



**Mr Ian Margetts**  
Principal

**18th October 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

## Principal's Report

Last weekend saw 2019 Parent Engagement Workshop held at Lennon Hall, St Augustine's College. Parent engagement is an important aspect of all Catholic school communities.

It is well noted that *'good practice in parental and family engagement in school communities and in their children's education is a critical factor for improving student attendance, students' engagement in learning and learning achievement'*.

<http://smarterschools.gov.au/supplementary/Pages/NationalKeyReformProjects.aspx>



Often responses to parent engagement are ad hoc and opportunistic ('random acts of parent engagement'), and often not as effective or strategic as we would like. However, well designed and coordinated activities and programs that increase parental and community engagement in their child's education will support retention, reducing mobility and consequently increasing student outcomes from their time at Mount St Bernard College.

The workshop on Sunday provided an opportunity for strategic thinking at a school level. Mrs Althea Collins and I travelled to Neutral Junction in Central Australia to remotely link into the workshop and then discuss what possibilities there might be for our very remote families. Using the technology to link into the workshop in Cairns opened the door to explore how technology can be utilized further to enhance the connection between the College, family and community.

From Sunday's workshop the College plans to develop a Mount St Bernard College Family and Community Engagement Strategy for each of the key regions (local, Cape, Islands, Gulf, Northern Territory). It will aim to;

1. Offer a coordinated set of parent and community engagement activities
2. Present a coherent overview of parent and community engagement activities for budget and planning purposes
3. Establish a culture of engagement activities to create linkages between activities for students, families and teachers, so that they view these as part of a coherent program
4. Monitor and review retention and outcome data



This will be publicised in the new year and feedback will be welcome. If any parents have suggestions now, then I encourage you to get in touch.

**Ian Margetts -Principal**



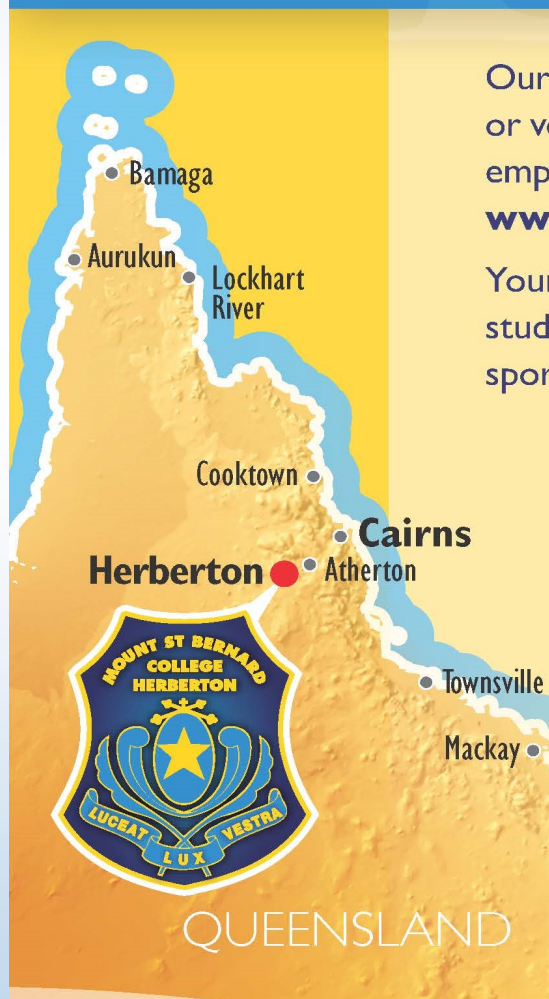


# Discover

## Mount St Bernard College



- ✓ **Modern, state of the art classrooms**
- ✓ **Day schooling and boarding facilities for boys and girls**
- ✓ **Curriculum for Life...**



Our curriculum offerings provide for academic or vocational pathways and the best possible employment opportunities. Visit

**[www.msb.qld.edu.au/curriculum](http://www.msb.qld.edu.au/curriculum)**

Your child will enjoy small class sizes, individual student attention for maximum outcomes, and sporting and cultural opportunities.

- **Enrol now for 2020**
- **College tours available**

*Located in Herberton on the scenic Atherton Tableland.*

*(90 minutes from Cairns)*

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**MOUNT ST BERNARD  
COLLEGE**



# Assistant Principal - Mission



Mr Matt de Jong

Spring looks like it may finally be here after a long dry and cold winter. It is Herberton, so I most likely speak too soon. One of the casualties of winter can be our sense of wonder as we endure bitter low temperatures, the constant interruption of clouds obscuring the sun that make us bow our heads and think about sunny days ahead. But it is always important to keep our sense of wonder in fine health and through it engage today with the world around us.

Surely the beauty of God’s creation is a constant reminder that a sense of wonder and awe should be a fundamental part of each day. Every person we meet is a mystery to us, for we lose something of human living if we think we know all there is to know about a person, and refuse to be surprised by what they say and do. Life is mystery. Life is trust and love, and our sense of wonder is a sixth sense through which we experience the world as it really is. Jesuit priest and poet Gerard

The world is charged with the grandeur of God.  
It will flame out, like shining from shook foil;  
It gathers to a greatness, like the ooze of oil  
Crushed. Why do men then now not reck his rod?  
Generations have trod, have trod, have trod;  
And all is seared with trade; bleared, smeared with toil;  
And wears man's smudge and shares man's smell: the soil  
Is bare now, nor can foot feel, being shod.  
And for all this, nature is never spent;  
There lives the dearest freshness deep down things;  
And though the last lights off the black West went  
Oh, morning, at the brown brink eastward, springs —  
Because the Holy Ghost over the bent  
World broods with warm breast and with ah! bright wings.



Nature is never spent! Every person is an invitation to love! The Holy Spirit animates and connects us all in the perfect love of God. The Holy Spirit inspired St Paul to proclaim

*For I am persuaded, that neither death, nor life,  
nor angels, nor principalities, nor powers,  
nor things present, nor things to come,  
Nor height, nor depth,  
nor any other creature,  
shall be able to separate us from the love of God, which is in Christ Jesus our Lord.  
(Rom 8:38-39)*

Let us take a moment during term four to thank God for all the gifts of this term. For gifts are complex things: there is the giver, the giving, the gift and the gracious receiving. We need to take the time to consider this complexity or run this risk of losing our sense of wonder, taking this life for granted, and wasting the only chance we get at authoring a truly worthwhile story. Welcome back all to term four. May God bless us all.

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



## Assistant Principal - Student Wellbeing Report

**8 - 11 October was Qld Mental Health Week.** Why do we have special days or weeks with a particular focus?

Shouldn't we be thinking about Mental health all of the time? The answer to this is "Yes, we need to have it in our minds all of the time not just on special days. But we have special days /weeks to make sure that we don't forget."

In our busy day to day lives sometimes we can forget to stop and think about some of the important ideas going on in the background. We all know Mental Health is vital and many of us know how to make sure we stay mentally fit. It just helps to have a check in every now and then.



Ms Jenny Rossiter



The message this year is around taking time. We often say we would like to ... catch up with friends, do yoga, learn to play the guitar ... but we don't have time. To stay mentally healthy we need to take the time. It is surprising how once you commit to giving yourself some breathing space you seem to actually end up with more time ... and less worry. So in the coming year ...



#qmhwh | #TakeTime | [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

**Jenny Rossiter - Assistant Principal - Student Wellbeing**

### **FROM THE WELLBEING CORNER** by Glen Hussey

Term 4, eyes on the prize. Week 4, we have a rugby 7's competition in Cairns, with a boys and a girls team competing against Cairns teams. We presently have the girls training on a Tuesday after school, and the boys on Thursdays. Continuing with the sports theme, in Week 2, we will commence netball training, at big lunch, in the main hall, on Tuesdays to Thursdays. This is thanks to funding from the Australian Sports Commission. Cricket training will begin in the second part of the term, and we will be looking to participate in external competitions, in 2020. Intervention programming will commence, within school time, shortly, to address needs identified with individuals and small groups of students. Stay tuned for updates.





# Residential News



**Mr Scott Whitters**  
Assistant Principal -  
Residential

Dear Parents and Friends of MSB

I ask that you read the following information about electronic devices carefully and assist us at the College to enforce the ICT policy. All students and families upon enrolment are asked to sign the acceptable use of ICT agreement. This agreement assists in keeping all students at MSB safe while accessing devices. If you have any queries regarding the following extract from this policy, please contact me for clarification.

We take the use of electronic devices seriously at MSB due to the fact that these devices can be very harmful if not used correctly and respectfully. I also urge all families to speak with their children about accessing age appropriate movies and games on-line. As you are aware, most movies and games have a classification attached to them. Under no circumstances are students to access R rated movies or games at MSB. I ask all families to speak with their children to ensure they understand the classification system.

The following statements are taken from the Acceptable Use of ICT Policy:

**Personal use of device** - Mobile phones/iPods, other, may be used for listening to music at the discretion of the staff member providing it does not hinder in anyway the teacher or other students. This also applies in residential time. Mobile phones/iPods may be used during the students free time eg before and after school, providing they are used in a safe, respectful and responsible manner.

**Handing devices to staff or Police** - Should electronic devices cause disruption or be used in a disrespectful manner that is in breach of this policy, handing in of the device will be required (ie – confiscated). A return time will be determined on a case by case basis and may include that afternoon, end of the week or the school term. Parents will be notified on a case by case basis. The return of the device will be determined if it is safe and appropriate to do so. In required cases, mobile devices can be kept and handed to Police for further action.

**Refusing to hand in** - Students refusing to comply with a staff member's direction to hand in a device will be followed up additionally for refusing to follow reasonable expectations. Further refusal to comply will result in a parent interview with the Principal (or their delegate) with the student being required to attend this interview. On a third and subsequent hand in, the student will be issued with a more serious consequence in line with the college Positive Behaviour Support policy.

**Taking responsibility** - The College accepts no responsibility for personal electronic devices that are lost, stolen or damaged whilst on college premises, travelling to or from the college or on college sponsored functions. It is solely the responsibility of the owner of the device.

**Scott Whitters - Assistant Principal - Residential**



## ***Perseverance—the art of ‘not giving’ up!***

This week's PBS explored the habit of **perseverance** and how it helps us work towards a goal even if there are challenges along the way. Have you ever stopped to think of how habits drive your behaviour? Habits are routine behaviours that we repeat with unconscious regularity. Psychology clearly defines habits 'as a fixed way of thinking, feeling or willing acquired through repetition'. Every day habits drive our success or keep us from it. Does challenge and adversity keep you from persisting toward your goals? If so, there is a reason.

According to Joseph Guarino, habits are hard to build and break because they are literally wired into our brain. Resistance to change can sometimes feel like a comfortable space to stay safe but one's real growth happens in challenges. When we challenge our selves to build new positive habits, personal growth develops. Will you persist when you are faced with difficulty or a setback or will you 'soldier on'?

Habits can drive our success as much as our lack thereof. Holding onto tired old habits that keep us from our truly limitless potential; is extremely limiting – but only if we continue investing in them. We can choose new habits, foster them, until they become our new way of being. One Social Psychological study suggests the average time required to form a new habit is around 66 days. This study (amongst others) highlights the need to persistently work towards creating and fostering our desired new habits. Persistence is the key to habit formation and success in general.

### **SO WHAT IS PERSEVERANCE?**

It's the inner drive and self control that helps you work through challenges when it feels like the world is against you

It's the act of working towards a goal in the face of setbacks, failure or opposition

It's the strength and continued effort to do or achieve something despite difficulties, failure, or opposition

### **WAYS TO BUILD PERSEVERANCE INCLUDE:**

Focussing on the progress you are making towards your goal(s)

Thinking about what you can do instead of what you can't

Challenging the negative self talk – remember you have the ability to succeed

Letting go of blame and excuses – you are in control of you

Never stop fighting until you arrive at your destined place - that is, the unique you. Have an aim in life, continuously acquire knowledge, work hard, and have **perseverance** to realise the great life. Through hard work, **perseverance** and a faith in God, you can live your dreams.

REMOVE THAT  
**negative thinking**  
WITH SOME  
**positive self-talk!**

- I'm capable of doing difficult things.
- I believe in me.
- I learn from my mistakes.
- When I fail, I say, "I can't do it YET!" and try again.
- 'PLAN A' didn't work but so I'll try 'PLAN B'
- I can always improve, if I keep trying.
- Bit by bit ... I'm going to get there!



# Residential News

Thanks to Boarding Supervisor, Dexine for the care and attention to the gardens around Morrissey Girls Dorm.



Do you need to update your child's Visitor's List?



## BOARDER VISITOR LIST

STUDENT SURNAME: ..... STUDENT FIRST NAME: .....

I give the people as indicated below, permission to have contact with my child while they are boarding at Mount St Bernard College. I understand that the people listed below will be permitted to visit my child at the College, but my child will not be allowed to leave the College grounds with them unless a Leave Permission Form has been completed by me and leave has been approved by the Director of Boarding.

Visitor's Name	Residential Address	Relationship to child	Telephone Numbers
			Home ..... Work ..... Mobile ..... Email .....
			Home ..... Work ..... Mobile ..... Email .....
			Home ..... Work ..... Mobile ..... Email .....
			Home ..... Work ..... Mobile ..... Email .....

I understand that anyone whose name does not appear on this list will not be allowed to have contact with my child.

Signature: ..... Name: ..... Date: .....

## Upcoming Events Term 4 - 2019

Sat 19th - Mon 21st Oct - Boarders Leave Weekend

Sat 19th Oct & Sun 20th Oct - MSB students will be performing in a joint MSB/Atherton Performing Arts theatre performance. We would love people to attend and support our students! The following six students are in the MSB play, *The Superhero Ultraferno*, which is a comedy that parodies well-known superheroes.

Mon 21st Oct - PUPIL FREE DAY -

QCAA Verification Day

Tues 22nd Oct - Year 7 HPV & Boostrix & Year 10 Meningococcal Vaccinations

Wed 30th Oct - Fri 1st Nov - Year 11 Retreat - Genazzano Retreat & Campground

Fri 1st Nov - Year 12 Driving Home the Message - Road Safety Activity

Thurs 14th Nov - MSB Presentation Evening @ 6pm - Main Hall

Fri 15th Nov - MSB Year 12 Graduation Mass @ 11am - Mercy Chapel

Sat 16th Nov - Year 12 Formal - Reef Hotel Casino Cairns - Arrivals from 5.30pm

Thurs 28th Nov - Term 4 ends @ 3pm

Fri 29th Nov - Boarders Travel Home Day



FNQ YOUTH ASSISTANCE FUND

# LEVERAGE YOUR TALENT



### YEAR 12 STUDENTS, ENQUIRE NOW ABOUT TERTIARY EDUCATION SCHOLARSHIPS

The Far North Queensland Youth Assistance Fund can assist with scholarships for those commencing their tertiary studies in 2020.

The scholarship applications are assessed by a "merit and means test" process and are provided to assist youth to achieve goals in their chosen field.

Initial enquiries regarding eligibility can be directed to Judy Peace at the Fund's Office on 4051 6590 (9 am - 3 pm Monday - Friday) or by e-mailing [fnq.youthassist@iig.com.au](mailto:fnq.youthassist@iig.com.au)

Applications can be obtained from the Fund's website at [www.fnqyaf.org.au](http://www.fnqyaf.org.au)

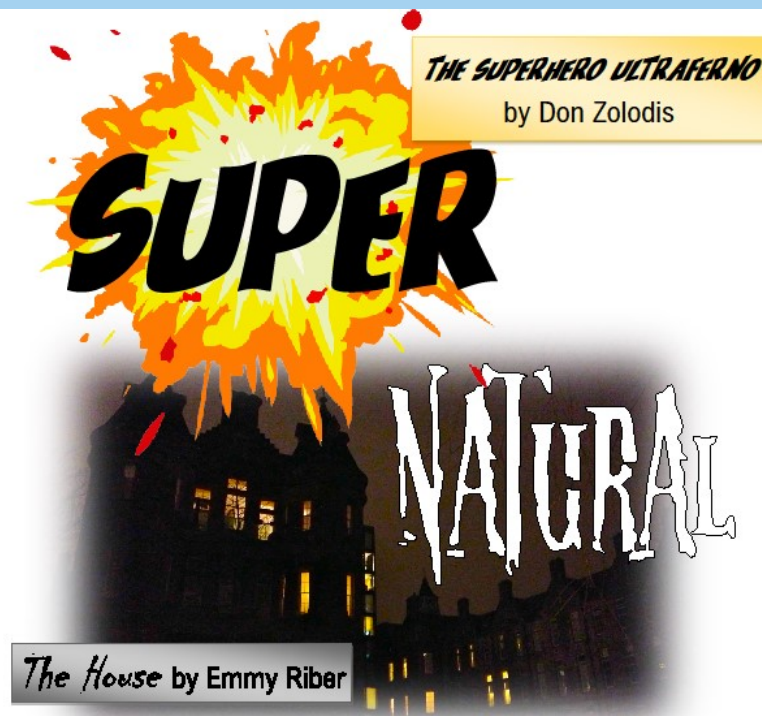


FIRST YEAR APPLICANTS  
SHOULD APPLY EARLY DECEMBER.

APPLICATIONS CLOSE 31st Dec 2019.



[www.facebook.com/fnqyaf](https://www.facebook.com/fnqyaf)  
Refer to our Facebook page  
Far North Queensland Youth Assistance Fund.



A youth production with two plays from APA Youth Theatre and Mount St Bernard College. At the APA Theatre, Silo Road, Atherton  
Tickets available at the door: \$10 adults and \$5 for children

Saturday 19th October 7.30pm

Sunday 20th October 2pm

