Program includes Traditional lunch along
with traditional activities, ATSI dance
performances, Liturgy, Stalls and Special
Indigenous Guest Speakers.**

**More details to come about other exciting
events & entertainment.**

Naidoc shirts will be for sale. Cost \$50.00

All families are welcome to attend.

RSVP no later than Friday 9th August.

We look forward to seeing you.



Upcoming Events Term 3 - 2019

- Mon 5 - Fri 9 Aug** - NET Team Visit
Mon 5 Aug - Year 11 & 12 Hospitality Excursion - Cairns & Mareeba
Tues 6 Aug - Student Subject Selection Expo @ MSB
Thurs 8 - Fri 9 Aug - Trinity Bay Writers Festival
Tues 13 - Fri 16 Aug - Year 9 Expedition Herberton Range
Wed 21 Aug - Years 9 & 10 Readers Cup Competition - Cairns SHS
Fri 23 Aug - MSB NAIDOC DAY - 10am - 3pm
Sat 24 - Sun 25 Aug - Boarders Leave Weekend



The Creator of M.A.D. Mindworks is a dynamic & energetic presenter, facilitator and coach. Katherine has a Bachelor's degree in Economics with majors in Psychology & Management & over 450 hours of Yoga & Advanced Mindfulness Training

POSITIVE PARENTING

Katherine will explore ways we can be more positive, present & connected as parents, partners & members of our community.

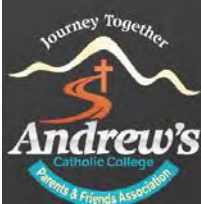
This dynamic presentation is relevant for parents & anyone in our community interested in exploring strategies to not just survive, but thrive, in the modern mine-field of life, work & parenting.

Thursday 8th August 7pm - 8.30pm

Refreshments from 6pm

All Saints' Theatre

REGISTER BY 6TH AUGUST 2019
eventbrite.com.au/e/63614417435



CHILD MINDING SERVICES AVAILABLE
 EMAIL SAR.PANDF@CNS.CATHOLIC.EDU.AU

GOLD COIN DONATION ON ENTRY



Please join us...
**St Therese's
 90th Anniversary**



See our Facebook page for
 more information:
[Facebook.com/STS90thAnniversary](https://www.facebook.com/STS90thAnniversary)

Past students are invited to
 register for the Roll Call.
 Contact the School Office on 4055 4514 or
 email iroos@cns.catholic.edu.au

FRIDAY 6 SEPTEMBER

- 8:30am - 2:30pm**
A Day at School
 St Therese's School Hall
 8:30 am Meet & Greet
 9:00 am School Assembly & Roll Call
 10:30 am Morning Tea
 11:15 am Celebration Liturgy
 12:00 pm Tree planting ceremony
 12:30 pm Lunch - provided for guests
 Sausage Sizzle for students
 1:30 pm Old-fashioned races & games
 2:30 pm Open Classrooms
 All day Historical display and slide show
 "Through the Decades"
 Memorabilia Merchandise for purchase

FRIDAY NIGHT

- 6:00pm - 9:00pm**
"A Night in the Cane Fields" Family Night
 St Therese's School Hall
 - Food & drink vans, BBQ sausage sizzle
 - Photo gallery & Memorabilia Merchandise for purchase
 - DJ & dancing

SATURDAY 7 SEPTEMBER

- 7:00pm - 10:00pm**
Cocktail Party
 Sugarcane Kitchen, Hambledon Hotel
 - Tickets \$45 (\$35 concession)
 - Includes drink on arrival, finger food and entertainment.
 - Memorabilia Merchandise for purchase
 - Multi raffle and lucky door prize
 - Cash bar
 - Smart evening attire
 - Tickets available from the School Office or phone 4055 4514

SUNDAY 8 SEPTEMBER

- 9:30 am**
Edmonton Catholic Parish Mass & morning tea
 St Therese's Church
 Join together for Sunday Mass.
 Bring a plate and share morning tea after Mass.



LAUNCH: 10am - 2pm Wednesday 7 August **COST: Free** **VENUE: Tank 4**
OPEN: 9.00am - 4.30pm weekdays, 10.00am - 2.30pm weekends
INFO: www.tanksartscentre.com



tanksartscentre.com
 TANKS ARTS CENTRE 46 Collins Avenue, EDGE HILL
 4km north of CBD, in the Cairns Botanic Gardens precinct

MUSIC • ARTS • COMMUNITY • EVENTS • CULTURE • IN THE TROPICS • THINK TANKS