



Mr Ian Margetts
Principal

29th November 2019

Principal's Report

Dear Parents, Carers and community members,

What a tremendous year it has been. Full of hard work, opportunity and achievement.

The image to the right forms part of a feature that will be in the 'Tablelander' newspaper next week. It really highlights the diversity of opportunity (from trade to tertiary pathways) that our students are provided with as well as the growth we see in our students from year to year.

We are particularly pleased with our student engagement indicators that have increased through improved retention and continuity as well as academic growth from Year 7 to 9 NAPLAN.

These results don't happen in isolation. Thank you to the parents, carers and families for their support throughout the year.

A huge thank you also to the staff who have provided the many opportunities for the students to flourish. These staff members are passionate about education and strive to give your children the very best learning experiences.

We have a small number of staff that will be leaving the College at the end of the year. We thank them for their contribution to the College and wish them well in their future endeavours.

I hope that all families, staff, students and community supporters, have a restful and safe holiday period and look forward to welcoming returning staff and student as well as new staff and students in the new year.

Blessings,

Ian Margetts - Principal

Mount St Bernard College Outstanding Results in 2019

'Let Your Light Shine'



MAKING A DIFFERENCE

- Students engaged:
Retention (students staying in school for the year) **UP 2.5% in 2019**
- Continuity (students staying in school from year to year). **UP 8.1% in 2019**
- Academic Growth:
Year 7-9 NAPLAN Writing Progress – growth from Years 7 to 9 – **25.5% above the Australian average**
- Year 7-9 NAPLAN Numeracy Progress – growth from Years 7 to 9 – **19.3% above the Australian average**
- Year 7-9 NAPLAN Reading Progress – growth from Years 7 to 9 – **9.8% above the Australian average**

CONGRATULATIONS TO...

2019 Vocational Education Student of the Year:
Maggie Bob
Studying – Religion & Ethics, English Communication, Mathematics A, Visual Arts in Practice, Certificate II in Kitchen Operations, Certificate III in Education Support.



CONGRATULATIONS TO...

2019 College Dux: **Shawntellah Malap**
Studying – Study of Religion, English, Mathematics A, Biology, Business Communications and Technologies & Legal Studies.



Mount St Bernard College offers a quality Catholic Education for local day students and boarding facilities for those further afield. Scholarships are available as well as bursary's for financial hardship. Don't let cost be a barrier. Catholic schools balance the need to charge fees with their historic role of providing access to quality schooling for all. For those who can't afford to pay school fees, discounts and concessions are available so that no child is denied a Catholic education based on their family's financial situation.

LET YOUR LIGHT SHINE - ENROL NOW FOR 2020
<http://msb.qld.edu.au/documents/enrolment.html>



**Lord, in this holy season of prayer and song and laughter,
we praise you for the great wonders you have sent us: for shining star and angel's song,
for infant's cry in lowly manger. We praise you for the Word made flesh in a little Child.**

We behold his glory, and give you thanks.

**We thank You for the wonderful hope that the Christmas message instils into each of our hearts,
and the glorious message of the gospel of peace.**

**We give thanks for all Your goodness and grace to us,
We give thanks for the Mounts St Bernard College community
and pray for a happy, holy and refreshing break.**



Assistant Principal - Mission

Year 11 Leadership Retreat 2019

In the week of Wednesday 30th October to Friday 1st November our Year 11 students participated in their leadership retreat at Genazzano Retreat on Lake Tinaroo. This year we asked the wonderful Semara Jose from Deadly Inspiring Youth Doing Good (DIYDG) to facilitate our retreat. She engaged the students enthusiastically and very professionally in identifying and reflecting on their potential leadership skills. Thanks to Semara for providing our students with a rich experience they should remember forever. Chris Mitchell from Lighthouse Leadership was also there to assist. Next year in February, Chris will facilitate their year 12 retreat at Seville Mercy Conference Centre in Cairns. He used this time to meet the students, see what Semara was doing and work towards providing a program that transitions into the students exploring Christian leadership.

A big thanks goes to Mrs Hillary O'Brien for all the associated paperwork and organising the logistics. Mrs Nicole Dewley-Crane and Mr Malcolm Fahey accompanied me as well as Malin and Jack, our two young gap students for being with our year 11's throughout. Thanks to these staff for giving up time with family to attend..

A big thank you to Simona and Eric and the staff at Genazzano who did a wonderful job with our accommodation and meals. Lastly, a thank you to the year 11's, who participated throughout the whole retreat willingly and enthusiastically. Altogether, it turned out to be a very positive experience for all involved.

Indigenous Mass Mareeba 3rd November

I had the pleasure of taking nine of our young ladies to the annual Indigenous mass at St. Thomas Villanova Parish in Mareeba. Fr. Rob Greenup and Deacon Ralph Madigan presided. Our young ladies: Shawntella Maiap, Joy Beohm, Chinelle Bara, Kaylisha Mamarika, Tyra Rainbow, Tirika Bani, Tiloni Bani, Sinevah Mari and Rose Mene represented the College proudly and well. Thank you girls for giving up a portion of your Sunday.

Matt de Jong - Assistant Principal - Mission



Mr Matt de Jong
Assistant Principal -
Mission



Assistant Principal - Student Wellbeing Report

The Importance of Connection

Some of you may be familiar with the diagram at right - Maslow's Hierarchy of Needs.

Developed in 1948, this model says that as humans we need to have our basic physical needs met before we can work on any of the other personal needs.

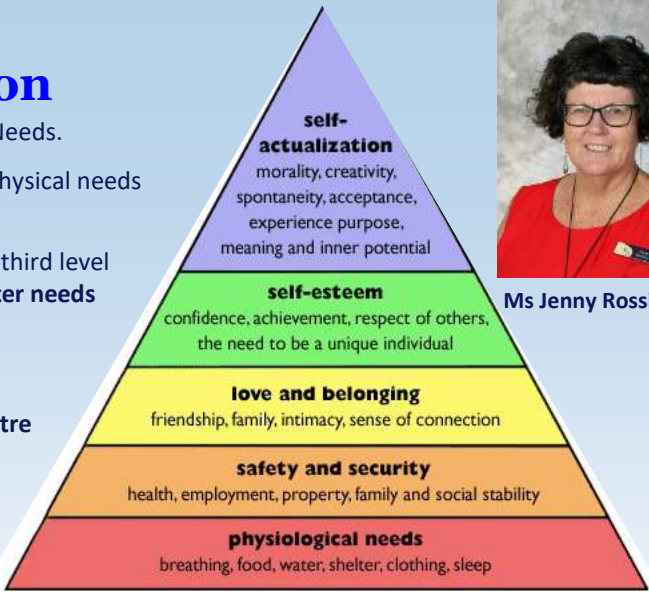
While this is true to some extent, newer thinking has shown how important the third level in this is. **Often it is difficult to feel safe and secure or to have our food and shelter needs met unless we are connected in our communities.**

So what does this mean for us as families, communities and educators?

Like the diagram below, it means that we need to put "Connection" at the centre of our purpose.

When people feel connected they have better physical and mental health than people who are isolated. They feel more empowered to take action to improve their own health.

How do we as caregivers help those in our care feel connected to themselves and their community?



Ms Jenny Rossiter



We can help them in a variety of ways, some of which are:

- **Have some face-to-face time.** Social media is a great tool but nothing beats spending actual physical time with family and friends. Even a conversation with a total stranger can help us feel more connected.
- **Acts of kindness towards others** can be as good for the giver as the recipient. Stop and be more present with the people around you. Lend a hand, ask what you can do for them. It can be as small as doing the washing up or offering to go kick a ball.
- **Understanding that everyone is different.** We don't need to agree with them or like them. However we do need to accept them for who they are. Approaching others with openness and curiosity helps us to find what we have in common.
- **Attend local events.** Look out for what is happening in your community and get involved. It can be something as small as a BBQ or as big as a festival.
- **Listen to those around you.** Often people are trying to reach out to us but we are too busy or wrapped up in our own thoughts to see. Take the time to truly hear them - validate their feelings.

Take the time over this holiday break to use some of the **positive caregiver** strategies to help your child feel secure and connected to you:

1. Be aware of your own emotions and how they impact the situation. Take five minutes to calm down. Try not to speak in the heat of the moment. It's OK to say, "I'm not in a good space to deal with this right now. We'll talk about it in a minute."
2. Set limits that are understood by all. Boundaries are good and it is helpful if our children understand what they will be and why they are there.
3. Build the relationship with them in happy times so that when difficult times happen it isn't a power struggle - it is a negotiation.
4. Consequences are best when they fit the situation, have time limits and are discussed.
5. How you treat your child is how they will learn to treat themselves. If you're harsh with them, they'll be harsh with themselves. If you're loving with them while firm about setting appropriate limits, they'll develop the ability to set firm but loving limits on their own behaviour.

Thank you to all of the Wellbeing Team for the awesome effort they have done this year in supporting our students in feeling connected to the MSB Community.

Enjoy the holiday break - spend quality community time - and see you all next year for a great 2020!

Jenny Rossiter - Assistant Principal - Student Wellbeing



2020 INFORMATION

Uniforms & Stationery

During the winter months, students may wear their track pants with their polo shirt.

Students will be required to purchase a formal school uniform for formal school occasions, e.g. Masses, formal events and off-site functions.

Stationery will be supplied by the College at the start of school and will be charged to your Term 1 2020 Statement of Account.

Uniform Price List is available to view on our website at the following link;

<http://www.msb.qld.edu.au/documents/uniformpricelist.pdf>



**The Uniform Shop
will open on**

Monday 20th January 2020

***To avoid wait times and when
office closed for staff functions***

**Please call Student Reception
on Ph: 40 961 445 to make
a booking to purchase
uniforms.**

**NQ School
Photography**

PO Box 5620 Ph: 4035 5388
Cairns QLD 4870 Fax: 4035 6865
email: info@nqsp.com.au
website: www.nqsp.com.au



NQ School Photography will be taking our school photographs on:
Monday 24th February
Order online at www.nqsp.com.au using shoot key: **C8AUZ2DQ** or return
the paper form your child will receive to our photographers on the day.
Sibling photos can be ordered online or by paper form at the school office.

**NQ School
Photography**
4/90 Annamuller St, Portsmith
PO Box 5620 CAIRNS QLD 4870
Ph: 40355388
email: info@nqsp.com.au
website: www.nqsp.com.au





Mount St Bernard College

2020 Term Dates

| | |
|--|--|
| TERM 1 | [Staff 11 weeks] [Students 10 weeks] |
| MSB Office Opens | Monday 20 January |
| Australia Day Public Holiday | Monday 27 January |
| Returning Boarders Travel Day & commencement of New Boarder Travel | Tuesday 28 January |
| School Commences Years 7 – 12 Commencement of new student orientation | Wednesday 29 January |
| 3.00pm Students end of term | Thursday 2 April |
| Boarders Travel day | Friday 3 April |
| Autumn Mid-Semester Break (2 Weeks) | Monday 6 April – Friday 17 April |
| | |
| TERM 2 | [10 weeks] |
| MSB Office Opens | Monday 20 April |
| Boarders Travel day | |
| All classes commence | Tuesday 21 April |
| Anzac Day Public Holiday | Saturday 25 April |
| Labour Day Public Holiday | Monday 4 May |
| 3.00pm Students end of term | Thursday 25 June |
| Boarders Travel Day | Friday 26 June |
| Winter Student Break (3 Weeks) | Monday 29 June – Friday 17 July |
| | |
| TERM 3 | [Staff 10 weeks] [Students 9 weeks] |
| MSB Office Opens | Monday 13 July |
| Boarders' travel day | Monday 20 July |
| All classes commence | Tuesday 21 July |
| QCAA (Student-Free) Day | Friday 4 September |
| 3.00pm Students end of term | Thursday 17 September |
| Boarders' Travel Day | Friday 18 September |
| Spring Mid-Semester Break (2 Weeks) | Monday 21 September – Monday 5 October |
| | |
| TERM 4 | [Staff 9 weeks] [Students 8 weeks] |
| MSB Office Opens | Tuesday 6 October |
| Boarders' travel day | |
| All classes commence | Wednesday 7 October |
| Last day for Year 12 classes | Thursday 22 October |
| Year 12 Graduation Mass & Presentation Evening | |
| Start date for Year 12 Boarder Travel | Friday 23 October |
| Year 12 External Exams commence | Monday 26 October |
| Final day Year 12 External Exams | Tuesday 17 November |
| 3.00pm Students end of term Year 7 - 11 | Thursday 26 November |
| Boarders' travel day | Friday 27 November |
| MSB office closes | Friday 4 December |

Residential News

Dear Families and Friends of MSB,

As I write this, we are receiving end of year travel for our boarders. We are making final preparations to the academic school year and readying our boarding students to travel home to their families and carers.

I have thoroughly enjoyed my role as Head of Boarding this year. We have faced many challenges and share many successes. I wish to thank all the families who have supported the boarding staff throughout the year. Education is always a collaborative effort between school and families. I greatly appreciate those families who have endeavoured to support the college expectations and encourage their children to make positive choices.



We have spoken to all students about personal safety during the holidays. It is imperative to good outcomes at school that students do not develop unhealthy habits during school holidays. Please encourage your child to make healthy choices throughout the break and ensure they have access to safe people and places.

Please congratulate your child on their determination and persistence to complete another year of school. Being a boarder is extremely challenging for young people and it's often much easier to quit than persevere. Any student who makes it through a whole year of boarding should be extremely proud of their achievements.

I would like to wish all families a joyous and peace filled Christmas holiday period. We look forward to seeing all students return in the new year.

Kind regards,

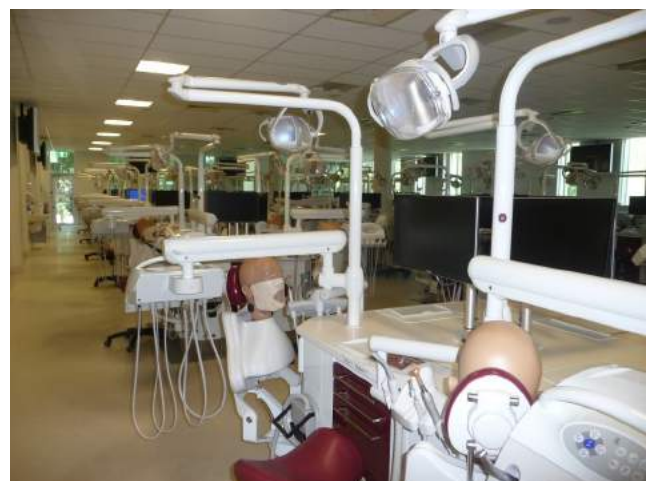
Scott Whitters - Assistant Principal - Residential



James Cook University 2019 Year 8 University Experience

In the final week of the school year, an enthusiastic group of Year 8 students attended the annual **Year 8 JCU University Experience**. This event provides younger students from across the region with a range of first-hand activities in university subjects like Science, Engineering, Law, Social Sciences, Education, Nursing and Creative Arts. The aim of the day is to help Year 8 students identify their interests and shape their future ambitions. It also guides subject selection in senior schooling and promotes positive school pathways to university education.

From making aeronautically perfect paper planes, hesitant visits to the JCU dental facilities, dressing up to put Goldilocks on trial, using design and problem-solving to toss eggs off a balcony, a ToothRACE to a delicious Subway lunch, our Year 8 students gained valuable insight into university options. To quote one student, "I walked into that classroom and didn't know if I was going to be learning stuff or doing a fun activity." They did both. Big thanks to James Cook University, Recruitment Officer, our very own, Cameron Murphy, JCU Ambassadors, Mrs Michelle and Ms Weedon for a wonderful day of learning, fun and friendship. C Weedon





Parents & Friends Association 2019 highlights

Our small group of parents has met once per term to discuss how best to use the Parent Levy funds to benefit students at the college.

This year the group received funding applications from the staff and students which were considered against three criteria; Activities that benefit the whole school, the ability to fund the request and a cost benefit aspect.

We are pleased to report that your contributions have been allocated to the following items:

- ◆ Purchase of Soundfield Amplification Systems to support hearing impaired students
- ◆ Support for students to attend the Qld Independent Secondary Schools Confraternity Netball Carnival in Bundaberg
- ◆ Subsidising the students' fundraising efforts for the Year 12 Formal on a dollar for dollar basis
- ◆ Support for World Teachers' Day, Teacher Aide Day, Administration Professionals Day and National Boarding Week
- ◆ NAIDOC Day choreographer
- ◆ Construction of a Giant Chess Board Set to encourage outdoor play. This is planned for construction in 2020.
- ◆ Healthy Body = Healthy Mind filming equipment to provide a learning experience for students making videos
- ◆ Purchase of a Library chair
- ◆ Purchase of 30 new sleeping bags to keep students warm during dry season expeditions.
- ◆ Purchase of six giant mountain bikes to provide boarders with a fun and healthy outlet exploring the local tracks and for Outdoor Education lessons.



By Mrs Hillary O'Brien



The College Parents & Friends Association is looking for interested parents or carers to join in 2020.

We would welcome your ideas and involvement in the school community.

To register your interest please call Mrs Hillary O'Brien on 4096 1502

or email: hobrien1@cns.catholic.edu.au

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

Tia Dewley-Vokes – Awarded to a student for *Questioning*: asking for help to better understand lesson content; *Thinking*: using information and resources and investigating topics in her own time, becoming adept at problem solving and writing quality notes; *Creating Meaning*: attempting to complete all allocated tasks, no matter how challenging ; *Reflecting*: Taking time to assess and analyse thoughts and actions; *Showing Determination*: demonstrating the ability to block out distractions and focus on her work. She is always one of the first students to return from recess and take out the materials required for the lesson. She is always respectful, safe and responsible in the classroom and during outdoor activities; and *Self-awareness*: being considerate of her peers and does not involve herself in other people's business.

Anastasia Cumaiyi – Awarded to a student for making an excellent start to her MSB schooling

Sherrika Gilbert – Awarded to a student for always having a smile on her face and being willing to help others. Congratulations on coming so far this year.

Heidi Luke – Awarded to a student for consistently supporting her fellow students to achieve, succeed and survive the challenges.

Tanisha Vincent - Awarded to a student for showing self-confidence and initiative to ask when unsure and exercising resilience and persistence to overcome challenges.

Zoe Kopp – Awarded to a student for showing self-confidence and initiative to ask when unsure and using learnt information to think, investigate and solve problems.

Maggie Bob – Awarded to a student for demonstrating self-motivation in Year 12, always being willing to help in the kitchen and being the first to complete her work. Well done Maggie, if you take this work ethic into your work life you will go far.

Billie Lui- Awarded to a student for working in a focused, independent and inquiry driven manner. Billie questions when she is unsure and poses inquiry questions to be solved or researched. She is self-confident and able to take risks in her learning. Billie thinks critically about sources and connects situations - like the current war in Turkey/Syria - to past events and ideas. Billie is aware of her own personal strengths, weaknesses, thoughts and actions and continues to learn in a positive way.

Millianna Whap - Awarded to a student for for showing an outstanding level of focus and determination to do her best right from the start of term in Maths and English.

Franklyn Hilla – Awarded to a student who has displayed exemplary learning behaviours in the classroom: Questioning, Thinking, Reflecting and Showing Determination.

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

Tayiesha Warria & Matraima Faud – Awarded to a student for welcoming a new student into boarding, introducing themselves, telling her about other girls in the pod and offering to make her bed.

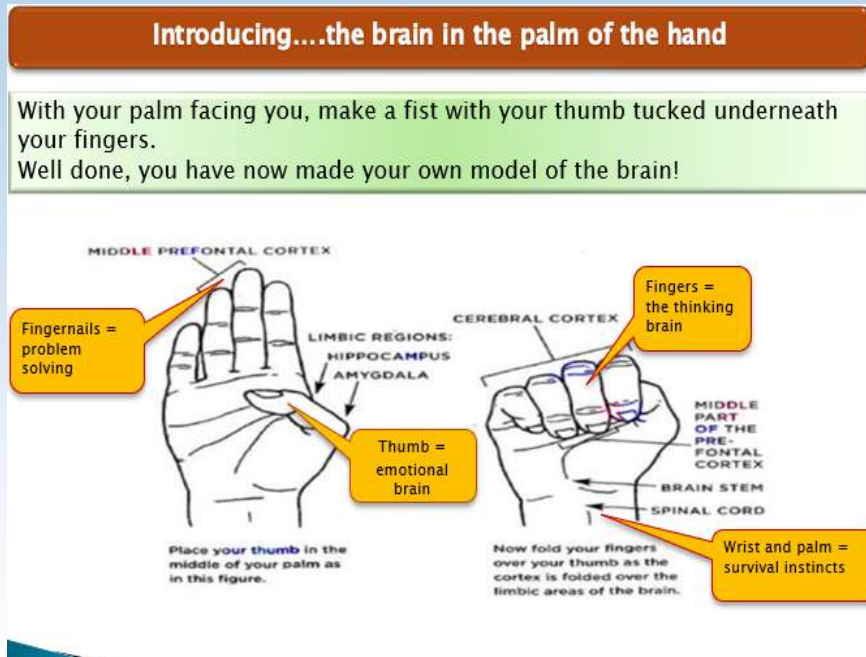
Billy Bourne – Awarded to a student for voluntarily assisting his peers to resolve their computer issues.

Sugarworld Community Day



Flipping your lid—KEEPING COOL

This week's PBS developed an understanding that *Flipping your Lid* is normal and that there are things you can do to put breathing space between feeling a strong emotion and acting in a way you may regret. This story is about our brains, how we think and what happens when we "flip our lid." **Flipping my lid, means** to have lost control. When a person **flips** their **lid**, it **means** that they are no longer thinking and acting clearly.



DOWNSTAIRS BRAIN

Make a fist with your hand, this is what we call a hand model of your brain remember how you have a left side and a right side to your brain? Well, you also have an upstairs and a downstairs part of your brain.

The upstairs brain is where you make good decisions and do the right thing, even when you are feeling really upset.

Now lift your fingers a little bit, see where your thumb is? That's part of your downstairs brain, and it's where your really big feelings come from it... It lets you care about other people and feel love. It also lets you feel upset. Like when you're mad or frustrated.

UPSTAIRS BRAIN

There's nothing wrong with feeling upset. That's normal. Especially when your upstairs brain helps you calm down for example, close your fingers again. See how the upstairs thinking part of your brain is touching your thumb, so it can help your downstairs brain express your feelings calmly?

Sometimes when we get really upset, we can flip our life. Raise your fingers like this. See how your upstairs brain is no longer touching your downstairs brain? That means it can't help it stay calm.

I've flipped my lid, now what do I do?

Acknowledge and accept that you have *Flipped your Lid* - it happens to everyone at some stage in their life.

Do some deep breathing exercises.

Go to a quiet and safe place to calm down until you are ready to talk about what happened.

Try to engage the cortex (upstairs brain) by doing mental maths, spelling words backwards or listing facts.

Apologise to anyone who has been affected by your actions.

Year 9 Combined Science & Geography Day

The entire year 9 cohort travelled to Malanda and Mareeba for an activity-filled day consolidating their Science and Geography units for Term 4.

We started at Malanda Visitor Information Centre for a volcano talk at their fantastic interpretive centre as well as a cooling rainforest walk. We then visited the Curtain Fig Tree, and on to Jaques Coffee Plantation, Mareeba, to learn about the coffee trade from bean to cup. This was followed by two short but informative visits to Mareeba Garden Centre and McDonalds.

These visits showcased three local businesses with very different business models, all providing 'geographies of interconnection' between the Tablelands, the rest of Australia and even further. Classroom teachers Mr Ray Pearson and Mrs Teresa Wareing coordinated the excursion, and Mr Warren Part drove the bus.

Pictured from top: Kevin testing out coffee processing gear, the group on the boardwalk at the curtain fig tree, informative talk at Jaques Coffee Plantation, Cleon, Troy and Paul at the Curtain Fig Tree, Teline and Angus with Jaques' custom made coffee bean harvester, Emmy collecting memories.

By Mrs Teresa Wareing





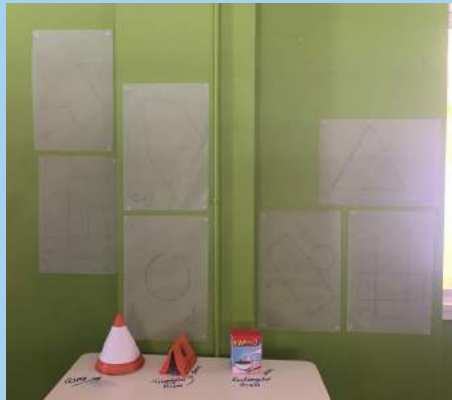
From top left, clockwise: Jaques coffee products, Angus and Kevin 'fishing' at Mareeba Garden Centre, the boys relax at Mareeba Garden Centre, learning about the McDonalds business in Mareeba, four cool girls near the curtain fig tree, our guided tour of the Mareeba Garden Centre, watching the fascinating film about Jaques Coffee Plantation's establishment.



Essential Mathematics students have been exploring 2D and 3D shapes in preparation for Unit 3 in 2020.

Their task was to investigate:

- the properties of common two-dimensional geometric shapes, including squares, rectangles and triangles, and three-dimensional solids, including cubes, rectangular-based prisms and triangular-based prisms
- different forms of two-dimensional representations of three-dimensional objects, including nets of cubes, rectangular-based prisms and triangular-based prisms.



10B Year Level Assembly

10B had the honour of running our Combined Year Level Assembly this term. Everyone worked together to create a fantastic presentation. Each student had their own unique role and delivered their part with grace and confidence. Thank you for a fantastic year.



YEAR 12 FORMAL



YEAR 12 FORMAL





***Merry Christmas to all MSB Staff,
Students and families....***

**We wish all a very Merry
Christmas and safe holidays with
family and friends and look for-
ward to seeing all back in 2020.**

EMERGENCY SERVICES CADETS

**Cadets are 12-17 years old, learning
emergency response skills from:**

- Australian Volunteer Coast Guard
- Marine Rescue QLD
- QLD Ambulance Service
- QLD Fire & Rescue Service
- QLD Police Service
- Red Cross
- Rural Fire Brigade
- State Emergency Service
- Surf Life Saving QLD

**REAL SKILLS
REAL EQUIPMENT
PROFESSIONAL MENTORS
CAREER PATHWAYS
VOLUNTEERING
CERT II in PUBLIC SAFETY**

**Offered in some units
RTO Code 1499



FOR MORE INFORMATION:

Tablelands Emergency Services Cadets.
Commencing February 2020. Registrations open 09/12/19.
Registrations - <https://pcyc.formstack.com/forms/escnewunit>
For further information please contact 07 3909 9555

WWW.PCYC.ORG.AU/CADETS



**EMERGENCY SERVICES
CADETS**

