



Mr Ian Margetts
Principal

3rd April 2020

Principal's Report

The final week of term has been used by teachers to continue planning for the possibility of *Remote Learning* for the beginning of Term 2. At this stage we still expect Mount St Bernard College to commence Term 2 on Tuesday 21 April, subject to changes in government advice.

This may well be face-to-face for some and remote learning for others. We will continue to be guided by the relevant authorities and will continue to communicate our arrangements with you. As a College we respect each parents' decision to send their child to school or to keep them at home and we will continue to work hard to provide quality education to students in both categories.

A lot of the focus in recent times has been on social distancing. Beyond Blue has put together tips to help people take care of their mental health during social distancing and home isolation. These include:

- Remind yourself that this is a temporary period of isolation
- Remember that your effort is helping others in the community
- Stay connected with friends, family and colleagues via email, social media, or phone
- Engage in healthy activities that you enjoy and find relaxing
- Keep regular sleep routines and eat healthy foods
- Try to maintain physical activity
- For those working from home, try to maintain a healthy balance by allocating specific work hours, and taking regular breaks
- Avoid news and social media if you find it distressing

There are also several support agency who can support you or anyone you know who needs help:

- Lifeline <http://www.lifeline.org.au/> on 13 11 14
- Kids Helpline <http://www.kidshelp.com.au/> on 1800 551 800
- MensLine Australia <http://www.mensline.org.au/Home.html> on 1300 789 978
- Suicide Call Back Service <http://www.suicidecallbackservice.org.au/> on 1300 659 467
- Beyond Blue <https://www.beyondblue.org.au/> on 1300 224 636
- Headspace <https://headspace.org.au/> on 1800 650 890
- ReachOut at au.reachout.com
- Care Leavers Australasia Network (CLAN) <https://clan.org.au/about/> on 1800 008 774

(source: <http://www.abc.net.au/news/health/2020-03-30/coronavirus-anxiety-mental-health-pandemic/12098754>)



PROJECT COMPASSION UPDATE

**PROJECT COMPASSION - MSB students, staff and community members
have helped raise \$1260 so far.**

Thank you to all who have supported this worthy cause.

[#msb](#) [#letyourlightshine](#) [#projectcompassion2020](#)

PRAYER

God of all peoples and nations,
As you accompany us on
our Lenten journey,
May our fasting strengthen our
commitment to live in solidarity,
Our almsgiving be an act of justice,
And our prayers anchor us
in love and compassion.
Awaken our hearts and minds that
we may be one human family
As we all go further together.
We ask this in Jesus' name,
Amen

**PROJECT
COMPASSION**
GO FURTHER TOGETHER
Caritas
Lent Caritas.org.au



Let us also remember to continue to pray for each other and for all who are suffering in the midst of this affliction. May the God of mercy protect and strengthen us all.

Whilst Term 1, 2020 will be remembered for Coronavirus, it is always good to focus on the positives. This is good for our health and wellbeing also. There have been some, fantastic learning, community spirit and amazing achievements through out the term. A quick flick through our Facebook sites highlights these and they include;

- Great participation and success at various Peninsula Sports trials
- Student activities raising more than \$1100 for Project Compassion (Caritas) including;
 - School Disco
 - Shrove Tuesday Pancake sales
 - Free-dress day
 - Lolly jar guessing competition
- Amazing student artwork entered in to various competitions
- Addition of a variety of activities in boarding for students including;
 - Mountain bike riding tours of local trails
 - Yoga
- Community visits by staff to Kowanyama & Pormpuraaw
- Various food and coffee creations by Hospitality students
- College Cross-Country carnival
- Staff/Students Touch Football game
- Health students attended the JCU/BLA Health Careers breakfast
- Ash Wednesday Liturgy
- Centenary 2021 planning sessions
- Year 12 Retreat
- Open Mass and Commissioning of Student Leaders
- Opening of the Jude Koehler Memorial Yarning Circle
- Friday Shared Morning Teas
- Welcoming new Year 7's via the Transition Program
- And the list goes on...



We look to work through this difficult time with the realisation that we will get through this and we look forward to continuing many of these initiatives mentioned above and much, much more in the not too distant future!

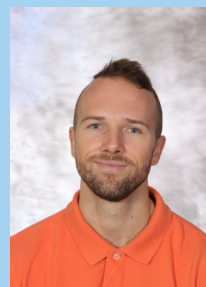
Ian Margetts - Principal



Deputy Principal - Curriculum & Administration

Staff, students and community members,

During these challenging times, I would like to reassure you that staff at MSB are prioritising the continuity of learning. Through dynamic and context-specific strategies students will be provided with the opportunity to engage in rich learning experiences, through a variety of different mediums. This includes the distribution of targeted concrete resources, such as work booklets, and exploration through e-learning platforms, such as Canvas.



Mr Matt Brauer

Our teachers have strategically redeveloped curriculum plans, to better accommodate for the above modes of learning, whilst constructing a diverse range of resources to support student inquiry within this context.

In alignment with the Prime Minister's latest advice, the college will reopen for Term 2, however where parents choose to self-isolate their children, our teachers will maintain communication to ensure continuity of learning. Depending upon access to technology, teachers will make contact via telephone, email and e-learning platforms, as required.

Students will be provided with access to learning materials, teacher feedback and direction, throughout the course of their absence. It is strongly encouraged, that all students working remotely will dedicate sufficient time to both scheduled tasks and further independent learning.

As students complete teacher-set tasks, they can access a range of online resources (internet connectivity required) to support independent study.

These include, but are not limited to;

MathsOnline <https://www.mathsonline.com.au/>

Reading Eggs <https://readingeggs.com.au/>

IXL <https://au.ixl.com/>

Study Ladder <https://www.studyladder.com.au/>

Word Flyers <https://wordflyers.com.au/>

Typing Tournament <https://www.typingtournament.com/>



For students returning to school, it will be business as usual. New timetables and further information surrounding classes, schedules and processes, will be provided to both students and parents at the beginning of the new term.

For further information, please make contact via the college line.

Sincerely, Mr Matt Brauer

Deputy Principal



Assistant Principal - Student Wellbeing Report



Mr Dan Niemerg

Term 1 has come to an end, but with the Coronavirus still on the horizon for the foreseeable future things may look significantly different for term 2 in the wellbeing space. To support students through the school holidays we provided them with a plan tailored to them identifying people they can approach back in community during the break. It also had numbers and organisations students can turn to for extra support if needed.

Once Term 2 begins, our wellbeing staff will be available via phone and email should students have a need to call to talk about things. I would like to encourage all students to take advantage of this if they need it. Some students could possibly be looking at taking on their learning from home for the start of term. With this very real possibility, students may require extra support navigating a world of being totally responsible for their own learning. I encourage students to please give us a call in the wellbeing area, or get in touch with their teachers to help do the best they can next term.

Wellbeing Numbers:

07 4096 1480 Mr. Glen

07 4096 1562 Miss Michelle

07 4096 1563 Miss Brenda and Miss Padaila

07 4096 1560 Miss Rossiter

07 4096 1581 Mr. Dan

07 4096 1515 Miss Hobson

Dan Niemerg - Assistant Principal - Student Wellbeing



YEAR 7 TEXTILES TERM 1

Pictured from left: Gariam Noah, Caitlin Murray, Loveona Ballie, Peter Bob & Meenakshi Riber.

Year 7 students completing the Food and Textile Design rotation this term had a focus on skill development in textiles by making a sock monkey. Students choose from a range of socks and used machine and hand sewing to construct the sock monkey. There were a lot of challenges especially with the small size of the socks and hand sewing.



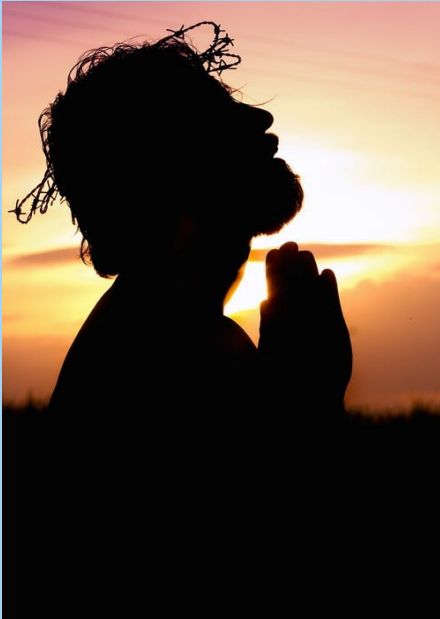
Assistant Principal - Mission



Deacon
Michael Lindsay

As I write for this last newsletter before the Easter holidays officially commence, it's hard to imagine what the customary Easter Message might look like in our current context:

- Uncertainty and increased fear in general across society;
- Our normal ways of living have been turned upside down;
- Social restrictions promising a very subdued holiday period;
- Loved-ones who might be struggling in ICU, or even who have lost their lives, due to Covid-19;
- Millions of Australians have lost their income;
- Churches the world over are closed indefinitely and Easter celebrations officially cancelled.



Without doubt, previous years' Easter messages for the end of Term 1 won't be able to be dusted-off and re-cycled this time round. We don't even have the students' growing buzz of excitement as the holidays approach—they're not here!

However, the real message of Easter has never been more relevant! Easter never was so much about Easter eggs, Hot Cross Buns and super long weekends. The real message of Easter is **precisely** about **hope** when most reasons to hope seem to have abandoned us. The real message of Easter is **precisely** about **love** and **life** conquering the power of death (ie: anything that erodes life within us). The real message of Easter is that we are never abandoned; that just like the mythical phoenix who rises from the ashes, so too does Christ promise to journey with us to the other side of the heap of ashes that Covid-19 will leave behind.

And it is because of that hope, love and life that we can remain strong, supporting one another with positive words and helpful actions, doing the best we can in the situation rather than letting it bring us down or even to defeat us.

Often the Christian story about Easter focusses too much on this one person called Jesus who rises from the tomb to new life; but I reckon its deeper meaning is when we can read it in ourselves and in each other. Through the struggles we might personally bear this Easter, we become Christ for each other when:

- We bring newness of life to those caught in the tomb of uncertainty/fear through our reassuring words or a thoughtful gesture;
- We work towards preserving quality of life and life itself for the most vulnerable in our society through embracing social restrictions;
- We bring hope of new life to workers and small business owners when we support the creative initiatives of local businesses;
- We present the reality of a positive future to our children when we work together in continuing their education as best we can.

When Easter morning comes and we (hopefully) crack open some chocolate Easter eggs, then the symbolism of new life emerging from the egg will have real significance—we will be doing our part to ensure a Resurrection at the end of this Covid-19 episode. The highly elaborate Easter Vigil ("Midnight Mass") might not happen this year with all its bells, smells and candle lights, but a much grander celebration of Jesus' Resurrection will have been carried out in the lives of those we have supported in whatever way we have been able to.

May you and your families and friends keep safe this Easter and may you experience God's blessing and love. And we look forward to continuing to support your children in their educa-



Deacon Michael Lindsay - Assistant Principal - Mission



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

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

To register your interest please email: hobrien1@cns.catholic.edu.au

HILLARY O'BRIEN—OFFICE MANAGER

A New Boss in the Library

A huge **thank you** to the MSB Parents & Friends Association for the purchase of a very special chair to our school library.

The 'Boss Chair', 'Eggbert' or 'The Egg' is a popular and extremely generous donation.

It allows students and staff to relax, read, work, chill out, dream of fishing and enjoy its noise-cancelling properties. Its cocoon-like shape reduces the occasional pandemonium of school life. Thank you, P&F, for your on-going support of students and staff of our College

C Weedon—Librarian



Residential News



Dear Friends of MSB,

I would first like to thank all families and carers for your understanding and patience with regards to the recent end of term travel. It was an incredibly stressful period of time as we attempted to return students home ahead of the planned uplift.

Thankfully, Abstudy were able to allocate enough flights to have all MSB students return to their home communities. We hope you and your families remain healthy and well during the Covid-19 outbreak.

I have included some information below to assist families who may have to self-isolate during the coming weeks in order to keep their communities safe. We wish you all a safe and healthy holiday break and look forward to seeing all students return at some point in Term Two.

Helping your child through self-isolation

While most schools in Australia have not yet officially closed as a result of the coronavirus outbreak, many children are spending significantly more time at home, not taking part in out-of-school activities, and some are even required to self-isolate with their families. Below are some ideas on how parents can help their child cope with periods of social distancing or isolation.

- **Set a daily routine** – Routines can help children cope with change and help them understand what is expected of them. Work with your child to develop a routine that suits the whole family and includes a range of activities, for example, schoolwork (literacy and numeracy), physical activity, creative play, family time and limited amounts of screen time.

Maintain social relationships – Use technologies (such as FaceTime, Zoom or Skype) to help your child maintain contact with friends and other family members, such as grandparents. For older children and teenagers, it is important to monitor their use of social media accounts as excessive use can lead to increased levels of anxiety.

- **Have fun** – For many children, their out of school activities (e.g., swimming, football) have been cancelled but it is important for them to stay active. Harness their interests and have fun with them at home (e.g., play cricket in the backyard or dance to music inside). You can also take this opportunity to spend quality time with your child by teaching them a new skill or game, read with them, or research a new topic together.

Scott Whitters - Assistant Principal - Residential

Careers and Vocational Pathways

Careers

The Good Careers Guide—[The Good Careers Guide \(GCG\)](#) is a helpful resource for students starting their career exploration. It provides up-to-date information on over 400 jobs. It also includes useful information on:

- How to start your career exploration
- Education and training pathways, including apprenticeships, VET courses (e.g. Certificates and Diplomas at TAFE) and higher education (e.g. a Bachelor's Degree at university or an accredited private institution)
- How to get funding for your education and training and How to get a job
- GCG comes in several formats:

e-book – The [e-book version](#) of GCG has the same information as the hard copy version.

Hard copy - Your school may have hard copies of GCG. Ask your school Careers Officer.

Online - The [online version](#) of GCG has a job search function; blog posts on lots of career related topics (e.g. 'Your guide to choosing a career'); and Career Ladders (these list jobs in broad subject categories e.g. Chemistry, Maths, Computing, Environmental Science).

GCG App - This [App](#), called Good Education AR is available for Apple and Android mobile devices. Note that the current GCG is the 2019 edition. A 2020 edition will be released in May.

QTAC & Tertiary Entry

QTAC have put together some information about terms you will see when you are researching and applying for tertiary entry in 2020. [Click here](#) to find the terms and their definitions some of which are:

- After high school there's different levels of study. Certificates, like certificate III or IV are called 'post secondary' and usually involve quite short periods of study.
- Tertiary study refers to levels that come after that starting with diploma, then advanced diploma, and associate degree and bachelor's degree (with or without honours, which usually involves an extra year of study).

Qualifications that come after a degree are called postgraduate and include masters, graduate certificate, graduate diploma and PHD. A qualification, usually involving two years of study, that gives students the basic technical and academic knowledge and skills needed for employment or further study in their chosen field

VET News

Quick facts about apprenticeships and traineeships

- Apprenticeships and traineeships combine work with structured training
- Apprenticeships and traineeships can be full-time, part-time, or school-based - where some training is undertaken while the apprentice or trainee is in high school.
- Apprenticeships and traineeships can be completed part time but not on a casual basis.
- Existing employees may undertake an apprenticeship or traineeship. Apprenticeships and traineeships require employers to enter into a [training contract](#) with the apprentice or trainee, which is a legally binding agreement to work and train together for a length of time. Employers work with a training organisation and the apprentice or trainee to negotiate a [training plan](#). Training options must be negotiated and outlined in the training plan. Aspects of training that are open to negotiation (subject to training package requirements) include selection, content and **sequencing of competency units; timing, location and mode of delivery; and trainer or facilitator.**

Visit the [Department of Employment, Small Business and Training website](#) for more information.

[SkillsOne TV](#) has a collection of videos showcasing skills, trades and industries. If you click on 'Skills Bites' (scroll down the left-hand menu) you can get a taste of skills and trades in 15 seconds.

Apprenticeships and Traineeships

**** New ** AusAPP Pathways: FREE app for apprenticeships and traineeships**

[AusAppPathways](#) is a free app that helps students and jobseekers explore Australian Apprenticeship career pathway ideas on their smartphone or tablet. Users can access:

- General industry options as well as specific apprenticeships and traineeships
- Links to job hunting and career research sites

Contacts for local Apprenticeship Network providers and Group Training Organisations.

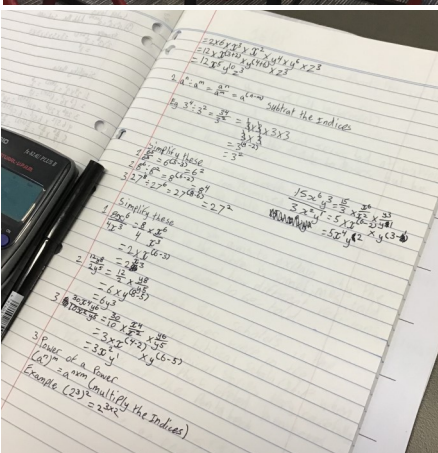
Information

MSB Career/VET Padlets have been maintained to help students see current vacancies and other useful information to follow different pathways whether work or tertiary studies. The padlet may be accessed on the portal.

Powerful Work - 9B Maths



In preparation for the possible need for distance learning next term, 9B Maths have been doing some introductory sessions on Index Laws and Scientific Notation. Even though students were almost in holiday mode they put their heads down and tackled these challenging algebra concepts. Well done guys! Jenny Rossiter



Weight of Earth in Kilograms



6,000,000,000,000,000,000,000,000
 $= 6 \times 10^{24}$



Year 11 Music in Practice students have been studying the music industry this term, including the key roles of musician, sound technician, band manager and event manager.

As part of their assessment, students completed a musical biography as part of their press kit, which includes instruments and styles of music they play, their musical role models and influences, and any performances they have done so far.

We are looking forward to future musical performances from these talented students.

Ms Nicola Edwards—Music in Practice Teacher



Upcoming Events 2020

Fri 3 April - MSB Office Closes for Easter Holidays
 Sun 5 April - Palm Sunday
 Fri 10 April - Good Friday
 Sun 12 April - Easter Sunday



TERM 2

Mon 20 April - Boarders Travel to school
 MSB Office Re-opens Term 2
 Tues 21 April - All classes commence Term 2