



Mr Ian Margetts
Principal

1st November 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

This term is always an exciting term, particularly for our Year 12 students and their families. The students must juggle the last few weeks of their senior schooling with their preparations for next year and their life beyond Mount St Bernard College. Balancing assignments with dance practice and exam preparation with formal shopping, are just some of the competing demands. Students are working hard though to complete all this and are being exceptionally well supported by both day and boarding staff.

**Photo right: - Mychael-Lei Sibley's
Hospitality creation.**



Our Year 11 students began their preparations for Year 12 this week attending the Year 11 Leadership Retreat. Semara from Deadly Inspiring Youth Doing Good (DIYDG) facilitated the retreat. Students will have the opportunity to nominate for Student Leadership positions over the next two weeks with the selection process finalised before the end of the year.

Staff are setting an outstanding model of lifelong learning for our students. Ongoing development is an important aspect of a successful teacher and is identified in Standard 6 of The Australian Professional Standards for Teachers (no. 6 Engage in Professional Learning). This week, Year 7 Coordinator, Jen Pope presented to Principals, Senior Leaders and other staff of Catholic Schools as a part of the 'Aspiring Leaders Program'. The program aimed to assist Teacher Leaders aspiring to Middle or Senior Leader to prepare for formal leadership positions and included professional learning sessions and an action research project. Jen's project was based on the transition and retention of students by focusing on developing school connectedness in the first two weeks of Year 7. Retention data for 2019 has increased substantially and this project has contributed greatly to it. Well done Jen!



Another staff member, Ms Teresa Wareing completed the 'A Call to Vacation' program that also ran throughout this year. The program was designed to enable teachers in their first four years of teaching to discern their vocation and to develop a 5-10 year career plan. Teresa has also just been accepted into the Graduate Certificate in Religious Education Program through the Australian Catholic University. Congratulations Teresa!



Finally, last week saw both staff and students learn something new together! Ms Kerry Winslett, Hospitality and Food & Textile Design teacher gave both staff and students the opportunity to gain skills in the art of working with chocolate. Thanks to Kerry for organising such a great community event.

Blessings for the fortnight ahead.

Ian Margetts



Mount St Bernard College Student Wins Brett Moller Legal Studies Award



Shawntellah Maiap is the recipient of the Business Liaison Association -Brett Moller Legal Studies Award.

Year 12 secondary students seeking a career in Law and furthering their education in this field at a Tertiary institution were invited to apply. After an application and interview process Shawntellah has been announced the winner for 2019.

Shawntellah will receive her award at the Business Liaison Association awards night at the Pullman Cairns International Hotel on 28th November 2019.

Mount St Bernard College Student Wins National Leadership Competition

Eliza Lyall is one of four young rural Queenslanders selected for a national 'Power Trip' to Canberra and a six-month mentorship. Eliza will meet with influential female politicians, CEOs and mentors. Eliza's achievement was announced along with other winners of Country to Canberra's Leadership Competition recently.

Eliza was recognised for outstanding ideas pertaining to diversity and leadership. Eliza states that she wants to broaden her horizons. "I'm working hard towards becoming an engineer or architect, so I'm excited that we get to meet women in STEM, as well as politicians, in Canberra."



Residential News



Mr Scott Whitters
Assistant Principal -
Residential

Dear Families and Friends of MSB

This newsletter profiles one of our Bernard's staff with a very important role.

Mr Trevor Vass is our accredited Lifesaver in boarding. Trevor has recently updated his Bronze Medallion qualification which enables him to supervise students when on excursions to rivers, lakes and pools.

The Bronze Medallion qualification trains staff to save lives through the prevention of accidents, personal survival and the rescue of others. It is recognised as the minimum standard for a qualified lifesaver. The Bronze Medallion course enhances personal survival skills while building knowledge and skills to develop the level of judgement, technique and physical ability required to safely carry out water rescues.

The majority of drowning accidents occur inland in places such as rivers, dams and home swimming pools. Having a staff member trained as a Lifesaver is reassuring when we visit places such as Lake Eacham, Milla Milla Falls, Malanda Falls, beaches and pools.

The College will, where possible only allow students to swim at beaches that are patrolled by Royal Life Saving Australia Staff. We have a minimum of 2 staff observing up to 6 students in the water at any one time.

Our students love the opportunity to swim in our local environment, however, safety is the main priority for boarding staff whenever we go swimming. Please reinforce with your child the importance of always staying close to staff when swimming and obey all of the instructions provided.

Kind regards

Scott Whitters - Assistant Principal - Residential



Positive Behaviour Support Fortnightly Focus

USING APPROPRIATE LANGUAGE

This week's PBS lesson revisited the importance of 'Using Appropriate Language' around peers and adults. Language is a tool that helps us to learn knowledge; transmit information; express feelings, emotions and ideas; forge cultural ties and construct social identity. In OUR world, making a good impression and projecting oneself as mature, intelligent, confident, and professional is critical to long-term success. Inappropriate language, whether spoken or written, can negatively affect one's credibility and put off or even offend those AROUND YOU. Both in speech and in writing, take the time and make the effort to use appropriate language.

Examples of inappropriate language include:

Swearing or cursing

Talking about inappropriate things and/or making sexual comments

Mature/immature discussion that is not typical of your age

Making "inside jokes", laughing or looking over after the comment is made

Using code words or symbolic language to represent something inappropriate

Being sarcastic

Using sensitive words in an insulting or joking manner, like "retard", "gay".

Using variations of inappropriate words and phrases, for example, "shat", "flucking", "biatch", etc.

Speaking to others in a condescending or mocking manner

Using inappropriate body language

Using racial, stereotypical, or culturally insensitive words

What will happen if you use inappropriate language?

We all make mistakes – inappropriate words sometimes slip out. If you accidentally say something, apologise to the people and try not to do it again.

If you did it on purpose then the adult present will speak with you about it and possibly give you a consequence.

Accept the consequence graciously, learn the lesson and move on.

Do not make things worse by continuing to argue.

Appropriate Language:

- Suits the environment you are in - home, school, work, sports field.
- Shows the proper level of respect for who you are with - friends, family, elders, teachers.
- Displays a respectful tone of voice.
- Is polite and courteous
- Contains words suited to the situation.



Mount St Bernard College Year 9 Music Class Performs to ovations at the Tablelands Folk Festival

Year 9 students studying music as an elective at Mount St Bernard College performed a five song set at the Tablelands Folk Festival recently.

The students under the tutelage of Ms Nicola Edwards, music teacher, performed admirably in the 'Shine a Light' program.

Congratulations to students; Angus Bewick, Ethan Burnett, Mackenzie Smy, Troy Walker, Ellie Ward, Teline Harris, Tayiesha Warria, Nahema Nelson, Matraima Faud and Elizabeth Richardson-Eveleigh.



Above—Students warming up before the performance

Below—On stage performing proudly for MSB



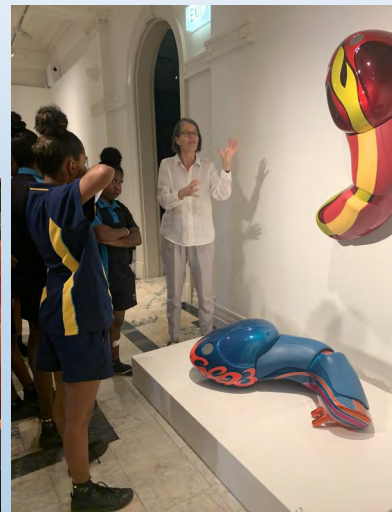
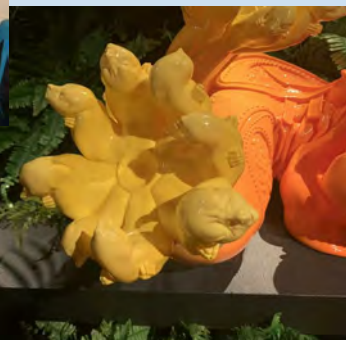
Cairns Art Gallery Excursion

Year 10 Visual Art, English and Maths students recently enjoyed an excursion to the Cairns Art Gallery. We specifically went to see Patricia Piccinini's 'Life Clings Closest' exhibition. Piccinini is an Australian Contemporary artist whose work attracts attention both nationally and internationally. Her work depicting fantastical creatures that challenge the viewer to take a second look when observing. Piccinini hopes that the audience feels empathy and compassion for the creatures that inhabit her world.

Art students have been learning about Surrealism and the art of dreams. Piccinini's dreamscapes and anthropomorphic/mythical creatures will stimulate discussion in the classroom and generate ideas for our final paintings this term.

English students are learning about the powers of persuasion with a focus on how we are positioned by authors to think and feel a certain way. Piccinini's exhibition demonstrates how an audience can be influenced by what they see as well as what they read or hear. Piccinini demonstrates Mathematical skills in practice, through her clever use of shape and scale. -

Ms Traylea Sexton and Ms Karen Rolfe





Celebrating
100 YEARS
of Mercy Education



St Monica's College

Celebrating
130 Years

Tickets available on Trybooking.com
& at St Monica's College Office



Alumni Christmas Gathering

Join our SMC Alumni for a glass of
Christmas cheer
and find out what we have planned
for our
130 Year Celebrations in 2020

Tickets \$20.00
Price includes a custom celebratory flute, filled
with champagne.
Nibbles provided.
Extra Drinks \$5.00.
Extra Champagne Flutes available for purchase

Date - Friday 22nd November
Time 5.30-7.00 pm
St Monica's College, Dungarvan Learning Centre

All past students, staff and families
are welcome to attend.

GREAT NORTHERN BULLRIDING SERIES

ATHERTON
NOVEMBER 2ND

Mungalli Creek Dairy
Stadium

Adults \$25 | Teens \$15
Kids & Aged Pension \$15
Kids Under 5 FREE

Tickets At The
Gate

Show Starts
7:00pm

Bullying & Youth Suicide
Prevention Round

Gates Open
4:00pm



Ringers Western Merchandise Truck | Afterparty till late with Country DJ | Loads Of Giveaways
Fully Licenced Bar & Food Available | Pre-Sale Tickets Available



If you're interested in learning about what makes us happy,
and how being happier can lead to living longer, healthier,
more sustainable lives, you're invited to...

WOW !

a free one-day workshop for happier, healthier, more
sustainable living

- You'll **explore** some of the key concepts of positive psychology and their importance to human flourishing
- You'll **learn** about the wheel of well-being framework (WoW for short) (www.wheelofwellbeing.org)
- You'll **discover** how the wheel is being used - from West Norwood in London to Wollongong University in Australia, and how you can use it yourself
- You'll **try out** some practical tools including the DIY Happiness game
- You'll **experiment** by sharing ideas and learning with others



"Why weren't we taught this stuff at school?" Well London DIY Happiness participant

When: Friday 8 November 2019
Where: Herberton CWA Hall, William Street

Rsvp 1 November 2019
Further info or to book a place:
e: melanie.shannon@centcarefnq.org

Maudsley International
improving mental health and wellbeing
around the world

South London and Maudsley NHS
Foundation Trust

www.wheelofwellbeing.org

www.msb.qld.edu.au

Upcoming Events Term 4 - 2019

Fri 8th Nov - SNAP Art Exhibition - Old Post Office Gallery Atherton 6pm

Wed 13th Nov - Year 12 Lake Eacham & Yungaburra Excursion

Year 9 Geography & Science Excursion - Malanda & Jaques Coffee Plantation

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

Year 12 Work Readiness Session -9am - 12.40pm

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 - Whole School Community Day - Sugarworld Cairns

Term 4 ends @ 3pm

Fri 29th Nov - Boarders Travel Home Day

Well Women's Clinics

(These clinics are available to Medicare eligible clients)

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.

Millaa Millaa Health Centre Tuesday 12th November

Ph: 4097 2223

Atherton Health Centre

Tuesday 26th November

Ph: 4091 0263



SNAP

EXHIBITION Of TableLANDS

secondary student artwork



@ the OLD POST OFFICE GALLERY,

Opening Night Friday, Nov 8, 6pm

>>>>>> Malanda SHS >>> Atherton SHS >>> St Stephen's Catholic College >>>
>>> Ravenshoe SHS >>> Herberton SS P-10 >>> Mount St Bernard College >>>



2019 Snap exhibition is shaping up to be the BEST ONE EVER! With a mission statement to promote excellence in the Visual Arts across Tableland Secondary Schools, **SNAP 2019** will not disappoint. Celebrating our 5th year, we are very excited to announce, highly acclaimed local artist, Ian Waldron is our opening speaker. With the prestigious Glover Prize (2010) and Archibald Finalist (2007), two highlights in his illustrious Arts career, his insight and wisdom will be well received, by our budding young artists. This year Snap will host artworks from Ravenshoe SS, Herberton SS P-10, Mount St Bernard College, St Stephens Catholic College, Atherton SHS and Malanda SHS.

Please join us in celebrating the vibrant and energetic artworks of our MSB Visual Art students at the official opening on **Friday November 8, from 6pm @ The Old Post Office Gallery, Atherton**. Light refreshments will be provided and Friends of the gallery will provide a cash bar for your enjoyment.

